



# HEALTH IN ACTION PATCH PROGRAM

Girl Scout Seniors and Ambassadors



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## Girl Scout Seniors and Ambassadors

### Education

Do at least one of the following:

- **Research health careers.** Search for a variety of health careers. Determine the educational requirements for five careers you may be interested in. Set up a job shadow opportunity or informational interview for one or two of the jobs.
  - Visit <https://www.froedtert.com/health-care-professionals/education/job-shadow-observer> to request an observation at Froedtert Health.
- **Tour a hospital.** Contact a hospital near you and set up a tour. Create questions in advance of your tour and bring them along. Document your experience and share with your troop or family what surprised you or what stood out to you about your visit.
  - **Troop Leaders:** Request a group visit to Froedtert Hospital's Simulation Center at <https://www.froedtert.com/health-care-professionals/education/high-school>.
- **Learn about the body.** Read about the factors that increase your risk for heart disease and how physical inactivity impacts heart disease (*Appendix 1*). Share the risk factors with your family and determine which are in your family history. Learn about the warning signs for heart attack or stroke.

### Hands-On

Do at least one of the following:

- **Get hands-only CPR certified.** Attend a hands-only CPR class offered at Froedtert & the Medical College of Wisconsin, or in the community.
  - Check the Froedtert & the Medical College of Wisconsin class calendar for an upcoming class at <https://www.froedtert.com/classes-events?id=296>.
- **Make a positive impact.** Visit a younger Girl Scout troop meeting or an elementary school near you. Plan and play educational games that promote healthy living or eating, or host a dance workshop. Talk about the importance of being active and finding an activity they enjoy.

- **Start an exercise journal.** Set an exercise goal and use a journal to track your physical activity for one month. Make sure to list the type of exercise and number of minutes you spent being active. Write down what you enjoyed and how you felt while exercising. Present your experience to your troop or family.

### Health in Action

Do at least one of the following:

- **Learn basic health skills.** Have a health care professional teach you basic skills such as taking blood pressure, pulse, height, weight, and waist measurements. Practice these skills with friends or members of your troop under the supervision of the health professional.
- **Volunteer.** Choose a community organization or health care setting and set up a volunteer opportunity. Examples might include Special Olympics, blood centers, hospitals, special needs camps, a local food bank, homeless/women's shelters or Habitat for Humanity, just to name a few.
- **Lead a workshop.** Offer a workshop focused on healthy eating for your troop, class, friends or family. Be creative — lead a cooking demonstration, physical activity, or help plant a community or school garden.

### Family

Do at least one of the following:

- **Have a game night.** While you're playing, interact with each other — learn something new about them and how their days went.
- **Plan a meal.** Plan a healthy meal, create a grocery list and do the shopping. Make the recipe with your family, and explain why the dish is healthy and why you made the choices you made.
- **Make a health commitment.** Work together with your family to discuss how everyone can improve their health. Make goals individually and together, and serve as a support and accountability system to work toward everyone's health goals together for one month.





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# Appendix 1

- [Heart Attack Risk Factors](#)
- Heart Attack Warning Signs
- Stroke Warning Signs



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## Heart Attack Risk Factors

### Factors That Increase Your Risk for Heart Disease

When you think of an energetic college athlete, the last thing you'd think she'd have to worry about is heart disease. But that's exactly what 19-year-old Regan Judd was faced with her junior year. Turns out, her youth was no match for risk factors like her heart murmur and a family history of heart disease.

Regan's story is unfortunate proof that heart disease does not spare the young. It does not discriminate based on age, and in combination with lifestyle, overall health and whether or not it runs in your family, these factors can work together to raise your risk. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. Read on to learn more about each of the risk factors, how to assess each and the keys to prevention so you can cut your risk and keep heart disease out of your life — for good. Even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

### What You Can & Can't Control

Some risk factors you can't do anything about. But others you can treat, manage, or control with the help of your healthcare provider. Those you can't change, like your family history, are still important when assessing your risk for heart disease and stroke.

### Risk Factors That Can Be Managed

You can control or treat these risk factors with lifestyle changes and your healthcare provider's help:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

### Risk Factors You Can't Control

You can't change these risk factors:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack

Source: <https://www.goredforwomen.org/en/know-your-risk/risk-factors>







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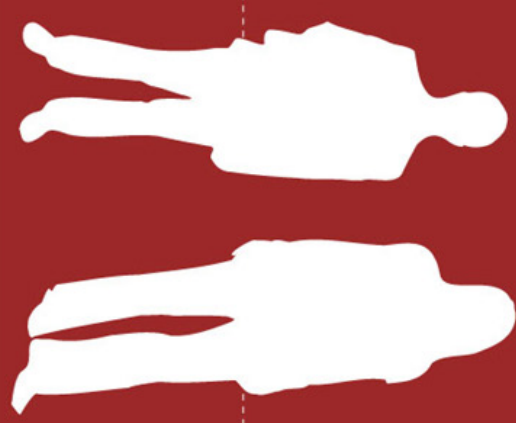
## Heart Attack Warning Signs

# HEART ATTACK







WARNING SIGNS

**MEN**

-  Chest pain/discomfort
-  Rapid or irregular heartbeat
-  Feeling dizzy, faint or light-headed
-  Breaking out in a cold sweat
-  Stomach discomfort or indigestion
-  Shortness of breath



**WOMEN**

-  Chest pressure
-  Unusual fatigue for several days
-  Anxiety and sleep disturbances
-  Back, neck, arm or jaw pain
-  Nausea, feeling sick to stomach
-  Shortness of breath

If you have any of these signs, don't wait.

**Call 911**

[froedtert.com/heart](http://froedtert.com/heart)

# HEALTH IN ACTION PATCH PROGRAM



## Stroke Warning Signs

### Stroke 101: BE FAST

Balance

Eyes

Face

Arms

Speech

Time

**CALL 911 IMMEDIATELY**

## STROKE Facts

**WHAT IS STROKE?**  
A SUDDEN MALFUNCTION OF THE BRAIN

**80%**  
ARE PREVENTABLE

**MORE DEATHS OCCUR IN FEMALES**

**31%**  
OF STROKE VICTIMS ARE YOUNGER THAN 65 YEARS OLD

**DETECT STROKE F.A.S.T.**

**FACE**  
DOES THE FACE DROOP ON ONE SIDE?

**ARM**  
DOES THE ARM DRIFT DOWNWARD ON ONE SIDE?

**SPEECH**  
IS SPEECH SLURRED?

**TIME**  
NOTICE ANY OF THESE SIGNS? NOTE THE TIME AND **CALL 911**

**PROTECT YOURSELF**

TREAT DIABETES AND CHOLESTEROL

QUIT SMOKING

KEEP YOUR BLOOD PRESSURE LOW

GET TREATED FOR IRREGULAR HEART RHYTHM

EAT HEALTHFUL FOOD

EXERCISE

**TYPES OF STROKE**

ISCHEMIC STROKE

BLOOD VESSEL IS BLOCKED BY A CLOT

HEMORRHAGIC STROKE

BLOOD VESSEL RUPTURES AND BLEEDS

**TREATMENTS**

CLOT REMOVAL FOR ISCHEMIC STROKE

ANEURYSM COIL FOR HEMORRHAGIC STROKE

[froedtert.com/stroke](http://froedtert.com/stroke)