

# STROKE EQUITY PROJECT



## A Healthy Future

**#1** Stroke is the leading cause of adult disability. **80%** of strokes are preventable through lifestyle.

The **Stroke Equity Project** works to ensure everyone has the chance to live a long, healthy life. By focusing on **Prevention**, we can stop the damage before it happens.

Prevention means managing your blood pressure, watching your salt, and moving your body.

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## Know Your Numbers



**The "Silent Killer":** High blood pressure has no symptoms. The only way to know is to check.

HEALTHY (GOAL)

**120 / 80**

DANGER (SEE DOCTOR)

**140 / 90**

**Take Your Meds:** If a clinic gives you medicine for blood pressure, **take it every single day**—even if you feel strong. Stopping medicine suddenly raises your stroke risk immediately.

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## Reduce the Salt

**Hidden Danger:** One single bouillon cube (Maggi, Knorr, Royco) can contain more salt than you need for a whole day.

- ✓ **Choose Whole Foods:** Eat millet, sorghum, and lots of leafy green vegetables.
- ✓ **Daily Salt Limit:** No more than 1 level teaspoon of salt for all meals combined.
- ✓ **Fresh Flavor:** Use garlic, ginger, lemons, or dry peppers instead of cubes.

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## Move and Live

**30 MIN**

Walk, farm, or dance every day.

**0 %**

Tobacco. Smoking doubles your stroke risk.



### Scientific Sources:

- **WHO (2023):** Global report on Hypertension. Recommends target 120/80 mmHg and <5g salt/day.
- **INTERSTROKE African Data (The Lancet):** Identifies diet and hypertension as the primary drivers of stroke in African regions.
- **SIREN Study:** Evidence from the largest African stroke research network on the lifestyle factors specific to Sub-Saharan Africa.
- **AHA (2024):** Heart-Healthy diet standards for non-communicable disease prevention.

"Stroke prevention is the most powerful medicine we have."