

# Stroke Smart Resource Center



## Maryland is Now Declared Stroke Smart

Maryland has recently announced that it is a "Stroke Smart State". Already, Frederick County and La Plata have released proclamations announcing that they are dedicated to being Stroke Smart.

### Proclamation from the Governor of the State of Maryland

#### National Stroke Awareness Month "Stroke Smart State" — May 2022

**WHEREAS,**

*One in six people will have a stroke in their lifetime, and 80% of families are affected; additionally, stroke is the leading cause of long-term disability, putting a tremendous financial burden on individuals, families, as well as society; and*

**WHEREAS,**

*Maryland public and private schools will be encouraged to make Stroke Smart: Spot-a-Stroke, Stop-a-Stroke, Save-a-Life part of their training for all students, faculty, and families; and*

**WHEREAS,**

*All Maryland health and safety-focused entities such as hospitals, clinics, physicians' medical practices, health departments, pharmacies, fire EMS, public safety, social services and the departments of aging, and the Maryland Stroke Center Consortium will be urged to participate in improving Maryland stroke literacy to educate all its employees, volunteers, and associated communities; and*

**WHEREAS,**

*Maryland community, including businesses, civic organizations, senior communities, faith-based organizations, and inhabitants, will be encouraged to participate and contribute to the Stroke Smart: Spot-a-Stroke, Stop-a-Stroke, Save-a Life campaign through active citizenship efforts; and*

**WHEREAS,**

*The goal is to educate everyone in the State of Maryland about stroke recognition and the importance of dialing 911 immediately, and therefore reduce the onset of stroke to 911 interval to be measured by EMS and*

local hospital systems, and make Maryland a model for other communities, citizens, counties, commonwealths, and states as well as the nation, thereby advancing the vision of a Stroke Smart America.

**NOW, THEREFORE, I, LAWRENCE J. HOGAN, JR., GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim MAY 2022 as NATIONAL STROKE AWARENESS MONTH and a "STROKE SMART STATE" in Maryland and do commend this observance to all of our citizens.**



## Proclamation

*From the Governor of the State of Maryland*

**NATIONAL STROKE AWARENESS MONTH  
"STROKE SMART STATE"  
MAY 2022**

- WHEREAS,** One in six people will have a stroke in their lifetime, and 80% of families are affected; additionally, stroke is the leading cause of long-term disability, putting a tremendous financial burden on individuals, families, as well as society; and
- WHEREAS,** Maryland public and private schools will be encouraged to make Stroke Smart: Spot-a-Stroke, Stop-a-Stroke, Save-a-Life part of their training for all students, faculty, and families; and
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- WHEREAS,** Maryland community, including businesses, civic organizations, senior communities, faith-based organizations, and inhabitants, will be encouraged to participate and contribute to the Stroke Smart: Spot-a-Stroke, Stop-a-Stroke, Save-a-Life campaign through active citizenship efforts; and
- WHEREAS,** The goal is to educate everyone in the State of Maryland about stroke recognition and the importance of dialing 911 immediately, and therefore reduce the onset of stroke to 911 interval to be measured by EMS and local hospital systems, and make Maryland a model for other communities, citizens, counties, commonwealths, and states as well as the nation, thereby advancing the vision of a Stroke Smart America.

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Given Under My Hand and the Great Seal of the State of Maryland,  
this 14<sup>th</sup> day of May  
Two thousand and twenty-two

Governor

Lt. Governor

Secretary of State

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***\*Strokes affect 1 in 6 Americans and are the #1 cause of disability in the U.S.***

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**\*Someone in the U.S. suffers a stroke every 40 seconds.** Although highly effective treatments exist which may leave a stroke patient with no deficits, too many of us do not recognize the signs and symptoms of stroke in time to benefit from the interventions. **\*\*Two million brain cells die every minute during a stroke;** treatment must begin within just a few hours after symptoms begin. The best outcomes after treatment occur for people who arrive at the appropriate hospital **immediately** after symptoms begin. Many people call their primary care physician for help first or lie down thinking their symptoms will go away. **The key to minimizing brain damage from stroke is calling 911 immediately!** Not all hospitals can administer treatment. EMS personnel knows which hospital can treat you and can get you there quickly, and safely.

**\*SOURCE:** [Stroke Facts](#), Centers for Disease Control and Prevention

**\*\*SOURCE:** ["Time is Brain— Quantified"](#), American Heart Association Journal | [Why Minutes Matter](#), Dignity Health

## Stroke Smart Success

### What does Stroke Smart Success look like?

Stroke Smart efforts are accelerating across the country, with Northern Virginia leading the way. This [3-minute video](#) about Stroke Smart Virginia presents the motivation and methods for undertaking the meaningful work of making each community Stroke Smart. The video shows what Stroke Smart success looks like.