

Webliography: Nutrition education resources material on cardiovascular disease and stroke

Haley Herbst

Baptist Health System Dietetic Intern

**1. <http://strokecenter.stanford.edu/guide-prevention.html>**

The above website is organized by the Stanford Stroke Center in the Department of Neurology and Neurological Sciences at the Stanford School of Medicine.

The website is targeted primarily for adult patients, yet still helpful for nutrition and other health professionals, or persons interested in reducing the incidence of stroke. The content on the webpage is written at a level of understanding for the layman, but still informative for a professional.

Stanford Stroke Center provides a well-rounded website regarding stroke. There is section for patients, stroke risk assessment, stroke guide focusing on risk factors/prevention, neurocritical care guide, in depth brochures on transient ischemic attack and stroke, and other resources for patients.

The website provides pertinent and reliable information primarily for adult patients; however, the information is still useful to multiple audiences. There is a significant amount of material on risk factors for stroke and ways to prevent stroke occurrence. Additionally, the transient ischemic attack and stroke brochure provides a printable 28 paged informational covering all aspects of stroke (what stroke is, risk factors, support groups, etc). The website organization is excellent with a basic topic selection bar on the left side margin. The text and font is easily readable with bolded headings. There are few graphics, but the graphics present are clear and applicable to the topics discussed.

**2. <http://www.stroke.org/site/PageNavigator/HOME>**

The above website is organized by the National Stroke Association.

The website has multiple target groups. These groups include stroke patients, caregivers and family of post-stroke survivors, and healthcare professionals. The website has a specific page directed at each target group. Having a designated page for each group, allows the website to relay appropriate, specific information to each audience.

The National Stroke Association provides basic information on what a stroke is, prevention tips, recovery tips, signs and symptoms, and information on events/donations/staying informed. The section for stroke survivors provides patients with multiple resources like, magazines, support groups, stroke research, rehabilitation, fact sheets, effects of stroke, and ways to advocate. The section for caregivers/family explains why their role is important, along with many of the same suggested resources provided in the stroke survivors section. The healthcare professionals section discusses membership to the National Stroke Association, stroke education programs, and suggested publications (The Journal of Stroke & Cerebrovascular Diseases, etc).

The website provides accurate, reliable, useful information for all target groups. Unfortunately, navigation and layout of the website is poor. The main page provides easy navigation to basic information and to specific target groups (right hand margin). Once

in the specific target group, the resources and text are mostly links to other pages and resources, with little informative content pertaining to stroke. Having underlined words (the links) covering the text also makes it more difficult on the eyes and reading. The website would improve if the content was written in paragraph format, without being sent to additional pages. There were few graphics, but the graphics included were supportive and not distracting.

**3. [http://my.clevelandclinic.org/disorders/Stroke/hic\\_Understanding\\_Stroke.aspx](http://my.clevelandclinic.org/disorders/Stroke/hic_Understanding_Stroke.aspx)**

The above website is organized by the Cleveland Clinic, a nonprofit multispecialty academic medical center.

The website is applicable to multiple audiences, but can be applied to adults, caregivers/family, health professionals, and stroke survivors. The text is written at a level of understanding for a non-healthcare professional, but the information is still informative and useful for any healthcare professional.

The Cleveland Clinic covers all aspects of stroke including, understanding stroke and types, signs and symptoms, medications for transient ischemic attack and stroke prevention, stroke and the brain, risk factors, rehabilitation services post stroke and rehabilitation specialists, emotional and behavioral changes after stroke, role of nutrition for prevention and treatment, caregiving information, dysphagia, eating well post stroke, and resources.

The information provided is reliable and accurate, but material regarding nutrition for prevention and treatment is minimal and basic. Including more detailed information (stating recommended sodium per day of <2000 mg and ways to reduce sodium intake instead of “choose foods with moderate amounts of salt and sodium”) would be more beneficial to all audiences. The navigation is simple to use for all users with selectable topics at the top of the page. The text under each section is organized well with bolded headings and appealing to the eye. There are not any graphics, but the lack of graphics does not take away from the effectiveness of the website.

**4. <http://womenshealth.gov/heart-health-stroke/heart-disease-stroke-prevention/index.html>**

The above website is organized by the Office on Women’s Health in the Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services.

The primary target audience for this website is women at risk of stroke or wanting to prevent stroke from occurring. The material on this website is still useful to the general public or any healthcare professional. The information is basic, yet informative and appropriate for the target audience of women.

The content of this webpage also incorporates heart disease in addition to stroke. Information in the website includes stroke prevention (physical activity, healthy eating,

caring for yourself), controllable and non-controllable risk factors, signs of a stroke, and additional resources. There are also multiple links to other publications and websites, fact sheets, and organizations in regards to stroke. The website is lacking in nutrition care, which should be the main focus for preventing stroke.

The information is accurate and reliable. The material is fairly basic, but provides necessary and pertinent information for women wanting to prevent their chances of a stroke. Navigation through the website is decent. The selection bar is in the left hand margin of the webpage and the text is written in paragraph form with bolded headings, making it easy for the reader. The graphics provided are helpful, primarily the “Signs of a Stroke” graphic, but there are few images included in the website.

Overall assessment:

The Stanford Stroke Center website is superior to the other websites assessed. The Stanford Stroke Center provided pertinent, in-depth material for multiple audiences, is well written, designed, and easy to navigate.