

PE2048/R: Review the FAST stroke awareness campaign

Stroke Association written submission, 6 February 2025

When speaking to the Committee at the meeting on 5 February 2025, I referenced two new pieces of research that compared FAST and BEFAST as public messaging. Here are the quotes I used, and the links to the actual studies, to aid with your reporting.

- 1) September article in Journal of American Heart Association: [Randomised trial comparing retention of FAST and BEFAST messaging](#) –

“Significantly higher retention and ability to recall stroke symptoms, fully or partially, was found with FAST. Adding B and E to FAST resulted in lower retention of more common symptoms.”

- 2) [Pre-publication note from American Stroke Association about another trial they have just done](#), released just last week –

“F.A.S.T. outperformed BE-FAST in the ability for people to remember key stroke warning signs (face, arm and speech), suggesting the additional letters of B and E hinder memory recall.”

Please let me know if I can help with any further information on this.