

BEST PRACTICES: EPILEPSY AWARENESS AND SEIZURE FIRST AID



“Uniting and strengthening the voice for public health in Iowa”

Background

Epilepsy is a disease of the brain that causes seizures and are not caused by temporary underlying medical conditions.

A seizure is a short change of normal brain activity and can be dangerous to the individual.



The Seizure Recognition and First Aid certification is provided by the Epilepsy Foundation.

This training aims to increase the knowledge, skills, and confidence of recognizing seizures while being able to safely administer seizure first aid.

Health Impact



Only 16% U.S. adults feel knowledgeable about epilepsy.



Only 25% of U.S. adults know about seizure first aid.

3.4 million



individuals in the U.S. have active epilepsy.

Seizure Recognition and First Aid training increases knowledge on how to help someone during a seizure episode, which can save lives.

Health Equity Impact

Racial and ethnic minorities represent over 40% of the 3.4 million people living with epilepsy in America.

- **578,000** Black, non-Hispanic people are living with active epilepsy
- **710,000** Hispanics are living with epilepsy
- **140,000** Asian American adults have epilepsy
- **51,000** American Indians and Alaska Natives have epilepsy

Iowa Data

Iowa has **31,400 cases** of active epilepsy.

The Epilepsy Foundation of Iowa supports and mobilizes the epilepsy community through advocacy, direct services, educational activities, and research.

Actions and Strategies supported by IPHA

Addressing the knowledge gap in epilepsy and seizure recognition while improving attitudes about the disease must be made a public health priority.

- Encourage Seizure Recognition and First Aid certification and training through the Epilepsy Foundation of Iowa.
- Educate family, caregivers, and teachers on seizure recognition and treatment options.
- Increase the awareness of epilepsy among underserved and disparate communities.
- Provide resources on Seizure Recognition and First Aid certification and training for public health practitioners and school personnel in Iowa.

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