



NOW MORE THAN

AMERICAN HEART ASSOCIATION ANNUAL REPORT 2021-22



EVER

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WE MUST STAND **TOGETHER**



Raymond P. Vara Jr.

FROM THE CHAIRMAN OF THE BOARD AND THE PRESIDENT

The American Heart Association believes everyone deserves the opportunity for a longer, healthier life. And we know we won't get there by sitting quietly on the sidelines.

This past year we boldly stood together with our global family of advocates and volunteers to champion change necessary to support patients, caregivers and communities around the world.

Major strides were made to eliminate flavored tobacco products, to reduce nicotine levels in cigarettes and to prohibit the sale of menthol cigarettes and flavored cigars.

We spearheaded legislation banning most surprise medical bills that have caused financial burden for so many Americans.

And we continued to make impressive progress toward our 10 Commitments to expand access to quality health care, make science and research more inclusive and build healthier communities.

You'll find more details about these efforts and other important work highlighted throughout our annual report. Together we've saved millions of lives, and we're so grateful to volunteers and supporters like you who ensure that our mission shines brightly.

With gratitude,

Raymond P. Vara Jr.
Chairman of the Board

Donald M. Lloyd-Jones,
MD, ScM, FAHA
President

FROM THE CHIEF EXECUTIVE OFFICER

It's an incredible time to be part of the American Heart Association. As an organization rooted in science, our mission to save lives has never been more meaningful.

And I'm so proud to share that this year the Association surpassed \$5 billion invested in research funding since 1949 to ensure the best possible outcomes for patients and consumers. We also achieved critical health advocacy wins, including landmark tobacco legislation, and transformed communities nationwide.

Behind every life changed were dedicated volunteers, donors and staff — the heartbeat of our mission. Together we built momentum toward our 2024 Impact Goal to advance cardiovascular health for all by identifying and removing barriers to health care access and quality.



In pursuit of that goal, we made epic progress on our 10 Commitments to health equity. With your support, we:

- Extended health care quality initiatives across rural America
- Continued our nationwide work expanding Medicaid to increase access to care
- Invested in community solutions to social inequities, among many other successes

I'm also proud to announce our new \$20 million Health Equity Research Network focused on addressing the health of people in rural America. And we collaborated with our CEO Roundtable to architect a roadmap for employers to advance policies and programs in support of health equity in the workplace.

As a fitting capstone to the year, we launched Life's Essential 8, adding sleep to seven lifestyle measures for ideal cardiovascular health.

We did all this and so much more with our incredible volunteers, staff and supporters by our side. From my heart to yours, thank you for lighting our torch for a world of longer, healthier lives.

All my best,

Nancy Brown
Chief Executive Officer

ABOUT US

For nearly 100 years, we've been striving to save and improve lives. The six cardiologists who founded the American Heart Association in 1924 would be amazed by what we've accomplished.

We're the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. A shared focus on cardiovascular health unites our more than 35 million volunteers, supporters and donors, as well as our nearly 3,000 employees.

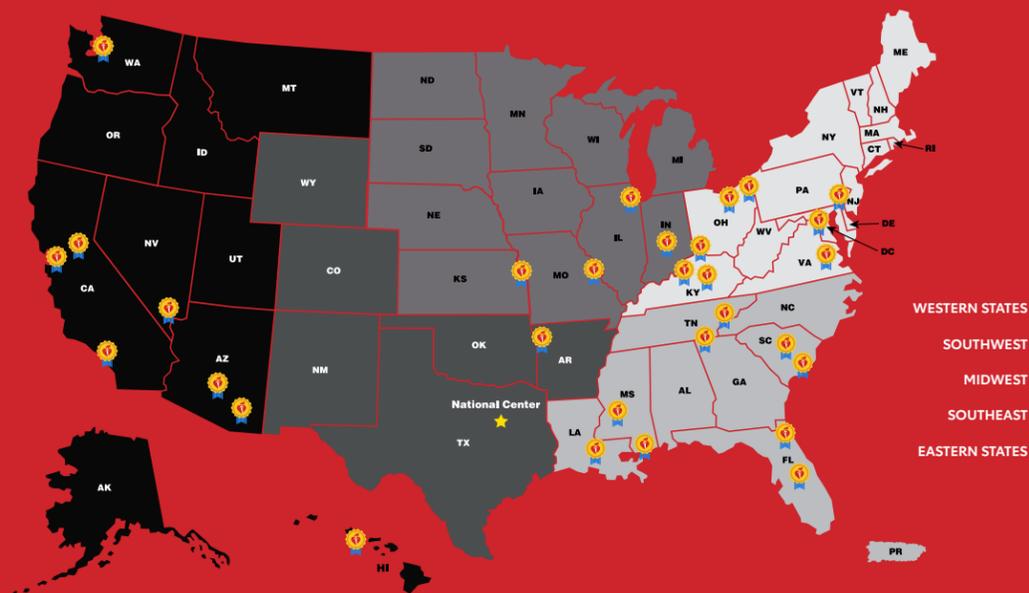
Our size and scope allow us to have significant impact. We've invested more than \$5 billion in research, making us the largest not-for-profit funding source for cardiovascular and cerebrovascular disease research next to the federal government.

As we strive to ensure everyone has the chance to enjoy longer, healthier lives, we are intensely focused on our organizational 2024 Impact Goal:

Every person deserves the opportunity for a full, healthy life. As champions for health equity, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.

GOLD STANDARD BOARDS

Local volunteer boards are critical to helping us drive impact and equitably remove barriers to health and advance cardiovascular health for all. The boards that receive the Gold Standard Board designation are achieving best practices in generating revenue, sustaining and strengthening volunteer leadership and driving our mission at the market level.



ADVOCATING FOR SYSTEMS CHANGE

WE
MUST
FIGHT

TOGETHER



A \$42,000 BILL OUT OF NOWHERE? NOT ANYMORE.

At first, North Carolina nurse Melissa Overton thought the \$42,000 bill for treating her young son's rare eye condition was a big mistake. But it turned out she was the victim of surprise medical billing, which occurs when a patient is billed directly for out-of-network medical care they thought their insurance would cover. These bills can amount to thousands of dollars.

But now, Melissa and millions of others are protected from surprise bills. After four years of dedicated work by our nationwide network of grassroots advocates, the No Surprises Act has taken effect, shielding people from unexpected bills and financial disaster.

The federal government estimates the law will save \$17 billion in medical costs over 10 years.

STANDING UP TO TOBACCO COMPANIES

Minou Jones' grandmother, uncle, aunt, cousin and best friend all smoked menthol cigarettes, and they all died from smoking-related diseases. Minou is one of our many advocates determined to rub out flavored tobacco products for good.

You're the Cure, our nationwide grassroots network, buoyed the federal government's proposed regulations to remove menthol cigarettes and flavored cigars from the market, with more than 4,100 online comments supporting the rules.

Flavored tobacco products contribute to higher rates of **heart disease, stroke and other illnesses.**

Our work is crucial to achieving health equity for everyone. A Stanford and AHA report documented tobacco companies have intentionally marketed their deadly products to Black, Hispanic and young people. The results have been tragically effective: 85% of Black and 48% of Hispanic people who smoke use menthol. More than half of teenagers who start smoking begin with menthol.

Flavored tobacco products contribute to higher rates of heart disease, stroke and other illnesses. Through our Tobacco Endgame strategy, we're determined to end this blight.



MORE THAN HALF
of teens who start smoking begin with menthol

BRINGING RESEARCH INNOVATIONS TO MARKET

Cardiovascular disease causes 17 million deaths worldwide every year — a toll that's expected to rise to more than 23 million by 2030. And just in the United States, the economic burden of heart disease and stroke is estimated to exceed \$500 billion annually.

But that's a picture we're just not accepting. An innovative collaboration called Cardeation Capital™ is speeding up implementation of treatments for cardiovascular diseases.

Cardeation Capital is the American Heart Association's venture fund launched in 2018 in partnership with UPMC Enterprises and Philips. Managed by Aphelion Capital, Cardeation's investments accelerate innovation in critical areas of health care and translate science and technology into actionable improvement for patients.

We have already seen tremendous momentum through our pioneering health care product and solution investments. And now, with partnership from Philips and Research Corporation Technologies, Inc. we have recently formed Fund II and are recruiting select strategic investors to join this collaboration.

An innovative collaboration called **Cardeation Capital** is speeding up research and implementation of treatments for cardiovascular diseases.

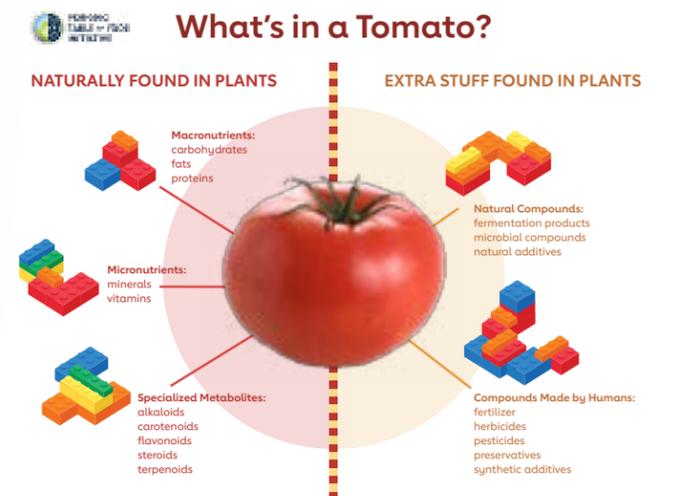
WORKING TO GIVE EVERYONE THE CHANCE TO EAT HEALTHY

Are all tomatoes created equal? Are some grown in ways that are better for people and the planet? These are just some of the mysteries the Periodic Table of Food Initiative (PTFI) could unlock.

The global effort is co-managed by the AHA and the Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT), with funding from the Rockefeller Foundation, Foundation for Food & Agriculture Research, Seerave Foundation, and Four Fold Foundation.

Using a sustainable food systems approach and the latest technology, the Periodic Table of Food Initiative aims to improve human and planetary health by drilling down on what's in food and how this varies across the food system. We plan to launch the database with 1,000 foods. After that, the sky's the limit.

Personalized diet guidance to reduce heart disease and obesity and enhance childhood nutrition are just a couple of the outcomes we're anticipating.





GAMING HELPS CONNECT SURVIVOR WITH LGBTQ+ COMMUNITY AND BEYOND

Ten months after Mike Lane was born with congenital heart defects, doctors attempted to repair them. But they couldn't fix them all.

His lack of energy made it difficult for Mike to keep up with his peers.

Mike was 12 when he received a new heart valve. Feeling energetic, he attended a camp for kids who had undergone open-heart surgery.

"For the first time, I wasn't alone," said Mike, who lives in the Boston area.

At 20, he needed a new valve. After recovery, he began posting videos of himself playing games online and livestreaming. He talked openly about his recovery and health issues.

"People in my stream talk about how much they appreciate that I talk about my health, and that feels great," he said.

Mike also uses his platform to connect with others in the LGBTQ+ community.

"It took me a long time to find people who I could relate to," he said. "I want people to see that they're not alone."

WE TAKE THESE COMMITMENTS TO HEART

What if everyone had the same opportunity to be healthy?

That's what the term *health equity* is all about. And pursuit of health equity is why we created our 10 Commitments. These bold actions are designed to remove key barriers that strip people of that opportunity: social factors, rural health challenges and structural racism.

Because we demand change, we won't rest until every Commitment is complete.

Two years into this work, we've made impressive progress, with more on the way, across all our endeavors: research, advocacy, education, community impact, access to health care and more.

Progress this year included topping the \$100 million mark both in investing in research to find science-based solutions to health inequities, and in community investments that address economic, environmental and social factors that affect health. We've also reached our Commitment to provide guidance to assist employers wherever they are on their equity journey, publishing *Diversity in the Workplace*.

Even though we've reached those Commitments early, and are on pace to reach the others by 2024, we are not resting on our laurels.

In fact, we are aiming to build on that momentum and accomplish even more in every one of the Commitments. Because everyone deserves the same opportunity to be healthy.

Two years into this work, we've made **impressive progress**, with more on the way, across all our endeavors: **community impact**, access to quality **health care**, research, advocacy, **education** and more.

EMPOWERING HEALTHIER COMMUNITIES



WE
MUST
THRIVE

TOGETHER



AT 26, MUSIC TEACHER HAD A STROKE AT SCHOOL

Christina Saldivar felt well rested and energetic when she headed to her elementary school in Newport News, Virginia.

At 26, she was enjoying her first year of teaching music at the same campus instead of bouncing around as an itinerant teacher.

But later that day she felt overcome by a powerful headache. Then came nausea and lightheadedness. The next thing she knew, she woke up on the floor and lacked the energy to get up.

It turns out Christina had a stroke caused by a ruptured brain aneurysm. But, after two weeks in the hospital, she went home with virtually no physical or cognitive defects — and a feeling that she was very fortunate.

"I'd heard about F.A.S.T. but didn't really pay attention," she said, referring to the acronym to help people remember the signs of a stroke: Face drooping, Arm weakness or Speech difficulty means it's Time to call 911. "And I definitely didn't know someone my age could have a stroke."

LOCAL FARM ADDRESSING FOOD INSECURITY

Atlanta Harvest has created an organic oasis in Ellenwood, Georgia. The family-owned nursery and farm just south of the city provide healthy produce at fair prices to people who aren't used to either.

Food insecurity is a major roadblock to health equity; Atlanta Harvest is a path through. Farmers Raphaela Ysrael and EliYahu Ysrael say funding from the Bernard J. Tyson Impact Fund has been a big boost to their efforts — which are making a huge difference for people in the community.

Raphaela recalls ringing up a woman who was paying with a government-assistance EBT card. When she told the woman that it's half off for EBT customers, the woman burst into tears. Then she asked if she could fill another basket with produce and couldn't believe the two were only \$25.

The farming operation is a prime example of what our impact funds are all about: Improving health within a community, with solutions from people within the community.

Raphaela and EliYahu also illustrate how we stand with our communities through the work of the Bernard J. Tyson Impact Fund and the Social Impact Fund.

Social Impact Funds this Fiscal Year

- Invested over **\$5 million**
- Supported **61** projects
- Improved communities in **11 states and D.C.**

These funds invest in local entrepreneurs committed to dissolving economic and social barriers to health equity. Our pioneering approach to these funds addresses access to health care, food insecurity and poverty. These investments are designed to sustain success; when business owners thrive, their communities get healthier.

STANDING UP FOR HEALTHY POLICIES

One important way we stand with our communities is by advocating for laws and policies such as those that help people access care, avoid tobacco and eat healthier. This past year, powered by our network of advocates, we set an AHA record by passing or defending 190 policies.

In a significant advancement in access to care, we led efforts in 39 states to extend postpartum coverage for mothers benefiting from Medicaid. We're urging the remaining states to do the same.

Our advocates rallied to combat flavored tobacco sales in 19 communities. And we defeated tobacco-related preemption,

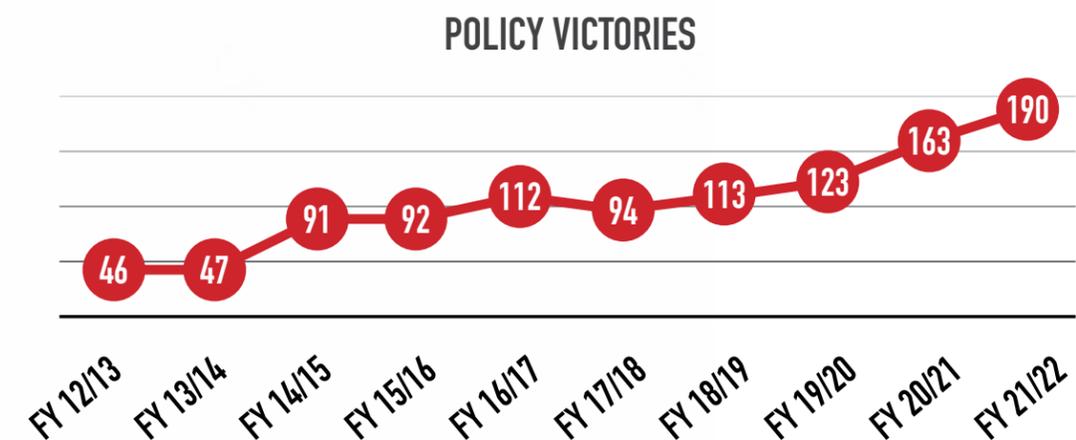
Powered by **our network of advocates**, we **set an AHA record** for passing or defending **policies** designed to **improve health care and build healthier communities.**

which means states can prevent local communities from passing measures. And by defeating tobacco-related preemption efforts, we preserved the ability of communities to pass their own public health measures. In all, we helped stop that preemption in 10 states: Nebraska, Massachusetts, West Virginia, Kansas, Missouri, Louisiana, South Carolina, Arizona, Alabama and New Hampshire.

In the first year of our campaign advocating for coverage of self-measured blood pressure monitoring under Medicaid, we passed this policy in Maryland and Indiana. Our crucial work countering nutrition insecurity — not knowing where your next meal is coming from or lacking access to healthy, affordable food — continued with major policy victories. We helped pass Healthy School Meals for All in Washington, California, Maine and Vermont. It was one of many wide-ranging state and local advocacy efforts that bolster our mission.



4 states
passed Healthy School Meals for All



The American Heart Association helped pass or defend a record number of health-focused policies on the national, state and local levels.



AT 5, SHE HAD NEAR TOTAL HEART BLOCK. NOW, A 'GENERATOR' POWERS HER HEART

Sophia Schilpp came home from kindergarten gripping her temples. Her head was pounding. The pain made her throw up.

Her mom, Shannon, thought it was a migraine and took her to the doctor the next day. He noticed Sophia's low heart rate, which also was well below average during her last few visits.

The family was referred to a cardiologist who hooked Sophia up to a machine that showed she had a condition called heart block. The heart rhythm disorder happens when the electrical signal that controls the heartbeat is partially or completely blocked.

The doctor gave Sophia a special monitor to wear to determine her degree of blockage. The result? Sophia had an almost complete third-degree heart block.

The cardiologist referred the family to a pediatric cardiologist who determined Sophia needed a pacemaker. She was up and about a week after surgery. And now, Sophia has more energy than ever.

"She's happy, healthy and really enjoying life," said her dad, Jeff.

ADVOCATING FOR MEDICAID EXPANSION

Medicaid, the nation's insurance plan for millions of low-income adults, children, pregnant women, elderly adults and people with disabilities, offers a lifeline to the care people need.

People living with low income are disproportionately affected by heart disease, high blood pressure and stroke. But not everyone who would benefit from Medicaid coverage is eligible. Medicaid expansion provides health coverage to millions of people who cannot get coverage any other way.

Because of **our efforts**, people across the country are getting the **care they need** through **Medicaid expansion**.

We strongly support Medicaid expansion to make sure more people have access to quality, affordable health care. Because of our efforts, Medicaid has been expanded in 38 states and the District of Columbia. And we continue to push for expansion in the 12 remaining states.

This past year we supported an amendment to the South Dakota constitution to expand Medicaid, which eventually passed. We also defended Medicaid expansion from attacks in Arkansas and Missouri. In addition, we supported efforts to create and implement "Easy Enrollment" programs in Illinois, Maine, New Jersey and New Mexico.

Together, we'll continue to stand for policies that ensure all people can get the care they need. And we are making a difference. More than 5 million people have obtained coverage since 2020, and the uninsured rate of Americans is at a record-low 8%.

INFORMATION ?

EXIT

IMPROVING CARE FOR ALL

WE
MUST
SURVIVE
TOGETHER



SHE KNEW SHE WAS HAVING A STROKE BECAUSE SHE KNEW THE WARNING SIGNS

Volunteer advocate Ann Walters Tillery was on a video call with a member of Congress to seek more funding for Alzheimer's disease research when her words started to slur. She noticed the left side of her face was drooping.

"And then, just like that, my left arm went heavy," she said.

Ann was familiar with the acronym F.A.S.T. — which lays out the stroke warning signs — so she knew to act fast. Ann grabbed her cellphone as she stood up, but fell. Her left side was paralyzed, but she was able to call 911.

A CT scan showed she'd had a hemorrhagic stroke, which can be caused by uncontrolled high blood pressure.

Ann from Lincoln, Nebraska, suspected her lifestyle during the pandemic was a major contributor. She got less sleep and ate more processed foods. Her exercise routine was off, and she didn't pay attention to her blood pressure.

Ann credits her fast 911 call and active lifestyle for her recovery. "Learn how to spot a stroke," she said. "The life you save may be your own."

WORKING FOR BETTER CARE IN RURAL AREAS

People in rural communities face unique challenges, including long distances from health care and a shortage of health professionals. The result? Disproportionately high rates of heart disease and increased risk of early death.

But we're not standing for those disparities.

This past year we announced two major plans to improve health in rural areas: deploying up to 100 community health service members to areas across the country, and systems changes to improve access to care. The service members will fan out as part of HeartCorps, our initiative funded by Public Health AmeriCorps. The program prioritizes rural areas with high rates of cardiovascular disease or uncontrolled blood pressure, increased social vulnerability and shortages of health workers.



In all, these efforts aim to help residents of rural communities nationwide live longer, healthier lives.

Stroke is a key focus of our efforts to improve rural systems of care. As part of our Mission: Lifeline Stroke initiative, we have earmarked \$7.5 million to ensure acute stroke care across Iowa is effective, comprehensive and seamless, from first response through rehabilitation and reimbursement.

In all, these efforts aim to help residents of rural communities nationwide live longer, healthier lives.

TREATMENT GUIDELINES MAKE A BIG DIFFERENCE FOR PATIENTS

When Alysia Radicia felt a tingling sensation in her face, blurred vision and a loss of balance, she thought she was having some kind of allergic reaction. But when she started talking to her family, they quickly recognized she was experiencing signs of a stroke, so they rushed her to the hospital. Thankfully, the hospital followed our guidelines for speedy stroke treatment, and Alysia made a full recovery.

We stand with Alysia and other patients in the most important of ways: developing science-based guidelines used in health care settings. When this guidance is followed, it's proven to assure quality, equitable care. We deliver these quality improvement initiatives primarily through Get With The Guidelines® programs,

which are fueled by depersonalized patient data registries.

We've added important insights to these registries, which enable hospitals to better understand how social factors can impact health. Those factors include mental health, substance abuse, education, employment and access to healthy foods.

When science-based guidelines are followed, they're proven to assure quality, equitable care.

The reach of these programs continues to grow. Half of U.S. hospitals participate, touching more than 80% of the population. We secured 410 new contracts, including 129 with hospitals that treat patients whose health is extremely vulnerable.

BYSTANDERS SAVED A WALKER'S LIFE BY PERFORMING CPR

Christopher Holton, 52, set out for his daily walk on a trail near his house.

Bryan Buckley and Isang Isang were also on the path that morning when they saw Christopher collapse. Isang called 911. Bryan, who had emergency training, began giving chest compressions. Meanwhile, a crowd gathered, including a woman who knew CPR. Several of the bystanders took shifts performing CPR until help arrived.

The paramedics used an automated external defibrillator, or AED, to shock Christopher's heart and rushed him to the emergency room. In the hospital, doctors found no blockages in Christopher's heart. The cause of his cardiac arrest was a mystery. The doctors implanted a defibrillator so if his heart stops again or goes into an unstable rhythm, the device can correct it.

"To this day, we really don't know what happened," Christopher said. "I am really, truly thankful that Bryan and Isang were there. I felt like I still had a lot of life to live."



From left: Bryan Buckley, Christopher Holton and Isang Isang



AHA KITCHEN MAGNET SAVES A LIFE

When his arms started tingling, almost vibrating, Danny Saxon of Wylie, Texas, chalked it up to indigestion. Danny, 50, told his wife, Morgan. Suddenly, she remembered a magnet with heart attack signs she'd made when one of their sons was involved in an American Heart Association fundraiser. She snapped a photo and texted it to Danny.

At the hospital, Danny started choking and made a gurgling sound. His eyes rolled back in his head. The nurse started CPR and called for help. Danny had a cardiac arrest and a heart attack. Fortunately, his heartbeat returned after shocks with a defibrillator. He had a blocked artery, which doctors treated.

Danny mostly blames his longtime smoking habit (which he quit that day).

"I literally tried to ignore my heart attack and everything leading up to it," he said.

Now an official AHA magnet showing heart attack signs resides on the fridge — right below Morgan's homemade version.

THE NEW NUMBER FOR HEART HEALTH

Longer, healthier lives begin with how people live — in reality, in the moment. Based on more than a decade of developing science, we revamped the components identified as crucial to achieving ideal cardiovascular health and added one: sleep.

Life's Simple 7™ has become Life's Essential 8™ — and it can be applied to anyone 2 and older.

The eight components can be divided between behaviors (eating and sleeping better, being more active, avoiding tobacco) and health factors (monitoring body weight, cholesterol, blood pressure and blood sugar). Collectively, they represent a pathway to better health by reducing the risks of heart disease, stroke and other major problems, such as cancer and dementia.

It's a pathway we're trying to make clear for everyone — the public, patients and health care professionals — through education and advocacy.

Life's Essential 8 also provides sharper tools to measure cardiovascular health. We've revised definitions and metrics, assessed it in the context of the life course and acknowledged the importance of social and economic factors.

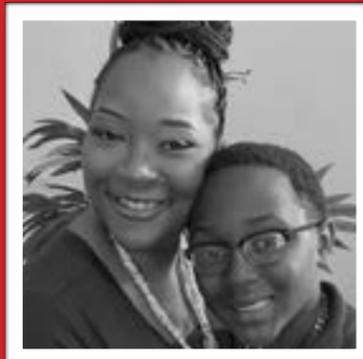
All of this culminates in a 100-point measure of heart health available online.



FUELING SCIENTIFIC DISCOVERIES



WE MUST STRIVE TOGETHER



Danecia Williams (left) and her son, Isaiah.

A JOYOUS BIRTH, FOLLOWED BY HEART FAILURE

Danecia Williams had preeclampsia while pregnant. During labor, Danecia's heart rate skyrocketed while the baby's plummeted, prompting an emergency cesarean section.

Only a couple days after being home in Wichita, Kansas, she started gasping for air. After being rushed to the doctor, an X-ray showed heart failure.

Danecia, whose heart was functioning at 25% capacity, had peripartum cardiomyopathy, a rare condition in which the heart muscle weakens during or right after pregnancy. She received an implantable cardioverter defibrillator.

One day six years later, Danecia wasn't able to talk. She'd had a stroke. While in the ER, she had another. With her heart functioning at 10-15%, Danecia was put on the waiting list for a heart transplant. A year later, she received a call that a heart was waiting for her.

On the four-year anniversary of her transplant, Danecia met the family of her donor, a teenage girl. Bart Malone listened to his daughter's heartbeat in Danecia's chest.

"It's strong, it's so strong," Bart said through tears. "We feel like our daughter's heart is in a good place."

RESEARCH NETWORKS DELVE INTO INEQUITIES

Wakisha Stewart never thought having a baby could affect her heart — then she had a heart attack.

She was a nursing assistant in Florida who'd had her second child just two weeks before. She'd suffered a tear in a heart blood vessel called a spontaneous coronary artery dissection, or SCAD, that's more common among postpartum women. "I thought I was going to die," Wakisha (Kisha) recalled 10 years later.

Science is the way we illuminate a future of longer, healthier lives.

We stand with women like Kisha.

That's why we've put \$20 million toward understanding how social and economic factors make some women more likely to experience pregnancy complications. The Health Equity Research Network on Disparities in Maternal-Infant Health Outcomes examines the reasons Black and Indigenous women and women living in rural areas face disproportionate maternal complications.

Science is the way we illuminate a future of longer, healthier lives. And Strategically Focused Research Networks are an important way we accomplish this, bringing together researchers and institutions to tackle critical issues.

So far we've invested more than \$250 million to establish 14 Strategically Focused Research Networks. The latest is the SFRN on the Science of Diversity in Clinical Trials, which pursues how to ensure that people of different races and ethnicities are fully included in medical research. A lack of diversity is a longstanding problem, and this SFRN will include research scientists from 11 universities and health care systems to study the barriers to diversity in clinical trials.

RESEARCH FUNDING INCLUDES INVESTIGATING COVID-19

Fourteen-year-old Olivia Lopez came home from her Kansas City middle school one day in 2020 and couldn't smell. She tested positive for COVID-19. She couldn't taste, was exhausted and struggled to breathe. "I was sleeping 16 hours a day," she said.

Olivia used a wheelchair for three months because of postural orthostatic tachycardia syndrome, a condition now linked to "long COVID." She eventually got better, but many mysteries remain about long COVID and its impact.

To learn more and to help people like Olivia, we've invested more than \$10 million in 11 research teams studying COVID-19's effects on heart and brain health. That represents only part of our lifesaving investments this past year.

We directed over \$59 million in new research and support to reduce health inequities, part of an investment of nearly \$114 million investment over the past two years as part of our 10 Commitments. All told, we invested \$155 million to fund 690 new projects.

While these investments will make a major impact, the need for research funding is still great. This year alone, we had to turn away over 2,000 applications — each of which may have led to an important breakthrough. With your support, together we can stand with the dedicated researchers aiming to save and improve lives.



Over \$59 million
in new research and support to reduce health inequities

A HEART PATIENT HIMSELF, HE NOW CARES FOR PATIENTS

Born with a ventricular septal defect, or a hole in his tiny heart, Matt Lum was 8½ months old when he and his family flew from Honolulu to Los Angeles for treatment.

"Having a child with a serious health condition can seem overwhelming," Matt's mom, Lynn said. "We took things step by step and tried our best to stay positive and calm during the process."

The surgery was a success. Matt saw a cardiologist every few years. Tests showed his heart was working OK. "We tried to help Matthew see his health condition as something that needed to be addressed, but not something that should overshadow his life," Lynn said.

"They wanted me to be strong and have the sense I could do anything anyone else could do," said Matt, who chose medicine as a career. Matt has volunteered with the AHA, telling his story to Chinese high school students.

"I recognize I was lucky," Matt said, "and now I'm very invested in heart health."



Matt Lum (center) with his parents, Mark Lum (left) and Lynn Otaguro. (Photo courtesy of Matt Lum)



NEUROLOGIST BECOMES PATIENT AT HOSPITAL WHERE SHE WORKS

Dr. Dipika Aggarwal, a neurologist, was enjoying a meal out when her head started to pound. She texted a neurologist friend that she was having a terrible headache and shared her location. After they talked, Dipika's friend noticed her speech was garbled. After rushing to the restaurant, she saw Dipika's face drooping. She immediately called 911.

At the hospital, colleagues found bleeding caused by a ruptured aneurysm. During surgery, Dipika had a massive stroke. Days later, she woke up in the neuro intensive care unit. Dipika couldn't speak or move her right arm and leg. Therapists helped her walk and speak again.

Four months later, she advanced from a wheelchair to a cane. Now, Dipika walks without a cane. Her speech is back to normal, though she sometimes struggles to find the right word. "I've gained about 90% of my life back," Dipika said. "My doctors saved my life, but the therapists gave my life back to me."

GETTING BACK TO THE BUSINESS OF SCIENCE — IN PERSON

This past year marked the return to in-person professional meetings, energizing our audiences and heightening collaboration among health care professionals and researchers gathered to explore the latest science.

The International Stroke Conference in New Orleans in February 2022 was the first major meeting to be "live," thanks to increased vaccination rates and fewer COVID-19 restrictions. Over 5,000 attended, an increase from the last ISC in-person meeting before the pandemic. The meeting also featured a virtual component.

In the spring, we continued holding in-person scientific conferences, which included EPI/Lifestyle Scientific Sessions, Quality of Care & Outcomes Research Scientific Sessions and Vascular Discovery Scientific Sessions.

The **2022 International Stroke Conference** was the **first** major meeting to be "live."

These meetings had been adapted to online learning experiences during the pandemic. The successes at these meetings set the stage for return in 2022 of

Scientific Sessions, the premier cardiovascular conference where top researchers from around the globe present their science. That meeting was set for Chicago, fully live and also with an online component for those unable to travel.

RAISING FUNDS TO SAVE LIVES



WE
MUST
JOIN

TOGETHER



RAISING MONEY TO SAVE LIVES

For nearly 100 years, the American Heart Association has helped save and improve lives with support from dedicated volunteers and donors. Here are a few stories illustrating how standing together we're a relentless force for a world of longer, healthier lives — and how we can advance equitable health for all.

MAJOR GIFTS, MAJOR IMPACT.

Our revenue for the fiscal year totaled \$880.6 million. Major gifts from individuals and foundations totaled \$85.6 million.

Among our 10 Commitments, improving rural health and achieving health equity are major priorities. **The Leona M. and Harry B. Helmsley Charitable Trust** funded over \$12 million to help make the recommendations outlined in our 2020 Presidential Advisory on Rural Health a reality.

Now Mission: Lifeline Stroke will further expand to include Iowa, implementing new post-acute stroke care quality standards across the Midwest to create a more comprehensive, coordinated stroke system of care. Plus, the Helmsley Charitable Trust is providing significant resources for the AHA's launch of HeartCorps, a service opportunity for those interested in driving health equity in rural America. We've also acquired the American Board of Telehealth to expand telehealth training to better serve rural populations, thanks to the Helmsley Charitable Trust's support.

Innovation through science is one of our hallmarks. During the past year, **The Rockefeller Foundation and RF Catalytic Capital** awarded two grants totaling \$5.2 million in support of our global science and professional training enterprise. Both projects focus on transforming our understanding of food, and prioritize engagement, co-creation, and capacity strengthening for researchers in the global south.

A \$4.7 million award is supporting the Periodic Table of Food Initiative (PTFI), a revolutionary global science and technology platform connecting the scientific realms of health, food and the environment. The AHA and the Alliance for Bioversity-CIAT are the Co-Secretariat of the PTFI.



\$4.7 million
supporting the Periodic Table
of Food Initiative

An additional grant of \$1.5 million was awarded to build and launch Good Food U, the capacity-strengthening arm of the Periodic Table of Food Initiative, with a goal to train the next generation of food scientists.

Since 2018, donor support of our Social Impact Funds, including the Bernard J. Tyson Impact Fund, has helped us make strategic investments to entrepreneurs driving innovation in their communities. They are improving long-term health outcomes and advancing systemic change that can lead to better health for all.

In the past fiscal year, we've received critical Social Impact Fund support from **Liz Elting, Michael Burlant and the Elizabeth Elting Foundation**. They're helping us build bridges toward health equity by committing \$5 million to launch the newly named Elizabeth Elting Fund. The fund will support women and other historically excluded entrepreneurs with community-driven solutions to improve health and well-being by increasing access to healthy food, affordable housing and economic empowerment.

The Leona M. and Harry B. Helmsley Charitable Trust **funded over \$12 million** to address **health disparities in rural communities.**



Walter Panzirel

THE HELMSLEY CHARITABLE TRUST'S DEEP INVESTMENT IN AHA'S RURAL HEALTH WORK

The Leona M. and Harry B. Helmsley Charitable Trust provided over \$12 million in funding this past year, bolstering our efforts to achieve health equity in under-resourced rural communities across the country.

The Helmsley Charitable Trust's support includes three grants across important needs in rural health: ensuring quality systems of care, strengthening the rural health care workforce and providing access to care.

"I have witnessed firsthand the significant disparities in quality health care available close to home — disparities that demand attention," said Walter Panzirel, a trustee of the Helmsley Charitable Trust and former paramedic, firefighter and law enforcement officer. *"Work like this initiative by the American Heart Association to expand access to care across rural communities is key to ensuring that where you live doesn't dictate the type of care you receive."*

The Helmsley funding means expansion of Mission: Lifeline Stroke across Iowa, implementing new Post-Acute Stroke Care Quality Standards across the Midwest to create a more comprehensive, coordinated stroke system of care. Every second counts when treating a stroke, and Mission: Lifeline Stroke focuses on timely, effective care by connecting hospitals, emergency medical services, first responders and others into a smoothly integrated system.

"I have witnessed firsthand the significant disparities in quality health care available close to home — disparities that demand attention," said Walter Panzirel, a trustee of the Helmsley Charitable Trust and former paramedic, firefighter and law enforcement officer.

Important resources were awarded for our launch of HeartCorps. HeartCorps recruits and engages Public Health AmeriCorps volunteers who are pursuing a career in health care to work in rural areas, preparing the next generation of public health professionals while also addressing health disparities in rural communities.

Access to care in rural areas can be especially challenging, and grant funding is enabling us to begin managing the American Board of Telehealth brand and integrate its telehealth education into our online educational hub for health care professionals. It is yet another example of how Helmsley's investment positions us to make a significant impact to increase equity and empower rural residents to live healthier.



Liz Abunaw, owner and operator of Forty Acres Fresh Market, started her pop-up markets in response to the lack of fresh food options on Chicago's West Side. The Association's investment through the Social Impact Fund is helping the organization expand home delivery services to low-income and elderly residents and provide jobs for community residents returning from prison.

RAISING MONEY TO SAVE LIVES (CONTINUED)

The James and Donna Sublett Family Foundation made a gift of \$1.5 million to invest in sustainable health equity solutions by expanding our work to communities in Southwest/West Coast of Florida through the Social Impact Fund.

As a champion of health equity for all, the Cathy and Oscar Munoz's **Pave it Forward Foundation's** \$1.5 million gift will further support our Social Impact Fund work in Chicago.

The Kaiser Permanente National Community Benefit Fund awarded a \$1 million grant to the AHA's Bernard J. Tyson Impact Fund, named for the former Kaiser Permanente CEO and member of the AHA Board of

Directors. The funds will support local entrepreneurs and businesses owned by under-represented racial and ethnic groups, as well

as community organizations. Investees work to address barriers to health such as food and housing insecurity, mental health and economic opportunity.

And thanks to a \$500,000 contribution to the Bernard J. Tyson Impact Fund from **The Anne Wojcicki Foundation**, we're helping to fund the opportunity for organizations in the San Francisco Bay Area to sustainably address social determinants of health such as food insecurity, mental health, early childhood development and economic stability.

This past year, donors provided generous support to help create additional opportunities for systemic change to improve health and health care in communities across the nation.

We're implementing new tools to help improve blood pressure rates in New York state with a \$1 million grant from the **Mother Cabrini Health Foundation**. Through Lower the Pressure, we'll work alongside primary care centers and Federally Qualified Health Centers designed to better control high blood pressure for 1.9 million people.





ELIZABETH ELTING: TAKING A STAND ALONGSIDE ENTREPRENEURS

Self-made entrepreneur and philanthropist Liz Elting believes that where you live shouldn't determine how long you live. That's why she has joined us in taking bold actions to remove barriers to equitable health for all.

Liz, along with Michael Burlant and the Elizabeth Elting Foundation, are helping us break down systemic barriers to health and build bridges toward equality by committing \$5 million to our mission to be a relentless force for overall health and well-being.

Through their gift, we've launched the newly named Elizabeth Elting Fund, part of our Social Impact Funds.

The fund, anchored in New York City, will focus on data-driven strategies to transform social determinants of health by engaging entrepreneurs who are women and from historically excluded races and ethnicities.

Self-made **entrepreneur** and **philanthropist** Liz Elting believes **where you live** shouldn't determine **how long you live**.

Before launching the Elizabeth Elting Foundation, she founded and led the world's largest translation solutions provider, TransPerfect. "Social entrepreneurs and community change-makers are paving the way for a brighter future for all — it's up to us as leaders to step up and support their efforts," said Liz, who's also a member of the Go Red for Women National Leadership Council.



RAISING MONEY TO SAVE LIVES (CONTINUED)

Healthy West Orange gave \$1 million to support Westly's Mile, a youth running program in schools in conjunction with our Kids Heart Challenge. Part of their mission is to champion programs that make west Orange County, Florida, a healthier community.

An **anonymous donor** in the greater Pittsburgh region provided two grants totaling just under \$500,000 to support nutrition security programs in under-resourced communities. This includes the launch of a Produce Rx program that provides patients with high blood pressure or diabetes prescription vouchers to buy fresh fruits and vegetables at local markets.

Lorraine Frankino-Dodero, executive director and trustee of the Sam J. Frankino Foundation in Cleveland, made a \$600,000 investment over the next three years to support STEM Goes Red™. The goal is to bridge the gap between female students' interests in pursuing a career in the science, technology, engineering and math fields. This generous gift also supports the Leaders for a Resilient Generation program, promoting health and wellness programs in schools.

In their continuing commitment alongside the American Heart Association to address tobacco inequities and support local policymaking, the **Robert Wood Johnson Foundation** provided a \$500,000 grant to support our continued collaboration to develop preemption tools and resources and in supporting advocacy campaigns.

Funding scientific research is the cornerstone of our work, and significant contributions are helping advance our mission.

Recognizing the longstanding lack of diversity among people participating in clinical trials for medical research, **Gates Ventures** provided a gift of \$2.3 million to help fund an Alzheimer's disease-focused center in our Strategically Focused Research Network on the Science of Diversity in Clinical Trials. New projects will focus on ways to increase clinical trial participation in historically underrepresented racial and ethnic communities, with



\$2.3 million
gift is funding Alzheimer's
research



Evelyn B. Richter and husband Kenneth Richter

A LIFE WELL LIVED — A LEGACY WELL DESIGNED

Evelyn B. Richter thought ahead about the legacy she wanted to leave behind.

She was born in New York City in 1925 and raised in nearby Westchester County, later graduating from Wellesley College before marrying and having a son. As an active mother, she designed sweaters for Neiman Marcus and was an equestrian. She kept fit by playing tennis, golf and swimming. At 50, while living in Palm Beach, Florida, Evelyn took up painting and became well known as an artist, even opening a gallery of her own.

During the 1980s Evelyn began devoting much of her time and talents to the American Heart Association as chairperson of

the Palm Beach Heart Ball. Evelyn's father, Algernon Brown, died in 1952 from heart disease, which sparked her desire to get involved. The AHA remained close to Evelyn's heart for nearly four decades, as it did for her husband, Kenneth, who preceded her in death. They were loyal supporters, regularly donating cash, jewelry, and even her own artwork to the Heart Ball event they loved so much.

Evelyn, who named the AHA in her estate plans, passed away in 2020 at age 96. As her family wrote about her after her passing:

“Every once in a while, a person possessed of great love, empathy, enthusiasm and kindness balanced with determination, courage and ambition, lives her life amongst the rest of us.”

Certainly, all those that knew her relished in her company and were left inspired by her philanthropy.

As her estate was settled, \$12 million in bequest income was designated to the AHA — a lasting legacy as remarkable as Evelyn herself.

RAISING MONEY TO SAVE LIVES (CONTINUED)

the goal of identifying best practices that can be replicated to ensure people of all races and ethnicities are fully included in medical research in vascular dementia and beyond.

Committed to changing lives through scientific innovation, the **Henrietta B. and Frederick H. Bugher Foundation** is supporting new pathways among researchers, with a \$1.24 million gift to fund a new collaborative project within the Bugher Network Centers of Excellence in Hemorrhagic Stroke. The network launched in 2021 through a previous gift. Together, the Bugher Foundation and the AHA have built a legacy of scientific excellence and boundary-pushing science to improve the health of all Americans.

The Bugher Foundation and the American Heart Association/American Stroke Association have worked together for **many successes** and accomplishments. The Foundation has funded large, **game-changing research grants** and strategic giving for **innovative research**, among other generous gifts.

With an unwavering commitment to reducing the burden of heart disease, the **Harry S. Moss Heart Trust** provided a \$500,000 grant funding heart-health research in North Texas.

Generous full mission support, which lets us use donated funds where they're needed most, was received from current and former members of our National Board of Directors. This includes gifts from **Ron W. and Sandi Haddock, Bertram L. Scott, and Stevie and David Spina.**

Lorenzo Fertitta and Frank Fertitta III of Las Vegas made a \$1 million gift to advance our mission. Generous supporters **Corrine and Tom Greco, president and CEO of Advance Auto Parts**, also donated \$1 million. Corrine serves on our Triangle board of directors and Tom serves on our National Board of Directors.

Through an extremely successful Life Is Why™ campaign, **Pilot Company** rallied its guests and team members across the country, raising \$1.7 million for the mission.

Greg Connolly and the Trifecta team, headquartered in Sacramento, California, are sharing the power of proper nutrition to combat chronic diseases by committing to raise \$1.35 million through a Life Is Why point-of-sale campaign. They also supported the Sacramento Heart and Stroke Ball.

For a second year, Chicago donors and longtime volunteers and champions **Valerie and Lee Shapiro** paid tribute to moms for Mother's Day and throughout May by matching digital donations up to \$500,000 via the **Rachel Besser Fund**, named in honor of Valerie's mother, to raise funds to further women's heart and brain health. Lee serves as treasurer of our National Board of Directors.



COMMUNITY EVENTS FUEL MISSION

As communities continued to open up to in-person events, the energy and excitement at our signature campaign events galvanized supporters, survivors, volunteers and sponsors.

Connection was more powerful than ever as signature campaign events reunited survivors, supporters and sponsors working to end heart disease and stroke. Combined with engaging digital experiences, in-person gatherings raised \$317 million to drive our mission.

Our Heart Challenge continued to keep people moving and connected through physical health and mental well-being while honoring and celebrating those affected by heart disease and stroke. Heart Walk, CycleNation and Field Day campaigns raised \$100 million.

Heart Walk is our largest nationwide campaign and was named the No. 1 peer-to-peer fundraising event in the country for 2021 by the Peer to Peer Professional Forum. Corporate teams, sponsors, families and communities united at nearly 250 at events.

Through CycleNation, our signature high-energy stationary bike events focused on stroke, riders across the country supported heart and brain health and raised lifesaving funds. Field Day combined fun physical activity and team building for companies supporting this workplace wellness campaign.

Heart Ball campaigns addressed health equity, including targeted conversations through new Issue Salons, to increase understanding about the effects of tobacco, vaping, nutrition security, high blood pressure and the chain of survival. In total, \$73 million was raised from supporters, sponsors and some of our most generous individual donors including Cor Vitae Society members.

Nearly 30 campaigns had a significant fundraising year, including the Chicago Heart Ball, which raised more than \$5 million during their 40th anniversary year.

Losing even one woman to heart disease is too many. The Go Red for Women campaign and signature luncheon events in more than 100 communities celebrated women taking charge of their health, united Circle of Red members and honored survivors of heart disease and stroke to raise \$44 million.

The **Chicago Heart Ball** raised more than **\$5 million** during its **40th anniversary year**.

A few additional highlights:

- Leading off American Heart Month in February, the annual National Wear Red Day® united communities and supporters to wear red and give to our mission, raising \$3.8 million.
- The 2022 Class of Real Women featured 12 national volunteers who shared their stories of inspiration and survival over heart disease and stroke.
- The Go Red for Women National Leadership Council continued to provide a guiding voice in helping to shape our efforts to bring greater awareness and health impact to millions of women.

IMPACT CAMPAIGNS

In their second year, Woman of Impact, Teen of Impact and Leader of Impact campaigns raised more than \$5 million. Change-makers, leaders and their supporters inspired peer-to-peer fundraising and led community impact activities across 150 communities.

“Since being diagnosed as high risk for sudden cardiac death and having a pacemaker and a defibrillator implanted, I felt as though so much was out of my control. This was my way of taking that control back and really turning my situation into something positive.”

— Sheena Fannin, Woman of Impact (Dallas)



COMMUNITY EVENTS FUEL MISSION (CONTINUED)



“I was born with half a heart and recently had my third heart surgery, which has helped me to run, dance and play without oxygen. Thank you for helping kids like me.”

— Quinn, age 5

In schools across the country, our Kids Heart Challenge and American Heart Challenge programs help students form healthy habits while understanding the importance of helping others. During the 2021–22 school year, students raised \$70 million.

Jace, a fourth-grader at St. Paul Academy and Summit School in Ramsey, Minnesota, raised more than \$20,000, making him the top fundraising student in the country. Participating schools also received grants for physical activity equipment and wellness initiatives.

School communities, educators and families also learn about heart and brain health through Finn’s Mission. The initiative, inspired

by congenital heart defect survivor and national Heart Hero Finn Blumenthal, taught about 80,000 families the warning signs of stroke and how to complete Hands-Only CPR.

Support from communities united by social media delivered more than \$4 million. Social influencers, livestreamers and gamers encouraged followers to give generously in support of our mission.

Through point-of-sale donations, shoppers supported our mission at national, regional and local retailers as part of our Life is Why™ campaigns. Nearly 200 companies including Advance Auto Parts, AT&T, Big Lots, CVS Health, Orangetheory Fitness, Pilot Co., Tuesday Morning and Walgreens raised \$12 million.

CAMPAIGNS FURTHERING OUR MISSION

Through direct mail, monthly campaigns and matching gifts during Giving Tuesday, American Heart Month and Mother’s Day, donors were inspired to give throughout the year. These efforts raised more than \$54 million.



Heart disease and stroke survivors shared their personal stories through a new series of nationally televised campaigns. Gail shared her experience as a survivor of sudden cardiac arrest, while Dra talked about his journey as a teenage stroke survivor. These stories personalized

The moving stories of survivors personalize the urgency of our mission.

the urgency of our mission to raise \$6.5 million.

Our mission was also

deepened by targeted community issue campaigns highlighting critical issues such as reducing risk in women, controlling blood pressure, improving nutrition security, ending tobacco and vaping, addressing community need, and building mental well-being. These campaigns contributed \$51 million in support of driving equitable health in our communities.



LIFE IS WHY CONSUMER CAMPAIGN SPOTLIGHT

During their fourth annual #OrangetheoryHeartsFitness campaign, 1,146 Orangetheory Fitness studios inspired their members and communities to rally together in support of life without heart disease and stroke. In 2022, almost 27,000 members helped generate nearly \$1 million in donations throughout American Heart Month, leading Orangetheory Fitness to their best year yet in fundraising for our mission. Over four years, Orangetheory has raised \$2.4 million in donations.



A POWERFUL VOICE OF THE MISSION

JT Laybourne, TikTok content creator and congenital heart defect survivor, was honored with the AHA Voice of the Mission Award for his efforts to increase support for those touched by heart disease. By launching “Live from the Heart,” more TikTok creators have been inspired to raise funds. JT also hosted two unique livestream fundraisers bringing the TikTok creator’s support to more than \$1 million and counting.

“As a heart survivor who underwent open-heart surgery just two years ago, I know firsthand how funds raised through the American Heart Association will work to save lives.”

— JT Laybourne

WORKING TOGETHER FOR HEALTHIER COMMUNITIES



The American Heart Association's Getting to the Heart of Stroke™ initiative, developed in collaboration with HCA Healthcare and supported through a \$15 million commitment from HCA Healthcare and the HCA Healthcare Foundation, focuses on the powerful connection between heart and brain health. Knowledge and management of heart-related risk factors and conditions are critical in reducing the likelihood of stroke and improving outcomes when strokes do occur, especially among people adversely impacted by health disparities.

This initiative features efforts to deepen collaboration between neurology and cardiology, equitably empower consumers to know and better manage their stroke risk and improve the health of communities.



Thanks to \$5 million in support from funding sponsor Novo Nordisk, the AHA and the American Diabetes Association continue to implement Know Diabetes by Heart™, a multiyear awareness and education initiative to reduce cardiovascular deaths, heart attacks and strokes in people living with type 2 diabetes.



For more than 15 years, we've worked together with the NFL's PLAY 60 initiative to encourage millions of kids across the country to get physically active for at least 60 minutes a day and fuel their bodies with nutritious foods. We received \$3.35 million to help provide millions of children with health and fitness resources through PLAY 60 programming integrated into our work in schools nationwide.



With the support of an \$8.6 million commitment by Novartis Pharmaceuticals Corporation over the course of implementation, the Integrated ASCVD Management Initiative will help people with high cholesterol and associated atherosclerotic cardiovascular disease. The initiative will work across health care systems, leveraging our inpatient and outpatient quality improvement programs to focus on ASCVD and related risk factors.



Tea brand Lipton generated \$3.5 million through national sponsorship of our Life is Why™ campaign. The goal is to raise awareness of the benefits of consuming unsweetened tea as part of a healthy diet, including supporting heart health.



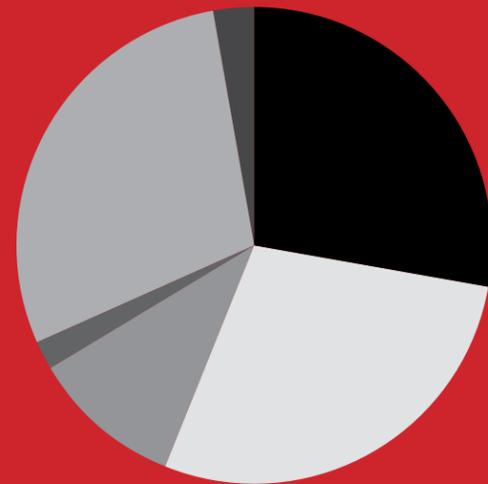
BANK OF AMERICA

Bank of America and the AHA, along with other leading public health organizations, have launched an initiative to advance health outcomes for Black, Hispanic/Latino, Asian and Native American communities.

Their \$10 million investment is funding a four-year initiative focused on three key areas: increasing access to quality health care; education and capacity building for community organizations; and advancement of public policies to achieve health equity. This initiative will focus on leading causes of death — heart disease, cancer, stroke and diabetes — and improving outcomes for people from groups who face health disparities due to historical and systemic racial inequalities.

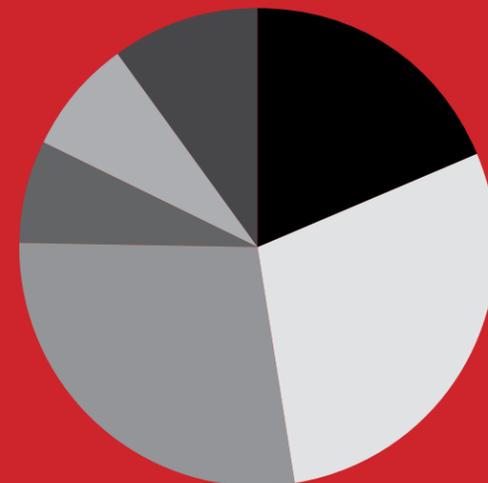
FINANCIAL HIGHLIGHTS

The figures on this page show the financial activities of the National Center, regions and all other components of the American Heart Association and its division, the American Stroke Association, for the fiscal year ended June 30, 2022.



PUBLIC SUPPORT AND OTHER REVENUE (IN THOUSANDS)

Contributions	\$260,239	29.6%
Net Special Events	\$263,274	29.9%
Bequests	\$95,880	10.9%
Other Public Support	\$17,847	2.0%
CPR Training Revenue	\$268,499	30.5%
Other Revenue	(\$25,090)	-2.9%
Total Income	\$880,649	



EXPENSES (IN THOUSANDS)

Research	\$172,164	18.9%
Public Health Education	\$262,646	28.8%
Professional Education and Training	\$253,499	27.8%
Community Services	\$63,909	7.0%
Management and General	\$70,291	7.7%
Fundraising	\$89,671	9.8%
Total Expenses	\$912,180	

TOTAL NET ASSETS (IN THOUSANDS)

\$1,112,207

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