

HEALTHY KIDS

Building a world of longer, healthier lives



The American Heart Association is working to create a healthier Minnesota.

CONTROLLING YOUTH ACCESS TO NICOTINE

A statewide Tobacco 21 law would prevent nearly 30,000 MN teens from ever using tobacco.

- Working on local and county T-21 policies to raise the tobacco purchase age to 21, including vaping and e-cigarettes.
- Advocating for flavor restrictions and bans at the local and state level, and adding local licensing restrictions, caps and zoning limits on tobacco retail licenses.



50+ Minnesota communities have already passed Tobacco 21. Nationally AHA just invested \$20 Million in vaping research

SAVING YOUNG LIVES WITH RESEARCH & CPR



In 2012, AHA helped pass a law in MN requiring Hands-Only CPR training as a graduation requirement

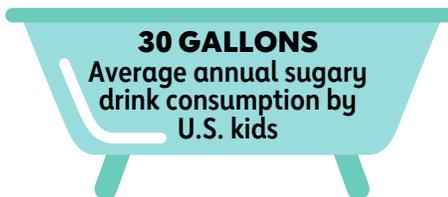
Over 60,000 MN teens learn Hands-Only CPR in school every year.

- In 2013, AHA led effort to make sure all newborns are screened for heart defects before leaving the hospital
- AHA is second leading funder of heart defect research after federal government. From 2005-2015, over \$115 million granted to CHD research.



HEALTHY EATING & NUTRITION

- Asking local youth sports organizations to adopt formal policies that eliminate sugary drinks, including sports drinks, from events and practices with the "Water, the original sports drink" pledge.
- Advocating for a statewide law that would require restaurants to list water and milk as the default beverage options for kids' meals.
- Working with Mpls. & St. Paul Public Schools to update policy to require water refilling stations be added for all new builds and remodels in the districts.



At this rate, 40% of children will develop Type 2 diabetes.

ACTIVE & SAFE TRANSPORTATION

- Advocating for MN to renew its investment in the Safe Routes to School program, which invests in safety infrastructure improvements for more walking and biking.



In 2016, Minn. granted over \$8 million to 128 local projects, but nearly \$15 million in requests went unfunded.

INVESTING IN LOCAL SCHOOLS

- Advancing Sciences STEAM event partners local teens with local tech leaders for a day of mentoring and a grant challenge for schools
- For 40 years, Kids Heart Challenge has taught kids heart health, fun fitness, service learning and a chance to earn school wellness grants.



90,600 MN kids participate annually