



American  
Heart  
Association.



# COMMUNITY IMPACT HIGHLIGHTS

2021-2022

As a relentless force for longer, healthier lives, the American Heart Association Washington team collaborates with local organizations and clinics to advocate for and increase health equity. Our collective efforts impact sustainable change by addressing pervasive drivers of health disparities, including discrimination and inadequate access to nutrition and quality health care. This work helps equip communities with the systems, resources and health education to achieve optimal heart health.

**Washington**



# NUTRITION SECURITY

Eating nutritious foods is an important part of health and the prevention of disease. However, nearly 30% of Washington families struggle to access enough food to sustain a healthy life due to barriers like transportation, discriminatory practices and an absence of options that reflect cultural needs. Additionally, the rising cost of produce and other healthy foods is changing the way we eat and shop. For individuals that can't afford healthier options, this increases the likelihood of detrimental health conditions.

## Identifying Food Needs and Providing Resources

The American Heart Association joined forces with Community Roots Housing, New Holly Housing, Community Life Foundation and Food Innovation Network to develop screening and referral protocols to identify individuals facing food insecurity and provide connections to local food resources.

Key contributions:

- Training for staff to conduct screenings, instruction on how to utilize referral materials.
- Screening and resource materials translated into 13 languages.
- Produce vouchers provided to food insecure participants to shop at farmers markets.
- Provided guidance on SNAP and WIC enrollment, including training with WithinReach who can assist with the application process.

These efforts increase access to healthy foods with the potential to reach over 11,000 community members each year.



*"It's tough for me to access quality food. The farmers market and Heart Bucks allow me to get produce just a few feet from where I live."*  
Mary, Tukwila resident

## Increasing Access to Culturally Relevant Foods



*"This nutrition policy is both timely and important as it supports our goal to encourage healthy living and reduce chronic illness by guiding us to provide healthier options."*

Diana Krishna, Community Care Programs Coordinator, UTOPIA WA

Many factors determine whether an individual can access and utilize foods that prevent and treat disease. Our team collaborated with local food access organizations to address barriers to nutritious foods that empower health and meet cultural needs.

Key contributions:

- Developed nutrition policies with six organizations to prioritize culturally relevant foods for over 40,000 WA individuals each year.
- Developed unified nutrition policies with Seattle Food Committee and Washington Food Coalition to increase nutrition access for households across Washington State.
- Increased two local food access organizations' capacity to store and distribute fresh produce, thanks to funding from Puget Sound Energy Foundation. Successfully
- advocated for \$308,000 from the City of Seattle for a produce prescription initiative to support chronic disease management in American Indian and Alaska Native communities.

*"As a food bank, we feel a responsibility to offer our neighbors healthy and nutritious options."*  
Fran Yeatts, Executive Director, West Seattle Food Bank

## Increasing Youth Nutrition Access

Good nutrition, especially in the early years, can have a powerful impact on positive health outcomes later in life. Our "Three Meals a Day" project helped to expand youth nutrition access and encouraged the adoption of At-Risk After School Meals programs.

Key contributions:

- Partnered with youth-serving organizations to host six meal distribution events, providing nearly 600 to-go style meals.
- Provided health education resources in English and Spanish.
- Successfully encouraged Grandview School District to adopt afterschool meals at five school sites, utilizing a "Filling Station" food truck to offer nutritious dinners to over 3,600 students.
- Supported Clover Park School District's afterschool meals program to serve 500 more meals a week.



# BLOOD PRESSURE CONTROL

High blood pressure is known as the "silent killer" because it usually has no symptoms and cannot be detected without being measured. When left unmanaged, high blood pressure puts many Washington adults at an increased risk for heart disease, stroke and other health threats. Due to public safety measures during the pandemic, many pharmacies and fire stations paused free, in person blood pressure screenings. This disrupted many individuals' access to care and created an urgent need for equitable solutions to help manage chronic conditions.

## Improving Quality of Primary Care

**Target:** BP™ supports doctors and care teams in helping patients keep hypertension under control. We provide patient and provider education and quality improvement recommendations that improve health outcomes. 104 clinical sites in Washington State are participating, covering more than one million patients.



## Monitoring Blood Pressure at Home

血壓分類	收縮壓 mm Hg (最高值)	舒張壓 mm Hg (最低值)
正常	不到 120	不到 80
偏高	120-129	不到 80
高血壓 (HYPERTENSION) 第 1 期	130-139	或 80-89
高血壓 (HYPERTENSION) 第 2 期		
高血壓危險期 (HYPERTENSION) 第 3 期		

cũng như tránh người khác nói chuyện với bạn, hoặc nhìn vào tivi hoặc điện thoại trong khi đo.

To address the gap in hypertension management in historically under resourced communities, the American Heart Association established self monitoring blood pressure (SMBP) programs with 13 clinic locations and a low income housing community. Now, over 90,000 individuals have access to tools, resources and education to manage high blood pressure at home, including videos and materials in eight languages.

By equipping participants with their own blood pressure monitor, the SMBP program helps tackle barriers that may prevent regular monitoring, including transportation and the cost of a home monitor.

*"It's our hope that providing at home blood pressure cuffs will reduce barriers to care for our patients and help them monitor and ultimately get control of their chronic condition."*  
**Jenna Burrell, Quality Improvement Coordinator at Community Health Care.**

## Reaching Diverse Audiences

Expanding access to health and wellness information is critical in ensuring everyone has the opportunity to live a long and healthy life. In 2021/2022, the American Heart Association continued to provide local outlets with in-language PSA materials on topics like CPR and blood pressure. Our team contributed monthly articles to Seattle's Filipino newspaper, the Fil-AM Inquirer. The topic of maternal health and blood pressure was in the news through placements in the Seattle Facts Newspaper and The Skanner.



# SAVING & IMPROVING LIVES

## CPR Education

Immediate CPR can double or triple chances of survival after cardiac arrest. Despite improvements in CPR training, the survival rate for women experiencing cardiac arrest outside of a hospital has not improved significantly, especially for Hispanic-Latina and Black women.

With the support of local CPR sponsor, MultiCare Pulse Heart Institute, our community engaged in Hands-Only CPR education at the Puget Sound Go Red for Women Luncheon in March, through the Hands-Only CPR Training Kiosk at Sea-Tac Airport as well as content in local media outlets and social media.

We also supported hospitals during the pandemic by keeping staff credentialed in resuscitation by providing a digital learning platform and simulation station.


**211,451**

 People trained  
in CPR in WA

## Addressing Risk Factors Among Construction Workers



The American Heart Association's Hard Hats with Heart initiative is focused on improving the health of construction workers who face high rates of key risk factors for heart disease and stroke.

Thanks to local clinical volunteers, we offered blood pressure trainings and the opportunity to participate in a home monitoring program, CPR demonstrations and health presentations focused on mental well being, nutrition and exercise to construction workers on jobsites throughout Washington.

In the last year, 11 companies across 19 jobsites participated in the initiative and received resources and training that educates on risk factors and encourages lifestyle improvements. To date, we've equipped over 5,000 industry employees to lower their risk of cardiovascular disease.

## Tackling Tobacco and Vaping

One in four high school seniors in King County reported vaping in the past 30 days. E-cigarette vapor contains toxic chemicals, which have been linked to heart and respiratory diseases and cancer. In King County, tobacco use contributes to one in five deaths.

We are working with local school districts and advocating for legislation that supports comprehensive quitting strategies that account for mental well-being and equity.

Key contributions:

- Joined forces with local health centers, school districts and Public Health to co-host a dialogue about the health impacts of youth vaping to identify barriers to cessation and offer resources to support students, parents and educators.
- During the 2022 legislative session, we secured \$5 million for the Department of Health tobacco prevention, treatment and cessation programs. This investment helps rebuild systems while we advocate for an expanded 2023 budget.

### STAY IN THE KNOW END YOUTH VAPING

Date: Wednesday, January 26, 2022

Time: 4:30-5:30 PT

Zoom: [forms.gle/GCwQ4Y26aRTmgytW9](https://forms.gle/GCwQ4Y26aRTmgytW9)

Must register in advance to receive zoom link

#### Panelists:

- Dr. Melanie Sklar, PsyD - HealthPoint Auburn North, Behavioral Health Post Doctoral Resident
- Dr. Crystal Shen, MD, MPH, FAAP-WCAAP - Washington Chapter of the American Academy of Pediatrics
- Auburn School District Students
- Robert Powell - Prevention Intervention Specialist, Auburn School District

Sponsored by: MultiCare Pulse Heart Institute

Presented by: American Heart Association, Auburn School District, HealthPoint, Public Health - Seattle & King County and Washington Poison Center

Produced by:



# SAVING & IMPROVING LIVES

## Engaging Youth to Promote Health and Mental Well-being

Mental well-being is strongly connected to heart health. Unfortunately, one in three youth in WA State reports persistent sadness and more than half of youth with depression did not receive care last year.

Over 72,000 students came together to join the Kids Heart Challenge and American Heart Challenge movement across Washington. Through Finn's Mission, students, staff and families were empowered to take care of their health, physically and mentally, by moving more, funding lifesaving research, learning Hands-Only CPR and how to spot a stroke F.A.S.T.



## Investing in Organizations Addressing Health Inequity



The American Heart Association's Bernard J. Tyson Impact Fund invests in sustainable local solutions addressing social and economic drivers of health disparities in under resourced and disenfranchised communities.

To address housing equity, food insecurity and opportunities for stable employment in the Puget Sound area, we invested \$470,000 of new funding in three Puget Sound based organizations: Housing Connector, Puget Sound Food Hub Cooperative and Weld Seattle. Learn more about their work [here](#).

## Year in Review

For a recap of our efforts to address health disparities across Washington State, watch and share this video. Our continued impact on the health of our communities is made possible by supporters like you. Thank you.

[heart.org/pugetsound](https://heart.org/pugetsound)





# TOGETHER, WE ARE A RELENTLESS FORCE FOR A WORLD OF LONGER, HEALTHIER LIVES.



**American  
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