



American
Heart
Association®

**TOGETHER,
WE CAN
REDUCE RISK
IN WOMEN**



**Our mission is to be a relentless force
for a world of longer, healthier lives.**

That's our purpose – the reason we exist –
and our guiding values ensure we commit
to that mission daily.

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.

National Giving Societies

A heartfelt thank you goes to members of our national giving societies – **Cor Vitae Society** and **Paul Dudley White Legacy Society**. You represent the American Heart Association’s most generous supporters, and we are incredibly grateful for your dedication to the AHA’s mission. You are at the heart of what makes extraordinary, lifesaving work possible.

Last year, Cor Vitae Society members contributed more than \$88 million in mission support through their annual donations. Since 1956, legacy donors have contributed more than \$3 billion dollars through their estates, ensuring future impact for years to come.

These gifts support local work in our communities nationwide, as well as bold new initiatives with national impact. An exceptional community of individuals, our national giving societies members are united by a determination to ease the burden of cardiovascular diseases and stroke.

Your support has funded the research of 14 Nobel Prize winners in the areas of science, research and technology. The next lifesaving discovery could be made by one of the many experts or researchers funded by the AHA.

For nearly a century, you’ve been instrumental in helping us make an extraordinary difference in the lives of millions of people. Together, we drive maximum impact on equitable health and well-being in the United States and around the world.

Cor Vitae
Society

The Cor Vitae Society — *Latin for heart of life* — brings together people whose inspiring commitment makes our lifesaving work possible. The Society recognizes those whose generous annual gifts support work in our communities nationwide, as well as those who make direct gifts for bold new initiatives with national impact. Cor Vitae Society members are the heartbeat of the association, driving maximum impact in equitable health and well-being around the world. Cor Vitae membership topped 6,770 in the last year, representing nearly \$88 million in philanthropic support.

Paul Dudley White
Legacy Society

The Paul Dudley White Legacy Society honors generous donors who have included the AHA in their wills, trusts or other estate plans. Named after Dr. Paul Dudley White, an AHA founder who’s considered the father of preventive cardiology, more than 5,940 members have committed to leaving a legacy of support.



Heart attack survivor,
Valerie, and her daughters

“Twenty years ago, I attended an American Heart Association lunch on women’s heart health before Go Red For Women even existed and learned that the warning signs of a heart attack can be different for women. Several months after this luncheon, I experienced my own heart attack and fortunately knew what to do. Education is critical, especially for young women, and I am proud to support the work of the AHA.”

Valerie Ann Wilson
Cor Vitae Society – Pulse Circle
Paul Dudley White Legacy Society
Circle of Red Member

Together, We Can Reduce Risk in Women

For nearly a century, the **American Heart Association** has made an extraordinary difference in the lives of millions of people, but cardiovascular diseases (CVD) still stop 17.9 million hearts each year.

Recent research reveals startling statistics regarding the lack of awareness, especially among the youngest generations that CVD is their leading cause of death. It is vital that women of all ages understand their greatest health threat and recognize risk factors, signs and symptoms. It's equally critical to simultaneously advance research and other efforts to accelerate the pace of solutions needed to save, lengthen and improve women's lives.



Raising awareness has never been more important, as cardiovascular disease is the #1 killer of women and claims the lives of 1 in 3. That's a third of all of the women we treasure in our lives – our mothers, sisters, daughters, friends, neighbors, and loved ones. **Go Red for Women®**, the American Heart Association's global movement to end heart disease and stroke in women, works to lead a groundswell of awareness and action, inspiring women to take charge of their health.

The COVID-19 pandemic has underscored the need for continued acceleration and innovation from research, for women and men alike. COVID-19 disproportionately claims the lives of people with a history of heart disease and stroke, heart disease and stroke patients are most at risk for contracting the virus, and research is indicating that the unique coronavirus can cause damage to the heart and vascular system.

Historically, clinical studies and research did not have equal representation of women, nor did they analyze women-specific heart health data. This gap must be closed in the research itself, but also across science field leadership, to ensure that the health of women and other historically excluded groups are not neglected in discoveries that are made.

Together, we can reduce risk for the life-threatening effects of cardiovascular diseases in all women, and increase the quality and length of women's lives through the exciting, high-impact mission of the American Heart Association. Thank you for your support.

American Heart Association®



Advancing the Go Red for Women® Movement

Go Red for Women is the American Heart Association's global initiative to end heart disease and stroke in women. Launched in 2004 to ensure every woman knew that cardiovascular disease is her greatest health threat, Go Red for Women quickly expanded into a worldwide movement dedicated to removing the barriers women face to achieving good health and well-being.

Go Red for Women is focused on four priority areas:

Ensuring all women are aware

Less than 44% of women are aware that CVD is their leading cause of death, with the youngest generations being the least aware. It is vital that women of all ages understand their greatest health threat and recognize risk factors, signs and symptoms.

Helping women take charge of their health

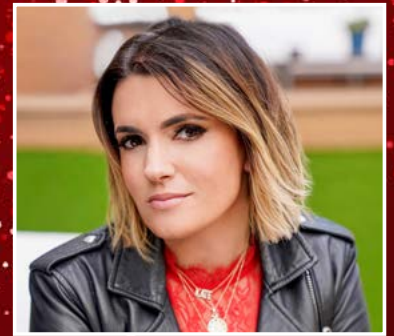
Helping women take charge of their health is critical to treating and preventing cardiovascular disease and the simple fact is, women just don't move enough, eat well enough or manage blood pressure efficiently enough.

Increasing the number of women in research and STEM

Women, and in particular Black and Hispanic women, continue to be significantly underrepresented in cardiovascular research and Science Technology Engineering and Math (STEM) fields. As of 2020, only 38% of cardiovascular research participants are women. Women make up close to 50% of the work force but make up less than 25% of the STEM careers.

Addressing inequities in access and quality of care

Women still do not always receive the same level of care and treatment that men do. And disparities don't just exist between men and women, but within diverse populations of women, as well. CVD is the leading cause of maternal mortality and women are less likely than men to receive bystander CPR – two key priorities for Go Red for Women to address.



Jaime Zeluck Hindlin, 36
Peripartum Cardiomyopathy
Survivor
Class of 2021
Go Red for Women
Real Woman Class Lead

Jaime Zeluck Hindlin always wanted to become a mom. During her pregnancy and shortly following the birth of her daughter, Jaime knew something wasn't right. Jaime was diagnosed with peripartum cardiomyopathy, a form of heart failure. Today, Jaime is passionate about raising awareness and being a champion for women to advocate for their health.

"My shortness of breath and swollen feet were dismissed as symptoms of a normal pregnancy, but I had actually developed a rare form of heart failure that nearly killed me. As the 2021 class lead for the Go Red for Women Real Women, my message is this: If you have a feeling that something isn't right, get a second opinion. Don't wait. Listen to and trust your body."

Go Red for Women Announces 2021 Real Women Class

Go Red for Women is proud to announce the 2021 Real Women Class, an inspiring group of survivors committed to sharing their stories to raise awareness about cardiovascular disease among women. The Real Women are a diverse group, committed to putting a name and face on heart disease and stroke, empowering women to join the Go Red for Women movement. Throughout, you will see snapshots of a few Real Women who are a part of the 2021 class. To meet this year's Real Women and read their personal stories, visit goredforwomen.org/realwomen.



Circle of Red

Circle of Red is an inspirational group of dedicated supporters who have the passion, motivation and inspiration to drive change in their community regarding the heart health of women. They're devoted to amplifying the reality that heart disease is the leading cause of death in women by supporting Go Red for Women with their time, influence and financial resources. Women are standing together with Go Red for Women to change the world.



Circle of Red™

Executives with Heart

Executives with Heart for the American Heart Association put their name, personal investment and their network behind our mission, working to change the lives of those who are most vulnerable among us. Leaders from cities across America are putting the well-being of our families, our employees and our communities first, and working together -to raise critical funds and be a relentless force for a world of longer, healthier lives.



American Heart Association.



"I knew in my body that something wasn't right. I listened to my body and took charge of my own health."

Jessica was 20 weeks pregnant with her second child when she began to experience shortness of breath and an irregular heartbeat. Her doctor suspected anxiety, but she pushed for a referral to a cardiologist, who diagnosed her with cardiomyopathy, a disease of the heart muscle. Her heart was failing.

When she saw her son for the first time, she thought, "Oh my gosh, he's perfect, it was worth it. This was totally worth it, everything."

Three years later, Jessica is living fierce as a survivor.

The price of being a woman is high and when it comes to cardiovascular disease, **1 in 3 women will pay that price with their lives.**

Join us and survivors like Jessica in the fight against the No. 1 killer of women – cardiovascular disease. Live Fierce. Go Red.



Hear the stories of Jessica and fellow survivors who advocate to save more women's lives.

GoRedforWomen.org

17 Years of Go Red for Women



2004

LIFTOFF

2004: Go Red launches with generous support of national sponsor Macy's, as the AHA also releases updated treatment guidelines in the first women-focused issue of AHA's Circulation

Now: The February issue of Circulation has been dedicated to women's research for 17 years.



2005

LET'S LUNCH

2005: Go Red hosts 70 luncheons nationwide, raising over \$7M.

Now: More than 150 digital experiences are held annually, raising millions for women's heart-health initiatives.



2006

GOING GLOBAL

2006: Go Red grants first international license in collaboration with the World Heart Federation.

Now: Fifty-three licenses in 46 countries have been granted, extending Go Red's reach globally.



2007

LASTING CHANGE

2007: The Go Red Heart Checkup launches, helping over 500K women assess their risk for heart disease in year one.

Now: Go Red continues to help women make healthy changes, as 95% of Go Red supporters report taking action.



2008

SOCIAL CONNECTIONS

2008: Go Red debuts on social media. The Real Women campaign launches, highlighting stories of real women struggling with heart disease and stroke.

Now: Go Red reaches millions of women digitally each year, and over 100 women have shared their stories nationally through the Real Women initiative.



2009

HEALTH EQUITY

2009: Go Red's Hispanic initiative Go Red Por Tu Corazón launches at the Latin GRAMMY Awards.

Now: Addressing inequities in access and quality of care is a key pillar of the AHA's work and Go Red for Women movement.



2010

ADVOCATING FOR CHANGE

2010: Go Red supports a provision to prohibit insurance companies from charging women higher premiums than men for the same health insurance coverage.

Now: This provision remains in effect.



2011

LIGHTS, CAMERA, ACTION!

2011: Actress Elizabeth Banks creates popular short film, "Just a Little Heart Attack, inspired by real stories of women affected by heart disease. The same year, Star Jones appears on NBC's Celebrity Apprentice raising \$170K for Go Red in one episode.

Now: Go Red continues to engage celebrities and influencers to amplify and extend the movement.



2012

DATA DRIVES DECISIONS

2012: Go Red's triennial Women's Heart Study shows a near 90% increase in cardiovascular disease awareness among women.

Now: Awareness remains strong among women who inspired the Go Red for Women movement.



2013

WISEWOMAN

2013: Go Red continues to support the WISEWOMAN program, which proceeded to impact 81K+ women over the next four years.

Now: WISEWOMAN has provided screenings to nearly 200K+ uninsured, underinsured and low-income women across 20 states.

Making a Collective Impact: 2004-2020

RED DRESS COLLECTION

2014: In collaboration with the National Heart, Lung, and Blood Institute (NHLBI), AHA begins hosting the iconic fashion show during New York Fashion Week.

Now: Over 165 celebrities and influencers have participated in the Red Dress Collection, helping drive awareness and engagement through more than 8 billion media impressions.

2014



2015



FOCUSED RESEARCH

2015: The first Go Red Strategically focused Research Network launches with a \$5M gift from Sarah "Sally" Ross Soter to the AHA.

Now: Five prestigious research institutions across the country continue to advance women-specific cardiovascular disease and stroke research.

FOSTERING FUTURES

2016: Designed to engage young, diverse women in future STEM careers, STEM Goes Red launches in Chicago.

Now: STEM Goes Red is expanding quickly to nearly 40 markets and continues to engage thousands of young minds annually with robust plans for market expansion.

2016



2017



LEADING BY EXAMPLE

2017: **Go Red for Women National Leadership Council** launches to increase engagement with top female executives to further impact women's health.

Now: The Council today includes C-Suite leadership from some of the largest companies in the country including CVS Health, Big Lots! and Twitter.

MAKING OUR MARK

2018: Recognition of the Go Red brand reaches an all-time high with 60% of women having either heard of Go Red or seen the Go Red logo.

Now: Efforts continue to ensure Go Red for Women remains the most trusted and recognized brand for women's health empowerment.

2018



2019



RESEARCH GOES RED

2019: Research Goes Red, an initiative to build the most highly engaged women's health registry and research marketplace, launches in collaboration with the Institute for Precision Medicine.

Now: In 2020, Research Goes Red launched the first two funded studies focused on weight gain surrounding menopause and on engaging diverse millennial women in research.

"CARDIO-OBSTETRICS"

2020: The American Heart Association issued a scientific statement on the connection between cardiovascular disease and maternal health reiterating the need for a new field of "cardio-obstetrics" where high-risk pregnancies would be managed by a team that includes cardiology, maternal-fetal medicine, obstetrics, anesthesiology and nursing.

Now: Cardiovascular disease is the leading cause of maternal mortality. Go Red for Women is committed to raising awareness, funding research and addressing the greatest health threat for pregnant women and new moms.

2020



Supporting Women's Health through their Survivor Journey

After suffering an acute cardiac-related event such as a heart attack, the time between a patient's discharge and their first follow-up appointment can be a scary and uncertain time. Working to transition the patient to the highest quality, guideline-directed, outpatient care plays an integral part in reducing declining health, hospital readmissions and mortality.

The American Heart Association's Outpatient and Clinical Systems Change Program promotes clinical systems change by engaging hospital systems, outpatient clinics and care providers to uncover gaps and barriers around transitions of care, using real patient data and relying upon American Heart Association guidelines; to improve the established transitions of care, clinic workflows and providing best-practices and insights nationally across health systems.

These programs are helping to maximize outpatient quality and equitable care for women, and for all patients with high blood pressure, high cholesterol and diabetes. Find out more on how the **AHA is improving the quality of patient care.**

The American Heart Association's **Patient Support Network** is a resource for survivors, caregivers, medical professionals, and anyone looking to connect with others who understand the life-changing effects that heart disease and stroke can bring. Experiencing heart disease or stroke can seem overwhelming and lonely, but emotional support can help the healing process progress. Available 24/7, the Patient Support Network provides connections to others and to important evidence-based information and answers.



Steffany Quintana plays with her dog now that she is out of rehabilitation



Steffany Quintana, 26

Stroke Survivor

Class of 2021

Go Red for Women

Real Woman

After having a stroke last year, Steffany Quintana juggled helping her single mom care for her younger siblings, going to college and studying for the LSAT. Just one month before graduation, she had a stroke, losing the ability to talk, swallow food and walk unassisted. In addition to dealing with the physical effects, she struggled with her emotions, often crying for no apparent reason. "It messes completely with your emotions," she said. "Had I been more informed, I think things would have been smoother." After a month of in-patient rehabilitation, Steffany completed her schooling and even danced again for the first time. She hopes her story will raise awareness about the impact stroke of stroke.

Advancing Scientific Discoveries through Peer-Reviewed Research

For nearly a century, the AHA has been instrumental in leading the way for rigorous, groundbreaking scientific research. AHA funded research is made possible through the generosity of our donors and is helping more people survive heart disease and stroke.

More scientific research means more answers for the unique needs in women's cardiovascular and brain health. More women represented in studies that lead to relevant treatment and care. More women living longer lives and more women saved. The American Heart Association approaches **scientific research** from a variety of directions, and with one important common denominator: peer review.

To ensure future science is cutting edge, meritorious and relevant to the public good, we continually curate experts from our pool of nearly 37,000 scientific volunteers, including a core group of world-renowned experts in their fields to drive a transparent and equitable peer review and decision-making process.

Advancing Solutions in Cardiovascular Disease and Maternal Health

Peer-reviewed research covers a wide variety of topics, including a focus on increasing science that will improve racial, ethnic and gender equity topics. One area of research that requires immediate focus is **maternal health**.

Despite the decrease in maternal mortality worldwide, the maternal mortality rate continues to rise in the United States. The U.S. has the highest maternal mortality rate in the developed world, with an estimated 700 women dying each year from pregnancy-related complications and three in five pregnancy-related deaths being preventable. In addition to being the leading cause of death among women in the U.S., cardiovascular disease (CVD) is the leading cause of maternal death in the U.S., posing a threat to **women's heart health during pregnancy** and later in life.



Lucy Emonina, 67
Ovuke' Emonina McCoy, 46

*Hypertrophic
Cardiomyopathy Survivors
& Heart Transplant
Recipients
Class of 2021
Go Red for Women
Real Woman*

Lucy and Ovuke' are sharing their family's story. Born with an inherited condition called hypertrophic cardiomyopathy (HCM), Lucy got a new heart 26 years ago. In 2018, her daughter, Ovuke', who was also born with HCM, had a heart transplant too. After losing family members to heart disease, these women want to raise awareness about cardiovascular disease among African Americans.

"Heart disease has taken some of my loved ones from me; my brothers, my uncles, my grandmother. Heart disease has been a number one killer in my family. Don't let it be your number one killer in your family." -Ovuke'



Jen Rohe, 33

*Peripartium
Cardiomyopathy and
Stroke Survivor
Class of 2021
Go Red for Women
Real Woman*

As a new mom, Jen assumed she was experiencing typical post-partum symptoms. But the Olympia, Washington resident soon learned her shortness of breath and elevated heart rate were signs she had heart failure and needed a transplant. She uses her experience to educate new moms about heart disease risks.

"I was this person who thought I knew everything that could go wrong," Jen said. "But I had no idea about the heart risks that affect new moms. You can be young, active and healthy — it doesn't matter. My life is very different now. I grieved the life I used to have. But now I realize I am so grateful for the life I do have."

Moreover, significant disparities in maternal care and outcomes persist across race, ethnicity, geography, income, and other sociodemographic factors, in addition to systemic inequities that pose access barriers to care and exacerbate poor maternal health outcomes in the U.S. A priority concern in maternal health: Black and American Indian/Alaska Native women are two to three times more likely to die from pregnancy-related complications in comparison to their white counterparts.

The expanding subspecialty of "cardio-obstetrics" provides **specialized support for women with cardiovascular-related, high-risk pregnancies** by a team that includes cardiology, maternal-fetal medicine, obstetrics, anesthesiology and nursing. More support for the professionals leading in this subspecialty, and more research in the area of maternal health can lead to advances in care – and lives saved.



Jen Rohe is grateful for more time with her son

The AHA has a distinguished track record of advancing basic science, as well as applied sciences for targeted impact. As a result of our investment strategies, we have funded the research of **14 Nobel Prize winners** and delivered more than \$4.6 billion in funding for cardiovascular disease and stroke research—second only to the U.S. National Institutes of Health.

Accelerating Research through Strategically Focused Research Networks

Established to break through the siloes in institutional research and generate novel solutions faster, a **Strategically Focused Research Network (SFRN)** is a multi-institutional, multi-disciplinary research collaboration focused on preventing, diagnosing and treating a specific urgent area. Each Network has a subset of centers comprised of researchers from top institutions, as well as early-career Fellows who are mentored by these world-class researchers on their path to leadership in the field. These centers collaborate to address key strategic issues such as disparities in cardiovascular disease and stroke, hypertension, and prevention of cardiovascular diseases. A new Cardio-Oncology SFRN will begin in 2021.



Fostering Breakthroughs in Research through Collaboration

Collaborative research projects within our world-class Strategically Focused Research Networks offer unique and unparalleled opportunities for new discoveries. Convening top researchers around a critical research question connected to their meritorious research concepts sets the stage for unprecedented results. **Collaborative research projects can** be established within any of the currently active SFRN. For example, consider the potential of collaborative research around the topic of maternal health within the Disparities in Cardio-Oncology Strategically Focused Research Network. Endless possibilities can be explored with new solutions awaiting discovery.



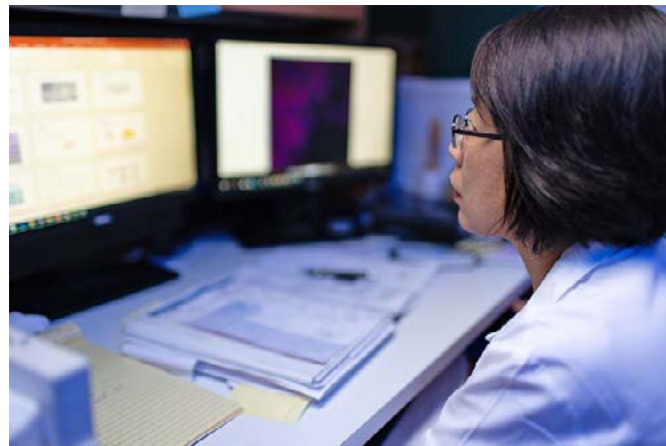
Melissa Sloan-Williams, 39
Heart Attack Survivor
Class of 2021
Go Red for Women
Real Women

Under constant stress as a registered medical assistant, Melissa, turned to food for comfort and often felt too exhausted to exercise. Her weight gradually increased, and she eventually developed Type 2 diabetes. After she had a heart attack in her early 30s, Melissa accepted a lower-stress job and dedicated herself to a healthier lifestyle, shedding 90 pounds in the process. A new mother, she wants people to know heart disease can happen at any age.

"My goal is to educate women about early prevention, so they don't have to go through what I did. I want women to learn from my story that we can do anything that we set our minds to."

Fast-Tracking Discoveries through Data Research

The **American Heart Association's Institute for Precision Cardiovascular Medicine** is pioneering new scientific evidence that can lead to big breakthroughs and reach patients more quickly than ever before. Fueling strategically-selected data research studies that dive deeper and glean discoveries from millions of data points, the AHA's Precision Medicine Platform (PMP) includes an impressive and growing number of data sets and the **AHA's Get With The Guidelines** registries (including the **COVID-19 registry**) offer discovery opportunities from in-patient hospital and clinical data sets. Our data collaborations ensure that scientists are not limited by studying data from only one institution's results but can access a diverse array of studies including landmark longitudinal studies.



An exciting area within data research are data challenges: short term research sprints (hours or weeks) that dive deep, quickly, into a hot question that is demanding answers. Data challenges open up opportunities to diverse participants, energize focus and create momentum to find answers.

We are currently seeking support for ongoing data research studies, for our next data challenge, and to provide access to the Precision Medicine Platform to advance studies related to health equity.

Increasing the Number of Women in Research & STEM

The future of science requires us to train and encourage students of all races, genders, and backgrounds to pursue careers in cardiovascular research. In addition to the under-representation of historically excluded groups in the sciences, women remain vastly underrepresented in STEM jobs and among STEM degree holders, despite making up nearly half of the U.S. workforce and half of the college-educated workforce. To increase leadership for women in the research field and to improve representation of women in research that impacts them, more opportunities are needed for women to ascend to the deepest and highest levels of science.

Fellowship Programs

Postdoctoral fellowships are open to an array of aspiring academic and health professionals. These highly competitive fellowships enhance the integrated research and clinical training of promising early career who aspire to careers aimed at improving global cardiovascular, and cerebrovascular health. AHA Women Heart Fellows provides prestigious post-doctoral research fellowships within new Strategically Focused Research Networks (SFRNs), along with AHA leadership and engagement opportunities for talented women researchers to advance their careers and influence the future of science.

After completing their fellowships, AHA Fellows have moved into higher-level research roles, tenure track faculty positions and leadership roles within the industry.



Real Women Leah Reigert, 32, and her daughter wear red to raise awareness. Leah educates others about the high mortality rate during and after pregnancy.



Jane Lee, 33

*Congenital Heart Disease Survivor
Class of 2021
Go Red for Women
Real Woman*

Jane didn't worry about her congenital heart defect — until she was told she needed open-heart surgery in her 20s while training for a marathon. She now seeks to address health inequities and improve access to healthcare in communities of color.

"I can really identify with those who get lost in the system. When I left for college, no one told me I needed lifelong care. I had to take the initiative for my own health, and I remember how complicated that was as a young adult. Just be aware and listen to your body. Even if it's something you don't think is a big deal, it's better to get it checked."

Eliminating Disparities for Success to Prepare for Careers in STEM

Research shows that women are potentially more likely to survive a heart attack if their doctor is female, however, women occupy less than 25% of jobs in STEM fields. By 2030, half of vacant STEM jobs will be in the healthcare sector. By college graduation, men significantly outnumber women in nearly every science and engineering field, with further declines at the graduate level and into the professional workforce.



We remain committed to increasing the number of women participating in research and ensuring more women are at the forefront of developing STEM solutions. Today, participation of historically excluded individuals in medicine and biomedical sciences is a critical issue affecting our nation's health and the future of research. To address the health needs of our rapidly diversifying population with cultural sensitivity and inclusiveness, we need to cultivate the talents of individuals from all backgrounds.



Stephanie Austin & Matthew Austin, M.D.
Cor Vitae Society – President's Circle Member
Circle of Red Member

Stephanie Austin was 35 years old when she experienced a sudden cardiac arrest in her sleep. Her husband, awakened by a phone call in the middle of the night, noticed she was struggling to breathe, called 911, and performed CPR that ultimately saved her life. Today, Stephanie is an advocate for women's heart health education and serves as a member of the Philadelphia Board of Directors and was named the 2021 Philadelphia Go Red for Women Chair. **Meet Stephanie and Matthew and hear them share their personal story.**

"The AHA has been tremendously supportive of our family. Our hope is to give back and share that blanket of comfort with others who are going through the same situation." – Matthew Austin, M.D.

Supporting Undergraduate Research Experiences (SURE)

The SURE initiative was established in 2018 and launched in partnership with five leading medical schools—Stanford University, Vanderbilt University, Northwestern University, Medical College of Wisconsin and Boston University. SURE provides a summer undergraduate research experience, with participating institutions encouraged to work directly with regional Historically Black Colleges and Universities (HBCUs) and Hispanic Serving Institutions (HSIs) to recruit passionate, historically excluded students to participate.

Admitted students work on-site alongside an AHA-funded investigator for a full-time, 8- to 10-week intensive summer research experience, where students pursue their own independent research project under the guidance and mentorship of a world-class, AHA-funded researcher. MCAT and GRE study support is provided, and all who complete become a part of SURE Alumni activities, offering continuing engagement, networking and learning opportunities.

Ensuring Equal Representation for All Women in Research

Women and women of color have historically been excluded in scientific research and have faced barriers within the health care system. As of 2020, women represent only 38% of research and clinical trial participants, and while women of color account for only 3%. This pervasive exclusion has hindered progress in understanding a woman's specific risks, symptoms, diagnosis and treatment.

In collaboration with Verily's Project Baseline, the AHA's Go Red for Women Institute for Precision Cardiovascular Medicine launched **Research Goes Red** with the goal of building the world's largest and most engaged women's health registry and research marketplace, calling on women to contribute to health research.

Research Goes Red takes the next step beyond wearing red to empowering women to contribute to health research. Collectively, women can unlock the power of data science to find new ways to treat, beat, and prevent heart disease in women.



Megan Corbin, 30
Heart Attack Survivor
Class of 2021
Go Red for Women
Real Women

A professional dancer who appeared to be in peak physical shape, Megan couldn't understand what was happening when she woke up early one morning with a crushing pressure in her chest. It was a heart attack. Later, she learned she had high blood pressure and elevated cholesterol, which she now keeps under control with medication. Her message: Pay attention to your body and don't be afraid to speak up if something isn't right.

"I would have never, in a million years, thought that I was having a heart attack. And it's because I am healthy, I am active. All of the above. I eat right. I do everything right. And I still had a heart attack."

Making a GREATER IMPACT

Charitable giving has changed greatly over the last twenty years. There are many ways to give that cost you nothing today and could help you achieve your charitable goals. You might be able to make a greater impact than you thought possible with these giving opportunities.

THE AMERICAN HEART ASSOCIATION DONOR ADVISED FUND PROGRAM

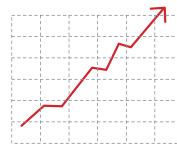
If building a legacy of healthier lives is important to you and your family, consider establishing a donor advised fund with the AHA. A donor advised fund is like a charitable savings account where you can recommend grants to IRS-qualified public charities and receive an immediate tax deduction. The benefits of the **American Heart Association DAF Program** include:

- **Fund Causes You and Your Family are Passionate About:** You have the opportunity to provide grants to other IRS-qualified public charities, in addition to the American Heart Association, through one account.
- **Socially Responsible Investing Options:** There are four 100% tobacco-free portfolio options available, so you can rest assured your funds aren't invested in tobacco or tobacco-related products.
- **Make Decisions as a Family:** You can involve your children in your charitable decisions.
- **Keep Your Current Advisor:** You can keep your current financial advisor to manage this fund in many cases.



WILL OR TRUST

Through a **will or trust**, you can plan a future gift to the American Heart Association after you provide for your loved ones.



STOCKS, BONDS & MUTUAL FUNDS

Investors can contribute **marketable securities** that have been owned for more than one year and have grown in value.

LIFE INSURANCE

If you have a **life insurance policy** that is no longer needed, you can transfer ownership of the policy to support our mission. If you choose to keep your policy but want to make a future gift, you can leverage your policy simply by naming the American Heart Association as a beneficiary.

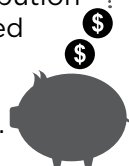


CHARITABLE GIFT ANNUITIES

Charitable gift annuities can help you maintain your current lifestyle, increase your financial security and pay you income for life.

QUALIFIED CHARITABLE DISTRIBUTION (Also known as IRA Charitable Rollover)

- **Easy To Transfer:** At age 70½ you can transfer up to \$100,000 directly from your account to a qualified non-profit.
- **Meet Your RMD:** The distribution counts toward your required minimum distribution.
- **Tax Benefits:** You do not pay tax on the distribution.



IRAs

IRAs are a popular way to make gifts to the AHA in two ways: either through a Qualified Charitable Distribution or a beneficiary designation which distributes the balance of the account when you no longer need it.

GIFTS OF REAL ESTATE

If you have **rental property, undeveloped land, or a second home** you no longer need, this is a good option that can help defer or eliminate capital gains taxes.



Visit heart.org/plannedgiving for even more ways to give.



Thank you!

Thank you for joining us in helping to save the lives of others through the mission of the American Heart Association.

For more information on this and other initiatives, please feel free to reach out to an American Heart Association staff member or email us at:

AHAMissionAdvancement@heart.org



American
Heart
Association.

heart.org