Our Mission: Illinois
Building healthier lives, free of cardiovascular diseases & stroke.

We’re helping individuals and communities build a culture of health so all people can live life to the fullest with healthy hearts and brains.

Heart & Stroke Research
We are the leading funder of cardiovascular research after the federal government.
• $3.7 billion invested nationwide since 1949
• $18.15 million for 114 new & continuing studies in Illinois in 2014

Lifesaving Donations
83.6 million heart disease and stroke survivors prove that donations make a difference.
• Corporate, individual, planned and foundation giving; special events
• $15.1 million raised statewide in fiscal year 2013-2014

CPR & First Aid
Most cardiac arrests occur outside the hospital. Immediate CPR can double your survival rate.
• 14.6 million trained nationwide last year
• 520,031 Illinois residents trained

Dustin Palmer is why
Dustin, who has had five open-heart surgeries for an aneurysm and a malfunctioning aortic valve, received a heart transplant in August 2014. As a South Central Illinois Heart Walk volunteer, this active, 30-year-old dad from Salem tries to inspire others to adopt heart-healthy lifestyles.

Healthy Communities
Important public policy victories:
• CPR & AED training required in all high schools
• daily PE required statewide; PE is core subject in Chicago schools
• stroke systems of care law includes funding for stroke registry
• Chicago STEMI system of care
• all newborns are screened for heart defects
• high cigarette taxes in Illinois, Cook County and Chicago
• Chicago limit on flavored tobacco sales and ban on indoor e-cigarette smoking

We’re currently working to pass a sugar-sweetened beverage tax to reduce childhood obesity

Equitable Health for All
African Americans have nearly twice the risk of stroke. Hispanic women tend to get heart disease 10 years earlier.
• Power To End Stroke® educated 55,000 African Americans
• Go Red Por Tu Corazón™ reached 54,000 Hispanic women
• 755 people enrolled in our new Check. Change. Control™ blood pressure program

Quality Health Care
Patient outcomes improve when they are transported and treated according to up-to-date science-based guidelines.
• Mission: Lifeline is building a statewide cardiac system of care in partnership with EMS systems/hospitals
• 86% of Illinois residents have access to a hospital that meets our treatment guidelines

Helping You Make Healthy Decisions
Less than 1% of Americans have ideal heart health.
• 63,971 women have joined the Go Red movement or participated in Go Red heart-health events
• 262,101 children fought obesity through Jump Rope For Heart/Hoops For Heart last year
• 81 companies with 418,559 employees became Fit-Friendly Worksites
• 18 Teaching Gardens in schools

Family birthdays and weddings... Beautiful sunsets... Goodnight hugs...
We want all people to experience more of life’s precious moments with healthy hearts and minds.
And we’ve already made an extraordinary impact on heart and brain health.
But until the world is free of heart disease and stroke, we’ll keep working to make a healthier, longer life possible for everyone.
What is your why? Your reason for living a healthier life? For volunteering? For donating?
Fighting heart disease and stroke in Illinois

Cardiovascular diseases, including stroke, are the leading cause of death in Illinois. This map shows the percent of deaths from these diseases in each county. In 2011 (latest figures available as of 10/28/14), Statewide, they caused 32,183 deaths (31.8% of all deaths) that year.

Regional Offices
Chicago (312-346-4675) • Springfield (217-698-3838)
- Call us to reach the staff who serve your area of Illinois.
- Visit heart.org or call 800-AHA-USA1 for lifesaving tools.
- Visit heart.org/Illinois for local programs/events and to find us on Facebook, Twitter and YouTube.

What We Do Matters.
You Can Save Lives. Volunteer. Donate. Make healthy choices. Learn CPR. Visit heart.org to learn more!

Death rates for cardiovascular diseases, including stroke, dropped over 30% from 2000-2012. The reasons include:
- scientific research & medical advances
- better emergency care
- improved diagnosis & treatment of patients
- laws creating healthier environments
- lower smoking, blood pressure & cholesterol levels
- increased awareness about healthy living

Leading Causes of Death in Illinois

Diseases of the Circulatory System 35,183 (31.8%)
- Cancer 23,852 (23.5%)
- Chronic Lower Respiratory Diseases 5,369 (5.3%)
- Accidents 3,510 (3.5%)
- Alzheimer’s Disease 2,896 (2.9%)
- Diabetes 2,658 (2.6%)

How Your Donations Save Lives

Research 21.8%
Public Health Education 14.4%
Fund Raising 12.1%
Professional Education & Training 10.5%
Management & General 6.8%
Complementary Services 4.6%