

HEART SAFE COMMUNITY

HEARTSAFE MICHIGAN

A COLLABORATION BETWEEN



Version 7.26.18

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What are Heart Safe Communities?

If someone in your community suffers a sudden cardiac arrest (SCA) how likely are they to survive?

- How many residents and public safety officials in your community are able to recognize the symptoms of cardiac arrest?
- Who in your community knows what to do in the event of an out of hospital cardiac arrest? Do your community's schools and public buildings have effective emergency response plans?

The answers to these questions could determine if your community qualifies as a Heart Safe Community.

The mission of the **Heart Safe Community Designation** is to help communities evaluate their readiness for cardiac events. It includes evaluation, planning and development of awareness, CPR /AED training and AED locations. Heart Safe Communities, with the support of the Michigan Department of Health and Human Services, The American Heart Association- MI, and SaveMIHeart aim to promote survival from out of hospital cardiac arrest. Through the Heart Safe Community program, a community can strengthen the "Chain of Survival," as described by the American Heart Association. The 5 links in the "Chain of Survival" are:

EARLY ACCESS TO EMERGENCY CARE

- Bystanders recognize the symptoms of cardiac arrest and call 9-1-1 immediately.
- EMS dispatchers are equipped with instructions for the caller and can get an Advanced Life Support response vehicle to the scene quickly.

EARLY CPR

- CPR, with an emphasis on chest compressions, buys precious minutes until a defibrillator is available.
- Increased public knowledge and awareness so those trained in CPR will perform when needed.

EARLY DEFIBRILLATION

- Defibrillation is the delivery of an electric shock to restore the heart's normal rhythm.
- Early defibrillation is considered to be the most critical link in the chain of survival.
- New AEDs are light-weight, sturdy, and easy to use by anyone.
- AEDs should be accessible and organizations should have defibrillation training programs that have medical oversight and are coordinated with EMS.

EARLY ADVANCED CARE

- Advanced care is delivered by trained Advanced Life Support response professionals.

POST-CARDIAC ARREST CARE

- SCA patients should be transported to hospitals that provide a comprehensive, structured, integrated, multidisciplinary system of post-cardiac arrest care.
- Treatment should include cardiopulmonary and neurologic support including therapeutic hypothermia and percutaneous coronary interventions.

Frequently Asked Questions

Who can apply to be a designated Heart Safe Community?

Any municipality, county or organization is eligible to apply for the HeartSafe designation. Applicants can be determined by geographic locations or organization size. Geographic locations are cities, townships or counties. Organizational applicants are determined by campus size and average daily population.



Is there an application fee?

While there is no application fee, there are often costs associated with meeting the criteria to become a Heart Safe Community. Cost will vary depending on the Community's size and needs (i.e. CPR training and equipment or AED placement). A proper assessment of your Community will determine the needs.

Why should my community be a designated Heart Safe Community?

By earning 'heartbeats' toward the designation, your team can strengthen your community in places that people live, work, and play. This can reduce the number of deaths and disabilities associated with Sudden Cardiac Arrest in your community.

When are Heart Safe Community applications due?

Applications can be submitted to Heart Safe Communities Statewide Committee at any time. Applications are reviewed and referred for designation on a quarterly basis.

Will an AED always resuscitate someone in Cardiac Arrest?

The AED will look at the electrical activity of the heart. If the electrical activity is "chaotic" and needs a "restart" the unit will charge and be ready to shock. If someone is in cardiac arrest and the AED does not indicate a shock is needed, CPR should be continued immediately.

Is the AED safe to use?

Absolutely! An AED is safe to use by anyone. If you can turn it on, you can use it. They are designed with multiple safeguards and warnings. You can receive training by attending most CPR classes or specific unit training if there is an AED at a site you frequent.

Is there any protection for public bystanders that administer CPR/AED?

Michigan CPR responders who are bystanders have saved thousands of lives. There are specific laws put into place to protect these rescuers. The 2000 Federal Cardiac Arrest Survival Act grants those who administer CPR or use an AED, immunity from civil charges, except in instances of willful misconduct or gross negligence. In addition, under Michigan's Good Samaritan law, "a person who voluntarily performs CPR or uses an AED when it is not part of their job is not liable if they cause harm, unless their actions amount to gross negligence or willful and wanton misconduct." The Good Samaritan Law also, "provides protection from lawsuits to persons administering CPR whether they have received training or not."

Can anyone buy an AED?

Yes. However, AEDs are manufactured and sold under guidelines approved by the FDA.

National Resources

- American Heart Association..... **heart.org**
- American Red Cross..... **redcross.org**
- Anyone Can Save a Life..... **anyonecansavealife.org**
- Be the Beat **bethebeat.heart.org**
- Hands Only CPR..... **handsonlycpr.org**
- Heart Rescue Project **heartrescuenow.com**
- Heart Rhythm Foundation **heartrhythmfoundation.org**
- National Center for Early Defibrillation **early-defib.org**
- Parent Heart Watch **parentheartwatch.org**
- Sudden Cardiac Arrest Association **suddencardiacarrest.org**
- Sudden Cardiac Arrest Foundation **sca-aware.org**
- Take Heart America **takeheartamerica.org/**
- CPR Around the World **cpraroundtheworld.org**
- National Heart Safe Community **heartsafe-community.org**

AED Resources

- Cardiac Science..... **cardiacscience.com**
- Defibtech..... **defibtech.com**
- Philips..... **healthcare.philips.com**
- Physio-Control..... **physio-control.com**
- Heartsine..... **heartsine.com**
- Zoll..... **zoll.com**

FOR HEART SAFE COMMUNITY DESIGNATION

Overview

The Michigan Department of Health, SaveMIHeart and the American Heart Association-Michigan (AHA) encourage and promote community awareness of the potential for saving the lives of sudden cardiac arrest victims through the use of CPR (cardiopulmonary resuscitation) and increased public access to defibrillation. The Heart Safe Communities project is a replicable model that seeks to strengthen the five links in the Chain of Survival, which has been documented to increase survival rates for cardiac arrest victims.

Communities achieve the Heart Safe recognition by developing and implementing a community action plan that includes: providing CPR with Automated External Defibrillator (AED) training; helping community members recognize the warning signs and symptoms of a sudden cardiac arrest; and activating community members to call 911 and use CPR/ AED, as medically appropriate. Recognized Heart Safe Communities will place AEDs in strategic public locations where they are readily available to use in a cardiac emergency, and develop a community emergency response plan that furthers the goal of saving lives from cardiac arrest.

The application process for a Heart Safe Community Designation includes several steps. This process can take as little as a few months or in some cases, more than a year to accomplish everything. However, a key factor is not only applying and receiving the designation but the effort and plans that your community will put together for ongoing awareness and education about sudden cardiac arrest, CPR training and AED location identification.

The following pages include a checklist for getting started, with suggestions for activities and tools that will make your program successful; charts for developing your program; and finally, the application. The application can be filled out as you are earning heartbeats or at the completion using your own records; however, it is recommended that you read the application completely before beginning so that you are aware of what you will need to document for the final application. For questions or technical assistance contact: Michigan Heart Safe Communities Statewide Committee Coordinator at heart.safeMI@heart.org.

Acknowledgements

This version was adapted by the statewide Heart Safe Committee. This original document has been prepared by the American Heart Association with help from the Minnesota Heart Safe Communities project.

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Planning Checklist

Steps to Becoming a Heart Safe Community

STEP 1: Community Buy-In

Identify a Heart Safe Community Champion, lead organizations, key partners, and assess current community activities. The Champion will act as a catalyst to help community members articulate and achieve the requirements to become a designated Heart Safe Community. Tasks include: gathering a team, organizing and planning team meetings, and delegating tasks. The lead organizations and key partners will help the success of community buy-in. Finally, gauge where your community has already placed efforts and where additional work is needed. Many communities find that there are already programs in place that achieve some of the goals; be sure to identify ways that you can improve what has already been done.

Activity/Resource	Contact	Contact Info	Project Role
Identifies local project champion(s)/ Lead Organization			• Leads effort • Assists • No role
Secure EMS involvement			• Leads effort • Assists • No role
Secure FD involvement			• Leads effort • Assists • No role
Secure clinic/hosp involvement			• Leads effort • Assists • No role
Secure school/local clubs: kiwanis, rotary, elks			• Leads effort • Assists • No role
Secure local government involvement			• Leads effort • Assists • No role
Complete basic assessment of practices in your community			• Leads effort • Assists • No role

STEP 2: Build Your Heart Safe Team

Your team includes local EMS, a community medical facility, a survivor or family member of a cardiac arrest survivor, local law enforcement, local fire department, faith-based groups, youth organizations, school members, and the business community. Many are included in step one. Consider the following additional team members:

Activity/Resource	Contact	Contact Info	Project Role
Identify project coordinator			• Leads effort • Assists • No role
Select a program medical director			• Leads effort • Assists • No role
Recruit a local media member			• Leads effort • Assists • No role
Recruit local celebrities			• Leads effort • Assists • No role
Recruit local survivors and family members			• Leads effort • Assists • No role
Recruit local CPR instructors and AED sales groups			• Leads effort • Assists • No role

STEP 3: Identify Community and Fiscal Needs

Define your community needs to achieve designation as a Heart Safe Community. Document criteria already in place in your community and identify where additional work is needed and research funding options or ways to meet those needs if required. Engage your Heart Safe team and community partners to help complete your goals. Use the worksheets to help guide you in determining the goals of your team. Determine fiscal needs and resources for the selected projects. (Suggested activities: purchase training equipment; additional AED placement; create a calendar of community events; or develop training plan within area schools.)

Activity / Resource	Requests	Contact Agency	Funding Rec'
Prepare Budget for Projects	Lead Person:	Agency/Contact info:	
Funding from local health care	<ul style="list-style-type: none"> • Funds rec' • Considering Funding • No Funds / Denied 		
Funding from local Government	<ul style="list-style-type: none"> • Funds rec' • Considering Funding • No Funds / Denied 		
Funding from private business/ corporations	<ul style="list-style-type: none"> • Funds rec' • Considering Funding • No Funds / Denied 		
Potential fundraising	<ul style="list-style-type: none"> • Funds rec' • Considering Funding • No Funds / Denied 		
Potential grants/ foundations	<ul style="list-style-type: none"> • Funds rec' • Considering Funding • No Funds / Denied 		

(Suggested Activites: Purchase training equipment; additional AED placement: create a calendar of community events; or develop training plan within area schools)

Activity / Resource	Action Needed	Contact/Info	Funding Needed	Date Completed

STEP 4: Letter of Intent

Fill out the letter of intent and return that to American Heart Association – MI Office, 2469 Woodlake Circle Suite 100, Okemos, MI 48864 or email to heart.safeMI@heart.org

By completing this letter you are notifying the Michigan Heart Safe Committee of your intent. The committee can also be a resource as you are developing goals.

This will earn your first 20 Heartbeats towards your designation (added under bonus heartbeats).

It is the intention of _____ to obtain the Heart Safe designation.

We have chosen _____ as the lead organization of our Heart Safe effort, earning our first 20 Heart Beats towards our Heart Safe recognition.

The champion/contact for our Heart Safe Community program will be:

Name:

Address:

Contact Number: _____ Email: _____

Our goal to strengthen the Chain of Survival in our community includes:

STEP 5: Implementation

Implementation can progress in a variety of ways. Each community will determine the best possible plan for accomplishing their goals. Use the application as a tool to determine areas that can be improved upon. Even if you are able to meet the heartbeat criteria, consider improvements that will benefit your community. Often just the process of completing the application and well developed publicity plan can create awareness in your community.

Activity Resource	Lead/Info	Location/Details	Project Role
Hold a kick off event and launch announcement			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Develop/Conduct community presentation on the program			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Produce Collateral to promote program (print,radio, flyers, etc)			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Develop the program 0 Name, Website, Contact, Number			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Develop co-branded materials with partners for community distribution			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Organize mass and/or community CPR/AED trainings			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Participate in community events- parades carnivals and fairs			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Develop/organization 911/CPR/AED awareness programs			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Record Numbers trained in CPR and AED			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Locate AED's in your community, help owners register their AED			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Maintain AED's / Yearly Checks			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Document and publicize successes			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation
Ongoing evaluation of outcomes			<ul style="list-style-type: none"> • Media • Partner participation • Community Participation

STEP 5: Submit Application

Using your completed worksheets, complete the Formal Application and submit it to:

Mail: American Heart Association- MI

2469 Woodlake Circle Suite 100,

Okemos, MI 48864

Email: heart.safeMI@heart.org

Phone: 517-455-9303

STEP 6: Gain Recognition

Gain recognition as a Heart Safe Community. Determine how to distribute / place community incentives and recognition signage.

Communities can use their newly gained Heart Safe Community recognition as an opportunity to celebrate by having the Mayor sign a Proclamation, promoting a Heart Healthy community celebration, and inviting local media to cover the events.

Activity/ Resource	Lead/Info	Location/Details	Project Role
Plan Award Ceremony -City Council meeting etc			<ul style="list-style-type: none">• Media• Partner participation• Community Participation
Develop and share media releases regarding award ceremony			<ul style="list-style-type: none">• Media• Partner participation• Community Participation
Consider additional publicity of success-city website, notices, etc			<ul style="list-style-type: none">• Media• Partner participation• Community Participation
Display signs 0 Consider events and media			<ul style="list-style-type: none">• Media• Partner participation• Community Participation
Determine continued work of the team			<ul style="list-style-type: none">• Media• Partner participation• Community Participation
Determine group that will continue ongoing strategies			<ul style="list-style-type: none">• Media• Partner participation• Community Participation

Heart Safe Requirements

What is a 'Heartbeat'?

Heartbeats are basically points. Every activity and step that your team identifies or plans will have a point value. Points can vary for each part of the application. It is recommended that you calculate points based on what you know about your community in the planning stages to gauge next steps and how many you will need to acquire the designation.

Communities < 5,000

If your community population is 5,000 or less, 350 Heartbeats are required to become a designated Heart Safe Community. A minimum of 80 Heartbeats is required for CPR or CPR/AED training and Identification / maintenance of AEDs in the community. These requirements include a minimum of 4 new training events and 6 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.

Communities of 5,001 - 15,000

If your community population is between 5,001 and 15,000, 450 Heartbeats are required to become a designated Heart Safe Community. A minimum of 120 Heartbeats is required for CPR or CPR/ AED training and identification / maintenance of AEDs in the community. These requirements include a minimum of 6 new training events and 12 AED sites in public locations. In addition to the requirements, you identify a lead organization & champion and create a sustainability plan.



Communities of 15,001 - 30,000

If your community population is between 15,001 and 30,000, 600 Heartbeats are required to become a designated Heart Safe Community. A minimum of 260 Heartbeats is required for CPR or CPR/AED training and identification / maintenance of AEDs in the community. These requirements include a minimum of 10 new training events and 24 AED sites in public locations. In addition to the requirement that you identify a lead organization & champion and create a sustainability plan.

Communities of 30,001 - 50,000

If your community population is between 30,001 and 50,000, 800 Heartbeats are required to become a designated Heart Safe Community. A minimum of 300 Heartbeats is required for CPR or CPR/AED training and identification / maintenance of AEDs in the community. These requirements include a minimum of 14 new training events and 48 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.

Communities of 50,001 - 150,000

If your community population is between 50,001 and 150,000, 1000 Heartbeats are required to become a designated Heart Safe Community. A minimum of 320 Heartbeats is required for CPR or CPR/AED training and identification / maintenance of AEDs in the community. These requirements include a minimum of 15 new training events and 100 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.

Communities > 150,001

If your community population is above 150,001, 1500 Heartbeats are required to become a designated Heart Safe Community. A minimum of 360 Heartbeats is required for CPR or CPR/AED training and identification / maintenance of AEDs in the community. These requirements include a minimum of 20 new training events and 150 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.

Review of Requirements:

Communities < 5,000	Communities 5,001 – 15,000
350 Heartbeats	450 Heartbeats
Communities 15,001-30,000	Communities 30,001-50,000
600 Heartbeats	800 Heartbeats
Communities 50,001-150,000	Communities > 150,001
1000 Heartbeats	1500 Heartbeats

To make the community a SAFER place to live, work and play by being prepared to reduce the number of deaths and disabilities associated with Sudden Cardiac Arrest.....

because it takes a village to save a life!



Calculate Your Community's Heartbeats Worksheet

(attach additional documentation or any forms used to show criteria listed as needed)



1. EARLY ACCESS

- Provide education on warning signs: Know the warning signs of heart attack, sudden cardiac arrest, or stroke.
- Provide education on importance of calling 911 – Take Action
- Provide information on prevention and heart health
- Provide materials on Emergency Procedures – Call 911, CPR, Prevention

Heartbeats - Heart Health and Emergency Awareness:

- 10 Heartbeats are awarded for each public event held with a minimum of 25 participants
- Bonus: 10 Heartbeats for the local agency responsible for dispatching police, fire, and/or EMS has trained in dispatch assisted CPR and evaluates all cardiac arrest calls.
- Bonus: 10 Heartbeats for assuring that schools and municipal buildings have effective emergency response plans (ERP) that may include CPR and AEDs.

Event Date	Event Title/ Topic	# of Participants	Heartbeats
TOTAL- Events			
BONUS – Dispatch Assisted CPR (10)			
BONUS –School & Municipal Buildings (10)			
Total Early Access Heartbeats			

2. EARLY CPR

- Conduct approved CPR and AED training sessions in community group settings. These trainings do not have to fulfill requirements to meet CPR certification as the goal is emergency bystander education and activation.
- Identify CPR/AED training offered to existing community agencies or businesses requiring credentials or certification.

Heartbeats - CPR / AED Training:

- Points are awarded based on percentage of population trained. Courses can be for certification or awareness; all courses must include a hands-on component of CPR and AED use. You are

responsible for documentation of your events and courses in the community CPR tracker at www.heart.org/communitycprtracker . Only final numbers need to be recorded on the application. Courses should be completed within two calendar years from date of application.

- List the number training and your community population on the appropriate line and calculate points in the boxes below.
- Bonus: 10 heartbeats for registering all CPR training through www.heart.org/communitycprtracker
- Bonus: 10 heartbeats for connecting with all schools in your community about the CPR in school bill, how schools are implementing training with students and help with training for staff and coaches of adolescent athletic programs.

Percentage of Population Trained	#Trained / Community Population	Heartbeats
5%		50
10%		200
15%		300
20%		400
Each Additional 5%		+100
TOTAL- Events		
BONUS – Dispatch Assisted CPR (10)		
BONUS –School & Municipal Buildings (10)		
TOTAL EARLY CPR HEARTBEATS		

3. EARLY DEFIBRILLATION

- AED placement in public areas where people congregate or may be at a higher risk. These may be at shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools, beaches, town halls, convention sites, hotels, athletic arenas, long-term care facilities, public transportation stations, or senior centers.
- AED placement in all First Responder vehicles. First Responder vehicles are equipped with AEDs and personnel are currently up-to-date with CPR and cardiac arrest management guidelines.
- Location of Public Access AEDs are identified and recorded or registered with a plan that includes a maintenance component. Public Access AEDs are identified on a city map and/or signs are visible on the exterior of the building. City dispatch or emergency personnel are aware of location of public AEDs.



Heartbeats - AED Placement:

- 10 Heartbeats are awarded for each AED location identified. Public access AEDs should include signage identifying the building as AED equipped and Electrodes and Batteries should be in working order. This does not include first responder, police/fire units, or other EMS units.
- 10 Heartbeats for a city/area map with all public access AEDs identified (to promote awareness).
- 10 Heartbeats for all local law enforcement and fire vehicles responding to cardiac emergencies are equipped with AEDs.
- 10 Heartbeats for communities that promote the use of a registry tool with a maintenance component.

4. EARLY ADVANCED CARE

- Rapid response by First Responders. First Responders, equipped with AEDs and CPR training, are dispatched with a response time of 3 minutes or less.
- Transfer of care to highly trained EMS personnel or paramedics. Advanced care is dispatched to all medical emergencies.

Heartbeats - for Recognition and Awareness of EMS Response

ALS Response: Ten (10) Heartbeats are awarded for ALS response to all medical emergencies.

Who Provides Your Emergency Medical Services?

CONTACT PERSON(S)	AGENCY	ADDRESS
TOTAL EARLY ADVANCED CARE HEARTBEATS		

5. POST-CARDIAC ARREST CARE

To improve survival from SCA, patients should be transported to hospitals that provide a comprehensive, structured, integrated, multidisciplinary system of post-cardiac arrest care. Treatment should include cardiopulmonary and neurological support including therapeutic hypothermia and percutaneous coronary interventions. Most hospitals offering this type of care are located within the metro hubs and many smaller communities will have EMS that transport directly or transfer care after stabilization. Please ask your EMS agency what their general protocols are for transport of cardiac arrest patients. If you have a hospital that offers care for SCA survivors, see if you can have a tour of the facility and learn more about the care offered. Reach out to your community's medical director and ask if they can be part of your team.

Heartbeats - for Recognition and Awareness of Cardiac Centers of Excellence

Ten (10) Heartbeats awarded for facilities within your community that provides the recommended postcardiac arrest care or for looking into the cardiac arrest care given to an SCA Survivor at a facility in your community or for touring a Cardiac Center for Excellence.

TOTAL POST-CARDIAC ARREST CARE HEARTBEATS	
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6. SUSTAINABILITY PLAN FOR YOUR COMMUNITY

Sustainability plans are in place to ensure that communities will continue efforts to increase awareness and

readiness for cardiac emergencies. Each community is responsible for determining who will be responsible

for the ongoing work and development of new goals and/or team members.

- Create an ongoing process to evaluate and improve your community response to the "Chain of Survival"
- Develop plans to continue CPR/AED training
- Identify locations that would benefit for AED placement (use maps to find gaps) and assist with

placement

- Plan events or work with outside groups to ensure awareness and improve outcomes from Sudden Cardiac Arrest
- Plan addition prevention activities; blood pressure screens, 5k walk/run, preventive screening day, encouragement to know your numbers, etc. (SEE bonus heartbeats)
- Increase knowledge of the locations of the AEDs you have identified

Heartbeats

This section is REQUIRED

- Sustainability: Up to Sixty (60) Heartbeats are awarded a community plan for sustainability. See points per activity listed on chart below. (attach additional page if necessary)

ACTIVITY/RESOURCE	DETAILS	RESPONSIBLE GROUP	COMPLETION DATE
Ongoing CPR/AED training			(5 pts)
Ongoing AED placement and location: connect to 911 dispatch			(5 pts)
Partnerships with state and national groups for awareness			(5 pts)
Continued presence at community events -CPR, 5k's, Health Events			(5 pts)
Identify new concerns around heart health in the community			(10 pts)
Identify goals for year 1, Include specific areas of work or activities			(10 pts)
Identify goals for year 2, include specific areas of work or activities			(10 pts)
Reporting to CARES database, The Cardiac Arrest Registry to Enhance Survival.			(10 pts)
TOTAL SUSTAINABILITY PLAN HEARTBEATS			

7. BONUS HEARTBEATS

These Heartbeats are earned as you continue to improve the heart health of your community. These are extra activities that can be connected to overall state plans; in partnership with healthcare agencies or insurance plans; or based on specific community concerns. The items listed below are based on state-wide efforts and ongoing programs around Michigan. Resources for these and other programs can be found at websites in the resources section.

Heartbeats

- Twenty (20) Heartbeats for a recognition program for rescuers who perform CPR. There are recognition programs like the AHA's Heartsaver Hero program that are free and just require nomination of the rescuer.
- Twenty (20) Heartbeats for creating a survivor network or volunteer network. This network should include support for survivors and family along with opportunities to volunteer with community bystander CPR training.

- Thirty (30) Heartbeats Heart Health initiatives in the community/prevention initiatives. Address issues like

Healthy Weight: This could include getting sidewalks in neighborhoods, bike paths, neighborhood park creation, nutritional counseling walking/running programs, access to support groups, free access to community gymnasiums and fitness centers, and more.

Access to Care: This would include access to screening, counseling for risk reduction, and referral to quality physicians to reduce risk.

Tobacco Control: This can include adherence to the smoke-free worksite law, zero sales to minors, cessation and treatment opportunities available, and community counseling

- Fifty (50) Heartbeats for City/Town ordinance requiring AEDs in buildings where first responder access may be impeded due to building use; occupancy, location layout, high volume, multi-story, construction, or other reasons.

Letter of Intent sent prior to application (20 Heartbeats)	
Heartbeats for recognition of rescuers / Heartsaver Heroes (20 Heartbeats)	
Heartbeats for Survivor/Volunteer network (20 Heartbeats)	
Heartbeats for Heart Health Initiatives (30 Heartbeats)	
Heartbeats for AED Ordinance (50 Heartbeats)	
TOTAL BONUS HEARTBEATS EARNED	

Heart Safe Community Formal Application

To help communities develop programs to meet these needs, a set of criteria has been put together from many resources and best practices. Please include any supporting material and the Heartbeat calculation worksheet.

Name/Address of Municipality Seeking Recognition:

COMMUNITY/COLLEGE/ ORGANIZATION

ADDRESS STATE ZIP CODE

Lead Organization for Coordination of Heat Safe Recognition:

NAME

CONTACT INFORMATION

CHAMPION/CONTACT PERSON NAME/TITLE

CONTACT INFORMATION

Indicate your community's population and the total number of Heartbeats earned for certification. (Used attached worksheet.)

COMMUNITY POPULATION

TOTAL NUMBER OF HEARTBEATS EARNED

I attest that all information contained in the application is correct. Supporting documentation on AED placements and training is on file for review.

Government Representative:

NAME AND TITLE (PRINT)

SIGNATURE

REVIEWER USE ONLY

Recommended

Not Recommended (Explanation Attached)

Recommendation:

NAME/TITLE (PRINT)

SIGNATURE

AWARD PRESENTED:

DATE

PLACE

Heart Safe Community Formal Application (.cont.)

Please use this sheet to report your community's Heartbeats.

Heartbeats Earned:

1. EARLY ACCESS

TOTAL -EVENTS	
BONUS – DISPATCH ASSISTED CPR (10)	
BONUS – SCHOOL & MUNICIPAL BUILDINGS (10)	
TOTAL EARLY ACCESS HEARTBEATS	

2. EARLY CPR

TOTAL – HEARTBEATS BASED ON % TRAINED	
BONUS – CPR TRAINING REGISTERED (10)	
BONUS – CONTACTED ALL SCHOOLS IN COMMUNITY (10)	
TOTAL EARLY CPR HEARTBEATS	

3. EARLY DEFIBRILLATION

# OF AED'S X 10	
BONUS – MAP WITH AED LOCATIONS (10)	
BONUS RESPONDER VEHICLES WITH AEDS (10)	
BONUS – PROMOTION OF AED REGISTRY USE (10)	
TOTAL EARLY DEFIBRILLATION HEARTBEATS	

4. EARLY ADVANCED CARE

TOTAL EARLY ADVANCED CARE HEARTBEATS	
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5. POST-CARDIAC ARREST CARE

TOTAL POST-CARDIAC ARREST CARE HEARTBEATS	
--	--

6. SUSTAINABILITY PLAN

TOTAL SUSTAINABILITY PLAN HEARTBEATS	
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7. BONUS

TOTAL BONUS HEARTBEATS	
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Total Heartbeats Earned:

Please mail this application and worksheets to the address listed below.

Be sure and call if you have any questions or would like assistance with the application.

Mail: American Heart Association- Mi
2469 Woodlake Circle Suite 100,
Okemos, MI 48864

Phone: 517.349.3102

E-mail: heart.safeMI@heart.org