



American
Heart
Association®



2019-2020 PUGET SOUND COMMUNITY IMPACT HIGHLIGHTS



NUTRITION SECURITY



FOOD TO THOSE WHO NEED IT

Good nutrition is a critical part of health and when COVID-19 struck, food insecurity became a concern for even more of our neighbors. Our collaboration with the Food Innovation Network expanded meal service to South King County residents, primarily seniors, refugees and immigrants. Not only did we help to provide 5,200 nutritious culturally-relevant meals and health education, the program also provided a source of income to chef entrepreneurs who made the meals. *Additional support provided by WaFd Bank and AT&T.*

KIDS COOK WITH HEART

South Sound kids have newly acquired kitchen skills thanks to our Kids Cook with Heart program, *funded by the Tom & Meg Names Family Foundation* and offered through the Boys & Girls Club. The afterschool program was conducted in three sessions, with six classes per session teaching simple recipes, cooking techniques and nutrition lessons. Classes in the spring were held online with gift cards provided to families to buy ingredients. The kids learned 18 recipes! Congratulations to all the young chefs.



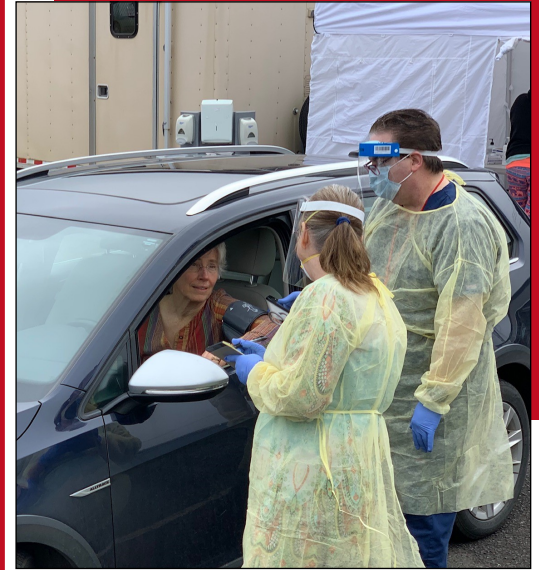
BOOSTING FOOD ASSISTANCE DURING AN EMERGENCY

We were successful in securing an additional \$1.3M in the state budget for the Fruit and Vegetable Incentive program to ensure Washington SNAP participants have increased access to fruit and vegetables. Beyond the funding, the American Heart Association provided education resources to clinics distributing the food prescriptions. Additionally, revenue from Seattle's sugary drink tax is being used to help those who have been hurt most by the pandemic by putting \$5 million worth of grocery vouchers into their hands, while driving other food access initiatives city-wide.

BLOOD PRESSURE CONTROL

MEETING PATIENTS WHERE THEY ARE

Clinics needed to find new ways to meet the demands on healthcare systems during the COVID-19 pandemic, while ensuring patients were still able to effectively manage their blood pressure. For example, due to a donation of blood pressure cuffs from the American Heart Association, North Olympic Healthcare Network in Port Angeles was able to provide blood pressure checks during “drive-thru” consults. “We are grateful to the AHA for this additional equipment that will allow us to continue our attention to optimal blood pressure control while keeping our staff and patients safe during the current pandemic,” said CEO Dr. Michael Maxwell. North Olympic Healthcare Network is one of over 36 Puget Sound clinics that is a Gold Awardee for the AHA’s Target: BP program. These sites demonstrate high success rates in helping patients manage chronic disease.



CHECK. CHANGE. CONTROL.

The American Heart Association helped two communities with blood pressure control resources for the people they serve: the Gurudwara Singh Sabha temple in Renton and the Korean Women’s Association in Tacoma. The program, Check. Change. Control., worked to eliminate high blood pressure as a health disparity, provided eight blood pressure readings over four months and incorporated the concepts of remote monitoring and online tracking. 345 individuals were screened and 80% of those with multiple readings had documented blood pressure improvement. *Funded in part by the Sam and Barbara Altabet Giving Fund.*



BP PROGRAM FOR EXPECTANT MOTHERS

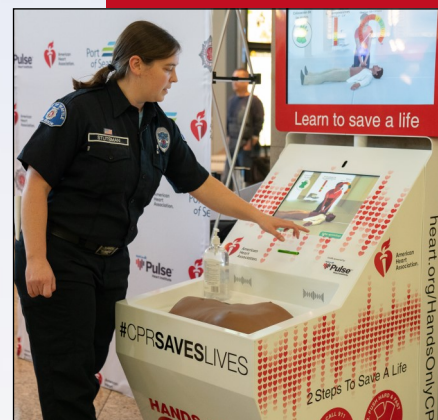
"An important part of ensuring a healthy pregnancy for mom and baby is to closely monitor the mother's blood pressure," said Neighborcare Health's midwifery director Yvonne Griffin, DNP, CNM, ARNP. "That has proven to be harder to achieve during a pandemic. Patients have been wary about coming into the clinic, and we do not want them to be potentially more exposed to COVID-19 while traveling to appointments, as many of our patients do not have their own cars." American Heart Association provided blood pressure cuffs to help solve this dilemma by allowing patients to take their blood pressure at home and report readings by phone. This effort builds on AHA and Neighborcare joint efforts to ensure accurate blood pressure measurement occurs.



SAVING & IMPROVING LIVES

HANDS-ONLY CPR TRAINING KIOSK

The first Hands-Only CPR kiosk in WA arrived at Sea-Tac International Airport in November 2019 in an exciting collaboration between the American Heart Association, *MultiCare Pulse Heart Institute* and the Port of Seattle. The interactive learning kiosk, complete with a manikin for practicing compressions, provides CPR education in less than five minutes. So far 6,643 total visitors have been trained as lifesavers.



AUBURN PARKS, ARTS & RECREATION



HEALTHIER PARKS IN AUBURN

Parks within the city of Auburn are now smoke-free! Working to address the concerns of residents who wanted a safe place for their families to exercise and play, the American Heart Association joined a coalition to urge the Auburn City Council to take action. The new ordinance took effect in May 2020 and made Auburn parks smoke, vapor and tobacco free, a huge win for the health of the community.

RELAXATION BREAK FOR TEACHERS & STAFF

To kick off the 2019 school year we visited four Kent high schools to spread a little cheer. Staff members were celebrated with a note of welcome and thanks, healthy snacks, an infused water station and tips on how to relieve stress. Throughout the year we provided resources to principals designed to engage school staff in healthy habits and reduce stress. *Thanks to Regence BlueShield for joining us to support educators.*



CPR IN SCHOOLS DONATION

Middle schools in the Puyallup and Clover Park school districts received resources to teach CPR to students with a donation of 30 CPR in Schools Training Kits from the American Heart Association. Students can learn lifesaving skills that include Hands-Only CPR, how to use an automated external defibrillator (AED) and choking relief. *Funding support provided by the Murphy family.*



Together we are a relentless force for a world of longer, healthier lives.

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puget.sound@heart.org
heart.org/pugetsound
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