



American
Heart
Association®

IMPACT REPORT

**GREATER LOS ANGELES
2024-2025**

Our Mission

What would our world look like if all people had the same opportunity to be healthy?

More people would have stable homes, nutritious food, good schools, clean air and access to quality health care. There would be fewer cases of heart disease and stroke, fewer deaths, and more people living fuller, healthier lives.

In reality, many of our community members struggle to achieve good health because of socioeconomic and systemic factors beyond their control. We see the impact of these inequities in urban, suburban and rural communities across the country. We see it in Los Angeles County, where people in under-resourced neighborhoods have shorter lifespans than their neighbors just a few miles away.

Building on more than 100 years of trusted leadership in cardiovascular and brain health, the American Heart Association is committed to driving breakthroughs and implementing proven solutions in science, policy and care for healthier people and communities.

With the support of our volunteers, donors, sponsors and community partners, we are hard at work and already making an impact. We're proud of what we have accomplished together, and we are not done yet. We will not rest until every person has the same opportunity to enjoy longer, healthier lives.

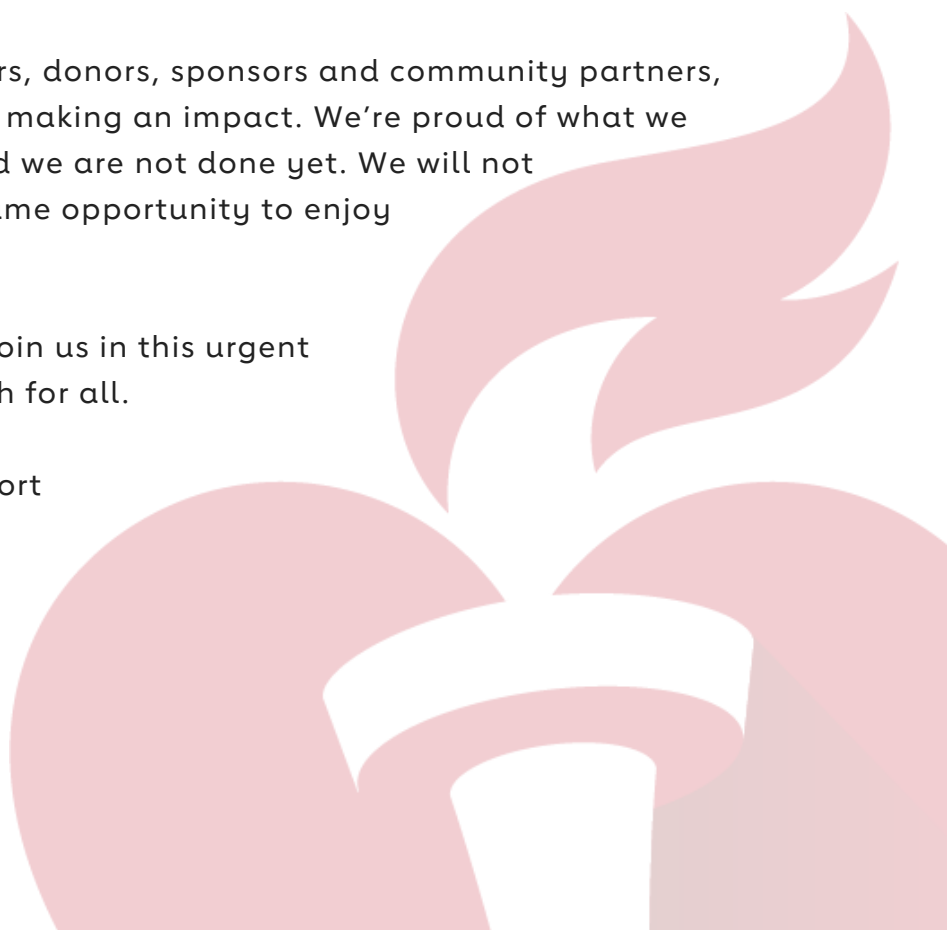
We hope you will be inspired to join us in this urgent effort to achieve equitable health for all.

Thank you for all you do to support our mission!

Linda Tsai

Region SVP, Sr. Executive Director

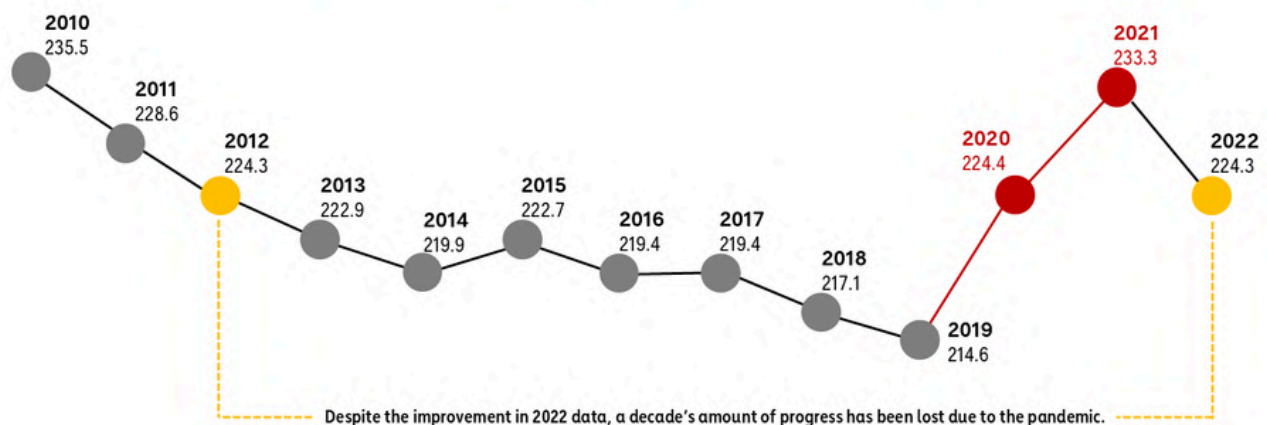
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Advancing Health and Hope for Everyone, Everywhere

Since the American Heart Association's founding in 1924, **deaths from cardiovascular diseases have been cut in half**. And yet, there are still so many lives to be saved. Recently, death rates have worsened and equity gaps have widened. Solutions are not getting to the people who need them the most. We are committed to change that.

CVD mortality worsened during 2020-2021, reversing more than 10 years of progress.



Age-Adjusted Cardiovascular Disease Death Rate per 100,000 (2010 to 2022)

Source: CDC WONDER - Total CVD Age-Adjusted Mortality 2010-2022, ICD 10 100-199

Building on over 100 years of trusted leadership in cardiovascular and brain health, by 2028 the AHA will **drive breakthroughs** and **implement proven solutions** in science, policy and care for **healthier people and communities**. The greatest discoveries in health must reach people where they are.



Los Angeles Priorities

Creating a community of lifesavers

Nine out of 10 people who experience cardiac arrest outside the hospital do not survive. Our goal is to double cardiac arrest survival rates by 2030 by teaching ordinary Americans lifesaving CPR, so they can confidently step up in a cardiac emergency.



Improving blood pressure control

High blood pressure is a silent killer and preventable risk factor for heart disease and stroke. We're working with local health care and community-based organizations to raise awareness, increase regular blood pressure checks and reduce untreated hypertension.



Expanding nutrition security

People who lack access to healthy food have an increased risk of obesity, diabetes and cardiovascular disease. We are pursuing policy, system and environmental change to expand access to healthy, affordable food in under-resourced communities.



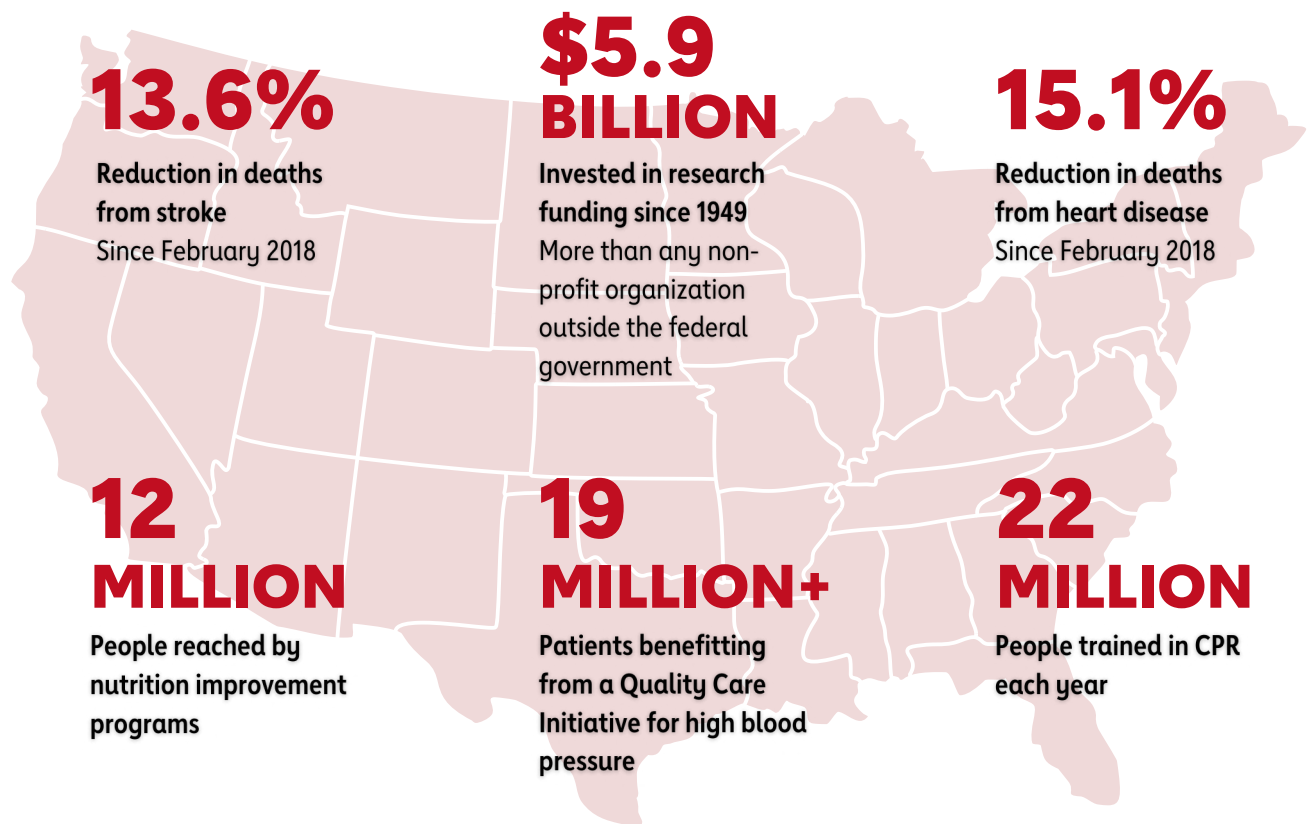
Fighting the maternal health crisis

Cardiovascular disease is the leading cause of maternal death in the country. We are working to decrease pregnancy-related deaths by 3% in LA County by 2028 by advancing scientific research, driving policy and systems change, and supporting new moms with resources to live heart-healthy.



National Impact

The American Heart Association has fought heart disease and stroke and helped communities thrive for over 100 years. Your support has made a difference across our nation, in the places you and your loved ones call home.



Local Impact

No one knows the changes needed in a community more than the people who live in it. That's why the American Heart Association works with social entrepreneurs, leaders, health organizations and advocates in Greater LA who understand the unique challenges and community-specific solutions to help individuals and families achieve better health outcomes.

An infographic of the state of California with the Los Angeles area highlighted in a light pink outline. Six statistics are placed within this outline, each with a large red number and a descriptive text block below it.

\$15.9M

Invested in Los Angeles-based cardiovascular research

2M

Kids protected by stronger enforcement of law prohibiting the sale of flavored tobacco products, which the AHA fiercely advocated for

850,000

People reached by blood pressure initiatives

52

Hospitals that participate in program to improve care and outcomes for CVD patients

250,000

Los Angeles residents trained in CPR and Hands-Only CPR last year

1,200

Families reached weekly by nutrition security improvement initiatives

A woman with dark hair tied back, wearing a grey long-sleeved shirt, is leaning over a mannequin. She is demonstrating CPR techniques, with her hands positioned on the mannequin's chest. A young girl with long dark hair, wearing a white shirt, stands behind her, looking on attentively. The background is a softly lit indoor space.

Building a Community of Lifesavers



250,000 Angelenos learn lifesaving CPR

From schools to workplaces to LA's sidewalks, the American Heart Association equips people with the skills to save a life with CPR. Last year alone, we taught this lifesaving skill to more than 250,000 of our community members. Our goal is to add **1 million** more potential lifesavers in LA over the next three years and double cardiac arrest survival rates by 2030.

In LA County, the survival rate from cardiac arrest is 6.9%, below California and U.S. numbers, which are 8.4% and 10.2%, respectively.



Interactive kiosk teaches lifesaving Hands-Only CPR to thousands of travelers

Every year since 2019, more than 20,000 passengers from around the world spend a few minutes of their wait time at LAX to learn a lifesaving skill using the American Heart Association's Hands-Only CPR Kiosk.

We aim to bring this valuable resource to more local travel hubs and public spaces.



High school student Ryder Elkin learned the power of CPR when he and his mom used it to save his father's life during a cardiac arrest at home last year.

We collaborated with Ryder to teach his classmates Hands-Only CPR, ensuring they are equipped with the same knowledge that made a critical difference for his family.

Cash Hennessy went into cardiac arrest during a football game.

Parents ran down from the stands to perform CPR, and saved his life.



THE URGENT NEED IN SCHOOLS

Our CPR in Schools Training Kit gives students the opportunity to learn lifesaving Hands-Only CPR in just one class period.

Of the **2,400 schools** in LA County, a mere **5%** are funded. That means **2,262 schools** are in need of CPR equipment and education.





Improving Hypertension Control

Blood pressure initiative reaches more than 850,000 LA County residents

The American Heart Association is working with more than 195 clinics that serve under-resourced communities to reduce untreated hypertension by providing staff training, technical and equipment support, and patient education. Partnerships with community organizations allow us to reach more people with self-measured blood pressure programming and lifestyle mentoring.



Transforming affordable housing into heart-healthy homes

We worked with affordable housing provider, Abode Communities, to establish self-measured blood pressure stations and blood pressure lending libraries in four Long Beach and Inglewood locations, providing more than 4,300 residents access to resources to manage their hypertension and improve their health.

7% improvement in blood pressure control rates reported in 43 clinics

With support from donors Dan and Susan Kane, we provided 43 clinics evidence-based training and resources, including blood pressure monitors, to improve hypertension control rates among their patients. On average, these clinics have seen 7% improvement in blood pressure control rates.

Thank you for the generous support. Because of you, I am able to get my blood pressure under control and my numbers have been going down for 3 months in a row. I will see my grandson's 21st birthday and my great granddaughter's birth. Thank you again for saving my life.

*Sincerely,
Tam Yi-Hsuan*

Meeting people where they are with blood pressure kiosks

The American Heart Association, with support from Providence, installed blood pressure self-monitoring kiosks at three Southern California communities with high rates of uncontrolled high blood pressure. The goal is to provide people easy access to monitor their blood pressure. The blood pressure kiosks located at Faithful Central Bible Church in Inglewood, Cal State University Dominguez Hills in Carson and Hillcrest Community Center in Fullerton serve thousands of community members every year.



New campaign brings attention to silent killer

To boost public awareness, the American Heart Association, also with support from Providence, launched the “Love your heart. Lower the pressure.” campaign encouraging people to know their numbers and get their blood pressure under control. The yearlong, multimedia campaign is expected to reach millions of people. Additionally, we are providing educational resources to Providence caregivers and patients to support efforts to reduce untreated hypertension.



LOVE YOUR HEART. LOWER THE PRESSURE.
Get your blood pressure checked today.



Expanding Nutrition Security



Driving nutrition security through advocacy, community outreach



The American Heart Association is working to improve food and nutrition security by advocating for policies that increase healthy food access. We work with health centers and community organizations to identify patients facing nutrition insecurity and refer them to local health and social services. Additionally, our healthy food outlets bring fresh produce to more than 1,200 people monthly.

**15,000 people reached,
500,000 pounds of produce
distributed in Northridge**

Since 2021, the American Heart Association and its supporter, Dignity Health, have been hosting monthly produce giveaways in Northridge, serving more than 15,000 residents and distributing nearly half a million pounds of fresh produce. The effort includes highly anticipated turkey and ham giveaways for the whole family during the holiday season.

Program helps East LA residents stretch food dollars

Every week in East LA, 40 people receive tokens that they use to purchase additional fruits and vegetables at the nearby pop-up farmers market. The “A Tu Salud” (To Your Health) program, supported by Keck Medicine of USC, has distributed nearly \$17,000 worth of food tokens in the last year alone.



“I’m on a fixed income and I’m very grateful for the food because it helps me get through the week.”

- Tammy, A Tu Salud participant

Advocates raise their voice to protect vital food program



When funding for the California Nutrition Incentive Program was in danger of being eliminated from the state’s 2024-25 budget, the American Heart Association swiftly mobilized its advocates. Through phone calls and emails to legislators and visits to the state capitol, advocates made a powerful case, successfully preserving the food program that benefits local economies, small farmers and Californians, including hundreds of thousands of Angelenos living at the margins of healthy food access. [Join our You’re the Cure community of advocates.](#)



Improving Patient Outcomes

**Every patient deserves
access to high-quality care,
no matter where they live.**

We are improving outcomes for all heart disease and stroke patients by working with local hospitals on consistent adherence to the latest research-based guidelines for treatment and care.

See below for a list of local hospitals that have been recognized for doing so. Scan the QR code for the national list.

The road to a healthy heart starts here.

- Adventist Health - Glendale
- Adventist Health White Memorial
- Adventist Health Simi Valley
- Antelope Valley Hospital
- California Hospital Medical Center
- Cedars-Sinai Marina del Rey Hospital
- Cedars-Sinai Medical Center
- Centinela Hospital Medical Center
- CHA Hollywood Presbyterian Medical Center
- Community Memorial Hospital
- Dignity Health - Glendale Memorial Hospital and Health Center
- Dignity Health Northridge Hospital Medical Center
- Dignity Health St. John's Hospital Camarillo
- Dignity Health St. John's Regional Medical Center
- Emanate Health-Queen of the Valley Hospital
- Encino Hospital Medical Center
- Garfield Medical Center
- Henry Mayo Newhall Hospital
- Huntington Hospital
- Kaiser Permanente Baldwin Park Medical Center
- Kaiser Permanente Downey Medical Center
- Kaiser Permanente Los Angeles Medical Center
- Kaiser Permanente Panorama City Medical Center
- Kaiser Permanente South Bay
- Kaiser Permanente West Los Angeles
- Kaiser Permanente Woodland Hills
- Keck Hospital of USC

- Long Beach Medical Center
- Los Angeles General Medical Center
- Montclair Hospital Medical Center
- Mission Community Hospital
- Palmdale Regional Medical Center
- Ronald Reagan UCLA Medical Center
- PIH Health Downey Hospital
- PIH Health Whittier Hospital
- Pomona Valley Hospital Medical Center
- Providence Cedars Sinai Tarzana Medical Center
- Providence Little Company of Mary Medical Center - Torrance
- Providence Saint John's Health Center
- Providence Saint Joseph Medical Center
- San Dimas Community Hospital
- Santa Monica-UCLA Medical Center Orthopedic and Hospital
- Sherman Oaks Hospital
- St. Francis Medical Center
- St. Mary Medical Center
- Torrance Memorial Medical Center
- UCI Health - Lakewood
- USC Arcadia Hospital
- USC Norris Comprehensive Cancer Center
- Valley Presbyterian Hospital
- Ventura County Medical Center/Santa Paula Hospital
- UCLA West Valley Medical Center





**Advocating
for Your Health**



Leveraging research, volunteers, community reach and scientific expertise, the American Heart Association has built an extensive record of bipartisan success informing and influencing public policy at the federal, state and community levels to improve public health.

Our accomplishments include:

- Increasing the sales age for tobacco to 21
- Improving nutrition standards in schools
- Achieving robust FDA regulation for all tobacco products
- CPR training and AED availability in public spaces
- Expanding access to stroke telemedicine
- Supporting access to quality, affordable health care
- Protecting patients from surprise medical bills
- Advancing research and screening for cardiovascular disease in women
- Doubling NIH funding

Our local policy priorities this year include:

- **NUTRITION INCENTIVES:** Increase local funding for programs that help people stretch their food dollars and eat healthier.
- **PRODUCE PRESCRIPTIONS:** Increase local funding for programs that integrate healthy food into a patient's health care plan.
- **CHILD NUTRITION STANDARDS:** Ensure that children's restaurant meals, including beverages, meet recommended child nutrition standards.



- **STRONG TOBACCO RETAIL LICENSURE:** This is a key tobacco control measure to decrease tobacco initiation among youth.
- **ENDING THE SALE OF FLAVORED TOBACCO:** Flavors in tobacco products were designed to increase their appeal to young people. Our goal is to eliminate the sale of all flavored tobacco products in Greater LA communities.

- **CARDIOVASCULAR DISEASE PROGRAM FUNDING:** Increase local funding for programs that support cardiovascular disease prevention programs, with focus on reducing uncontrolled high blood pressure and increasing the number of "promotoras" (community health workers) in LA County.





**Advancing
Research Innovation**

\$5.9
BILLION

AHA research
investments
since 1949

\$15.9
MILLION

AHA research
investments in
LA last year

Funding research is a cornerstone of the American Heart Association's lifesaving mission.

Our goal is to fund research that will give us the greatest chance of saving lives, improving health and finding cures.



JEFFREY HSU, M.D., PH.D., a UCLA physician scientist, leads a research team investigating the role of viral fragments in long-term cardiovascular sequelae, a pathological condition resulting from a prior disease, injury, or attack, of COVID-19.

In early research this team learned that even "zombie" fragments of the SARS-CoV-2 virus that causes COVID-19, rather than the full virus itself, can impact healthy, uninfected cells.

With the recent funding from the American Heart Association, they are exploring how viral fragments may injure the heart and blood vessels and determine whether these viral fragments are detectable in people who have long COVID to learn more about how the infection impacts the heart.

The Impact of Our Science

Notable achievements from AHA-funded research

1960 First Artificial Heart Valve



The first successful artificial heart valve replacement was performed by Dr. Albert Starr, who developed the mechanical heart valve with hydraulic engineer Lowell Edwards. The Starr-Edwards valve is still used today, along with other artificial heart valves that have saved the lives of millions of people with diseased valves. **Impact:** In the United States, surgeons perform more than 180,000 heart valve operations each year.

1968 Cholesterol Inhibitors



Dr. William Conner uses funds from the AHA to show that cholestyramine can lower cholesterol in the blood. **Impact:** Cholestyramine is still used today.

1990 Treatment for Infant Respiratory Distress Syndrome



The FDA approves Exosurf Neonatal to treat respiratory distress syndrome, a life-threatening condition for premature infants with heart and lung defects. The drug is developed by AHA career investigator Dr. John Clements.

2008 CPR Without Rescue Breaths



Dr. Gordon Ewy accumulated evidence from multiple studies that showed uninterrupted, high-quality chest compressions – without mouth-to-mouth respiration – are important for keeping blood circulating to vital organs. As a result of this research, the AHA released new recommendations that say bystanders can skip mouth-to-mouth and use hands-only CPR to help an adult or teen who suddenly collapses. **Impact:** We have trained over 22 million people worldwide in CPR. This includes traditional and hands-only methods of CPR.

2020 COVID-19 Rapid Response Grant



In March 2020, the AHA put out an unprecedented rapid response call for cardiovascular/cerebrovascular research proposals to address the growing crisis of the COVID-19 pandemic. Because of this issue's urgency, the focus was on innovative, highly impactful short-term proposals (9-12 months) that can show progress within the period of this award.

2022 Life's Essential 8™



Life's Essential 8 are the key measures for improving and maintaining cardiovascular health, as defined by the AHA. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems.



1957 First Pacemaker

The first battery-operated wearable pacemaker was implanted in a patient. The research, led by Dr. William Weirich, is still significant because this discovery led to the development of today's fully implanted pacemakers. **Impact:** There are about 3 million people worldwide with pacemakers, and each year more than 1 million pacemakers are implanted.



1961 Techniques and Standards for CPR

Drs. William Kouwenhoven, James Jude and Guy Knickerbocker reported on the value of external cardiac massage – better known as CPR – in providing blood flow to vital organs for people in cardiac arrest. The research was reported in the Journal of the American Medical Association. **Impact:** We now know that effective bystander CPR can double or triple chances of survival.

1961 Microsurgery

Dr. Julius Jacobson performed surgery with the aid of a microscope and became a pioneer in microsurgery. **Impact:** Microsurgery led to advances in coronary artery surgery, neurosurgery and numerous other procedures.



2003 Drug-Coated Stents

The FDA approves the first drug-coated stent to keep blocked arteries open while also releasing medications. Dr. Andrew Marks, a researcher funded by the AHA, developed drug-coated stents to prevent the tiny wire tubes from accumulating fatty plaques.



2013 AHA Collaboration Launches Personalized Medicine Initiative

The Cardiovascular Genome-Phenome Study launches to accelerate groundbreaking research into personalized medicine. The project is an innovative scientific collaborative partnership among AHA, Boston University and University of Mississippi Medical Center, the academic coordinating center homes, respectively, of the Framingham Heart Study and the Jackson Heart Study. The Jackson Heart Study also involves Jackson State University and Tougaloo College as partner institutions. The initiative becomes the AHA Institute for Precision Cardiovascular Medicine.



2021 AHA Presidential Advisory Calls for Action on Structural Racism and Health Disparities.

As part of the priority set in the AHA Presidential Advisory, the AHA committed \$100 million over five years for new research initiatives focused on equitable health and programs that support diversity in the biomedical workforce pipeline. The commitment was exceeded in 2022 with research networks on Prevention of Hypertension, Disparities in Cardio-Oncology, Science of Diverse Enrollment in Clinical Trials and Disparities in Maternal and Infant Health Outcomes.

Building a Healthy Future



School Engagement

In schools across Los Angeles and Ventura counties, our Kids Heart Challenge and American Heart Challenge programs, with support from UCLA Health, help students form healthy habits while understanding the value of helping others. Nationwide, these programs reach 14 million students in more than 25,000 elementary, middle and high schools.

Los Angeles and Ventura County Impact

Number of participating schools	182
Total student participation	92,895
Total funds raised	\$767K
Money given back to schools	\$47K



Top fundraising schools in LA County:

1. Jefferson Elementary, Redondo Beach
2. Birney School, Redondo Beach
3. Canyon Charter Elementary, Santa Monica



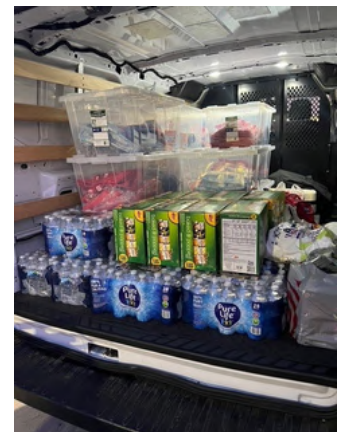
Top fundraising schools in Ventura County:

1. Atherwood Elementary, Simi Valley
2. Township Elementary, Simi Valley
3. Wood Ranch Elementary School, Simi Valley

LA fire response

Twenty schools that participate in our Kids Heart Challenge and American Heart Challenge programs were directly impacted by the firestorm that ravaged Los Angeles at the beginning of the year. This resulted in untold loss, damage and the displacement of hundreds of students and staff.

The American Heart Association's Los Angeles School Engagement team has been hard at work supporting the affected schools, providing much-needed PE and recess equipment, along with healthy snacks. Working closely with the schools and our supporters we continue to assess the needs and explore opportunities to help as they rebuild.



The background of the slide is a vibrant, abstract collage. It features a large, textured orange circle in the upper left, a yellow and orange geometric pattern in the upper right, and a series of colorful, stylized human figures in the lower half. The figures are rendered in shades of blue, yellow, and black, set against a red and orange background. The overall style is modern and artistic, with a focus on warm colors and geometric forms.

Board of Directors

The Los Angeles Board of Directors is critical to helping us advance cardiovascular health for all. Board members are also key to generating revenue, sustaining and strengthening volunteer leadership and driving our mission locally.

Board of Directors Executive Committee



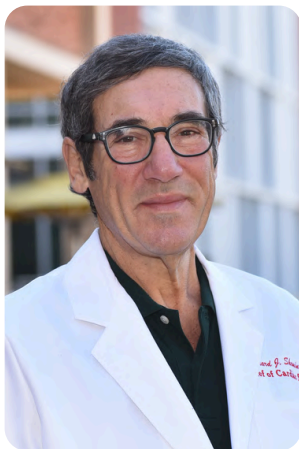
Ed Romano
Board Chairman

*Vice Chairman and CFO
Warner Bros., Retired*



David Sato, MD
Board President

*President
Providence Specialty Medical Group*



Richard J. Shemin, MD
Immediate Past President

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Marketer



David Ross

*Investment Advisor
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Perika Sampson

*Diversity, Equity and Inclusion
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Kathryn Shirley, CPA

*President, World Management
Solutions, Inc.*



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