



American  
Heart  
Association.

# IMPACT REPORT

GREATER PHILADELPHIA

JULY-DECEMBER 2025



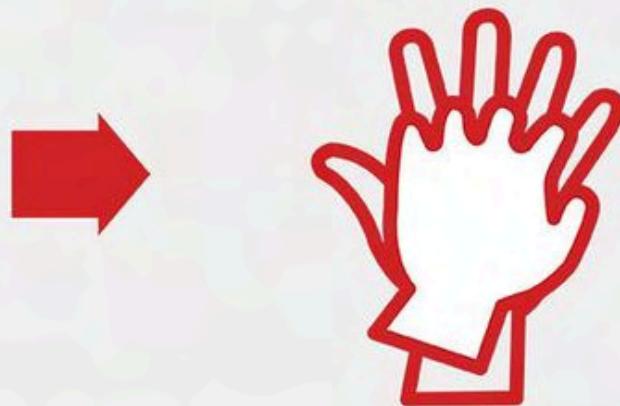
# Hands-Only CPR

## TWO STEPS TO SAVE A LIFE

1 Call 911



2 Push hard & fast in  
the center of the chest



Learn Hands-Only CPR in just 90 seconds  
at [heart.org/nation](http://heart.org/nation).

# FROM THE EXECUTIVE DIRECTOR

Dear Friends and Supporters,

As we close out 2025, we are feeling proud, grateful, inspired and more committed than ever to the hard but rewarding work ahead. Our progress this year is only possible because of the countless volunteers, supporters, advocates and champions who stand with us.

This edition of our Impact Report, which covers Quarters One and Two of our fiscal year, reflects that we are not slowing down. In fact, we've accelerated our efforts in Greater Philadelphia, expanding our reach and deepening our focus in neighborhoods most affected by cardiovascular disease and stroke. We are meeting people where they are—whether that's in schools, workplaces, community centers or even at the 50-yard line—bringing lifesaving education and resources directly to the places where they live, learn, pray and play.

So far this fiscal year, that commitment came to life through initiatives like:

- Our Team Up to Take Down High Blood Pressure initiative reached 55,000 residents in West and Southwest Philadelphia
- Hands-Only CPR demonstrations at community events such as the Phillies RBI program and the Battle of the Legends football game.
- Mobile CPR kiosks launched to provide free, interactive hands-only CPR education in areas of the city with lower bystander CPR response.
- Blood pressure screenings and education through partnerships like Mi Salud Wellness Center in North Philadelphia.
- STEM Goes Red in collaboration with the School District of Philadelphia, inspiring young women to pursue careers in science and health.
- Hard Hats with Heart outreach to the construction industry, where cardiovascular risk is higher than other fields.

The work of our mission is powered by our annual campaigns, culminating in celebrations of our mission in action. My heartfelt thanks to our campaign chairs for your leadership and commitment to advance our mission in 2026:

- 2026 Philadelphia Heart Ball Co-Chairs: Kernika Gupta and Vishal Patel, Brave Lights Foundation
- 2026 Philadelphia Hard Hats with Heart Chair: Chuck Rudalavage, managing director, Gensler
- 2026 Go Red for Women Chair: Rosemary Loverdi, partner, Dilworth Paxson
- 2026 Southern New Jersey Go Red for Women Chair: Autum Shingler-Nace, chief nursing officer, Cooper University Health Care
- 2026 Philadelphia Cycle Nation Chair: Michael Smith, division president, Marquis Health Consulting Services

As we look ahead, I invite you to stand with us to save and improve lives here in our region and beyond. Thanks to our countless volunteers and supporters, we can advance lifesaving science, innovation, advocacy, groundbreaking quality improvement initiatives, scientific collaboration and community-based interventions impacting lives right here in our region and across the world.

With Heart and Gratitude on behalf of the American Heart Association Philadelphia team,



Jennifer Litchman-Green

Senior Vice President & Senior Executive Director  
Greater Philadelphia Region  
American Heart Association



# SCIENTIFIC SESSIONS 2025

The 98th Scientific Sessions, held in November in New Orleans, brought together nearly 13,800 professionals from 90 countries, showcasing 4,432 abstract presentations across 21 scientific communities.

Except for a brief pause during World War II, this meeting has been held annually for the past century—evolving from just 200 attendees and 10 presentations in 1925 in Atlantic City to the largest annual cardiovascular meeting in the United States and a premier international destination for the global cardiovascular health community.

With renowned speakers, groundbreaking research and dynamic networking opportunities, the event reaffirmed its status as the world's leading forum for cardiovascular science and medicine under the theme, "One World. Together for Science."

This year's highlights included transformative innovations—from clinical trials advancing gene therapies for cardiovascular disease to compelling evidence supporting the "food is medicine" approach for improving health outcomes.

During the Lewis A. Conner Lecture, American Heart Association President Stacey E. Rosen, M.D., celebrated progress in women's heart health, which was once based on male data. She noted that while research is now informed by decades of sex-specific research, disparities remain. Women face different risk factors for diabetes and stroke, unique mechanisms of sudden cardiac death and a 38% higher mortality rate from Cardiovascular-Kidney-Metabolic Syndrome compared to men.

Her call to action? Engage men as "accomplices" to close these gaps to advance women's heart and brain health through research and advocacy.



## 2025 Clinical Research Prize

Barbara Riegel, Ph.D., R.N., FAHA, Emerita Edith Clemmer Steinbright Professor of Gerontology at the University of Pennsylvania School of Nursing, received the American Heart Association's 2025 Clinical Research Prize during the Association's Scientific Sessions. In this interview, Dr. Riegel reflects on the personal and professional significance of receiving the award and shares how this recognition highlights the growing importance of self-care research in cardiovascular health.

[Click here to view Dr. Riegel's video.](#)



## Distinguished Scientist Award

The American Heart Association announced the 2025 Distinguished Scientists and Distinguished Scientist Lecturer — seven trailblazing innovators whose independent research has significantly advanced cardiovascular, stroke and brain health. Among this year's honorees is Daniel P. Kelly, M.D., FAHA, director, CHOP Cardiovascular Institute, was recognized for his groundbreaking contributions that have shaped the future of cardiovascular science.

Since 2003, these prestigious awards have celebrated 157 individuals, including 14 Nobel laureates. That tradition of excellence continues as this year's recipients, selected by the Association's 16 Scientific Councils, join an elite group driving discovery and innovation in heart and brain health.



# IMPACT SPOTLIGHTS

# TEAMING UP TO TAKE DOWN HIGH BLOOD PRESSURE



Community leaders, healthcare providers and advocates gathered at North10 in North Philadelphia recently to kick off Year Two of Team Up to Take Down High Blood Pressure. This initiative is a collaborative effort led by the American Heart Association, Penn Medicine and now Temple Health.

Philadelphia faces one of the highest rates of hypertension among the six largest U.S. cities, with nearly one in three adults affected. In North Philadelphia, the numbers are even more alarming, particularly among non-Hispanic Black adults. The initiative aims to reverse these trends through community-based screenings, education and improved access to care.

High blood pressure is a leading risk factor for heart disease and stroke. By working together, health care systems and community organizations are breaking down barriers and bringing lifesaving resources directly to neighborhoods most affected.

Originally launched last year in West and Southwest Philadelphia, Team Up focused on removing barriers to accurate blood pressure measurement and connecting individuals to early diagnosis and treatment. With Temple Health joining for Year Two, the program expands its reach into North Philadelphia, strengthening partnerships and impact.

The event featured remarks from Joshua Klaris, executive director of North10 Philadelphia; Kevin Mahoney, CEO of University of Pennsylvania Health System; Abhi Rastogi, COO and EVP of Temple Health; Jennifer Litchman-Green, executive director of the American Heart Association Greater Philadelphia; and Shaneaka Rhoads, director of community impact for the Association.

Attendees heard inspiring stories from Year One, met new community partners, and engaged in panel discussions and breakout sessions focused on strategies to reduce hypertension in underserved neighborhoods.

GREATER PHILADELPHIA



**Live Fierce™**  
Philadelphia

# TEAM UP TO TAKE DOWN HIGH BLOOD PRESSURE

In collaboration with



**YEAR ONE EXECUTIVE SUMMARY - PART TWO**

## Clinical Collaborator Milestones

# 14 QUALITY AWARDS RECEIVED

DATA SUBMITTED FOR TARGET BP,  
TARGET TYPE 2 DIABETES AND  
CHECK. CHANGE. CONTROL  
CHOLESTEROL PROGRAMS



REACHING A PATIENT POPULATION OF GREATER THAN 55,000

## FIRST SELF MEASURED BLOOD PRESSURE STRATEGY SESSION HOSTED AT SPECTRUM HEALTH SERVICES

### ALL CLINICAL PARTNER SITES

LAUNCHED A SELF-  
MEASURED BLOOD PRESSURE  
PROGRAM BY AUGUST 2025

### 23.5% OF PATIENTS

ENROLLED IN SELF-  
MEASURED BLOOD  
PRESSURE PROGRAMS  
GRADUATED AT THEIR  
BLOOD PRESSURE GOAL



## Community Collaborator Milestones

**150** COMMUNITY SURVEYS  
COLLECTED

**200+** RESIDENTS SCREENED  
FOR BLOOD PRESSURE



### HEALTH LESSON TOPICS FACILITATED TO RESIDENTS

- Control Your Blood Pressure
- Eat Smart with Fruits and Vegetables
- Spot a Stroke F.A.S.T.



### Team Up to Take Down High Blood Pressure Expansion

EXPANDING INTO NORTH PHILADELPHIA THROUGH ADDITION OF TEMPLE HEALTH

**6 PARTNERS** → **10 PARTNERS**

IN YEAR ONE (2024-2025)

- Spectrum Health Services
- Family Practice and Counseling Services Network
- Greater Philadelphia Health Action
- Samuel Gompers School
- Second Antioch Baptist Church Food Pantry
- Southwest CDC

IN YEAR TWO (2025-2026)

- Spectrum Health Services
- Family Practice and Counseling Services Network
- Greater Philadelphia Health Action
- Fairhill Community Physicians
- Project HOME- Stephen Klein Wellness Center
- YEAH Philly
- The Philadelphia Masjid
- Eddie's House
- North10 Philadelphia
- Zion Baptist Church

### Public Awareness Campaign

**8,655,540** TOTAL TRANSIT  
CAMPAIGN VIEWERSHIP

- Static boards on the Frankford Market El and Broad Street Lines
- Digital boards in the 52nd, 56th, Temple and Penn Medicine stations
- Septa bus tails in key neighborhoods



# 2025 OUTPACE CVD AWARDEES

Target: BP helps health care organizations and care teams, at no cost, improve BP control rates through an evidence-based quality improvement program and recognizes organizations committed to improving BP control.

We are proud to recognize the following Health Centers for their commitment to improving blood pressure control through accurate measurement among their adult patients.

Target: BP™ is a national initiative formed by the American Heart Association and the American Medical Association in response to the high prevalence of uncontrolled blood pressure.

Congratulations to the 2025 Greater Philadelphia Region Target:BP Awardees:



**GOLD+ LEVEL** – Recognizes practices that have demonstrated a commitment to measurement accuracy, acting rapidly, one additional pillar and have controlled high blood pressure in at least 70% of their adult patient population

- Center for Family Health at Upper Darby



**GOLD LEVEL** – Recognizes practices that have controlled high blood pressure in at least 70% of their adult patient population

- Main Line Healthcare - Chester County
- Trinity Health Mid-Atlantic Medical Group



# 2025 OUTPACE CVD AWARDEES



**SILVER+ LEVEL** – Recognizes practices that have demonstrated a commitment to improving blood pressure control through measurement accuracy, acting rapidly and another pillar

- Center for Family Health at Eastside
- ChesPenn Health Services
- Community Health and Dental Care
- Congreso Health Center
- Delaware Valley Community Health, Inc.
- Delaware Valley Community Health, Inc. - Fairmount Primary Care Center
- Delaware Valley Community Health, Inc. - Maria de los Santos Health Center
- Delaware Valley Community Health, Inc. - Norristown Reginal Health Center
- Family Practice and Counseling Services Network
- Family Practice and Counseling Services Network - Abbottsford
- Family Practice and Counseling Services Network - Health Annex
- Family Practice and Counseling Services Network - Stephen and Sandra Sheller 11th Street Family Health Services
- Public Health Management Corporation
- Public Health Management Corporation - Care Clinic
- Public Health Management Corporation - Cedar
- Public Health Management Corporation - Mary Howard
- Public Health Management Corporation - PHMC Health Connection
- Public Health Management Corporation - Rising Sun



**SILVER LEVEL** – Recognizes practices that have demonstrated a commitment to improving blood pressure control through measurement accuracy

- Greater Philadelphia Health Action
- Main Line Healthcare



**PARTICIPANT LEVEL** – Recognizes practices that submit data for the first time and commit to reducing the number of adult patients with uncontrolled blood pressure

- Main Line Healthcare - Delaware County
- Main Line Healthcare - Montgomery County East
- Main Line Healthcare - Montgomery County West
- Woodland Ave. Health Center

# 2025 OUTPACE CVD AWARDEES

The Target: Type 2 Diabetes<sup>SM</sup> recognition program for outpatient health care organizations acknowledges ambulatory health centers and systems in their efforts to tackle type 2 diabetes and cardiovascular disease in their patient populations. The program is designed to help participants improve clinical practice while being celebrated for their hard work and dedication throughout the process. Clinical tools and resources are available to help you better manage cardiovascular risk in patients with diabetes mellitus.

Congratulations to the 2025 Greater Philadelphia Region Target: Type 2 Diabetes Awardees:



**GOLD LEVEL** – Recognizes practices who have met specified thresholds for two clinical measures while improving quality of care through awareness, detection, and management of type 2 diabetes by educating and empowering patients with evidence-based information and tools

- Greater Philadelphia Health Action
- Main Line Healthcare - Chester County



**PARTICIPANT LEVEL** – Recognizes practices for commitment to improving quality of care through awareness, detection and management of type 2 diabetes by educating and empowering patients with evidence-based information and tools

- Congreso Health Center
- Delaware Valley Community Health, Inc.
- Delaware Valley Community Health, Inc. - Fairmount Primary Care Center
- Delaware Valley Community Health, Inc. - Maria de los Santos Health Center
- Delaware Valley Community Health, Inc. - Norristown Reginal Health Center
- Family Practice and Counseling Services Network
- Family Practice and Counseling Services Network - Abbottsford
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- Family Practice and Counseling Services Network - Stephen and Sandra Sheller 11th Street Family Health Services
- Main Line Healthcare
- Main Line Healthcare - Delaware County
- Main Line Healthcare - Montgomery County East
- Main Line Healthcare - Montgomery County West
- Public Health Management Corporation
- Public Health Management Corporation - Care Clinic
- Public Health Management Corporation - Cedar
- Public Health Management Corporation - Mary Howard
- Public Health Management Corporation - PHMC Health Connection
- Public Health Management Corporation - Rising Sun
- Spectrum Health Services, Inc.
- Woodland Ave. Health Center



# 2025 OUTPACE CVD AWARDEES

The Heart Association launched Check. Change. Control. Cholesterol to improve the identification and management of cholesterol across the nation. This national initiative aims to reduce the number of Americans who have heart attacks and strokes by urging medical practices, providers, and patients to screen and treat this important risk factor.

Check. Change. Control. Cholesterol supports physicians and care teams by offering access to the latest research, tools, and resources to reach and sustain cholesterol control rates among the adult patient population that they serve.

**Congratulations to the 2025 Greater Philadelphia Check. Change. Control. Cholesterol Awardees:**



**GOLD AWARD** – Recognizes organizations that have fulfilled the Participant Award criteria AND had 70% or more of their adult, at-risk patient population appropriately managed with Statin therapy in 2024 based on MIPS measure #438

- Congreso Health Center
- Delaware Valley Community Health, Inc.
- Delaware Valley Community Health, Inc. - Fairmount Primary Care Center
- Delaware Valley Community Health, Inc. - Maria de los Santos Health Center
- Delaware Valley Community Health, Inc. - Norristown Reginal Health Center
- Greater Philadelphia Health Action
- Public Health Management Corporation
- Public Health Management Corporation - Care Clinic
- Public Health Management Corporation - Cedar
- Public Health Management Corporation - Mary Howard
- Public Health Management Corporation - PHMC Health Connection
- Public Health Management Corporation - Rising Sun



**PARTICIPANT AWARD** – Recognizes organizations that commit to improving ASCVD risk assessment and implementing ASCVD risk calculations into their clinical workflows, and that submitted 2024 data on appropriate Statin therapy based on MIPS measure #438

- Lankenau Heart Group
- Main Line Healthcare

# NATION OF LIFESAVERS



## Spectrum Health Services Launches Mobile Hands-Only CPR Kiosk to Save Lives

In October, Spectrum Health Services, in collaboration with the American Heart Association of Greater Philadelphia and Independence Blue Cross, unveiled a Mobile Hands-Only CPR Kiosk at its Haverford Avenue location in West Philadelphia. This innovative tool provides free, interactive CPR training, helping break down barriers to lifesaving education in underserved communities.

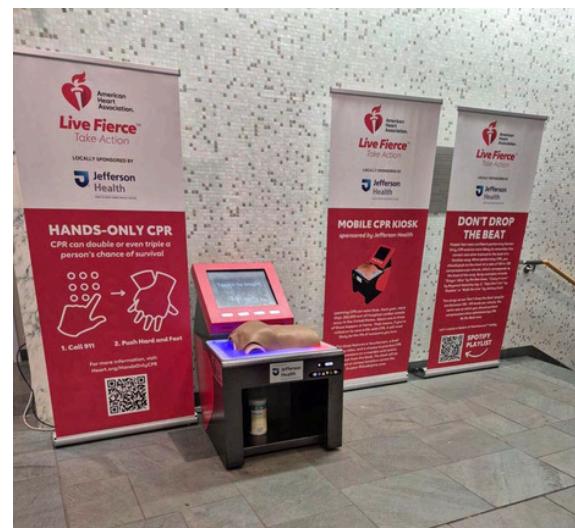
Cardiac arrest remains a leading cause of death in the U.S. and underserved communities are less likely to receive bystander CPR. This initiative aims to close that gap by making CPR education accessible and engaging. The kiosk offers a short instructional video, hands-on practice and real-time feedback, making CPR training simple and effective.

"This kiosk is more than a tool," said Veronica Hill-Milbourne, president & CEO of Spectrum Health Services. "It's an opportunity to save lives."

Dr. Rich Snyder of Independence Blue Cross added, "Survival often depends on whether someone nearby takes action. By providing free, self-guided CPR training, we're empowering more people to step in and save a life."

Guests also witnessed a live CPR demonstration and learned how quick action can double or triple survival rates. The event highlighted Spectrum's broader commitment to equitable health, including its collaboration in the Team Up to Take Down High Blood Pressure initiative with Penn Medicine and Temple Health.

Independence Blue Cross and Jefferson have sponsored several Hands-Only CPR kiosks across the city, with the most recent debuting at the Kroc Center, a community fitness facility in North Philadelphia.



# COMMUNITY IMPACT



## Honoring Heritage, Advancing Health: Addressing Stroke in the Latinx Community

During this fall's Hispanic Heritage Month, we honored the rich cultural contributions and resilience of the Latinx community, while also reflecting on health disparities that disproportionately impact Hispanic Americans, including higher rates of stroke and hypertension.

In North Philadelphia, the American Heart Association Greater Philadelphia, in collaboration with Mi Salud Wellness Center, is working to close these gaps through culturally relevant, community-rooted initiatives.

"In a neighborhood where nearly 15% of residents identify as Hispanic/Latino, Mi Salud has become a trusted hub for preventive care and education," said Jada Dove, community impact director. "This is especially true in the fight against heart disease and stroke, which remain leading causes of death in the area."

One of Mi Salud's most impactful programs is its community-based blood pressure screening and referral model, bringing vital health services into familiar spaces like churches, bodegas and community centers. These screenings not only provide immediate support but also connect individuals to follow-up care—empowering them to take control of their cardiovascular health.

"What makes this initiative so effective is its community-first approach," Dove added. "It's about building trust, offering education in culturally appropriate ways and ensuring that every person has access to the tools and resources they need to live a healthier life."

# COMMUNITY IMPACT

## Community Collaboration in Action: Team Up and Together for West Philly HEALS Unite at Second Antioch Baptist Church Food Pantry



In September, Second Antioch Baptist Church Food Pantry in West Philadelphia transformed into a hub of health and hope. During the pantry's distribution hours, Team Up to Take Down High Blood Pressure and the Together for West Philadelphia Health Access Links (T4WP HEALS) program partnered to bring vital health services directly to residents, focusing on the fight against high blood pressure and improving access to care.

Residents received free blood pressure screenings from Second Antioch volunteers, trained by the Heart Association. Those who wanted assistance scheduling doctor's appointments, navigating health insurance or addressing barriers to care also had the opportunity to connect with a community health worker from the HEALS program. These health advocates played a critical role in helping residents understand their numbers and connect to healthcare services for follow-up and ongoing support.

This event is a powerful example of community-centered care, where trusted spaces and familiar faces come together to empower residents with knowledge and resources.



# COMMUNITY IMPACT



## American Heart Association Brings Lifesaving Education to Battle of the Legends

At October's Battle of the Legends football game at Lincoln Financial Field, featuring former Eagles teammates DeSean Jackson and Michael Vick as coaches, the Heart Association spotlighted heart health and lifesaving skills for fans and families.

With sudden cardiac death a leading cause among young athletes, the Heart Association hosted an interactive pregame "Heart Health Zone" at Pepsi Plaza, offering Hands-Only CPR training and awareness and education on hypertrophic cardiomyopathy (HCM)—the most common cause of sudden cardiac death in young athletes. Affecting about 1 in 500 people, HCM often goes undiagnosed.

"Moments like this remind us that heart health belongs everywhere — in our homes, our schools and even at the 50-yard line," said Jennifer Litchman-Green, executive director of AHA Greater Philadelphia. "By reaching fans where they are, we're helping build stronger, more informed communities that know how to protect and save lives."

The activation supports Heart Association's Nation of Lifesavers movement, aiming to double cardiac arrest survival rates by 2030, and builds on its work with HBCUs and student-athletes to improve health equity. Fans were encouraged to visit [Heart.org/HCMStudentAthlete](http://Heart.org/HCMStudentAthlete) and [Heart.org/Nation](http://Heart.org/Nation) for resources.

This initiative was made possible in part by a grant from the Bristol Myers Squibb Foundation.

# COMMUNITY IMPACT



## Phillies RBI Families Learn Lifesaving Skills at Citizens Bank Park

On July 2, select participants from the Phillies RBI League and their families gathered at Citizens Bank Park for a unique pre-game experience hosted by the Heart Association Greater Philadelphia in partnership with Citizens. This special event combined the excitement of baseball with an important mission of promoting heart health, teaching lifesaving skills and introducing career opportunities in health care.

The day began with an engaging Hands-Only CPR training session, where guests learned a simple yet critical technique that can help save lives in an emergency. Heart Association staff led an interactive demonstration, ensuring participants not only understood the steps but felt confident performing them. This practical skill empowers individuals to act quickly and effectively during cardiac emergencies, reinforcing the message that anyone can be a lifesaver.

Following the training, attendees participated in a dynamic health careers panel featuring medical professionals from diverse backgrounds. Panelists shared personal stories, offered advice on pursuing careers in health care and highlighted the importance of wellness and preventive care. The discussion aimed to inspire young people to consider health care as a rewarding career path while emphasizing the role of education and community support in achieving those goals.

After the educational sessions, families enjoyed a delicious lunch and the thrill of watching the Phillies take on the Padres, creating lasting memories and strengthening community connections. The event underscored the power of partnerships in driving positive change and fostering healthier communities.

"We're proud to partner with Citizens and the Phillies to bring this important message to the community," said Jennifer Litchman-Green, executive director of the Heart Association Greater Philadelphia. "This event is about more than baseball. It's about empowering young people and their families with knowledge that can save lives and inspire future health care leaders."

The Phillies RBI League, launched in 1989, has grown into a transformative program serving more than 6,000 children across Philadelphia, Southern New Jersey and Delaware.

# COMMUNITY IMPACT

## NFL Wives and Heart Association Bring Lifesaving CPR Education to Girls in Flag Event



In October, the Heart Association joined forces with the Off The Field NFL Wives Association to deliver an unforgettable experience for 150 fifth and sixth grade girls in Philadelphia and Delaware County. The event, held at Phield House, blended athletic excitement with lifesaving education during the Girls in Flag football clinic, creating a day that was as empowering as it was fun.

The clinic went beyond teaching football skills and drills and introduced participants to Hands-Only CPR and AED basics, equipping them with critical knowledge that could one day save a life. This training was part of the AHA's Nation of Lifesavers™ movement, a bold initiative designed to double cardiac arrest survival rates by 2030. By teaching young athletes these essential skills, the Heart Association is building a generation of lifesavers who are confident and prepared to act in emergencies.

In addition to CPR instruction, each girl received a sports bra courtesy of the Philadelphia Eagles and Operation Warm, reinforcing the importance of health, confidence and proper athletic gear for young athletes. This thoughtful gesture highlighted the event's holistic approach in supporting physical well-being while fostering empowerment and inclusion.

"Meeting people where they are with lifesaving CPR instruction is a guiding value of the American Heart Association," said Nancy Brown, CEO of the Heart Association. "This collaboration ensures that everyone, everywhere is prepared and empowered to help save a life."

The Girls in Flag program is part of Off The Field's nationwide initiative to grow women's flag football and promote leadership, inclusion, and athletic achievement. With the NFL's backing, the sport is gaining momentum and will make its Olympic debut in 2028, which is a milestone that underscores the league's commitment to creating opportunities for the next generation of female athletes. By combining sports with health education, this event demonstrated the powerful impact of partnerships in shaping stronger, healthier communities.

# ADVOCACY

## Empowering Advocates and Driving Action on Social Determinants of Health



Recently, Jake Zychick, senior regional lead, Community Impact, led an Advocacy 101 presentation and discussion with Penn University's Healthy Heart Student Club.

Students learned how to engage with policymakers and amplify their voices on critical health issues.



In September, the Philadelphia Collaboration for Equitable Health (CFEH), powered by Bank of America, facilitated meetings with Philadelphia City Council Members to discuss how maternal health, nutrition insecurity and historic lack of neighborhood investments have impacted health equity in Philadelphia.

Throughout the day, the CFEH scheduled one-on-one meetings with City Council Members and held an extended Lunch Learn and Conversation.



The Heart Association of Greater Philadelphia hosted the Pennsylvania Media Roundtable in October, which brought together public health leaders, labor advocates and community voices to discuss the impact of secondhand smoke exposure and opportunities for policy change.

Moderated by Traci Kennedy of Americans for Nonsmokers' Rights, the discussion featured speakers from the Clean Air Council, Latino Connection Foundation, United Auto Workers Region 9, American Lung Association, and Casino Employees Against Smoking Effects (CEASE). Participants explored gaps in Pennsylvania's Clean Indoor Air Act, worker experiences with secondhand smoke and the role of media in shaping public perception and driving change.

"Secondhand smoke is not just a workplace issue—it's a public health crisis," said one advocate. The conversation emphasized equity in storytelling, regional policy comparisons, and the need for stronger protections for casino and hospitality workers.

The event reinforced the media's critical role in elevating health issues and advancing policies that protect communities. Together, we can create a future where every Pennsylvanian breathes clean air.

# ADVOCACY

## Collaboration for Equitable Health: A Model for Impact and Sustainability



In early December, we witnessed the incredible power of partnership in action through the Collaboration for Equitable Health. Over the past four years, the Community Impact and Advocacy teams have worked hand-in-hand with community, clinical and advocacy organizations to advance initiatives that improve health equity across the city.

The results speak for themselves. From patient testimonies and photos of health lessons and screenings to language access resources and engaging videos, the event showcased the tangible impact of this collective effort. These stories represent lives changed and communities strengthened.

This collaboration is yet another example of what can be achieved when organizations unite around a shared mission. It sets a powerful standard for other markets across the country and demonstrates how collaboration can drive meaningful, lasting change.



### Board Member and Sudden Cardiac Arrest Survivor Stephanie Austin Advocates for HEARTS Act

In November, Stephanie Austin visited the U.S. Capitol to champion heart health initiatives. She continued her advocacy in December with a meeting at Senator John Fetterman's office to discuss the HEARTS Act, legislation aimed at expanding CPR training and emergency response in schools and communities. Her efforts highlight the power of advocacy in creating healthier, safer communities.



# **LOCAL CAMPAIGN EVENTS**

# PHILADELPHIA HEART WALK



More than 10,000 walkers gathered on a crisp November morning at Citizens Bank Park for the American Heart Association's Philadelphia Heart Walk, taking steps toward a world free of heart disease and stroke. The event celebrated survivors, honored loved ones lost, and raised critical funds - over \$1.8M - for research, CPR education and community health initiatives. This year's theme, "Building a Nation of Lifesavers," focused on training at least one person in every household in Hands-Only CPR.

"It's incredible to see so many teams, survivors and families here at Citizens Bank Park. At Citizens, we walk to help build a stronger, healthier Philadelphia, where everyone has the chance to learn lifesaving skills like Hands-Only CPR," said Campaign Chair Dan Fitzpatrick, president of Citizens Mid-Atlantic and Midwest Regions. "It only takes a few minutes to learn, and you never know when you may be called upon to save a life."

Fitzpatrick also highlighted Citizens' support for CPR education through training kits that extend lifesaving knowledge into the community.

The walk featured family activities, survivor celebrations and CPR demos, with NBC10 anchors Erin Coleman and Keith Jones emceeing. The program also recognized top fundraising organizations in the Circle of Excellence, including Penn Medicine and Marquis Health, and awarded the Health System Cup, honoring outstanding engagement and fundraising, to Penn Medicine, among health systems Temple Health, Jefferson and Main Line Health.

Together, Greater Philadelphia made a powerful impact for heart health and a healthier future.

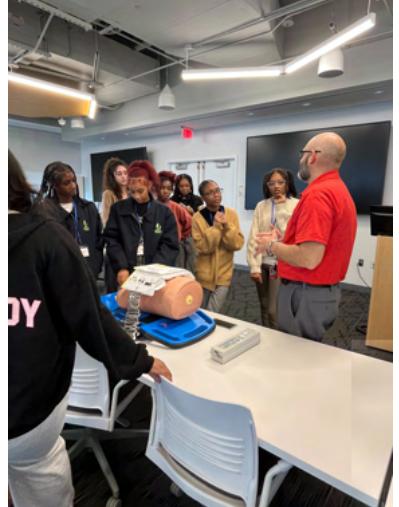
# STEM GOES RED

In December, more than 100 young women from the School District of Philadelphia attended STEM Goes Red at Penn Medicine's Perelman Center for Advanced Medicine. Hosted by the Heart Association, in collaboration with the School District and Penn Medicine, the event offered hands-on STEM activities, mentoring sessions and career workshops.

Highlights included interactive breakout sessions, hands-only CPR demonstrations and a keynote from Eman Hamad, M.D., a cardiologist at Temple University Hospital. The day also featured inspiring remarks from Tony B. Watlington, Sr., Ed.D., superintendent, the School District of Philadelphia, and Kevin Mahoney, CEO, University of Pennsylvania Health System.

Four students were recognized as 2025 STEM Goes Red Scholarship recipients, presented by Soma Somasundaram, president and CTO, Infor, representing his family and Sabrina Islam, M.D., from Temple Health.

STEM Goes Red is part of the AHA's Go Red for Women movement, empowering young women to explore STEM careers and build a healthier, more equitable future.



# CYCLENATION

## Philadelphia Came Together for 2025 CycleNation to Fight Heart Disease and Stroke

On Thursday, September 18, the American Heart Association of Greater Philadelphia hosted CycleNation Philadelphia, an evening of indoor cycling with a powerful purpose. At Fountain View at Logan Square, more than 100 riders took to 50 bikes to raise awareness and critical funds in the fight against heart disease and stroke.

The event welcomed participants of all ages and fitness levels—from seasoned cyclists to first-time riders—alongside corporate teams and community advocates. Together, they supported lifesaving research, education and advocacy to build healthier lives for all.

Throughout the evening, riders joined four high-energy cycling sessions, led by expert instructors and fueled by music, motivation and camaraderie.

“CycleNation is more than a ride. It’s a rallying point for our community to take action against two of the leading causes of death in the U.S.,” said Jennifer Litchman-Green, executive director, Heart Association of Greater Philadelphia. “Every mile pedaled fueled critical research and programs that save lives.”

Event Chair Mike Smith, division president at Marquis Health Consulting, shared his enthusiasm for the event, too. “When you ride at CycleNation, you aren’t just working up a sweat. You help create a healthier future for our families, our neighbors and our city.”

The evening was emceed by Caroline Goggin, a stroke survivor and 6ABC reporter, who shared her inspiring story and encouraged participants to keep moving toward a healthier tomorrow.



# SOUTHERN NEW JERSEY GO RED LUNCHEON

The Southern New Jersey Go Red for Women Luncheon brought together passionate advocates, healthcare leaders and survivors to raise awareness about women's heart health and fund lifesaving research.

Chandler Lutz, CBS News Philadelphia anchor and event host, shared her personal connection to the mission after experiencing preeclampsia during childbirth. "Facing it firsthand was terrifying and eye-opening," she said. "As a mother, the Go Red for Women mission hits home in a new way."

Event Chair Diane Juliano, regional chief nursing officer at Jefferson Health, emphasized prevention and empowerment. "We're not just treating heart disease when it happens; we're working to prevent it and create a healthier future for generations to come."

The program honored new Circle of Red members, Diane Juliano and Autum Shingler-Nace, chief nursing officer, Cooper University Health Care, and the 2026 chair of the Southern New Jersey Go Red for Women campaign. The event also featured a powerful survivor story from Anne Bertino-Lapinsky, an ER nurse and professor whose courage and resilience inspire others living with heart disease.

Go Red for Women continues to drive initiatives like STEM Goes Red, Research Goes Red, and maternal health programs—because when women come together, we save lives.



# HARD HATS WITH HEART



In September, the Heart Association of Greater Philadelphia hosted the Hard Hats with Heart Cocktail Reception, bringing together leaders from the construction industry to champion heart health.

Celebrating raising over \$150,000 last year, 2025's Chair Joey Caltabiano, Jr., business development manager at CFI Workspace, shared a personal story underscoring the importance of prevention and CPR education. With cardiovascular risk higher in construction than most fields, this initiative delivers lifesaving training and wellness resources to the industry.

Incoming 2026 Chair Chuck Rudalavage, managing director, Gensler, encouraged early pledges for next year's Home Run Derby at Citizens Bank Park.

## 2026 HEART BALL KICKOFF

The Heart Association Greater Philadelphia officially launched the 2026 Heart of Philadelphia Heart Ball campaign at a special kickoff event, bringing together supporters, sponsors, and community leaders united by a shared mission: a world free of heart disease and stroke.

Executive Director Jennifer Litchman-Green welcomed guests and thanked sponsors including Penn Medicine, Temple Health, Independence Blue Cross, AmeriHealth Caritas, Infor, and Jefferson for their commitment to heart health.

"When you support the American Heart Association, you do more than fund a mission," said Litchman-Green. "Your generosity saves lives, advances research, and ensures survivors and families have the resources they need to thrive."

The evening spotlighted Kernika Gupta and Vishal Patel, co-chairs of the 2026 Heart Ball, whose leadership helped launch the New Mom Kits initiative, which has provided postpartum resources and blood pressure monitors to reduce maternal mortality. Since its start in Philadelphia, the program has expanded to 49 communities, distributing nearly 3,000 kits.

As a stroke survivor and mother to a child with congenital heart disease, Kernika's story embodies the Heart Association's mission to create healthier futures for all.





# **SUPPORTERS AND VOLUNTEERS**

# COR VITAE SOCIETY

Cor Vitae, Latin for the heart of life, is the American Heart Association's annual recognition society of more than 6,600 individuals nationally whose significant personal commitments of \$5,000 or more are helping to change and save lives. Their extraordinary generosity propels pioneering research and transforms communities.

**It is with heartfelt gratitude that we thank these individuals for their ongoing support, driving the American Heart Association to be a relentless force for a world of longer, healthier lives.**

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# TEAM PHILADELPHIA



2025 CycleNation



2025 Southern Jersey Go Red for Women Luncheon



Eastern States Meeting in Virginia



2025 STEM Goes Red



2025 Heart Walk

# IN MEMORIAM



## Edward S. Cooper, M.D. (1926–2025)

The American Heart Association mourns the passing of Edward Sawyer Cooper, M.D., a pioneering cardiologist, educator and advocate whose life's work transformed cardiovascular care and opened doors for generations of Black physicians.

Born December 11, 1926, in Columbia, South Carolina, and raised in Philadelphia, Dr. Cooper graduated first in his class from Lincoln University and Meharry Medical College. He chose cardiology after witnessing the devastating effects of strokes on young patients, sparking a career dedicated to prevention and treatment.

Dr. Cooper broke barriers as the first Black tenured professor at the University of Pennsylvania School of Medicine, the first Black attending physician at HUP, and in 1992, the first Black president of the American Heart Association. He chaired the American Heart Association Stroke Council and championed health equity, prevention and access to care. His research on racial disparities in stroke and heart disease shaped national guidelines and inspired public health initiatives. He co-authored one of the first comprehensive guides on stroke prevention and management in Black patients and mentored countless underrepresented physicians.

To honor his legacy, the Edward S. Cooper Award is presented annually by the Heart Association Greater Philadelphia during Heart Ball to leaders advancing health equity and reducing cardiovascular disparities.

Dr. Cooper is survived by daughters Lisa Cooper Hudgins, M.D., and Jan Ada Cooper, M.D., son Charles Wilder Cooper, Ph.D., four grandchildren and seven great-grandchildren. He was predeceased by his wife Dr. Jean Wilder Cooper and his son Edward S. Cooper, Jr.

His vision and leadership will continue to inspire future generations as we work toward a world of longer, healthier lives.

Discover more about Dr. Cooper's remarkable life and enduring legacy [in this video](#).

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# SAVE THE DATE FOR UPCOMING EVENTS!

## 2026 Heart Ball

Friday, February 27, 2026

National Constitution Center, Philadelphia

## Go Red for Women Experience

Wednesday, May 13, 2026

Bellevue Hotel, Philadelphia

American Heart Association of Greater Philadelphia

1617 John F. Kennedy Blvd., Suite 700

Philadelphia, PA 19103

[www.heart.org/pennsylvania](http://www.heart.org/pennsylvania)



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