

American Heart Association staff Mike Deitch, Al Tsai and Juliann Dorny join Kathy Beck, RN, School Nurse and Scott Skoglund, School Nurse at Orca K-8 Hands-Only CPR education event for staff and students

American Heart Association®
Communities with Heart™

Community Impact Highlights

2025–2026

Washington

Advancing health and hope for everyone, everywhere.

The American Heart Association is driving powerful change in communities across Washington by fueling lifesaving research and reshaping systems to ensure everyone has an opportunity to live a full, healthy life. We collaborate with clinical and community organizations to build sustainable, community-led solutions that confront root causes of health disparities—improving access to care, nutritious food and CPR response.

In Washington, we translate science into action by investing in initiatives that reflect local priorities.

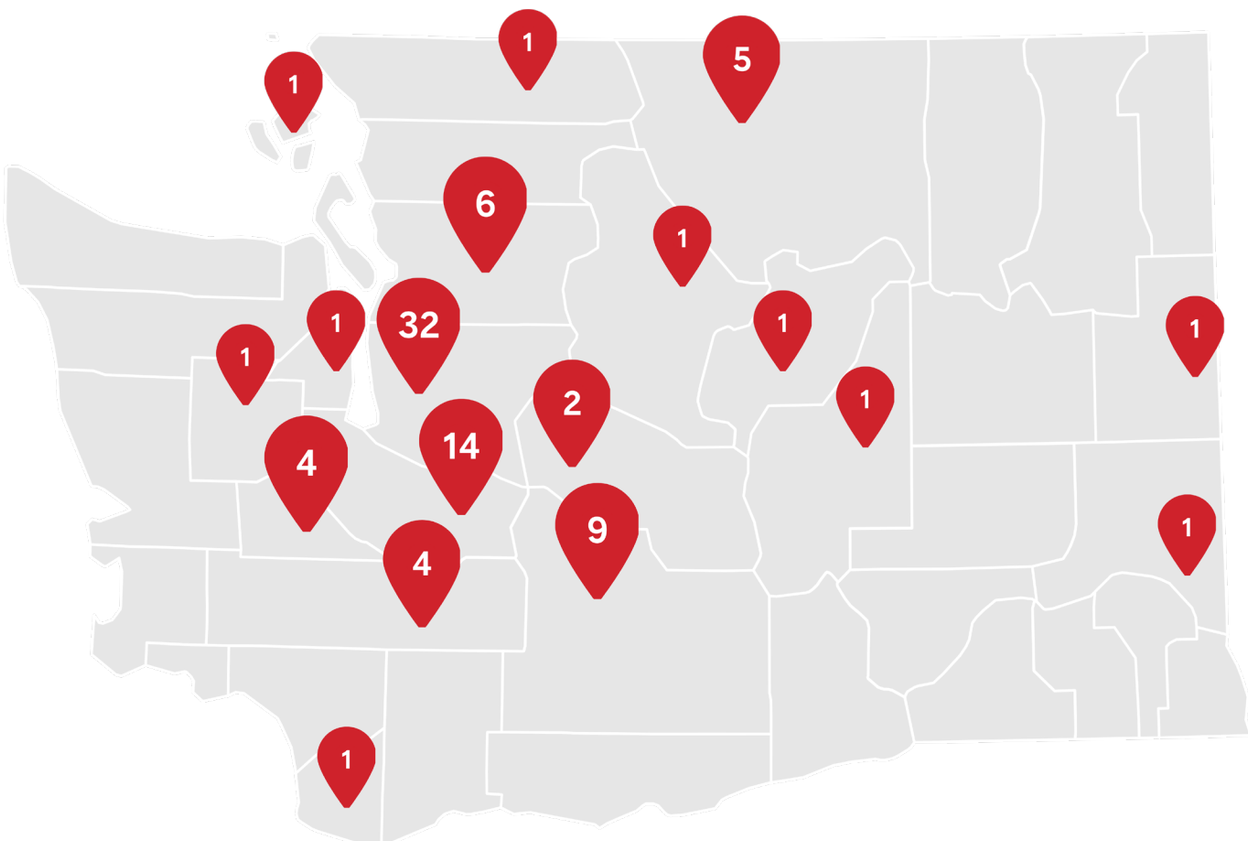
Together, we are shaping a future where health is not a privilege, but a right.

puget.sound@heart.org | heart.org/washington | @AmericanHeartWA

Year in Review

92 collaborative projects

230,000 projected individuals reached



21 Clinics

43 Community-based organizations

2 Doula agencies

8 Libraries

2 Pharmacies

4 School Districts

6 Construction companies

Behind the numbers

While these figures offer a snapshot of the American Heart Association Washington's reach and intention, they don't tell the full story.

Behind every data point is time spent listening, learning and refining our role. This year, we deepened our understanding of Washington's health needs while expanding our role in new areas including advancing maternal blood pressure management, scaling cardiac emergency response planning in schools and workplaces and increasing access to blood pressure measurement kits in libraries statewide.

These investments lay the groundwork for lasting policy, systems and environmental change. As we continue to invest in community-led solutions, we will share our learnings to inspire similar models and guide future research and recommendations.

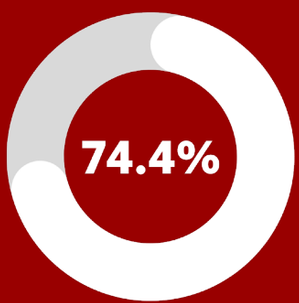
We can't do this work alone.
Thank you for coming alongside us.

Blood Pressure Control

2.7 million adults—nearly half of the state's adult population—has high blood pressure, yet only 1 in 4 is aware. The American Heart Association is working to identify and support individuals managing hypertension in under resourced areas. Our goal is for at least 75% of Washingtonians with diagnosed high blood pressure to have access to care, resources and education to meet their blood pressure goals.

160,000

People reached with tools to support healthy blood pressure through **34** collaborative projects including blood pressure screening and referral, self-measurement programs and specialized programs for pregnant people to manage high blood pressure alongside clinicians and doulas.



Through Target: BP™, our quality improvement hypertension program, **134 clinics** supported nearly **3.1M patients**, resulting in a **74.4% collective control rate**. We continue to pace toward our goal of participation from all primary care clinics statewide.

Community Stories

Library Cards Unlock Healthier Blood Pressure



Beth Fairagan, American Heart Association Community Impact Director and Malcolm White, Neighborhood Services Manager at Tacoma Public Library (TPL) celebrate the launch of TPL's Libraries with Heart initiative

Libraries statewide are building on their trusted role, now serving as hubs for health resources. Through the American Heart Association's *Libraries with Heart* initiative, monitoring blood pressure can be as simple as checking out a book.

The Tacoma Public Library collaborated with the American Heart Association to increase access to blood pressure tools through all eight branches, serving more than 200,000 residents. Patrons can use a validated monitor to check their blood pressure while they're at the library, or borrow a kit to monitor blood pressure at home. Also included is guidance to help patrons understand and share blood pressure readings with medical providers to inform their care.

This collaboration expands a growing *Libraries with Heart* network across Washington, with programs underway in libraries spanning from Thurston to Whatcom County. Collectively, the initiative supports early detection of high blood pressure and strengthens health literacy.

Read the press release

Beyond the Clinic: Doula-Led Self-Measured Blood Pressure

In Washington, marginalized birthing people carry the highest burden of preventable pregnancy-related deaths. Managing high blood pressure is key to reducing these deaths.

Open Arms Perinatal Services provides free, culturally congruent doula care to low-income families. Collaborating with the American Heart Association, a convened group of doulas developed protocols to support their clients to self-measure blood pressure through pregnancy and up to two years after birth. The Association provided guidance to doulas to support monitoring, education and referral to nearby clinics.

This initiative expands postpartum monitoring, strengthens self-advocacy and advances community centered maternal care.



Open Arms Community Outreach Doulas practice blood pressure measurement technique

Nutrition Security

Rural counties and neighborhoods in South King County face the highest food insecurity rates in Washington, exceeding 20% of residents. Over the past year, the American Heart Association has advanced nutrition security in Washington by addressing factors that improve the accessibility, affordability and utilization of foods that support optimal health. Our local initiatives address systemic barriers to nutritious, culturally relevant foods and promote food sovereignty.



Elena O'Callahan, American Heart Association Community Impact Director and Kim Pawlawski, Livable Packwood Executive Board Member at the Packwood Community Garden



Seattle Children's Hospital Food Security Program team stocks their new refrigerator with produce for patients and families, made possible by American Heart Association support

Community Stories

Increasing Access to Nutrition in Packwood

Livable Packwood is a community-led effort in the rural town of Packwood, Washington, where rising housing costs and limited access to food and services make life challenging for many longtime residents. The organization focuses on improving access to affordable, high-quality food through its food pantry, weekly farmers market distribution, and a growing community garden.

With American Heart Association support, Livable Packwood created a nutrition policy using the Healthy Eating Research (HER) Guidelines, aimed at increasing the availability of healthier, low-sodium foods. The policy also limits purchases of sugary drinks and desserts and includes regular client surveys to ensure the program reflects community needs. We also supported Livable Packwood in purchasing a freeze dryer, helping them preserve more fresh, local produce for year-round use.

Collaborative Infrastructure Improvements

The American Heart Association supported nine infrastructure projects as part of the King County Local Food Infrastructure Grant program administered by Harvest Against Hunger. These investments expand the reach of county funding by strengthening operations for community-based organizations while reducing food loss and increasing efficiency during periods of high demand.

60,000

Through 44 collaborative projects—including Federally Qualified Health Centers, Indigenous-led groups and rural resource centers—we reached over 60,000 individuals in high-need populations statewide.

Our strategies included integrating food insecurity screening and referral protocols in community and clinical settings, co-developing nutrition policies, enhancing capacity to store and distribute healthy perishable foods and expanding culturally aligned nutrition education.

Nationwide Nutrition Security Support

Given cuts to federal funding and support for healthy, accessible food, our work in this area is more important than ever. Locally, we are working to decrease rates of food insecurity, especially within South King County, Central Washington and within marginalized communities. Last year, we were also able to consult nationwide efforts to encourage the adoption of nutrition policies and enable infrastructure improvements to expand food access organizations' capacity to provide fresh, locally grown foods. We are grateful for this expansion to our role, made possible by a local American Heart Association supporter.

CPR Response

Only 14% of sudden cardiac arrest victims in Washington survive and only 54% receive bystander CPR. While these rates are higher than national averages, disparities exist across King County and rural Washington.

We continue to build a Nation of Lifesavers—ensuring more people are prepared to save a life. Last year we collaborated with **11 organizations** *across* **14 locations** *to develop Cardiac Emergency Response Plans (CERPs). These evidence-based plans help ensure staff are trained and prepared to respond to cardiac arrest incidents, potentially reaching nearly* **9,000** *individuals.*



American Heart Association staff Emily Anderly, Juliann Dorny and Al Tsai stand with Eatonville School District Superintendent, Jay Brower in front of the Eatonville High School football field

Community Stories

Lifesaving Readiness in Eatonville

The American Heart Association collaborated with Eatonville School District in rural Pierce County to strengthen cardiac emergency readiness.

Through local Nation of Lifesavers funding, the Association provided CPR training kits, Hands-Only CPR education and funding for automated external defibrillators (AEDs). Association staff collaborated with the district's head nurse to develop and review a cardiac emergency response plan (CERP) that designates a Cardiac Emergency Response Team, confirms key staff are trained in CPR and ensures AEDs are placed, charged and accessible.

A plan was adopted at each of the five district schools and shared with local emergency medical services. These efforts ensure students and staff are prepared to respond to cardiac emergencies when every second matters.

Read the press release

280,000

Washingtonians CPR/AED certified

21,423

Washingtonians educated in Hands-Only CPR

Hands-Only CPR with Seattle Reign FC



The Association taught Hands-Only CPR to Seattle Reign FC players and included information on proper hand positioning, compression cadence and depth, use of an AED and the support of telecommunicator CPR after calling 9-1-1.

The Path Forward

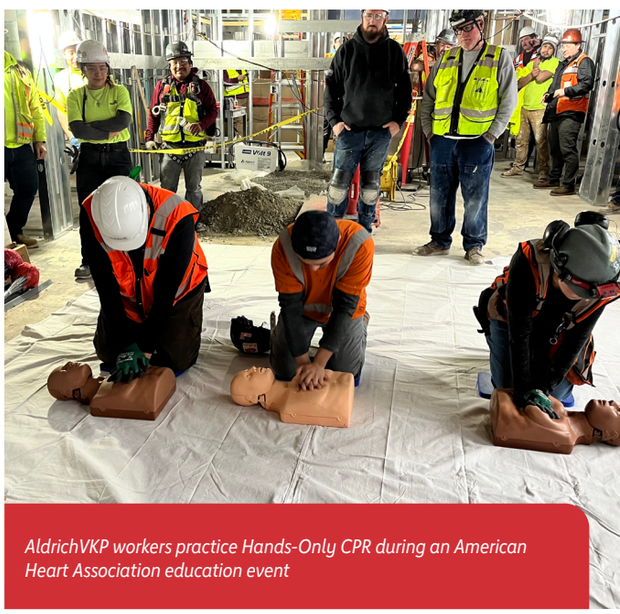
The American Heart Association is working to prepare more schools, workplaces and community organizations in Washington to build coordinated plans to respond to cardiac emergencies. Our goal is to double the statewide survival rate for sudden cardiac arrest to 30% by building a Nation of Lifesavers equipped with the tools and education to act quickly. We are also advocating for legislation that encourages every public school in Washington to adopt cardiac emergency response plans that meet CPR certification requirements and ensure AEDs are available. We'll meet with lawmakers during the annual Heart at the Capitol Lobby Day in January 2027 to support this effort.

Hard Hats with Heart

Construction companies across the state are participating in the American Heart Association's Hard Hats with Heart initiative, an industry-focused effort dedicated to improving cardiovascular health across the Washington construction industry. Hard Hats with Heart works to embed health, well-being, and prevention into the culture of construction.



Mallory Henrich, American Heart Association Community Impact Manager demonstrates proper blood pressure measurement technique for JTM Construction workers at Valley Medical Center



AldrichVKP workers practice Hands-Only CPR during an American Heart Association education event

Community Story

Improving Cardiac Emergency Readiness at Cochran, Inc.

In the U.S., about 1 in 25 construction workers has been diagnosed with cardiovascular disease. Construction workers face daily pressures that increase their risk of heart disease and stroke including high stress, limited access to healthy food, tobacco use and few opportunities for physical activity.

While general emergency action plans are common in the industry, many don't include clear steps for responding to sudden cardiac arrest. Cochran Incorporated collaborated with the American Heart Association to develop a company-wide cardiac emergency response plan (CERP) that details specific steps to respond to a cardiac arrest emergency.

Cochran's Seattle office piloted the plan, where the Association provided guidance to review existing protocols, identify gaps and provide technical assistance to build a complete, actionable plan.

Their plan designates a CPR/AED certified response team, is coordinated with local EMS, ensures automated external defibrillators (AEDs) are accessible, and encourages ongoing staff education and drills. Lessons from the pilot influenced adoption across the entire organization.

Today, Cochran's CERP incorporates lifesaving preparedness into part of the workplace culture for over 600 employees across Washington, Oregon and Idaho.

4,300

Workers educated in Hands-Only CPR

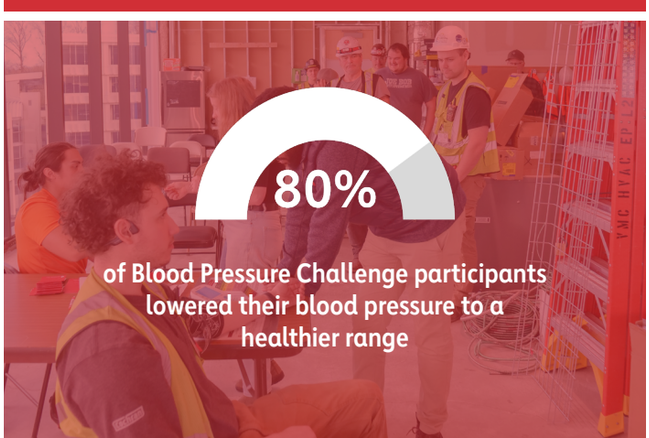
43

On-site educational health activations including blood pressure, Hands-Only CPR, mental well-being or nutrition

6

Companies prioritized emergency preparedness at their offices and jobsites by developing cardiac emergency response plans

Cochran, Inc.
Gensler
Granite Construction
Hoffman Construction
Mortenson Construction
Seyfarth Shaw



80%

of Blood Pressure Challenge participants lowered their blood pressure to a healthier range

Addressing Tobacco and Nicotine Use Among Youth



The American Heart Association collaborated with the Ethiopian Community in Seattle to host a two-part Community Conversation series to shape a community-informed approach to addressing youth vaping. The series combined data, dialogue and education. It was available to the over 5,000 community members the organization supports across King County.

Through a survey and listening session, we gathered insights from students and families to better understand key influences and challenges. These learnings shaped a parent-focused session that built awareness, addressed stigma and provided practical tools to support prevention efforts.

These efforts reflect our intention to reduce youth tobacco and vaping use and offer culturally informed cessation and prevention resources.



Evidence Based Care



61

Washington hospitals participated in the American Heart Association's Get With The Guidelines® programs, providing patients with the highest quality cardiovascular care.

View the full list of recognized health centers

Join us

The American Heart Association, Washington mobilizes our health impact through community-informed approaches to complex challenges. We envision a world where everyone can achieve optimal health in their daily environments. This vision requires strategic partnerships and shared goals. If you'd like to collaborate or fund our efforts, please contact puget.sound@heart.org.

Together, we're changing the future of health.

American Heart Association.

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