



22 Million
people worldwide
WERE TRAINED
in 2016 by the
AHA IN CPR



CPR Kiosk located in Dayton, Ohio

DID YOU KNOW?

Cardiac arrest is a leading cause of death. Every year, over 350,000 out-of-hospital cardiac arrests occur in the United States.

While many people assume cardiac arrest means heart attack, they are very different. A cardiac arrest is an electrical malfunction that causes the heart to stop beating. A heart attack occurs when oxygen flow to the heart muscle is severely reduced or cut off due to plaque buildup.

Someone struck by cardiac arrest usually collapses and is technically dead. Survival depends on immediate CPR. However, outside of a hospital, immediate help from bystanders only comes about 46 percent of the time.

Survivor's donation helps others save lives

Joe Chlapaty



After getting a pacemaker implanted to treat heart problems and suffering a stroke seven years ago, Joe Chlapaty

feels fortunate to be alive.

That feeling has intensified his desire to help others ever since — especially as a volunteer for the American Heart Association.

“I’m fine today, but the whole thing struck a chord with me about heart health, science and moving forward,” said Chlapaty, former CEO of Advanced Drainage Systems in Hilliard, Ohio.

So when Chlapaty was asked to serve as the chair of the AHA’s Columbus Heart Ball and consider making a gift, he was eager to help. He just wasn’t sure what he wanted to do.

That’s when Chlapaty heard of a fellow Ohioan who learned CPR and then saved a life just two days later.

University of Dayton student Matthew Lickenbrock was driving to an evening class when he saw a flash of lightning. The lightning struck 23-year-old Sean Ferguson. Lickenbrock, who learned Hands-Only CPR at an American Heart Association airport kiosk during a layover just days before, saw Ferguson and jumped in to save him with his newfound skills.

The story prompted Chlapaty to fund a new CPR kiosk in Columbus so others can learn the lifesaving skill.

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest outside the hospital. It can double or even triple a person’s chance of survival.



IMPROVED STROKE CARE

37 MILLION
WILL BENEFIT

TAX TO REDUCE SMOKING

55 MILLION
IMPACTED

TOBACCO AGE LIMIT RAISED

4.6 MILLION
AFFECTED



More than 300 AHA volunteers and You're the Cure advocates met in our Nation's Capital for the association's biennial federal Lobby Day.

Together, we're the cure

Countless advocates, volunteers and partners helped pass 84 state and local laws or regulations that contribute to a culture of health and well-being in communities across the country. It's all part of our effort to make the healthy choice the easy choice everywhere. Below is a snapshot of our successes this past year.

1 Improved stroke systems of care in Delaware, Missouri, Indiana, Connecticut, South Carolina and Pennsylvania. More than 37 million

people and nearly 215,000 patients will benefit from new policies that established recognition for stroke facilities. Colorado and Montana established statewide registries for STEMI heart attacks, benefiting more than 6 million people and 100,000 STEMI heart attack survivors each year through data collection that will improve care.

2 Advocated for increased tobacco taxes. California, Pennsylvania and Oklahoma increased their tobacco prices, a proven strategy for reducing smoking, impacting more than 55 million people. A portion of the

California tax will provide about \$100 million to support tobacco prevention and cessation programs.

3 Pushed for stricter age limits to buy tobacco. Massachusetts, Missouri, Michigan, New Jersey, New York, Ohio and Rhode Island residents now must be 21 to purchase tobacco. This law affects more than 4.6 million residents and will help significantly reduce the number of adolescents and young adults who start smoking.

DID YOU KNOW?



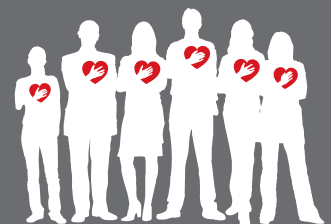
Sugary drinks are the No. 1 source of added sugars across our nation

The AHA recommends children 2 to 18 consume no more than one small sugary drink per week, but kids today often drink 10 times that amount.

In fact, sugary drinks are the No. 1 source of added sugars across our nation. Since taxes on sugary drinks reduce consumption, we've made supporting such policies a priority.

In just one year, five new jurisdictions passed taxes to curb consumption and fund critical public health and education programs in their communities. Four cities passed taxes by popular vote: Albany, Oakland and San Francisco in California, and Boulder in Colorado. Seattle also followed suit with a legislative win. Combined, more than 3.7 million people may be motivated to drink fewer calories, ultimately reducing their risk factors for Type 2 diabetes and heart disease.

Save more lives by
advocating at:



yourethecure.org