



American Heart Association® | American Stroke Association®

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## Heart Healthy Programs and Education In Washington County & the Mon Valley!

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*Throughout 2009-2010 American Heart Association Volunteers and Staff have worked countless hours to bring heart healthy educational programs and materials to the residents of Washington County.*

### **Hospital Community Wellness Programs:**

All three hospitals in Washington County – The Washington Hospital, Canonsburg General Hospital and Monongahela Valley Hospital - actively provide wellness programs to the communities that they serve – a major focus is teaching the community about the devastating effects of heart disease and stroke and the important steps that everyone can take to minimize risk factors. The American Heart Association has provided educational materials and resources to support the efforts of these local wellness initiatives, such as patient education materials for health fairs and blood pressure screenings.

### **Cause Initiatives – Our Community Takes it to Heart!**

***Go Red For Women Health Initiative*** – this initiative creates awareness that cardiovascular disease, including stroke, claims more women’s lives than the next seven causes of death combined — nearly 500,000 a year, nearly twice as many as all forms of cancer. In Washington County over 1,000 Red Dress pins were distributed to women along with life-saving educational materials to promote this vital awareness campaign.

***National Start Walking Day*** – held in April – hundreds of employees across the county participated in a workplace walking event to promote physical fitness and wellness.

### **Emergency Cardiovascular Care Programs: CPR – AED – First Aid Training**

The American Heart Association’s Emergency Cardiovascular Care Programs deliver a dynamic message of hope — the hope of saving lives. New treatments have improved the possibility of survival from cardiovascular emergencies, cardiac arrest, and stroke. These new treatments offer the hope of improved quality of life for people who suffer these events. Increasing public awareness of the importance of early intervention and ensuring greater public access to defibrillation will save many lives. ECC programs educate healthcare providers, caregivers, and the general public about how to respond to these emergencies. Nationally, ECC programs train from 6 to 8 million people every year.

In Washington County and the Mon Valley you can find the following organizations that are currently providing extensive CPR/AED/First Aid training programs for both the general public as well as for health care professionals and EMT personnel.

- **Canonsburg General Hospital**
- **Neighborhood Safety Network Inc**
- **Rostraver/West Newton Emergency Service**
- **(Life 1st) Mon Valley YMCA**
- **Valley Health & Safety Training Center**
- **Washington County EMS Council**
- **Washington Hospital**

### **Fit Friendly Companies**

In 2009-2010 the American Heart Association awarded three organizations with the title “Fit Friendly Company.” These companies completed applications detailing their employee wellness programs which were found to meet criteria set by the American Heart Association and were recognized in an issue of the Wall Street Journal. The American Heart Association is proud to honor the companies for setting the example for their employees as to the benefits of exercise and healthy life choices.



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## Good Things Are Happening In Washington County Schools!

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**Jump Rope For Heart** and **Hoops for Heart** promote the value of physical activity to elementary, middle & high school children while showing them they can contribute to their community's welfare. This is a time when children can establish the foundation for movement skills. These are also the years when positive learning experiences can help establish a positive attitude and appreciation for participating in regular, daily physical activity for life.

Healthy lifestyles can help prevent heart disease and stroke. Good nutrition, physical activity, staying tobacco free, and maintaining a healthy blood pressure and weight are all part of a healthy lifestyle. **Jump Rope For Heart** and **Hoops for Heart** help get this message across to students.

**During the 2009-2010 school year Washington County schools raised vital funding for heart disease and stroke research. The following is a list of participating schools:**

Avella Elementary School  
Bentworth Elementary Center  
Bethlehem Center Elementary School  
Beverly Elementary School  
Borland Manor Elementary School  
Cecil Elementary School  
Cecil Intermediate School  
Charleroi Area Middle School  
Claysville Elementary School  
Donora Elementary Center  
First Street Elementary School  
Gastonville Elementary Center  
Harmar Elementary  
Hills-Hendersonville Elementary School  
Joe Walker Elementary School

McMurray Elementary School  
Monongahela Elementary School  
Muse Elementary School  
North Strabane Intermediate School  
Putnam Elementary  
South Central Elementary School  
St John Central Elementary School  
Trinity East Elementary School  
Trinity North Elementary School  
Trinity South Elementary School  
Trinity West Elementary School  
Washington County Elementary School  
Washington Elementary  
Wylandville Elementary School



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[www.americanheart.org](http://www.americanheart.org)