



HEART & HEADLINES



American Heart Association Eastern States Youth Market

February 2023




**HAPPY
AMERICAN
HEART
MONTH**



Meet Heart Hero Jaeden

"When I was a baby I was born with a congenital heart defect. I had a something called a VSD (ventricular septal defect) along with congestive heart failure. I had open heart surgery at 2 months old in 2011. I still celebrate that date every year with my family, we even get a cake! We call it my Heartiversary!"

"My heart had to be repaired, because I had a hole, it had to be closed and I even had some valves re-routed. Also, my aorta is enlarged."

"Thanks to help from families like yours, today, I feel great! My favorite things to do are dance and act! I'm on a hip hop dance crew and I'm in an acting class because I hope to eventually be a professional actor. Just like any other kid, I love video games, fun places and spending time with my family and friends."

American Heart Month is here!

Heart disease and stroke never take a vacation, and your volunteerism helps save lives all year long – **thank you!**

On **National Wear Red Day**, Friday, February 3, we especially work to be sure women know that heart disease is their number one health threat, how to practice prevention, and how to recognize warning signs and act quickly. *See page 2 for more information.*

During every February, **American Heart Month**, we shine an extra-special light on health and well-being, raise awareness about heart disease and stroke, and honor survivors who ignite and inspire our work. *See page 3 for more information.*



BE THE BEAT

**Wear Red Day
Friday, 2.3.22**



On February 3, join us as we wear red and help raise awareness of women's No. 1 killer – cardiovascular disease.

Be the Beat by wearing red, sharing at least one healthy habit you're prioritizing – it could be around sleep, stress, physical activity, nutrition or whatever works best for you – and encourage others to do the same.

Be the Beat wherever you are in an effort to reclaim your healthy rhythm - keep the beat going – turn up the tempo, add a new step, set a new goal. Small actions build up to big changes over time. Good health is a journey, not a destination.

Heart Disease in Women

More than one in three women is living with some form of cardiovascular disease.

Know Your Risks

For Heart Disease and Stroke

Healthy Living

Resources on healthy eating, healthy lifestyle, fitness, pets and your health

We're rallying everyone in February to: Save A Life. Learn Hands-Only CPR.

Why? Because losing even one woman is too many. Women who suffer from cardiac arrest outside of a hospital are **less likely** to receive CPR from bystanders. Be the beat for someone you love and learn Hands-Only CPR.

And you can Be the Beat and help every family become lifesavers when you ask your entire school community to complete **Finn's Mission** as part of Kids Heart Challenge (KHC) or American Heart Challenge (AHC). **Through Finn's Mission, your families will have access to learn Hands-Only CPR for free.** That's a give-back that may save the life of someone you love.





February is American Heart Month

Focus on: Health and Well-Being

Healthy Eating
Resources

Healthy
Lifestyle
Resources

Fitness
Resources

Mindfulness
Resources

Healthy
Infographics

Pets and Your
Health
Resources

Focus on: Raising Awareness of Heart Disease and Stroke

Congenital
Heart Defects

Heart Attack,
Stroke and Cardiac
Arrest Symptoms

Heart Failure

High Blood
Pressure

Cholesterol

Caregiver
Support

Focus on: Honoring Survivors



[Special Thank You Video from Kid Survivors](#)

Julia

Survivor, 5th grade

At 8 years old, Julia became extremely ill which led doctors to discover she was born with a genetic mutation of the LMNA gene, an important gene for making cardiac muscle cells. Julia and her family learned that she would need a heart transplant. After waiting for almost half a year, Julia received the gift of a heart. With a successful transplant, Julia now enjoys swimming, riding her bike, and doing everything she can to keep her heart healthy.



Join Our Educator Leadership Development Series



Join Our Educator Leadership Development Series
An OPEN® Professional Development Online Series
Join the American Heart Association as we explore today's relevant topics to aid in the development of happy and healthy lives in your school community.

Wednesday Feb. 1
2:30 PM CST - 3:15 PM CST

Be the Beat: Save a Life
Learn how CPR is changing and saving lives

Join the American Heart Association (and in partnership with OPEN Professional Development Online Series) as we explore today's relevant topics to aid in the development of happy and healthy lives within your school community.

Wednesday, February 1—Be The Beat: Save a Life

All 45-minute webinars start at 3:30 PM ET. Registration required. *If you are unable to attend live, [recordings](#) of calls are available.*

[Register Here](#)

Congratulations to Richlands Elementary (Richlands, VA), Fall Grant Recipient School!

The American Heart Association is working with over 32,000 schools in our nationwide movement to finally and forever change the course of heart disease, stroke and congenital heart defects.

The Kids Heart Challenge and American Heart Challenge grant program was developed to allow schools to implement a variety of wellness activities with additions such as physical activity equipment and resources that will impact your school and community.

Richlands Elementary received a fall grant for new physical education technology! Congratulations!

The next grant application deadline is May 31. Find [more information here](#).

Bronx, NY High School Trains the Next Generation of CPR heroes thanks to American Heart Association gift

As a physical education teacher at Crotona International High School in the Bronx, Milagros Figueroa's lessons often echo the principles of the American Heart Association, educating young people on how to create healthy habits that will propel them into a lifetime of excellent heart health.

On Tuesday, December 6, 2022, Ms. Figueroa's class learned another valuable lesson thanks to the American Heart Association, how to perform the life-saving skill known as cardiopulmonary resuscitation or CPR. [Read more here.](#)

