



Missouri Association of Rural Education & American Heart Association

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CARDIOVASCULAR HEALTH IN RURAL AMERICA

Circulation

AHA PRESIDENTIAL ADVISORY

Call to Action: Rural Health

A Presidential Advisory From the American Heart Association
and American Stroke Association

ABSTRACT: Understanding and addressing the unique health needs of people residing in rural America is critical to the American Heart Association's pursuit of a world with longer, healthier lives. Improving the health of rural populations is consistent with the American Heart Association's commitment to health equity and its focus on social determinants of health to reduce and ideally to eliminate health disparities. This presidential advisory serves as a call to action for the American Heart Association and other stakeholders to make rural populations a priority in programming, research, and policy. This advisory first summarizes existing data on rural populations, communities, and health outcomes; explores 3 major groups of factors underlying urban-rural disparities in health outcomes, including individual factors, social determinants of health, and health delivery system factors; and then proposes a set of solutions spanning health system innovation, policy, and research aimed at improving rural health.

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Although advances in health and health care have spurred improvements in cardiovascular outcomes, cardiovascular disease (CVD) remains the leading cause of death in the United States and around the world. In recent years, declines in cardiovascular mortality have stalled, and some cardiovascular conditions such as stroke and heart failure are showing increasing death rates. These overall trends also mask significant variability; the decrements have been worst for people living in rural counties in the United States, where both overall mortality and cardiovascular mortality are rising.

Rural populations in the United States are heterogeneous and comprise 60 million people or 20% of the US population. Understanding and addressing the unique health needs of people residing in rural America therefore is critical to the American Heart Association's (AHA's) pursuit of a world with longer, healthier lives. In addition, as the healthcare delivery system shifts to organizing and paying for care delivery according to value (best health at best cost) rather than volume of profitable services, it is also imperative that rural populations benefit from innovations in care models and are not left behind in this paradigm shift.

Improving the health of rural populations is consistent with the AHA's commitment to health equity and its focus on social determinants of health (SDOH) to reduce and ideally to eliminate health disparities.¹ The AHA is in a unique position to leverage its many assets in science, education, programs, and advocacy to bring to bear a comprehensive, systematic, and evidence-based approach that will assess the assets and needs of rural populations and use those analyses to reimagine the

Key Words: AHA Scientific Statements
■ emergency medicine ■ health equity
■ health status disparities ■ healthcare
disparities ■ rural health ■ rural
healthcare services ■ rural hospitals

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The Rural Health Crisis



Asset Based Thinking: Building on Community Strengths

People Living in Rural Areas Have
a 3-year Shorter Life Expectancy.

Deaths from cardiovascular
disease increased among
younger U.S adults in rural
areas

American Heart Association Scientific Sessions 2024, Abstract
Poster MDP1058

**35 RURAL
HOSPITALS**
HAVE CLOSED OR
SIGNIFICANTLY REDUCED
PRIMARY CARE SERVICES
OVER THE PAST DECADE
ACROSS THE MIDWEST

 American Heart Association

The Road to Rural Health

Confronting health challenges faced by 66 million people in rural U.S. communities through science, education and advocacy.



Rural at Heart: Strengthening the Power of Rural

Advancing heart health and delivering essential resources to strengthen rural and tribal communities by training and engaging a dedicated public health workforce.

[Join Rural at Heart to advance heart health in rural and tribal communities](#)



Rural Health Care Outcomes Accelerator

Improving care at hospitals and clinics with no-cost access to Get With the Guidelines® programs for coronary artery disease, heart failure and stroke.

[New three-year quality initiative aims to eliminate rural health disparities](#)

[Rural Health Care Outcomes Accelerator](#)



Improving Access to Care

Funding \$20 million in projects to find fresh solutions to the issues.

[\\$20 million awarded for scientific research to address health challenges in rural areas](#)

[Health Equity Research Network on Improving Access to Care and other Health Inequities in Rural America](#)

Drones Now Deliver AEDs During Real 911 Calls in First-of-Its-Kind U.S. Study

Published November 19, 2025 | Updated November 19, 2025

Share: [f](#) [x](#)



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DURHAM and CLEMMONS, N.C. – Every minute counts when someone's heart stops. In the U.S., more than 350,000 people suffer cardiac arrest each year, and fewer than 10% survive. Most of these emergencies happen at home, far from lifesaving equipment.

Now, for the first time in the United States, a coalition of researchers, public safety agencies, and community partners – led by Duke Health and coordinated through the [Duke Clinical Research Institute](#) – is

Enhancing Community Readiness

.....

Improving the Cardiac Arrest Chain of Survival in Rural Areas



Cardiac Arrest Is a Leading Cause of Death

Cardiac arrest can happen anywhere, to anyone, at any age.



350,000+

CARDIAC ARRESTS

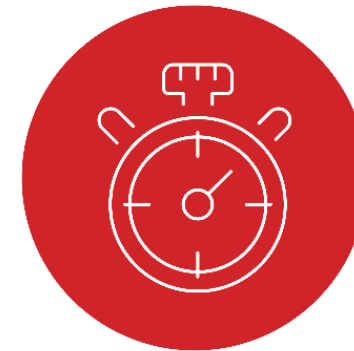
occur outside of a hospital
annually in the U.S.



AMONG CHILDREN

23,000

experience cardiac arrest
outside of a hospital



40%

OF PEOPLE

get the immediate help
that they need



70%

of Americans feel
helpless to act during a
cardiac emergency.

We are currently a nation of bystanders that lack the
knowledge to act and save a life.

Health inequities in Cardiac Arrest



WOMEN

are less likely than a man to receive CPR from a bystander.



MEDIAN INCOME

neighborhoods are less likely to survive cardiac arrest outside of the hospital.

Published: November 4, 2022

As cardiac arrest deaths fall, Black and rural communities lag

By Thor Christensen, American Heart Association News

Please note: This article was published more than two years ago, so some information may be outdated. If you have questions about your health, always contact a health care professional.

► [JAMA Netw Open](#). 2025 Apr 15;8(4):e253435. doi: [10.1001/jamanetworkopen.2025.3435](https://doi.org/10.1001/jamanetworkopen.2025.3435)

Rurality and Area Deprivation and Outcomes After Out-of-Hospital Cardiac Arrest

[Lakota Cheek](#)¹, [Robert H Schmicker](#)², [Remle Crowe](#)³, [Emily Goren](#)⁴, [Amanda West](#)¹, [Jason McMullan](#)⁵, [Colin Raelson](#)⁶, [Jeanne Poole](#)⁷, [Karen Adams](#)⁸, [Antje Hoering](#)⁴, [Brent Myers](#)³, [Graham Nichol](#)⁸,

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What is the biggest challenge facing your school and/or community in readiness for responding to a Sudden Cardiac Arrest?



Critical Elements of a Cardiac Emergency Response Plan (CERP)

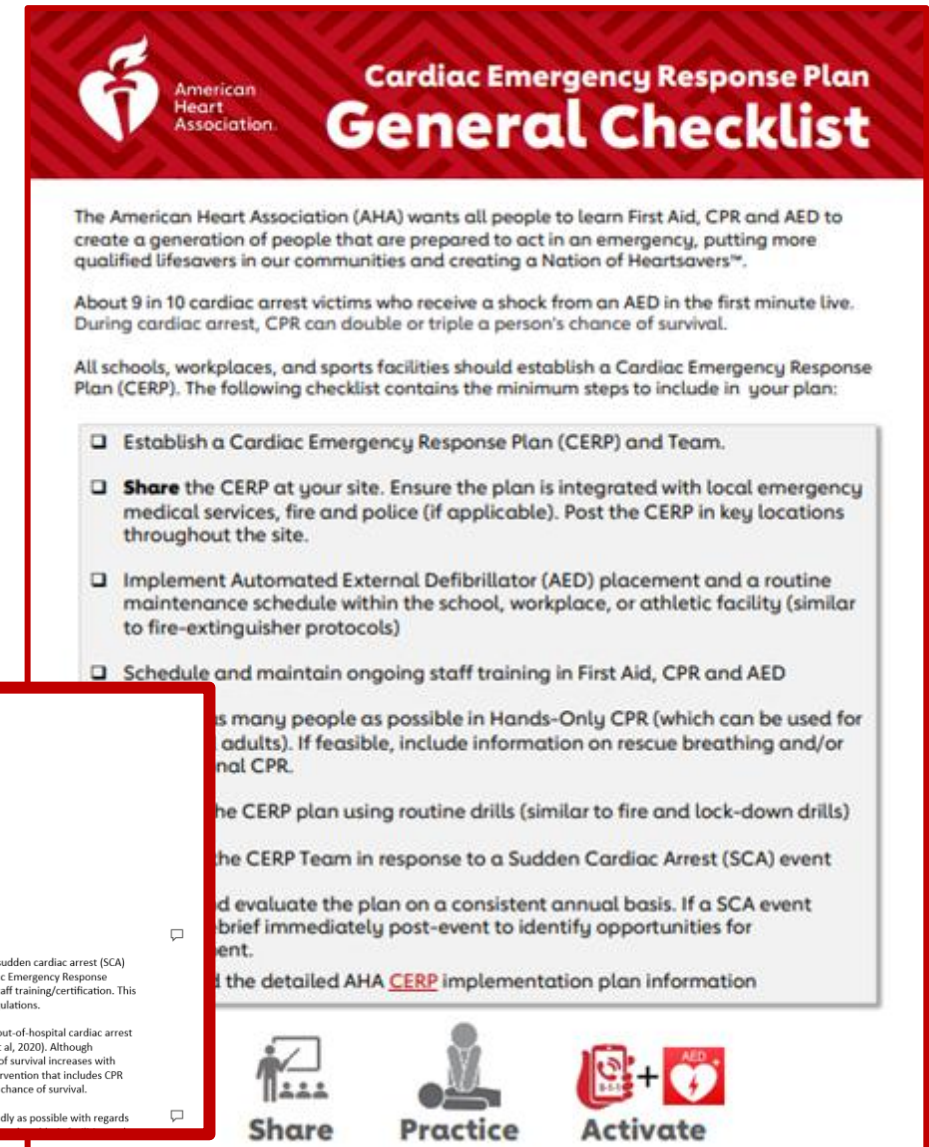


Following the evidence-based core elements will ensure proper preparation, response, and evaluation.



Components of a CERP

1. Purpose & Rationale
2. Cardiac Emergency Response Team (CERT)
3. Activation of the CERT
4. AED Placement & Maintenance
5. CPR & AED Training
6. Communicating the CERP
7. Annual Review and Practice Drill



**Cardiac Emergency Response Plan
General Checklist**

The American Heart Association (AHA) wants all people to learn First Aid, CPR and AED to create a generation of people that are prepared to act in an emergency, putting more qualified lifesavers in our communities and creating a Nation of Heartsavers™.

About 9 in 10 cardiac arrest victims who receive a shock from an AED in the first minute live. During cardiac arrest, CPR can double or triple a person's chance of survival.

All schools, workplaces, and sports facilities should establish a Cardiac Emergency Response Plan (CERP). The following checklist contains the minimum steps to include in your plan:

- ☐ Establish a Cardiac Emergency Response Plan (CERP) and Team.
- ☐ **Share** the CERP at your site. Ensure the plan is integrated with local emergency medical services, fire and police (if applicable). Post the CERP in key locations throughout the site.
- ☐ Implement Automated External Defibrillator (AED) placement and a routine maintenance schedule within the school, workplace, or athletic facility (similar to fire-extinguisher protocols)
- ☐ Schedule and maintain ongoing staff training in First Aid, CPR and AED

As many people as possible in Hands-Only CPR (which can be used for adults). If feasible, include information on rescue breathing and/or infant CPR.

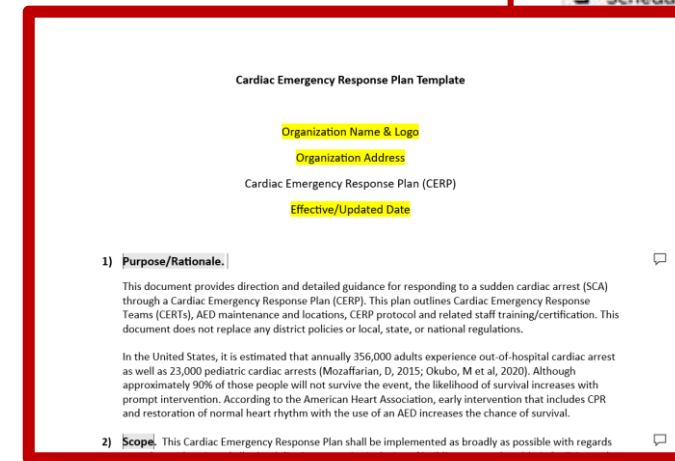
Rehearse the CERP plan using routine drills (similar to fire and lock-down drills)

Rehearse the CERP Team in response to a Sudden Cardiac Arrest (SCA) event

Rehearse and evaluate the plan on a consistent annual basis. If a SCA event occurs, brief immediately post-event to identify opportunities for improvement.

For the detailed AHA [CERP](#) implementation plan information

 **Share**  **Practice**  **Activate**



Cardiac Emergency Response Plan Template

Organization Name & Logo
Organization Address
Cardiac Emergency Response Plan (CERP)
Effective/Updated Date

1) **Purpose/Rationale.**

This document provides direction and detailed guidance for responding to a sudden cardiac arrest (SCA) through a Cardiac Emergency Response Plan (CERP). This plan outlines Cardiac Emergency Response Teams (CERTs), AED maintenance and locations, CERP protocol and related staff training/certification. This document does not replace any district policies or local, state, or national regulations.

In the United States, it is estimated that annually 356,000 adults experience out-of-hospital cardiac arrest as well as 23,000 pediatric cardiac arrests (Mozaffarian, D, 2015; Okubo, M et al, 2020). Although approximately 90% of those people will not survive the event, the likelihood of survival increases with prompt intervention. According to the American Heart Association, early intervention that includes CPR and restoration of normal heart rhythm with the use of an AED increases the chance of survival.

2) **Scope.** This Cardiac Emergency Response Plan shall be implemented as broadly as possible with regards

heart.org/CERP

CERP Resources

[AED Monthly Monitoring Checklist \(PDF\)](#)

[Annual CERP Evaluation \(DOCX\)](#)

[Annual Review of CERP Drills \(DOCX\)](#)

[Building AED Location Form \(DOCX\)](#)

[Cardiac Emergency Response Plan and Protocol \(PDF\)](#)

[CERP Banner Community \(PDF\)](#)

[CERP Checklist \(PDF\)](#)

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[CERP Planning Checklist \(PDF\)](#)

>

[CERP Post Event Debrief Form \(DOCX\)](#)

>

[CERP PPT Community \(PPTX\)](#)

>

[CERPS in Schools Flyer \(PDF\)](#)

>

[CERP social posts Community \(PDF\)](#)

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[CERP Team Roster \(PDF\)](#)

>

[CERP FAQ Community \(PDF\)](#)



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- ☐ Implement Automated External Defibrillator (AED) placement and a routine maintenance schedule within the school, workplace, or athletic facility (similar to fire-extinguisher protocols)
- ☐ Schedule and maintain ongoing staff training in First Aid, CPR and AED
- ☐ Educate as many people as possible in Hands-Only CPR (which can be used for teens and adults). If feasible, include information on rescue breathing and/or conventional CPR.
- ☐ **Practice** the CERP plan using routine drills (similar to fire and lock-down drills)
- ☐ **Activate** the CERP Team in response to a Sudden Cardiac Arrest (SCA) event
- ☐ Review and evaluate the plan on a consistent annual basis. If a SCA event occurs, debrief immediately post-event to identify opportunities for improvement.
- ☐ Download the detailed AHA [CERP](#) implementation plan information



Cardiac Emergency Response Plan Template

Organization Name & Logo

Organization Address

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CERPs in Missouri



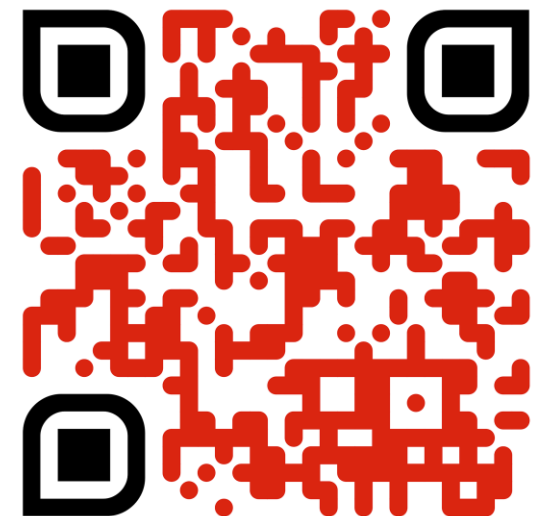
SB 68 was signed into law by Gov. Parson on July 9, 2025. Schools need to implement a CERP beginning in the **2026-2027** school year.



Title I schools in Missouri are eligible for supporting grant funds to purchase AEDs, train staff in CPR, etc. For more information visit the Missouri EMS Association's [website](#).

Potential changes to eligibility coming in 2027.

Additional technical assistance available from American Heart Association.



Addressing Tobacco & Vaping

Addressing the ongoing challenge around youth vaping and tobacco use.





What is the biggest challenge you see in addressing youth tobacco use in your school and/or community?

A checklist for success...how does your school stack – up?

- **EDUCATION** on tobacco is offered annually to students
- **DEFINITION** of tobacco products includes e-cigarettes & other new products
- **PROHIBITION** of use by all students, staff and visitors
- **INDUSTRY** influence is addressed
- **DISCIPLINE** is designed to keep students engaged in education and address tobacco use and **SUPPORT** is available for all students who want to quit

Educational Curriculum

1. Age-appropriate, evidence-based, cross-curricular, school-based tobacco product education shall be included in the education provided for all students in K-12 at least once per year. Y ☐ N ☐

Policy Comprehensiveness:

1. The policy applies to **ALL** tobacco products as indicated in the suggested language. *(Note: Suggested language/definitions can help prevent the need to update again as tobacco products evolve).* Y ☐ N ☐
2. The policy prohibits use of any tobacco product by students, staff, and visitors. *Note: An exception can be made for the use of tobacco as part of an indigenous cultural practice or educational activity that is approved by administrators/ district; however, it should not be inhaled or ingested.* Y ☐ N ☐
3. The policy prohibits the possession of tobacco products/accessories by students. Y ☐ N ☐
4. The policy applies at all times, on all property (including vehicles) and all school sponsored events, whether on or off campus Y ☐ N ☐
5. The policy prohibits the promotion or display of tobacco products, the acceptance of gifts or contributions from the tobacco industry, or curriculum that was paid for or developed by tobacco industry. Y ☐ N ☐
6. There is a plan/strategy for communicating (incl. signage) and enforcing the tobacco policy to visitors. Y ☐ N ☐

Policy Equity:

1. The policy reflects a progressive approach to discipline students that includes the use of supportive practices (such as collaborative conversations, verbal agreements, alternatives to suspension, etc.) unless there are extenuating circumstances*. Y ☐ N ☐

Education

Provide all students age-appropriate, school-based tobacco product education:

- At least once a year
- Use a variety of means - classroom instruction, written materials, school-wide health promotion activities, etc.
- Do not accept curriculum developed or funded by the tobacco industry



Policy Essentials

Ensure policy applies to all PRODUCTS:

Any product that is derived from or contains nicotine -
cigarettes, cigars, pipe tobacco, smokeless tobacco products
(chewing tobacco, snuff, snus)

- and -

Electronic smoking devices and substances in the devices
regardless of if they contain nicotine

- and -

Components/accessories used in the consumption of tobacco
(lighters, filters, rolling papers, pipes, etc.)



Ensure policy applies to all PEOPLE:

- Staff
- Students
- Parents/Guests

Ensure policy applies to all PLACES

- 24/7 on school grounds
- Transportation
- Field Trips
- Athletic Events/Grounds



Adopt supportive strategies for student violations

When a student does violate the tobacco policy, districts should use

Supportive strategies such as:

Helping students enroll in cessation resources so they can quit tobacco for good

Enrollment in alternatives to suspension programs

Collaborative conversations between the student and a staff member

Disciplinary meetings between the student, a parent or caregiver and designated staff

Instead of

Suspension/Expulsion

Issuing fines or removing from extracurriculars.

Involving the police for additional consequences.

What could a supportive approach look like?

An example from Groveport-Madison Schools in Ohio.

Transitioning Back to the Classroom After an Office Referral

The focus of PBIS is not to punish, but to change behavior so that students can be successful in the classroom. To accomplish this, students must understand why their words or actions were inappropriate, and how they can make a better choice in the future. Before returning to the classroom after a suspension of any kind, students will complete the steps below to prevent future occurrences of the same behavior.

All Major Offenses – The Student Will...

- Meet with the grade level principal and parent/guardian
- Complete the GMHS Behavior Modification Plan as part of the restorative justice process.

Tobacco Chewing / Vaping / Smoking Offenses – The Student Will...

1st Offense

- Meet with the grade level principal and parent/guardian
- Complete the [Vaping: Know the Truth](#) online curriculum and submit a certificate of completion.
- Enroll in [My Life, My Quit](#). (Available In 19 states, but not Wisconsin)
- Complete the Return to Class: GMHS Behavior Modification Plan

2nd Offense

- Meet with the grade level principal and parent/guardian
- Participate in the [Prime for Life Program](#) and submit a certificate of completion.
- Attend regular small group meetings with a substance abuse counselor trained in the [Catch My Breath Program](#) for 4 sessions.
- If there is a failure to complete the steps above, the student will face disciplinary action.

3rd Offense

- Meet with the grade level principal and parent/guardian
- Disciplinary action at the discretion of administration
- Complete the [Vaping Prevention: A Self-Paced Online Course](#) and submit a certificate of completion.

The purpose of discipline should never be punitive, but instead the **goal should be to change behavior in a meaningful way for the better, long-term**. Our data has shown that **suspending kids for tobacco violations hasn't necessarily deterred future behavior**. Up to 40% of our referrals are repeat offenders, **pointing to a bigger underlying problem**.

- Julie Barnhouse, AP, Groveport-Madison SD

Additional opportunities to foster a culture of health in your school(s)

.....

Supporting student, staff, and community wellness



More Opportunities for Impact

Nutrition

- Supporting school-based food pantries
- Expanding access to USDA school nutrition programs
- Supporting connection to non-school based nutrition programs (WIC, SNAP)

Staff Well-Being

- Guidance and resources for policies that create a culture of health
- Recognition opportunities through Well Being Works Better



American Heart Association.
Well-being Works Better™



Kids Heart Challenge

.....



The Need for Future Generations



Less than half of all children are getting the physical activity that they need.



Obesity impacts children as young as 2 and is increasingly common as they



In recent years, vaping has more than doubled among middle and high school students.



40,000 infants are born with a congenital heart defect each year in



7 in 10 high school students are struggling with mental health issues.

Our vision is that all children, regardless of gender, race, location or economic status, should be able grow to their full potential.

Impact by the Numbers in Missouri

\$1.3 M raised in schools across Missouri

16,339 students signed up and accessed Kids Heart Challenge resources

4,668 students and families learned the steps of hands-only CPR through KHC

340 schools across Missouri participated in Kids Heart Challenge

Kids Heart Challenge and American Heart Challenge are service-learning fundraising programs that empower students to build healthy habits, strengthen character and discover purpose while raising critical, lifesaving funds.



Changing the Future of Health, Together

The American Heart Association is tackling society's most pressing health challenges. Kids Heart Challenge™ (KHC) plays an essential role in bringing awareness and solutions to schools and communities nationwide. Each year, we unveil a new cast of Heart Hero characters who personify positive characteristics. These Heart Heroes are designed to inspire healthy habits to enhance students' well-being. With your help and support, here's how we're making a difference.



ASPEN



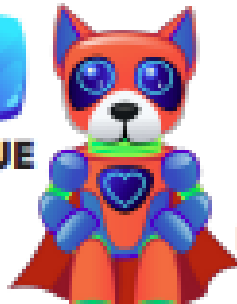
HOW WE'RE MAKING A DIFFERENCE

ISSUE 1 in 5 teens vape. E-cigarette use has more than doubled among middle and high school students in recent years.

- Advocate for the elimination of all flavors from products to reduce their appeal to youth
- Educate students that vaping is not healthier than smoking
- Provide districts with tobacco-free policy language, educators and parents with infographics, lesson plans and posters, and students with a text quitting resource



RESCUE



HOW WE'RE MAKING A DIFFERENCE

ISSUE 90% of people who suffer out-of-hospital cardiac arrest do not survive. When performed immediately, CPR can double or triple a cardiac arrest victim's chance of survival.

- Train more than 2.4 million high school grads annually in CPR in schools
- Advocate for federal grant funding for schools to purchase AEDs
- Provide Cardiac Emergency Response Plans (CERPs) for schools, churches, and community organizations



TURBO



HOW WE'RE MAKING A DIFFERENCE

ISSUE Many kids don't get enough physical activity. Only 24% of children aged 6-17 getting the recommended 60 minutes of physical activity each day.

- Ensure communities have safe places to play
- Fight for quality physical education in schools
- Reach 2 million students through in-school virtual experiences, at home through the NFL Play 60 app and by supporting community-level initiatives to increase youth physical activity
- Support physical activity through the NFL PLAY 60 program to inspire kids to get active through fun, football-themed challenges and resources



RIVER



BEET



HOW WE'RE MAKING A DIFFERENCE

ISSUE Nearly two-thirds of youth living in the United States have a sugary drink every day. On average, youth consume approximately 133 calories from sugary drinks daily.

- Advocate for the elimination of marketing sugary drinks to children
- Support robust nutrition standards in schools for meals and snacks that promote healthier offerings
- Have the heart-check mark to denote food and beverage items that align with our recommendations for an overall healthy eating pattern



ZEE



HOW WE'RE MAKING A DIFFERENCE

ISSUE Many children are not getting enough sleep. The amount and quality of sleep can influence your eating habits, mood, memory, and more. The American Heart Association has added sleep to its list of key measures to help improve and maintain cardiovascular health.

- Created Life's Essential 8 for Kids, which includes worksheets for educators to use
- Provide tips on how to improve sleep habits
- Created infographics on how to improve sleep



PARKER



HOW WE'RE MAKING A DIFFERENCE

ISSUE Poor mental well-being can affect heart health. Happy individuals tend to sleep better, exercise more, eat healthier and avoid smoking. Studies suggest that a positive outlook can help you live longer.

- Created activities on kindness
- Provide activities on kindness to schools
- Support educators with social and emotional resources on topics like teamwork, conflict resolution and fairness



AVA
Survivor

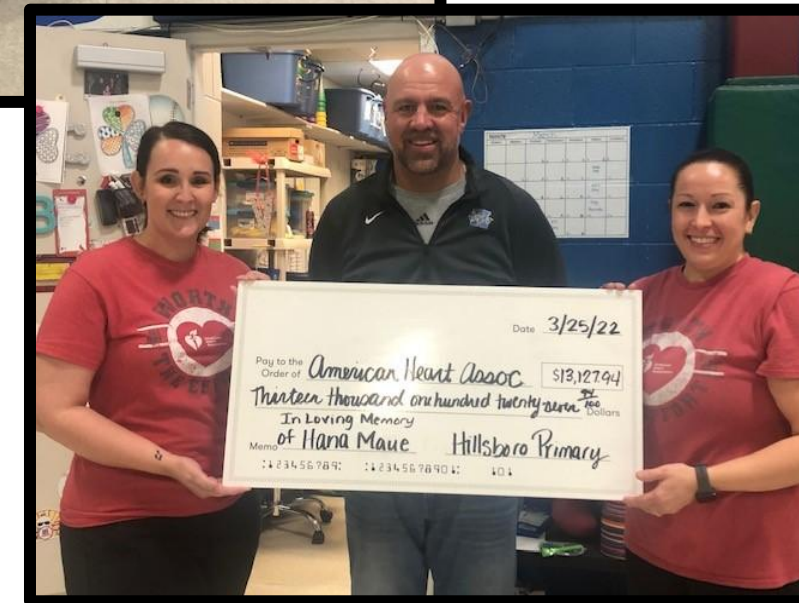
Nearly 1 in 100 babies are born with a heart defect in the United States each year.

**YES, WE CAN DO MORE.
BUT ONLY WITH YOUR HELP.**
Kids are why. Life is why. You are how.

Kids Heart Challenge Benefits

Why Schools Partner with Kids Heart Challenge

- Student-centered service-learning fundraiser
- Families learn Hands Only CPR, identifying signs of a stroke & when to call 911
- PE and health standard-aligned educational resources
- Wellness resources, videos & STEM, Brain Breaks for whole staff to utilize
- School givebacks and grant opportunities
- Professional development for staff
- Survivor and Heart Hero recognition opportunities
- Builds student leadership, character & service
- Supports a healthier, heart-safe school community
- American Heart Association staff partner on campus





Example of rural success with KHC...

Phelps County Elementary School (Phelps County R-III)

- **Location:** Edgar Springs, Missouri (Phelps County)
- **Principal:** Sara Calderon
- **Nurse:** Amy Mason
- **Superintendent:** Bob Cottengim
- Enrollment is just under **160 students**
- **Grades Pre-k – 8**

- **Raised \$4293 in 2026!**
- **62 students registering** and bringing the AHA resources into their home!
- **27 completed their entire Heart Journey** raising funds, learning lifesaving skills – and becoming a leading in their school and community!



P.E. standards

Kids Heart Challenge helps you achieve your required P.E. standards



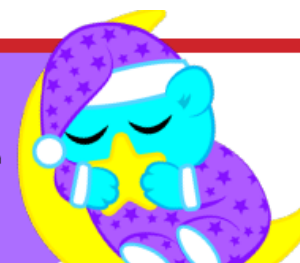
BEACON
AVOID VAPING/
TOBACCO



Use functional health information to support health and well-being of self and others. Identify ways to prevent or reduce risks for illnesses and injuries. (1.2.3)



DREAMER
SLEEP MORE



Demonstrate practices and behaviors to support health and well-being of self and others. Demonstrate practices and behaviors that support health and well-being of self and others. (7.5.2)



TEMPO
BE A LIFESAVER,
CALL 911



Use interpersonal communication skills to support health and well-being of self and others. Demonstrate how to ask for and offer assistance to support the health of self and others. (4.5.3)



INDI
BE KIND



Use interpersonal communication skills to support health and well-being of self and others. Demonstrate effective ways to communicate with kindness and compassion. (4.5.7)



ZOOMIE
MOVE MORE



Applies knowledge related to movement and fitness concepts. Identifies the heart as a muscle that gets stronger with physical activity. (2.2.8)



BERRY
FOOD IS FUEL



Applies knowledge related to movement and fitness concepts. Describes the impact of food and hydration choices on physical activity. (2.5.17)

Grants



American Heart Association.
KIDS HEART CHALLENGE | **AMERICAN HEART CHALLENGE**

- ✓ 10-minute application
- ✓ Apply for multiple grants at once
- ✓ No grant writing required
- ✓ Apply year-round
- ✓ Alleviate school budget

GRANT OPPORTUNITIES

The American Heart Association is committed to advancing the health and well-being of students across the nation. Through the Kids Heart Challenge and American Heart Challenge programs, we are proud to provide grant funding to participating schools.

AMERICAN HEART ASSOCIATION GRANTS

- **Faculty Well-Being Grants:** funds initiatives focused on improving teachers' physical and mental health, up to \$2,500.
- **CPR in Schools® With First Aid Training Kit Grants:** provides reusable kits to teach CPR, AED use and first aid to students, staff and parents with no prior facilitation experience needed.

\$350,000 IN NFL PLAY 60 SUPPORTED GRANTS



The American Heart Association and the National Football League are working together to get youth physically active.

- **\$2,500 Physical Activity Grants:** supports programs that encourage students to stay active throughout the school day.
- **\$500 Active Recess Grants:** provides resources to enhance recess with structured play, activity zones and supervised movement programs that engage all students.
- **\$500 Inclusive PE Grants:** supports adaptive physical education programs to ensure students of all abilities can participate in physical activity.
- **Flag Football Equipment Grants:** in partnership with GENYOUth provides flag football gear and training materials to introduce or enhance flag football programs.

GRANT AWARDS WILL BE DETERMINED BASED ON THE FOLLOWING CRITERIA

- **Demonstrated need** of the school and its students.
- **Potential impact** on the health and well-being of students and/or staff.
- **Sustainability** of the initiative to ensure lasting benefits.

*No minimum dollars raised requirement.

heart.org/AHASchoolGrant

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Educator Series



You'll be entered for a chance to win a \$250 US Games certificate for each webinar you attend. Plus, a bonus opportunity when you attend all four webinars.

Presented by:



Join Our Educator Leadership Development Series

Join the American Heart Association as we explore today's relevant topics to aid in the development of happy and healthy lives within your school community.

Wednesday
Sept. 16

**Nourishing Young Minds:
Nutrition Education
Essentials**

Wednesday
Oct. 14

**Beyond Self-Care:
Practical Strategies for
Educator Well-Being**

Wednesday
Nov. 11

**Connected Classrooms,
Stronger School
Communities**

Wednesday
Dec. 9

**Leading with Heart: How
Educators Bring the Kids
Heart Challenge to Life**

Click to Register



**All 45-minute webinars start at
12:30 PM PT/ 2:30 PM CT/ 3:30 PM ET**

Registrants will receive the recording, resources and an attendee certificate.



American
Heart
Association.

PROFESSIONAL DEVELOPMENT

OPEN Phys Ed

**AHA hosting
professional development
for Missouri PE staff
November 9th, 2026
Jefferson City**



In collaboration with



YOU'RE INVITED • FREE EVENT

**Building a Foundation for Physical Education
with OPEN and the American Heart Association**

November 9, 2026 • 8:30a.m.–11:30a.m.

Pioneer Trails Elementary

301 Pioneer Trail Dr, Jefferson City, MO 65109

The American Heart Association and OPEN have teamed-up to provide FREE professional development experiences that improves teacher effectiveness and drives student results.

♥ Physical education teachers experience all OPEN has to offer in this fast-moving and fun activity session!

♥ Teachers will learn all about OPEN's free PK-12 curriculum including: lesson plans, social and emotional learning, universal design for learning, academic language, and more!

♥ Our National Trainers will make sure participants have access to all of OPEN's free resources to enhance their current programs — thanks to OPEN and the American Heart Association!

This FREE workshop is designed for a grades K-12 audience.



CLICK HERE

**Or SCAN the QR
Code to register
today!**

Hosted by: Jefferson City School District and
American Heart Association/KHC



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Resources

Life's Essential 8



Life's Essential 8™ For Kids - Balanced Bodies (Healthy Living)



Life's Essential 8™ For Kids - Building Blocks (Cholesterol)



Life's Essential 8™ For Kids - In Motion - Move More



Life's Essential 8™ For Kids - Don't Be Pressured (Blood Pressure)



Life's Essential 8™ For Kids - Sweet Talk (Blood Sugar)



Life's Essential 8™ (Get Healthy Sleep)



Life's Essential 8™ For Kids - Clear the Air (Avoid Vaping & Tobacco)



Life's Essential 8™ For Kids - Connect with Others



CREATE HABITS THAT STICK.

It's as easy as 1-2-3.

CUE

A cue is a reminder to act on your habit. It jogs your memory.

Example: If you hope to make a habit of maintaining muscle tone in your arms, leave hand weights on your sofa where you'll see them.

ROUTINE

Choose a small, achievable version of your habit to start with. Make sure it's something you like, so that it's easily repeatable.

Example: To build a walking habit, start with a short 15-minute route instead of an ambitious hour-long hike. Invite a friend to join you!

REWARD

This third step is crucial. Positive emotions make habits stick. So have fun while you do your new activity, or associate it with a reward.

Example: If your new habit is core strengthening, try "temptation bundling." Reserve watching your favorite TV show for when you exercise.

heart.org/habits



Build a "habit loop."
Repeating these three steps – cue, routine and reward – will help you maintain your habit.

Missed a day? It's an opportunity!
Give yourself another chance. Change your cue, routine or reward until your habit sticks.

Get tips from your very own "Habit Coach."
Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!



EAT SMART MOVE MORE BE WELL



The American Heart Association recognizes the importance of building healthy bodies and minds. This STEAM activity is an introduction to science and math concepts.

Objective:
Students will conduct a controlled experiment to determine the change in motion by measuring the number of bounces and the height of the bounce. Students will predict how gravity and motion will affect change the ball if it is dropped higher or lower height.

Materials Needed:
Basketball
Ruler
Measuring tape
Mask



The American Heart Association recognizes the importance of building healthy bodies and minds. This lesson is an introduction into combined concepts of Science, Technology, Engineering, and Math; better known as STEM.

Objective:

Students will learn how the heart works, pumping blood throughout the entire body, and build a prototype of how the heart functions. Students will learn why a healthy heart is important to overall health.

Materials Needed:
3 plastic (24-ounce) bottles, labels removed
2 pre-drilled caps (from the bottles)
4 bendy straws
4 cups of water

Activity:
1. Students will learn about the heart and the blood flow cycle.
Optional: Watch animations on blood flow and heart valves.
2. Students will then create a model heart.
3. After the prototype is built, host a class discussion.

Discussion Questions:
• What are some interesting facts about the human heart that you learned today?
• What is the difference between the right and left ventricle?
• What would be the impact if you had a congenital heart defect? (A structural problem with the heart that's present at birth.)



Scan the QR code to see a 3-D heart

Tape
Marker
Modeling clay or playdough
Red food coloring

STEAM

Staff Wellness

GIVE-BACKS

Investing in your community



Year-round educational
resources and monthly
professional development
webinars



\$350,000+ in grant
opportunities to
support the health of
your school



Earn certificates for fitness
and recess equipment, plus
direct checks back to your
school



Questions or Assistance



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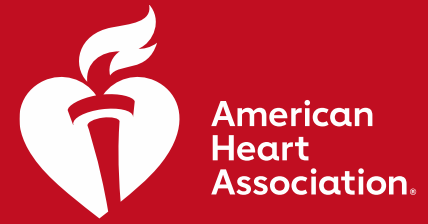
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Receive the AHA
Midwest Region
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Health Update



Thank You.
