

# Community Impact Highlights

**Our future is about improving yours.**

The American Heart Association is committed to reducing health disparities by addressing systemic inequities that affect heart and brain health. Our collaborations with clinical and community-based organizations mobilize solutions from within, enabling improved systems and resources to sustainably impact health outcomes. Our research-informed approach strengthens systems of care to identify and manage high blood pressure, enhances CPR response, increases access to nutritious, culturally relevant foods and combats tobacco and e-cigarette use. Together, we're building a healthier Washington.

## Community Impact Pillars



**Quality of Care**



**Health Factors**



**CPR Readiness**

# YEAR IN REVIEW

## 296,000



As a result of our collaborative health initiatives throughout the year, over 296,000 people are able to access services and resources that improve health, including nutritious food, tools to manage high blood pressure and higher quality, lower-barrier health care.

## 41



We've united with clinical and community organizations to enact sustainable health improvements through policy, systems and environmental changes. Through 41 projects in 145 locations, we helped combat health inequities among local communities.

## 270,000



We've made a concerted effort to reach individuals who face compounding barriers to resources and services based on where they live. Within communities designated as rural or USDA food deserts, we reached nearly 270,000 people who face an elevated risk of cardiovascular disease.



# Blood Pressure Control

2.7 million Washingtonians have high blood pressure, but only 1 in 4 is diagnosed. The American Heart Association is working to better identify and support individuals managing hypertension in under resourced areas. Our goal in Washington is to achieve 75% blood pressure control across participating clinics and health centers that adopt evidence-based blood pressure guidelines.



*"We want to support the health and well-being of our library patrons and the collaboration with the American Heart Association felt like the perfect opportunity," Andrea Heisel, content and access director, Timberland Regional Library*

## Community Story

### Libraries with Heart

In case you needed another reason to love your local library, the American Heart Association's [Libraries with Heart](#) program collaborates with local libraries to allow library card holders to check out blood pressure cuffs and educational materials to measure blood pressure at home.

Timberland Regional Libraries serves rural communities in Southwest Washington and is working to combat hypertension, the insidious "silent killer" that affects nearly half of Washingtonians.

They are the first library system in the state to launch the program, adding at home blood pressure monitoring kits to their inventory of resources known as the "Library of Things." Timberland Regional Library serves 29 locations across five counties in the South Sound plus five "Anywhere Library" vans.

If a library patron with elevated blood pressure is not established with a medical provider, they are referred to a nearby health center to establish a care plan.

## Impact Snapshot



21,000



Through Target: BP™, our evidence-based quality improvement program for hypertension, 119 clinics supported over 1.7 million patients, resulting in a collective blood pressure control rate of 73% -- up from 71% in 2023.

21,000 people reached with tools to support healthy blood pressure through 16 projects across 95 clinics and health centers including blood pressure screening and referral, self-measured programs and team-based care policies.

80% of Hard Hats with Heart participants reported healthier blood pressure numbers through self-measurement and lifestyle modifications.

## Collaboration Spotlight

The American Heart Association, the City of Lynnwood, Optum Care Washington and Sea Mar Community Health Centers hosted a [blood pressure screening and referral program](#) to support Lynnwood Food Bank shoppers in reducing their risk for heart disease and stroke. The initiative, which screened over 300 people and distributed more than 320 blood pressure cuffs, detected high blood pressure in 65% of those screened across five screening events. During the events, shoppers were offered screenings along with blood pressure measurement cuffs, educational materials and training on how to measure blood pressure at home.



# Nutrition Security

To reduce disparities that perpetuate nutrition insecurity, our local initiatives emphasize factors that impact the accessibility, affordability and utilization of foods that support optimal health. We also aim to foster food sovereignty to sustainably impact our communities' ability to produce and procure culturally significant foods.



## Community Story

### Opioid Recovery Starts with Nutrition

For individuals recovering from opioid use disorders, nutritious food is a powerful medicine toward breaking the cycle of addiction.

To enhance health outcomes for recovering patients, the American Heart Association joined forces with We Care Daily Clinics, a Tribally-led substance use disorder treatment and recovery center in Auburn, Washington, to expand their capacity to provide produce, integrate food insecurity screening into their clinic protocols and bolster referral offerings.

To bolster produce provision and nutrition education, American Heart Association supporter funds enabled the purchase of kitchen equipment and group cooking classes hosted by a guest chef that demonstrates how to prepare produce while sharing his own recovery journey.

These collaborative efforts enable medical providers to address linkages between food insecurity and co-occurring health challenges, equips patients with healing foods that complement their treatment and fuels Peer Support Specialists — recovered individuals who complete extensive re-entry training and emerge as recovery leaders.

*"A person is more than what they're addicted to. Who you are is patiently waiting for you to return. The recipe Chef Jason shared was a reminder to take care of ourselves."*  
We Care Daily Clinics client



258,000

People impacted by our nutrition security initiatives through 24 projects across 49 locations

## Collaboration Spotlight

The American Heart Association and the Washington Food Coalition, a statewide network of emergency food providers, aim to create healthier, equitable food environments in Washington state. Last year, we streamlined outreach and collaboration with food access organizations, developed healthy food procurement guidelines with five organizations and engaged 46 food access groups in nutrition policy surveys and focus groups as part of our state-wide nutrition policy evaluation. The collaboration also expanded the availability of resources like nutrition education, recipe cards and equipment for healthy meal preparation demonstrations.



# Community and School Engagement

Physical and emotional well-being are closely linked and essential for heart and brain health. In Washington, nearly **22,000** students across **365** schools participated in the American Heart Association's school-based programs, [Kids Heart Challenge](#) and American Heart Challenge. **4,260** students completed Finn's Mission which equips them to take care of their health and emotional well-being by moving more, practicing kindness, funding lifesaving research, learning Hands-Only CPR and the stroke warning signs.

## 106,414

Washingtonians trained in Hands-Only CPR

## 413,925

Washingtonians received higher quality care because of our Get With The Guidelines® programs

## 22

Active research grants in Washington funded for over \$13.4 million



## Community Story

### Health Centered Approach to Youth Vaping

Schools are grappling with challenges associated with the youth vaping epidemic. In Washington state, 13% of high school seniors regularly use e-cigarette (vape) products.

The Auburn School District is working to address the issue and better support the 17,000 students they serve. Though the district utilizes policies that focus on supportive discipline, staff needed training and tools to assist students caught vaping to steer clear of nicotine.

The district collaborated with the American Heart Association to provide nurses and intervention specialists with training workshops on tobacco, including screening, motivational interviewing and referral. To extend support beyond school gates, staff now engage parents to shift the focus to students' health rather than stigma.

[Read more](#)

## 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](mailto:puget.sound@heart.org).

**TOGETHER, WE ARE A RELENTLESS  
FORCE FOR A WORLD OF LONGER,  
HEALTHIER LIVES.**



**American  
Heart  
Association.**

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