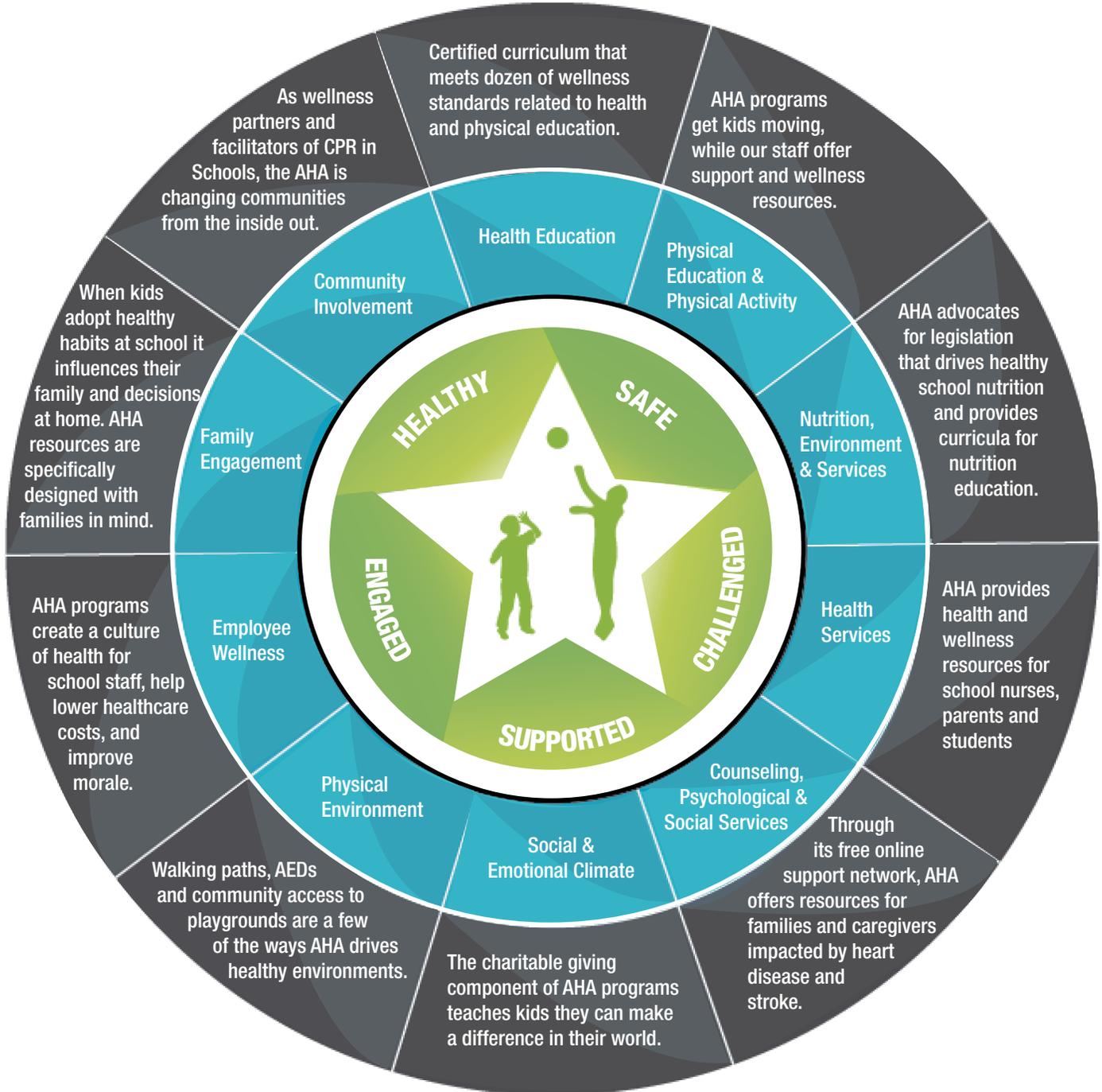




Schools working with the American Heart Association have access to free health and wellness programs. These programs help accomplish the CDC's Coordinated School Health approach of the Whole School, Whole Community and Whole Child Model (WSCC). Our programs help satisfy nearly all of the components of the WSCC Model and can be used as a valuable tool when looking to achieve or supplement existing health and wellness goals.



creating a culture of health is why

working together to make the healthy choice the easy choice

Health Education

Kids Heart Challenge curricula help satisfy wellness standards:

- ✓ Kids Heart Challenge provides on-site training for health curriculum implementation that helps lead to improved wellness outcomes.
- ✓ Hands-Only CPR Training Kits trains the next generation of lifesavers before graduation.

Community Involvement

AHA is available to serve on wellness committees as advisors or community health partners.

- ✓ AHA staff and resources can connect community partners and drive CPR training efforts.
- ✓ AHA can help find community resources to assist in professional development.

Family Engagement

AHA online and onsite resources are specifically designed with families in mind. Kids who participate in Kids Heart Challenge receive dedicated information to increase heart health at home.

- ✓ AHA offers a host of free resources, recipes, tips and tools to engage and impact the family
- ✓ AHA heart health communication is frequently provided to schools to share with their parents via email, in newsletter, on school social media.

Physical Environment

Walking paths, Automated External Defibrillators (AED) and community access to playgrounds are a few ways AHA impacts healthy environments.



www.heart.org



facebook.com/AmericanHeart



twitter.com/American_Heart



instagram.com/american_heart/

Physical Education & Physical Activity

AHA staff work directly with school staff to implement lesson plans and integrate cardio components of the Kids Heart Challenge curricula.

- ✓ By completing Kids Heart Challenge programs, teachers may earn professional development hours.
- ✓ Percentage of funds raised through Kids Heart Challenge supports professional development of teachers.

Social & Emotional Climate

The charitable giving component of Kids Heart Challenge teaches kids they can make an impact in the lives of their community.

- ✓ Raising as little as \$5, children receive thank you gifts that recognize their efforts to give back and help others.
- ✓ All kids who are enrolled in participating Kids Heart Challenge receive life-saving health messaging that is taken home, encouraging positive lifestyle behaviors the entire family can take part in.

Employee Wellness

Many AHA wellness programs allow districts to receive national recognition for campuses who champion a culture of wellness and physical activity.

- ✓ The AHA's Workplace Health Solutions suite, often used by corporate human resource teams, offers free tools and resources to drive healthier, happier and more productive employees, while lowering healthcare costs associated with cardiovascular diseases.
- ✓ Go Red For Women and the District Heart Challenge empower staff to take charge of their health and increase awareness of women's No. 1 health threat – heart disease.
- ✓ Check. Change. Control. Is dedicated to improving hypertension through education and healthy lifestyles

Nutrition

Alliance for a Healthier Generation, cofounded by the AHA, is an effective model for reducing childhood obesity.

- ✓ AHA supports policy to drive healthy school nutrition and snacks and reduce consumption of sugar sweetened beverage.
- ✓ AHA staff work with schools to implement Simple Cooking with Heart for Kids.
- ✓ Nutrition posters and lesson plans are provided for teachers, while regular nutrition and wellness communication is made available via school newsletters and social media.

Counseling, Psychological & Social Services

AHA has created a diverse online support network dedicated to supporting the community. This online forum offers tools and resources for families and caregivers impacted by heart disease and stroke and allows for individuals to connect with others facing similar cardiovascular challenges.

www.heart.org/supportnetwork

Health Services

AHA offers Hands-Only CPR training resources and help equip nurses to be health leaders for their campus.



American Heart Association

Since 1924, we have been working to keep you, your loved ones and your community safe from heart disease and stroke. Each year we host multiple events in your area to bring awareness and education about our key issues; raise support for invaluable heart disease and stroke research; and reach our 2020 Goal: By 2020, to improve the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular disease and stroke by 20 percent. Join in the fight against heart disease and stroke by attending one of our events or volunteering. Your support helps us save lives by making discoveries, educating people and changing communities.