



**American  
Heart  
Association®**

The American Heart Association's (AHA) mission is "to be an relentless force for a world of longer, healthier lives." For more than 95 years, the AHA has been the largest non-governmental funder of cardiovascular research in the country, and has invested over \$4 billion in research since 1949, second only to the federal government.

The AHA also works to make an impact in the Nashville community by:

- › Being the nation's leader in CPR education training
- › Providing education and resources to help people understand the importance of healthy lifestyle choices
- › Providing science-based treatment guidelines to healthcare professionals to help ensure the best treatment for every patient, every time
- › Educating lawmakers, policy makers and the public, and advocating for changes to protect and improve the health of our communities.

In all, the AHA spends nearly 80 cents of every dollar on research, education, and community.

#### PROMOTING HEALTHY LIFESTYLES

The AHA wants everyone to understand that the threat of heart disease and stroke are the #1 and #2 killers in the world, even though 80% of cardiovascular diseases and stroke are preventable. Many of the risk can be lowered by making healthier lifestyle choices. In fact, the Healthy for Good Walk, which is part of American Heart Association's Healthy for Good movement, encourages Americans to lead healthier lives by delivering science-based recommendations, tools, tips and motivation. This in turn, will hopefully encourage Americans to build healthier behaviors by unifying people around the simple idea that making a small change today can create a difference for generations.

#### COVID-19 AND HEART DISEASE

Understanding COVID-19 has changed the way we live our lives – the way we work, the way our children are educated, our access to heart healthy foods, and more – the AHA has invested \$2.5 million in a rapid response fund to address the need to know how this virus affects heart and stroke patients, knowing 40% of those hospitalized with COVID-19 are our heart and stroke patients.

#### HEALTH EQUITY

The AHA also recognizes that social determinants of health are affecting the socioeconomic death rates in this country, especially when paired with the domino effect COVID-19 is having on public health. The AHA is constantly working with all levels of government for equity in healthcare, and works locally with nonprofit coalitions to address issues such as food access, hypertension control and cholesterol monitoring. 🍎

To learn more, visit us at [www.heart.org/nashville](http://www.heart.org/nashville).

