AstraZeneca HealthCare Foundation

Connections for Cardiovascular Health™

CONNECTING LIVES AND LESSONS FOR HEART HEALTH

2015 ANNUAL REPORT
Cardiovascular disease (CVD) is a serious problem in the United States – one that will require coordination of resources and knowledge to address.

More than 85 million people in the United States suffer from some form of cardiovascular disease and about 2,200 of them die of the disease each day. The disease is alarmingly prevalent and could become more so; about half of Americans (49%) have at least one of the three main risk factors for developing cardiovascular disease – smoking, high blood pressure, and high cholesterol. In response, public and private organizations alike have called for increased emphasis on disease prevention and health promotion.

At the AstraZeneca HealthCare Foundation, we believe that it is vital for organizations engaged in these practices to share their knowledge and strategies for implementing such interventions so that others can follow their lead in addressing the burden of CVD in the US.

Finding A Solution
The AstraZeneca HealthCare Foundation works to improve cardiovascular health not only by awarding grants to support community-based health programs, but also by helping Grant Awardees to build capacity and spread their key learnings to others.

Join us in reading about the CCH Grant Awardees who have developed effective ways to address CVD and share what they have learned.

SINCE ITS INCEPTION, THE CCH PROGRAM HAS AWARDED MORE THAN $19 MILLION TO 47 NONPROFIT ORGANIZATIONS ACROSS THE COUNTRY WITH THE GOAL OF IMPROVING CARDIOVASCULAR HEALTH

TO DATE, CCH-FUNDED PROGRAMS HAVE REACHED OVER 1.6 MILLION PEOPLE AND TRACKED OVER 51,000 FOR PROGRESS

At the AstraZeneca HealthCare Foundation, connections are at the heart of everything we do. We believe that by connecting resources, knowledge, and individuals, we can break the cycle of cardiovascular disease and its associated risk factors like diabetes, metabolic syndrome, and obesity. We established our Connections for Cardiovascular HealthSM (CCH) program to further this mission at the community level.

Since 2010, the Foundation has awarded over $19 million in CCH grants to 47 nonprofit organizations that conduct innovative, holistic programs to help individuals improve their heart health. At the same time, we see program participants forge connections to share what they have learned with their friends and families.

A social worker successfully completed Manna Ministries' Heart 2 Heart Initiative and began teaching classes to help other participants improve their heart health. A young man at West Virginia Health Right lost over 100 pounds with his father then encouraged his mother to join the health classes as well. We want to see these kinds of connections take place wherever people gather – schools, churches, and workplaces – to support each other in their journeys to good health.

We are humbled by the work of our Grant Awardees and the connections they have created, one person at a time. Please join me in learning more about their efforts through our Annual Report, Twitter, and YouTube channel. Together, we can foster enduring connections from the heart, for the heart.

Since the beginning of the AstraZeneca HealthCare Foundation’s Connections for Cardiovascular HealthSM program, we have strived to support Grant Awardees in treating and preventing heart disease at the community level. They accomplish this through grassroots programs that empower people to improve cardiovascular metrics such as weight, blood pressure, Hemoglobin A1C levels, fitness, and nutrition.

Our goal is to equip our Grant Awardees, and let them focus on what they do best – connecting care and resources to improve heart health. We have seen the effectiveness of their programs, and we want others to follow in their footsteps. By helping our Grant Awardees to share their innovative strategies for improving health and building capacity, others can learn from their work and continue it in their own communities.

In November, the Foundation furthered this goal by participating in its first poster session at the American Public Health Association’s Annual Meeting and Exposition. Our poster highlighted the programmatic and evaluation success rates of our Grant Awardees’ initiatives to date.

We are proud to see how our Grant Awardees have fostered meaningful changes in the health of individuals and communities. We will continue to look forward as we support them in disseminating their key learnings. With a focus on sharing our collective insight, I believe we can make a lasting impact on our nation’s heart health.

Rich Buckley
President,
AstraZeneca HealthCare Foundation

James W. Blasetto, MD, MPH, FACC
Chairman,
AstraZeneca HealthCare Foundation
Established in 1993, the AstraZeneca HealthCare Foundation is a Delaware not-for-profit corporation and a 501(c)(3) entity organized for charitable purposes, including to promote public awareness of healthcare issues, to promote public education of medical knowledge, and to support or contribute to charitable and qualified exempt organizations consistent with its charitable purpose.
Connections for Cardiovascular Health℠
In 2009, the AstraZeneca HealthCare Foundation launched the Connections for Cardiovascular Health℠ (CCH) program with a $25 million contribution from AstraZeneca Pharmaceuticals. The program awards annual grants to nonprofit organizations working to improve cardiovascular health at the community level. In 2015, CCH awarded grants totaling over $1.9 million to 11 organizations across the country that are connecting people to programs that improve heart health — and change lives.

National Breast Cancer Awareness Month
The Foundation supports and is a collaborating partner of NBCAM, a group of national public service organizations, professional medical associations, and government agencies who work to improve breast cancer awareness, share disease information, and provide greater access to services. Since 2013, the Foundation has provided over $180,000 in charitable contributions to NBCAM collaborating organizations.

AstraZeneca Employee Disaster Relief Fund
The Foundation provides support for AstraZeneca employees affected by federally declared disasters in the United States.

For more information on the Foundation’s programs, visit http://www.astrazeneca-us.com/responsibility/astrazeneca-healthcare-foundation.

The Center for Social and Economic Policy Research at West Chester University
The Foundation’s university evaluation partner, the Center for Social and Economic Policy Research at West Chester University, Pennsylvania provides evaluation support of CCH-funded programs, identifies key learnings based on Foundation practices, and provides representation on the Foundation’s grant review committees.

Want to learn more?
Follow us on Twitter @ConnectCVHealth
Watch us on YouTube at ConnectionsCVHealth
Disease focus (13 total programs)

- **Multiple Disease Foci** (4)
  - 31%
- Heart Failure (1)
  - 8%
- Obesity (3)
  - 23%
- General CVD (5)
  - 38%

*Multiple disease foci consist of one diabetes/metabolic disorder/CVD program, one hypertension/diabetes program, one hypertension/diabetes/CVD program, and one diabetes/CVD program.

Program type (13 total programs)

- Community-based (6)
  - 46%
- Clinic-based (4)
  - 31%
- Hybrid (clinic)† (3)
  - 23%

*Hybrid (clinic) is a blend of clinic- and community-based program elements.

Organization Classification (13 total organizations)

- Hospital/Healthcare System (3)
  - 23%
- Civic (3)
  - 23%
- Clinic (6)
  - 46%
- Research Institute (1)
  - 8%
PATIENT SUCCESS STORIES

INCREASED PHYSICAL ACTIVITY

INCREASED KNOWLEDGE OF CARDIOVASCULAR HEALTH

DECREASED WEIGHT AND/OR BODY MASS INDEX

LOWERED BLOOD PRESSURE OR CHOLESTEROL

LOWERED BLOOD SUGAR

IMPROVED NUTRITION OR NUTRITION KNOWLEDGE

“I don’t even have words to say how much the Heart 2 Heart program means to me. I feel like it saved it my life.”

— Elizabeth (Liz), participant, Heart 2 Heart Initiative; Manna Ministries Inc
2014 GRANT AWARDEES

These grant awards were distributed in November 2014, and program activities were implemented throughout 2015. Five of the awardees received repeat funding to continue implementing their programs in 2016.

Ashland-Boyd County Health Department

PROGRAM: Appalachian Partnership for Positive Living and Eating (A.P.P.L.E.)
GOAL: To promote healthy childhood and youth development and control overweight and obesity among 750 children and their caregivers through a voluntary, community-based obesity case management program in Boyd and Greenup, Kentucky.
HIGHLIGHT: The average score for cardiovascular disease knowledge among more than 320 participants increased from 45 percent at baseline to 100 percent at year-end.
AREA OF FOCUS: Ashland, KY
GRANT AWARD(S): $223,000 (2014)
PAST GRANT AWARD(S): $213,000 (2013); $210,000 (2012)
TOTAL GRANT(S) AWARDED: $646,000

Catherine’s Health Center

PROGRAM: Heart Smart Connections
GOAL: To build on the successful Live Heart Smart program (identifying risk factors and using targeted interventions to encourage and support healthy lifestyle choices) and improve the cardiovascular health of 2,000 low-income residents of the community by adding assistance in accessing health insurance via the Affordable Care Act, combined with education and navigation to connect with additional services in order to Live Heart Smart.
HIGHLIGHT: Two-thirds of more than 800 participants decreased their glucose levels by an average of nearly 14 points.
AREA OF FOCUS: Grand Rapids, MI
GRANT AWARD(S): $160,916 (2014)
PAST GRANT AWARD(S): $163,387 (2013); $161,950 (2012)
TOTAL GRANT(S) AWARDED: $486,253

These grant awards were distributed in November 2014, and program activities were implemented throughout 2015. Five of the awardees received repeat funding to continue implementing their programs in 2016.
PROGRAM: Operation Heart to Heart
GOAL: To reduce the incidence of cardiovascular disease through education and health screening opportunities for agricultural laborers and rural citizens in Burt, Cuming, Stanton, and Madison Counties in Nebraska by increasing knowledge of cardiovascular health, reducing blood pressure and weight, and improving cardiovascular biometric measures.

HIGHLIGHT: More than 930 individuals who participated in educational presentations increased their knowledge of cardiovascular health. The average test score increased from 55 percent at baseline to 87 percent at year-end in a group of over 1,000 participants.

AREA OF FOCUS: Wisner, NE
GRANT AWARD(S): $250,000 (2014)
PAST GRANT AWARD(S): $250,000 (2013); $250,000 (2012)
TOTAL GRANT(S) AWARDED: $750,000

PROGRAM: Launching a ‘Tele-Heart Pathway’ in Disadvantaged Illinois Communities: Providing health literacy and personalized interventions to fragile and at-risk heart failure patients in their homes to support self-management, independence, and optimal health

GOAL: To address Healthy People 2020 objective, Heart Disease and Stroke-24, by identifying and partnering with vulnerable and at-risk heart failure patients and their caregivers in 13 disadvantaged communities to support self-management to increase health literacy, maintain optimal health and independence, and prevent complications and hospitalizations using daily telehealth remote monitoring, support, education, and evidence-based medication adjustments.

HIGHLIGHT: After 31 days, over 90 percent of 53 participants reported a decrease in heart failure symptoms or otherwise maintained symptom-free status.

AREA OF FOCUS: Springfield, IL
GRANT AWARD(S): $205,564 (2014)
### Manna Ministries Inc

**PROGRAM:** *Heart 2 Heart Initiative*

**GOAL:** To engage the community and collaborate in improving cardiovascular disease awareness, while improving the quality of care and patient education through community outreach in delivery of screening, patient education, treatment, and heart-healthy lifestyle support and education to reduce cardiovascular disease in uninsured and underinsured populations in southern Mississippi and Louisiana.

**HIGHLIGHT:** Over 70 percent of 51 participants with an initial total cholesterol level greater than 200 lowered it by an average of 41 points.

**AREA OF FOCUS:** Picayune, MS

**GRANT AWARD(S):** $180,000 (2015); $152,763 (2014)

**PAST GRANT AWARD(S):** $152,763 (2013)

**TOTAL GRANT(S) AWARDED:** $485,526

### North Georgia HealthCare Center, Inc

**PROGRAM:** *POWER (Patient Outreach with Educational Resources)*

**GOAL:** To provide testing and education to prevent, diagnose, and treat diabetes, high blood pressure, obesity, and heart disease among the most underserved residents in North Georgia HealthCare Center’s area, giving them the opportunity to make better health choices while breaking down transportation and economic barriers by bringing these free services directly to them in their own communities through on-site services.

**HIGHLIGHT:** The average score for knowledge of nutrition and healthy eating habits among more than 660 participants increased from 87 percent at baseline to 94 percent at year-end.

**AREA OF FOCUS:** Ringgold, GA

**GRANT AWARD(S):** $179,200 (2015); $204,435 (2014)

**PAST GRANT AWARD(S):** $175,200 (2013)

**TOTAL GRANT(S) AWARDED:** $558,835

“The program saved me in so many ways. It gave me motivation and interest, and caused me to take an active part in my own healthcare.”

— Bonita, participant, *Heart 2 Heart Initiative; Manna Ministries Inc*
OASIS Institute

**PROGRAM:** Get Pumped!

**GOAL:** To improve the health behaviors of adults living in nine high-risk zip codes in the St. Louis area who have at least one risk factor (hypertension, physical inactivity, or diabetes) that increases their risk for cardiovascular disease by providing health screenings, education, and exercise programs at community locations using mobile health and evidence-based programs.

**HIGHLIGHT:** Overall fitness improved among more than 80 percent of a group of 38 participants as measured by improvement on at least 3 of 6 fitness tests. Statistically significant improvements were observed in lower body strength, upper body strength, endurance, and agility.

**AREA OF FOCUS:** St. Louis, MO

**GRANT AWARD(S):** $223,501 (2014)

Presence Covenant Medical Center

**PROGRAM:** The Cardiovascular Awareness and Risk Reduction Program

**GOAL:** To engage the community and Presence Covenant Medical Center’s community health partners (in the Community Resource Center located on the Presence Covenant Medical Center campus) to focus on and improve the quality of cardiovascular care in the greater Champaign County area through screening, education, treatment, and support of healthy lifestyles that will target uninsured and underinsured individuals.

**HIGHLIGHT:** In a group of more than 240 participants, average A1C decreased from 8.5 (diabetic range) to 6.1 (pre-diabetic range).

**AREA OF FOCUS:** Urbana, IL

**GRANT AWARD(S):** $168,492 (2014)
2014 GRANT AWARDEES

**Saint Agnes Hospital Foundation, Inc**

**PROGRAM:** Heart-to-Heart

**GOAL:** To, through an evidence- and church-based cardiovascular disease (CVD) intervention program for underserved African American women at high risk of CVD, establish systems such as support networks, peer community health workers, assessment tools, and resource development that will make Heart-to-Heart self-sustaining over the long term, thereby empowering faith-based partners to effectively reduce CVD risk factors in communities with severe healthcare disparities.

**HIGHLIGHT:** Among 205 participants, average diastolic blood pressure decreased from 79 mmHg to 76 mmHg and mean arterial pressure decreased from 97 mmHg to 94 mmHg from baseline to four-month follow-up.

**AREA OF FOCUS:** Baltimore, MD

**GRANT AWARD(S):** $215,647 (2014)

**PAST GRANT AWARD(S):** $197,634 (2013); $244,455 (2012)

**TOTAL GRANT(S) AWARDED:** $657,736

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**St. Mary’s Health Wagon**

**PROGRAM:** Heart Health 1, 2, 3. Comprehensive Cardiovascular Disease Initiative for Diabetes Mellitus, Metabolic Syndrome, and Obesity

**GOAL:** To identify, minimize, and prevent cardiovascular disease in individuals with metabolic syndrome, diagnosed as dysmetabolic syndrome x, diabetes mellitus, and Nonalcoholic Fatty Liver disease (NAFLD) through the use of health education, screening, and medication management, utilizing a holistic medical approach and evidence-based practices.

**HIGHLIGHT:** Nearly 90 percent of more than 1,000 participants surveyed demonstrated increased knowledge of the cardiovascular disease process, risk factors, and healthy habits.

**AREA OF FOCUS:** Wise, VA

**GRANT AWARD(S):** $180,000 (2015); $250,000 (2014)

**PAST GRANT AWARD(S):** $200,000 (2013) (for Heart Health 1, 2, 3); $239,500 (2012), $155,300 (2011), $150,762 (2010) (all for Appalachian Healthy Heart Initiative)

**TOTAL GRANT(S) AWARDED:** $1,175,562

“They [St. Mary’s Health Wagon] have really made an impact on a lot of people’s lives in our county.”

—Darlene and Pauline (sisters), participants, Heart Health, 1, 2, 3; St. Mary’s Health Wagon
**Sundance Research Institute, Inc**

**PROGRAM:** Honoring Your Heart on the Wind River Indian Reservation

**GOAL:** To build on and expand a coordinated clinical-community health education program to increase cardiovascular health knowledge and reduce cardiovascular disease risk factors among American Indian adults and families with children on the Wind River Indian Reservation through a two-part program consisting of Honoring the Gift of Heart Health classes offered concurrently with a 12-week Lifestyle Balance Program focusing on physical activity and healthy diet.

**HIGHLIGHT:** Three-quarters of 76 participants with follow-up data reduced their systolic blood pressure by an average of 14 points.

**AREA OF FOCUS:** Wind River Indian Reservation, WY

**GRANT AWARD(S):** $197,952 (2014)

**PAST GRANT AWARDS:** $238,900 (2013)

**TOTAL GRANT(S) AWARDED:** $436,852

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**West Virginia Health Right, Inc**

**PROGRAM:** SCALE (Sustainable Changes and Lifestyle Enhancement)

**GOAL:** To achieve, through personal coaching, group support, nutritional education, and improved diet coupled with exercise, sustained weight loss in 50 obese patients to improve their health status and reduce cardiovascular risk factors.

**HIGHLIGHT:** One hundred percent of 52 SCALE participants lost weight, with an average loss of about 19 pounds. Participants lost a combined total of 979 pounds during the grant year.

**AREA OF FOCUS:** Charleston, WV

**GRANT AWARD(S):** $179,686 (2015); $191,028 (2014)

**PAST GRANT AWARD(S):** $185,025 (2012); $185,025 (2011); $186,907 (2010) (all for Pathways to Cardiovascular Health)

**TOTAL GRANT(S) AWARDED:** $927,671

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“This program has truly changed my life . . . I continue to be amazed at how much better I feel today than when I started the program.”

— Edward (Ed), participant, SCALE; West Virginia Health Right, Inc
Westminster Free Clinic

PROGRAM: Corazones Sanos para Mi Familia (Healthy Hearts for My Family)

GOAL: To improve the health outcomes of low-income, uninsured Latinos suffering from, or at high risk for, heart disease and/or diabetes through the provision of culturally competent, patient-centered services including: early detection through community outreach and health screenings; access to preventive care and medical specialists; healthy lifestyle support, such as cooking demonstrations and physical activity; and empowerment through improvement of eating environments.

HIGHLIGHT: Sixty percent of 159 participants reduced their low-density lipoprotein levels by an average of more than 25 points.

AREA OF FOCUS: Thousand Oaks, CA

GRANT AWARD(S): $179,945 (2015); $192,994 (2014)

TOTAL GRANT(S) AWARDED: $372,939

“Being in Corazones Sanos has challenged me to take control of my health.”

— Virginia, participant, Corazones Sanos para Mi Familia; Westminster Free Clinic
2015 GRANT AWARDEES

Together with five repeat-funded programs, these six grant awards were made in November 2015 and program activities will be implemented throughout 2016.

Catherine’s Health Center

**PROGRAM:** Healthy Heart Team  
**GOAL:** To improve the cardiac and overall health outcomes of complex patients with multiple co-morbidities by adapting Catherine’s Health Center’s organizational structure to provide team-based, patient-centered care in a safety-net setting by the implementation of a trained and certified RN/care manager who will direct and coordinate the efforts of a multidisciplinary care team.  
**AREA OF FOCUS:** Grand Rapids, MI  
**GRANT AWARD(S):** $167,383 (2015)  
**PAST GRANT AWARD(S):** $160,916 (2014); $163,387 (2013); $161,950 (2012) (all for Live Heart Smart/Heart Smart Connections)  
**TOTAL GRANT(S) AWARDED:** $653,636

City Health Works

**PROGRAM:** Extending care for hypertension beyond the confines of the healthcare system via neighborhood-based coaching integrated with primary care  
**GOAL:** To improve hypertension control and reduce cardiovascular disease-related health disparities among minority, low-income populations through the provision of evidence-, home-, or community-based health coaching (motivational interviewing and self-management skills focused on chronic disease, diet, physical activity, smoking cessation and medication adherence) that is tightly coordinated with primary care providers and links with social services.  
**AREA OF FOCUS:** New York, NY  
**GRANT AWARD(S):** $178,809 (2015)

Drexel University, Stephen and Sandra Sheller 11th Street Family Health Services

**PROGRAM:** R*Health: Building Resilience for Life-Long Health  
**GOAL:** To reduce cardiovascular disease risk among at-risk adolescents by combining resilience-building, nutrition education, cardiovascular disease education, exercise, and a service-learning project to create a peer-collaborative learning community to decrease the impact of adverse childhood events by increasing: psychological resilience, knowledge of cardiovascular disease/risk factors, consumption of fruits and vegetables; and improving physical activity levels.  
**AREA OF FOCUS:** Philadelphia, PA  
**GRANT AWARD(S):** $179,974 (2015)
**PROGRAM:** Prime Time Sister Circles® (PTSC): An Effective Intervention for Reducing Risk Factors for Cardiovascular Disease (CVD) in Mid-Life African American Women  
**GOAL:** To help mid-life African American women who are impoverished improve their physical and emotional health outcomes through an evidence-based, intensive, three-month, community-centered, curriculum-grounded support group that will: expand their knowledge of CVD; change attitudes; facilitate reductions in their blood pressure, weight and unmanaged stress; and help them prioritize their health, improve their nutrition, and increase their physical activity.  
**AREA OF FOCUS:** Washington, DC  
**GRANT AWARD(S):** $179,726 (2015)

**The Gaston and Porter Health Improvement Center Inc**

**PROGRAM:** Take Control of Your Health  
**GOAL:** To improve metabolic control, psychosocial outcomes, and quality of life to reduce diabetes-related complications, such as cardiovascular disease, among Mississippians in Mallory Community Health Center’s community by implementing an evidence-based community intervention to promote and teach people with diabetes how to be active, eat healthy, monitor daily, take medication, reduce risks, problem-solve, and develop healthy coping habits for successful diabetes management.  
**AREA OF FOCUS:** Lexington, MS  
**GRANT AWARD(S):** $180,000 (2015)  
**PAST GRANT AWARD(S):** $228,445 (2013); $250,000 (2012); $190,680 (2011) (all for Dr. Martha W. Davis Healthy Families Movement Program)  
**TOTAL GRANT(S) AWARDED:** $1,502,761

**Mallory Community Health Center**

**PROGRAM:** Activate Your Heart/Active Su Corazon  
**GOAL:** To, through education based on the American Heart Association curriculum “Empowered to Serve,” cooking demonstrations, grocery store tours, group exercise and screenings, reduce the risk of hypertension and cardiovascular disease through a free, eight-week program targeting underserved, low-income adults in the San Fernando Valley and helping them build and sustain habits for a healthy lifestyle.  
**AREA OF FOCUS:** Van Nuys, CA  
**GRANT AWARD(S):** $158,566 (2015)

**YMCA of Metropolitan Los Angeles – Mid Valley Family YMCA**
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