DEFINING THE PROBLEM

Numbers Add Up to Huge Challenge, Major Opportunity for Cardiovascular Health

Cardiovascular disease is a critical health issue in the United States.

**Nearly 83 million adults in the United States have cardiovascular disease.** Each year 600,000 of those people die, making cardiovascular disease the leading cause of death for both men and women.¹,² About half of all Americans have at least one of the key risk factors for developing cardiovascular disease: They smoke, have high blood pressure, or have high LDL cholesterol.³ Countless more have other heart disease risk factors—diabetes, obesity, poor diets, or limited physical activity.

The financial cost is also staggering, with $100 billion spent each year on health care services, medications, and lost productivity.³ Numbers like that point to a huge and daunting challenge. But these hurdles provide a real opportunity to improve cardiovascular health.

If we can help reduce cardiovascular disease risk factors, we can affect real and meaningful change to lower the incidence of cardiovascular disease and the number of lives it claims each year in this country.

Finding A Solution

The AstraZeneca HealthCare Foundation believes the way to improve cardiovascular health is at the community level by connecting people with information, support, and each other. Our **Connections for Cardiovascular Health℠ (CCH)** program provides grants so that community organizations can go directly to where people live. We fund innovative grassroots programs that empower people to adopt good heart health habits and to invite their families and neighbors to join them.

On the following pages, you will learn about the people, programs, and success stories funded by **CCH** that are adding up to one big change for the better.

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When the AstraZeneca HealthCare Foundation established a grant program with the mission of improving cardiovascular health in the United States, we knew it would take more than a single solution to address this leading cause of death in the country—which takes the lives of nearly 600,000 men and women each year—it would take connections in communities across the nation.¹

We believe that by connecting one neighbor, one family, or one community at a time to heart health resources, we can help organizations create positive change across the country. The Foundation’s Connections for Cardiovascular Health℠ (CCH) program strives to accomplish this by awarding grants to nonprofit organizations that work to improve cardiovascular health in innovative ways and to reduce the risk of cardiovascular disease in their communities, one person at a time.

This year’s 19 CCH Grant Awardees demonstrate not only creativity and commitment to developing and implementing programs, but also the ability to connect resources to make a difference in their communities. Their programs deliver heart health resources through schools, food banks, churches, clinics, and corner stores across the country. In these places, people make connections that support healthy lifestyle changes and empower them to share those changes with others. Looking back on four years of grant-making, we are humbled and encouraged by the successes these organizations have made with their CCH grants to help catalyze real change in their communities.

Please join me in following the good work of these Grant Awardees through our Annual Report and Twitter. We look forward to continuing our support of these organizations and seeing the connections grow to improve cardiovascular health throughout their communities and across the nation.

Richard Buckley
President, AstraZeneca HealthCare Foundation

The grants provided to the AstraZeneca HealthCare Foundation’s Connections for Cardiovascular Health℠ (CCH) Grant Awardees have helped us see firsthand how connections made in local communities can produce positive heart health outcomes. In 2013, the CCH Grant Awardees reached over half a million people with the message of improving cardiovascular health. To date, over 30,000 people have participated in a variety of community-based programs and have had their progress tracked—and we have seen meaningful results.

The organizations that reached these individuals represent only a fraction of groups dedicated to improving heart health. In 2013, CCH received hundreds of applications from organizations across the country. The 19 that received grants were those that demonstrated their commitment through innovative, grassroots programs that connect people to resources, often in underserved areas where the need is greatest.

Thanks to a variety of programs created by CCH Grant Awardees to support people in culturally appropriate ways, participants have made measurable changes in their lives that will help them reduce cardiovascular risk factors. Collectively, they have lost weight and lowered their blood pressure and Hemoglobin A1c levels. They are making healthier food choices, exercising more, and encouraging others to do the same.

Every day, our Grant Awardees are working hard to raise awareness, share preventative measures, and offer resources to help people decrease their cardiovascular risk factors. We are grateful to those helping to support the CCH mission—and through our connections to community-based programs, we are committed to continuing to improve cardiovascular health in 2014.

James W. Blasetto, MD, MPH, FACC
Chairman, AstraZeneca HealthCare Foundation


Follow us on Twitter @ConnectCVHealth
Established in 1993, the AstraZeneca HealthCare Foundation (the Foundation) is a Delaware not-for-profit corporation and a 501(c)(3) entity organized for charitable purposes, including to promote public awareness of health care issues, to promote public education of medical knowledge, and to support or contribute to charitable and qualified exempt organizations consistent with its charitable purpose.

PROGRAMS

**Connections for Cardiovascular Health℠**

In 2009, the AstraZeneca HealthCare Foundation established the **Connections for Cardiovascular Health℠ (CCH)** program with a $25 million contribution from AstraZeneca Pharmaceuticals. Each year, the CCH program provides grants of $150,000 and up to US-based nonprofit organizations engaged in charitable work at the community level in support of the program’s mission to improve cardiovascular health. Since its inception, the program has awarded more than $14 million in grants to organizations across the country.

In 2013, CCH awarded grants totaling nearly $3.7 million to 19 organizations working in clinics, hospitals, schools, churches, corner stores, and more. The CCH Grant Awardees are connecting people to programs that improve heart health—and change lives.

**Grant Application and Review Process**

Organizations can learn more and find out how to apply online for a **Connections for Cardiovascular Health℠** grant at [www.astrazeneca-us.com/foundation](http://www.astrazeneca-us.com/foundation). The application opens annually in February, during National Heart Month. The Foundation’s Board of Trustees makes the final funding decisions after a multitiered grant review process.

**National Breast Cancer Awareness Month**

In 1985, a collaboration of national public service organizations, professional medical associations, and government agencies came together to improve breast cancer awareness, share disease information, and provide greater access to services through the formation of National Breast Cancer Awareness Month (NBCAM). Since its inception, the Foundation has supported NBCAM and is proud of the work that has been accomplished through its collaborating partners to educate and empower women to take charge of their own breast health during the month of October and throughout the year.

**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 [www.astrazeneca-us.com/foundation](http://www.astrazeneca-us.com/foundation).
The Center for Social and Economic Policy Research at West Chester University

The value of the connections made through the CCH program are not only measured by the lives touched, but also through program results and community reach. These are evaluated by the Foundation’s university evaluation partner, the Center for Social and Economic Policy Research (CSEPR) at West Chester University, Pennsylvania. The university provides evaluation support of the CCH-funded programs and representation on the Foundation’s review committees to support the grant review process.

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In 2013, **22** programs were implemented in **16** states.
**Data**

- **DISEASE FOCUS**
  - General Cardiovascular Disease
  - Obesity
  - Hypertension
  - Diabetes

- **ORGANIZATION CLASSIFICATION**
  - Hospital/health care system
  - Civic
  - Clinic
  - Academic

- **ETHNICITY**
  - General Population
  - African American
  - American Indian
  - Latino
  - Asian

- **PROGRAM VENUE**
  - Community/school-based
  - Clinic-based

**Highlights**

- Increased physical activity
- Decreased weight and/or Body Mass Index
- Lowered Hemoglobin A1c
- Increased knowledge of cardiovascular health
- Lowered cholesterol or blood pressure
- Increased consumption of fruit and vegetables
To hear sixth-grader Zidikiyah tell it, the secret ingredient behind her academic success comes down to two words: Strawberry smoothies. It may seem a surprising answer, but it is a testament to her participation in the HEAL Project, a school-based program for children in New Orleans’ Lower Ninth Ward that teaches students and their families about the health benefits of eating fresh fruits and vegetables through the development of a community garden, participation in a farmers’ market, and a garden-specific curriculum.

Since joining the program about a year ago, Zidikiyah has learned the importance, at an early age, of eating fresh fruits and vegetables to maintain a healthy heart. This knowledge came through nutrition education and hands-on activities, including a smoothie-making class—her favorite program activity.

For one assignment, Zidikiyah and her team whipped up a strawberry smoothie blended with broccoli, which they then had to present to a panel of judges.

“We had to talk about the importance of eating or drinking fruits and vegetables, especially for kids like us who are still growing and need to use our brains to get good grades in school,” recalls Zidikiyah. “That’s why I have all A’s this quarter.”

Through the HEAL Project, Zidikiyah also cultivated a newfound interest in gardening. She took some plants home and started her own herb garden.

Says Zidikiyah, “I plan to continue gardening and eating well in order to keep my body and organs healthy.” It sounds like this student has discovered her green thumb along with an understanding of the importance of heart health.

“We had to talk about the importance of eating or drinking fruits and vegetables, especially for kids like us who are still growing and need to use our brains to get good grades in school,” recalls Zidikiyah. “That’s why I have all A’s this quarter.”

Sankofa Community Development Corporation—Health, Education, Agriculture, and Leadership (HEAL) Project

Here are just a few of the success stories and highlights from recent program participants.
Five years ago when Greg arrived at Camp FRESH (Fresh Resources Everyone Should Have), he was 13 years old, weighed 225 pounds, and had no idea he would lead his family to a fresh start. Camp FRESH is a summer program designed to empower and educate Wilmington, Delaware young adults who lack access to nutritious food to make healthier decisions not only for themselves, but also for their families and their communities.

The summer program encouraged Greg to eat well and exercise, inspiring him to later enroll in No Heart Left Behind, an eight-week program in which a teen coaches an important adult in his or her life to make healthier lifestyle changes. Staff members motivated him to take up sports and, during his eighth-grade year, the self-described “big kid” achieved a milestone—he lost 40 pounds. But he gained so much more.

“The whole point [of the program] is so teens can learn about their mental health and how to communicate with their parents, even about some serious things going on in their life,” Greg says. “I brought it back home to my mother and it has helped us so much. We communicate a whole lot better than when I was in middle school. We went through some rough times, honestly.”

His mother, Daisy, says she can “see the happiness” in Greg’s face. He encouraged her to attend No Heart Left Behind activities with him. She thought she would show up, make Greg happy, and go home. She kept going back. Through educational classes and grocery store tours, Daisy learned how to read food labels and make simple but heart-healthy meals.

Healthier living soon became a family affair. Daisy lost more than 100 pounds, and Greg’s younger brother now participates in the program. “No Heart Left Behind has completely changed our lives,” says Daisy, “not only physically, but mentally, emotionally.”

It’s a fitting ending: a family loses weight, but finds each other.

“No Heart Left Behind has completely changed our lives,” says Daisy, “not only physically, but mentally, emotionally.”
When you’re headed toward a dead end, life allows U-turns. That’s the epiphany Linda had when she learned she was at risk for a trifecta of chronic illnesses. “My primary care doctor told me that I was at risk for hypertension, cardiovascular disease, and diabetes. And I said, ‘Oh no, what do I need to do to, you know, stop this?’” Linda recalls. “The trend with my family history, something needed to happen, something needed to turn.”

And as a wife and mother of two adult daughters, she has much to live for.

To take control of her health, Linda joined the Connections for Cardiovascular Care program, which provides access to education, screenings, and care through community-based interventions for African American and Latino residents of Boston, to help her eat better, get active, and generally feel better. She’s done just that.

Linda could have been just another success story, but she decided to pay it forward by volunteering to be a health ambassador for the Whittier Street Health Center that runs the program.

Now, she visits people in their homes to deliver vital messages about diabetes, stressing the importance of preventing and managing the disease.

She sums up her thoughts about the program in five short words: “It can change your life.”
Pastor, Wife Take Healthy Lifestyle to Church

Gulf Coast Health Educators—Chronic Disease Management and Prevention Program

It all started with Pastor Jimmy’s wife, Cathie. She took a Diabetes Education class offered by the Gulf Coast Health Educators and, over the course of six months, improved her health and lost weight.

Cathie encouraged Jimmy to enroll with her in the Healthy Lifestyles class. He was skeptical at first but quickly warmed to the program’s approach. The goal of the Chronic Disease Management and Prevention Program is to prevent and/or manage chronic diseases associated with obesity and diabetes. The program promotes healthy lifestyles among uninsured, underserved, highly vulnerable populations living in the Mississippi Gulf Coast counties of Hancock, Harrison, and Jackson.

“I expected [the classes] to be educational, but I was pleasantly surprised when I learned it was a no-pressure situation,” Jimmy recalls. “I’ve been to some places where they talk about ‘you need to do this and you better do that.’ They simply presented better choices and all you have to do is start with small steps.”

As the couple worked through a series of 10 one-hour classes taught by a registered dietitian, they received hands-on lessons about exercise, portion sizes, grocery shopping and label reading, dining out, and how to modify their favorite recipes.

The results were life changing. Jimmy lost 17 pounds and avoided the need to go on cholesterol-lowering medication. Both cut their blood pressure medications in half.

Inspired by their success, the couple decided to spread the gospel of heart health to others. Cathie and Jimmy took the Healthy Lifestyles class to church and shared it with their congregation.

“It was very encouraging to realize I don’t need to do something so earth-shattering like absolutely change everything in my diet,” Jimmy says. “I can eat things I enjoy, learn to eat in moderation, and learn to eat some things that are better choices.”

“I can eat things I enjoy, learn to eat in moderation, and learn to eat some things that are better choices.”

These grant awards were distributed in November 2012, and program activities were implemented throughout 2013. Twelve of the programs received repeat funding to continue implementing their programs in 2014.

**ALLEGIANCE HEALTH FOUNDATION**

**PROGRAM:** Health Improvement Organization (HIO) Project Access Community Hearts Program  
**GOAL:** To identify cardiovascular risk among uninsured/underinsured community members and provide health, wellness, care management, and navigation resources to reduce risk and improve health and quality of life.  
**HIGHLIGHT:** For 279 participants, the proportion of participants with elevated fasting blood sugar decreased by 27 percent and average cholesterol decreased by five points.  
**AREA OF FOCUS:** Jackson, MI  
**GRANT AWARD(S):** $155,000 (2012); $157,000 (2013)  
**PAST GRANT AWARD(S):** $150,000 (2011)  
**TOTAL GRANT(S) AWARDED:** $462,000

**ASHLAND-BOYD COUNTY HEALTH DEPARTMENT**

**PROGRAM:** Appalachian Partnership for Positive Living and Eating (APPLE)  
**GOAL:** To promote healthy childhood and youth development and control overweight/obesity among 600 children and their caregivers through a voluntary, community-based obesity case-management program in Boyd County.  
**HIGHLIGHT:** Three hundred sixteen participants decreased their Body Mass Index by an average of four points and 100 percent reported improved cardiovascular knowledge.  
**AREA OF FOCUS:** Ashland, KY  
**GRANT AWARD(S):** $210,000 (2012); $213,000 (2013)  
**TOTAL GRANT(S) AWARDED:** $423,000

**CATHERINE’S HEALTH CENTER**

**PROGRAM:** Live Heart Smart  
**GOAL:** To help low-income, medically underserved community residents become aware of their personal risk factors for cardiovascular disease and help them identify and implement lifestyle changes that will help improve their health.  
**HIGHLIGHT:** More than half of the 1,000 participants enrolled decreased their blood pressure and nearly half have decreased their Body Mass Index.  
**AREA OF FOCUS:** Grand Rapids, MI  
**GRANT AWARD(S):** $161,950 (2012); $163,387 (2013)  
**TOTAL GRANT(S) AWARDED:** $325,337
CHRISTIANA CARE HEALTH SYSTEM

**PROGRAM:** Cardiovascular Outreach Prevention Program (COPP)/No Heart Left Behind

**GOAL:** To engage teens to increase their ability to make healthy lifestyle changes and connect with community-based resources and to teach these teens the skills to also improve the heart health and weight management of an important adult in their life.

**HIGHLIGHT:** Participants doubled weekly exercise to four days per week from two days a week; by the program’s completion, teen participants drank five fewer sugar-sweetened drinks per week.

**AREA OF FOCUS:** Wilmington, DE

**GRANT AWARD(S):** $195,809 (2012); $213,094 (2013)

**PAST GRANT AWARD(S):** $152,654 (2011)

**TOTAL GRANT(S) AWARDED:** $561,557

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CORNELL COOPERATIVE EXTENSION ASSOCIATION OF SCHENECTADY COUNTY

**PROGRAM:** Health Shares: Doctors Prescribing Healthy Local Produce to At-Risk, Low-Income Families

**GOAL:** To reduce complications from cardiovascular disease and other chronic diseases through an innovative community partnership that improves nutrition by prescribing fresh vegetables for high-risk, low-income patients at an urban family health center.

**HIGHLIGHT:** Twenty-three percent of individuals who completed the program experienced greater than 5 percent weight loss. Ninety-four percent reported increased consumption of fruits and vegetables.

**AREA OF FOCUS:** Schenectady, NY

**GRANT AWARD(S):** $189,500 (2012)

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CORNERSTONE ASSISTANCE NETWORK

**PROGRAM:** Cardio CAN Outreach Year 2 & 3

**GOAL:** To be the “go-to” place for uninsured and low-income families to receive life-changing interventions to help them become independent and have a better life.

**HIGHLIGHT:** Thirty-five percent (24 out of 68 participants with comparison measures) reduced their A1c by 10 percent or more.

**AREA OF FOCUS:** Fort Worth, TX

**GRANT AWARD(S):** $191,955 (2012)

**PAST GRANT AWARD(S):** $185,000 (2010); $150,000 (2011)

**TOTAL GRANT(S) AWARDED:** $526,955
**DR ARENIA C. MALLORY COMMUNITY HEALTH CENTER, INC**

**PROGRAM:** Dr Martha W. Davis Healthy Families Movement Program  
**GOAL:** To reduce the risk of heart disease among low-income, African American females by implementing a comprehensive cardiovascular wellness program that includes medical, nutrition, fitness, and behavior counseling.  
**HIGHLIGHT:** Participants increased their average nutrition knowledge score to 88 percent, up from 75 percent at the beginning of the program; nearly half of the participants lost an average of over six pounds.  
**AREA OF FOCUS:** Lexington, MS  
**GRANT AWARD(S):** $250,000 (2012); $228,445 (2013)  
**PAST GRANT AWARD(S):** $190,680 (2011)  
**TOTAL GRANT(S) AWARDED:** $669,125

**ELKHORN LOGAN VALLEY PUBLIC HEALTH DEPARTMENT**

**PROGRAM:** Operation Heart to Heart  
**GOAL:** To reduce the incidence of cardiovascular disease and increase health screening opportunities among agricultural laborers in Burt, Cuming, Stanton, and Madison Counties in Nebraska.  
**HIGHLIGHT:** More than 1,000 participants demonstrated an average heart health knowledge score of 85 percent at the end of the program compared to 64 percent prior to the program.  
**AREA OF FOCUS:** Wisner, NE  
**GRANT AWARD(S):** $250,000 (2012); $250,000 (2013)  
**TOTAL GRANT(S) AWARDED:** $500,000

**FLAGSTAFF MEDICAL CENTER**

**PROGRAM:** Northern Arizona Diabetes—Heart Connection, Year 2  
**GOAL:** To reduce morbidity/mortality rates and to improve wellness/overall health by identifying, screening, and educating community members at risk for diabetes and cardiovascular disease.  
**HIGHLIGHT:** Each participant received one-on-one education about risk factors and results at the time of screening. For participants who had follow-up screenings, on average Body Mass Index decreased by six points, cholesterol decreased by seven points, glucose decreased by eight points, and weight decreased by eight pounds.  
**AREA OF FOCUS:** Flagstaff, AZ  
**GRANT AWARD(S):** $158,160 (2012)  
**PAST GRANT AWARD(S):** $167,400 (2011)  
**TOTAL GRANT(S) AWARDED:** $325,560
**FOUNDATION FOR COMMUNITY PARTNERSHIPS**

**PROGRAM:** Partnering for Youth Cardio-Fit Project  
**GOAL:** To teach participants the value of a commitment to fitness and nutrition via the Partnering for Youth After School Program by increasing students’ physical activity and knowledge of cardiovascular health.  
**HIGHLIGHT:** Ninety-four percent of the 498 students surveyed reported improved knowledge of fitness and nutrition as a result of program participation; multiple PACER (Progressive Aerobic Cardiovascular Endurance Run) results were collected for 774 students throughout the year; more than three quarters of middle school youth maintained or improved their PACER performance.  
**AREA OF FOCUS:** Chester, MD  
**GRANT AWARD(S):** $253,297 (2012); $267,845 (2013)  
**PAST GRANT AWARD(S):** $192,855 (2011)  
**TOTAL GRANT(S) AWARDED:** $713,997

**GULF COAST HEALTH EDUCATORS**

**PROGRAM:** Chronic Disease Management and Prevention Program (CDMP)  
**GOAL:** To prevent and/or manage chronic diseases associated with obesity and diabetes by promoting healthy lifestyles among uninsured, underserved, highly vulnerable populations in Mississippi.  
**HIGHLIGHT:** Nearly three-quarters (72 percent) of participants lost weight from pre-test to follow-up; among the 116 participants who reported A1c at baseline and follow-up, 79 participants (68 percent) improved A1c at follow-up, and the average reduction was about 11 percent (from 7.79 to 6.97 points).  
**AREA OF FOCUS:** Pass Christian, MS  
**GRANT AWARD(S):** $187,653 (2012)  
**PAST GRANT AWARD(S):** $150,000 (2010); $191,272 (2011)  
**GRANT AWARD(S):** $528,925

**JOAN & SANFORD I. WEILL MEDICAL COLLEGE OF CORNELL UNIVERSITY**

**PROGRAM:** The Weill Cornell Heart to Heart Community Outreach Campaign  
**GOAL:** To screen uninsured, underserved, at-risk communities for cardiovascular disease and diabetes and empower participants to lead healthier lives.  
**HIGHLIGHT:** Staff provided health screenings for 900 individuals in 2013.  
**AREA OF FOCUS:** New York, NY  
**GRANT AWARD(S):** $181,895 (2012)
2012 GRANT AWARDEES

MATTHEW WALKER COMPREHENSIVE HEALTH CENTER

PROGRAM: Dial Down Diabetes
GOAL: To provide a comprehensive, culturally relevant community-based program for low-income adults with diagnosed diabetes, undiagnosed diabetes, or pre-diabetes.
HIGHLIGHT: The average A1c value for 453 participants decreased from 9.4 to 8.1; 61 percent of participants considered themselves healthy eaters by the end of the program, compared to less than 25 percent at the start of the program.
AREA OF FOCUS: Nashville, TN
GRANT AWARD(S): $173,700 (2012); $173,210 (2013)
PAST GRANT AWARD(S): $165,864 (2011)
TOTAL GRANT(S) AWARDED: $512,774

MEDSTAR WASHINGTON HOSPITAL CENTER FOUNDATION

PROGRAM: Hair, Heart, and Health: Barbershops as a Venue for Engaging Underserved Communities in Healthy Lifestyles and CVD Prevention
GOAL: To identify, educate, and provide health system navigation services to barbershop patrons with unrecognized and/or uncontrolled hypertension (HT) and/or diabetes mellitus (DM) with the goal of improving cardiovascular disease and DM outcomes.
HIGHLIGHT: For participants with a pre-existing HT diagnosis, 43.5 percent had a BP reading <120/80 at follow-up; there was also a decrease in the consumption of sugar-sweetened beverages.
AREA OF FOCUS: Washington, DC
GRANT AWARD(S): $256,460 (2012)

PALMETTO PROJECT

PROGRAM: Heart & Soul
GOAL: To improve clinical indicators for metabolic syndrome among African Americans at greatest risk for cardiovascular disease and stroke at food distribution and community meal sites throughout South Carolina.
HIGHLIGHT: Blood pressure readings improved for 41 percent of program participants (90 out of 217); nearly one-quarter of the participants whose blood pressure readings began at dangerously high levels (more than 160/100) made lifestyle changes that reduced their blood pressure.
AREA OF FOCUS: Mt. Pleasant, SC
GRANT AWARD(S): $215,510 (2012); $209,523 (2013)
TOTAL GRANT(S) AWARDED: $425,033
SAINT AGNES HOSPITAL FOUNDATION, INC

PROGRAM: Heart-to-Heart
GOAL: To identify and assess underserved, low-income African American women at high risk for cardiovascular disease and provide a community-based church intervention program, including nutrition, physical activity, and healthy lifestyle education.

HIGHLIGHT: Staff completed 276 one-on-one tailored heart risk assessments; at the beginning of the program, 80 percent of the participants had a waist circumference (an indicator of cardiovascular risk in women) that placed them in the at-risk category; after four months of program participation, the percentage of participants in the at-risk category decreased to 65 percent.

AREA OF FOCUS: Baltimore, MD
GRANT AWARD(S): $244,455 (2012); $197,634 (2013)
TOTAL GRANT(S) AWARDED: $442,089

SANKOFA COMMUNITY DEVELOPMENT CORPORATION

PROGRAM: Sankofa HEAL Project
GOAL: To teach youth and their families about the health benefits of eating fresh fruits and vegetables and associated risk reduction for overweight/obesity, hypertension, cardiovascular disease, type 2 diabetes, and related disorders and provide heart health and nutrition education to adolescent youth through the development of a school garden with integrated nutrition education.

HIGHLIGHT: Two-thirds of the 74 HEAL students that have participated in the program increased their knowledge of cardiovascular health; the program has provided increased access to fresh produce at the Farmers’ Market for people of lower socioeconomic status who would otherwise not be able to afford it.

AREA OF FOCUS: New Orleans, LA
GRANT AWARD(S): $150,000 (2012); $150,000 (2013)
PAST GRANT AWARD(S): $150,000 (2011)
TOTAL GRANT(S) AWARDED: $450,000

ST MARY’S HEALTH WAGON

PROGRAM: Appalachian Healthy Heart Initiative
GOAL: To improve quality of care through prevention, detection, and treatment of heart disease and reduce cardiovascular health disparities for uninsured and underinsured community members.

HIGHLIGHT: Nearly one third of the 1,013 program participants lost more than 10 pounds and almost 75 percent of those had a blood pressure reading of less than 140/90 by end of the year, compared to 55 percent at the start of the program.

AREA OF FOCUS: Clintwood, VA
GRANT AWARD(S): $239,500 (2012)
PAST GRANT AWARD(S): $150,762 (2010); $155,300 (2011)
TOTAL GRANT(S) AWARDED: $545,562
SUSTAINABLE FOOD CENTER

PROGRAM: Sustainable Food Center Cultivating Healthy Communities
GOAL: To promote cardiovascular health, sustainable foods, healthy nutrition, and the prevention of obesity in children and families living in economically disadvantaged neighborhoods where residents lack access to affordable, healthy foods, nutrition literacy, and information about healthy, local foods.

HIGHLIGHT: Seventy-two percent of students reached participated in at least three program components (29,000/40,000 total reached); of survey respondents in three program components, a combined 92 percent (754/816) reported increased fruit and vegetable consumption.

AREA OF FOCUS: Austin, TX
GRANT AWARD(S): $197,772 (2012)
PAST GRANT AWARD(S): $150,000 (2010); $202,565 (2011)
TOTAL GRANT(S) AWARDED: $550,337

UNIVERSITY OF MIAMI MILLER SCHOOL OF MEDICINE

PROGRAM: Healthy Living for Better Days
GOAL: To combine an exercise program and healthy eating education into a community program for improving overall and cardiovascular health status among low socioeconomic status persons with HIV/AIDS.

HIGHLIGHT: Among participants with follow-up measures (58 of 90 total), nearly 70 percent maintained or improved their Hemoglobin A1c values, and 75 percent reported fewer symptoms of depression.

AREA OF FOCUS: Miami, FL
GRANT AWARD(S): $223,738 (2012)

WEST VIRGINIA HEALTH RIGHT, INC

PROGRAM: Pathways to Cardiovascular Health
GOAL: To improve the health status of its patients at risk for cardiovascular disease through sustainable lifestyle measures coupled with medication therapies.

HIGHLIGHT: Participants who identify as “motivated” have decreased total cholesterol by 3.6 percent, decreased Hemoglobin A1c by 5.2 percent, and decreased BMI by 3.1 percent.

AREA OF FOCUS: Charleston, WV
GRANT AWARD(S): $185,025 (2012)
PAST GRANT AWARD(S): $186,907 (2010); $185,025 (2011)
TOTAL GRANT(S) AWARDED: $556,957
2012 GRANT AWARDEES

WHITTIER STREET HEALTH CENTER

PROGRAM: The Whittier Connections for Cardiovascular Care
GOAL: To improve access to cardiovascular education, screenings, and care through community-based interventions for African American and Latino residents of Boston.
HIGHLIGHT: The program served 267 enrolled participants through direct case management services, social services, patient navigation, and/or a six-week cardiovascular education course; more than half of these participants with uncontrolled blood pressure now have controlled blood pressure and have lost an average of over five pounds.
AREA OF FOCUS: Roxbury, MA
GRANT AWARD(S): $150,000 (2012); $150,768 (2013)
PAST GRANT AWARD(S): $159,574 (2011)
TOTAL GRANT(S) AWARDED: $460,342
2012 GRANT AWARDEES

These 22 grant awards were made in November 2012, and program activities were implemented throughout 2013.

- Allegiance Health Foundation
- Ashland-Boyd County Health Department
- Catherine’s Health Center
- Christiana Care Health System
- Cornell Cooperative Extension Association of Schenectady County
- Cornerstone Assistance Network
- Dr Arenia C. Mallory Community Health Center, Inc
- Elkhorn Logan Valley Public Health Department
- Flagstaff Medical Center
- Foundation for Community Partnerships
- Gulf Coast Health Educators
- Joan & Sanford I. Weill Medical College of Cornell University
- Matthew Walker Comprehensive Health Center
- MedStar Washington Hospital Center Foundation
- Palmetto Project
- Saint Agnes Hospital Foundation, Inc
- Sankofa Community Development Corporation
- St Mary’s Health Wagon
- Sustainable Food Center
- University of Miami Miller School of Medicine
- West Virginia Health Right, Inc
- Whittier Street Health Center
LOOKING TO THE FUTURE

The burden of cardiovascular disease cannot change overnight. The Connections for Cardiovascular Health℠ Grant Awardees are a testament to how community-based programs can connect people, improve heart health, and change lives. We look forward to seeing them continue to do so in 2014.

2013 GRANT AWARDEES

These 19 grant awards were made in November 2013 and program activities will be implemented throughout 2014.

- Allegiance Health Foundation
- Ashland-Boyd County Health Department
- Catherine’s Health Center
- Christiana Care Health System
- Dr Arenia C. Mallory Community Health Center, Inc
- Elkhorn Logan Valley Public Health Department
- The Food Trust
- Foundation for Community Partnerships
- Manna Ministries Inc
- Matthew Walker Comprehensive Health Center
- North Georgia Healthcare Center
- Palmetto Project
- Poudre Valley Health System Foundation
- Saint Agnes Hospital Foundation, Inc
- Sankofa Community Development Corporation
- St Mary’s Health Wagon
- Sundance Research Institute
- UnityPoint Health – Trinity Medical Center
- Whittier Street Health Center
### 2013 NEW GRANT AWARDEES

Together with 12 repeat-funded programs, these seven grant awards were made in November 2013 and program activities will be implemented throughout 2014.

<table>
<thead>
<tr>
<th>The Food Trust</th>
<th>The Healthy Corner Store Network “Heart Smarts” Program</th>
<th>Goal: To implement a community-based project to develop new prevention services with the goal of reducing modifiable risk factors for heart disease through corner store-based education on nutrition and healthy behaviors; increased access to affordable, nutritious food; and new policy measures to curb tobacco use as well as through piloting an innovative model to integrate free health screenings in healthy corner stores with a health referral process for at-risk adults.</th>
<th>Area of Focus: Philadelphia, PA</th>
<th>2013 Grant Award(s): $209,800</th>
</tr>
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<tbody>
<tr>
<td>Manna Ministries Inc</td>
<td>Heart 2 Heart Initiative</td>
<td>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.</td>
<td>Area of Focus: Picayune, MS</td>
<td>2013 Grant Award(s): $152,763</td>
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<tr>
<td>North Georgia Healthcare Center</td>
<td>POWER (Patient Outreach With Education and Resources) Program</td>
<td>Goal: To provide testing and education to prevent, diagnose, and treat diabetes, high blood pressure, obesity, and heart disease among the most underserved while breaking down transportation and economic barriers by bringing these free services to their communities through a mobile health unit.</td>
<td>Area of Focus: Ringgold, GA</td>
<td>2013 Grant Award(s): $175,200</td>
</tr>
<tr>
<td>Poudre Valley Health System Foundation</td>
<td>Healthy Hearts Family Intervention</td>
<td>Goal: To interrupt patterns of cardiovascular disease in low-income families in northern Colorado through increased comprehension of cardiovascular disease risk factors, improved heart-healthy lifestyle behaviors, physical activity, and improved clinical measures.</td>
<td>Area of Focus: Fort Collins, CO</td>
<td>2013 Grant Award(s): $154,320</td>
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</table>
2013 NEW GRANT Awardees

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 individuals with metabolic disorder, diabetes mellitus, and Nonalcoholic Fatty Liver Disease and correlate the risk for cardiovascular disease related to these afflictions, ultimately minimizing and preventing the risk of a cardiac event through the use of health education, screening, and medication management.

AREA OF FOCUS: Clintwood, VA

2013 GRANT AWARD(S): $200,000

TOTAL GRANT(S) AWARDED: $745,562 (2010-2013)

SUNDANCE RESEARCH INSTITUTE

PROGRAM: Honoring Your Heart on the Wind River Indian Reservation

GOAL: To create a coordinated clinical-community two-part health education program to increase cardiovascular health knowledge and reduce cardiovascular disease risk factors among members of the Eastern Shoshone Tribe on the Wind River Indian Reservation.

AREA OF FOCUS: Bethesda, MD/Sundance, WY

2013 GRANT AWARD(S): $238,900

UNITYPOINT HEALTH – TRINITY MEDICAL CENTER

PROGRAM: HEART Helping Everyone Access heaRt Treatment

GOAL: To improve cardiovascular disease prevention and disease awareness of adults living in medically underserved areas of Rock Island County by providing on-site cardiovascular risk screenings, health literacy education, and healthy behavior tools/support offered at neighborhood centers and using a Health Coach to help achieve healthy outcomes throughout the program.

AREA OF FOCUS: Moline, IL

2013 GRANT AWARD(S): $187,270
### BOARD OF TRUSTEES

<table>
<thead>
<tr>
<th>Name</th>
<th>Title &amp; Affiliation</th>
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<tbody>
<tr>
<td>Cindy Bertrando</td>
<td>AstraZeneca</td>
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<tr>
<td>James W. Blasetto, MD, MPH, FACC</td>
<td>AstraZeneca</td>
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<td>Ann Booth-Barbarin</td>
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<td>Richard Buckley</td>
<td>AstraZeneca</td>
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<tr>
<td>John B. Buse, MD, PhD</td>
<td>Verne S. Caviness Distinguished Professor Director, Diabetes Care Center Chief, Division of Endocrinology Executive Associate Dean, Clinical Research University of North Carolina School of Medicine</td>
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<tr>
<td>Emily Denney</td>
<td>AstraZeneca</td>
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<tr>
<td>Timothy J. Gardner, MD</td>
<td>Medical Director, Center for Heart &amp; Vascular Health Executive Director, Value Institute Christiana Care Health System</td>
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<tr>
<td>Howard Hutchinson, MD, FACC</td>
<td>AstraZeneca</td>
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<tr>
<td>Michael Miller, MD, FACC, FAHA</td>
<td>Professor, Departments of Medicine, Epidemiology &amp; Public Health University of Maryland School of Medicine Director, Center for Preventive Cardiology University of Maryland Medical Center</td>
</tr>
<tr>
<td>L. Kristin Newby, MD, MHS</td>
<td>Professor of Medicine, Cardiology Codirector, Duke Cardiac Care Unit</td>
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### OFFICERS

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<tr>
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<tr>
<td>James W. Blasetto, MD, MPH, FACC</td>
<td>Chairman</td>
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<tr>
<td>Richard Buckley</td>
<td>President</td>
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<tr>
<td>Emily Denney</td>
<td>Vice President</td>
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<tr>
<td>David E. White</td>
<td>Treasurer</td>
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<tr>
<td>Ann Booth-Barbarin</td>
<td>Secretary</td>
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<tr>
<td>Joyce Jacobson</td>
<td>Executive Director</td>
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<tr>
<td>Cindy Bertrando</td>
<td>Assistant Treasurer</td>
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<tr>
<td>Robert L. Busch</td>
<td>Assistant Treasurer</td>
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<tr>
<td>Robert Tortorello</td>
<td>Assistant Treasurer</td>
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