



American
Heart
Association.



2024-2025

Washington

Community Impact Highlights

Advancing health and hope for everyone, everywhere.

The American Heart Association is driving powerful change in our communities by fueling lifesaving research and reshaping systems to ensure everyone has an opportunity to live a full, healthy life. We collaborate with clinical and community organizations to build sustainable, community-led solutions that confront root causes of health disparities—improving access to care, nutritious food and CPR response.

In Washington, we translate science into action—uplifting voices, removing barriers and fueling initiatives that reflect local priorities.

Together, we are shaping a future where health is not a privilege, but a right.

puget.sound@heart.org | heart.org/washington | [@AmericanHeartWA](https://twitter.com/AmericanHeartWA)

Year in Review

While these figures offer a snapshot of the American Heart Association Washington's reach and momentum, they don't tell the full story.

Behind every data point is time spent listening, learning and refining our role. This year, we deepened our understanding of Washington's health landscape, expanded into new areas like maternal health and cardiac emergency response planning and cultivated collaborations with clinical and community leaders.

These investments—of time, effort and shared vision—lay the groundwork for lasting policy, systems and environmental change. As we continue to invest in community-led solutions, we will share our learnings to inspire similar models and guide future research and recommendations.

We can't do this work alone.
Thank you for coming alongside us.

185,000



Through our collaborative initiatives, more than 185,000 people have improved access to services and resources that improve health, from nutritious food and blood pressure tools to CPR response and high quality, low barrier care.

39



Guided by our collaborators insights, we've supported 39 projects across 77 locations to address health disparities in ways that are responsive to local needs.

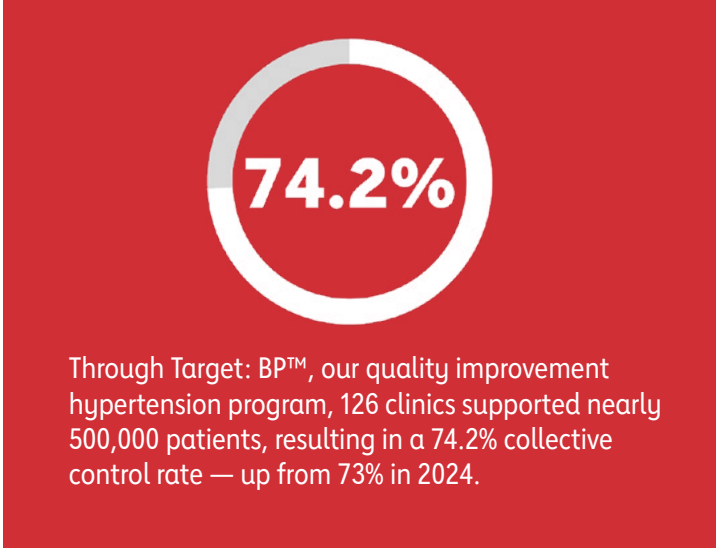
110,000



We've made a concerted effort to reach individuals who face barriers to resources and services based on where they live. Within rurally-designated communities, we reached over 110,000 people who face an elevated risk of cardiovascular disease.

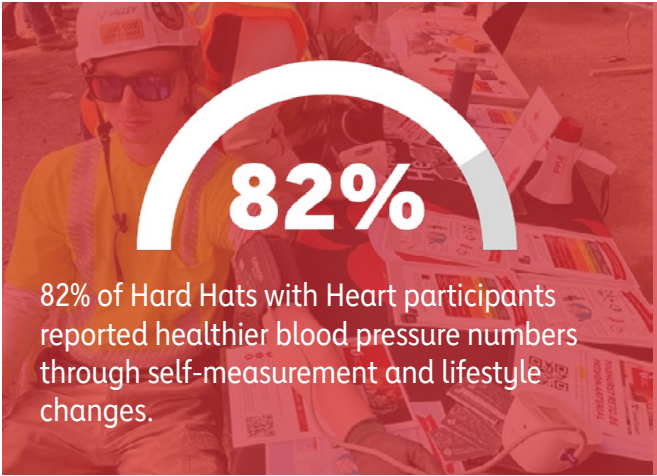
Blood Pressure Control

2.7 million adults—nearly half of the state’s adult population—has high blood pressure, yet only 1 in 4 is aware. The American Heart Association is working to identify and support individuals managing hypertension in under resourced areas. Our goal is for at least 75% of Washingtonians diagnosed to have access to the care, resources and education to meet their blood pressure goals.



150,000

People reached with tools to support healthy blood pressure through 17 projects across 37 locations including blood pressure screening and referral, self-measurement programs and specialized programs for pregnant people to manage high blood pressure alongside clinicians and doulas.



Community Stories

Student-Championed Self-Measured Blood Pressure



“This training gave us confidence to step into a leadership role on campus and prepares us for futures in health care,” Bellevue College Student

Chronic stress, commonly reported by college students and faculty, can lead to high blood pressure and increase the risk of heart disease and stroke. At Bellevue College, this hit close to home after two beloved faculty members recently experienced strokes.

In response, Bellevue College, in collaboration with the American Heart Association and with funding from local supporters, launched a Student-Championed Self-Measured Blood Pressure program to raise awareness and provide tools for managing hypertension.

Trained by the American Heart Association, student leaders now offer screenings and teach participants how to monitor at home. Participants with high blood pressure receive loaned devices, educational materials and referrals to nearby health centers offering low- or no-cost care.

Clinics and Doulas Tackling High Blood Pressure

An estimated 87% of maternal deaths are preventable. Managing high blood pressure is key to reducing these deaths.

This year, we piloted specialized self-measured blood pressure programs in three maternal clinics for pregnant and postpartum people. By providing patient education and devices to measure blood pressure at home, these programs help clinicians and patients work together to manage hypertensive disorders of pregnancy. To extend care beyond the clinic, patients can be referred to doulas trained to provide blood pressure measurement support for up to 9 months after their baby is born – all at no cost.

This program expands the patient care network, helps patients speak to their needs and improves how high blood pressure is managed during and after pregnancy.



Nutrition Security

Rural counties and neighborhoods in South King County face the highest food insecurity rates in Washington, exceeding 20% of residents. Over the past year, the American Heart Association has advanced nutrition security in Washington by addressing factors that improve the accessibility, affordability and utilization of foods that support optimal health. Our local initiatives address systemic barriers to nutritious, culturally relevant foods and promote food sovereignty.



Community Story

Screening to Sustenance in Lewis County

Amid rising food insecurity rates that exceed state averages, Valley View Health Center launched a systematic approach to address food access in Lewis County, inspired by growing evidence supporting Food Is Medicine strategies.

With the American Heart Association's support, Valley View integrated food insecurity screenings within three high-needs clinics. After just two weeks, nearly 70 patients were identified as food insecure and connected with food assistance programs, including nearby Toledo Neighbors Program that offers culturally relevant, locally grown foods that support healthy blood pressure and blood sugar.

To reinforce its commitment to health and culture, Toledo Neighbors Program developed a nutrition policy prioritizing heart-healthy offerings and culturally significant staples like jalapeños and cactus. The program expanded its onsite garden to include culturally relevant crops, but limited volunteer capacity was a challenge. Thanks to funding from local American Heart Association supporters, an irrigation system was installed, reducing reliance on volunteers through the growing season.

Feeding people is a responsibility to nourish health and community. If we are giving empty calories, we are not supporting quality of life. Our nutrition policy elevates our work and honors communities in need," Amber Buck, Board President, Toledo Neighbors Program.

30,000

Through 18 projects across 36 locations—with collaborators including Federally Qualified Health Centers, Indigenous-led groups, universities and rural resource centers—we reached over 30,000 individuals in high-need priority populations statewide.

Our strategies included integrating food insecurity screening and referral protocols in community and clinical settings, co-developing nutrition policies, enhancing capacity to store and distribute healthy perishable foods and expanding culturally aligned nutrition education.

What's Next

We are cultivating relationships with community groups and organizations, such as Harvest Against Hunger, Washington Department of Health, Public Health Seattle-King County and other communities of practice in order to increase our capacity, network and relationships. We are working to decrease rates of food insecurity, especially within South King County, Central Washington and within marginalized communities. Given recent cuts to federal funding and support for healthy, accessible food and nutrition education, our work in this area is more important than ever before.

CPR Response

Only 14% of sudden cardiac arrest victims in Washington survive and only 54% receive bystander CPR. While these rates are higher than national averages, disparities exist across King County and rural Washington.

*Over the past year, we've taken important steps toward building a Nation of Lifesavers—ensuring more people are prepared to save a life. We collaborated with **four** organizations to develop Cardiac Emergency Response Plans (CERPs). These evidence-based plans help ensure staff are trained and prepared to respond to cardiac arrest incidents, potentially reaching nearly **3,000** individuals.*



Community Story

Improving Cardiac Emergency Readiness on the Jobsite

Construction workers face elevated cardiovascular disease risks due to high stress, poor nutrition, tobacco use and limited physical activity. In the U.S., 343,000 construction workers—1 in 25—have been diagnosed with cardiovascular disease.

While many construction companies maintain general emergency action plans, these often lack protocols for cardiac arrest response. The American Heart Association collaborated with Aldrich + Associates to develop a tailored Cardiac Emergency Response Plan (CERP). The plan includes training in Hands-Only CPR, recognition of heart attack and stroke symptoms, automated external defibrillators (AED) placement and maintenance, integration with emergency medical services and scheduled drills.

During Safety Week, the Association provided education

and CPR demonstrations to support rollout. The finalized CERP is now embedded within Aldrich's broader emergency action plan, ensuring teams are equipped to respond to cardiac emergencies on-site.

260,364

Washingtonians trained and certified
in CPR/AED response

7,260

Washingtonians educated in Hands-Only CPR

The Path Forward

The American Heart Association is working to prepare more schools, workplaces and community organizations in Washington to build coordinated plans to respond to cardiac emergencies. Our goal is to double the statewide survival rate for sudden cardiac arrest to 30% by building a Nation of Lifesavers equipped with the tools and education to act quickly.

We are also advocating for legislation that encourages every public school in Washington to adopt Cardiac Emergency Response Plans and ensures automated external defibrillators (AEDs) are available. We'll meet with lawmakers during the annual Heart at the Capitol Lobby Day in January 2026 to support this effort.



Community and School Engagement

Caring for physical and emotional health lays the foundation for strong hearts and minds. Thanks to the dedication of **396** schools and countless volunteers, **23,259** students took part in the American Heart Association’s school-based programs, Kids Heart Challenge and American Heart Challenge in Washington. Together, participating students raised over **\$1,718,000** in lifesaving donations while empowering families with knowledge that saves lives.

Through Finn’s Mission, **5,246** Washington students and families learned the warning signs of stroke, and **5,657** learned the steps of Hands-Only CPR. These programs nurture emotional well-being and build confidence to act in an emergency.



86

Washington hospitals participating in the American Heart Association’s Get With The Guidelines® programs, providing patients with the highest quality cardiovascular care



36

Active research grants in Washington funded for over \$14.3 million

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.

Together, we're changing the future of health.

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