

## The Health of the Community

34% of Albuquerque-area residents who have had their cholesterol checked have **high cholesterol**

26% have been told they have **high blood pressure**

24% of Albuquerque-area adults report **no physical activity** in the past month

35% of Albuquerque-area adults are **overweight**; another 25% are **obese**.

55% of all restaurants in Bernalillo County are **fast food establishments**

27% of New Mexico high schoolers are **overweight or obese**

1,000 Albuquerque-area residents died from cardiovascular diseases

213 died from stroke

23% of Albuquerque-area adults **smoke**

## The American Heart Association is Working to Change That

We're teaching healthy habits.



We're training more lifesavers.



We're helping employees move.



We're giving voices a platform.



We're reducing risk factors.



We're bringing health home.



4

Obesity-related medical conditions cost our nation nearly \$150 billion every year and account for 16 to 18 percent of our total healthcare costs. We've recognized four *Fit-Friendly* companies in the Albuquerque area working to improve the health of their employees.

By exercising for as little as 30 minutes a day you can reduce your risk of heart disease. Residents have mapped 363 walking paths via our mobile system.

363

1,788

Close to 2,000 Albuquerque residents visited our online nutrition center at [www.heart.org/nutrition](http://www.heart.org/nutrition) to get recipes and health tips.

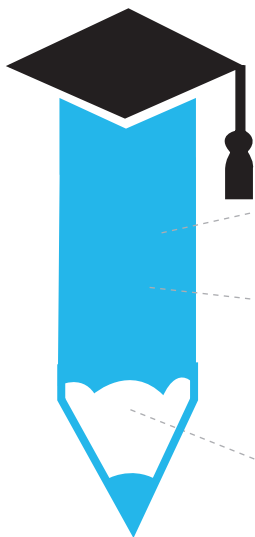
4

While 78 percent of Albuquerque-area adults do not meet CDC guidelines for physical activity, four area companies are utilizing our *Online Activity Tracker* to facilitate their workplace wellness programs and get their employees moving.

**new mexico** is why.

## Getting Kids Active & Healthy

Overweight adolescents have a 70% chance of becoming overweight or obese adults — that's why it's important to get kids moving. Here are a few ways we're working in area schools and through the New Mexico legislative system to ensure that all kids have a healthy start in life.



**77,905** students participated in *Jump Rope For Heart* or *Hoops For Heart* programs.

**196** schools received educational materials and health lesson plans, and many also received physical education equipment.

**2** *Teaching Gardens* have been planted in regional areas, teaching children the value of good eating habits.

## Educating the Community

Every day we're working within the community to highlight risk factors and their prevention. This includes educating some of our greatest at-risk populations through programming and online resources. Here's a look at some of our programs in the region.

**339** women have registered for the *Go Red For Women Movement*.

**135** *Stroke Ambassadors* are working within the African-American and Native American communities on risk factor education and awareness efforts.

**8** *Simple Cooking With Heart* demonstrations taught basic cooking skills such as poultry and vegetable preparation and sodium reduction for healthier cooking at home.

**189** *Go Red Ambassadors* work within the Hispanic and Native American communities, educating people about healthy lifestyle choices.

**208** residents registered for our *Check. Change. Control.* program to manage their high blood pressure.

## Helping Prevent Deaths

Heart disease is the No. 1 killer of Americans, and stroke is the No. 5 killer of Americans and is a leading cause of severe adult disability. In the New Mexico area, our hospitals and EMS teams are the frontline of defense against this killer.

**5** hospital teams received *Get With The Guidelines* awards, demonstrating a commitment to quality healthcare for more than 1,100 local patients.



**360** residents received patient support and information through our 24/7 hotlines.

## Research Advances

### Research in Albuquerque

**\$1,248,000**

2 institutions  
9 projects

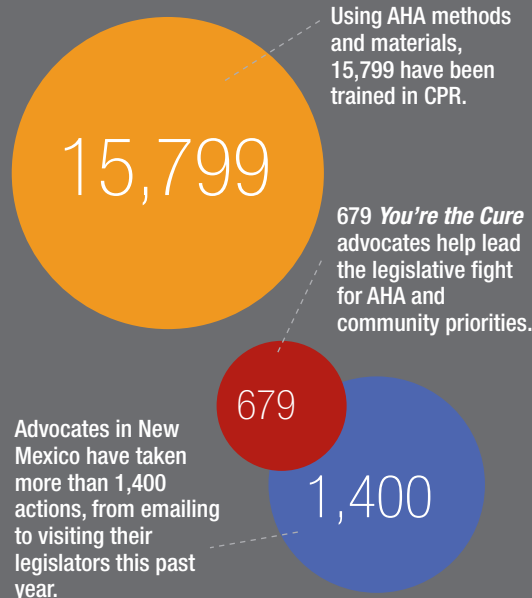


AHA-funded research has led to breakthroughs including the statin drug category and CPR techniques and guidelines. We funded \$1,248,000 in heart disease and stroke research in the Albuquerque area this year, including nine projects at two institutions.

Closing the funding gap is critical to advancing our lifesaving mission. \$420,000 in meritorious research went unfunded in the Albuquerque area.

## Saving Lives & Raising Voices

In 2007, the AHA helped pass the Dee Johnson Clean Indoor Air Act, banning smoking statewide in all enclosed workplaces. We continue to advocate for local ordinances and state legislation to build healthier communities in New Mexico. Here are a few other ways we're working to save lives in the Albuquerque area:



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 diseases 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.

[www.heart.org/albuquerque](http://www.heart.org/albuquerque)  
[facebook.com/ahanm](https://facebook.com/ahanm)  
[twitter.com/heart\\_south](https://twitter.com/heart_south)  
[instagram.com/heart\\_south](https://instagram.com/heart_south)