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FLORIDA DEPARTMENT OF HEALTH IN LEVY COUNTY CELEBRATES WORLD HEART DAY

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Bronson – In celebration of World Heart Day, Sept. 29, the Florida Department of Health in Levy County is promoting heart health by hosting Hands-Only™ CPR training. World Heart Day is an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death. The theme for 2015 is creating heart healthy environments.

"We could potentially save an additional 1000 to 2000 lives a year if more individuals learned how to do Hands-Only CPR," states Barbara Locke, Health Officer for Dixie, Gilchrist and Levy County Health Departments.

In Florida, 23.4 percent of adults age 65 and older reported in 2013 that they had been told by a healthcare provider that they had a heart attack, coronary heart disease or stroke. Heart disease was the leading cause of death in Florida in 2014 and is the number one killer of women, taking more lives than all forms of cancer combined.

Hands-Only™ CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an "out-of-hospital" setting (such as at home, at work or in a park). It consists of two easy steps:

1. Call 9-1-1 (or send someone to do that); and
2. Push hard and fast in the center of the chest.

Hands-Only™ CPR performed by a bystander has been shown to be as effective as conventional CPR with mouth-to-mouth breaths in the first few minutes of sudden cardiac arrest. Watch these videos for a brief overview of Hands Only™ CPR.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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