

September 24, 2015

FLORIDA DEPARTMENT OF HEALTH IN OKALOOSA COUNTY CELEBRATES WORLD HEART DAY



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Ft. Walton Beach, Fla – The Florida Department of Health in Okaloosa County (DOH-Okaloosa) is celebrating World Heart Day. World Heart Day is on September 29 and is an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the leading causes of death worldwide. To celebrate World Heart Day, DOH-Okaloosa, Okaloosa County Emergency Medical Services and Beach Safety will be providing Hands-Only™ CPR training, heart healthy activities, and heart healthy information in Okaloosa County.

“Our goal for World Heart Day 2015 is to inform and teach as many community members as possible about Hands-Only Cardiopulmonary Resuscitation (CPR). Hands-only CPR is an easy and safe method to save a life. Anyone can do it,” stated Dr. Karen A. Chapman, Director of DOH-Okaloosa. “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.”

Join us at the following free community outreach events:

Sept. 26: American Heart Association’s Okaloosa/Walton Heart Walk
Pre-Walk Warm-Up
Northwest Florida State College, Niceville, FL
Event starts at 8:00 a.m.

Sept. 29: Santa Rosa Mall, Mary Esther, FL
11:30 a.m. – 1:30 p.m.

Destin Commons, Destin, FL
3:00 p.m. – 5:00 p.m.

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.

In a research article published in the New England Journal of Medicine, data showed that the survival rate for an individual in cardiac arrest who received CPR before the arrival of emergency responders was twice as high as that associated without initial CPR. The research supports that compression-only or Hands-Only™ CPR, which is easier to learn and to perform, should be considered the preferred method for CPR performed by bystanders.

Watch these [videos](#) for a brief overview of Hands-Only™ CPR.

Visit www.Heart.org for more information on Hands-Only™ CPR. For more information about the World Heart Day events in Okaloosa County, visit www.HealthyOkaloosa.com.

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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