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DOH-OKALOOSA AND PARTNERS CELEBRATE WORLD HEART DAY AT OKALOOSA/WALTON HEART WALK ON SEPTEMBER 24



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Ft. Walton Beach, Fla – The Florida Department of Health in Okaloosa County (DOH-Okaloosa) has partnered with American Heart Association, Okaloosa County Department of Public Safety, and Fort Walton Beach Medical Center to celebrate World Heart Day. World Heart Day is an annual observance on September 29 created by the World Heart Foundation to remind everyone that heart diseases and stroke are the leading causes of death worldwide.

To celebrate World Heart Day, DOH-Okaloosa and community partners will be providing Hands-Only™ CPR training, heart healthy activities and information at the Okaloosa/Walton Heart Walk.

Sept. 24: 2016 Okaloosa/Walton Heart Walk
Northwest Florida State College, Niceville, FL
Event starts at 8:00 a.m.

The Heart Walk is the American Heart Association's premiere event for raising funds to save lives from the nation's leading and fifth-leading causes of death—heart disease and stroke. For event details and to register, please visit www.OWhartwalk.org.

“Our goal for World Heart Day is to inform and teach as many individuals as possible about Hands-Only 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. “Also, since heart disease are the second leading cause of death in Okaloosa County, we will be helping the public know their risk factors and how they can take steps toward a healthier life.”

Hands-Only™ CPR is simply 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.

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