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City of Mounds View Named Recipient of Heart Safe Community Designation

Heart safe community designation helps to make the community a SAFER place to live, work, and play by being prepared to reduce the number of deaths and disabilities associated with Sudden Cardiac Arrest.

The City of Mounds View, MN recently received the designation of Heart Safe Community, a program through the Minnesota Resuscitation Consortium, the American Heart Association, the Minnesota Department of Health and a team of state-wide organizations.

The designation program aims to increase survival rates of sudden cardiac arrest (SCA) by helping communities assess their preparedness for cardiac emergencies and finding gaps where improvements can be made. Heart Safe Designation is reached by acquiring points or 'heartbeats' based on population size. Heartbeats are given for community awareness programs, CPR training, AED placement and mapping, access to rapid emergency services and progressive hospital systems, and development of community heart healthy activities.

Key state-wide partners in the Heart Safe Designation program are the MN Resuscitation Consortium at the University of Minnesota, Allina Health EMS Heart Safe Communities Program, North Memorial Heart Safe Communities Program, Take Heart St. Cloud, Take Heart American and several others.

The City of Mounds View has met the application requirements for a Heart Safe Community by conducting 14 training events held with the Adult Education Center, Mounds View Lions, New Brighton/Mounds View Rotary, Medtronic-Mounds View Campus, public classes, and a booth at public events. The City of Mounds View has a map of AED's posted on the city website and on the free smartphone app PulsePoint AED. Look for our booth at future public events including Festival in the Park and the National Night Out Pre-Party.

Commenting on the announcement, City Administrator Nyle Zikmund said, "This designation will make the City a safer place to both live and work, and increase the level of service we provide our citizens."

About Heart Safe Community Designation

Any municipality, county or organization is eligible to apply for the Heart Safe designation. Applicants can be determined by geographic locations or organization size. Geographic locations are cities, townships or counties. Separate application and requirements are available for schools or worksites.

While there is no application fee, there are often costs associated with meeting the criteria to become a Heart Safe Community. Cost will vary depending on the Community's size and needs (i.e. CPR training and equipment or AED placement). A proper assessment of your Community will determine the needs.

About Sudden Cardiac Arrest (SCA)

Sudden cardiac arrest is a public health crisis during which the heart stops without warning. SCA is often caused by abnormalities of the heart's electrical conduction system. Signs of SCA include unconsciousness and lack of breath. As the leading cause of death in the world, SCA strikes an estimated 350,000 Americans each year.

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To learn more about Heart Safe Community Designation and to access applications and toolkits, please visit www.health.state.mn.us/divs/healthimprovement/programs-initiatives/in-communities/heartsafe.html

Or www.health.state.mn.us and search heart safe designation

To learn more about free CPR resources, please visit www.learnCPRnow.org