

# HEART SAFE COMMUNITY DESIGNATION APPLICATION

Completion of the following application is required for a **Community** to submit a request for Heart Safe Designation. Refer to the “Steps to Becoming a Heart Safe Community” for additional information on minimum requirements based on population size. Complete each section making sure to provide detailed support for each category. Attach additional documentation or any forms used to show criteria listed as needed.

EARLY ACCESS & EARLY CPRGoals: To provide awareness on sudden cardiac arrest (SCA)/heart attack/stroke and their warning signs, education on calling 911, information on heart health and conduct approved CPR & AED training sessions within the community.

* 10 Heartbeats are awarded for each public event held (minimum 25 participants). Provide list of dates and number in attendance.
* 10 Heartbeats are awarded for registering all CPR training conducted through the American Heart Association, American Red Cross or MN Resuscitation Consortium CPR Registry (link found at [www.mrc.umn.edu](http://www.mrc.umn.edu)).
* Heartbeats are awarded for communicating with area middle and high schools to ensure and support compliance with state statute requiring CPR training AND meeting with school athletic directors to encourage and support use of the MN State High School League 'Anyone Can Save a Life program' for athletic programs.
* Additional Heartbeats are awarded based on the total percentage of population trained in the community (see chart below).

| **Percent of Population Trained** | **# Trained/ Community Population** | **Heartbeats****Awarded** |
| --- | --- | --- |
| 5% | [Enter in number here] | 50 |
| 10% (recommended) | [Enter in number here] | 200 |
| 15% | [Enter in number here] | 300 |
| 20% | [Enter in number here] | 400 |
| Each additional 5% | [Enter in number here] | +100 |

| **Category** | **Heartbeats** | **Total Heartbeats** |
| --- | --- | --- |
| # of Public Events held10 Heartbeats/ event (min 25 attendees) | [Enter in number here] | [Enter in number here] |
| Register all CPR training | 10 Heartbeats Total | [Enter in number here] |
| Municipal buildings with an effective Emergency Response Plan—must include CPR & AEDs | 10 Heartbeats Total | [Enter in number here] |
| Percent of Population Trained | See chart | [Enter in number here] |
| [left intentionally blank] | **Awareness & Training Heartbeats Total** | [Enter in number here] |

EARLY DEFIBRILLATION/AED IDENTIFICATIONGoals: Recognizing the benefit of early defibrillation during an SCA and placing AEDs in public areas, in emergency response/first responder vehicles, and making sure all AEDs are registered and in an Emergency Ready state (ready to use at time of need).

* 10 Heartbeats are awarded for each AED location identified. Public access AEDs should include signage to identify the building as AED equipped and electrodes & batteries should be in working order. This category does not apply to first responder, police/fire units, or other EMS units.
* 10 Heartbeats are awarded for a city/area map with all public access AEDs identified (promoting awareness to the public).
* 10 Heartbeats are awarded for communities where all local law enforcement and fire vehicles responding to cardiac emergencies are equipped with AEDs.
* 10 Heartbeats are awarded for communities that promote the use of a registry tool with a maintenance component.

| **Category** | **Heartbeats** | **Total Heartbeats** |
| --- | --- | --- |
| # AEDs located/identified[Enter in number here] | 10 Heartbeats each (provide list/map of locations) | [Enter in number here] |
| Map with all public access AEDs identified | 10 Heartbeats total | [Enter in number here] |
| All law enforcement/fire/EMS vehicles equipped with AEDs | 10 Heartbeats total | [Enter in number here] |
| Promotion of registry | 10 Heartbeats total | [Enter in number here] |
| [left intentionally blank] | **Early Defibrillation/AED Identification Heartbeats Total** | [Enter in number here] |

EARLY ADVANCED CARDIAC ARREST CARE & POST CARDIAC ARREST CAREGoals: 911 centers with dispatchers trained to recognize a potential SCA and provide Telecommunicator-CPR (T-CPR) instructions to the caller. Rapid response by First Responders equipped with AEDs and CPR trained, are dispatched with a response time of 3 minutes or less and care is transferred to an Advanced Life Support (ALS) crew, then transport to an appropriate ACLS facility. Finally post resuscitation care including cardiac rehab.

* 10 Heartbeats are awarded for Public Safety Answering Point (PSAP), with all dispatchers trained in T-CPR.
[**Provide contact information for PSAP here**]
* 10 Heartbeats are awarded for ALS response to all medical emergencies.
[**Provide contact information for ALS provider here**]
* 10 Heartbeats are awarded for Cardiac Care centers within 30 miles of your community (post cardiac arrest care or cardiac rehab facility.
[**Provide contact information for Cardiac Care Center here**]

| **Category** | **Heartbeats** | **Total Heartbeats** |
| --- | --- | --- |
| PSAP dispatchers T-CPR trained | 10 Heartbeats total | [Enter in number here] |
| ALS response to all medical emergencies | 10 Heartbeats total | [Enter in number here] |
| Cardiac Care within 30 miles | 10 Heartbeats total | [Enter in number here] |
| [left intentionally blank] | **Cardiac Arrest Care Heartbeats Total** | [Enter in number here] |

## **COMMUNITY HEART HEALTH**

Goals: Continuing to improve the heart health of your community, steps including coordinated activities, partnerships with healthcare/insurance agencies, and community wide planning will help reduce the risk of SCA even further.

* 20 Heartbeats are awarded for Healthy Weight: create opportunities for citizens to reduce/maintain a healthy weight. This may include adding sidewalks in neighborhoods, bike paths, park creations, nutritional counseling, walk/run programs, access to support groups, free/reduced price access to community fitness centers, and more (must provide documentation).
* 20 Heartbeats are awarded for Access to Care: access to screening, counseling for risk reduction and referral to quality physicians (must provide documentation).
* 20 Heartbeats are awarded for Tobacco Control: adherence to the smoke-free worksite law, zero sales to minors, cessations and treatment opportunities available and community counseling (must provide documentation).
* 50 Heartbeats are awarded for City/Town/County ordinance: requiring AEDs is buildings where first responder access may be impeded due to building use, occupancy, location, layout, high volume, multi-story, construction or other reasons.

| **Category** | **Heartbeats** | **Total Heartbeats** |
| --- | --- | --- |
| Letter of intent sent prior to application | 20 Heartbeats total | [Enter in number here] |
| Healthy Weight | 20 Heartbeats total | [Enter in number here] |
| Access to Care | 20 Heartbeats total | [Enter in number here] |
| Tobacco Control | 20 Heartbeats total | [Enter in number here] |
| [left intentionally blank] | **Heart Health Heartbeats Total** | [Enter in number here] |

## SUSTAINABILITY PLAN

Goals: Create a plan to ensure your community will continue efforts to increase awareness and readiness for cardiac emergencies. The plan should include things such as on-going CPR/AED training; identifying new locations for needed AEDs and helping to find ways to place them; plan prevention events, large public events including celebrations and 5k run/walks.

* 5 Heartbeats are awarded for Ongoing CPR/AED training (must provide documentation).
* 5 Heartbeats are awarded for Ongoing AED placement/assistance (must provide documentation).
* 5 Heartbeats are awarded for partnerships with state and/or national groups for awareness (must provide documentation).
* 5 Heartbeats are awarded for continued presence at community events (5K, health fairs, mass CPR trainings etc.).
* 10 Heartbeats are awarded for identifying new concerns around heart health in the community and plans to engage (must include specific plans/activities).
* 10 Heartbeats are awarded for identifying goals for year 1 following designation (must include specific plans/activities).
* 10 Heartbeats are awarded for year 2 following designation (must include specific plans/activities).

| **Category** | **Heartbeats** | **Total Heartbeats Earned** |
| --- | --- | --- |
| Ongoing CPR/AED training | 5 Heartbeats total | [Enter in number here] |
| Ongoing AED placement | 5 Heartbeats total | [Enter in number here] |
| State/National partnerships | 5 Heartbeats total | [Enter in number here] |
| Community Events | 5 Heartbeats total | [Enter in number here] |
| Identify new concerns | 10 Heartbeats total | [Enter in number here] |
| 1 year plan | 10 Heartbeats total | [Enter in number here] |
| 2 year plan | 10 Heartbeats total | [Enter in number here] |
| [left intentionally blank] | **Sustainability Heartbeats Total** | [Enter in number here] |

## HEART SAFE COMMUNITY DESIGNATION APPLICATION FINAL HEARTBEAT TOTALS

### EARLY ACCESS & EARLY CPR

| **Category** | **Total Heartbeats earned** |
| --- | --- |
| Total Public Events  | [Enter in number here] |
| Register all CPR training  | [Enter in number here] |
| On-Site Emergency Response Team | [Enter in number here] |
| All buildings ERP includes CPR & AEDs  | [Enter in number here] |
| Percent of Population Trained | [Enter in number here] |
| **Early Access & Early CPR Heartbeats Total** | [Enter in number here] |

### EARLY DEFIBRILLATION/AED IDENTIFICATION

| **Category** | **Total Heartbeats earned** |
| --- | --- |
| Total AEDs located/identified | [Enter in number here] |
| Map with all AEDs identified  | [Enter in number here] |
| Promotion of registry | [Enter in number here] |
| **Early Defibrillation/AED Identification Heartbeats Total** | [Enter in number here] |

### EARLY CARDIAC ARREST CARE & POST CARDIAC ARREST CARE

| **Category** | **Total Heartbeats earned** |
| --- | --- |
| PSAP dispatchers T-CPR trained  | [Enter in number here] |
| ALS response to all medical emergencies | [Enter in number here] |
| Cardiac Care within 30 miles | [Enter in number here] |
| **Cardiac Arrest Care Heartbeats Total** | [Enter in number here] |

### HEART HEALTH/BONUS

| **Category** | **Total Heartbeats earned** |
| --- | --- |
| Letter of intent sent prior to application | [Enter in number here] |
| Healthy Weight | [Enter in number here] |
| Access to Care | [Enter in number here] |
| Tobacco Control  | [Enter in number here] |
| Heart Health Heartbeats Total | [Enter in number here] |

### SUSTAINABILITY PLAN

| **Category** | **Total Heartbeats earned** |
| --- | --- |
| Ongoing CPR/AED training | [Enter in number here] |
| Ongoing AED placement | [Enter in number here] |
| Outside partnerships | [Enter in number here] |
| Heart Healthy Events | [Enter in number here] |
| Identify new concerns | [Enter in number here] |
| 1 year plan | [Enter in number here] |
| 2 year plan | [Enter in number here] |
| **Sustainability Plan Heartbeats Total** | [Enter in number here] |

Total Heartbeats: [Enter in number here]

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To obtain this information in a different format, call: 651-201-5405. Printed on recycled paper.