

# 2010 Community Action Program Grant Recipients

## **Rural Health Network of South Central New York, Inc., Whitney Point, NY**

Rural Health Network will conduct Simply Health: *Heart Truth*<sup>®</sup>™ classes focusing on women's heart health. The classes will be conducted once a week for nine weeks and will utilize health professionals from the community to discuss the topics of heart disease, nutrition, physical activity, and stress management. Classes are one hour each and will educate participants on heart disease and how risk factors can be lowered.

## **Allen Hospital, Waterloo, IA**

Allen Hospital will conduct heart health awareness activities, provide free heart disease risk factor evaluations and other health screenings, offer *Heart Truth*<sup>®</sup>™ education materials, and encourage risk-reducing lifestyle behaviors among women in the Cedar Valley.

## **Aultman Hospital, Canton, OH**

Aultman Hospital will provide education, outreach, and screening events to help women identify personal risk factors for heart disease while motivating them to adopt heart healthy lifestyles. The hospital will reach women through 10 *Heart Truth*<sup>®</sup>™ events such as Red Dress Sundays, Saturday tea, a fashion show, and heart healthy cooking events.

## **Lafayette County Health Department, Lexington, MO**

The Lafayette County Health Department will launch the "Heart to Heart: *The Heart Truth*<sup>®</sup>™" project to raise awareness and motivate women to take charge of their heart health. The department will host a variety of programs and events such as educational outreach at worksites, heart health screenings, distribution of [\*Heart Truth\*<sup>®</sup>™](#) education materials, and Red Dress Sunday celebrations at local churches.

## **Coastal Health District, Savannah, GA**

Coastal Health District will launch "Let's Dance for a Healthy Heart," which will involve two one-day events at the Savannah Mall promoting dance as a good form of physical activity. Coastal Health District will provide free -classes in various dance styles and offer heart health screenings. *Heart Truth*<sup>®</sup>™ presentations and materials distribution will be additional program components.

## **Eastern Iowa Community College District, Davenport, IA**

Through the College's Continuing Education Division, *Heart Truth*<sup>®</sup>™ for Women informational sessions will be held at various work places and faith-based organizations throughout the community. The Division will invite women to attend a free screening and bi-weekly physical activity sessions. During each physical activity session, heart health information will be introduced such as heart healthy recipe preparation and tasting, heart disease facts, risk factors, and prevention. The Division will distribute *Heart Truth*<sup>®</sup>™ materials during each session.

### **Central Florida International Black Women’s Congress, Inc., Casselberry, FL**

Central Florida International Black Women’s Congress, Inc. will host its annual women’s health conference called “Every Black Woman Should Wear a Red Dress Conference: An Outreach to a Healthier Heart for You for Life.” The Conference will host a Red Dress fashion show, heart health screenings, distribution of *Heart Truth*<sup>®</sup>™ materials, and will recruit women for a behavioral intervention program to lower heart disease risk.

### **2010 Research Support Grant Recipient**

#### **Society for Women’s Health Research (Washington, DC)**

The Society for Women’s Health Research is examining sex-based differences in cardiovascular disease and investigating the differences in risk, diagnosis, presentation, prognosis and treatment of heart disease between men and women. The Society will fund a meeting to identify the top unanswered scientific questions in the field of women’s heart disease, and help disseminate this state-of-the-science information to the general public, health care providers, and policy makers.

### **2010 Community Action Program Grant Sponsors**



<sup>®</sup>™ *The Heart Truth*, its logo and The Red Dress are registered trademarks of HHS.