

2012 Heart Truth® Community Action Program Grant Recipients

Dallas County Health Department (Buffalo, MO)

The Women, Numbers, Heart, Lifestyle (WNHL) Program will primarily serve low-income, Caucasian women in a rural setting. This program will conduct cholesterol and glucose screenings for income-eligible women, followed by one-on-one lifestyle education sessions and a follow-up cholesterol screening. The WNHL campaign will also include two eight-week physical activity, nutrition and weight loss challenges; a Red Dress Day Campaign; a Heart Truth Walk; and community presentations.

Divas, MPH (Washington D.C., Prince Georges and Montgomery Counties in MD)

Love Yourself With All Your H.E.A.R.T (Health Education, Action, Resources & Training) will be a ten month effort primarily serving middle-income women of color. This two-part program will first promote awareness and education through a social media campaign and launch event. The core of the program will be activities to encourage individual women to adopt and maintain a heart healthy lifestyle through the identification of personal risk factors, skill-building, goal-setting, and social support and accountability.

North Country Health Consortium (North Country, New Hampshire)

Heart Truth Awareness in the North Country will primarily serve rural, low income women in Northern New Hampshire. The program's goal will be to increase awareness of women's heart disease through active yoga, evidence-based heart healthy cooking, and education workshops. This group will also engage community partners to provide low-income women with health screenings and information booths in their communities.

Northeast District Department of Health (Northeastern Connecticut)

Fifty rural, low-income women will be selected to be "Models of Heart Health". These women will team together in year long, highly-publicized education campaigns/activities to identify and reduce risk factors for heart disease. These "Truth Teams" will have access to a team coach and a group of supporters who will empower them to achieve heart-healthy lifestyles. The Truth Teams' progress and journey will be chronicled through social media/networking. Their success stories will raise awareness in the community and their stories will encourage women to be models of heart health.

Refugee Women's Alliance (King County, WA)

The Refugee and Immigrant Community Healthy Hearts (RICHHs) project will serve Burmese, Nepalese and Somali women refugees and immigrants to increase awareness, educate on the prevalence of heart disease, and offer preventive measures for a heart healthy life. These objectives will be accomplished through community presentations, twelve-week Healthy Heart workshops, and the cooperative development of a cookbook with healthy versions of culturally specific recipes.

St. Elizabeth Medical Center, Inc. (Boone, Kenton, Campbell, Grant Counties, KY)

The Women Take CARE: The Year for YOU! program will reach Appalachian, Hispanic, low-income, and rural residents in Northern Kentucky. The program will increase awareness of the risk factors of heart disease, provide an alert for women to identify their personal risk, and empower women to reduce their risk and live a heart healthy lifestyle. This will be accomplished through activities in a 52-week action plan. The plan will give women weekly opportunities for community support, education to change unhealthy behaviors, and actionable programs to reach their goals of a heart healthy lifestyle.

2012 Community Action Program Grant Sponsors



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