

Maine HeartSafe Communities

Cardiovascular disease (CVD) is the leading cause of death in Maine, and the United States. In an effort to support improved cardiovascular health and increased awareness throughout our state, the Maine Center for Disease Control and Prevention Cardiovascular Health Program and the Maine Emergency Medical Services Office, are working with local Emergency Medical Services (EMS) providers and their Community Partners, to initiate *Maine HeartSafe Communities*.

Early recognition of the signs and symptoms associated with sudden cardiac arrest (SCA), heart attack and stroke, immediate access to emergency services, and prompt medical treatment are all critical to save lives, reduce medical costs and disability, and prevent future cardiovascular events. *Maine HeartSafe Communities* designation promotes enhancements to each of these important links, and recognizes a community's dedication to improving its "Chain of Survival" through partnerships with the local EMS program.



Maine HeartSafe Communities recipients receive attractive signage and decals to let residents and visitors know of their HeartSafe status, as well as a certificate to post in public locations, such as Town Offices, Emergency Response Buildings, at community gateways, etc.



Each *Maine HeartSafe Community* also receives ready-to-use resources, including handouts, fact sheets, magnets, PowerPoint presentations, radio and television public service announcements, and media materials. These resources are based on best practices and will assist Emergency Medical Services and Community Partners, such as healthcare partners, service organizations and Healthy Maine Partnerships, in planning and delivering accurate and consistent education and awareness messages around heart disease and stroke risk factors, signs and symptoms of acute cardiovascular events, and what to do when they are witnessed. For more information about *HeartSafe Communities*, including a list of designated communities and additional resources, go to: http://www.healthymainepartnerships.org/mcvhp/heart_safe.aspx.



If your community has already been designated a *Maine HeartSafe Community*, contact your local EMS Department to see how you might help improve cardiovascular health in your town or city. If your community is not a *HeartSafe* recipient, contact Danielle Louder with the Maine Cardiovascular Health Program to determine how you might help them to become one.

Contact:

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