

Do You Live in a **Heart**Safe Community?

Overview

If someone in your community suffers a sudden **cardiac arrest** tomorrow, how likely is he or she to survive due to rapid access to life-saving treatment?

How many residents and public safety officials in your community can **recognize the symptoms** of cardiac arrest and know how to get help "on the way, right away"?

Who knows **cardiopulmonary resuscitation** (CPR) in your community and is prepared to administer it when necessary?

Where are **automated external defibrillators** (AEDs) located in your community, and who has been trained to use them appropriately?

The answers to these questions could determine whether your community qualifies as a **Kentucky HeartSafe Community!**



Kentucky Heart Disease and Stroke Prevention Program



Kentucky Public Health

Prevent. Promote. Protect.

Kentucky HeartSafe Community

The Kentucky Department for Public Health, through its Heart Disease and Stroke Prevention Program, the Kentucky Board of Emergency Medical Services, and in collaboration with the American Heart Association, aim to help Kentucky's communities improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival. "Community" is defined as one of the officially designated 120 counties in Kentucky. Only Kentucky counties may apply.

Why become a HeartSafe Community?

Cardiovascular disease is the leading cause of death in the nation and in Kentucky. Over 1,800 Kentucky residents die each year due to out-of-hospital cardiac arrest, which occurs away from advanced medical assistance. In many cases, sudden cardiac arrest happens in the presence of a family member or friend.

Would you know what to do if it happened to one of your family or friends?

The HeartSafe Community program focuses on strengthening each link in the cardiac Chain of Survival. By taking action, you can help save a life in your community.

Qualifying as a HeartSafe Community

The number of heartbeats (points) required to become a HeartSafe Community depends on the size of your community (county). The larger the community, the greater the need and therefore the greater the number of heartbeats that are required. Heartbeats are allocated for a variety of activities to strengthen the cardiac Chain of Survival (see worksheet page X). To become a HeartSafe Community you must review the following criteria, complete the enclosed application, and mail or email the application to the Kentucky Department for Public Health. **The recognition is valid for a period of three years and is renewable through the application process.**

DETERMINING YOUR STATUS

Communities up to 5,000

If your community (county) population is 5,000 or less, 70 heartbeats (points) are required to become a designated HeartSafe Community. A minimum of forty heartbeats is required for CPR or CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of two training programs and two AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

Communities of 5,001 to 15,000

If your community (county) population is between 5,001 and 15,000, 130 heartbeats (points) are required to become a designated HeartSafe Community. A minimum of 100 heartbeats is required for CPR or CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of five training programs and five AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

Communities of 15,001 to 30,000

If your community (county) population is between 15,001 and 30,000, 190 heartbeats (points) are required to become a designated **HeartSafe** Community. A minimum of 160 heartbeats is required for CPR or CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of eight training programs and eight AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

Communities of 30,001 to 50,000

If your community (county) population is between 30,001 and 50,000, 270 heartbeats (points) are required to become a designated **HeartSafe** Community. A minimum of 240 heartbeats is required for CPR or CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of twelve training programs and twelve AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

Communities of 50,001 to 100,000

If your community (county) population is between 50,001 and 100,000, 370 heartbeats (points) are required to become a designated **HeartSafe** Community. A minimum of 340 heartbeats is required for CPR or CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of seventeen training programs and seventeen AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

Communities of 100,001 to 150,000

If your community (county) population is between 100,001 and 150,000, 470 heartbeats (points) are required to become a designated **HeartSafe** Community. A minimum of 440 heartbeats is required for CPR or CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of twenty-two training programs and twenty-two AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

Communities of 150,001 to 300,000

If your community (county) population is between 150,001 and 300,000, 570 heartbeats (points) are required to become a designated **HeartSafe** Community. A minimum of 540 heartbeats is required for CPR or CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of twenty-seven training programs and twenty-seven AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

Communities of 300,001 and higher

If your community (county) population is 300,001 or higher, 630 heartbeats (points) are required to become a designated **HeartSafe** Community. A minimum of 600 heartbeats is required for CPR or

CPR/AED training (within 12 months of application date) and placement of AEDs in the community. These requirements include a minimum of thirty training programs and thirty AED sites in public locations. In addition, a minimum of 30 heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the Chain of Survival is required.

HEARTBEAT REQUIREMENTS

CPR, CPR/AED Training: The minimum number of programs is based upon community (county) population. 10 heartbeats (points) are awarded for each training program (within 12 months of application date – rosters required) with a minimum of five participants in each program.

Placement of AEDs: Permanent placements in public or private areas where many people are likely to congregate or be at higher risk for sudden cardiac arrest such as shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools or beaches, town halls, sports complexes, convention sites, long-term care facilities, train and bus stations, and senior centers. 10 heartbeats are awarded for each location (list of locations required). The AED required heartbeat total is dependent upon the community population.

Designated First Responders: Each community must have designated first responders with AED equipped vehicles and currently certified CPR/AED trained personnel. 10 Heartbeats.

Advanced Life Support: Each community must have advanced life support (ALS) personnel (Advanced EMTs or EMT Paramedics) that will be dispatched to high priority medical emergencies as per guidance of their medical director. 10 Heartbeats.

Evaluation Process: The community must have an ongoing process to evaluate and improve the Chain of Survival. This involves describing the process by which the community will continue to recruit and train people for CPR and CPR/AED, monitor and maintain AEDs, and possibly expand the availability of training and AED locations.

SPECIAL ACKNOWLEDGEMENT

Communities with smoke free ordinances earn an additional 10 Heartbeats.

Communities with ALS response vehicles that provide 12-lead EKG machines earn an additional 10 Heartbeats.

Program Spotlights

The **HeartSafe** Community program is intended to encourage Kentucky communities (counties) to strengthen every link in the cardiac Chain of Survival in their community. Heartbeats (points) are earned for CPR training (within 12 months of application date), AED availability, and pre-hospital advanced life support.

Communities must apply through the Kentucky Department for Public Health's Heart Disease and Stroke Prevention Program, by filling out the appropriate Heartbeat application. The application is available through the department website <https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/heartsafe.aspx> or by calling the Heart Disease and Stroke Prevention Program at 502-564-7996.

Communities receiving recognition will be entitled to two **HeartSafe** Community road signs (one 12x18 and one 24x30) promoting your community as a **HeartSafe** Community. The recognition is valid for a period of three years. Following the three-year validation period, recertification is available upon application.



HeartSafe Worksheet

Community population category: Please select the appropriate category that most closely conforms to your community's (county's) actual total population. The population size will dictate the number of heartbeats required to be designated as a **HeartSafe Community**.

Note: 10 Heartbeats are awarded for each training program with a minimum of five participants. *Copies of rosters, dates and locations of programs must be provided.*

Community (County) Population	CPR, CPR/AED Programs Minimum	Actual		Heartbeats Total
Up to 5,000	2		x10	
5,001 – 15,000	5		x10	
15,001 – 30,000	8		x10	
30,001 – 50,000	12		x10	
50,001 – 100,000	17		x10	
100,001 – 150,000	22		x10	
151,001 – 300,000	27		x10	
>300,001	30		x10	

Note: 10 Heartbeats are awarded for each distinct AED site. It does not include EMS, fire or police vehicles. *A complete list of sites must be provided.*

Community (County) Population	AED Sites Minimum	Actual		Heartbeats Total
Up to 5,000	2		x10	
5,001 – 15,000	5		x10	
15,001 – 30,000	8		x10	
30,001 – 50,000	12		x10	
50,001 – 100,000	17		x10	
100,001 – 150,000	22		x10	
151,001 – 300,000	27		x10	
>300,001	30		x10	



HeartSafe Community Application Form

Kentucky Department for Public Health, Kentucky Heart Disease and Stroke Prevention Program

The Kentucky Department for Public Health's Heart Disease and Stroke Prevention Program, Kentucky Board of Emergency Medical Services, in collaboration with the American Heart Association encourage and promote community awareness of the potential for saving the lives of sudden cardiac arrest victims through the use of cardiopulmonary resuscitation (CPR) and increased public access to defibrillation.

In order to increase this awareness, the Kentucky Department for Public Health has launched an initiative to designate Kentucky counties as HeartSafe Communities.

A HeartSafe Community promotes and supports:

- CPR training in the community (trainings should occur within the last 12 months of application date);
- Public access to defibrillation through strategic placement of automated external defibrillators (AEDs) for use by public safety professionals and other trained community members, and
- Early advanced care delivered by a response vehicle staffed by Advanced EMTs or Paramedics.

Designation as a HeartSafe Community is determined by gaining heartbeats (points). The number of heartbeats necessary for designation depends on a community's (county's) population. To qualify as a HeartSafe Community, please complete all the information requested in this form and score your community by selecting the section that agrees most closely with your community's population.

Name/Address of county seeking designation:

Community (County)

Address

State

Zip code

County Elected Officer (or designee):

Name

Job title

Business address

Business phone

County contact:

Contact person name *Title*

Phone number *Email address*

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EMERGENCY MEDICAL SERVICE PROVIDERS

1. Designated First Responder(s) (DFR):

Organization/Agency *Contact person(s)*

Address *Phone* *Email address*

Organization/Agency *Contact person(s)*

Address *Phone* *Email address*

The DFR is AED equipped and staffed with currently certified AED personnel: Yes No

Basic Level Provider(s):

Organization/Agency *Contact person(s)*

Address *Phone* *Email address*

Organization/Agency *Contact person(s)*

Address *Phone* *Email address*

2. Advanced Life Support (ALS) Provider(s):

Organization/Agency *Contact person(s)*

Address *Phone* *Email address*

Organization/Agency *Contact person(s)*

Address *Phone* *Email address*

Additional information about EMS Providers (optional): _____

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MINIMUM TOTAL NUMBER OF HEARTBEATS REQUIRED FOR DESIGNATION:

Indicate your community (county) population and total number of heartbeats earned for certification.

Community (county) Population _____

Total number of Heartbeats Earned _____

Community Population	Heartbeats Minimum Total
Up to 5,000	70
5,001 – 15,000	130
15,001 – 30,000	190
30,001 – 50,000	270
50,001 – 100,000	370
100,001 – 150,000	470
150,001 – 300,000	570
>300,001	630

CALCULATE YOUR COMMUNITY (COUNTY) HEARTBEATS:

1. Conducted community CPR and/or AED training sessions. The number of heartbeats earned depends of your community (county) population – see worksheet page. *(10 Heartbeats for each program with a minimum of five participants. Copies of rosters are required.)* _____
2. Placement of a permanent AED with AED trained personnel in public or private areas where many people are likely to congregate or be at higher risk* for cardiac arrest – see worksheet page. *(10 Heartbeats for each site)* _____

ALL APPLICANTS MUST MEET CRITERIA 3 – 5.

- 3. All EMS first response designated vehicles have been equipped with AEDs and currently certified CPR/AED personnel. *(10 Heartbeats)* _____
- 4. Advanced Life Support personnel will be dispatched to high priority medical emergencies as per guidance of their medical director. *(10 Heartbeats)* _____
- 5. Community has an ongoing process to evaluate and improve the Chain of Survival in the community. Please use the space provided below to describe and reapply in 3 years. *(10 Heartbeats)* _____

Please add credit for community with Smoke Free ordinance. *(10 Heartbeats)* _____

Please add credit for community with ALS response vehicle with 12 Lead EKG. *(10 Heartbeats)* _____

TOTAL HEARTBEATS EARNED: _____

Please use this space to answer question #5 by describing your community's plan for evaluation and improving your Chain of Survival. (Example: Explain how your community will keep people trained and certified in CPR, monitor and maintain AEDs, expand the availability of AEDs, etc.) Use extra pages if necessary.

*Examples of areas where people are likely to congregate or be at higher risk are, shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools or beaches, town halls, sports complexes, convention sites, long-term care facilities, train and bus stations and senior centers.



*I attest that all information contained in this application is correct.
Supporting documentation of AED placement and training is on file for review.*

County Elected Officer or Designee: _____
Title Date

Name (Print) Signature

Please mail to: Kentucky Heart Disease and Stroke Prevention Program
Kentucky Department for Public Health, 275 E. Main Street, HS2W-E, Frankfort, KY 40621

To be completed by KDPH

Name/Title (print)

Signature

Designation Certified *Place* *Date*

KDPH USE ONLY
<input type="checkbox"/> Approved
<input type="checkbox"/> Not Approved