



HEART HEALTHY
COMMUNITY

HEART Healthy Community Program:

Toolkit and Scoring Rubric

In Collaboration with the
SouthEast Texas Regional Advisory Council
Cardiac Care Committee



Program Mission - Promoting the prevention of heart disease, sharing best practices, and maximizing our emergency system of care are among the top priorities for our committee. The following program is designed to address our priorities by facilitating emergency providers (hospitals and/or EMS agencies) who opt to lead a community-based Heart Healthy Community Program that emphasizes consumer self-responsibility as well as community-wide support.

Communities focus countless efforts and dollars on improving the outcome of citizens that suffer from heart attacks and sudden cardiac arrest. Many of these efforts are coordinated with community providers but occur without the knowledge of others within the community striving for the same thing. The HEART Healthy Community Toolkit is a platform to coordinate and score the efforts of those entities charged with the mission of reducing the effects of heart disease as well as sudden cardiac arrest. The HEART Healthy Community, once designated, is a badge of honor for those communities that work together for the health of its citizens.

Leadership and Recognition - The information provided below is designed as a toolkit to help interested organizations lead (or co-lead) their HEART Healthy Community program within respective cities, counties, towns, townships, or named communities. Key partners include: The SETRAC HEART Healthy Community workgroup, a community designated program lead and a community designated Medical Director to embrace all required program components.

Once a community's designated program lead notifies the HEART Healthy Community workgroup that a program has been fully initiated, the workgroup will advise the Cardiac Care Committee to send a Heart Healthy Community Letter of Appreciation to the organization thanking them for implementing the program.

Once the community seeking designation affirms with the Cardiac Care Committee that program performance has been successful for twelve consecutive months, a HEART Healthy Community plaque will be presented by SETRAC and the lead member organization to the community designated program lead. This presentation could be hosted at the preference of the community designated program lead, i.e. a SETRAC meeting, City Council Meeting, Chamber of Commerce meeting, etc. to help them gain local media visibility.

Key Program Components – Six distinct topics must be assessed by a community to meaningfully focus on protecting its citizens from heart disease and sudden cardiac arrest:

1. Access to Emergency Care
2. Emergency Medical Dispatch
3. Automatic External Defibrillators (AEDs) Access & First Response
4. Advanced Life Support (ALS)
5. Community Awareness, Education and Activities designed for the Reduction of Cardiac Events
6. Data Collection and Review

A community wishing to attain recognition as a HEART Healthy Community will be scored based upon its accomplishments in each of these categories. Each point or “heartbeat” gets the community closer to gaining recognition. “Heartbeats” are calculated in accordance with the toolkit and a final score given. The score is then compared to the required number of “heartbeats” for a community based upon its population size, and recognition is earned. It is that easy. More importantly, it is gaining the community the recognition it deserves while the community works to improve outcomes from sudden cardiac events and arrest. Once gained, recognition from the Cardiac Care Committee is valid for three years. Toolkit reapplication is required on or before the date of expiration.

Scoring/Community Based Conclusions – At a minimum, for communities with a population below 25,000 residents, they must accumulate 500 heartbeats and must include scores within each designated section below. Likewise, for communities with 25,000 or more residents, they must accumulate 750 or more heartbeats and include scores within each designated section below.

<u>Populations</u>	<u>Heartbeats Required for Recognition</u>
Up to 25,000	500 Heartbeats
25,001 to 50,000	750 Heartbeats
50,001 to 100,000	1000 Heartbeats
100,001 and up	1250 Heartbeats

SETRAC’s HEART Healthy Community workgroup shall establish a method using a panel of community representatives to ensure scoring is thorough and is fair using the attached template to assess the six distinct topics mentioned above (including a seventh category to highlight additional contributions). A brief overall statement that justifies the score within each of the seven sections is needed. A community designated Medical Director will review the scoring and verify components are met.

Final Decision – the community designated Medical Director must deem final scores to be accurate. The designated community lead shall submit a letter of completion along with the scoring template and verification by the community designated Medical Director to the SETRAC HEART Healthy Community workgroup. Submission of supporting information is welcomed.



HEART Healthy Community Toolkit

Name of the Community: _____ Date: _____

Community Population Size: _____

Lead Organization Submitting the Packet: _____

Address of Lead Organization: _____

Participating Organizations: _____

Name of Community Designated Program Lead: _____

Lead Phone Number: _____

Lead Email: _____

Community Designated Medical Director: _____

Community Designated Medical Director Phone Number: _____

Community Designated Medical Director Email: _____

Please complete the Community Self-Assessment Scoring Totals:

Points Required: _____

Points Acquired: _____

Components of the HEART Healthy Community Recognition Program

Most sections require a minimum before moving onto another section.

These minimums are identified in the Subsection Title.

Section 1. Accessing Emergency Care (points awarded for the Highest Level Only)

*Minimum requirements = 25 heartbeats

	Program Elements	Points Available	Points Awarded
A	Enhanced 911	25 Heartbeats	
B	VoIP/Cellular (Phase II)	50 Heartbeats	
C	NexGen 911	50 Heartbeats	
		Sub-Total	

Brief supportive statement that justifies the heartbeats:

Section 2. Emergency Medical Dispatch (EMD) (points awarded for the Highest Level Only)

*No minimum requirements on this section: all communities are encouraged to implement EMD

	Program Elements	Points Available	Points Awarded
A	Instructions in Hands-Only CPR	25 Heartbeats	
B	Full Pre-Arrival Instructions	50 Heartbeats	
		Sub-Total	

Brief supportive statement that justifies the heartbeats:

Section 3. AED Access & First Response (points may be awarded in any or all categories)

*Minimum requirements = 25 heartbeats

	Program Elements	Points Available	Points Awarded
A	Public Access Defibrillator (PAD) Program	25 Heartbeats	
B	PAD Program with Posted and/or Identified Sites	50 Heartbeats	
C	Law Enforcement Agency with AEDs in Vehicles	50 Heartbeats	
D	Fire First Responders with AEDs in Vehicles	50 Heartbeats	
E	Fire First Responders with ALS Capabilities	50 Heartbeats	
F	Police and/or Fire Dispatched to Appropriate Medical Emergencies	50 Heartbeats	
G	Public Schools with AEDs & CPR Trained Faculty	50 Heartbeats	

Brief supportive statement that justifies the heartbeats:

Section 4. Advanced Life Support (points may be awarded in any or all categories)

*Minimum requirements = 75 heartbeats

	Program Elements	Points Available	Points Awarded
A	ALS Pre-Hospital Care	50 Heartbeats	
B	Post Arrest Protocols/Care (ROSC)	25 Heartbeats	
C	Established STEMI Protocol	25 Heartbeats	
D	Identified Cardiac Transport Facilities	50 Heartbeats	
E	ACLS Certification Among 50% of Paramedic Responders	10 Heartbeats	
F	Pediatric Specialty Training - PALS/PEPP/Handtevy™ Certification Among 50% of Paramedic Responders	10 Heartbeats	
G	Transmission of Pre-Hospital EKGs	50 Heartbeats	
	Sub-Total		

Brief supportive statement that justifies the heartbeats:

Section 5. Community Awareness, Education & Activities (points may be awarded in any or all categories)

*Minimum requirements = 75 heartbeats

	Program Elements	Points Available	Points Awarded
A	Public CPR Training ¹	25 Heartbeats	
B	First Responder CPR Training (volunteer/paid firefighter, police, EMS)	25 Heartbeats	
C	Smoking Cessation Programs Offered to the Public	25 Heartbeats	
D	No Smoking Ordinances	25 Heartbeats	
E	No Smoking Campuses/Tobacco Free Campuses	25 Heartbeats	
F	Fitness Facilities, Parks, Trail Systems, running/walking/cycling/exercise clubs ²	25 Heartbeats	
G	Life-saving Recognition Program (CPR and/or AED Use)	10 Heartbeats	
H	Collaboration Between Medical Facilities and/or Health Care Professionals (EMS, nursing, physicians) and the Community to Provide Public Awareness/Screenings /Information (Must Be Cardiac-Related) (Each Program Must Be Listed)	10 Heartbeats per Program	
	Sub-Total		

Population	Minimum number of CPR classes offered ¹	Combination of fitness, parks, fitness facilities, trail system, running/walking/cycling/exercise ²
Up to 1,000	1	1
1,001 to 5,000	2	2
5,001 to 25,000	3	3
25,001 to 50,000	5	5
50,001 to 100,000	7	7
101,000 or more	10	10

Brief supportive statement that justifies the heartbeats:

Section 6. Data Collection and Review (points may be awarded in any or all categories)

*Minimum requirements = 200 heartbeats

	Program Elements	Points Available	Points Awarded
A	STEMI Data Collection	50 Heartbeats	
B	Door-to-Balloon Times Less Than or Equal to 90 Minutes 80% of the Time for non-transferred patients. *Cumulative average of all STEMI receiving facilities in the community.	50 Heartbeats	
C	Hospital Critical Review Committee	50 Heartbeats	
D	Feedback Loops Back to EMS	50 Heartbeats	
E	Participates with state and/or national cardiac registries to enhance outcomes for EMS and hospital teams	50 Heartbeats	
F	EMS First Medical Contact (FMC) to Balloon Time Less Than or Equal to 90 Minutes 80% of the Time, unless transport time is greater than 45 minutes, then FMC to balloon time may be extended to 120 minutes. * Cumulative average of all STEMI receiving facilities in the community.	50 Heartbeats	
		Sub-Total	

Brief supportive statement that justifies the heartbeats:

Section	Heartbeats Awarded
Section 1	
Section 2	
Section 3	
Section 4	
Section 5	
Section 6	
Total Heartbeats (Sections 1 – 6)	

(Section 7 – Bonus Heartbeats continued on the next page)

Section 7. Bonus Heartbeats –

Bonuses can only be achieved after minimum requirements are met in each Section - 1,3,4,5,6

*Max bonus section heartbeats: 250

	Program Elements	Points Available	Points Awarded
A	Pediatric pads available with public access AEDs in schools	10 Heartbeats per AED with pediatric pads	
B	Stop the Bleed kits with the publicly available AEDs	10 Heartbeats for each kit	
C	High risk businesses/events with medical personnel (BLS minimum) on site	20 Heartbeats for each business/event	
D	Community website outlines AED locations via list or map OR community uses app-based alerts for bystander CPR (example PulsePoint)	10 Heartbeats	
E	Restaurants with heart healthy / low calorie choices under \$15	10 Heartbeats per menu MAX: 100 heartbeats	
F	Critical Review Committee or Performance Improvement Committee at the hospital that includes community EMS stakeholders once annually at a minimum	10 Heartbeats per hospital	
G	Public education on palliative care, Medical Power of Attorney, Advanced Directives, Texas Medical Orders for Scope of Treatment	25 Heartbeats	
H	Presentation of cardiovascular disease and sudden cardiac arrest related clinical research studies	5 Heartbeats per presentation MAX: 20 Heartbeats	
I	<u>SETRAC Initiative</u> : Primary PCI Facility within the community	10 Heartbeats	
J	<u>SETRAC Initiative</u> : Number of Free-Standing ERs that administer thrombolytics	5 Heartbeats per ER MAX: 20 Heartbeats	
K	<u>SETRAC Initiative</u> : Free Standing ERs with capability to transmit EKGs to receiving facilities	5 Heartbeats per ER MAX: 20 Heartbeats	
		Sub-Total	

Brief supportive statement that justifies the heartbeats:

Bonus Heartbeats: _____

TOTAL HEARTBEATS:
(Sections 1 – 6 and Bonus) _____

As the Community Designated Program Lead, I have verified that the Toolkit submission is accurate.

Designated Community Program Lead Signature

Date

Printed (typed) Community Program Lead Name

As the Medical Director for _____, I have verified that the Toolkit submission is accurate.

Medical Director Signature

Date

Printed (typed) Medical Director Name