

Cardiovascular Health in **RURAL AMERICA**



Americans in rural areas face several health disparities.



Approx. **66 million Americans (1 in 5)** choose to live in small towns and communities.



On average, rural Americans live **three years less** than people who live in cities.



Rural residents are **more likely to die early** from heart disease and stroke.



In many smaller communities, there are **few doctors and hospitals**, which results in less specialized care and longer travel during emergencies.



There are **fewer** healthy food options in rural areas.

We're working in rural communities to advance health and hope for everyone, everywhere.

HEARTCORPS

AmeriCorps and the American Heart Association joined forces to launch [HeartCorps](#) – a service opportunity for those interested in driving health equity in rural America. Our work focuses on accelerating the impact of reducing high blood pressure, improving nutrition security and reducing the impact of tobacco and vaping.

GET WITH THE GUIDELINES®

Through our [Rural Health Care Outcomes Accelerator](#), we offer rural hospitals no-cost access to Get With The Guidelines® programs to ensure patient care is aligned with the latest research-based guidelines. Nationwide, more than 2,800 hospitals and health systems participate.

ADVOCACY

We are working to expand and protect Medicaid, which covers nearly one in four nonelderly people in rural areas, and to improve access to care for postpartum mothers through Medicaid. Additionally, we aim to strengthen systems of care for heart attack, stroke and sudden cardiac arrest, make telehealth more accessible, make health care more affordable, reduce the impact of tobacco use and [much more](#).

COMMUNITY IMPACT WORK

We work to improve nutrition security, lower blood pressure, reduce smoking and vaping, drive health equity and so much more.

For more information, [visit heart.org](http://visit.heart.org).

MISSION: LIFELINE®

[Mission: Lifeline](#)® works with supporting hospitals, EMS agencies, regions and communities to remove obstacles, open communication channels, implement research-based guidelines and improve quality of care for those transported by ambulance. In rural America, this work is critical given that some communities only have one EMS team in their entire county.

NATION OF LIFESAVERS™

We [raise awareness](#) in every community on the importance of knowing CPR. We are also working with rural community organizations to implement [Cardiac Emergency Response Plans \(CERPs\)](#).

SCHOOL ENGAGEMENT

Through the [American Heart Challenge and Kids Heart Challenge](#), we teach the next generation about the importance of good physical health and mental well-being. We also teach students and their families how to save a life through Hands Only-CPR and the warning signs of stroke.

