Healthy Hearts 2017-18 Snapshot

School Based Program 5th, 7th, and 10th grade

- 110 Schools, 472 classrooms
- 22% of kids have borderline or high cholesterol
- 26% are overweight or obese

<table>
<thead>
<tr>
<th></th>
<th>Elementary</th>
<th>Middle School</th>
<th>High School</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td># Schools</td>
<td>73</td>
<td>22</td>
<td>15</td>
<td>110</td>
</tr>
<tr>
<td># Educated</td>
<td>5,000</td>
<td>3,000</td>
<td>4,000</td>
<td>12,000</td>
</tr>
<tr>
<td># Screened</td>
<td>2,924</td>
<td>1,926</td>
<td>2,046</td>
<td>6,896</td>
</tr>
<tr>
<td>% Screened</td>
<td>59%</td>
<td>64%</td>
<td>65%</td>
<td>63%</td>
</tr>
</tbody>
</table>

Districts served:

- Poudre 90%
- Thompson 97%
- Windsor 63%
- Eaton/Galeton 100%
- Johnstown/Milliken 67%
- Greeley/Evans 55%
- Platte Valley 33%
- Longmont (St. Vrain) 3%

- 7,000 middle and high school students receive stroke education and learn FAST
- 2,500 students learned hands-only CPR and AED use

Two steps to save a life:
1. Call 911
2. Use an AED

uchealth
Recapture Data

- 2,000 students screened in Elementary rescreened in High School
- 87% lowered their total cholesterol or maintained the recommended range (<170) in High School
- 59% with elevated cholesterol range (≥170) lowered their cholesterol to the recommended in High School
- 60% overweight or obese lowered their BMI percentile, with 29% lowering their BMI percentile into a healthy range in High School

Improving knowledge and health behaviors

![Bar charts showing improvements in behaviors among different student groups.]

<table>
<thead>
<tr>
<th></th>
<th>Elementary School</th>
<th>Family Program</th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>More fruits and veggies</td>
<td>63%</td>
<td>89%</td>
<td>64%</td>
<td>62%</td>
</tr>
<tr>
<td>Read more food labels</td>
<td>45%</td>
<td>45%</td>
<td>63%</td>
<td>62%</td>
</tr>
<tr>
<td>More exercise</td>
<td>55%</td>
<td>69%</td>
<td>42%</td>
<td>44%</td>
</tr>
<tr>
<td>Fewer sugary drinks</td>
<td>71%</td>
<td>61%</td>
<td>49%</td>
<td>51%</td>
</tr>
</tbody>
</table>
Healthy Hearts 2017-18 Snapshot

**Healthy Hearts for Healthy Families**

- 6-week class to interrupt CVD
- Educate the entire family together
- Students referred from school program and EPIC
- 198 families served since 2014
  - 690 participants
- Over 900+ pounds lost to date

**Adult Biometric Screenings**

- Currently have contracts to serve the following employers: Poudre School District, Woodward Governor, Thompson School District, State Farm, Aspen Club
- # screening events: 82
- # served: 3,400
- 760% increase since 2014
- 3,000 new patients brought in to UCHealth
- 50% of adults screened have utilized our health system following the screening