

September 29, 2015

FLORIDA DEPARTMENT OF HEALTH IN SEMINOLE COUNTY CELEBRATES WORLD HEART DAY

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Sanford, Fla. – In celebration of World Heart Day on Tuesday, September 29, the Florida Department of Health in Seminole County (DOH-Seminole) will promote heart health by hosting Hands-Only™ CPR training. World Heart Day is an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death. The theme for 2015 is creating heart healthy environments.

The Hands-Only CPR trainings will take place at DOH-Seminole, 400 West Airport Boulevard, Sanford, Florida and Casselberry Fire Department Station 21, 681 Seminola Boulevard, Casselberry, Florida. Both training locations will offer two sessions – 11 a.m. to noon and noon to 1 p.m. To register, please contact Brittney Frazier at 407-665-3212 or Brittney.Frazier@flhealth.gov.

"In 2013, twenty-five percent of all deaths in Seminole County were attributed to heart disease," said Dr. Swannie Jett, Health Officer for DOH-Seminole. "Risk factors such as high blood pressure, tobacco use, obesity and physical inactivity can increase incidence of heart disease. Seminole County residents are encouraged to not only register, but also invite loved ones to participate in World Heart Day events."

Hands-Only™ CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an "out-of-hospital" setting (such as at home, at work or in a park). It consists of two easy steps:

1. Call 9-1-1
2. Push hard and fast in the center of the chest

Hands-Only™ CPR performed by a bystander has been shown to be as effective as conventional CPR with mouth-to-mouth breaths in the first few minutes of sudden cardiac arrest. Watch these [videos](#) for a brief overview of Hands Only™ CPR.

Visit seminole.floridahealth.gov for more information. The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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