

Sept. 29, 2015

FLORIDA DEPARTMENT OF HEALTH IN COLUMBIA COUNTY CELEBRATES WORLD HEART DAY



Contact:

Mr. Mark Lander, Administrator

Mark.Lander@flhealth.gov

(386) 758-1037

LAKE CITY – In celebration of World Heart Day, Sept. 29, the Florida Department of Health in Columbia County is partnering with Century Ambulance and the Lakeshore Hospital Authority to 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 Florida Department of Health in Columbia County is excited for the opportunity to work with our community partners to provide this excellent educational event. With heart disease being the second leading cause of death in Columbia County it is important for our residents to recognize signs and symptoms of a heart attack and be able to provide assistance that can save an individual's life”, said Mark Lander, Administrator for the Florida Department of Health in Columbia County.

In Florida, 23.4 percent of adults age 65 and older reported in 2013 that they had been told by a healthcare provider that they had a heart attack, coronary heart disease or stroke. Heart disease was the leading cause of death in Florida in 2014 and is the number one killer of women, taking more lives than all forms of cancer combined.

Mr. Steve Stith, Century Ambulance:

“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 (or send someone to do that); and
2. Push hard and fast in the center of the chest.”

Century Ambulance will provide “Press the Chest” demonstrations on September 29, 2015 (10:00 – Noon) at the Lake Shore Hospital Authority Conference Room located at 259 NE Franklin Street, Suite 102, Lake City, FL. **NOTE:** this is not a certification course/demonstration.

Captain James Brinkley, Lifeguard Ambulance Service:

“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.”

About the Florida Department of Health

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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