



FOR IMMEDIATE RELEASE

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### **THOUSANDS OF URBAN COMMUNITY MEMBERS LEARN CPR IN NORTHEAST OHIO**

Cleveland, OH – The Northeast Ohio Black Health Coalition in partnership with the American Heart Association, member agency the National Council of Negro Women-Cuyahoga County Section and the City of Cleveland Department of Recreation to host FREE Urban Community CPR Training every Tuesday for 8 weeks beginning on June 5, 2018 at 7pm at Camp Forbes located at 25440 Harvard Road, Highland Hills, Ohio 44122..

This is the second year that the NEOBHC has hosted this training across Northeast Ohio during National CPR Awareness Week. We will train 1000 youth participating in summer camp on lifesaving techniques throughout Northeast Ohio..

African American women are more likely to have a cardiac episode but less likely to have people in the house children or otherwise trained in CPR even though the large majority in Cleveland are female head of house.

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is for people who want to learn CPR but do not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life.

CPR Training is vitally important to insure that the community members in high risk areas are trained to handle a crisis.

A 2012 study found a "direct relationship" between household income and racial composition of the neighborhood, where the odds of having a bystander perform CPR were 50 percent lower in low-income black neighborhoods than high-income non-black neighborhoods.

Regardless of the neighborhood where cardiac arrests occurred, blacks and Hispanics were found to be 30 percent less likely than whites to receive CPR from a bystander. Also, people who were living in wealthy black neighborhoods were 23 percent less likely to receive CPR than those living in high-income non-black neighborhoods, the study found.

## CPR Facts and Stats

### Why Learn CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. Almost 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person's chance of survival.

### Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend. 70 percent of out-of-hospital cardiac arrests happen in homes. Unfortunately, only about 46% of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives.

### Music Can Help Save Lives

During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. The beat of "Stayin' Alive" is a perfect match for this.

For more information please call (216) 295-0283

To find out more about the Urban CPR Training, visit [www.NEOBlackHealthCoalition.com](http://www.NEOBlackHealthCoalition.com)

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NEOBHC is dedicated to Achieving health parity (equality) in the African American/Black population.