

## News Release

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### **CONNECTIONS FOR CARDIOVASCULAR HEALTH<sup>SM</sup> ANNOUNCES \$161,950 GRANT TO CATHERINE'S HEALTH CENTER**

**GRAND RAPIDS, Mich., - February 21, 2013** - The AstraZeneca HealthCare Foundation's *Connections for Cardiovascular Health<sup>SM</sup>* program today announced a grant of \$161,950 to Catherine's Health Center in Grand Rapids to support their "Live Heart Smart" initiative.

Live Heart Smart is targeted toward low-income, medically underserved residents of the Grand Rapids community become aware of their personal risk factors for cardiovascular disease as well as helping them identify and implement lifestyle changes that will assist them in becoming and remaining healthy.

"We are honored that the AstraZeneca HealthCare Foundation has chosen to support our Live Heart Smart program," said Karen Kaashoek, Executive Director of Catherine's Health Center. "Every day we see firsthand the devastating results of untreated chronic disease. Many of these can be prevented if issues are detected early and small changes are made. However, simply telling people they should make lifestyle changes will not solve their health problems. For many, the tools needed to actually make changes are beyond their reach due to low income and limited access to basic health education."

Live Heart Smart offers a panel of screening tests to participants and assists them in completing a personal health history profile for factors that cause or contribute to cardiovascular disease. Participants are assigned to a lifestyle counselor and mentor group based on established criteria. They will receive assistance while working through program steps like nutrition education, budget-conscious cooking, accessing healthy foods, community gardening, and programs related to healthy lifestyle and smoking cessation.

The program also features nurse case managers who track progress and outcomes for those with identified health risks. Each participant completes pre/post-participation assessments and is re-screened at set intervals to assess knowledge increase, behavior modifications and objective measurements of lab values and Body Mass Index. The services are provided under supervision of a physician by appropriately trained staff and volunteers including students from the Michigan State University School of Human Medicine and local nursing programs.

"Cardiovascular disease continues to be the nation's number one killer, which is why we must work to decrease the risks of this devastating disease," said James W. Blasetto, M.D., MPH, FACC, chairman of the AstraZeneca HealthCare Foundation. "The AstraZeneca HealthCare Foundation is proud to provide funding to innovative, grassroots programs like Catherine's Health Center's Live Heart Smart program, which work to help prevent and control the effects of cardiovascular disease in their community."

The *Connections for Cardiovascular Health* program awards grants of \$150,000 and up to US-based non-profit organizations that are doing innovative work in the field of cardiovascular health. This year, the Foundation has awarded over \$4.4 million in grants to 22 organizations. Since its inception, the Foundation has awarded nearly \$11 million across the United States to help improve cardiovascular health.

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Organizations can learn more and apply online for a Foundation grant at [www.astrazeneca-us.com/foundation](http://www.astrazeneca-us.com/foundation). Applications must be submitted online no later than 5 p.m. EST on Feb. 28, 2013.

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### **About Catherine's Health Center**

Established in 1996, Catherine's Health Center celebrates its 17<sup>th</sup> anniversary this year. Catherine's Health Center is a 501(c)(3) safety net medical clinic, serving more than 6,000 patients annually. Using a small core of paid staff and many dedicated volunteers, Catherine's mission is to provide free or low cost medical services to low income, uninsured and under-insured residents of Kent County. Much more information is available at [www.catherineshc.org](http://www.catherineshc.org).

### **About the AstraZeneca HealthCare Foundation**

Established in 1993, the AstraZeneca HealthCare Foundation is a Delaware not-for-profit corporation and a 501(c)(3) entity organized for charitable purposes including to promote public awareness of healthcare issues, to promote public education of medical knowledge and to support or contribute to charitable and qualified exempt organizations consistent with its charitable purpose. *Connections for Cardiovascular Health* was launched in 2010 through a charitable contribution of \$25 million from AstraZeneca.

### **Media Inquiries**

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