



American Heart Association to unveil Hands-Only CPR training kiosk at Xavier University

*Interactive machine to help teach a life-saving skill, supported by Anthem Foundation,
an affiliated foundation of Healthy Blue*

New Orleans, March 8, 2018 — In between classes or during study breaks, Xavier University of Louisiana students can now learn Hands-Only CPR in about five minutes via an interactive kiosk presented by the American Heart Association, the world's leading voluntary health organization devoted to fighting cardiovascular disease. The training kiosk supported by Anthem Foundation, the philanthropic arm of Anthem Inc. and affiliated foundation of Healthy Blue, will be unveiled at **11 a.m. March 13, 2018 at the University Center campus located at 1 Drexel Dr.**

Every year, more than 350,000 cardiac arrests occur outside of the hospital in the U.S. Cardiopulmonary resuscitation (CPR), especially if performed immediately, can double or triple a victim's chance of survival.

The kiosk has a touch screen with a video that provides a brief introduction and overview of Hands-Only CPR, followed by a practice session and a 30-second test. With the help of a practice manikin, or a rubber torso, the kiosk gives feedback about the depth and rate of compressions and proper hand placement – factors that influence the effectiveness of CPR. The entire training takes about five minutes. The instruction is also available in Spanish, and closed captioning in both English and Spanish.

Only 46 percent of people who suffer an out-of-hospital cardiac arrest receive bystander CPR before professional help arrives. The machine is one way to help increase bystander CPR efforts in order to help meet the Association's goal to double bystander CPR response by 2020.

"Cardiac arrest remains a leading cause of death in the United States, and survival depends on immediately receiving CPR from someone nearby," said Brittany Gay, American Heart Association Vice President- New Orleans. "Although in-person training is still the best way to learn the skills necessary for high-quality CPR, the kiosk will provide additional training that could make a difference and save the life of someone you love."

Many Americans don't perform CPR for a variety of reasons such as lack of training, low confidence, or fear of hurting a cardiac arrest victim. However, Hands-Only CPR has two easy steps performed in this order: when you see a teen or adult suddenly collapse, call 911. Then, push hard and fast in the center of the chest until help arrives. Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest when it occurs in public.

“Approximately 90 percent of cardiac arrest victims outside of the hospital die, often because bystanders don’t know how to start CPR or are afraid they’ll do something wrong,” said Aaron Lambert, president, Healthy Blue. “The kiosk’s instruction

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