




Presented by: **aramark** 


#AllinRed


johnstonhealth.org/allinred


How you can help ...


In February, support **All in Red**, a county-wide community engagement initiative aimed at increasing heart health awareness and raising dollars in support of the Johnston Health Foundation's Heart Fund.

 **Wear red** on February 4, National Wear Red Day, or choose a day for all of your employees to wear red. We can provide "I'm All In" buttons for your team to wear.

 Be a **sponsor** of the All in Red campaign

 **Share** our daily heart health messages on social media using #AllinRed

 Offer a special **promotion** (i.e. 10% of proceeds from the sale of an item will benefit the Johnston Health Foundation's Heart Fund)

 Host a **Heart to Heart Fundraiser**, a fun, festive and friendly promotion that's cost-free and easy to implement. We'll provide you with All in Red hearts so that you can host a heart wall, which is perfect for creating a festive Valentine's Day atmosphere (a fun bonus!) You can make it a competition for your employees or departments, provide a coupon with the purchase of a heart, or use the hearts as a way for people to honor a loved one. The possibilities are *endless!*

 Host a **blood pressure screening or wellness talk** facilitated by partner agencies like WellnessWorks and MedicalTraining.Me.

BE "ALL IN"

To be a part of the All in Red campaign, please contact us to ensure you have all the necessary supplies.


Jessica Medlin

jessica.medlin@unchealth.unc.edu
919.302.5663



The Heart of the Matter ...

- ♥ One person dies from cardiovascular disease **every 36 seconds** in the United States.
- ♥ An estimated 80% of cardiovascular diseases, including heart disease and stroke, are **preventable**.
- ♥ Only **27%** of people can identify all the major symptoms of a heart attack or know to call 911 immediately when they occur.
- ♥ **Stroke**, sometimes called a "brain attack," is a leading cause of death and serious, long-term disability in adults in the United States.
- ♥ The **#1 killer of women** in America is heart disease, more deadly than all forms of cancer combined.
- ♥ **1 in 5** heart attacks is silent - the damage is done, but the person isn't aware it has happened.
- ♥ Approximately **75-80%** of patients with stroke symptoms do not arrive at Johnston Health in time to receive medication that drastically decreases their chances of long-term disabilities.
- ♥ About \$1 in \$6 healthcare dollars is spent on cardiovascular disease each year. It's the **most costly** condition in America.



SIGNS OF

HEART ATTACK

Chest pain or discomfort

Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach

Shortness of breath

Nausea, lightheadedness, or cold sweats

BRAIN ATTACK (STROKE)

Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)

Sudden confusion, trouble speaking or understanding speech

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden severe headache with no known cause

Sources: Centers for Disease Control, American Heart Association, and the National Institute of Neurological Disorders

Heart disease is the leading cause of death in Johnston County, a statistic Johnston Health is dedicated to changing by building a healthier community for all. Because all hearts deserve expert care close to home.

About the Heart Fund ...

Heart attack, heart blockage or stroke often happen unexpectedly and treatment is very expensive. The Johnston Health Foundation's Heart Fund was created to assist Johnston Health heart patients in need so that they can undergo cardiac procedures and rehabilitation.

THE IMPACT OF YOUR DOLLARS

- » **\$3,100** One month's use of a life-saving wearable defibrillator
- » **\$1,000** Copays or coinsurance for Cardiopulmonary Rehab (36 visits)
- » **\$500** The average cost of one month's medications
- » **\$300** Local transportation to 4 medical appointments
- » **\$100** Gas card for patient to attend Cardiopulmonary Rehab (3 visits)
- » **\$50** Average co-pay of one medical appointment

2021 All in Red Highlights

- ♥ Over **\$72,000 raised** for the Johnston Health Foundation's Heart Fund. These dollars will help address critical needs and gaps in care for heart patients.
- ♥ Johnston County and all Johnston County municipalities made **All in Red Week** proclamations.
- ♥ The campaign reached nearly **19,000 people** through social media, sharing the importance of heart health and access to care.

THANK YOU TO OUR 2021 SUPPORTERS & PARTICIPANTS



Presenting Sponsor | Matthew Hook, MD, FACC

Heart Health Sponsor | aramark

Happy Heart Supporters

Airflow Products Co Inc.	Helen Patterson	Parrish & Underwood Funeral Home
Alyce E. Wellons, LCSW	Interstate Outdoor	Re/Max Southland Realty II
Barbour and Pourron Plumbing	Jeff and Sherry Holt	Reginald Foy
Clayton Glass & Mirror	Johnston Now	Seth Pattan
Cleveland School Rotary Club	Karen Lippitt	Temple Church
Coates Hearing Clinic, PA	Kyle Pusey	The Grocery Bag, Clayton
Country Superstars 102.3	Mabel Yelvington	Tom Williams
Denton Lee	MedicalTraining.me	Tonya Adams
		Twyla Wells

Fundraisers

Johnston Health Nurse Practice Council	State Employees' Credit Union, District 19
Kids R Kids Learning Academy, Clayton	Town of Benson
Simple Twist	

Participants

Activate Selma	HealthQuest Fitness & Wellness Center	Sleep Inn & Suites Smithfield
Beachside Home Services	HomeTowne Realty	Sloan Communications
Benson Area Chamber of Commerce	Johnston Community College	Stephenson General Contractors
Benson Pentecostal Holiness Church	Johnston Community College Foundation	The Smithfield Selma Sun
Capital Production Group	Johnston County Association of Realtors	Triangle East Chamber of Commerce
Carolina Premium Outlets	Johnston County Emergency Services	WellnessWorks
Central Johnston County Rotary	Johnston County Partnership for Children	Johnston County Local Government
Chefella's	Johnston County Senior Games	Johnston County
Clayton Chamber of Commerce	Johnston Health Cardiopulmonary Rehab	Archer Lodge
Clayton Fire Department	Johnston Health Early Learning Center	Benson
Clayton Mid-Day Rotary	Johnston Health Therapeutic Wound Center	Clayton
Clayton Parks and Recreation	Junior Woman's League of Smithfield	Four Oaks
Clayton Rotary	My Kids Club	Kenly
Cleveland School Rotary	Project Access	Micro
Coldwell Banker	Riverwalk Office Suites	Pine Level
Corinth Holders High School	Sardis Baptist Church	Princeton
East Triangle YMCA	SECU Hospice House of Johnston Health	Selma
Eckel & Vaughan	Selma Parks & Recreation	Smithfield
Greater Cleveland Community Council	Serving Spoon at 119	Wilson's Mills

PROCLAMATION

Whereas, the well-being of our community is of paramount importance and maintaining excellent health among our citizens is a top priority, February marks the one month, county-wide heart health awareness campaign entitled "**ALL IN RED**", presented by Johnston Health and Aramark, and organized by the Johnston Health Foundation; and

Whereas, In the United States, North Carolina, and Johnston County heart disease is the leading cause of death among men and women;

Whereas, Heart Disease and Stroke ranks among the top five health priorities in Johnston County; per the 2019 Johnston County [Community Health Needs Assessment Implementation Plan](#); and

Whereas, per the Center for Disease Control and Prevention (CDC), about 80% of deaths from premature heart disease and stroke could be prevented by changes in physical activity, diet, education and management of common medical conditions, and;

Whereas, **ALL IN RED** is an opportunity to increase heart health awareness, while addressing the growing needs of local heart patients; and

Whereas, the **ALL IN RED** campaign invites all Johnston County residents, business owners and visitors to participate in this initiative by wearing **RED on February 4, 2022, National Wear Red Day**, and/or running a **RED** promo or fundraiser in February; and


Whereas, the financial challenges of a heart patient are enormous; all funds raised within this campaign period will benefit local heart patients through the Johnston Health Foundation's Heart Fund; and

Whereas, on this day, we recognize heart disease and stroke survivors, those battling the disease, their families who are their source of love and encouragement, and applaud the efforts of our medical professionals who provide quality care; and

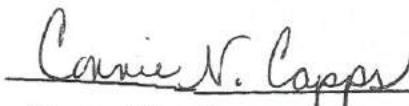
NOW, THEREFORE, the Honorable Mayor Jeff Holt and Board of Commissioners does hereby proclaim **February 2022 as "ALL IN RED MONTH"** and encourages businesses, industries and citizens in the community to support and participate in this event.

Duly proclaimed this 10th day of January 2022, while in regular session.





Jeff Holt, Mayor



Town Clerk