



HEART ATTACK

Ideas for Taking Action

Wisconsin Environmental Public Health Tracking Program



TAKING ACTION

We know it's a challenge to translate data into action. To help get you started, we created a short menu of potential strategies for addressing heart attack. To help communities of all sizes and resource levels, we organized this guide by the scope of the strategy, from addressing knowledge, attitudes, and skills to addressing laws and policies. Each strategy contains links to more resources.

INDIVIDUAL LEVEL | Knowledge, Attitudes, Skills

- Educate residents about the [signs and symptoms of a heart attack](#).
- Educate residents about the [connection between air quality and heart attacks](#).
- Encourage residents to [check their air quality forecast](#).
- Encourage residents to [avoid the outdoors on days when air quality is poor](#).

INTERPERSONAL LEVEL | Family, Friends, Social Networks

- [Train doctors to talk to their patients about air quality](#), especially those with heart disease and high blood pressure.
- [Promote airnow.gov](#), a way to check local air quality forecast, on social media channels.

ORGANIZATIONAL LEVEL | Organizations, Schools, Workplaces

- Encourage the use of [lower-polluting diesel technologies](#) among local and regional transit authorities.
- [Encourage worksites to incentivize active commuting](#) (e.g., biking, walking).

COMMUNITY LEVEL | Design, Access, Connectedness, Spaces

- Promote the [U.S. Environmental Protection Agency's school flag program](#) to alert the community of outdoor air quality.
- Offer [incentives for using public transportation](#).

POLICY LEVEL | National or Local Laws and Policies

- Encourage property owners and operators to [adopt smoke-free policies](#) in apartment buildings.
- Work with community planning and design staff to [develop bicycle and pedestrian master plans](#).
- Increase access to [public transportation systems](#).

Find more strategies and explore heart attack data at dhs.wisconsin.gov/epht.

WISCONSIN ENVIRONMENTAL PUBLIC HEALTH TRACKING PROGRAM

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