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**American Heart Association testimony in STRONG SUPPORT  
of SR 110/SCR 143 “URGING THE BOARD OF EDUCATION TO INCLUDE INSTRUCTION IN  
CARDIOPULMONARY RESUSCITATION INTO HEALTH EDUCATION CURRICULUM FOR  
STUDENTS IN GRADES NINE THROUGH TWELVE IN ALL PUBLIC SCHOOLS IN THE STATE.”**

The American Heart Association strongly supports SCR 143.

The American Heart Association is creating a generation of lifesavers by making sure students learn Cardiopulmonary Resuscitation (CPR) before they graduate. To date, 39 states and the District of Columbia have passed legislation requiring CPR training as a high school graduation requirement. At least seventy-five percent of public high school students graduating this year nationally will have learned lifesaving CPR in their schools. Unfortunately, Hawaii is among the 11 states that have not yet passed a policy to ensure that all of its graduating high school students receive this life-saving training.

Sudden cardiac arrest is a leading cause of death in the U.S. Every year, Hawaii EMS teams treat nearly 1,100 cases of out-of-hospital cardiac arrest. Currently, only 9% of those Hawaii witnessed out of hospital cardiac arrest victims survive making it a leading cause of death in Hawaii. Many of those patients die because they didn’t receive timely CPR. Making that statistic even more sad is that nearly 4 out of 5 sudden cardiac arrests happen at home and are witnessed by a loved one. A CPR trained bystander can double, even triple survival rates and improve long term healthcare outcomes. The life that is saved by CPR could be a loved one--a mom, a dad, maybe even a child.

SCR 143 urges the State BOE to add CPR training into Hawaii public high school health class curriculum. “Hands-only” CPR training aligns to one of the bench marks under Hawaii DOE health curriculum standards. Health class is a required Hawaii public high school credit for graduation. In less than the time it takes to watch a 30-minute sitcom, we can give students the skills they need to help save a loved one’s life with CPR.

Since 2011, the AHA has worked with the Hawaii Department of Education (DOE) to eliminate potential barriers to implement a CPR in Schools policy. With assistance from AHA volunteers, in 2012 the State DOE used \$20,000, allocated by the Dept. of Health, to purchase CPR training manikins, AHA DVD instructional videos and materials. The AHA also provided volunteer CPR emergency cardiovascular care training volunteers to train DOE health resource teachers, so that they could support classroom teachers in implementing the training to students. AHA trainers provided a follow-up training for health resource teachers in November 2016, and again in August 2017. AHA volunteers remain available to provide additional free training as needed, and to support classroom teachers if necessary. However, the ease of teaching “hands-only” CPR and the availability of the training DVDs should allow for classroom teachers to implement the training to students without additional support.

“Certification” is not necessary to train “hands-only” CPR, and certification would not be required of the students. The training would not be “pass or fail” and would only require that the students demonstrate that have learned the CPR motor skills. “Hands-only” CPR can be taught in 30 minutes or less.

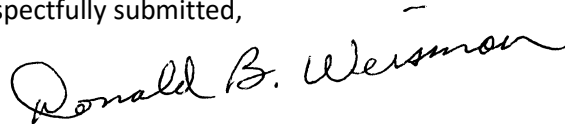
The AHA has worked with community foundations to secure grants to provide almost 30 Hawaii public middle, high, and charter schools with AHA CPR in Schools kits. The kits each contain 10 inflatable manikins, a training DVD and training materials designed specifically for training in schools. The AHA is committed to continue to find and secure grants to purchase additional school kits for Hawaii schools as needed.

Seventy percent of Hawaii residents feel helpless to act during a cardiac emergency because they don’t know how to administer CPR. SCR 143 could be a first step in helping to change that. “Hands-only” CPR takes roughly one high school health class period to learn and has two basic steps:

- 1) Call 9-1-1 and
- 2) Push hard and fast in the center of the chest.

The American Heart Association strongly urges legislators to support SCR 143. Mahalo for your consideration of this life-saving resolution.

Respectfully submitted,

A handwritten signature in black ink that reads "Donald B. Weisman". The signature is written in a cursive style with a horizontal line above the name.

Donald B. Weisman  
Hawaii Government Relations/Communications Director

## **SCR 143**

April 10, 2019

Testimony in Support

Rep Woodson and Members of the Lower and Higher Education Committee,

CPR is mandatory in 39 states. Hawaii is not one of them.

Perceived barriers have been addressed and community partners have been volunteering and teaching CPR in 27 public High Schools (some for a year and some for several consecutive years) but it has been a haphazard undertaking and when a supportive teacher leaves that school, the CPR education and training dies.

In 2018, HR204 HD1 and HCR 236 were adopted, calling for the DOE “to design and implement a curriculum in Hawaii public schools that teaches students to perform CPR...”

UH Nursing School Dean Mary Boland and I met with DOE personnel from the Office of Curriculum and Instructional Design in July 2018. After the meeting I sent the requested information on all the community partners teaching CPR in the schools, including email and phone numbers, to the DOE. To date, none of those partners has been contacted and beyond that initial meeting nothing much happened, despite efforts to follow up and get additional meetings scheduled.

So many individuals, agencies, non-profits and county departments have been trying to work and partner with the DOE to get CPR education implemented in our schools for a decade and the DOE has been woefully inactive and unresponsive. I support SCR 143 in the hopes that it will be yet another reminder to the DOE that the one hour of CPR education in a student’s 13 years of school can actually effect a survival benefit on the citizens of his or her community. 1 hour. 1 health class. To save a life.

States not yet on board:

1. Alaska
2. California (passed legislation but it hasn’t been implemented yet)
3. Colorado
4. Florida
- 5. Hawaii**
6. Massachusetts
7. Maine
8. Montana
9. Nebraska
10. New Hampshire
11. Wyoming