

One of 29 recipients of American Heart Association grants in Midwest

Chicago, Illinois – The Filipino American Community Health Initiative of Chicago (FACHIC) is the recipient of a one-year Community Action Grant from the American Heart Association for 2013-14. The Community Action Grant initiative is designed to help achieve the American Heart Association's mission: to build healthier lives, free from cardiovascular diseases and stroke.

Projects were asked to focus on one of more of "Life's Simple 7," the seven key factors to good health outlined on www.mylifecheck.org , and/or align with one of the association's strategic focus areas: advocacy; CPR & first aid; quality and systems improvement; and health equity.

FACHIC is one of 29 grant recipients, out of a total of 172 applicants, across an 11-state region served by the American Heart Association's Midwest Affiliate. FACHIC received funding to support Heart Healthy Cooking for the Filipino Community, which will aim to improve knowledge and change behavior towards prevention and reduction of cardiovascular disease through culturally relevant heart healthy eating. Funding will support FACHIC's planning of three cooking demonstrations in the Chicago area over the course of the next year that will incorporate heart healthy alternatives to traditional Filipino recipes from the American Heart Association's Mula sa Puso recipe booklet. Free recipe booklets and health materials will be distributed at each event. FACHIC will also release a heart healthy Filipino recipe each month on the organization's website from the recipe booklet. Dates and information for cooking demonstration events will be available at the FACHIC website, www.fachic.org .

According to Dr. Jane Jih, Executive Director of FACHIC, "We are delighted to receive this funding from the American Heart Association, which will enable us to educate people about how to live a healthy life and improve the heart health of our community."

For more information about the project or for community partnership opportunities, contact FACHIC at (312) 962-7748 or info@fachic.org. To learn more about the American Heart Association and their Community Action Grant program, visit www.heart.org .

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About the Filipino American Community Health Initiative of Chicago

The Filipino American Community Health Initiative of Chicago (FACHIC) is a collaborative of community, health professional, and academic leaders united to address Filipino health issues in the Chicago area. The mission of FACHIC is to increase awareness of Filipino health disparities and to implement health interventions and educational programming to improve the health status of the Filipino community. FACHIC is a 501(c)(3) Illinois nonprofit organization. All programs and services are free and available to all. For more information, visit www.fachic.org

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About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – America’s No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit heart.org or call any of our offices around the country.

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