



Legacy Health  
1919 N.W. Lovejoy St.  
Portland, OR 97209  
503.415.5600 *phone*  
503.415.5777 *fax*

May 8, 2015

Representative Margaret Doherty, Chair  
Members, House Committee on Education

Re: Legacy Health Supports SB 79A

Legacy Health supports SB 79A, which would add training of “hands-only” cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED) to health class curriculum for Oregon students in grades 7 - 12 beginning next school year.

Legacy Health is a major nonprofit health care provider in Oregon and Southwest Washington. With six medical centers throughout the Portland-Vancouver region, Legacy treats more than half a million outpatients annually and admits more than 56,000 people each year to our facilities.

Every year, nearly 400,000 people in the US suffer sudden cardiac arrest (SCA) and less than 11% survive - largely because they don't receive timely bystander CPR. Currently, Oregon students are required to learn “about” CPR but they don't necessarily get “hands-on training.”

Legacy Health has been offering the Middle School Healthy Heart program since the spring of 2012 when Legacy Research Institute conducted a study to test the effectiveness of an educational program focusing on hands only CPR and reduction of cardiovascular risk factors in middle school students. As a result, over 5,000 middle school students from West Linn, Wilsonville, Lake Oswego, Tualatin, Tigard and Beaverton, Sherwood and Canby have been trained in hands only CPR as well as learning how to live a more heart-healthy life. Legacy views SB 79A as an important next step, building on this very successful program.

When administered immediately, CPR doubles or even triples survival rates. Having more community members trained in CPR is critical as heart disease is the number 1 killer of men and women. Every 25 seconds, someone in the U.S. suffers a heart attack. Every 39 seconds, someone dies due to heart attack. Every minute CPR is delayed, the cardiac arrest victim's chance of survival decreases by 10%.

Only about a third of the population knows how to perform CPR. Oregon graduates approximately 45,000 high school students each year. Teaching students CPR could save thousands of lives by providing 45,000 first responders across Oregon who are prepared to administer CPR to cardiac arrest victims.

It is easy to teach Oregon's students this simple, life-saving skill. In less than 30 minutes students can be ready to save a life in an emergency. Teaching compression-only CPR training

is much easier and faster than teaching traditional CPR which includes mouth-to-mouth breathing. It can easily fit into the Health Class curriculum already required for all Oregon middle and high school students.

Additionally, sudden cardiac arrest can happen to anyone of any age. Each year approximately 5,800 children 18 years old or younger suffer cardiac arrest outside of a hospital. Many public places, including schools have AEDs available. It is important for students to know how to properly use them, even on their own peers. Increasing the number of people trained to use AEDs will dramatically increase the probability that teenagers, and others, will survive.

Twenty states have already passed this law, and Oregon should be next. Legacy Health urges you to support SB 79A.

Sincerely,

A handwritten signature in cursive script that reads "Diane Buelt".

Diane Buelt  
Director, Imaging & Cardiovascular Services