



American Heart Association Urges Communities to 'Lace Up' and Become a Nation of Lifesavers

New PSA encourages communities to learn Hands-Only CPR and take action to help save lives from cardiac arrest

DALLAS, TX, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- Every year, more than 350,000 people suffer cardiac arrest outside of a hospital, and approximately 9 out of 10 do not survive, often because CPR is not performed in time.

The American Heart Association is encouraging communities across the country to take action through its Heart Walk, a community walk event that brings people together to build a Nation of Lifesavers™ through CPR education and awareness.

As part of this effort, the American Heart Association is distributing a new public service announcement encouraging audiences to build their confidence in lifesaving skills like Hands-Only CPR and learn how they can help in an emergency. The initiative supports the American Heart Association's bold goal of doubling survival from out-of-hospital cardiac arrest by 2030.

"Small actions can lead to extraordinary outcomes," the American Heart Association emphasizes through the campaign, encouraging everyday bystanders to learn CPR and be prepared to act when it matters most.

Learn more about the American Heart Association Heart Walk at www.heartwalk.org.

About the American Heart Association:

The American Heart Association is a relentless force for a world of longer, healthier lives. For nearly 100 years, the organization has been at the forefront of lifesaving discoveries, research, education and advocacy. Through the dedication of millions of volunteers, the Association works to ensure equitable health for all and reduce death and disability from cardiovascular diseases and stroke. By collaborating with numerous organizations and supported by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. Connect with us on heart.org, Facebook, X, Instagram and LinkedIn.

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