



American Heart Association®

Hard Hats with Heart™

PUGET SOUND HARD HATS WITH HEART CASE STUDIES

American Heart Association
Puget Sound
601 Union St. Ste 2420
Seattle, WA

@AmericanHeartWA



CASE STUDY: MORTENSON CONSTRUCTION

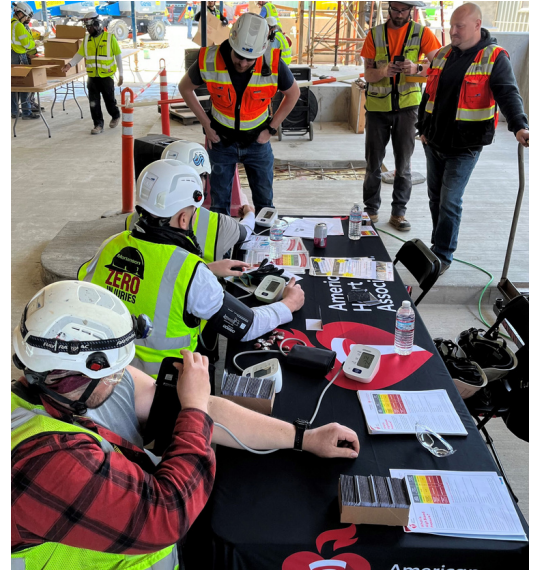


BACKGROUND

Currently, over 80 million people living in the U.S. suffer from hypertension or high blood pressure. Left unmanaged, high blood pressure can lead to stroke, heart failure, heart attack, kidney disease and more. 1 in 4 U.S. construction workers have high blood pressure and 1 in 25 have been diagnosed with heart disease. To address the elevated risk of heart disease in the construction industry, Mortenson teamed up with the American Heart Association to bring blood pressure resources to workers on job sites, raising awareness and sharing tools for healthy lifestyle changes that reduce risk.

FOCUS: HYPERTENSION EDUCATION

In Seattle, Mortenson now includes blood pressure education and Hands-Only CPR demonstrations in Washington as a part of craftworker onboarding. Mortenson also launched 30-day blood pressure challenges on project sites across the Puget Sound. During the challenge, Mortenson craftworkers and trade partners monitor their blood pressure numbers and made lifestyle changes to move numbers within a healthier range. Challenges kick off with an educational 'lunch and learn' session about blood pressure led by the American Heart Association and equip workers with tools needed for self-measurement and resources to make healthier decisions for their heart and brain health.



OUTCOMES

75% of participants shared that their blood pressure improved over the course of the challenge.

269 craftworkers were provided with blood pressure management and health education resources across three Mortenson job sites.

109 responses to a post challenge survey indicated participants made healthy lifestyle changes.

"Ensuring our craftworkers have access to practical health information and tools is what motivates me to lead Hard Hats with Heart."

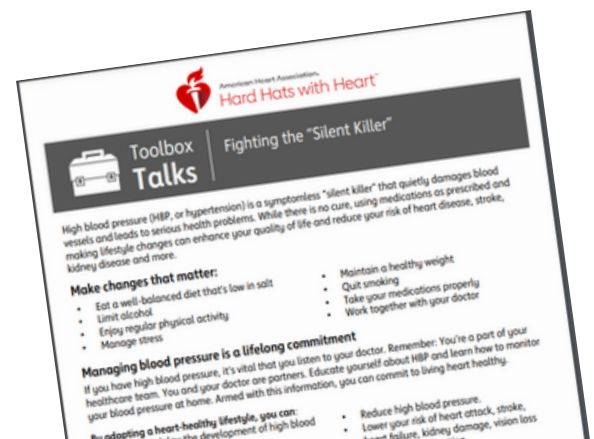
-Bryan Maggio, 2023 Hard Hats with Heart Chairperson

CORPORATE CITIZENSHIP + VISIBILITY

Bryan Maggio

Director of Market Strategy & Development

2023 Hard Hats Chairperson
& Presenting Sponsor



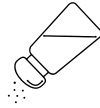
2023 IMPACT PRIORITY:

BLOOD PRESSURE AWARENESS AND EDUCATION

This past year, the American Heart Association engaged thousands of craftworkers across the Puget Sound region to learn about blood pressure and take action to reduce risk of cardiovascular disease. Inspired by Mortenson's 30-day blood pressure challenges, other Hard Hats with Heart companies including Swinerton, Skanska, Hoffman, Goldfinch Brothers, Prime Electric, VECA and Valley Electric brought blood pressure challenges to their jobsites and offices across the region.

Below is a summary of the amazing results shared through a post challenge survey.

161 participants reduced salty food intake



124 participants cut out sugary drinks



46 participants made a doctor's appointment



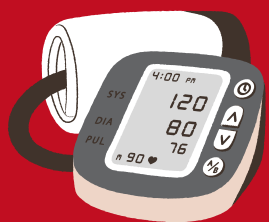
143 participants got 30 minutes of exercise most days



148 participants took 15 minutes most days to relax and destress



26 participants quit smoking or made a plan to quit



72%

of participants reported lowering their blood pressure numbers to a healthier range in a post challenge survey.

CASE STUDY:



FOCUS: HANDS ONLY CPR & STROKE AWARENESS

The American Heart Association was honored to provide an educational program for Providence Swedish facilities staff, led by Al Tsai, PhD, Community Impact Director at the American Heart Association. The program focused on stroke awareness and its risk factors. In addition, Dr. Tsai shared information about cardiac arrest and demonstrated Hands-Only CPR, giving participants the opportunity to practice the life-saving skills on mannikins.

LEADERSHIP

Hisham Elkhawad, Senior Director of Project Management at Providence Swedish, championed efforts to expand awareness and education throughout the construction industry as the Mission Impact Chairperson for the 2023 Puget Sound Hard Hats with Heart campaign.

OUTCOMES

6 participating healthcare facilities.

58 participants learned how to perform Hands-Only CPR.

"I'm proud to join this outstanding group of industry leaders who share a goal of creating a healthier future for all," said Elkhawad. "The work of the American Heart Association saves lives and as an industry, we are happy to do our part to support this mission."



CORPORATE CITIZENSHIP + VISIBILITY

Hisham N. Elkhawad
Senior Director of Project Management
Providence Swedish | Puget Sound Region

2023 Puget Sound Hard Hats with Heart
Executive Leadership Team Member
& 2023 Mission Impact Chairperson



INCREASING PHYSICAL ACTIVITY

MOVE MORE CHALLENGE

Hard Hats with Heart companies participated in some friendly competition during the Heart and Stroke Walk Move More Challenge. The 30-day physical activity challenge started in September with a goal for participants to integrate movement into each day while building awareness about the importance of physical activity on heart health and overall wellness. Participating companies competed for the first ever Hard Hats Cup, awarded to the company whose employees amassed the most movement minutes. The challenge culminated with the companies walking alongside their fellow community members at the Puget Sound Heart and Stroke Walk in October.

HARD HATS CUP

With 120,651 movement minutes logged Prime Electric took home the 2022 Hard Hats Cup.

OUTCOMES

422 participants.

312,569 minutes logged.

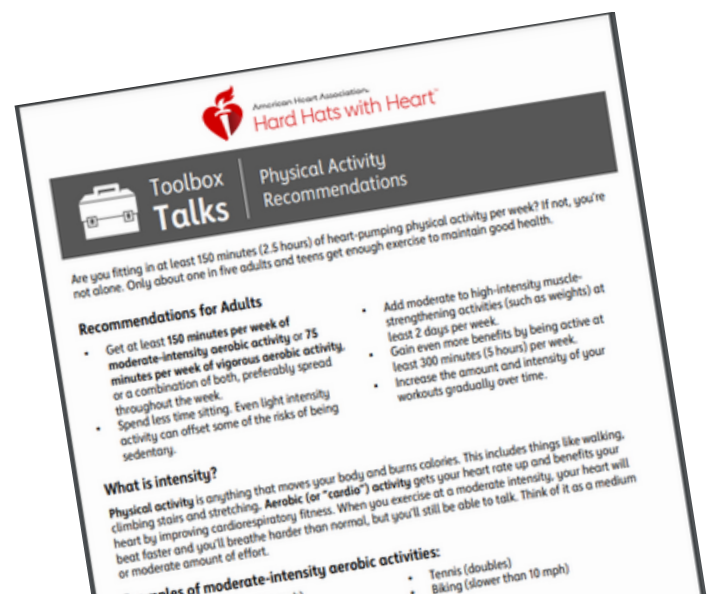
\$77,356 raised for the American Heart Association's mission.



**HARD HATS CUP
INDUSTRY CHALLENGE
HEART AND STROKE WALK**

CONSTRUCTION COMPANY LEADERBOARD

COMPANY	PARTICIPANTS	FUNDRAISING	ACTIVITY MINUTES
PRIME ELECTRIC	60	\$1,228	120,651
SKANSKA	116	\$6,037	81,728
MACDONALD-MILLER	49	\$3,358	65,234
ABBOTT CONSTRUCTION	72	\$26,490	21,142
GOLDFINCH BROTHERS	39	\$19,529	11,507
PCS STRUCTURAL SOLUTIONS	12	\$5,973	8,270
GENSLER	22	\$8,451	2,132
NORTHWEST CONSTRUCTION	2	\$2,896	1,017
MCKINSTRY	6	\$138	887
MORTENSON	22	\$3256	0
SWINERTON	22	\$0	0



2023 EXECUTIVE LEADERSHIP TEAM

CHAIR LEADERSHIP



Bryan Maggio
Chairperson and
Presenting Sponsor



Hisham N. Elkhawad
Mission Impact
Chairperson



LEADERSHIP TEAM MEMBERS



Mark Howell
2024 Chairperson



Nick Vovakes, 2025 Chairperson
Dave Worley, Bret Downing



Marjorie S. Chang Fuller
2026 Chairperson



Troy Stedman



Karl Pihl



Jenae Goldfinch



Greg Zevely



Ian Elliott



Michael Holmes



Ruben Canas



Mark Jonson



Jeff Tomlinson



Jeret Garcia



Brad Velasco



Todd Stine