



WOMENHEART

ANNUAL REPORT 2017

SUPPORT / EDUCATE / ADVOCATE

As a WomenHeart Champion, a heart disease survivor, cardiovascular research advocate for women, and retired cardiovascular RN, I have an intimate relationship with heart disease. I know it inside and out which helps me understand the importance of the work that WomenHeart does every day. We support, educate, and advocate on behalf of the 48 million women living with and at risk of heart disease.

Our most cherished experiences are when we connect with another woman struggling with heart disease. Many of us have support networks that we meet with monthly and some of us may also visit patients in the hospital. In 2017, *WomenHeart Champions* led support groups in more than 30 states. Here's what one *WomenHeart Champion* said about her experience running a support group. "Seeing the relief of a woman's eyes, the tears that often come, and then that smile on a fearful face when I say, I've been in your shoes. I share your journey and today I am living well with heart disease."

So one might ask, what keeps our *WomenHeart Champions* energized to continue the important work that we do. One champion summed it up this way, "I should have died that night I had my heart attack, but I didn't. I stayed alive because I know I have a purpose to share my heart story and hopefully save lives of others."

Thank you for your generosity.
Evan C. McCabe, RN, MN
WomenHeart Champion & Board Chair

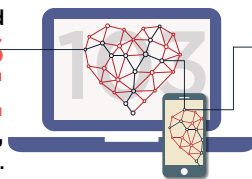


The 2017 Class of *WomenHeart Champions* at the Science & Leadership Symposium at the Mayo Clinic in Rochester, Minn.

Support

WomenHeart's mission was founded on three fundamental principles—with none bigger than support. With nearly **48 million women** living with or at risk of heart disease, we strive to assist them through the development of nationwide support networks that provide emotional support and guidance to women heart patients from other women who understand what heart disease survivors are going through. These support networks are run by *WomenHeart Champions*—a volunteer group of nearly 900 heart disease survivors who spread awareness in their communities—and are located in 33 states across the country.

In Fiscal Year 2017, WomenHeart offered **103 SUPPORT GROUPS NATIONWIDE** and kicked off **HeartSisters Online**, its virtual peer-led support network service.



WomenHeart of Miami support group meeting.

Educate

A core tenant of WomenHeart's mission is to educate all women about their risk of heart disease. Our *WomenHeart Champions* are our boots on the ground, sharing their own heart journeys and raising awareness nationwide. Award-winning actress, singer, songwriter, and television producer, and spokesperson for the Rise Above Heart Failure Campaign Queen Latifa sat down with **WomenHeart Champion Eileen Drezca** to discuss the effects of heart failure on her everyday life.





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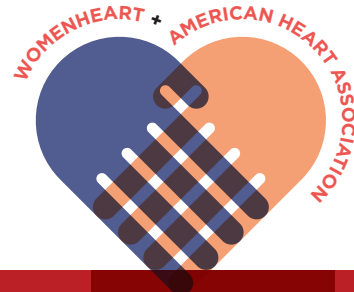
bags filled with educational materials

DURING OUR 16TH ANNUAL SCIENCE & LEADERSHIP SYMPOSIUM, WE TRAINED **58 WOMEN LIVING WITH HEART DISEASE TO BECOME *WomenHeart Champions*** to educate their local communities & speak out about the #1 killer of women.

WomenHeart Champion Ann de Velasco speaking at the 16th Annual Science & Leadership Symposium

Advocate

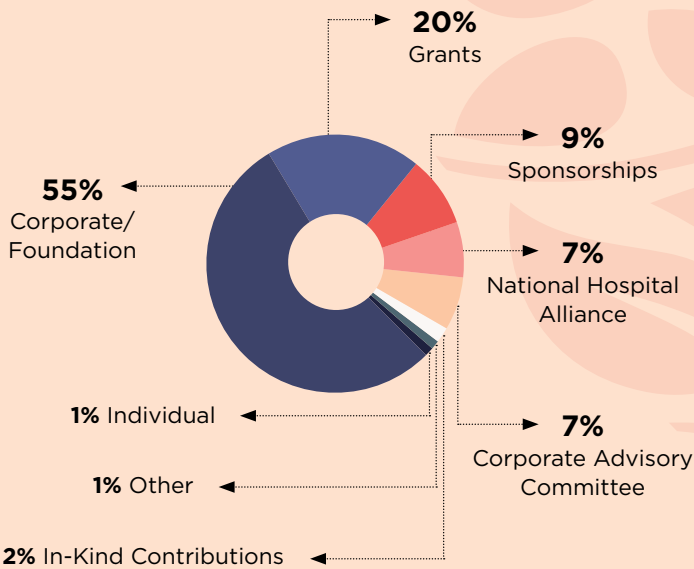
WomenHeart advocates on behalf of the millions of women living with or at risk of heart disease. We work to ensure every woman has equal access to the healthcare they need to live a heart healthy life. On May 2, 2017, WomenHeart held a [Congressional Briefing](#) and announced our policy recommendations to guide Congressional action to improve access to quality, affordable care. We were joined by 22 organizations to call on our political leaders to push for change together.



WomenHeart & the AHA collaborated on getting an important bill passed by Congress. **S.1361—Improving Access to Cardiac & Pulmonary Rehabilitation Act of 2017** will expand access to cardiac rehabilitation, a service that is significantly underutilized by the medicare population and particularly by women of color.

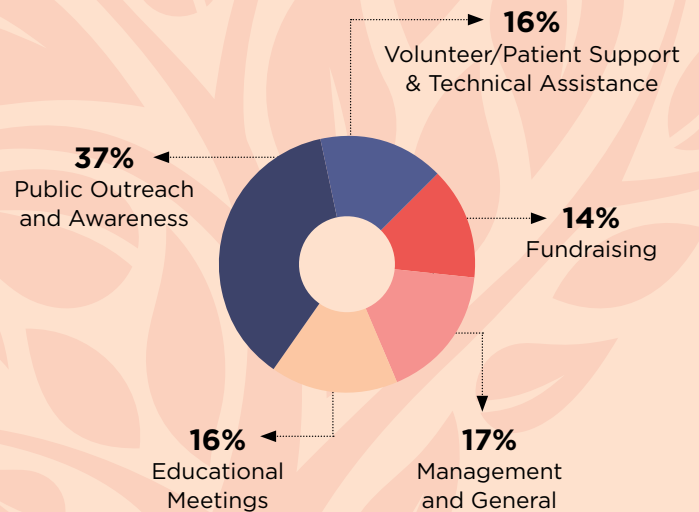
Revenue

FY2017 Total : \$4,522,066



Expense

FY2017 Total : \$4,357,370





WOMENHEART

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Sundeep Chaudhry

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Revised January 2017

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