

Million Hearts Campaign®

The Million Hearts® campaign is a national initiative aimed at preventing 1 million heart attacks and strokes over the next five years. Heart disease and stroke are two of the leading causes of death in the United States. Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

For more information visit MillionHearts.hhs.gov

Southern Ain't Fried Sundays (SAFS) is a program of the Arkansas Minority Health Commission uniquely designed to educate African American and Hispanic churches, communities and organizations about healthier alternatives to preparing and cooking traditional style meals. It is also a creative mechanism to help in the reduction of heart disease, stroke, diabetes and obesity. The SAFS program includes the 21-Day Meal Replacement Plan designed to gradually introduce individuals to healthier food alternatives. The newest component of the SAFS program is Walk With Ease, a fitness program created by the Arthritis Foundation to help reduce arthritic pain and improve health. Walk With Ease offers participants an in-depth guidebook that details the walking process from beginning to end.

For more details or to sign up for this free program, [click here](#).

If you have additional questions or concerns, contact AMHC health specialist, Ronda Gilbert-Hines, at 501-682-8825 or ronda.gilbert-hines@arkansas.gov.

Collateral Requests

Collateral requests from the Arkansas Minority Health Commission are defined as health-related requests for educational literature and promotional items for outreach events. The purpose of collateral requests are to increase awareness of hypertension, stroke and other disorders that disproportionately impact minorities.

If you are interested in receiving health education materials from the Arkansas Minority Health Commission, please note that:

- Requests should be made a minimum of 7 days prior to the event.
- A collateral request form should be completed for all requests for educational/promotional items by an individual/organization. All lines should be completed.
- The collateral request form should be emailed to Beatriz Mondragon -Grants Coordinator at Beatriz.Mondragon or faxed to the AMHC at 501-686-2722.
- Promotional items only **cannot** be requested.
- Tobacco, heart disease/stroke sheets should be included in all orders.

If screenings will be provided at your health event, the AMHC requires the following documents to be completed in addition to the collateral request form:

- [Pre-event](#) (prior to the event)
- [Post event](#) and [screening data form](#) (after the event)

**These forms must be submitted to the AMHC Grants Coordinator.*

Once your collateral request is filled, you will be notified for pick-up or your health education literature will be mailed (if specified on request form). All documents that you submit to the AMHC (pre-event, screening data, post event and collateral request) will be filed by the agency and entered into its annual report.

To download and complete the AMHC collateral request form, click [Collateral request form](#).

If you have a copy machine, the AMHC has a number of its [health sheets listed here](#) that you may print at your leisure.

Equipment Loans

Equipment loans from the Arkansas Minority Health Commission are defined as requests to use AMHC health equipment and/or supplies for outreach events. Items offered by the AMHC include blood pressure machines, glucose monitors, cholesterol machines, scales and tape measures. The purpose of equipment loans are to provide screenings or access to screenings for hypertension, stroke and other diseases that disproportionately impact minorities, as well as to increase awareness of these diseases.

If you are interested in borrowing health equipment and/or supplies from the Arkansas Minority Health Commission, please note that:

- Requests should be made a minimum of 2 weeks prior to the event.
- The following forms are required: equipment loan, pre-event, screening data and post event forms. Forms can be downloaded from the AMHC website (see below) or emailed/faxed to individuals/organizations.
- Tobacco, heart disease and stroke fact sheets should be included in all orders.
- AMHC post event form and screening data form should be completed by the organization and returned after the event.

Before completing the equipment loan form, please note:

- The equipment section is completed by staff.
- An individual may receive multiple blood pressure machines and glucometers.
- An individual/organization may receive one cholesterol machine.
- Equipment may be picked up 7 days prior to the event.
- Equipment checked out Monday through Wednesday should be returned 2 days after the event.
- Equipment checked out Thursday through Friday should be returned on Monday.

Once your equipment loan is ready, you will be notified of pick-up of the equipment. All documents that you submit to the AMHC (pre-event, screening data, post event and collateral request) will be filed by the agency and entered into its annual report.

Click the links below to download and complete AMHC's required forms for equipment loans:

- [Equipment loan](#)
- [Pre-event form](#)
- [Post event form](#)
- [Screening data form](#)

All forms must be completed and emailed to AMHC's Grants Coordinator, Beatriz Mondragon at Beatriz.Mondragon@arkansas.gov or faxed to the AMHC at 501-686-2722.