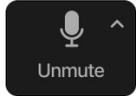
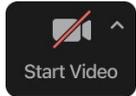


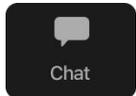
# Zoom Meeting Preparation



- Please make sure your phone or computer is muted to minimize background noise.
  - To do this, hover over the bottom left-hand side of your screen and click “Mute.”



- Please make sure you have turned off your camera to save bandwidth and prevent any connectivity issues.
  - To do this, hover over the bottom left-hand side of your screen and click “Stop Video.”



- Please submit questions during the presentation in the “Chat” function located on the bottom of your screen.

If you require an interpreter or have other accessibility needs for future LDOE meetings, please contact [LDOEcommunications@la.gov](mailto:LDOEcommunications@la.gov).



# Safe and Healthy Schools Community of Practice Call

February 26, 2026

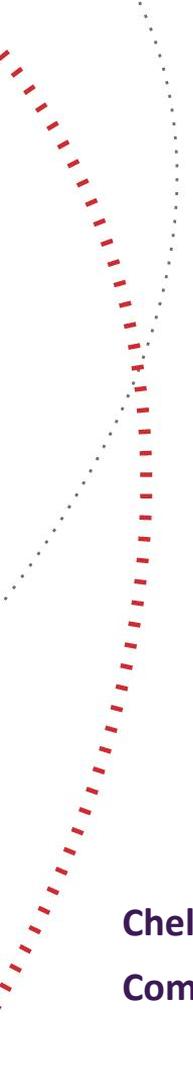


The background is a solid red color. It is decorated with numerous white, hand-drawn style hearts of various sizes and orientations. Interspersed among the hearts are small white circles, some of which have a tiny black dot in the center, resembling confetti or decorative elements.

# FEBRUARY

is American Heart Month

We will begin shortly!



# **Protecting Hearts & Minds in Louisiana Schools: Updated Blood Pressure & CPR Guidelines**

**Chelsea Morgan, MHA, CFRE**  
**Community Impact Vice President**



# Mission Statement

To be a relentless force for a world of longer, healthier lives.

## GUIDING VALUES



Improving & extending people's lives



Speaking with a trustworthy voice



Inspiring passionate commitment



Ensuring equitable health for all



Bringing science to life



Making extraordinary impact



Meeting people where they are



Building powerful partnerships

## SECOND CENTURY VISION

Advancing health and hope for everyone, everywhere.

# Life's Essential 8

The science-based recipe for a longer, healthier life

Identifies the 8 most important factors for cardiovascular health – 4 health behaviors and 4 health factors.

Simplifies cardiovascular health so people can better understand and manage it.



# Four key health behaviors

**Not smoking  
or vaping**



## **Adequate Sleep**

Getting 7-8 hours of  
sleep per night



## **Healthy Diet**

Adhering to a DASH or  
Mediterranean diet



## **Physical Activity**

150 minutes or more of  
moderate or greater physical  
activity per week



Life's Essential



# Four key health factors



**Blood Pressure**  
Less than 120/80mm Hg

**Blood Sugar**  
No history of diabetes and  
Fasting Blood Glucose of less  
than 100 mg/dL (or  
Hemoglobin A1c < 5.7)

**Blood Lipids**  
Less than 130 mg/dL of  
non-HDL cholesterol

**Healthy Weight**  
A Body Mass Index of  
less than 25

8

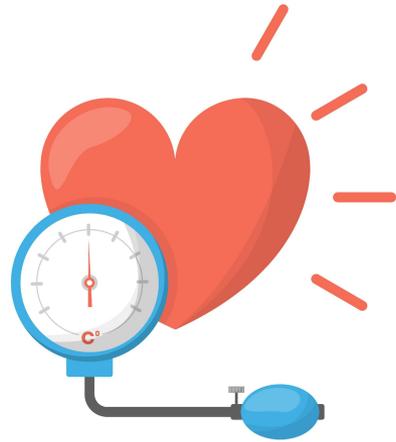
# Life's Essential 8

- Life's Essential 8 = daily habits for a healthy heart.
- Small choices add up.
- You have the power to fuel your future!



# Don't Be Pressured

- Too much salty/fatty food raises blood pressure.
- High BP makes the heart work harder.



American Heart Association.  
Life's Essential 8™  
→ for kids

## DON'T BE PRESSURED

Blood pressure is how strongly blood goes through tubes ("arteries") in your body to give you energy. This is like how pipes carry water in a house. When our heart pumps blood, it pushes the blood through tubes, and that's how it brings oxygen and nutrients to all the parts of our body.

An illustration of a doctor in a white coat sitting at a desk, examining a young girl's arm. The girl is sitting on a stool and has a blood pressure cuff on her arm. In the background, there is a computer monitor displaying some data.

# Overview and Importance for School Health Professionals



## Updated CPR Guidelines

The 2025 AHA guidelines emphasize high-quality chest compressions and rescue breaths for all ages to improve emergency outcomes.

## Pediatric CPR Enhancements

New pediatric CPR techniques specify compression depth and promote one-hand or two-thumb methods for effective compressions.

## Blood Pressure Management

Guidelines target blood pressure below 130/80 mm Hg, with personalized risk assessment using the PREVENT™ calculator.

## School Health Impact

Implementing guidelines in schools enhances emergency preparedness and supports chronic disease prevention among students and staff.

# New Blood Pressure Guidelines

## Circulation

FRAME OF REFERENCE	CASES AND TRACES
<p><b>Perspectives</b></p> <p><b>A Trans-Atlantic Perspective on the 2025 AHA/ACC Guidelines for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults</b></p> <p><i>M Arora and SP Asanith</i> 743</p>	<p><b>EGG Challenge</b></p> <p><b>Decoding Supraventricular Tachycardia ECG Analysis</b></p> <p><i>M Gabrini and S Dinkara Menon</i></p>
<p><b>ORIGINAL RESEARCH ARTICLES</b></p> <p><b>Early Vascular Aging Determined by 3-Dimensional Aortic Geometry: Genetic Determinants and Clinical Consequences</b></p> <p><i>C Beecher ... JJ Chinna</i> 748</p>	<p><b>Research Letters</b></p> <p><b>Short-Course Secondary Antibiotic With Screen-Detected Mild Rheumatoid Arthritis</b></p> <p><i>J Rembertus ... J Abalos</i></p>
<p><b>Editorial</b></p> <p><b>The Geometry of Aging: New Angles on Cardiovascular Risk</b></p> <p><i>T Cozzolino</i> 762</p>	<p><b>CLINICAL STATEMENT</b></p> <p><b>Clinical Practice Guidelines for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the Cardiology/American Heart Association on Clinical Practice Guidelines</b></p> <p><i>DW Jones et al</i> 784</p>
<p><b>Genetics</b></p> <p><b>TEXS and CHD4 Coordinately Activate Atrial Cardiomyocyte Genes to Maintain Cardiac Rhythm Homeostasis</b></p> <p><i>MC Swartz ... BT Fu</i> 765</p>	<p><b>AMA/ACC Scientific Statements</b></p> <p><b>Use of Risk Assessment to Guide Blood Pressure Management in the Prevention of Cardiovascular Disease Statement From the American Heart Association College of Cardiology</b></p> <p><i>SS Khan et al</i> 802</p>
<p><b>STATE OF THE ART</b></p> <p><b>Frontiers</b></p> <p><b>Intensity, Duration, and Context Dependency of the Responses to Nutrient Surplus and Deprivation Signaling in the Heart: Insights Into the Complexities of Cardiolipidation</b></p> <p><i>M Packer</i></p>	
<p>Volume 152, Number 11, September 16, 2025</p>	<p>www.ahajournals.org</p>

**Circulation**  
 Volume 152, Issue 11, 16 September 2025; Pages e114-e218  
<https://doi.org/10.1161/CIRC.0000000000001356>

### CLINICAL PRACTICE GUIDELINES

## 2025 AHA/ACC/AANP/AAHA/ABC/ACCP/ACPM/AGS/AMA/ASPC/ Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines

**Writing Committee Members, Daniel W. Jones, MD, FAHA, Chair, Keith C. Ferdinand, MD, FACC, FAHA, FASPC, Vice Chair, Sandra J. Talier, MD, FAHA, Vice Chair, Heather M. Johnson, MD, MS, FAHA, FACC, FASPC, JC Liaison, Daichi Shimbo, MD, JC Liaison, Marwah Abdalla, MD, MPH, FAHA, FACC, M. Martine Altieri, PA-C, MHS, C, Nisha Bansal, MD, MAS, FAHA, Natalie A. Bello, MD, MPH, FACC, Adam P. Bress, PharmD, MS, Jocelyn Carter, MD, MPH, Jordana B. Cohen, MD, MSCE, FAHA, Karen J. Collins, MBA, Yvonne Commodore-Mensah, PhD, MHS, BSN, RN, FAHA, FPCNA, Leslie L. Davis, PhD, ANP-BC, FACC, FAHA, Brent Egan, MD, FAHA, Sadiya S. Khan, MD, MSc, FACC, FAHA, Donald M. Lloyd-Jones, MD, ScM, FAHA, FACC, Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, Eva A. Mistry, MBBS, MSc, FAHA, Modele O. Ogunniyi, MD, MPH, FACC, FAHA, Stacey L. Schott, MD, MPH, Sidney C. Smith Jr, MD, FAHA, MACC, Amy W. Talbot, MPH, Wanpen Vongpatanasin, MD, FAHA, FACC, Karol E. Watson, MD, PhD, FACC, FAHA, FASPC, Paul K. Whelton, MB, MD, MSc, FAHA, and Jeff D. Williamson, MD, MHS, AGSF**

**Aim:** The 2025 AHA/ACC/AANP/AAHA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults

Table 1. What Is New

New or Revised	Section Title	2017 Recommendation	2025 Recommendation
New terminology	N/A	Hypertensive urgency	Severe hypertension
New recommendation	3.2.3. Secondary Forms of Hypertension	N/A	COR 1: In adults with resistant hypertension, screening for primary aldosteronism is recommended regardless of whether hypokalemia is present to increase rates of detection, diagnosis, and specific targeted therapy.
New recommendation	3.2.3.1. Primary Aldosteronism	N/A	COR 1: In adults with an indication for screening for primary aldosteronism, it is recommended to continue most antihypertensive medications (other than MRA) prior to initial screening to minimize barriers to or delays in screening.
Ind Psychosocial	N/A	N/A	COR 2a: In adults with or without hypertension, potassium-based salt substitutes can be useful to prevent or treat elevated BP and hypertension, particularly for patients in whom salt intake is related mostly to food preparation or flavoring at home, except in the presence of CKD or use of drugs that reduce potassium excretion where additional monitoring is proactively indicated.
Prevent Threshold (CVD Risk) SABA Drug Intervention	COR 1: Use of BP-lowering medications is not recommended for secondary prevention of recurrent CVD events in patients with clinical CVD and an average of SBP $\geq 130$ mm Hg or an average DBP $\geq 80$ mm Hg and for primary prevention in adults with an estimated 10-year ASCVD risk of $\geq 1.0\%$ and an average SBP $\geq 130$ mm Hg or an average DBP $\geq 80$ mm Hg.	COR 1: In adults with hypertension without clinical CVD but with diabetes or CKD or if increased 10-year CVD risk (ie, $\ge 7.5\%$ based on PREVENT), initiation of medications to lower BP is recommended when average SBP is $\ge 130$ mm Hg and average DBP is $\ge 80$ mm Hg to reduce the risk of CVD events and total mortality.	
Prevent Threshold (CVD Risk) SABA Drug Intervention	COR 1: Use of BP-lowering medication is recommended for primary prevention of CVD in adults with no history of CVD and with an estimated 10-year ASCVD risk $< 1.0\%$ and an SBP $\geq 140$ mm Hg or a DBP $\geq 90$ mm Hg.	COR 1: In adults with hypertension without clinical CVD and with estimated 10-year CVD risk $< 7.5\%$ based on PREVENT, initiation of medications to lower BP is recommended if average SBP remains $\ge 130$ mm Hg or average DBP remains $\ge 80$ mm Hg after a 3- to 6-month trial of lifestyle intervention to prevent target organ damage and mitigate further increases in BP.	
		COR 2b: In adults with diabetes and hypertension, ACEI or ARB may be considered in the presence of albuminuria.	COR 1: In adults with diabetes and hypertension, ACEI or ARB are recommended in the presence of CKD as identified by eGFR $< 60$ mL/min/1.73 m <sup>2</sup> or albuminuria $\ge 30$ mg/g and should be considered when mild albuminuria (30 mg/g) is present to delay progression of diabetic kidney disease.
Prevention Treatment in Chronic Kidney	COR 2a: In adults with hypertension and CKD (stage 3 or higher or stage 1 and 2 with albuminuria $\ge 300$ mg/dL or $\ge 300$ mg/g albumin-to-creatinine ratio or the equivalent in the first morning void), treatment with an ACEI is recommended to slow kidney disease progression.  AND  COR 2b: In adults with hypertension and CKD (stage 3 or higher or stage 1 and 2 with albuminuria $\ge 300$ mg/dL or $\ge 300$ mg/g albumin-to-creatinine ratio or the equivalent in the first morning void), treatment with an ARB may be reasonable if an ACEI is not tolerated.	COR 1: For adults with hypertension and CKD as identified by eGFR $< 60$ mL/min/1.73 m <sup>2</sup> or albuminuria $\ge 30$ mg/g, RAASi (either with ACEI or ARB but not both) is recommended to decrease CVD and delay progression of kidney disease.	
Infraorbital	N/A	N/A	COR 2a: For adult patients with acute apnea-related OSA who present with SBP between 150 and 220 mm Hg, it can be beneficial to immediately lower SBP to $\le 140$ mm Hg for at least 7 days after OSA to improve functional outcomes, but sleep antihypertensive medications if SBP $< 130$ mm Hg.

(Continued)

CLINICAL PRACTICE GUIDELINES



# New Blood Pressure Guidelines

## Top 10 Things to Know

1. There is stronger proof now that high blood pressure is linked to **increased risk of cognitive decline and dementia.**
2. High blood pressure is the **leading risk factor for stroke and a number of heart conditions** such as coronary artery disease, heart failure and atrial fibrillation (AFib)
3. **During or after pregnancy, you can develop high blood pressure,** including a dangerous condition called preeclampsia.
4. Normal blood pressure is when: **Systolic pressure (top number) is less than 120 and -Diastolic pressure (bottom number) is less than 80**
5. **Anyone can develop** high blood pressure.

## New: Blood Pressure Categories During Pregnancy

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
NON-HYPERTENSIVE	LESS THAN 140	and	LESS THAN 90
HYPERTENSION IN PREGNANCY*	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION* (If you don't have symptoms, call your health care professional immediately.)	160 OR HIGHER	or	110 OR HIGHER

\* If you have any of these symptoms, call 911: severe headache, change in vision, abdominal pain, chest pain, significant swelling or shortness of breath.

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130-139	or	80-89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

\*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

[heart.org/bplevels](http://heart.org/bplevels)

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# New Blood Pressure Guidelines

## Top 10 Things to Know

- To **get the best blood pressure reading**, sit in a chair with support for your back, both feet flat on the ground, arm extended and supported at heart level, stay quiet and still.
- In addition to lifestyle changes, you **may need medication**.
- Eating a **healthy diet** can help lower or prevent high blood pressure.
- For individuals living with excess weight, **losing about 5% of body weight can support overall health** and help lower or prevent high blood pressure.
- Check out [Life's Essential 8](#) to **learn more about what you can do** to improve your heart and brain health.

### New: Blood Pressure Categories During Pregnancy

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
NON-HYPERTENSIVE	LESS THAN 140	and	LESS THAN 90
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\* If you have any of these symptoms, call 911: severe headache, change in vision, abdominal pain, chest pain, significant swelling or shortness of breath.

### Blood Pressure Categories



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STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

\*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

[heart.org/bplevels](http://heart.org/bplevels)

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## Unified Chain of Survival

The updated guidelines present a unified Chain of Survival model for adults, children, and infants, emphasizing early recognition and rapid response.

## Enhanced Training Recommendations

AHA emphasizes enhanced training for lay rescuers and professionals including teachers and counselors for effective emergency response in schools.

## Opioid Overdose Response

New recommendations include opioid overdose management with naloxone administration as part of emergency cardiovascular care protocols.

## Pediatric and Infant CPR Updates

Updated pediatric and infant CPR techniques focus on reducing injury risk while maintaining the effectiveness of life-saving interventions.



# Unified Chain of Survival

<b>Early Recognition</b>	Identify cardiac arrest promptly	Train staff to recognize symptoms
<b>High-Quality CPR</b>	Effective compressions and breaths	Annual CPR certification for staff
<b>Rapid Defibrillation</b>	Use AED within minutes	Place AEDs in gyms and hallways
<b>Advanced Life Support</b>	EMS intervention	Coordinate with local EMS
<b>Post-Arrest Care</b>	Hospital-based recovery	Communicate with caregivers and hospitals

# 2x

By 2030 we want to double the survival rate of cardiac arrest, but we can't do it alone.

We need:

1

More communities with Cardiac Emergency Response Plans (CERP)

2

To raise awareness and train more people in CPR

3

More AEDs and training in our community



# Summary and Support Resources

## Emergency Preparedness

### CPR in Schools Training Kit™

- Teaches **CPR, AED use, and basic first aid in one class period**
- Reusable kit trains **10–20 students at a time**, no CPR experience required for facilitators
- Portable, school-ready design for campus-wide training

### Cardiac Emergency Response Plan (CERP)

- A written plan outlining **specific steps for rapid response** in school cardiac emergencies
- Helps schools reduce preventable deaths and ensure coordinated action during emergencies

### School CPR Resources (Grades 6–12)

- Ready-to-use lesson materials, online resources, and teaching aids
- Builds the **“next generation of lifesavers”** before graduation

## Health & Prevention Resources

### Life’s Essential 8 – Kids’ Healthy Habits

Kid-friendly tools that teach daily habits for heart and brain health, including nutrition, movement, sleep, and emotional well-being.

### Healthy for Good™ Education Resources

Simple, colorful infographics and materials that help students and families “Eat Smart,” “Move More,” and “Be Well.” Many materials are also available in Spanish.

### Answers by Heart – Parent & Student Handouts

Downloadable fact sheets covering lifestyle, risk reduction, nutrition, physical activity, and general heart-health information — great for newsletters and take-home packets.

# Thank You

Chelsea Morgan  
Community Impact Vice President  
[chelsea.morgan@heart.org](mailto:chelsea.morgan@heart.org)



American  
Heart  
Association.



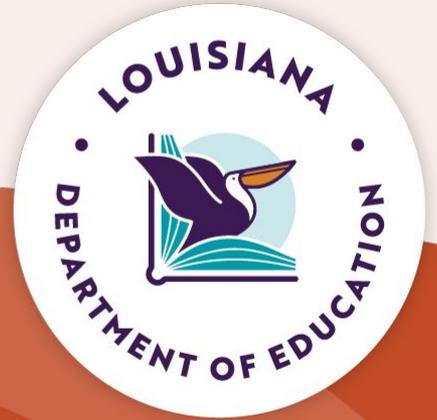
# Questions?





Questions?

# Safe and Healthy School Reminders

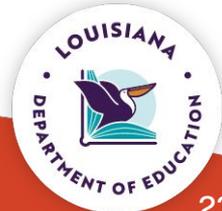


# 2026 Medical Simulation Expo

The Simulation Medical Training and Education Committee invites Louisiana healthcare & simulation educators, operations specialists, and program coordinators to attend the [2026 Simulation Expo](#). This event will allow attendees to connect with peers, explore best practices, and strengthen clinical training strategies.

- **When:** April 17; 8:30 a.m. - 4:30 p.m.
- **Where:** St. Francis Hall - 5414 Brittany Drive; Baton Rouge
- **Cost:** Free

Please contact [charmaine.cureton@la.gov](mailto:charmaine.cureton@la.gov) with questions.



# Medicaid- Random Moment Time Study-RMTS

Sivic Solutions Group (SSG), Louisiana School Based Mental Health Program Administrator reported strict deadlines regarding RMTS documentation.

School-Based Medicaid Program Coordinators submit the following:

- Calendar and work schedule changes to [Jaccorsini@sivicsolutionsgroup.com](mailto:Jaccorsini@sivicsolutionsgroup.com) by February 27, 2026.
- Participant data changes for the new quarter.
- Submit all changes and certify participant data by Friday March 13, 2026.

Please contact [levillia.moore@la.gov](mailto:levillia.moore@la.gov) with questions.



# Charter Schools-Medicaid

Charter LEA's that undergo a name change or transition to a new Charter Management Company are required to:

- Notify the state of Louisiana Medicaid Fiscal Intermediary/Gainwell Technology Provider Enrollment Unit and Louisiana Department of Health, immediately
- Update the [Provider Enrollment File Form](#)
- Complete the [Link/Unlink and Working Relationship Form](#)
- Mail forms with an original signature to Gainwell Provider Enrollment Unit

Please contact [levillia.moore@la.gov](mailto:levillia.moore@la.gov) with questions.



# 2026 America's Healthiest Schools

- The Alliance for a Healthier Generation names America's Healthiest Schools each year for their support of student and staff health.
- All U.S. K-12 schools can apply in up to nine categories, like physical education, nutrition, wellness programs, and tobacco-free policies.
- Winners get materials to help share their achievements.
- Applications are due April 14, 2026.
- Apply on the [Alliance for a Healthier Generation](#) website.

Please contact [healthyschools@la.gov](mailto:healthyschools@la.gov) with questions.



# School Health Advisory Councils (SHACs)

- [Bulletin 741](#) now includes a section on School Health Advisory Councils (SHAC).
- SHAC advises the school board on physical activity for students, physical and health education, nutrition, and overall student health.
- May advise the board on vending machine restrictions, use of physical fitness assessments results, and school recess policies.
- The SHAC shall include students, parents, and individuals from the community.

Please contact [Healthyschools@la.gov](mailto:Healthyschools@la.gov) with questions.



# Safe and Healthy Schools Team

<a href="mailto:stephen.guccione@la.gov">stephen.guccione@la.gov</a>	Safe and Healthy Schools: School Safety, School Health, Transportation, Coordinated School Health Program, Professional Development and Technical Assistance Support
<a href="mailto:levillia.moore@la.gov">levillia.moore@la.gov</a>	AWARE, School-Based Mental Health and Behavioral Health, Suicide Prevention
<a href="mailto:susan.dupont@la.gov">susan.dupont@la.gov</a>	Louisiana Healthy Schools Initiative, School Nursing, School-based Medicaid, Occupational and Physical Therapy
<a href="mailto:healthyschools@la.gov">healthyschools@la.gov</a>	Safe and Healthy Schools questions





# Monthly Call Slides

Monthly call presentations are available in the [School System Planning Library](#).

- Office of Career and College Readiness
  - Healthy Communities
    - Healthy Schools Community of Practice

Schedules, access links and information for the Department's webinars can be found in the [LDOE Weekly Newsletter](#) and [School System Support Calendar](#).

Please contact [healthyschools@la.gov](mailto:healthyschools@la.gov)





# Next Safe & Healthy Schools Community of Practice Call:

**Next call**

**Date: March 26, 2026**

**Topic: Family Engagement, Part 2**

Contact [healthyschools@la.gov](mailto:healthyschools@la.gov) for questions regarding our community of practice calls.





**Questions?**