**HEART ATTACK**

Ideas for Taking Action

Wisconsin Environmental Public Health Tracking Program

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**INDIVIDUAL LEVEL**  |  Knowledge, Attitudes, Skills

- Educate residents about the [signs and symptoms of a heart attack](#).
- Educate residents about the [connection between air quality and heart attacks](#).
- Encourage residents to [check their air quality forecast](#).
- Encourage residents to [avoid the outdoors on days when air quality is poor](#).

**INTERPERSONAL LEVEL**  |  Family, Friends, Social Networks

- [Train doctors to talk to their patients about air quality](#), especially those with heart disease and high blood pressure.
- [Promote airnow.gov](#), a way to check local air quality forecast, on social media channels.

**ORGANIZATIONAL LEVEL**  |  Organizations, Schools, Workplaces

- Encourage the use of [lower-polluting diesel technologies](#) among local and regional transit authorities.
- [Encourage worksites to incentivize active commuting](#) (e.g., biking, walking).

**COMMUNITY LEVEL**  |  Design, Access, Connectedness, Spaces

- Promote the [U.S. Environmental Protection Agency’s school flag program](#) to alert the community of outdoor air quality.
- Offer [incentives for using public transportation](#).

**POLICY LEVEL**  |  National or Local Laws and Policies

- Encourage property owners and operators to [adopt smoke-free policies](#) in apartment buildings.
- Work with community planning and design staff to [develop bicycle and pedestrian master plans](#).
- Increase access to [public transportation systems](#).

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Find more strategies and explore heart attack data at [dhs.wisconsin.gov/epht](#).