



HEALTH

HOLLA!

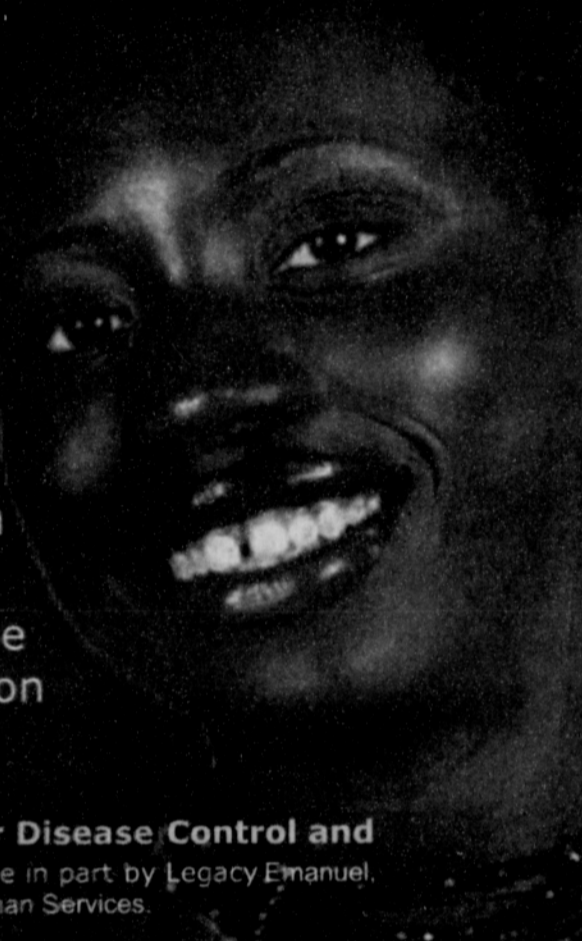


A PROGRAM OF THE AFRICAN AMERICAN HEALTH COALITION, Inc.
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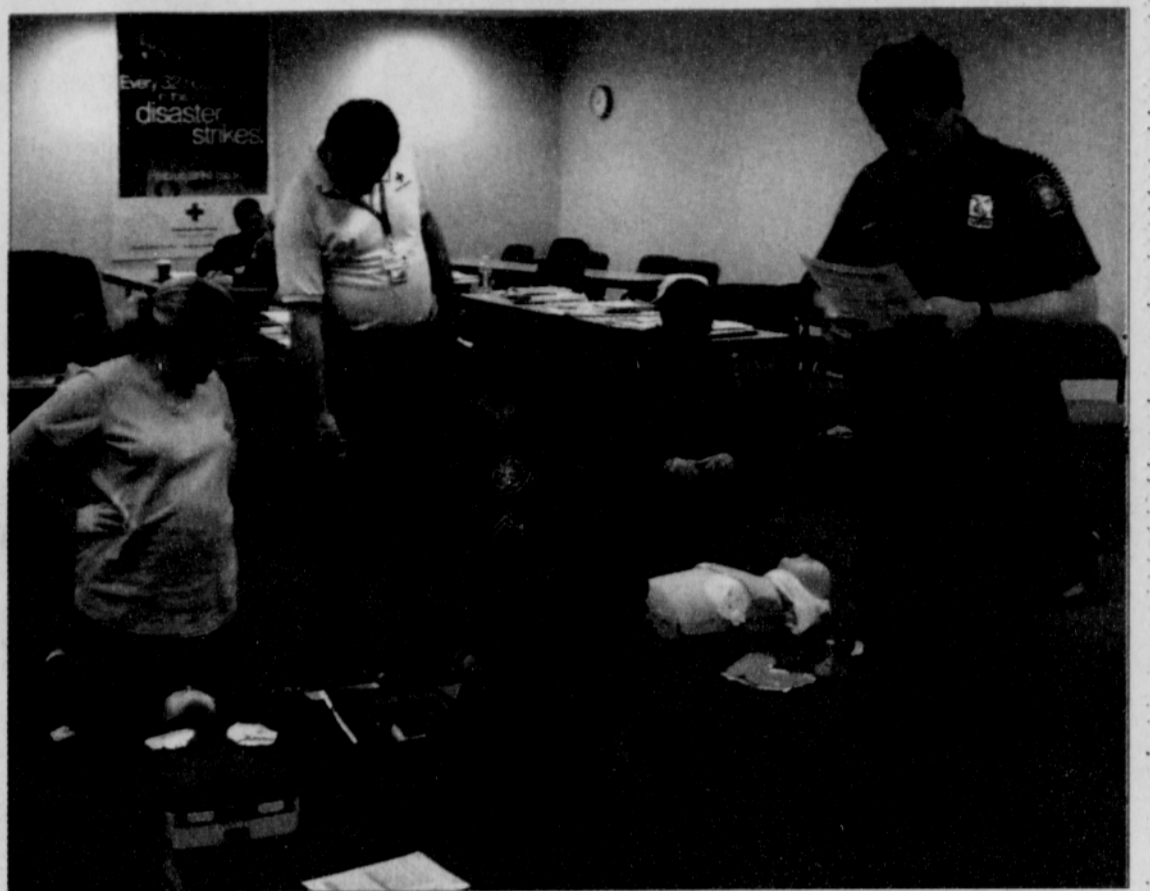
Healthy Options for Living Longer Actively (HOLLA!) is a **peer education project for high school students.**

Students from Benson and Jefferson High Schools will be trained as Community Youth Health Advocates to deliver **heart disease prevention messages** to their peers.

HOLLA students will also produce and star in a **health promotion video, "From the Heart"**, which will be aired on local television channels.



Sponsored by the **Centers for Disease Control and Prevention** and made possible in part by Legacy Emanuel, PSU-RR1 and the Department of Human Services.



Experts from the Red Cross on North Vancouver work with a group of Portland police officers that are learning to become trainers in community first aid and safety.

Red Cross, Police Share Expertise

Eight members of the Portland Police Bureau participated in a three-day program certifying them as authorized trainers in Community First Aid and Safety. Officers learned how to teach first aid, cardio pulmonary resuscitation, automated external defibrillator as well as child and infant CPR. "Our officers are often first on the scene of an incident and there-

fore we take safety training very seriously," said Sergeant Stephen Buchtel of the Portland Police Bureau. "With authorized trainers on the force, we can keep officers current on their certification more efficiently." The Oregon Trail Chapter of the American Red Cross offers programs that enable large organizations to have authorized train-

ers for a number of health and safety courses. "It's a very cost-effective approach to getting individuals certified and keeping them current," said Deb Connolly-Conover, sales specialist for the Oregon chapter. "We provide the materials and equipment to the authorized trainers so they can conduct the courses."

Cuts in Greenhouse Emissions Praised

Portland's City Council was awarded a 2002 Climate Protection Award by the U.S. Environmental Protection Agency for its efforts to reduce local greenhouse gas emissions. Portland was the first local government in the U.S. to adopt a

plan to address climate change back in 1993. The city's efforts have resulted in more than \$2 million savings per year on energy bills. In addition, Portland's plan to reduce greenhouse gas emissions to 10 percent below 1990 levels by

the year 2010 is well within reach. Local per capita emissions of carbon dioxide, which is the primary cause of global warming, decreased 2 percent from 2000 to 2001, and is now more than 7 percent below 1990 levels.

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