**Cincinnati Goes Red All Year Round**

**Elder/St. Xavier Heart Healthy Tailgate**

The third annual Elder/St Xavier healthy tailgate cook-off took place this fall.

In a challenge from The Christ Hospital and the American Heart Association,

the schools created heart healthy meals that met American Heart Association nutritional guidelines.

For the second year in a row, Elder won the contest, making the score: Elder- 2/St. Xavier -1.

Elder received a $500 scholarship for their school, presented by The Christ Hospital.

**Go Red Girl Scout Patch Program**

The Christ Hospital and the American Heart Association created the

Go Red Girl Scout Patch program to educate young girls about their hearts

and how to keep them healthy. The Christ Hospital has an online program

that helps troop leaders coordinate a number of heart healthy activities.

To date, over 1,000 young girls have earned their Go Red patch.

To learn more about the Go Red Patch program,

visit [www.TheChristHospital.com/goredpatch](http://www.TheChristHospital.com/goredpatch)

**Have Faith in Heart**

Now in its third year, Have Faith in Heart has reached over 6,000 people

through churches and faith-based organizations. In partnership with

The Christ Hospital, the American Heart Association holds a series of

educational programs and workshops to teach the importance of

heart healthy living. Churches hold Red Dress Sundays to

 bring the healthy message to their congregations.