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**Alameda County EMS Recognizes Five - 7th Grade Students  
for Excellence in Community CPR During National CPR Awareness Week**



Michel Cabrera (left) of Newark Junior High trained 87 community members. Erica Jimenez (right) of Newark Junior High trained 51 community members.



Noelani Takei of Sunol Glen School trained 39 community members

(San Leandro, CA) – Alameda County Emergency Medical Services (EMS) celebrated National Cardiopulmonary Resuscitation (CPR) Awareness Week by recognizing five 7<sup>th</sup> grade students from three Alameda County public schools for their excellence in Hands-Only CPR. Michel Cabrera and Erica Jimenez of Newark Jr. High School, Thamsi Sagi and Grace Chen of Harvest Park Middle School in Pleasanton and Noelani Takei of Sunol Glen School, all trained an impressive number of community members utilizing Alameda County EMS' CPR 7 Program.

“We appreciate the opportunity to teach 7th graders CPR in conjunction with our continued partnership with the schools. CPR saves lives. We commend our young people for stepping up and learning, as well as

subsequently teaching, this important skill. When CPR is performed prior to the arrival of first responders and Paramedics, victims of sudden cardiac arrest have a better chance of survival with good neurological function,” said Travis Kusman, Director, Alameda County EMS.

Alameda County Board of Supervisor - District 2, Richard Valle, praised the program by saying, “I applaud the CPR 7 program and our students who are learning this crucial life-saving technique to assist people in the time of their greatest need. These youth are our future and we appreciate our lives being in their hands.”

The five recognized 7th grade students led their peers in training the highest number of community members. Michel Cabrera trained 87 community members, including her Dad’s soccer team as well other league soccer players. Thamasi Sagi trained 53 community members. Erica Jimenez trained 51 community members by going to her Mom’s workplace and training the employees. Grace Chen trained 47 community members and Noelani Takei trained 39 community members.

Since 2010, Alameda County EMS has partnered with all 18 Alameda County School Districts providing the CPR 7 program to 7<sup>th</sup> graders. Each school year about 10,000 Alameda County 7<sup>th</sup> graders receive a CPR Anytime™ kit, which includes a mini manikin and a watch and learn DVD. Either their physical education or science teacher facilitates hands only CPR training during one class period. The 7<sup>th</sup> graders then take their kit home and train family and friends in hands-only CPR. The CPR 7 program has trained over 150,000 community members, including the majority of 7<sup>th</sup> graders enrolled in the public schools. This represents approximately 10% of the Alameda County population.

For every minute without CPR, a witnessed victim’s chance of survival decreases 7-10%. Alameda County Emergency Medical Services has been working on improving clinical outcomes for cardiopulmonary arrest victims throughout the County using a systems based approach. One of the pieces in the approach is the bystander, a person who witnesses a cardiac event and performs Hands-Only CPR. Our 7<sup>th</sup> graders are making a difference for our community members who will live longer and intact lives.

The Alameda County CPR 7 program received national attention in an article published in the June issue of the Journal of Emergency Medicine.

<http://www.jems.com/articles/print/volume-41/issue-6/features/northern-california-seventh-graders-spread-cpr-to-the-community.html>

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