



# “Have a HeART for Art”

## Information Sheet

### What is “Have a HeART for Art”?

The “Have a HeART for Art” program, which began in 2008, is an educational component of the Garland County chapter of the American Heart Association. Its objective is to educate students in Garland County Schools about heart disease and its prevention through educational art curriculum and creative art activities.

### What are the “Have a HeART” for Art Activities?

Once yearly (in November), art teachers in area schools are contacted regarding this program. Heart healthy educational materials to be presented and discussed in the classroom are provided. The teachers are also given information about the “Have a HeART for Art” competition, in which students are encouraged to create an art piece utilizing a heart motif. Two winners from each grade are chosen by the teachers in each participating school. These winners are displayed at the Malco Theater in downtown Hot Springs for February’s Gallery Walk (Friday, February 5, 2010). Judges from around the state then choose winners from the following age groups, with the following prizes awarded:

- Overall Grand Prize                      \$250 Savings Bond
- K – Third Grades                              \$100 Savings Bond
- Fourth – Sixth Grades                      \$100 Savings Bond
- Seventh – Ninth Grades                      \$100 Savings Bond
- Tenth – Twelfth Grades                      \$100 Savings Bond

### Why is “Have a HeART” Important?

Heart disease is the leading cause of death in Arkansas. Research has shown that heart-healthy lifestyles cannot begin too soon: habits—whether good or bad—established early in life are often carried into later years. Helping youth initiate heart-healthy habits early on has the potential to pay positive dividends in the years to come. Studies in neuroscience show that when learning takes place in a safe and relaxed environment, information acquired during that time is encoded into permanent, long-term memory along with the pleasurable experience. Art classes are both creative and enjoyable experiences. “Have a HeART” combines the joy of art with information that will benefit the students the rest of their lives. It also has the added benefit of showing the students that they can, even at their younger ages, affect change via community involvement.

**For More Information about “Have a HeART”, contact:**

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