



WELLNESS

In the News

Catch up on the latest **wellness-related developments** from the past month.

The American Heart Association Releases New CPR Guidance

The American Heart Association (AHA) has released its 2025 Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC), marking the first comprehensive update since 2020. These guidelines introduce significant changes aimed at improving responses to cardiac arrest, choking and opioid-related emergencies.

The new guidance updates recommended choking protocols. For conscious children and adults, rescuers should alternate five back blows with five abdominal thrusts until the object is expelled, or the person becomes unresponsive. For infants, the recommendation is five back blows followed by five chest thrusts using the heel of one hand. Abdominal thrusts are discouraged in these cases due to injury risk.

The guidelines also address opioid overdoses, which account for 80% of global drug-related deaths. For the first time, public guidance is provided on recognizing overdose symptoms and administering naloxone, a life-saving medication that reverses opioid effects.

A significant structural change consolidates the previously separate chains of survival for adults,

children, and in-hospital versus out-of-hospital cardiac arrests into a single, unified model. This emphasizes the importance of early CPR and defibrillation education, especially for children aged 12 and older, who can be effectively trained.

To boost layperson intervention, the AHA recommends media campaigns, instructor-led sessions and community training. Even though early CPR can double or triple survival chances, only 41% of out-of-hospital cardiac arrest victims receive CPR before emergency services arrive.

The AHA continues to lead global CPR education and policy efforts, encouraging everyone to learn CPR and play a role in the chain of survival. Visit [cpr.heart.org](https://www.heart.org) for training opportunities and resources.

Peanut Allergy Rates Decline Significantly

A recent study published in *Pediatrics*, the official journal of the American Academy of Pediatrics, found that early introduction of peanuts to infants has significantly reduced peanut allergy rates among children in the United States. Researchers analyzed electronic health records from 48 pediatric practices nationwide, tracking children from birth to age 3 across three time periods: before guidelines (2012-14), after initial guidelines targeting high-risk infants (2015-17) and after expanded guidelines for all infants (2017-19).

The study found a 27% drop in peanut allergy diagnoses in the two years following the guidelines, and a 43% drop in the one-year analysis after the expanded recommendations. Overall food allergy rates also declined by 38% in the two-year analysis and 36% in the one-year analysis. These reductions were observed across various demographics, including children both with and without eczema, suggesting that the benefits extend beyond high-risk groups.

The guidelines recommend introducing peanut-containing foods between 4 and 6 months of age, depending on the infant's risk level. For high-risk infants (those with severe eczema or egg allergies), early introduction should be made in consultation with a health care provider. For others, peanut products can be safely introduced around 6 months without prior allergy testing. Experts emphasize using safe forms, such as thinned smooth peanut butter, and maintaining regular ingestion to support tolerance.

The findings suggest that the introduction of early allergen exposure is becoming more common in pediatric practice, which may help reduce allergy rates. Pediatric allergists encourage parents to introduce other common allergens, such as egg and cow's milk, during the same window. Overall, the shift toward early introduction supports immune tolerance and leads to better long-term nutritional outcomes for children.

Speak to your family health care provider for further guidance on introducing your child to new foods.

Long Walks Linked to Better Heart Health and Longevity

A study published in the *Annals of Internal Medicine* suggests that increasing daily walking time can significantly reduce the risk of cardiovascular disease and premature death. While many studies emphasize the number of steps taken, the duration of walking may be a more meaningful indicator of cardiovascular health.

"Most studies focus on the total number of daily steps (including our previous studies), but ours shows that how you accumulate those steps matters too—especially for less active individuals," said Dr. Borja del Pozo Cruz, the study's first author. "This adds nuance to the '10,000 steps a day' idea: even if you don't reach that number, taking a few longer walks rather than many short, scattered steps can make a real difference for heart health and longevity."

The findings were based on an observational study that analyzed data from over 33,000 adults from the UK Biobank, a large health research database. Participants were relatively inactive, defined as walking fewer than 8,000 steps per day, and the study excluded individuals with major illnesses to minimize bias.

Experts note that walking is a low-impact, accessible form of exercise that can be easily incorporated into daily routines. Walking can help lower blood pressure, improve blood circulation and support glucose control—all key factors in heart health. Additionally, walking supports mental well-being, which indirectly contributes to cardiovascular health.

Contact your health care provider before starting a new exercise routine.

Stay tuned for more wellness-related news and developments.