



ERIC PAREDES SAVE A LIFE FOUNDATION • 2018 ANNUAL REPORT



Screen Your Teen

Heart screenings are not part of well-child checkups or pre-participation sports physicals, even though SCA is the #1 killer of student athletes and the leading cause of death on school campuses. Screenings include a cardiac risk assessment, EKG (electrocardiogram), echocardiogram, and a consultation with a cardiologist.

WE TAKE PREVENTION TO ♥

Eric's Foundation provides free heart screenings to youth ages 12 to 25 to identify cardiac abnormalities that put 1 in 300 at risk for Sudden Cardiac Arrest (SCA).



Cardiac Chain of Survival Training

We provide interactive demonstrations of hands-only CPR and how to use an automated external defibrillator (AED)—the only life-saving measures once SCA strikes. When minutes can mean the difference between life and death, it's critical that bystanders take action.

WE TAKE PREVENTION TO ♥

We are preparing the next generation of life savers by training youth to respond to a cardiac emergency.



Save A Heart, Save A Life AED Program

AEDs are the only way to restart the heart of an SCA victim, but are not mandated in all schools and youth centers. Every minute's delay decreases the chance of survival by 10%, which is why 92% of SCA victims die. It's critical for school communities to be as well-practiced in executing the cardiac chain of survival as they are in fire drills.

WE TAKE PREVENTION TO ♥

Eric's Foundation places AEDs and advocates for the implementation of cardiac emergency response plans anywhere youth congregate.



EP Prescription for Prevention

The landmark Eric Paredes Sudden Cardiac Arrest Prevention Act mandates new student athlete safety protocol in California's K-12 school-sponsored sports activities. SCA resources are included in the California Department of Education's 2019 revision of the Health Education Framework. A new SCA prevention training module for pediatric primary care practitioners is now in development.

WE TAKE PREVENTION TO ♥

We advocate for SCA prevention, providing free resources to parents, educators, coaches, counselors and the medical community.



29,610



Teens Screened

476



Cardiac Abnormalities

211



Teens at Risk

48



Free Screenings

54,000



CPR/AED Trainings

96



AEDs Placed

169,818

Hearts Protected

Screen Your Teen

Free Screenings	Youth Screened	Abnormalities	At Risk
6	4,556	53	22

Youth Screened

81% student athletes	42% female
39% low-moderate income students	61% parents unaware of SCA in youth
51% diversity among students	71% unaware of warning signs/risk factors

In-Kind Support

Volunteers	Hours	Value of Services
879	5,568	\$224,200

Save A Heart, Save A Life AED Program

AEDs Placed	53
Hearts Protected	134,231
Facility's First AED	28%
Sports Activities On Campus	98%

Legacy Programs

- Fostered sustainability by creating a Screen Your Teen endowment fund
- Partnered with the Boys & Girls Club of San Dieguito to pilot the extension of Eric Paredes Sudden Cardiac Arrest Prevention Act to community youth sports organizations
- Generated new SCA legislation to be announced in 2019
- Provided free resources for California K-12 schools to affect compliance with EP SCA Prevention Act
- Introduced SCA information and resources to the California Department of Education's 2019 Revised Health Education Framework
- Launched EP Prescription for Prevention—an SCA prevention CME for pediatric primary care practitioners
- Invited to speak on SCA prevention at state conferences, including California School Boards Association, California Organization of School Nurses and California Association for Health, Physical Education, Recreation and Dance
- Produced three educational videos to raise awareness about SCA law, the cardiac chain of survival and heart screenings

Financial Narrative

As we approach the 10th anniversary of Eric's passing, the foundation focused on creating sustainability to support its ability to continue to offer free screenings, CPR/AED training and AED placement, and it dedicated assets to exploring a new strategic goal to create systemic change in SCA prevention protocol.

- A permanent Screen Your Teen endowment was established.
- Assets acquired through a generous stock donation were restricted to contingency and reserve funds to provide a safety net for operating income fluctuations and the replacement of needed heart screening equipment.
- In 2018, a leadership transition affected a deficit that was offset by this financial planning.
- Beginning 2019, restricted assets will also support seed funding to launch comprehensive programs to advance the long-term standardization of SCA prevention protocol.

Income	2018	2017
Individual Contributions	99,211	103,259
Grants	30,500	126,204
Sponsorships	87,480	7,000
Special Events	40,433	23,312
Indirect Income	4,844	2,119
Other Income*	140,464	80,289
TOTAL	\$402,932	\$342,183
Operating Expenses	2018	2017
Administration	66,333	38,602
Fundraising	20,049	7,831
SUBTOTAL	\$86,382	\$46,433
Program Expenses	2018	2017
CPR/AED Program	94,652	647
Equipment Purchase	625	58,993
SCA Awareness	26,444	18,194
Liability Insurance	1,660	1,560
Outreach	46,017	28,666
Program Coordination	120,283	87,320
Screening Provisions	19,282	22,584
Program Expenses	7,752	2,426
SUBTOTAL	\$316,715	\$220,390
TOTAL EXPENSE	\$403,097	\$266,823
NET INCOME	-\$165	\$75,360

*Represents donated stock sale, investment interest earned and release of temporarily restricted funds from contingency budget.

Vision

The vision of the Eric Paredes Save A Life Foundation is that sudden cardiac arrest will be exposed as a grave and overlooked health risk affecting young people, which will lead to mandatory cardiac screenings and the required placement of AEDs in schools and youth centers.

Mission

Through awareness, education and action, our mission is to influence families, educators, elected officials and the medical community to recognize the incidence of youth sudden cardiac arrest and the importance of preventative care through cardiac risk assessment and heart screenings, and of cardiac emergency preparedness through automated external defibrillators (AED), CPR/AED training and a practiced and coordinated response plan anywhere youth congregate.

Our Purpose

As we approach our 10th anniversary year, our foundation launches a new decade of service to provide critical cardiac safety intervention resources to our community. And looking forward, we embrace a new strategic goal to standardize sudden cardiac arrest prevention protocol at the doctor's office, on the field and in the classroom. The footprint of Eric's legacy will become the foundation of our commitment to create systemic change to protect young hearts in California and beyond.

We Are Taking Prevention to Heart



Eric's Story

Eric was a healthy teen looking forward to being on Steele Canyon High School's varsity wrestling team. An outgoing, energetic, charming young man who loved life, his family and his friends, Eric was known for his smile. He was passionate about making changes so that the world could be a better place. He wanted to be a police officer.

In July 2009, Eric was packing for a much-anticipated family vacation. His mother left the house for an appointment and his father came home for lunch 20 minutes later. He found Eric collapsed on the kitchen floor and started CPR, but it was too late. Eric became a victim of Sudden Cardiac Arrest. Life changed that day, forever.

Eric's parents, Hector and Rhina, established the EP Save A Life Foundation to honor Eric by helping to protect other families from the tragedy of losing a child to a syndrome that could be prevented.

Board of Directors and Staff

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Thank You To Our Community Partners



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