



ERIC PAREDES
**SAVE
 A LIFE**
 FOUNDATION



2023

ANNUAL REPORT









Advancing Sudden Cardiac Arrest prevention through awareness, education and action.

www.epsavealife.org

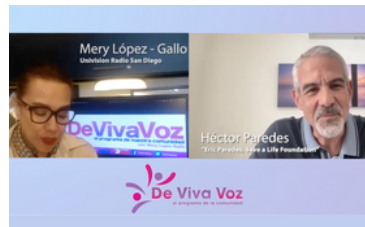
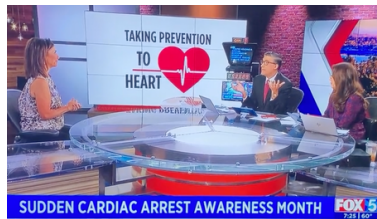
We Take Prevention To Heart.

Impact To Date

					
Screened	Abnormal	At Risk	CPR/AED Demos	AEDs Donated	Prevention Training
39,912	624	267	60,000	198	48,594



2023 was watershed year for sudden cardiac arrest (SCA) awareness due to high-profile incidents that captured national attention, with local media calling on our expertise and featuring our prevention resources as the public urgently considered how to protect their young hearts.



Screen Your Teen reached maximum capacity registration with wait lists. Screening volunteers from area health systems, high schools, colleges and universities, families and workplaces contributed thousands of hours equating to hundreds of thousands of dollars. The corps was fed by longtime sponsor Jersey Mike's with multiple grants underwriting screening costs.



Screenings served youth ages 12 to 25 by providing a comprehensive cardiac risk assessment with a nurse, 12-lead ECG, onsite physician consultation, and if indicated, a limited echocardiogram. Participants also got hands-on experience using CPR and an automated external defibrillator (AED). From the total experience, **participants reported through exit polling an average 95% confidence** level to recognize SCA warning signs, risk factors and family heart history and to be prepared to respond to a sudden cardiac arrest emergency. Screen Your Teen data continues to inform the *Cardiac Safety Research Consortium National Data Warehouse Pilot* study, an FDA-funded initiative to change the standard of preventative care for

young hearts.

Through **Save A Heart, Save A Life AED Program**, we placed six AEDs with youth-serving organizations with mentorship to implement an emergency response plan to use the device.



No Heart Left Behind represents our local and state advocacy efforts for better preventative care. In 2023 we were named *San Diego County's Live Well Public Health Champion* and have since authored articles on cardiac emergency preparedness and SCA prevention and presented our programs during countywide telebriefings with the Education Sector and Medical Care Services Health Professionals. We were invited to join working groups, including *Love Your Heart Month* and *Revive and Survive*, a 2024 campaign to train one million San Diegans in CPR.

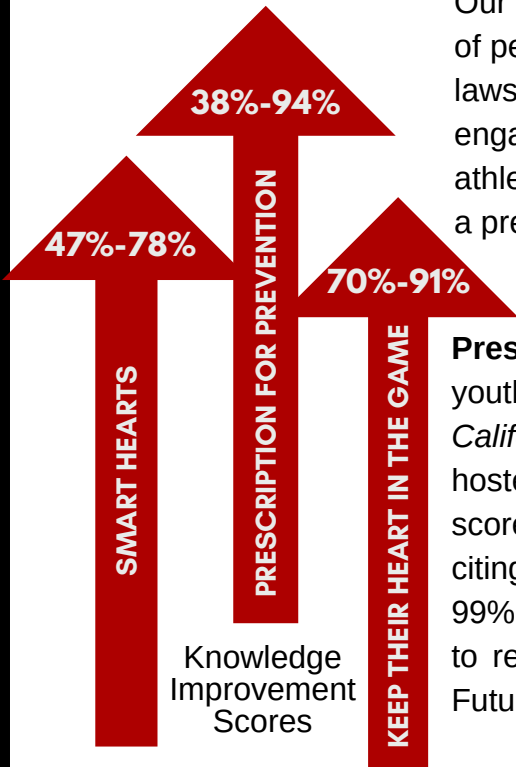


We partnered with state SCA prevention organizations to found the *California Youth Heart Coalition*. We worked with the *Southern California Radio Broadcasters Association* and *iHeart Media* to push 2,100 bilingual public service announcements across 25 radio stations, reaching 5.4 million San Diego listeners, featuring real stories by people who have been touched by SCA through loss, survival or recovery from a heart condition.



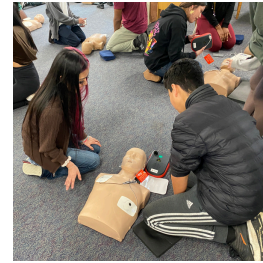
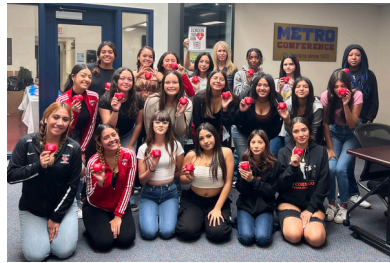
Our foundation also worked with local and national agencies to raise awareness of SCA, including the *San Diego Padres*, *San Diego Wave*, *National Women's Soccer League Championship Fanfest* and the *Smart Heart Sports Coalition*, *Girl Scouts San Diego* and *Southwest Sports Wellness Foundation*.

Training Impact



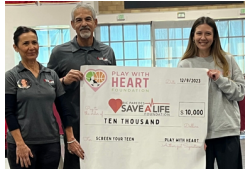
Our free SCA Prevention Training was taken by tens of thousands of people in youth sports communities in compliance with two state laws we sponsored that coaches, officials and administrators must engage in sudden cardiac arrest awareness on behalf of young athletes to **Keep Their Heart In the Game**. An impact quiz shows a pre/post knowledge improvement from **70% to 91%**.

Prescription for Prevention, our free cardiac risk assessment in youth continuing medical education (CME), was endorsed by the *California Chapter of the American College of Cardiology*, which hosted a live, virtual training with our medical director. Pre-to-post score improvement has elevated from **38% to 94%**, with 92% citing they will change their practice because of the training, which 99% rated as good/very good or excellent. The CME was updated to reflect the new American Academy of Pediatrics (AAP) Bright Futures preventative care guidelines for regular heart screening.



More than 1,000 students took our **Smart Hearts Don't Miss A Beat** classroom curriculum, featuring videos, worksheets and activities, with pre/post quiz knowledge scores elevating from **47% to 78%**. We worked with the *Grossmont Union High School District Health Pathway* program to empower *Smart Hearts Student Ambassadors* to teach the curriculum to middle school students. We continue to host professional development sessions throughout school districts and the *San Diego County Office of Education*.

Heartfelt Gratitude For Our Generous Partners



Candid Profile



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