



When we have the ability to prevent our youth from being stricken by sudden cardiac arrest every hour, each day, year after year, why aren't we? Parent Heart Watch and its members say: Together We Are.

We represent sudden cardiac arrest in youth at change-making levels. Our constituents have watched us model prevention solutions that inform stakeholders and policy makers in parent, education, sports and medical communities about how to bridge the critical gap in both prevention and preparedness.

Unlike other public health crises that are still searching for solutions to remedy disease and other health states that claim lives, we have the ability right now to prevent SCA from taking one more young life—but that doesn't happen by chance.

The map on the cover illustrates the hundreds of champions across the country we've collaborated with to change the standard of care. Together we are a collation of changemakers, forging a tomorrow where sudden cardiac arrest and preventable sudden cardiac death in youth has been eliminated.

Together We Will.

Karen Acompora, Chair, Board of Directors

over Acripare

Co-Founder, Louis J. Acompora Memorial Foundation

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Empowering Changemakers

What started 17 years ago as a grassroots gathering of families searching for answers to a child lost to sudden cardiac arrest (SCA) has become a national movement to protect young hearts, with a vision to eliminate preventable deaths and disabilities

from SCA in youth by 2030.

It's little known that one in 300 youth has an undetected heart condition that puts them at risk for SCA. And yet, the standard of care lacks proven prevention protocol to protect young hearts, evidenced by studies that show standard medical exams miss up to 90% of youth at risk, and once stricken the survival rate is barely 10%, where it has stagnated for the last three decades.

Parent Heart Watch and its member champions are united in a vision to change systemic protocol and policy on how families and communities prepare for and respond to SCA in youth. This remains a marginalized issue, evidenced by:

- absent and outdated medical policy statements that are not responsive to current data;
- no national registry to quantify youth stricken;
- ♥ lack of funding to properly equip schools and youth centers; and
- research-reported under-average deployment of CPR/AEDs on the young.



After losing our perfectly healthy 17-year-old son to an undetected heart condition in 2018, I was at a loss for answers. Zac passed every well check, pre-participation sports physical and in 2014 a pediatric heart exam including an ECG and full Echo. The call I made to PHW changed our lives as we finally understood sudden cardiac arrest and that it is NOT rare. We founded the Zac Mago Foundation to provide heart screenings to our youth, an endeavor made possible through the resources and support provided by PHW. Without the PHW family, I would most likely still be searching for answers.

Teresa Mago, Zac's Mom, Co-founder of the Zac Mago Foundation, Indiana

Finding Parent Heart Watch after my son's survival from SCA in 2013 was like finding an oasis of comfort and hope. Having a survivor is a blessing, but still a very emotional experience.

Connecting with and learning from people who understand firsthand the psychological impact of SCA has meant the world. And by uniting our efforts, we all work together to bring best practices to our local communities to help

screenings, PHW is the organization I turn to for mentors and guidance.

Amy Cockrell, Sam's Mam, Executive Director of

protect youth from SCA. Whether it be through

teaching CPR, providing AEDs, or doing heart

Amy Cockrell, Sam's Mom, Executive Director of Heart for Athletes, Alabama

Who is Parent Heart Watch?

We educate and advocate.
We cultivate and inspire.

We shares resources and architect collaborations to make prevention a priority.

We are a coalition of prevention champions driving the demand for change.

The support we have received and the community we have found through PHW has been a gift as we now navigate life without our beloved son, Michael, who lost his young life to SCA at just 16. Our hearts knew that we wanted to work to keep another family from experiencing our tragedy and the PHW community helped us take some of the very important steps forward to make that happen.

After our son, David, died on a five-mile run with the Marines in Hawaii, we asked to see his EKG. It was a shock to learn he had never had one when he went through medical screening, and so his heart condition went undetected. Changing anything in the Department of Defense is impossible without facts and data, and Parent Heart Watch gave us the information our foundation, Lion Heart Heroes, needed to

have President Biden sign into the 2022 National Defense Appropriations Act funding for an EKG screening pilot for incoming military academy cadets.

Laurie Finlayson, David's Mom, Lion Heart Heroes Foundation, Washington

Joining PHW
has given us the
inspiration,
resources,
education, and
collaboration
opportunities to
forge ahead with
this life-saving
work and honor
our son through
all we do to help
protect young
hearts.

Kristy & Bob Brindley, Mike's Parents, just1mike foundation, Illinois & California

Our daughter, Lexi's, SCA in 2016 left our family devastated and confused. On the day she got out of the hospital, I was put in contact with PHW and everything fell into place. They've been the guiding light in our ongoing advocacy. Almost every single statistic, story and supporting data that we use comes from this amazing organization. This is more than a nonprofit – this is a family. For those of us who have been down this scary road with our kids, Parent Heart Watch is a place where we feel safe and understood. Together we are working throughout the U.S. to save our most precious possession...our kids.

Shawn Sima, Lexi's Dad, Impact Director, Who We Play For, Florida

PHW By the Numbers



9,840 AEDs **Placed to Date**

(604* in 2022)

PHW members place AEDs wherever youth congregate, now protecting tens of thousands.



Schools and youth organizations in 37 states protected 147,086 hearts by implementing a cardiac emergency response plan to earn an AED.



Website Visitors

Serving thousands seeking our comprehensive educational SCA prevention resources.



PHW supports passionate champions' efforts to launch community prevention initiatives.

supported proposed enacted

legislation on CPR, AEDs, cardiac emergency response plans and cardiac risk assessment.



Hundreds of posts to Google and our social media channels in 2022 covering the latest news on losses, saves, research, resources and more supported our mission to educate.

and allied health professionals.



In partnership with Coach Safely and the Eric Paredes Save A Life Foundation, this free training helps teams to stop leaving kids' hearts on the field.



A national collaboration to affect bystander intervention in a cardiac emergency.



PHW connected with thousands of advocates, educators, medical



Education Materials & Video Views

PHW provides free resources to raise SCA awareness among millions of people.



PHW member screenings identify risk factors and conditions that may lead to SCA.



(121,177* in 2022) PHW members show how CPR + AED saves lives.





As co-author with 12 national health and safety organizations of the Cardiac Emergency Response Plan (CERP) for Schools, we created this program in 2017 to mentor organizations to implement a CERP in their facility, which earns them a free AED and accessories.

CERPS include:

- CPR/AED trained team
- Written response plan
- Properly maintained AED
- Cardiac emergency drill
- Share plan with community

Here's what we've accomplished to date.



159

AEDs in 37 States



147,086

Hearts Protected



34%

First AED

Funded in part by Louis J Acomp



58%

First dedicated CERP



17%

Reported history of SCA on campus





Our Annual National Heart to Heart presents a singular opportunity to advance an initiative to elevate a standard of care that could save thousands of lives annually.

ECEMS

The inspiration and tools to affect this outcome is rooted in a dynamic, three-day educational event where attendees are empowered and equipped by experts and each other to create and sustain community prevention programs that have become effective working models for change (see By The Numbers!) in 40 states.

This national platform has inspired innovative collaborations to find real-time solutions to fill the critical gap in health and safety protocol in youth communities.











SCA Awareness & Education

This national call-to-action campaign educates communities and equips hundreds of thousands with free SCA prevention resources for families, schools, teams, community centers,

workplaces and medical practices.
Through social media, printed and digital tools, articles, videos and more, we mobilize the next generation of lifesavers to recognize the incidence of SCA in youth and demand comprehensive cardiac risk assessment and cardiac preparedness to protect young hearts in youth communities.



Advocacy: The Voice of SCA in Youth

We forge meaningful partnerships that inform thousands of professionals across the country. We track youth lost to SCA, which helped catalyze the Sudden Death in the Young Case Registry. We partner on research studies to affect



policy change and co-author statements and resources to highlight the critical need to change the standard of care. Through our participation in and presentation at state, national and international working groups and conferences, we create momentum for our vision.

American Association of Nurse Practitioners June 23-25, 2022

National Association of School Nurses 54th Annual Conference

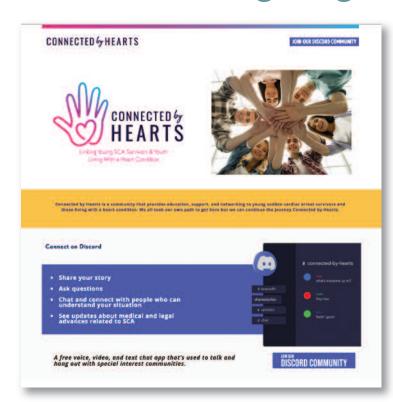
June 28-29, 2022

Society for Physician Assistants in Pediatrics Annual CME Conference

September 17, 2022

American Academy of Pediatrics National Conference & Exhibition

October 8-10, 2022



Connecting Young Survivors

Founded in 2011 by a group of young people who had each been through their own heart-related illness and wanted to share their similar experiences, this program's mission is to provide support, networking and education to young SCA survivors and those living with a heart condition. We published a new website to connect with youth and now engage with this unique group through Discord—a free, voice, video, and text chat app that's used to talk and hang out with special interest communities.

CALL PUSH SHOCK



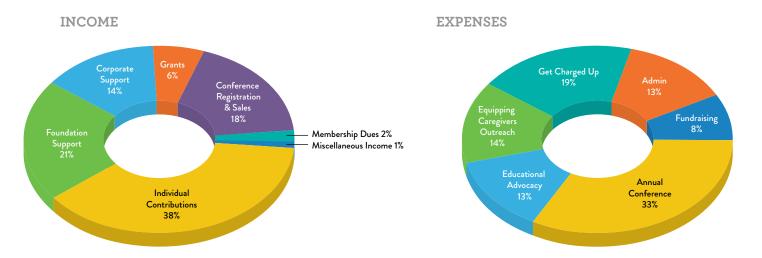
Improving SCA Survival Rates

Our national movement in collaboration with the Sudden Cardiac Arrest Foundation to champion a universal call to action was created in response to the Institute of Medicine's urging to leave our silos and work together to engage bystanders in how to save a life. The research-driven campaign continues to be featured nationally, including through the CDC. Just like Stop, Drop and Roll, Don't Drink and Drive and Just Say No, Call-Push-Shock is envisioned to become the rallying cry for heart safety.



A new video to educate how AEDs should be installed, maintained and noticed

2022 Financial Report



PUBLIC SUPPORT	2022	2021
Individual Contributions	82,446	66,883
Foundation Support	47,110	38,000
Corporate Support	31,585	40,344
Gifts in Kind	0	96,682
Total Public Support	161,142	241,909
OTHER REVENUE	2022	2021
Grants	12,500	43,470
Conference Registration & Sales	38,604	20,090
Membership Dues	3,881	6,126
Miscellaneous Income	3,226	855
Total Other Revenue	58,211	70,540
Total Income	219,352	312,450

PROGRAM SERVICES	2022	2021
Annual Conference	93,335	38,800
Educational Advocacy	36,675	26,521
Equipping Caregivers-Outreach	41,404	48,324
Get Charged Up!	55,093	114,983
Total Program Services	226,507	228,629
SUPPORT SERVICES	2022	2021
Administration	27.040	20 ((2
Auministration	37,849	28,662
Fundraising	37,849 23,694	28,002
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79% of our expenses dedicated to programming Income does not reflect subsequent cash flow so the foundation is not operating with a deficit.

Special Thanks to our Donors

\$50,000 and above

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Louis J. Acompora Memorial Foundation

Zoll Medical Corporation

\$2,500-\$14,999

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Heroes for Young Hearts Awards

This outstanding group of sudden cardiac arrest prevention advocates was honored at the 17th Annual National Heart to Heart for their dedication and commitment.



Adult Advocacy Champion

Jennifer Sarmento

California



Founders' Award
Jim Markisohn
Florida



Medical Professional Advocacy
Champion
Eric Fethke, M.D.
New York



Youth Advocacy Champion
Teigan Brown
Pennsylvania



Local Advocacy Champion
Sharon Bates
Arizona

The cover represents nearly 250 organizations (red hearts) and hundreds more champions (blue states) across the U.S. and Canada that Parent Heart Watch has empowered to protect young hearts since its founding in 2005.

Aidan's Emergency Devices
Aidan's Heart Foundation

Canisius College Cardiac Kids Have H.E.A.R.T

Children's Hospital of Philadelphia Clinton Iron Walker Foundation

Holden Strong Awareness Campaign Heroes Foundation NJ

Jordan Tucker Memorial Scholarship Joseph DiPrete Memorial Foundation

Kelly Weaver Memorial Fund KEN (Kids Endangered Now Heart Foundation)

Project ADAM Tennessee

Run Safe With Mikey

The Kimberly Anne Gillary Foundation
The Kristoffer Larsen BIG HEART Memorial Foundation

