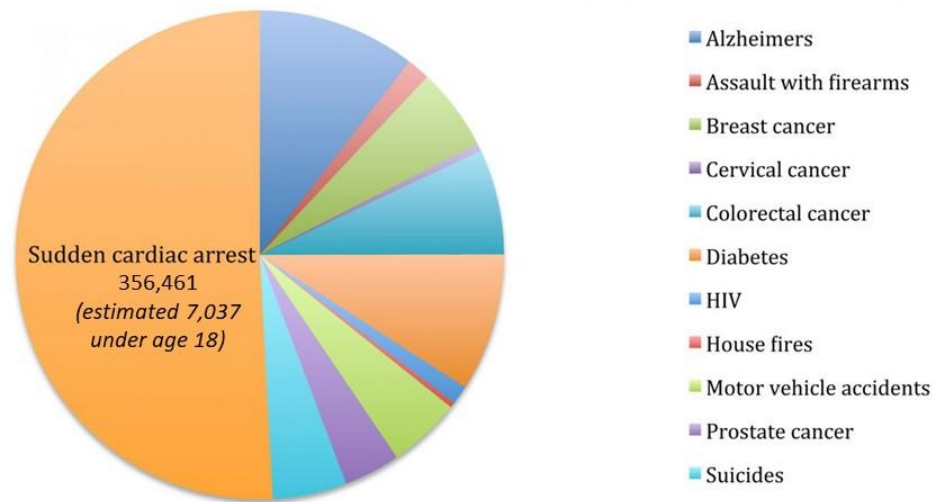


Sudden Cardiac Arrest in the US



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 Sudden Cardiac Arrest Foundation. About SCA. Available at: <http://www.sca-aware.org/about-sca>. Accessed May 4, 2016. <https://www.aedsuperstore.com/resources/sudden-cardiac-arrest-statistics/>

Fast Facts: Young Athletes & SCA

- In the United States, a young competitive athlete dies suddenly every three days.¹
- Young athletes are more than twice as likely to experience SCD than young non-athletes.³
- Most victims are male (90%).^{4,5}
- Hypertrophic cardiomyopathy (HCM) is the leading cardiovascular cause of SCD (36%) in young athletes.² (HCM is a disease that causes thickening of the heart muscle.)
- More than half of HCM sudden death victims are black athletes (52%).^{2,4}
- The average age when SCD occurs in young athletes is 17.5 years.⁴
- More than two thirds of young athletes who die suddenly are basketball and football players (67%).²

1. Drezner, Jonathan, et al. Inter-Association Task Force Recommendations on Emergency Preparedness and Management of Sudden Cardiac Arrest in High School and College Athletic Programs: A Consensus Statement. *Heart Rhythm Society*. 2007;4:549-565.

2. Maron, Barry J., et al. Relationship of Race to Sudden Cardiac Death in Competitive Athletes with Hypertrophic Cardiomyopathy. *Journal of the American College of Cardiology*. 2003;41:974-980.

3. Domenico Corrado, et. al. Trends in Sudden Cardiovascular Death in Young Competitive Athletes After Implementation of a Preparticipation Screening Program. *Journal of American Medical Association*. 2006;296:1593-1601.

4. Maron, Barry J., et al. Profile and Frequency of Sudden Deaths in 1,463 Young Competitive Athletes: From a 26-year U.S. National Registry, 1980-2005. Minneapolis Heart Institute Foundation. [poster];2006.

5. Maron, Barry J., et al. Recommendations and Considerations Related to Preparticipation Screening for Cardiovascular Abnormalities in Competitive Athletes: 2007 Update. *American Heart Association Journal*. 2007;115:1643-1655.

<https://www.your-heart-health.com/content/close-the-gap/en-US/heart-disease-facts/young-athletes.html>