



CASE STUDY

Using Sports and Schools to Share CPR

Illinois HeartRescue leverages major league sports and local schools to engage the community

THE CHALLENGE:

Community outreach is a key component of Illinois HeartRescue's mission. But engaging communities that often lack access to CPR knowledge and training is easier said than done.

THE RESPONSE:

Illinois HeartRescue is a collaborative effort among community leaders, healthcare professionals, emergency responders and hospitals to increase sudden cardiac arrest (SCA) survival rates throughout Illinois. In Chicago, Illinois HeartRescue worked with leaders from schools, churches and sports teams to teach members of the community CPR awareness and skills. To meet community members where they are, Illinois HeartRescue partnered with the Chicago Cubs and Chicago Fire FC to sponsor a CPR "Training Day" at their stadiums. Employees from the two organizations helped facilitate the CPR training, which provided game attendees with 10-minute crash course methods on how to recognize and respond to SCA as a bystander.

IHR also coordinated with Chicago high schools, teaching students CPR and then assigning them homework to train family and friends in CPR outside of school. Because access to public schools is universal, school-based interventions have the potential to decrease disparities in bystander CPR provision.



198 people

participated in CPR training at the Cubs game at Wrigley Field



400 people

participated in CPR training at the Chicago Fire game





Illinois HeartRescue piloted a program to train high school students in CPR and AED with a special feature that the students were asked to train family and friends. **Each student trained on average 5 additional persons**, producing a highly efficient multiplier effect to increase CPR and AED training.



Due to these and other efforts in Chicago supported by Illinois HeartRescue, SCA **survival tripled** in Chicago over several years.



High school students who participated in the program significantly **increased their CPR knowledge**, going from an average score of 58% to 93% on pre- and post-training surveys. The family and friends they trained increased their average scores from 58% to 82%.

Learn more at <http://illinoisheartrescue.com/>.