

I. **CHESTER COUNTY COMMUNITY FOUNDATION
GRANT PROPOSAL SUMMARY SHEET**

One page only. This page will be shared electronically with Grant Panel Members & Fund Advisors.

Note: If Philanthropy Network's Common Grant Application is used, CCCF's Summary Sheet MUST accompany application.

To obtain an electronic version of this application, visit www.chescocf.org

Date 2/6/2024

Contact Information

Organization Name: Aidan's Heart Foundation
P.O. Box 852, Downingtown PA 19335
(484) 678-9191
Website: www.AidansHeart.org
Year Incorporated: 2013
FEIN: 46-1917169

ED/CEO Name: Christy Marshall-Silva Address:
ED/CEO E-mail: christy@aidansheart.org Phone:
Board Chair Name: Christa Glogowski
Board Chair Approval (check here): X
Primary Contact Name: Christy Marshall-Silva
Primary Contact E-mail: christy@aidansheart.org

Organization Information:

Field/s of Interest:

Arts, Culture & Humanities Environment/Animal Welfare Education
 Health Human Services Religion

Mission: Aidan's Heart Foundation is committed to providing awareness, education, and support to the communities of the southeast Pennsylvania region and its surrounding area to create heart-safe communities for youth regarding the prevention of and/or response to Sudden Cardiac Arrest.

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served): Primarily Chester County; historically, specifically in Downingtown and Coatesville (and currently expanding to other localities)

Describe Population Served & Annual Number of People Served: Aidan's Heart Foundation serves approximately 1,000 children and youth, ages 5-24 annually.

Annual Budget \$90,000

46 % of budget for program expenses
26 % of budget for administrative expenses
29 % of budget for fundraising expenses
100 % total

.5 # of Full-Time Equivalent Paid Staff
4 # of Board Volunteers
75# of Active Non-Board Volunteers
1,500# of Volunteer Hours

Top 3-5 funding sources: United Way of Chester County: \$100K over 2 years for operational expenses (awarded July 2023) Alliance for Health Equity: \$20K over 2 years for program expenses (awarded March 2023) and private donors.

Is this grant proposal for: Capacity Building or General Operating

Grant Amount Requested from the Community Foundation: \$7,500

Proposal Summary: Aidan's Heart Foundation is requesting the support of the Chester County Community Foundation with a gift of \$7,500 for general operations in 2024. Your support will help fill the funding gap in providing critical services to children, youth, and young adults (ages 5-24) in Chester County Pennsylvania.

II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

1. Nonprofit's history, goals, key achievements & distinctiveness

History

Aidan's Heart Foundation was formed shortly after the unexpected death of Aidan Joseph Silva in the fall of 2010. Aidan suddenly collapsed, without warning, and died from unexplained Sudden Cardiac Arrest. Despite investigations by medical examiners and geneticists, a cause for the arrhythmia that "short-circuited" Aidan's heart is still unknown. Aidan was seemingly in perfect health and had received a "thumbs up" by his pediatrician at his annual checkup, just six weeks prior to his death. Aidan was seven years, ten weeks, and 5 days old.

From 2011 to 2020 we have provided free heart screenings to over 2,100 youth between the ages 5-19. Of those youth, 29 of the children were found to have serious cardiac issues and dozens of others were recommended for critical follow-up care by the onsite cardiologist. This regularly scheduled cardiac risk assessment program for youth is the first of its kind in the southeastern Pennsylvania region.

What Causes Sudden Cardiac Arrest? Sudden Cardiac Arrest is caused by undetected heart problems. Most of these conditions have no symptoms. Most can be treated with medical interventions. None can be detected with a stethoscope.

Goals

- To provide free heart screenings to thousands of young people in order to identify cardiac conditions that are not normally found during a routine physical. Our goal for 2024 is to screen the hearts of approximately 1,000 youth, or 250 youth per screening event. We are looking to hold 3 screening events throughout the year.
- We will be training approximately 12,500 students in CPR and AED life saving techniques.
- As our Heart Heroes program continues to grow, we will be training approximately 250 high school students as facilitators in bringing awareness of our mission and how the importance of heart screenings can prevent Sudden Cardiac Arrest (SCA) to their peers and community members.
- We plan to deliver approximately 150 AED machines to more schools, agencies, and community organizations in Chester County.

Key Achievements & Distinctiveness:

- Provided free heart screenings (EKG and follow-up echocardiogram testing) to 2,000 youth, finding approximately 1 out of every 150 screened with a cardiac condition requiring further evaluation and care.
- Placed over 130 AEDs in our local community schools, youth athletic organizations, churches, and parks.

- Trained over 10,000 sixth grade students in the Downingtown Area School District how to save a life using CPR and an AED.
- Trained hundreds of community members, including coaches, teachers, and parents, in CPR+AED.
- Certified 120 sixth grade students in American Heart Association K-12 Heart Saver CPR+AED certification, in partnership with Good Fellowship Ambulance Corps.
- Introduced legislation with Senator Katie Muth and Representatives Christina Sappey and Danielle Friel Otten that is currently being considered by the Pennsylvania Senate and House of Representatives.
- Developed a youth empowerment program, called Heart Heroes, in which CPR-certified high school students serve as training facilitators to their peers and community members to grow awareness, skills, and knowledge to increase chances of survival in our community.

2. Funding request

- **Description of key initiatives**

Heart Screenings - Our Community Youth Heart Screening initiative offers free EKG and Echocardiogram (when appropriate) screenings in an effort to identify potentially life-threatening cardiac conditions that are not otherwise detectable by an annual physical. Unfortunately, in order to receive EKG testing a family must show a history of any genetic cardiac conditions or have a family member that has died before the age of 50; or show present symptoms. Leaving an alarming gap between preventative care and Sudden Cardiac Arrest which can ultimately lead to death.

CPR & AED Training – Our education programs have grown significantly as young people have taken leadership roles in expanding the impact of our goals by teaching their peers how to save lives with CPR and using AEDs.

- **Specific needs & issues to be addressed**

Preventing Sudden Cardiac Arrest in Youth through Heart Screenings - Sudden Cardiac Arrest (SCA) claims the lives of between 2,000 and 9,000 young people every year, often without warning or symptoms. It occurs in youth and adults who are seemingly healthy and often are physically active. Many of these deaths are preventable, as EKG and other heart testing can detect up to 70% of the conditions that can cause a young heart to suddenly stop. However, EKG testing is not currently part of pediatric protocol for youth during annual well-child exams.

Nearly 1 in 150 youth are living with undetected heart conditions that are potentially life-threatening. Our foundation's last two heart screening events yielded far more concerning results:

- In November 2021, at Coatesville High School, 142 youth screened yielded 10 cases that were recommended for further evaluation.
- In December 2022, at Warwick High School, 116 youth screened resulted in 6 cases being recommended for further evaluation and testing.

Fortunately, once a cardiac condition is identified, it is almost always treatable. In some cases,

surgery is warranted, but in most others, medication or lifestyle changes can help ensure a young person's safety against Sudden Cardiac Arrest. Conditions that cause cardiac arrest fall into two categories: 1) arrhythmia, such as Long QT Syndrome, or structural, such as Hypertrophic Cardiomyopathy, a thickening of one part of the heart's tissue, which is prevalent in serious athletes; and 2) cardiac abnormalities which can be hereditary. In some cases, when a young person is tested and identified with a cardiac condition as a result of our foundation's screening efforts, other family members are tested.

Additionally, recent national news coverage of the Sudden Cardiac Arrest events of two prominent NFL athletes and concerns about the impact of the COVID-19 virus on young hearts has increased the need to help families learn more about their children's heart health. As a result, our Foundation has created an initiative to provide free heart screenings on a regular basis to the youth in Chester County families.

- **Why is it important to fund this now?**

[Aidan's Heart Foundation](#) can directly prevent [Sudden Cardiac Arrest in youth](#) by offering free heart screening events in Chester County and the Greater Philadelphia area. Since 2011 we have screened over 2,100 youth between ages 5-19. Serious cardiac issues have been detected in more than 29 of these children and critical follow-up care has been recommended for dozens of others in order to ensure that Sudden Cardiac Arrest does not claim more young lives. One out of every 100 youth screened is found to need follow-up testing for a potentially life-threatening heart issue that was previously undetected at routine pediatric visits.

National statistics of similar-minded organizations show 1 in 150 youth are at risk for an unidentified heart condition that could cause their heart to suddenly stop; recently, our findings yield much higher incidences and indicate that the prevalence of cardiac abnormalities is much greater than it has been historically.

Cardiac issues are frequently genetic; when one family member is identified with a condition that can cause SCA, others are tested and diagnosed, compounding the impact of preventative heart screening efforts.

- **How impact & results will be demonstrated?**

Cardiac Safety Research Consortium: While data from our school-based heart screenings has been helpful in supporting local families by identifying potential cardiac issues, we aim to expand the impact of our efforts by aligning our Community Youth Heart Screening program data with national research with the goal of combining with similar efforts to influence medical policy decisions.

We have established a relationship with Dr. Salim Idriss, MD, Director of Pediatric Cardiac Electrophysiology of Duke University, who is president of the Cardiac Safety Research Consortium (CSRC). CSRC has collaborated with the American Academy of Pediatrics to update its standards for preventive EKG testing in families to include children who are symptomatic or have a family member under age 50 having experienced a sudden cardiac event. By contributing to CSRC, de-identified data from our local screening events will ultimately help shape medical policy decisions and practices that will better protect our children.