



AMERICAN
COLLEGE of
CARDIOLOGY®

HUDDLE

Prevalence of Cardiovascular Disease (CVD) and Risk Factors Among National Football League (NFL) Alumni

Multi-City, Cross-Sectional Study

OBJECTIVE: To estimate the perceived (through prescreening questionnaires) and actual prevalence of CVD and associated risk factors and provide education in an understudied population through screening events.

285
PATIENTS

INCLUSION CRITERIA:

Former NFL players who were aged ≥ 50 years



MEDICAL
HISTORY

VS.



BLOOD PRESSURE
(BP)

VS.



ECG

VS.



TRANSTHORACIC
ECHOCARDIOGRAM (TTE)

PRIMARY ENDPOINT

SCREENING DEMONSTRATED:

HYPERTENSION (HTN) IN 255/284 (89.8%)

ABNORMAL ECG IN 131/285 (46.1%)

STRUCTURAL ABNORMALITIES ON TTE IN 176/285 (61.8%)

SECONDARY ENDPOINTS

KNOWLEDGE GAP:

**SELF-REPORTED HTN 37.5% vs. 89.8%
ON SCREENING (83.8% WITH BP $\geq 130/80$ MM HG)**

RISK PREDICTION:

**INDEPENDENT ASSOCIATION ON MULTIVARIABLE
ANALYSIS BETWEEN HTN AT SCREENING
AND STRUCTURAL CARDIAC ABNORMALITIES
ON TTE (ODDS RATIO, 2.02; P=0.04).**

FOLLOW-UP:

RECOMMENDED TO 76.7% ON 30-DAY CALL

CONCLUSION

There is a high prevalence of HTN among former NFL players with a significant discrepancy between awareness and observed prevalence. Early TTE screening may be of benefit in this population, particularly in those with HTN.

Okoh AK, Amponsah MKD, Cheffet-Walsh S, et al. Prevalence of Cardiovascular Disease and Risk Factors Among National Football League Alumni and Family Members. Presented at ACC.24.

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