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.

INCLUSION CRITERIA: Former NFL players who were aged ≥50 years

285 PATIENTS

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 ≥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.


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