



## Nation of Lifesavers Key Messages

### Overview

At the heart of this movement is a simple but powerful truth. Cardiac arrest can strike anywhere, at home, at work, in schools, or in your place of worship. Yet often people hesitate to act because they believe CPR is only for medical professionals.

According to the American Heart Association, about two out of three people believe only those with special training should perform CPR,<sup>1</sup> a mistaken belief that costs lives. The American Heart Association is working to change that by shifting the idea of CPR as a medical skill to a shared human responsibility.

You don't need medical scrubs or credentials to save a life. What matters is awareness, confidence and the willingness to act. Joining the Nation of Lifesavers is an opportunity to empower communities to step in when every second counts. Because when cardiac arrest happens, the best chance of survival depends on people nearby taking action and providing CPR.

### Key Messages:

- In a cardiac emergency, anyone can be the difference before professional help arrives. The power to save a life is in your hands.
- CPR is a civic duty. You don't need medical training to learn CPR; you need knowledge, courage and the willingness to act. Heroism is not limited to uniforms, it's everyday people stepping up for others.
- CPR is a human responsibility, not just a medical skill.
- Cardiac emergencies are community emergencies. When bystanders step in, survival chances can double or even triple. Acting quickly can make all the difference.
- Confidence saves lives, and strong communities are built by people who are prepared.
- Parents, caregivers, neighbors, coworkers and friends are often the true first responders. When more people are ready, more lives are saved.
- Whether you're at home, work, the gym or a child's soccer game, cardiac arrest can happen anywhere.
- The American Heart Association envisions communities where people don't wait for help — they become it.

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<sup>1</sup> American Heart Association. (2025). *NoL CPR Tracker market research: September-November 2025*

- Ordinary people already have extraordinary power to make every future moment possible for someone in crisis. The power is in your hands.
- We want to recognize the heroes that have stepped in to help save a life during an emergency. Nominate someone who has provided CPR for a [Heartsaver Hero Award](#).

### **Nation of Lifesaver Calls-to-Action**

- Learn CPR by watching a video at [heart.org/nation](https://heart.org/nation).
- Find a CPR class at [heart.org/nation](https://heart.org/nation).
- Nominate someone who has provided CPR for a [Heartsaver Hero Award](#).
- Refresh your CPR skills, even if you have learned them before.
- Share CPR resources with your family, workplace and community.
- Join the Nation of Lifesavers and help make lifesaving action a social norm.

### **Key CPR Statistics**

- Cardiac arrest is a leading cause of death in the world.<sup>2</sup> Each year, more than 350,000 cardiac arrests occur outside of the hospital in the United States — and 90% do not survive.<sup>3</sup>
- About 3 out of 4 cardiac arrests that happen outside of a hospital happen at home.<sup>4</sup>
- For adults and teens, Hands-Only CPR can double or even triple the chance of survival.<sup>5</sup>
- According to the American Heart Association, about two out of three people believe the misconception that only those with special training should perform CPR.<sup>6</sup>
- Infants and children need CPR including breaths with appropriate chest compressions.
- Less than half of people who experience cardiac arrest receive CPR from people nearby while waiting for emergency responders to arrive.<sup>7</sup>
- Less than 12% of individuals who experience cardiac arrest in public had a bystander-applied AED.<sup>8</sup>
- Women are less likely to receive CPR in public and continue to experience lower AED use. Overcoming fear and myths, and taking fast action — calling 911, starting Hands Only CPR, and using an AED — can save lives.<sup>9</sup>

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<sup>2</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=32](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=32)

<sup>3</sup> <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001123> (2023 American Heart Association Stats Update)

<sup>4</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=32](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=32)

<sup>5</sup> [Association of Bystander and First-Responder Efforts and Outcomes According to Sex: Results From the North Carolina](#)

<sup>6</sup> American Heart Association. (2025). *NoL CPR Tracker market research: September-November 2025*

<sup>7</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=6](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=6)

<sup>8</sup> [https://mycares.net/sitepages/uploads/2024/2023\\_flipbook/index.html?page=6](https://mycares.net/sitepages/uploads/2024/2023_flipbook/index.html?page=6)

<sup>9</sup> [Public Perceptions on Why Women Receive Less Bystander Cardiopulmonary Resuscitation Than Men in Out-of-Hospital Cardiac Arrest | Circulation \(ahajournals.org\)](#)