



ANNUAL REPORT 2022

CELEBRATING
42 YEARS OF
HEART & BRAIN HEALTH



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

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Message from the CEO



Professor Pamela Naidoo

Optimism is the flip side of pessimism. Not so long ago, after COVID-19 was declared a pandemic and started to wreak havoc around the world, pessimistic thinking was the order of the day. Indeed, in my message for the last Annual Report I also conveyed a bitter-sweet sense of optimism. In this report, for

the year under review, I am pleased to report that the Heart and Stroke Foundation South Africa (HSFSA) slowly but surely began to gain momentum and raised the bar on all the pillars of its work which ranges from health promotion and disease prevention activities, nutrition science, health policy, knowledge dissemination, data collection, and multi-sectoral collaboration. Moreover, we remain financially viable, sustainable and have retained our excellent relationships with existing stakeholders whilst also attracting new stakeholders and partners.

At the beginning of the year under review (April 2021 to March 2022 financial year), I presented my strategic vision for the next four to five years to the Board of the HSFSA. Given what unfolded with the COVID-19 pandemic and the unpredictability of modern life, my stance was that it's best to not be fixated on a five-year plan as we traditionally do in a business environment regardless of whether it's for profit or a not-for-profit. A strategic session was held with the Board at which time the proposal was accepted. The Board members offered invaluable input during our strategic session and these were integrated into the Strategic Vision for the HSFSA. The core components of the strategic documents were also incorporated into our Business Plan based on the assumption that there will be no business disruptions. The key deliverable of the strategy was to ensure the

sustainability of the Foundation whilst achieving important goals such as expansion; increased reach of the general public; making a positive impact on health outcomes for cardio-vascular disease (CVD); improving infrastructure; hiring adequate, qualified and competent staff; implementing evidence-based programmes and promoting research; collecting high quality data for CVD and non-communicable diseases (NCDs); and influencing health policy through advocacy and engagement.

The Foundation is a well-known, stand-alone brand. Our Trademarked logos are readily recognisable. In particular, our Heart Mark Endorsement Programme promoting healthier eating choices, is a respected programme which is used by many large, medium-sized and small enterprises. We take great pride in the value and trustworthiness of our Heart Mark programme due to the fact that the criteria are based on national and international guidelines drawn from scientific evidence. Moreover, we are very fortunate to have a Nutrition Scientist, Prof Edelweiss Wentzel-Viljoen serving on our Board. She has helped the Foundation retain the integrity and trustworthiness of the Heart Mark programme.

At the HSFSA, our mission and vision are also materialized through involvement with numerous national, continental and global multi-sectoral stakeholders, which include universities, science councils, NGOs, global bodies such as the WHO, ASO and the WHF. At a local level we also have a strong relationship with the National Department of Health, the SANCDs Alliance, Professional Bodies and selected private sector companies and organizations.

Our Health Promotion Programme (HPP) has seen a steady increase in activity during the period under review. Continuity of the HPP is vital to our strong data collection capabilities. In the Western Cape Province, we are fortunate to be able to run a state-of-the-art mobile clinic as part of our community outreach work. Moreover, our Nutrition Science Programme is integral to our nutrition pillar and, indeed to our Heart Mark Endorsement Programme. As a service to young scholars in South Africa and the

educational staff at the schools, our school's health -promotion programme is on-going. An exciting component of our school's outreach work is the FAST Heroes programme which is an educational initiative targeting young children to learn about the symptoms of a stroke and how to intervene if they suspect someone is having a stroke.

Another very important development for the Foundation is the increased involvement in health policy work and engagement in health associated NGOs as part of our advocacy pillar. The Foundation plays a crucial role in mobilizing professionals and the public at large to influence decision-makers and government to provide access to health care at an equitable level.

At a more visible level, the Foundation drives very important health campaigns around heart disease, strokes and associated risk factors. Please take the time to read about the significant health events during the period under review. Of course, all our good work to make a positive impact at the level of population health, is not possible without our generous donors and partners who have their "heart" in the right place. I also thank them for the trust they place in me and my team at the Foundation.

Finally, thank you to the Chair of our Board and the committed, diverse and skilled Board members whose guidance is the most valuable resource we have at the Foundation. Our Board members bring medical, academic, and financial skills that cuts across both the private and public sectors. For this we are indeed grateful.

*Yours in Heart and Brain Health,
Professor Pamela Naidoo*

Message from the Chairperson



*Dr Leshni Shah
(Board Chair)*

Dear Donors and Sponsors, Stakeholders and Fellow Board Members

The success of the COVID vaccine roll-out appears to have brought the pandemic under control (except for China where a zero-COVID policy prevails, with continued lock-downs resulting in severe economic consequences for that country). Globally, there appears to be a return to “business as usual”, travel is rapidly returning to pre-pandemic levels, while economies work hard to recover from the impact of the pandemic. Unfortunately, the war in Ukraine with the decrease in grain exports, the Russian led fuel/gas crisis, severely impacted supply chains, have all led to 40-year highs in inflation in the US, with other major economies experiencing similar unprecedented inflation levels, South Africa no exception. With the US already in a technical recession the UK and Eurozone are poised to follow. In South Africa, high inflation levels resulting in rising interest rates will continue to present a challenging operating environment for government and business, including not-for-profit organisations like the HSFSa.

Through strong leadership and prudent financial management, the HSFSa maintained its financial viability through a challenging period while continuing its work of health promotion towards disease prevention, particularly with respect to NCDs such as heart disease, stroke and diabetes. The organization, through the support of its stakeholders, donors and partners continues to be financially stable and is well-positioned to continue its activities in the new year, with a return to community-based activities and school programs. The mobile clinic will once again be deployed into the communities and utilized to its full extent as part of the health risk screening initiatives conducted by the HSFSa. The screening is instrumental in creating awareness, referring

those at risk for the appropriate level of care and collecting relevant data for better understanding of disease incidence and profiles within the community. The data is shared with relevant organizations, leading to better management of disease and hence outcomes.

One of the areas in which the Foundation plays a significant role is that of nutrition science. This is a critical area in terms of disease prevention. Two recently released studies published in the British Medical Journal (The BMJ), showed that consumption of ultra-processed foods leads to early death from CVDs, cancer and diseases related to obesity. Ultra-processed foods include packaged and ready-to-eat meals, pizza, candy, cake, sodas, French fries, hot dogs and many more.

Analysis published in the BMJ compared the role of nutrient-poor foods, such as those high in sugar and saturated or trans-fats, versus ultra-processed foods in the development of chronic disease and early death. Researchers found that both types of food independently increased the risk of an early death, especially from CVDs. However, when both food types were compared to see which was the more evil, ultra-processed foods were paramount in defining the risk of mortality. (Sandy LaMotte, Ultra-processed foods linked to cancer and early death, studies find. CNN Health)

Through its educational awareness programs, on-line webinars and schools programs, the HSFSa plays a significant role in advising on diet and nutrition, with a strong focus on salt and sugar reduction. While these programs play a role in propagating appropriate nutritional standards, the challenge in South Africa remains affordability and access to the correct foods.

Not-for-profit organizations like the HSFSa will continue to play a role in alleviating the burden of disease in South Africa, fostered through sponsorships and donations to our organizations. However, we must not forget, and must continue to do as much as we can to have the government take responsibility for its role in poverty alleviation, reducing the level of

inequality in our society and working towards improving the healthcare system towards better health outcomes for all.

We extend our gratitude to our partners and sponsors, The Willowton Group, Tiger Brands, Lucky Star, Unilever, Pharmadynamics, Dischem and Boehringer Ingelheim, for their ongoing support of our organisation and its financial sustainability. Prof Naidoo and her team have also managed to enlist the support of new partners and we thank Liberty for committing to a 3 year partnership with our organisation. Our stalwarts, the supporters of our heart mark endorsement program, are critical to our work, both with respect to the financial support and helping to grow awareness of healthy eating by carrying the heart-mark on products that fit the bill for healthy food consumption.

To Prof Naidoo and her team, thank you for steering the Heart and Stroke Foundation and positioning it as a respected organisation in the marketplace. Prof Naidoo's advocacy work through her membership and representation on various local and international organisations, ensures the credibility of the Heart and Stroke Foundation both locally and internationally. This is a time-consuming additional responsibility but a necessary part of ensuring that our programs are of a global standard.

To my fellow Board members, once again, thank you for your time and commitment to the Foundation. It is through your guidance and dedication to making a difference, that we are able to run a successful and globally relevant organization that is able to contribute towards making a difference to the NCD health outcomes in South Africa.

As an organization, we are committed to having an impact, operating not in isolation, but being constantly aware of the challenges that our communities face in meeting their health care needs. While our primary role is creating awareness to help make better choices in terms of lifestyle and nutrition,

through our network of partners and in working closely with the National Department of Health, we will continue to look for opportunities to have greater impact beyond our mandate.



Board of Directors



*Dr Leshni Shah
(Chairperson)*



*Mr Farouk Meyer
(Vice Chairperson)*



Prof Gugu Mchunu



*Prof Edelweiss
Wentzel-Viljoen*



Ms Nanette Crouse



Prof Richard Nethononda



Prof Pamela Naidoo



Mr John Stephenson

Vision

To promote cardiovascular and cerebrovascular health through advocacy, influencing policy, providing information, tools, and support which will empower people to adopt healthy lifestyles and seek appropriate care early in the manifestation of the disease and assist in making healthy choices easier.

Mission

To halt the rise of premature deaths through CVD in South Africa and to promote the adoption of healthy lifestyles.

Key Messages

- CVD (heart disease, strokes and other circulatory conditions) are the leading cause of premature deaths and disability in the NCDs cluster in South Africa.
- Risk factor reduction is imperative in decreasing CVD burden.
- There are modifiable and unmodifiable risk factors for CVD. Unmodifiable factors include a familial history of CVD, including raised cholesterol and hypertension. Modifiable risk factors include raised blood pressure, obesity, diabetes, dietary factors, physical inactivity, increased alcohol use, tobacco smoking, pollution, and other negative socioeconomic conditions such as poverty. The negative

FACTS ABOUT CVD



18% of the 48% of NCD's deaths in SA



10 adults suffer a stroke in South Africa every hour



Severe illness and mortality among people infected with Covid-19 has mainly been concentrated among people with comorbidities, particularly, NCDs such as obesity, hypertension and CVD.



Older adults are also at significantly greater risk of complications from Covid-19 and case fatality rates increase significantly with age due to reduced immunity and the increased likelihood of pre-existing chronic disease.



Incidences of heart conditions and strokes have been recognized following infection with SARS-COV2.

effects of modifiable risk factors can be mitigated through the adoption of healthy behaviours.

- Blood pressure $\geq 140/90$ dramatically increases the risk of CVD (heart disease and stroke) onset.
- Raised bad cholesterol (LDL) increases vulnerability for CVD onset.
- Having CVD and one or more other medical condition(s) such as COVID-19 or diabetes leads to poor health outcomes.
- Adoption of healthy behaviours over the life course helps mitigate CVD onset and reduce morbidity and mortality from CVD.
- Self-Management among adults who have CVD and those at risk for CVD onset increases health-related quality of life.
- Increasing medical treatment adherence and the uptake of healthy behaviours reduces morbidity and mortality for CVD and comorbidities.

The Global and Local Patterns of CVD

The Global Context

NCDs, which include CVD (heart disease and strokes), diabetes, cancer, chronic respiratory disease, mental health disorders and other conditions, are the leading cause of death worldwide. NCDs cause over 60% of the world's deaths, 80% of which occur in developing countries. It is anticipated that by 2030 NCDs will overtake all other causes of death in Africa. Of all NCDs, CVD is the leading cause of disabilities and death, killing 17,9 million people annually.

CVD in South Africa

NCDs, including CVDs, are estimated to account for 48% of total adult deaths in South Africa. CVDs account for almost a fifth (18%) of these deaths. Some of the CVD related risk factors among adults in South Africa are:

- 18% of the adult population smoke tobacco.
- 11 litres of pure alcohol is consumed per person.
- 1 in 3 South African adults (33.7%) has hypertension, which can increase the risk of heart attacks, heart failure, kidney disease and strokes.
- 68% of women and 31% of men in South Africa are obese.
- In South Africa, the proportion of CVD deaths in women aged between 35 and 59 years is one and a half times more than that of women in the USA.

Key Health Events and Campaigns

The core purpose of the HSFSa programmes is to encourage the uptake of healthy behaviours for good heart and brain health. As an organization that is recognized as a key advocacy body, the Foundation empowers individuals, throughout the life course, through knowledge transfer, education dissemination and thought leadership. Throughout the year, the HSFSa conducts campaigns and health events observed globally, regionally and nationally that are associated with heart disease, strokes and associated risk factors such as hypertension, diabetes, obesity, raised cholesterol and tobacco smoking. The aim of highlighting these health events is to create awareness, educate, inform, impact health policy and champion the advocacy efforts on health matters affecting heart disease, strokes and other circulatory diseases. Driving public awareness with a follow-up call to action and mobilization is a goal we continuously strive for in the interest of all South Africans and all those who reside in the country. Ultimately, through these efforts, the burden on our public health system will be alleviated with a move towards Universal Health Coverage (UHC), Access to Medication and an Integrated Health System. The HSFSa observes selected health days on the national and international health calendar as set out by global organizations such as the World Health Organization (WHO), World Heart Federation (WHF), World Stroke Organization (WSO), the United Nations (UN), and the National Department of Health in South Africa (NDoH). At a

national level, these health events include National Nutrition and Obesity Week, and at a global level, World Heart Day and Stroke Awareness Week. The Foundation also mobilizes South Africans, those on the African continent and around the world on health days commemorated around the world, such as World Heart Day, World Stroke Day, World Obesity Day, World Hypertension Day, World No Tobacco Day and World Health Day. Described below are the health events that took place in the financial year under review.

World Health Day: 7 April 2021



World Health Day is a global health event driven by the WHO under the auspices of the UN. The WHO, and indeed many health authorities and governments around the world have recognised that the COVID-19 pandemic has highlighted the extent of inequalities that existed before the pandemic including avoidable

illness, access to food, safe environments, and human rights and healthcare. The HSFSa followed the lead of the WHO and other global health bodies and, therefore, subscribed to calling attention to World Health Day by promoting the theme: *“Building a Fairer, Healthier World”*.

World Hypertension Day: 17 May 2021



The World Hypertension League (WHL), promotes World Hypertension Day (WHypD) on 17 May each year. This year’s WHypD’s theme was *“Measure Your Blood Pressure Accurately, Control It, Live Longer”*. The primary aim of

the theme was to increase the awareness of the dangers of raised blood

pressure (BP) in populations around the world. Moreover, this year, there was an increased focus on the accurate measure of BP.

Dana Govender, our Health Promotions Manager and Hayley Cimring, our Nutrition Team Leader, and their respective teams remind South Africans that the HSFSa teams conduct community-based health risk assessments and therefore encourage individuals to check our website www.heartfoundation.co.za or social media platforms to be aware of where the Foundation activities are taking place. Our Health Promotions team visited various venues across Johannesburg, Durban, Cape Town, George and Gqeberha conducting health risk assessments, including blood pressure and also presented health talks.

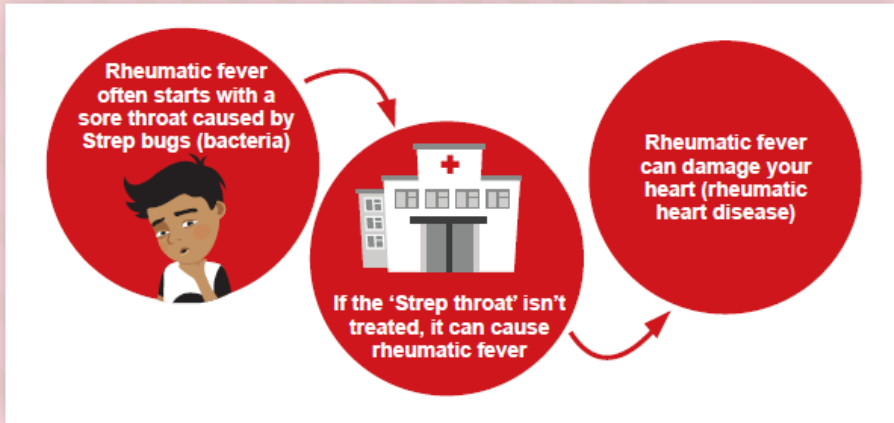
World No Tobacco Day: 31 May 2021



The World Health Organisation's 2021 theme for World No Tobacco Day (WNTD) was *"Commit to Quit."* The HSFSa, in collaboration with its Global and national partners, Campaign for Tobacco-Free Kids (CTFK), National Council Against Smoking (NCAS), The Cancer Association of South Africa (CANSa) and the South Africa Medical

Research Council (SAMRC) ear-marked this important day to draw attention to the widespread prevalence of tobacco use and the resultant negative health effects. Reaching young smokers with cessation messages and aids has great benefits in terms of years of life saved. At the same time, getting adult smokers to stop smoking dramatically reduces their risk of heart disease, strokes and cancer onset and improves the health of individuals with an existing medical condition.

Rheumatic Fever Week: 3 - 9 August 2021



Rheumatic Fever (RF) is directly associated with the onset of Rheumatic Heart Disease (RHD), an autoimmune disease that affects the heart valves. RHD is the most common type of acquired heart disease below the age of 25 years. RHD is a complication of an untreated Acute Rheumatic Fever (ARF) and the HSFSAs are committed to preventing RF and RHD by increasing public awareness about the importance of getting a sick child treated with a high fever, as a matter of urgency.

The HSFSAs agenda is consistent with the agenda of the WHO in calling upon all sectors, including the Ministry of Health, Health Policy Makers, Healthcare Professionals and Civil Society, to commit and become more actively engaged in reducing the prevalence of RHD and to explore the challenges and solutions to ending RHD. The focus needs to be on low-and-middle income countries (LMICs) where RHD has not been eradicated to date.

Heart Awareness Month: *September 2021*

The HSFSAs are well known to have initiated Heart Awareness Month (HAM) in South Africa. During this time, the organization is engaged in many activities



that are associated with reducing the burden of CVD.

The Foundation partnered with various organizations for exciting joint campaigns for CVD prevention, detection and treatment. Our partners included the WHF, Global

Alliance for Patient Access (GAPA), SA Heart Association, Lucky Star, Dischem, Jungle Oats and the NCDs Alliance.

During HAM the HSFSa had a major focus on raised cholesterol, in the year under review. There were four core themes, dedicating a week to each theme. In week 1 the focus was on understanding cholesterol, in week 2 the focus was on nutrition and CVD, in week 3 the focus was on the relationships between nutrition, physical activity and cholesterol and finally in week 4 the focus was on cumulative risk factors for CVD onset. Prof Marais, president of the Lipid and Atherosclerosis Society of Southern Africa was the keynote speaker and Hayley Cimring, our lead dietitian, was the moderator for the webinar on “Figuring out what cholesterol means” which highlighted the ideal numbers for the cholesterol tests, risk factors for atherosclerosis and effective treatment for Familial Hypertension.



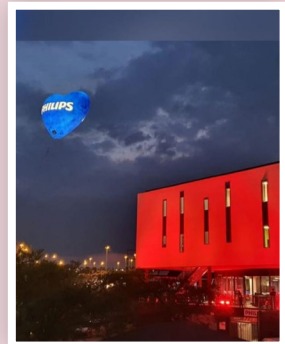
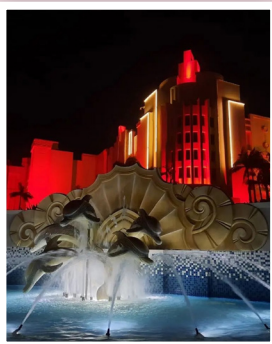
World Heart Day: 29 September 2021



The Foundation, a member of the WHF, aligned with the WHFs theme **“Use heart to connect...”**, extending the theme to “use heart...to connect to you, your loved ones and all those who live in South Africa. World Heart Day (WHD), is observed on 29 September each year to increase public awareness and education

about CVD, focussing on primary and secondary prevention and treatment. The WHF, created this day in the health calendar to mobilize governments and communities globally through awareness and knowledge dissemination on the day in order to reduce the burden of CVD. Currently CVD is a threat to global health.

The Foundation partnered with selected organizations in selecting iconic landmarks in SA to light up in red on WHD in support of our campaign. Similarly, around the world, monumental buildings were lit up in red. Landmarks in SA that were illuminated in red to raise awareness about heart disease included the PwC building in Midrand, Philips South Africa office in Johannesburg, Suncoast Casino and UKZN in Durban and Life Healthcare Hospitals across the country.



National Nutrition Week (NNW) and National Obesity Week:

9 -19 October 2021

EAT MORE VEGETABLES AND FRUIT EVERY DAY 9-19 OCTOBER 2021

PROTECT YOURSELF WITH VEGETABLES AND FRUIT

EATING MORE VEGETABLES AND FRUIT EVERY DAY CAN HELP PROTECT AGAINST DISEASE SUCH AS HEART DISEASE, STROKE, CANCER AND DIABETES BY:

- Reducing blood pressure
- Reducing cholesterol
- Supporting weight management
- Supporting blood sugar management
- Promoting healthy cell growth

EAT MORE VEGETABLES AND FRUIT THROUGH EVERY STAGE OF YOUR LIFE

FROM THE AGE OF 6 MONTHS ONWARDS: In addition to breastmilk, your child will need different types of foods, and vegetables and fruit should form part of each meal starting with small amounts and building up to 5 small meals each day.

CHOOSE FRESH OR FROZEN VEGETABLES AND FRUIT AS SNACKS. Limit foods such as sweets, chips, biscuits and sugary drinks.

WHEN HAVING LUNCH OR DINNER, AIM FOR:

- 1 Half a piece of vegetables and/or salad
- 2 A quarter plate of skinned chicken, baked or grilled fish, lean meat, eggs, spiced dry beans, split-peas or lentils.
- 3 A quarter plate of starchy food such as rice, samp, pap, potatoes, sweet potatoes or brown bread.

For more information visit WWW.NUTRITIONWEEK.CO.ZA

Logos: Basic Education, Health, Social Development, Department of Health, Department of Education, Department of Social Development, ADSA (Association of Dietitians in South Africa), NNDP (National Nutrition Dialogue Platform).

NNW 2021 was a joint effort by a consortium of organizations led by the NDoH's Nutrition team. The theme was ***"Eat more fruits and vegetables every day"***. The objectives of NNW were:

- (i) to increase the consumption of vegetables and fruit among South Africans, particularly those most at risk of undernutrition and non-communicable diseases (NCDs); and
- (ii) To increase economic and physical access to vegetables and fruit in schools and communities through promoting food gardens

and through creating awareness among the formal and informal food sector for the need for affordable and easily accessible vegetables and fruit. The theme in 2021 was aligned with the UN declaration of 2021 as the "International Year of Fruits and Vegetables" under the theme: "Fruit and vegetables - your dietary essentials." This is highly relevant in a context of declining fruit and vegetable consumption. Evidence shows that in South Africa, for example, the consumption of fresh vegetables has declined whilst consumption of ultra-processed foods increased dramatically between 1994 and 2012. "Eating plenty of vegetables and fruit" is also one of the guidelines of the South African Food-based Dietary Guidelines (FBDGs) also called the Guidelines for Healthy Eating. The campaign emphasized the following five main interrelated focus areas and messages: benefits of including vegetables and fruit in the diet, portion sizes, complementary feeding with vegetables & fruit, snacking, and grow your own.

Stroke Awareness Week and World Stroke Day:

28 October - 3rd November 2021

angela2

Strokes ARE AN EMERGENCY

Anyone of any age, gender, race and fitness level can experience a stroke

EVERY DAY IN SOUTH AFRICA

- 360 strokes happen
- 110 patients die
- 90 people are left with life-changing disability

Survivors can experience loss of the use of limbs, chronic pain and difficulty to read and speak.

This often means they cannot return to work or study and independent living becomes hard.

WHAT IS A Stroke?

Stroke is a 'brain attack'. The supply of blood and oxygen to the brain can be cut off because of a blockage or damage to a blood vessel in the brain. This causes the brain cells to die - which can be fatal or result in disability.

RECOGNISING A Stroke

- Sudden weakness or numbness on one side of the body or loss of balance
- Sudden unusual, severe and persistent headache
- Sudden difficulty speaking, slurred speech or loss of sight
- Facial droop

Boehringer Ingelheim

Stroke Awareness Week is brought to the attention of people around the world, and is largely driven by the World Stroke Organization (WSO). The Foundation is a member of the WSO. A stroke occurs when the blood supply to part of the brain is disrupted, resulting in oxygen starvation, brain damage and loss of function. It is frequently caused by a clot in an artery supplying blood to the brain, commonly referred to as an ischemic stroke. It can also be caused by a haemorrhage

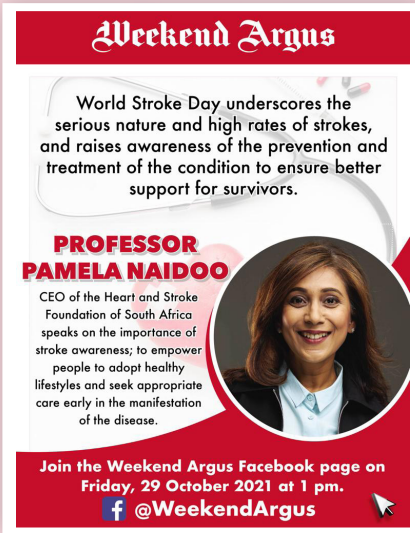
(hemorrhagic stroke) when a burst vessel causes blood to leak into the brain causing that part of the brain to die.

To create further awareness and as a build-up to World Stroke Day (29th October), our Health Promotions team visited various venues across Johannesburg, Durban, Cape Town, George and Gqeberha conducting health risk assessments and presenting health talks. We used the simple ACRONYM, **F.A.S.T. (Face, Arm, Speech and Time)** to help members of the public to remember the symptoms of a stroke and know that strokes are preventable and treatable and must be treated as a medical emergency.

Learn the signs, Say it's a Stroke
Save #Precioustime

Face Drooping Arm Weakness Speech Difficulties Time to Call

World Stroke Day: 29 October 2021



Weekend Argus

World Stroke Day underscores the serious nature and high rates of strokes, and raises awareness of the prevention and treatment of the condition to ensure better support for survivors.

PROFESSOR PAMELA NAIDOO

CEO of the Heart and Stroke Foundation of South Africa speaks on the importance of stroke awareness; to empower people to adopt healthy lifestyles and seek appropriate care early in the manifestation of the disease.

Join the Weekend Argus Facebook page on Friday, 29 October 2021 at 1 pm.
f @WeekendArgus

Annually, World Stroke Day is observed on 29 October to raise awareness about the symptoms of a stroke, to reduce the incidence of stroke, and ultimately to prevent stroke. Driven by the WSO, the focus in the year under review was on the importance of medical intervention in cases where a stroke is suspected. Hence the theme for 2021 was, “Minutes Can Save Lives”. The theme focussed on educating individuals and communities, highlighting that every second is crucial at the onset

of a stroke, as the negative impact on the brain is extensive when a stroke is not treated timeously. Brain tissues, millions of neurons and billions of synapses begin to fade during a stroke.

World Obesity Day: 4 March 2022



The HSFSA, a member of the World Obesity Federation (WOF), worked together with the NDoH, and other organizations around the world to spread the World Obesity Day (WOD) 2022 message “EveryBody Needs to Act.” It emphasized community, collectiveness and solidarity. The key calls to action include everybody needs to raise their voice, everybody needs to

share and show support and everybody needs to want justice. This is a way of emphasizing that obesity is not only a lifestyle condition but can be

observed as a complex disease. We all have a role to play in supporting and advocating for people living with obesity. We must recognise that everybody must act if we are to build a healthier world for everybody.

We encouraged members of the public to access the information on our website and attend the CPD-accredited NDoH webinar on 4 March on “Everybody needs to act to make healthy choices easier”. The HSFSa hosted the webinar which included 5 speakers and 357 participants. Prof Naidoo was the moderator. The target audience were healthcare workers (public and private) and the media and academia were invited.

Salt Awareness Week (SAW): 8 - 14 March 2022



The Foundation and Unilever joined the World Action on Salt, Sugar and Health (WASSH) in targeting the food industry that does not comply with nutrition standards and regulations. In many countries, up to 80% of the salt consumed each day is already in packaged and prepared foods. This cannot be removed by the consumer and hence telling people to eat less salt will not work when the food on shelves has high levels of salt. The

HSFSa hosted the CPD-accredited SAW webinar with the Association of Dietetic in South Africa (ADSA) on “Shaking the salt habit - why, who and how? The keynote speaker was the President of ADSA, Maria van der Merwe who focused on the WHO SHAKE package which outlines the policies and interventions which have been effective in reducing salt intake. The patient voice was Wayne Naylor who was diagnosed with hypertension and decided to practise what he preached and cut back on salt intake.

The team assisted with several interviews and media requests. This year the food industry was asked to “shake their salt habit” , so that we can all live longer, healthier lives.

FAST Heroes



FAST Heroes is an award-winning global educational initiative, aimed at raising awareness of stroke symptoms and the need for immediate action. The FAST Heroes campaign leverages off children’s amazing enthusiasm for learning and sharing, encouraging the dissemination of knowledge to their extended families, particularly to their grandparents. Stroke is the second leading cause of death, the third leading cause of disability and

one of the main reasons that children lose their grandparents. Stroke patients need high-quality medical care as rapidly as possible, so increasing awareness of the symptoms can save lives. Through this campaign, young children between the ages of 5-9 can save their grandparents’ lives. The Fast Heroes initiative was made possible by the Angels Initiative through Boehringer Ingelheim in partnership with the HSFSa. On 27th October 2021, during Stroke Awareness Week, the Fast Heroes Campaign was launched at Petunia Primary School in Kraaifontein, Cape Town. Broadcast media which included Expresso and ENCA were present on the day to interview the school principal, the learners and the CEO of the HSFSa, Prof Pamela Naidoo, on what the Fast Heroes campaign is about. The learners and teachers were very pleased to be the selected school for the launch. The Foundation is proud to be an equal partner of this initiative.

Launch of the Foundations Mobile Clinic in April 2021

In April 2021 the HSFA launched its first ever mobile clinic in the Western Cape Province to provide essential preventative health screenings to the most vulnerable members of the community, starting with the elderly.

This high-tech mobile clinic was made possible with the grant funding from the National Lotteries Commission (NLC) allowing the mobilization of our mission and vision by reaching communities who lack the means to access basic healthcare. Highly trained nurses conduct Health Risk Assessments (HRAs) on patients and provide them with helpful information and counselling on how to manage their health. More serious cases are referred for specialised treatment and care at nearby medical facilities.



Meeting The HSFS Vision and Mission: Our Work-Streams

In order to meet our mission and vision, the HSFS has core work-streams, namely Health Promotion and Disease Prevention, Nutrition Science, Public Relations and Communications, Business Development, and Research and Data Management. Each work-stream takes responsibility for its primary deliverables, although much of the work carried out at the HSFS is cross-cutting.

Health Promotions Programme (HPP)

The main purpose of the HPP is to encourage the prevention of CVD, including heart and stroke disease as well as other circulatory disease at all levels, to empower South Africans to adopt healthy lifestyles and to make healthy choices easier.

CVDs are the leading cause of death globally with an estimated 17.9 million people dying of CVD in 2019. At least three quarters of the world's deaths from CVD occur in LMICs, as they very often do not have the benefit of Primary Health Programmes for early detection and treatment of people with risk factors for CVDs.

The Health Promotions Team at the HSFS firmly believes in always keeping abreast of the challenges facing men, women and children on a daily basis and continue to encourage members of the public to adopt simple health-seeking behaviour changes that can help to prevent CVD and Cerebrovascular disease. We do this through providing information and support to build healthy communities and supporting research for improved tools and methods of preventing CVD to minimize the risk of South Africans developing heart disease and strokes.

In South Africa, the heightened rate of raised blood pressure is a great concern as less than 50% of our adults, living with high blood pressure (hypertension) are unaware of their condition. Globally, over 13 million people will have a stroke each year and 5.5 million will die as a result. According to recent statistics, everyday in South Africa 225 people suffer heart attacks and 360 people are affected by stroke and the lack of awareness around heart and stroke disease means many people go undiagnosed and untreated until it is too late.

We value the commitment of our volunteers from both South Africa and abroad who dedicate their time and expertise to assist the HSFA to advocate for healthy living to prevent heart disease, strokes and other serious chronic diseases and conditions. The key focus areas for the HPP are described below.

Health Risk Assessments



Primary healthcare is the cornerstone of an equitable and resilient health system. The inability to pay for healthcare is a major challenge for many South Africans, therefore, the Health Promotions Team engaged with diverse communities country-wide and conducted free health risk assessments, including testing for blood pressure, cholesterol levels, blood glucose, Body Mass Index (BMI) and waist circumference as part of our public health awareness

campaigns to raise awareness on the risk factors for cardiovascular disease, as well as detect those individuals at risk.

It is important to detect CVD early as possible so management with counselling, action in lifestyle modifications and taking medication can begin. We continue to reinforce the importance of measuring blood pressure accurately, knowing blood pressure status, controlling it and taking medication to live longer even if you are hypertensive.

We informed and lobbied our community, from older persons, students, educators, learners, the cardiovascular community and members of the general public to refrain from alcohol abuse, tobacco use and vaping. Main lifestyle interventions for preventing CVD were reinforced and in fact, scientists specifically designed a diet called Dietary Approaches to Stop Hypertension, also known as the DASH Diet, and this diet emphasises to regularly eat plenty of fruits, vegetables, wholegrains, lentils, low-fat dairy products, poultry, fish and nuts and limit sugary beverages, sweets and red meat.

During this period, we tested **3106** members of the community for high blood pressure, cholesterol, blood glucose and Body Mass Index (BMI) and **512** clients were identified as high risk and this is the kind of impact we aim to have on many more communities and encourage appropriate management of risk factors which influence heart disease and stroke.

Educational Health Talks



Both the Nutrition Science and Health Promotion teams conducted educational health talks to promote heart and brain health. The focus was on key simple interventions to strengthen community engagement and empower individuals to improve their health behaviours as they have the power to change, as

it is often due to unhealthy choices. We do this through the provision of evidence-based information to build healthier communities.

We encouraged older persons, especially those with certain underlying medical conditions, including hypertension, strokes, CVD, Chronic Respiratory disease and diabetes, to be cautious, as they are more likely to develop serious illness after acquiring SARS-COV-2 infection than those without those conditions. Management of vascular risk factors remains extremely important in secondary stroke prevention, including diabetes, smoking cessation, lipids and especially hypertension. Lifestyle factors, including healthy diet and physical activity, are important for preventing a second stroke. Low salt diets were recommended for stroke risk reduction. Patients with stroke are especially at risk for sedentary and prolonged sitting behaviours and were encouraged to perform physical activity in a supervised and safe environment.

Education and empowering members of the public is a crucial aspect when we conduct health talks to diverse organisations, namely, Faith Based Organisations, Civil Society Groups, Government organisations, Tertiary Institutions, Non-Governmental Organisations, local clinics, hospitals, schools, and the private and business sectors.

Mended Heart and Stroke Group Meetings (MHSG)



Mended Hearts & Stroke Group
A meeting for heart disease and stroke survivors, their friends and family



Mended Hearts and Stroke Group (MHSG) are free monthly meetings held with the aim of targeting individuals, their families and their friends, all of whom have been affected by heart diseases and/or strokes. Meetings are held virtually

Join us for our next event:
“Healthy Cooking Demo with Solina Naidoo”
Presented by: Solina Naidoo, Food and Lifestyle Digital Creator
Date: Tuesday, 14 December 2021
Time: 14:30 – 15:30
Moderator: Perch Kapp
Venue: ZOOM
Click on the link to register:
<https://us02web.zoom.us/joining/register/tZElc-1paz1vG9w9BvM0LwQTzBUrQqDz1pF3>

New members are welcome! For more information please contact diana.govender@heartfoundation.co.za or call 031 273 5407



The free monthly MHSGs played an important role in improving the understanding of CVD amongst our members, giving them a sense of empowerment, control and hope in managing their conditions more effectively.

Our heartfelt thanks to Specialists from various disciplines: Prof Rina Swart (University of Western Cape), Dr Sundeeep Ruder (Life Fourways Hospital), Dr Jeanne Lubbe (University

of Stellenbosch), Dr Tshmi Lynn Moeng-Mahlangu (NDoH), Prof. Corinna Hawkes (University of London), Prof. Gugu Mchunu (Dean - Faculty of Health Sciences, Durban University of Technikon and HSFA Board Member), Dr Mpanya (University of Witwatersrand) , Dr Pavitra Pillay (Deputy Dean, Faculty of Health Sciences, Durban University of Technology) , Ms Yolanda Maartens (Presenter at OFM Radio), Sister Elsie Naicker (Diabetes Nurse Practitioner), Mrs Solina Naidoo (Food and Lifestyle Digital Creator) and many more, who presented on many health topics such as Coping with the New Normal and preventing CVD, Pathogenesis of Obesity, High intake of Salt linked to high blood pressure, Exercise is Medicine, Healthy Eating and many more. They shared valuable evidence based information, coping strategies, the importance of compliance of medication and treatment plans so participants stay motivated to manage their heart and brain health better.

The format of our meetings vary, including face-to-face meetings and an on-line community, reaching 650 members of the public.



Employee Wellness Programme (EWP)



The HSFSA acknowledges that most people spend most part of their day at work, albeit virtually. The HSFSA's EWP has a lot to offer to both employers and employees alike, to build a

culture of wellness. Our workplace wellness programmes are helpful as they improve the health behaviours of employees and are a great way to provide education so that employees have a chance to learn about their own health in a relaxed environment.

Our Health Promotions Team, helps employees better manage the symptoms of disease by encouraging them to eat healthy, exercise more, manage stress effectively and to quit smoking. Healthy habits help us improve our overall well being and people who have healthy habits are less likely to have chronic diseases such as hypertension (high blood pressure), elevated cholesterol, high blood glucose and obesity.

The team conducts health risk assessments which includes blood pressure measures, cholesterol, blood glucose and waist and weight management. The assessments can also be accompanied by an educational health talk as we adopt a health promotion and disease prevention approach to managing medical conditions and overall health in the workplace. Our team also conducts virtual health talks and offers health information leaflets.

Workplace wellness means, employers spending less on health care, having an engaged workforce, aspiring a culture of healthfulness and improving morale and productivity.

The Employee Wellness Programme assists in income generation to support our free services to communities in under-resourced settings.

Table of Health Promotion Activities Across 4 Provinces

<i>Activities</i>	<i>Western Cape</i>	<i>KwaZulu Natal</i>	<i>Gauteng</i>	<i>Gqeberha</i>	<i>National</i>
Health Risk Assessments (testing of blood pressure, cholesterol, blood sugar and Body Mass Index (BMI))	52 (714)	44 (1631)	12 (205)	23 (556)	131 (3106)
Health talks	11 (813)	21 (1147)	11 (1255)	8 (245)	51 (3460)
Health information displays	16 (478)	9 (1 020)	17 (1 050)	6 (347)	48 (2 895)
Mended Hearts and Stroke Group Meetings (online and in person)	14 (347)	-	-	-	31 (12 650)
Radio interviews	69 (18 940 000)	107 (34 158 472)	63 (18 426 000)	39 (7 583 000)	278 (79 107 472)
TV interviews	4 (18 004 000)	-	3 (1 920 000)	3 (10 019 445)	10 (29 943 445)

*The number of events are shown above, with the total number of attendees in brackets

More information can be found on our website www.heartfoundation.co.za. Our Health Chat Line number is 021 422 1586, where one is able to make an appointment with one of our professional staff members to discuss your CVD health concerns.

Nutrition Science Programme

The Nutrition Science Team provides scientifically accurate and updated information to underpin all programmes in line with the HSFSAs strategy. The team supports and works with all the programmes at the Foundation for key health events. The team supports health promotions and disease prevention activities, mended hearts virtual talks and health risk assessments. Monthly CVD updates containing peer-reviewed articles in

line with our health events are sent out to health professionals. Moreover, we respond to frequent health-related and nutrition questions from the public.

Salt Reduction Strategies

Links Grant



The Foundation is part of a consortium who was awarded an international LINKS grant to evaluate how well the food industry is complying with the sodium regulation targets and to establish a mechanism for the monitoring and surveillance of South Africa's sodium reduction legislation.

Together with the CEO, the Nutrition Science Team set up the 3rd Expert Stakeholder Group Salt Reduction Hybrid Meeting. This was the last in a series of stakeholder meetings. Following on from the first and second stakeholders' meetings the main outcome of the final meeting, would be to provide good guidelines as to what the indicators for the monitoring and evaluation (M & E) of the salt legislation in South Africa should be, and subsequently, to identify the roles and responsibilities related thereto.

It was suggested that, in the short term, the only option would be to rely on self-monitoring, whilst remaining cognisant of the challenges within the small and medium enterprises, which is for most part unregulated, and hence, legislative compliance is questionable. In the absence of a formal body responsible for monitoring food legislation, an alternative would be, albeit not perfect, to work with industry to implement a self-monitoring strategy.

Input from all stakeholders is essential to ensure that the final product of a framework for monitoring South Africa's sodium reduction strategy will be achievable, feasible and acceptable to be adopted by the government.

With the National Strategic Plan (NSP) for NCDs being approved, there is hope that NCDs will be integrated into existing surveillance systems, with talk of dedicated units within government for surveillance and enforcement. Once the NSP becomes public, the thinking around what the NSP specifies, can be consolidated (more specifically, focus on salt legislation).

These ideas will be incorporated into a detailed report which will be circulated to the attendees.

Food endorsement compliance

The Heart Mark endorsement programme is part of ongoing efforts by the HSFSa to reduce the number of deaths in South Africa from preventable heart disease and strokes. The Nutrition Science Team ensures that the standards of this programme are based on the most current research in nutrition. The endorsement programme forms part of a health-enabling environment offering a tool which makes choosing healthier foods easier. It's a guaranteed way to buy food lower in salt, lower in sugar, lower in saturated fats, and higher in fibre.

Our criteria are based on the total body of evidence for specific nutrients which have an impact on heart health as per key publications and are also guided by the South African Food Based Dietary Guidelines. The criteria are further in line with similar programmes from other international organisations, including the American Heart Association, the Australian Heart Foundation and the Heart and Stroke Foundation of Canada.

CVD research updates

The Nutrition Science Team forms a part of the Science Team which sends out the CVD news and research updates on a monthly basis primarily to health care professionals. Currently we reach over 1200 professionals and interest groups. Articles include the latest, peer-reviewed journal publications on Cardio- and Cerebrovascular diseases and the associated risk factors including poor nutrition, lack of exercise, tobacco harm, excessive alcohol consumption, day-to-day stress and obesity. The monthly email newsletter is sent to a database of scientists, academics and health professionals. This year 12 editions were disseminated.

Public Relations, Communications and Marketing



Over the last year, the Public Relations, Communications and Marketing Department (PR, Comms) continued to build on its strategy of increasing the reach and exposure of the HSFSFA through various

communications channels, ranging from community, regional, national and international media (print, broadcast and online), to ensure that the organization and its partners are able to share vital health information both locally and internationally.

During this reporting period, the PR & Comms department has expanded its reach whilst aligning with our international and local partners, including the South African NDoH's health events calendar. Our communication strategies are constantly evolving, as we grow our channels and continue to build and maintain relationships with various media, health experts, partners, suppliers and the public.

COVID-19 negatively impacted the HSFSAs outreach to numerous communities in South Africa. Hence, the PR team needed to ensure that health literacy messaging reached these individuals. The team had to strategize the media approach differently and as a result, we are grateful for the generous media support from the following media channels such as eNCA, Ukhozi FM, Metro FM, Smile 94.0 FM, Lotus FM, SA FM, Power FM, Disa 95.9 FM, Eldos FM, Wild Coast FM and others.

Social Media

Our social media pages have played a larger role in communicating with the public, especially in the time of a pandemic. To ensure content homogenization, we align our content with all health awareness days observed by the NDoH, the WHO and other affiliated health organisations, and expand on each health day's theme or message via traditional and social media. Our platforms are not only used to educate the public but also to engage with them. We use these platforms as a link to topical articles and a hub of information on our website, and also as an opportunity to donate to the HSFSAs.



Facebook followers have increased by 4.7 % from 01 April 2021 – 31 March 2022

<i>01 April 2021</i>	<i>31 March 2022</i>
9 063	9 488
<i>01 April 2020</i>	<i>31 March 2021</i>
8 260	9 063



Twitter followers increased by 4.1 % between 01 April 2021 – 31 March 2022:

<i>01 April 2021</i>	<i>31 March 2022</i>
3 849	4 010
<i>01 April 2020</i>	<i>31 March 2021</i>
3 674	3 849

Annual media coverage at a glance 01 April 2021 – 31 March 2022

Total Annual cumulative media reach (CMR): 689 331 357 excluding online advertisements.

<i>Newspaper and Magazines Articles</i>	<i>Online Articles</i>	<i>Radio and TV Interviews</i>	<i>Total</i>
195	515	326	1 036

Income Streams: Endorsements, Donations and Fundraising



There are 337 different Products endorsed by the Heart Mark Programme. Foods have to earn the heart Mark, which can only appear on Products after they have gone through a strict process that includes Laboratory tests for verification. If the product does not meet a certain Criteria (e.g. the sodium level is very high), this will be discussed with the manufacturer and products may be reformulated or otherwise declined for endorsement.

The Heart Mark can be used alongside healthy eating guidelines. Food choices should be part of an overall healthy diet that includes appropriate portions and a variety of different healthy foods. The endorsement is awarded on merit of the product nutrition make-up.

Heart Mark Product Audit and Quality Control

During the year under review, the Heart Mark Administrator, Nako Ngonqua conducts an in-store product Audit at least one major retailer in the Western Cape Province, where our HQ is. The Audit allowed the

Foundation to verify that all products that use the Logo are using it in accordance with our terms of usage and this exercise also allowed us to scan the shelves that may be using the Logo without authorisation. The Foundation is pleased to report all endorsed products were packaged in accordance with the usage rules during the period. Three endorsed products, through our sampling method, were sent to a SANAS accredited Lab for Nutritional testing, to verify that the products still meet the Heart Mark criteria.

Diabetes South Africa (DSA)



The five-year agency contract agreement between the HSFSa and DSA pertaining to the DSA food endorsement programme, officially concluded on 31 October 2021. From 1st November 2021 the Foundation has not been the official endorsement agency for DSA. We notified all endorsement holders timeously of the structural changes and thank all DSA holders for their support during our time

of management. All new DSA applications from 1st November 2021 are channeled directly to DSA.

Campaign sponsors, Donors and Fundraising

A special thanks to all the stakeholders and donors that contributed to our fundraising initiatives. Donations are either in-cash or in-kind. Here are a selected few of our donor partners in the media and other relevant institutions: Highbury Media, Mzansi Health, Sylvia A from Fine Music Radio, Lifestyle on Kloof and 44ten Media.

In addition we would like to express sincere gratitude to the following Heart Mark holders who provided additional product donations during our

significant campaign periods: Rooibos Limited, Tiger Brands, The Greenleaf Olive Company, Garlicman, Shoprite Checkers (Pty) Ltd, Westfalia Fruit Products, Southern Oil (Pty) Ltd, Pioneer Foods, (Pty) Ltd and FutureLife Health Foods (Pty) Ltd.

We would like to express special gratitude to our consistent partners and sponsors namely, Willowton Group. Tiger Brands, Lucky Star, Pharma Dynamics, and Boehringer Ingelheim.

Testimonial

Mended Heart & Stroke Group Member (in his own words)



A brief walk down the corridors at Heart and Stroke foundation at Entabeni, over hearing the conversation between Mrs Dana Govender and Sam Dladla regarding something I was going through, a cord was struck and I had to interrupt!

Who would've thought that a sprout of the moment conversation could have led to such a fruitful relationship which is now the very reason we have a story to tell and people to help!

- A divine moment indeed!

My Journey post COVID has not been all sunshine and rainbows, rather the exact opposite – But! On the same hand, I have also realised the way it has caused me to push through and to become more intentional has made me more resilient and stronger than ever before!

Never in my life have I wanted to quit and give up as much as I have, but quitting is not an option. My symptoms included : Shortness of breath, dizziness, loss of taste and smell for 5 months, random smells, Dizzy spells, heart palpitations , lack of energy and motivation to do anything, fatigue, Depression - these are just a few to mention.

I wasn't able to run more than 2km in the past 2 years without being sore for a week. I have to take a nap every afternoon to make it through the day. I had excessive weight gain, and everything seemed fine but something was wrong! The frustrating part is that every time I tried to tell someone they didn't understand.

My biggest anchor through this Crisis has definitely been my faith in Jesus Christ as well as having strong leadership in my life and the right support group. My advice to anyone who is struggling with prolonged Covid symptoms would be this: Listen to your body, not always your mind – you might feel like you are ready to get up and go but trust me when I say that your body needs time to rest and recover

You are in this for the long run so don't rush your process! Get the right people around you who will speak into your life and encourage you not to agree with your complaining the whole time. People are not always going to understand so don't get frustrated when you try to explain yourself and everyone thinks you are lying! If you need medical help , get it – don't leave it for too long!

Lastly , what you focus on the longest becomes the strongest – you have the choice and the power to overcome! Speak it over your life! Should anyone require any help or assistance through the process, please feel free to contact me and I will gladly walk through the process with you!
Love and appreciate you all!

Blair Haslam

Heart and Stroke Foundation South Africa's Champions



Jennifer Lee Gault, HSFSA Brand Champion commenced on her expedition to climb Mt Kilimanjaro in August 2021 in culmination to Heart Awareness Month and World Stroke Day. Jennifer's objective was to reinforce hope and perseverance to victims of heart and stroke conditions. Encapsulated in her stance was a fundraising mechanism and awareness drive.

Research and Publications

The Foundation's programmes are based on research evidence. We would like to showcase the selected peer-reviewed publications written or co-written by our CEO, significant associates and research committee members who actively research focus areas associated with heart disease, strokes and the associated risk factors.

Dzudie A, Hoover D, Kim H-Y, Ajeh R, Adedimeji A, Shi Q, Yone WP, Nforiwe DN, Njie KT, **Kengne AP**, Ebasone PV, Barche B, Cecile ZKBA, Nash D, Yotebieng M, Anastos K. Hypertension among people living with HIV/AIDS in Cameroon: A cross-sectional analysis from Central Africa International Epidemiology Databases to Evaluate AIDS. PLoS ONE, 2021. 16(7): e0253742. <https://doi.org/10.1371/journal.pone.0253742>

Katte JC, **Kengne AP**, Tchapmi D, Agoons BB, Nyirenda M, Mbacham W, Sobngwi E. Procalcitonin Correlates with Cardiovascular Risk Better Than Highly Sensitive C-Reactive Protein in Patients With Type 2 Diabetes in Sub-Saharan Africa: Results From a Cross-Sectional Study. *Cureus*, 2021. 13(9): e18357. <https://doi:10.7759/cureus.18357>

Lopes T, Zemlin AE, Erasmus RT, Madlala SS, Faber M, **Kengne AP**. Assessment of the association between plant-based dietary exposures

and cardiovascular disease risk profile in Africa: a systematic review. *BMC Public Health* 2022, 22, 361. <https://doi.org/10.1186/s12889-022-12724-w>

Matshazi DM, Weale CJ, Erasmus RT, **Kengne AP**, Davids SFG, Raghubeer S, Hector S, Davison GM and Matsha TE (2021). MicroRNA Profiles in Normotensive and Hypertensive South African Individuals. *Front. Cardiovasc. Med.* 8:645541. <https://doi:10.3389/fcvm.2021.645541>

Peer N, Uthman OA, and **Kengne AP**. Rising prevalence, and improved but suboptimal management, of hypertension in South Africa: A comparison of two national surveys. *Global Epidemiology*, 2021. <https://doi.org/10.1016/j.gloepi.2021.100063>

NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1,173 population-representative studies with 104 million participants. *Lancet*, 24(12), 3577–3580. <https://doi:10.1017/S1368980021001221>

Akinyemi, R., Ovbiageli, B.,.....**Naidoo, P.** et al. Stroke in Africa: profile, progress, prospects and priorities. *Nature*, <https://doi.org/10.1038/s41582-021-00542-4>, 2021.

The impact of alcohol consumption on cardiovascular health: Myths & Measures. Aurora, M., ...**Naidoo, P.** et al. *Global Heart*, DOI: 10.5334/gh.113, 2022.

Webster, J., Santos, JL..... **Naidoo, P.** et al: Implementing effective salt reduction programs and policies in low- and middle-income countries: learning from retrospective policy analysis in Argentina, Mongolia, South Africa and Vietnam. (2021). doi:10.1017/S136898002100344X.

Staff



*Professor Pamela Naidoo
(CEO)*



*Mathias Roberts
(Operations & Finance
Officer: Assistant to the CEO)*



*Shaylin Nundlal
(Business Development Officer)*



*Dana Govender
(Health Promotions Manager)*



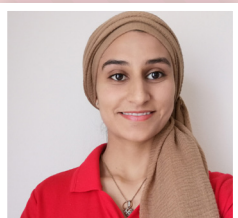
*Hayley Cimring
(Nutrition Team Leader)*



*Sasha Forbes
(PR, Communication &
Marketing Officer)*



*Bianca Snyders
(Project Team Lead &
HR Assistant)*



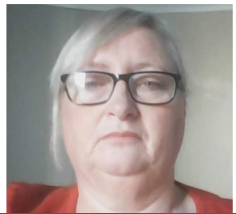
*Kinza Hussain
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*Sam Dladla
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*Prudence Cele
(Health Promotions Officer:
CPT)*



*Sister Perch Kapp
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*Jodine
(PR and Communications
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*Nomangesi Sokoyi
(Helper)*

Financial Statement

Heart and Stroke Foundation South Africa (Non-Profit Company)

(Registration number: 2000/016404/08)

Financial Statements for the year ended 31 March 2022

Statement of Financial Position as at 31 March 2022

Figures in Rand	Note(s)	2022	2021
Assets			
Non-Current Assets			
Property, plant and equipment	2	4,049,256	4,489,151
Other financial assets	3	20,898,627	19,034,614
		24,947,883	23,523,765
Current Assets			
Inventories	4	109,729	226,534
Trade and other receivables	5	2,234,971	1,496,113
Cash and cash equivalents	6	9,584,706	7,139,007
		11,929,406	8,861,654
Total Assets		36,877,289	32,385,419
Funds and Liabilities			
Funds			
Reserves		20,898,627	19,034,614
Accumulated surplus		11,631,872	9,613,924
		32,530,499	28,648,538
Liabilities			
Current Liabilities			
Trade and other payables	8	4,273,930	3,689,246
Provisions	7	72,860	47,635
		4,346,790	3,736,881
Total Funds and Liabilities		36,877,289	32,385,419

Heart and Stroke Foundation South Africa (Non-Profit Company)

(Registration number: 2000/016404/08)

Financial Statements for the year ended 31 March 2022

Statement of Comprehensive Income

Figures in Rand	Note(s)	2022	2021
Revenue	9	7,125,090	5,181,021
Other income	10	14,716,954	10,584,528
Operating expenses	11	(18,779,063)	(11,018,658)
Operating surplus		3,062,981	4,746,891
Investment revenue	13	819,043	657,296
Finance costs	15	(63)	-
Surplus for the year		3,881,961	5,404,187
Other comprehensive income		-	-
Total comprehensive income for the year		3,881,961	5,404,187



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

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APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN



Diabetes
South Africa

