



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA



APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN



# ANNUAL REPORT 2023

CELEBRATING  
OVER 4 DECADES OF  
HEART & BRAIN HEALTH



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

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## Message from the CEO



*Professor Pamela Naidoo*

The Heart and Stroke Foundation South Africa (HSFSA) achieved a remarkable milestone in the 2023 financial year. The organization turned 42 years old. Its longevity as a health non-profit speaks to the Foundation's relevance, trustworthiness, financial viability and good governance. This landmark year was celebrated in all the major cities where we have a physical presence, namely Cape Town, Durban, George, Gqeberha, and Johannesburg. Fundamentally, at the heart of the organization lies a sustainability model which has ensured its existence since it was founded in 1980. The HSFSA has evolved over time through various socio-economically challenging climates which threatened its survival. However, due to the organization's relevance and value against the backdrop of the high burden of cardiovascular and cerebrovascular medical conditions, it has stood the test of time. Moreover, being financially sustainable through strategic and wise economic decision-making, it is enabled to implement the work pillars in order to meet the HSFSA's mission and vision.

During periods of economic and social turmoil, the non-profit sector is seriously compromised. The Foundation as a non-profit, is no exception. During the 2023 financial year the economic fall-out from COVID-19, climate change, natural disasters, social upheaval, service delivery failures and high levels of corruption came to the fore. As the CEO having the responsibility to position the organization as one that can withstand these pressures, was indeed very daunting. I worked closely with our committed Chairperson and Board members to ensure the protection and financial integrity of the Foundation. Selected private sector companies and supportive individuals understood the value proposition of the HSFSA and invested in its good work to reduce the CVD burden. My sincere gratitude goes out to relatively new funders, the Liberty Group and our long-standing partners and donors

including our Diamond Sponsor, the Willowton Group, and our Gold Sponsors, Tiger Brands and Lucky Star. Pharma Dynamics and Unilever have also been consistent and valuable donors and partners. The Foundation will continue to strive for additional funding to make up the funding gap in the post COVID era and as a part of its strategic financial management.

There were lessons to be learned from the 2023 financial audit. Our auditing team from Nexia SAB&T were very pleased with the overall financial and risk management of the Foundation. They did advise our accountant, Charl du Plessis and I that in the non-profit sector relying primarily on donor funding, additional vigilance must always be applied when utilizing in-kind and cash donations. The principal of accountability must be applied at all times. While this is not always easy when there are staff operating in various parts of the country, I am pleased to report that I am confident that the HSFSa has procedures and policies in place to mitigate the risk of mismanagement. Moreover, we have an excellent and skilled Board who are also key to monitoring the overall functioning and reputation of the organization.

The Foundation has been steadfast in pursuing the goals of its mission and vision through its various work pillars in nutrition, health promotion and disease prevention, the Heart Mark Endorsement Programme, thought leadership and health policy shaping. Using campaigns as a primary vehicle to reach the population at large, our reach has also been impressive during key campaign periods such as Employee Wellness Week, Salt Awareness Week, World Hypertension Day, World No Tobacco Day, Heart Awareness Month, World Heart Day, Stroke Week, World Stroke Day and Nutrition Week. To achieve a bigger impact, we are fortunate to partner with public and private sector establishments, such as the National Department of Health, SA NCDs Alliance, national universities and Technikons, anti-tobacco advocacy groups and various NGOs who mobilize on behalf of civil society.

As an organization we are also proudly forward thinking, whilst ensuring we service underprivileged communities in the here and now. The REAN Foundation has been very generous and gracious in assisting the Foundation



with our digital transformation. As a result, we have health data to be utilized for evidence- based work and research. This year there was also great excitement when we published the DASH Diet Booklet and the 2nd Edition of the Salt Chart Booklet as part of our recipe series with Pharma Dynamics, an ardent partner of the Foundation.

As part of the thought leadership and science engagement, I was very pleased to attend the World Heart Federation Summit in Geneva in May 2022. In this financial year, together with our nutrition team and national and international Link funded-co-grantees, a stakeholder meeting was held with the NDOH and selected stakeholders to ascertain the best method to implement a monitoring and evaluation system for the Salt Legislation in South Africa. In June the African Stroke Organization Summit was held in Nigeria using a hybrid format and a conference was held in November. Using a hybrid format, in September, we partnered with the Namibia Heart Foundation to host the African Heart Network Summit in Windhoek, Namibia. At this meeting I completed my term as the AHN President and Prof Fastone Goma from Zambia was installed as the new President. Other thought leadership forums included a CVD Indaba held in Johannesburg and webinars hosted by the Foundation and partners such as the REAN Foundation and Priceless SA on various topics which included: The Role of Technology in CVD Care and A Master Class in Hypertension: An Economic Perspective.

In the current financial year (2024) as the CEO I commit, together with the Foundation Board, and staff to continue the good fight to reduce the burden of heart disease, strokes and the associated risk factors. There will be positive outcomes whilst simultaneously challenges will be faced. I believe the Foundation is resilient and will remain sustainable and relevant.

Sincerely



*Prof Pamela Naidoo*

## Message from the Chairperson



*Dr Leshni Shah  
(Board Chair)*

Dear Stakeholders, Donors and Sponsors

The Heart and Stroke Foundation South Africa (SA), now 42 years in existence, has worked tirelessly to create a recognizable and trusted Heart Mark, a brand that has become synonymous with the prevention of heart disease and strokes. Last year, we celebrated 42 years of the existence of the organization (40 years fell during Covid restrictions) in the not-for-profit sector, an exceptional achievement given the constant difficulty of raising funds to sustain an organization receiving no public sector grants or government aid. The work of the Foundation continues to be a beacon in the arena of preventative medicine, creating awareness around the factors that lead to heart disease and strokes, understanding the early signs and symptoms, advising on the ways to alleviate and manage early signs of disease and providing a pathway into the healthcare system where medical intervention is required. The national team of the organization provides regular screening interventions, together with the appropriate referral pathways. This has also provided the organization the opportunity to collate invaluable data that may be used for clinical intervention and research in the management of non-communicable disease.

Given the academic background of our CEO, Professor Naidoo, the Heart and Stoke Foundation SA plays an integral role in participating in forums and discussions focused on driving the appropriate legislation affecting nutrition and its impact on non-communicable diseases. The CEO, a member of the board, Prof Edelweiss Wentzel-Viljoen, as well as, the nutrition team participated in a forum hosted to deliberate the most appropriate system toward monitoring and evaluation of salt legislation in the country. As we know, a high salt intake in our diets, and importantly, the “hidden” salt intake

in processed and fast foods, are highly instrumental factors in leading to hypertension, the major cause of cerebrovascular incidents.

The recently proposed intervention by the Department of Health to improve the labelling of food to allow consumers to make informed decisions regarding their food choices, is another area where the Foundation has stepped in to play a role, and will continue to do so in order to ensure that the eventually published legislation will be as effective as intended towards healthier outcomes. The role of the organization spans the entire value chain in the prevention of cardio-vascular and cerebrovascular disease, through partnerships such as the National Department of Health, research institutions, private sector organizations for-profit such as Boehringer Ingelheim, and other not-for-profit organizations such as the SA NCDS Alliance, World Heart Federation and World Stroke Organization, both local and international, to ensure the relevance and effectiveness of its role.

Our major challenge will continue to be the funding of our organization. We are fortunate in having the Heart Mark as our primary revenue source, with generous contributions and sponsorships, both cash and in-kind, from our Diamond and Gold sponsors. Our gratitude to the Willowton Group, Lucky Star, Tiger Brands and of course, Pharma Dynamics and Dischem who partner with the Foundation on many of the interventions in the public arena. We welcome our new partner, the Liberty Group, and sincerely hope our work will add as much value to you, as you add to us in funding our community-based work. With respect to the financial sustainability of the Foundation, the organization continues to be managed by Prof Naidoo for maximum efficiency in terms of expenses to ensure that our expenditure is managed in line with the most prudent principles, ensuring no wastage, or unnecessary expenditure in terms of the number of employees necessary to sustain the organization, or overspend with respect to overheads. Prof Naidoo deploys the funding received by the organization to maximum benefit of the programs and interventions of the organization. We are grateful for her continued stewardship of the Foundation. Our commitment

to her over the next few years is to assist in building an endowment for the Foundation to ensure its sustainability long after the current CEO and board have left the Foundation to the next leadership team.

To the Board members of the organization, who give of their time, knowledge and experience both with respect to the interventions of the Foundation and the efficient running of the organization, we are forever grateful. To Professor Edelweiss, who has served the organization for six years, in her capacity as a board member, but also bringing to the organization her extensive knowledge, work and research in the field of nutrition, we salute you and thank you for your years of selfless service. We wish you all the best and know you will remain a friend of our organization.



### Gold Sponsors





## Board of Directors



*Dr Leshni Shah  
(Chairperson)*



*Mr Farouk Meyer  
(Vice Chairperson)*



*Prof Gugu Mchunu*



*Prof Edelweiss  
Wentzel-Viljoen*



*Prof Richard Nethononda*



*Ms Nanette Crouse*



*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 cardiovascular disease (CVD) in South Africa (SA) 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 Non-communicable Diseases (NCDs) cluster in SA.
- Risk factor reduction is imperative in decreasing CVD burden.
- CVD risk factors are both modifiable and unmodifiable. Unmodifiable factors include family history, including raised cholesterol and hypertension, age and gender. Modifiable risk factors include raised blood pressure, obesity, diabetes, unhealthy diet, physical inactivity, alcohol use, tobacco smoking/vaping. Pollution,

### FACTS ABOUT CVD



*18% of the 48% of NCDs deaths in SA are due to heart disease and strokes*



*10 adults suffer a stroke in South Africa every hour*



*According to the World Heart Federation, air and environmental pollution is said to be the 4th highest ranking risk for CVD.*

*The heart and the vascular system are highly vulnerable to a number of environmental agents and air pollution is an invisible killer affecting both the young and the old, causing deaths from heart attacks, strokes, lung disease and cancer*



*Tobacco and e-cigarettes are highly addictive and also contribute to air and environmental pollution, resulting in poor health outcomes*

climate change and structural inequalities, including poverty and other barriers are additional factors that influence CVD onset.

- Blood pressure of  $\geq 140/90$  dramatically increases the risk of heart disease and stroke onset.
- Raised “bad” cholesterol (LDL) increases the risk for CVD onset.
- Having CVD and one or more other medical condition(s) such as AIDS or diabetes often results in poor health outcomes.
- Adoption of healthy behaviours over the life course, even in the face of a genetic predisposition, helps mitigate the risk for CVD onset and reduces morbidity and mortality.
- 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 co existing conditions.

## 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 low and middle-income 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 globally, killing 17,9 million people annually.

### CVD in South Africa

NCD’s, including CVD’s, are estimated to account for 48% of total adult deaths in SA. CVDs account for almost a fifth (18%) of these deaths.

Some of the CVD related risk factors among adults in SA are:

- 18% of the adult population smoke tobacco.
- 11 litres of pure alcohol is consumed per person.
- 1 in 3 South African adults has hypertension, which can increase the risk of heart attacks, heart failure, kidney disease and strokes.
- 68% of women and 31% of men in SA are overweight or 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.

## The Foundation's 42-year Legacy

During the month of September, the HSFSA also commemorated 42 legacy years of existence as a health Non-Profit Organization with the key purpose of reducing CVD morbidity and mortality.

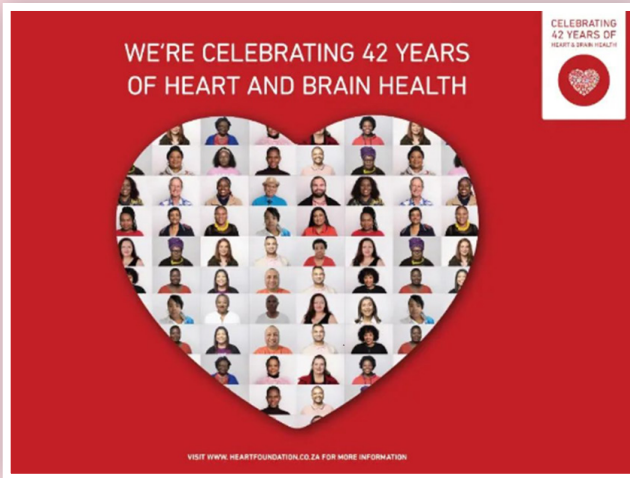


### 42 People Shared Their Experience With The Heart And Stroke Foundation South Africa

Since our inception in 1980, the HSFSA has helped thousands of people to live a healthy lifestyle and adopt positive health behaviours to prevent heart disease, strokes and the risk factors linked to these medical conditions in order to live well over the life-span.



Our staff, champions, volunteers and donors have made an enormous difference in the lives of ordinary South Africans across the country through their generous contributions of time, skill, and donations.



## Activations Commemorating Our 42<sup>nd</sup> Anniversary

### Artscape – Cape Town

Exciting events were held around the country to celebrate the 42-year-old existence of the Foundation. The CEO, Board members and Cape Town staff and partners gathered at the Artscape Theatre hosting stakeholders, donors and the public who formed a part of the journey.

We expressed our gratitude at this event for the continued support for our mission and vision for the next 42 years. The Cape Town event was attended by the Western Cape Minister for Health and Wellness, Dr Nomafrench Mbombo (Keynote speaker) with high profile guest speakers such as our Board chair (Dr Leshni Shah), our CEO (Prof Pamela Naidoo), Heart Mark endorsement holders such as Mr Jared Patel from Sea Harvest, Mr Abe Amien from the Willowton group (our Diamond sponsor), Prof Ntobeko Ntusi (Head of Medicine at UCT), Nicole Jennings from Pharma Dynamics,

Dr Blanche Cupido (Cardiologist and President of SA Heart), Lizeth Kruger, Clinic Head from Dischem, and Mrs Elda Sidlabane (our patient voice) along with Mr Donovan Adonis, Manager from Grandmothers Against Poverty and Aids (GAPA). Ms Rowda Alexander, our staff member, was awarded for long service and our Board Members Farouk Meyer and Nanette Crouse were also awarded for long service.



*HSFSA team*



*Dr Marlene le Roux, Prof Pamela Naidoo, Mr Jehad Kasu, Prof Ntobeko Ntusi and Ms Nicole Jennings*



*HSFSA and stakeholders*

## Gqeberha – Life College

Gqeberha embraced the day with a boutique celebration at Life College. Among our guests were representatives from our hospitals, business chamber, Retha Van der Merwe (ACV) and the Diabetic Association and Stroke Foundation. Lynette Butlion and Perch Kapp were awarded certificates for long service to the Foundation.

## George

Hosting its first ever WHD event, George also commemorated our 42nd year legacy. Our CEO, dietitian Kinza Hussain and stakeholder representatives from the public and private sectors from George and Mossel Bay were in attendance. The attendees were an indication of the relationships built thus far as part of the HSFSAs expansion in the southern part of the Western Cape Province.



*Prof Pamela Naidoo, Kinza Hussain and stakeholder representatives*

## Durban – Durban University of Technology

The Durban University of Technology (DUT) and Coastlands were the principal sponsor for the KZN's WHD Celebration, commemorating 42 years of existence at the Coastlands on the Ridge on 27 September. Mrs Dana Govender, our staff member, was awarded for long service and our champions, Suren Mohanlal, Shireen Kirsten, Farida Edries and Sister Paddy Chettiar were also awarded for championing heart and brain health. The value of the Foundation's presence in KZN Province was re-inforced by the excellent attendance at this event which was compered by the excellent Radio Lotus host, Zakia Ahmed Siddiqi.



*Prof Gugu Mchunu, HSFSAs Board Member and Stakeholder representative*



*Dana Govender, HSFSAs Health Promotion Programme Manager*



*DUT drama students performing*



## Johannesburg – Liberty Group

Our 42<sup>nd</sup> commemoration in Johannesburg was hosted and sponsored by the Liberty Group. The MEC of Health in Gauteng, Dr Nomathemba Mokgethi delivered the keynote address while MC Mango sponsored photography and videography. The Anti-tobacco Lobby Group was awarded for championing heart and brain health while Dr Vicki-Pinkney Atkinson and Dr Hopewell Ntsinjana were awarded for championing Non-Communicable Diseases and Cardiovascular Disease respectively.



*Dr Nomathemba Mokgethi,  
MEC for Health in Gauteng*



*Attendees*

## 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 one of the major advocacy bodies, 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 regionally, nationally and globally that are associated with heart disease, strokes and associated risk factors such as hypertension, diabetes, obesity, raised cholesterol, excessive salt intake and tobacco smoking. The aim of highlighting selected health events is to create awareness, educate, inform, impact health policy and champion the advocacy efforts on health matters that can reduce the burden of CVD. Driving public awareness with

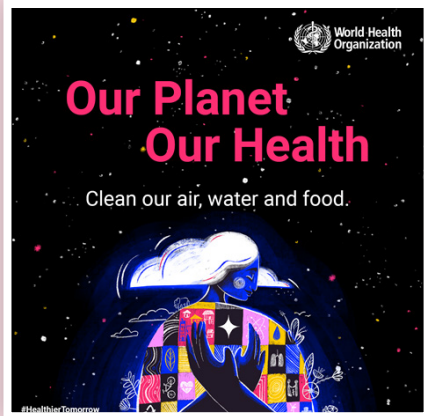


a follow-up call to action and mobilization is a goal we continuously strive for in the interest of all South Africans and those who reside in the country. Ultimately, through these efforts, the burden on our public health system will be alleviated as we transition to Universal Health Coverage (UHC), Access to Essential Medicines 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 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, health events include National Nutrition Week, and at a global level, World Heart Day and World Stroke Day. In the following section, the most impactful health events which are commemorated by the Foundation during the current financial year are described and discussed.

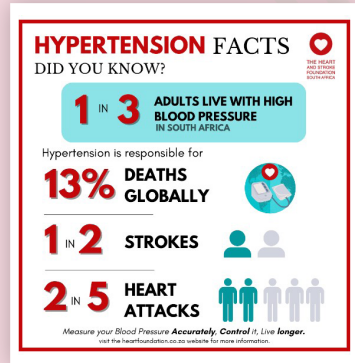
### **World Health Day: 7 April 2022**

Since the inception of World Health Day in 1950, global health challenges have been highlighted and access to healthcare has been championed by health advocates all over the world as a way of improving the health of citizens in all countries. World Health Day is observed annually on 7 April, under the auspices of the WHO as well as many health organizations, health authorities and governments around the world. The 2022 theme: ***“Our Planet, our Health”*** was to demonstrate the important relationship between climate change, other planetary issues, and “our own health”.



## World Hypertension Day: 17 May 2022

Since 2005, The World Hypertension League has annually promoted, World Hypertension Day (WHypD) on the 17 May. The primary aim of this health event is to increase the awareness of the dangers of high blood pressure in populations around the world. The call to action for WHypD is to promote best practices to stay up to date with global standards in hypertension prevention, and measurement and to standardize these measures globally in order to monitor the prevalence within countries and across countries. Key stakeholders in the health space are trying to achieve 25% hypertension control in Africa by the year 2030.



In SA, more than 1 in 3 adults live with high blood pressure and it is responsible for 1 in every 2 strokes and 2 in every 5 heart attacks. High blood pressure is known as a ‘silent killer’ because there are rarely any symptoms or visible signs to warn that blood pressure is high. An estimated 50% of adult South Africans are unaware that they are hypertensive making it difficult to reach the targets set for hypertension control.

## World No Tobacco Day: 31 May 2022

World No Tobacco Day (WNTD), initiated by the WHO as a way of highlighting the harms of tobacco, is commemorated annually on the 31st May to advocate for effective policy, aimed at reducing the global use of tobacco and tobacco-related products and electronic devices. The theme for 2022, was **“Tobacco: Threat to our environment”**. Tobacco kills 8 million



people annually (WHO, 2022). The theme, in 2022 was developed to raise awareness about the negative impact of tobacco on the environment.

In SA, 25 700 die from tobacco related illnesses annually. Therefore, HSFSA is working with global, national and regional partners such as the WHO, CANSA, National Council Against Smoking (NCAS), the South African Medical Research Council (SAMRC) and Protect Our Next (PON) in mobilizing for better tobacco and electronic devices regulation to prevent harm. The key goal for the consortium is to transition the Tobacco and Electronic Devices Bill into law.

### **Employee Wellness Week: 4 - 8 July 2022**

Employee Wellness Week (EWW), is an annual campaign designed to create awareness about the importance of maintaining employee wellness in the workplace and social environments. Throughout EWW, the Foundation educated the private and the public sector employers and employees on



the importance of workplace wellness and holistic health, including mental health. The HSFSA's health promotion and disease prevention programmes facilitate CVD prevention at the workplace and offer employees an opportunity to have their health risk assessments done. They also receive guidance on suitable interventions. The Foundation conducts many public and private sector health talks and screenings during this period.

### **Rheumatic Fever Week: 1 - 7 August 2022**

Over the past 25 years, rheumatic fever week has been emphasized in order to call attention to the fact that rheumatic fever (RF) and rheumatic heart disease (RHD) are preventable. These conditions disproportionately affect women and children in lower income countries such as Uganda and middle-

income countries, such as SA. In 2022, RFW was observed from 1st to 7th August. During this time there was awareness raising about the harm that rheumatic fever (RF) can cause and also guidance provided on the prevention steps. Moreover, the HSFSa and the Children’s Heart Disease Research Unit (CHDRU) partnered for the RFW campaign to convey a key message regarding the fact that RF can lead to rheumatic heart disease (RHD) if left untreated.

**RHD: WHAT YOU NEED TO KNOW**

Rheumatic heart disease is the most common heart disease in people younger than 25. It commonly affects children aged 5–15 years but can also occur in young adults.

**WHAT IS RHD?**

RHD is a complication of rheumatic fever in which the heart valves are damaged. If left untreated it can cause:

- heart failure
- arrhythmias
- stroke
- endocarditis

**SYMPTOMS**

**Acute rheumatic fever:**

- Sore throat
- Joint pain
- Fever
- Feeling sick
- Skin rash
- Uncontrollable movements
- Changes in mood
- Nodules (lumps under the skin)
- Shortness of breath and chest discomfort
- Weakness

**Rheumatic heart disease:**

- Shortness of breath
- Chest pain
- Swelling
- Heart palpitations
- Breathlessness on exertion
- Swelling (oedema)
- Fainting (syncope)
- Strokes
- Fever associated with infection of damaged heart valves

Logos for **Heart**, **reach**, and **THE HEART AND STROKE FOUNDATION SOUTH AFRICA**.

### Heart Awareness Month: September 2022

Heart Awareness Month (HAM), initiated and coordinated by the HSFSa, is traditionally held every year in the month of September to raise awareness about the existing burden of CVD in SA, on the continent and globally. In SA, CVD is responsible for almost one (1) in six (6) deaths, claiming more lives than that of all the various types of cancers combined. Every day, 225 South Africans die from heart disease and strokes and is the second leading cause of mortality in the country.

**HEART AWARENESS MONTH**

Logos for **HEART AWARENESS MONTH**, **THE HEART AND STROKE FOUNDATION SOUTH AFRICA**, and **HEART AND STROKE FOUNDATION SOUTH AFRICA**.

According to the World Health Organisation (WHO) report (2021), **Cardiovascular Disease carries the largest burden of disease, resulting in 17.9 million deaths annually**, which represents

**32% OF ALL GLOBAL DEATHS**

visit the heartfoundation.co.za website for more information.

The HSFSa continues to play a leading role in reducing the burden of CVD and the associated risk factors such as hypertension and raised cholesterol by raising awareness at population level in order to improve the quality of life for people living with CVD and encouraging early detection for those at risk across the life course.



The HSFSa is committed to not only raising awareness about the risk factors for heart disease but to also raising the consciousness of the South African public by detailing global and local issues that have a negative impact on health outcomes. The 2022 HAM campaign was underpinned by the following weekly themes:

**Week 1:** Climate change and environmental influences on health

**Week 2:** A Patient rights within a Human Rights Framework for CVD

**Week 3:** The Importance of Advocacy: the role of civil society organizations, healthcare practitioners, and relevant stakeholders

**Week 4:** Cumulative risk

Numerous health activities and events were hosted across the country. There were health talks, information tables and Health Risk Assessments conducted at various community-based sites such as the Timeless Care for Seniors Club in Grassy Park (Cape Town), Groot Brak Clinic (George), George Mediclinic and Nelson Mandela University. The HSFSa organized and moderated a webinar with keynote speaker, Prof Hettie Schonfeldt who spoke on “Climate change and how it affects food patterns”.

The HSFSa also teamed up with other sponsors and stakeholders, including Lucky Star and the Willowton Group, our Heart Mark holders and sponsors in raising awareness about heart and brain health. These partnerships served as marketing for both Heart Mark and the HSFSa as one brand with independent trademark logos.

### **World Heart Day: 29 September 2022**

HAM culminated in World Heart Day (WHD) on the 29th September. WHD is a global health event primarily driven by the WHF and its membership. The HSFSa, a member of the WHF, aligned with the 2022 global theme: *Use Heart for Everyone*. The Foundation, however, extended the theme to make it more applicable for SA and the African



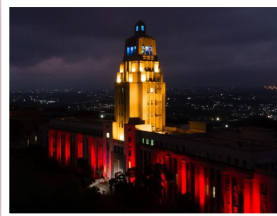
Continent and coined it as: ***Use Heart for Everyone and Everything.***

The Foundation challenged all South Africans to ***“use their heartfelt actions to promote better health and to use heart for everyone and everything”*** by joining us in raising the alarm bell for CVD.

Our team conducted free health risk assessments in the public sector, health talks and information tables as a way of empowering and educating the public on the status of their health and ways in which they could adopt healthier life choices

## Lighting Up

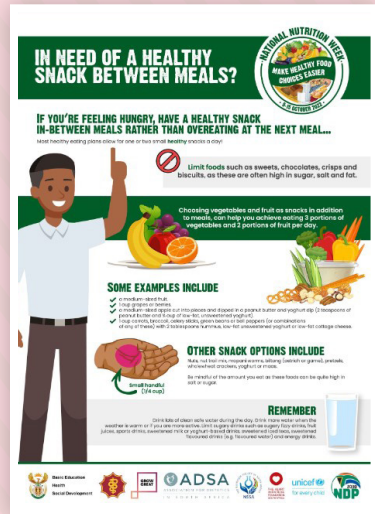
World Heart Day: In South Africa and around the world various iconic buildings light up in red as a way of showing recognition and solidarity for the need to bring down the burden of CVD.



The Liberty building and Sandton City illuminated in red. The partnership with Liberty is an exciting one, as during this time the relationship has a three-year funding cycle with the HSFSA. In partnership with the University of KwaZulu Natal (UKZN - Howard College Campus), the Memorial Tower Building (MTB), was lit up in red with the light being visible in various parts of Durban. Life Hospital Bayview also added their support for AHD by lighting up in red.

## National Nutrition Week (NNW): 9 -19 October 2022

During October, the National Department of Health (NDOH) collaborated with other government departments and South African health organisations such as the HSFSa to address the barriers to healthy eating and promote the National Nutrition Week 2022 theme **'Make healthy eating choices easier'**. The NDOH highlighted the fact that SA has the highest rates of overweight and obesity in Sub-Saharan Africa. Behaviour changes, including making daily healthy eating choices and regular physical activity, are important for South Africans of all ages.



The soaring costs of the monthly food basket is forcing most South African households to make some changes to their spending habits. Given the country's high prevalence of NCDs such as hypertension and Type 2 diabetes, which are directly associated with an unhealthy diet, it is vital that the current high cost of food doesn't become a barrier to healthy eating.

## Stroke Awareness Week: 28 October - 3rd November 2022

World Stroke Week (WSW), commemorated between the 28th October to 3rd November is marked around the world and is one of the HSFSa's annual flagship health awareness campaigns. The focus of the 2022 campaign was on the importance of getting the person suspected of having a stroke urgent medical intervention in the quickest time possible. Consequently, the

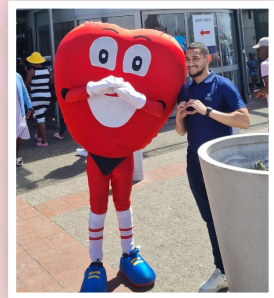


theme was: **“Minutes Can Save Lives”** based on the fact that the longer it takes for the person suffering a stroke to get medical attention, the more brain cells die. Given the seriousness of a stroke, the Foundation’s campaign educated the public about the fact that every second that goes by is crucial when you suspect someone is having a stroke as the negative impact on brain functioning is extensive if a stroke is not treated timeously by medical professionals. Given the importance of “acting fast”, the #Precioustime campaign was driven by the World Stroke Organization (WSO) and its membership.

### **World Stroke Day: 29 October 2022**

World Stroke Day (WSD) is observed annually on 29 October during World Stroke Week (WSW). Every year, a different aspect of stroke prevention and medical care is highlighted, although broadly the primary aim is to raise awareness about the symptoms of a stroke, to reduce the incidence of stroke, and ultimately, to prevent stroke.

CVD, which includes strokes, is the leading cause of premature death and disability in SA. At the HSFSa, our work focuses on stroke prevention as it is important to address the controllable and uncontrollable risk factors for stroke. Some risk factors are not in the individuals control but can still increase the risk of heart disease and strokes. Therefore, awareness is key to action.

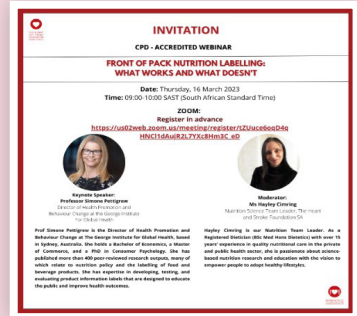


*HSFSa and Liberty hosting an activation at Promenade Mall, Mitchell's Plain, Cape Town*



## World Obesity Day: 4 March 2023

World Obesity Day (WOD), conceptualized and driven by the World Obesity Federation (WOF) is a global health campaign, observed annually on 4th March, to raise awareness about the complexity of obesity. There are various biological, psycho-social and structural factors that contribute to an individual becoming overweight or obese. The HSFSa, worked with regional and global organizations to achieve a greater impact on obesity reduction in order to mobilize for action based on the WOD 2023 theme: **“Changing perspectives: let us talk about obesity.”** The power of sharing and debating was emphasized with the goal of changing perspectives, to correct misconceptions, end stigma and get everybody making the decision to shift from single views to shared strategies.



A highlight in our campaign was to encourage members of the public to access the information on our website and attend our CPD accredited webinar with keynote speaker Prof Simone Pettigrew, Director of Health Promotion and Behaviour Change at The George Institute for Global Health, in Australia.

## African Heart Network Summit 2022

The HSFSa co-hosted the African Heart Network (AHN) Summit in collaboration with the Namibia Heart Foundation in Windhoek, Namibia from the 8th to 9th of September. This important meeting brought together thought leadership, clinicians, advocates, researchers, health technologists, digital health experts and the non-profit sector with a common purpose

of reducing the burden of heart disease and other circulatory diseases on the African continent. The summit provided a platform where local and international leaders in CVD prevention and intervention were able to present best practices, share knowledge and expertise and deliberate on key strategies for the African continent to reach the global goal of WHO reducing premature deaths from CVD by 25% by 2025.

The AHN also held its General Assembly during this period where the HSFSAs CEO, Professor Pamela Naidoo handed over her presidency to Professor Fastone Goma from Zambia. Prof Naidoo successfully completed her term as the AHN president and will continue to serve on the Council as the Immediate Past President.



*African Heart Network Council Members, speakers and delegates*

## School Health Promotion Initiative (SHPI)

Since the successful launch of the School Health Promotion Initiative (SHPI), the brainchild of the CEO in 2017, many young South Africans have had access to the programme. The successful implementation of the programme by the Foundation's staff was ably co-ordinated by Bianca Snyders, the Project Leader. The aim of the programme is to raise awareness among young South Africans on the importance of adopting healthy behaviours and to encourage all staff at the targeted schools to know their health status by undergoing a Health Risk Assessment (HRA) conducted by our Health Promotion Programme team. A typical SHPI event adopts a holistic approach and includes a Health Talk for all the learners at the school, which focuses on the importance of a "healthy heart and brain"

and what behaviours to adopt to stay healthy. We are grateful to Dischem, our consistent partner and sponsor for the donation of the skipping ropes to encourage physical activity.

The Foundation is proud to have reached an estimated 6 000 children in this period.

## **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. Through this campaign, young children between the ages of 5 to 9 years have the potential to save their grandparents' lives. The Fast Heroes initiative was made possible by the Angels Initiative through Boehringer Ingelheim in partnership with the HSFSA.



During the first half of 2022, we launched a PR campaign through, Positive Dialogue, the agency who were a part of the DUKE Group. This successful campaign resulted in implementing the FAST Heroes programme between May and June 2022. The Foundation is proud that one of the educators from a school in Cape Town won an international award for being a champion of the FAST Heroes programme. A record 9 500 were reached during the programme implementation.

## The Mobile Clinic

Our Mobile Clinic carousels the Western Cape and surrounding areas, gracing underserved communities with free health screenings consisting of blood glucose, blood pressure, Body Mass Index (BMI) and



cholesterol testing. High risk patients are given a referral letter to visit their nearest clinic or General Practitioner (GP) as part of the linkage to care model. There is a follow-up process in order to monitor whether the high-risk individuals visit a health practitioner. All of the above is made possible by our stance of 'health care reaching the people' instead of the reverse. We challenge organizations to heighten the number of patients we reach and the destinations we visit by collaborating with the HSFA. Funds generated are re-routed back into the operationalizing our mission and vision.

We have created co-branding opportunities for advertising on the Mobile Clinic and we would like to thank Joekels Tea Packers and Liberty for embracing us with their continued commitment during the period under review. We encourage brands that share synergy with our mission and vision and would like to contribute to a worthy cause to advertise with us when we do our outreach work. The CEO Professor Pamela Naidoo drives the Business revenue generation, together with Senior staff.



## Meeting The HSFSAs Vision and Mission: Our Work Streams

In order to meet our mission and vision, the HSFSA 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 HSFSA is cross-cutting.

### Health Promotions Programme

The HSFSA's Health Promotions Programme (HPP) empowers all South Africans to adopt healthy lifestyles through education and raising awareness of CVD. The main purpose of the HPP is prevention of CVD and the associated risk factors.

Given that 70% of CVD - related deaths can be prevented by early detection and behaviour change, the HPP implements programmes that empower individuals to seek health care and engage in self-management if possible.

The HPP's primary activities include conducting health risk assessments (HRAs) providing private and public sector health talks, running the Mended Hearts and Stroke groups (MHSG), and public health campaigns. By providing information and support we aim to build healthy communities and in doing so, minimise the risk of South Africans developing heart disease, strokes, hypertension and other circulatory conditions. During this reporting period, the programme held information tables at various events reaching an estimated 1 000 people.

We value the commitment of our volunteers who dedicate their time and expertise to assist the HSFSA 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 on the following page.

## Health Risk Assessments

HRA's is an important pillar of the Foundation's wellness programme and is the primary tool in measuring the health of communities and those in the workplace. HRAs comprise of blood pressure measures, blood cholesterol and glucose levels, BMI, height, weight and waist circumference.



*Dana Govender and the late Sam Dladla performing HRAs.*

Detecting CVD at its earliest stages is crucial in order to initiate management through counselling, the uptake of healthy behaviours and taking the prescribed medication. High blood pressure and blood cholesterol levels are considered “silent killers” as there are rarely any symptoms to warn you that it is high. Hypertension, is one of the most serious risk factors for death from heart disease and strokes, responsible for 13% of all deaths globally. Some risk factors for CVD are easily controlled and if detected early and managed appropriately death related to CVD can be prevented.

During this reporting period, we conducted HRAs on an estimated 4 200 members of the public. Approximately 10-15% of those tested were found to be at risk.

## Health Talks

The Health Promotion and Nutrition teams, as well as the CEO, conducted numerous health talks, which plays a key role in preventing disease, improving health and enhancing the quality of life in many communities. Many health-related topics pertaining to heart and brain health were presented during the year. Messages on the management of vascular risk factors remain



extremely important in secondary stroke prevention, including diabetes, smoking cessation, lipids and especially hypertension. Behavioural uptake of healthy diet, physical activity and low salt diets were recommended for CVD reduction.

During the talks, the information delivered is rooted in evidence to foster the development of healthier communities. We offer health discussions to a variety of groups, including religious institutions, Civil Society Organisations, Tertiary Institutions, Non-Governmental Organisations, local clinics, hospitals, schools, as well as corporate and commercial sectors.

In this financial period, a total of 75 health talks were held around the country.

## Mended Heart and Stroke Group Meetings (MHSG)

Mended Hearts and Stroke Group (MHSG) meetings occur monthly at various centres. These meetings are open to individuals who have experienced a heart attack or stroke, as well family, friends. These sessions provide a feeling of empowerment, control and hope, aiding participants in managing their conditions more effectively

At every meeting we endeavour to provide members with practical information that they can incorporate into their lives and covers areas of primary and secondary disease prevention, as well as a better understanding of cardiovascular diseases, procedures and rehabilitation. The meetings are mostly hybrid so that individuals can also attend virtually.



**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.



**Join us for our next event:**  
**TOPIC: IT IS WHAT IT IS, OR IS IT?**  
**A DISCUSSION ON UNDERSTANDING PROPER DIAGNOSIS OF MEDICAL CONDITIONS.**

**Presented by:** Dr. Benjamin Bosch - BSc(Hons), MSc(Med), MBChB

**When:** Thursday, 28 April 2022

**Time:** 18:00 - 19:00

**Venue:** Vincent Pallotti Hospital, ground floor conference room.

**About the speaker**  
Dr Benjamin Bosch has been a general practitioner based in Life Vincent Pallotti for more than 25 years.

New members are welcome! For more information please contact [dana.govenders@heartfoundation.co.za](mailto:dana.govenders@heartfoundation.co.za) or call 031 273 5407



## Employee Wellness Programme (EWP)

The HSFSa recognises that a significant portion of individuals' daily hours are dedicated to work. Within the scope of our EWP, our workplace wellness initiative proves advantageous by positively influencing employee health behaviours and acting as an enjoyable means of impacting knowledge on how to enhance personal health.

Through the efforts of our health promotions team, employees are guided in better managing disease symptoms through encouragement toward healthy eating, increased physical activity, effective stress management, reduced alcohol consumption and smoking cessation. The adoption of healthy habits contribute to an enhanced state of overall well-being, and individuals adhering to such habits are less prone to chronic ailments like hypertension, high cholesterol, elevated blood glucose, and obesity. The EWP includes health talks, HRAs, and the provision of information leaflets. The concept of workplace wellness translates into reduced employer healthcare expenditures, a more engaged workforce, the cultivation of a health-conscious environment and enhancement in both morale and productivity.

## Nutrition Science Programme

Nutrition is one of the key pillars of the Foundations work streams. The Nutrition Science Team ensures that all nutritional information that the HSFSa communicates to the public is evidence based, understandable and practical. We provide scientifically accurate and updated information to underpin all programmes in line with the HSFSa's strategy. The team supports the Health Promotions Team by presenting selected health talks for SHPI, MHSG and private sector work. Monthly CVD updates containing peer-reviewed articles in line with our campaigns are sent out to health professionals. Moreover, we respond to frequent health-related and nutrition questions from the public and social media queries from the PR Team.



## Food endorsement compliance

The Heart Mark food 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 as well as international standards. The Heart Mark programme is managed in accordance with the food regulatory framework and operates with the approval of the National Department of Health.

## CVD research updates

The Nutrition Science Team forms a part of the Science Team, which includes the CEO, that sends out the CVD research updates on a monthly basis primarily to health care professionals. Currently we reach over 1233 professionals and interest groups. Each update includes 10 of the latest, peer-reviewed journal articles on Cardio- and Cerebrovascular diseases and the associated risk factors including poor nutrition, lack of exercise, obesity, stress, tobacco and vaping harm and alcohol consumption.

## Public Relations, Communications and Marketing

The HSFSa's Public Relations, Marketing and Communications department continued to grow in leaps and bounds in building and sustaining the Foundation's credibility and reputation as an




information hub while also strengthening the vital link between the various publics and our different workstreams.

Through this continued effort, the department achieved measurable success in increasing the reach and exposure of the HSFSA, translating into hundreds of broadcast interviews and news articles, ranging from community, regional, national and international media (print, broadcast and online), such as eNCA, Morning Live, Media 24, Independent Newspapers, Expresso, Ukhozi FM, Lotus FM, Radio 2000, Channel Africa, Power FM, Kaya FM, Motsweding FM, Lesedi FM, Disa 95.9 FM, Eldos FM, Wild Coast FM and many others 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 ensured that health literacy messaging reached, cumulatively, 691 320 554 readers, listeners and viewers in South Africa and beyond.

### **Social Media, Quarterly Newsletters and Website**

Our social media pages, website and quarterly newsletters have played a significant role in public engagement. Our social media pages were abuzz with content consisting of the health awareness days observed by the Foundation which is aligned with the NDOH in SA, the WHO and other affiliated health organizations, competitions and giveaways, health tips and teasers, while also expanding on each health day's theme or message via traditional and social media. 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 Foundation.

 Facebook followers have increased by 5.7% from 01 April 2022 – 31 March 2023	
<b>01 April 2022</b>	<b>31 March 2023</b>
9 488	10 025
<b>01 April 2020</b>	<b>31 March 2021</b>
8 260	9 063



*Twitter followers increased by 9.2% between 01 April 2022 – 31 March 2023:*

<i>01 April 2022</i>	<i>31 March 2023</i>
4 010	4 382
<i>01 April 2020</i>	<i>31 March 2021</i>
3 674	3 849

## Annual media coverage at a glance 01 April 2022 – 31 March 2023

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>
155	313	475	946

## Income Streams: Endorsements, Donations and Fundraising

### Heart Mark: Food Endorsement Programme

There are a total number of 316 different Products Endorsed by the Heart Mark Programme, and a total number of 36 Heart Mark inquiries during the financial year 2023. Food companies earn the Heart Mark endorsement following a strict process that includes laboratory tests for verification of the product ingredients. If the product does not meet the HSFSA's Criteria (e.g., the sodium level is very high) this will be discussed with the manufacturer/ Client and the Product 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 nutrition make-up. The Foundation charges a fee for the Endorsement and therefore forms a part of the revenue generation activities.

During this reporting period, the Heart Mark Administrator, conducted an in-store product audit at one major retailer in Western Cape Province. The Audit is conducted as a verification process to ensure that all products that have the Heart Mark (HM) Logo are using it in accordance with our legally binding terms of usage. The audit also allows the Foundation to identify companies using the HM Logo without authorization. The Foundation is pleased to report all endorsed products were packaged in accordance with the usage rules during this financial period. Three endorsed products, through our sampling method, were sent to a SANAS accredited Lab for Nutritional testing/ evaluation to verify that the products still meet the Heart Mark Criteria.

### **Campaign sponsors, Donors and Fundraising**

A special expression of gratitude to all our stakeholders, sponsors and donors that contributed to our fundraising initiatives. Donations were given either in-cash or in-kind. The following are a selected few of our donor partners in the media and other relevant institutions: Highbury Media, Sylvia A from Fine Music Radio, MC Mango, Artscape Theatre, Durban University of Technology, Eldos FM, Wild Coast FM, Disa FM, Lifestyle on Kloof and 44 ten Media.

In addition, we would like to express sincere gratitude to the following Heart Mark holders who provided additional product donations during 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 also like to express our special thank you to our consistent partners, donors and sponsors namely, the Willowton Group (Diamond Sponsor), Tiger Brands (Gold Sponsor), Lucky Star (Gold Sponsor), Pharma Dynamics, the Liberty Group, Dischem and Boehringer Ingelheim. We are also very grateful to the families and individuals who donate to us directly or via bequests and trusts.



## Testimonial

"I am Jordan Hardnick, 21 years old, and I live in Pretoria. I'm currently working and studying architecture under the supervision of a senior Tech Architect. I enjoy playing online games, my work and spending time with my friends. Most importantly I'm a **Cardiac Warrior**.



My heart problems started from birth as I was born with a Bicuspid Aortic valve and aortic stenosis. I went on as a normal boy until I was 4, when I developed endocarditis presumably from a rotten tooth, and had my first out of 4 open heart surgeries when I was 5. They replaced my Aortic valve with a Titanium prosthetic valve and that valve was replaced when I was 15. Before my second surgery I learnt to take care of my health, I was put onto Warfarin which meant monthly blood tests to maintain the dosage. During my second surgery, I was fitted with a pacemaker because of a complication with the surgery. And because of that I became every medical aid's worst nightmare.

When I was 17, I got really sick and the doctors found endocarditis again and also Takotsubo-cardiomyopathy. During the third open heart surgery they replaced my aortic valve with a cadaver valve and changed my pacemaker wiring. With new medications for heart failure, my heart function was increased from 9% to 58%. I am on lifelong medication and if I miss a day, I do feel the effects of it. My last surgery was just a pacemaker change.

Although living with heart problems put me at a disadvantage, it gave me reason to be stronger, and thanks to doctors and my Lord above I get to live, hopefully, a long life. I am grateful to the Heart and Stroke Foundation for making people aware of heart issues and for creating a platform where I may tell my story."

# Heart and Stroke Foundation South Africa's Champions

## Ronald Abvajee

Ronald is an entrepreneur, international keynote speaker, a qualified physiologist with a degree in Physical Education and Human Movement Sciences and he is also a qualified 5th degree black belt in karate. As a renowned radio and television wellbeing expert, Ronald wins the hearts and minds of audiences through his practical approach to overcoming challenges and the honest belief that wellbeing is not a lofty aspiration but something that every person deserves and can attain with the right information and tools to fix what might be perceived as broken or breaking. He has won numerous awards in recognition of the impact he makes both within his own company and those he works with.



## Jenni Gault

Jenni Gault, a jewellery designer was an exceptionally fit 41-year-old when in 2007 she had a series of Heart Attacks and subsequently a Stroke. Over the next four years, she had 18 TIA's. Unfortunately, her medical headaches didn't end there and in 2010 and 2012, she had both left and right total hip replacements. But that's not all, in 2018, she was diagnosed with Breast Cancer, this led to a double mastectomy. She is very excited to have received Remission Status. However, she chose to never be a victim. She has led a very exciting life and travelled and shown in incredible places. A highlight



for her was in 2017 when she was awarded the accolade “The World’s Most Talented Fashion Jewellery Designer ” by Hermann Winkler, Swarovski. In spite of her medical complications, she decided to be a Mountaineer and in ten months and three weeks, summited Mt Kilimanjaro, Mt Kalapatthar and Everest Base Camp.

### **Sister Paddy Chettiar**

Being in nephrology for over four decades, it’s Sister Paddy Chettiar’s passion to date as it was once said that ‘Paddy Chettiar is changing the world’. She intends to change the world community by community and person by person due to premature deaths suffered as a result of insufficient funding and being denied good medical care once diagnosed with a chronic illness. Having shared platforms both internationally and locally in renal and nursing has given her satisfaction whilst being affiliated with the Heart and Stroke Foundation SA has made taking and testing of blood pressure, glucose and cholesterol a level higher.



## Research and Publications

The Foundation's programmes are based on evidence-based guidelines. We are grateful for the relationships we have with colleagues, members of our Board and research committee members who actively research focus areas associated with heart disease, strokes and the associated risk factors.

The South African Health Systems Reform 2015-2020. (2022). Editors: Matsoso, M.P. et.al: Chapter 9: Non-Communicable Diseases. Singh, S., **Naidoo P.** et al. ISBN: 978-0-6397-2369 (e-book)

Connolly, S.J., Karthikeyan, G., **Ntsekhe M.**, et al ; INVICTUS Investigators. (2022). Rivaroxaban in Rheumatic Heart Disease-Associated Atrial Fibrillation. N Engl J Med. ;387(11):978-988. doi: [10.1056/NEJMoa2209051](https://doi.org/10.1056/NEJMoa2209051). Epub 2022 Aug 28. PMID: 36036525

Nojilana,B., et al, **Wentzel-Viljoen, E.**, et al. (2022). Estimating the changing burden of disease attributable to high sodium intake in South Africa for 2000, 2006 and 2012. S Afr Med J. <https://doi.org/10.7196/SAMJ.v112i8b.16490>

Aremu, O., et al., & **Ntusi, N.** (2022). Utility of cardiovascular magnetic resonance in pregnancy. SAHeart;194-200

Prabhakaran, D., **Ntusi, N.** et al & **Sliwa, K.** (2022). Cardiovascular Risk Factors and Clinical Outcomes among Patients Hospitalized with COVID-19: Findings from the World Heart Federation COVID-19 Study. Global Heart. 40. doi: <http://doi.org/10.5334/gh.1128>.

Soko, N.D., Dlamini, S., **Ntsekhe, M.**, Dandara C. (2022). The COVID-19 Pandemic and Explaining Outcomes in Africa: Could Genomic Variation Add to the Debate? OMICS. doi: [10.1089/omi.0108](https://doi.org/10.1089/omi.0108). Epub Nov 2. PMID: [36322905](https://pubmed.ncbi.nlm.nih.gov/36322905/) Free PMC article Review.



Butt, J.H., Claggett, B.L., et al, **Ntsekhe, M.**, et al. (2023). Geographic differences in patients with acute myocardial infarction in the PARADISE-MI trial. Eur J Heart Fail. doi: [10.1002/ejhf.2851](https://doi.org/10.1002/ejhf.2851). Online ahead of print. PMID: 37042062

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Sliwa, K., Viljoen, C.A., Hasan, H., **Ntusi, N.** (2023). Journal of the American College of Cardiology. VOL. 81, NO. 2, 2023. Nutritional Heart Disease and Cardiomyopathies. <https://doi.org/10.1016/j.jacc.2022.08.812>

Mente, A., Dehghan, M., et al , **Edelweiss Wentzel-Viljoen.** et al. (2023). Diet, cardiovascular disease, and mortality in 80 countries. European Heart Journal. <https://doi.org/10.1093/eurheartj/ehad269>

Mutithu, D., et al , **Ntusi, N.** (2023). High-Throughput Metabolomics Applications in Pathogenesis and Diagnosis of Valvular Heart Disease, Rev. Cardiovasc. Med.; 24(6): 169. <https://doi.org/10.31083/j.rcm2406169>

Ntusi, N. (2023). Bongani Mawethu Mayosi: A life remembered. **Ntusi, N.** SAMJ. Vol. 113, No. 3b

**Ntsekhe, M.**, & Baker JV. Cardiovascular Disease Among Persons Living With HIV: New Insights into Pathogenesis and Clinical Manifestations in a Global Context. Circulation. 2023 Jan 3;147(1):83-100. doi: [10.1161/CIRCULATIONAHA.122.057443](https://doi.org/10.1161/CIRCULATIONAHA.122.057443). Epub 2022 Dec 28. PMID: [36576956](https://pubmed.ncbi.nlm.nih.gov/36576956/) Review.

Tonelli, A., Lumngwena, E.N., & **Ntusi, N.** (2023). The oral microbiome in the pathophysiology of cardiovascular disease. Nature reviews cardiology <https://doi.org/10.1038/s41569-022-00825-3>

## 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)*



*Themba Mzondi  
PR & Communications Officer*



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



*Kinza Hussain  
(Registered Dietician)*



*Sister Joanna Durugiah  
(Health Promotion Programme  
Manager: KZN)*



*In Memorium: Sam Dladla  
(Health Promotions Officer: DBN)*



**THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA**



*Prudence Cele*  
*(Health Promotions Officer:  
CPT)*



*Sister Perch Kapp*  
*(Health Promotions Officer:  
Gqeberha)*



*Sister Shirley Grootboom*  
*(Health Promotion Officer:  
CPT)*



*Jordan Benson*  
*(PR & Communications  
Intern)*



*Nomfanekiso Ngqonga*  
*(Office and Heart Mark  
Endorsements Administrator)*



*Rowda Alexander*  
*(Accounts Administrator)*



*Emmah Siluma*  
*(Office Administrator: JHB)*



*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 2023

### Statement of Financial Position as at 31 March 2023

Figures in Rand	Note(s)	2023	2022
<b>Assets</b>			
<b>Non-Current Assets</b>			
Property, plant and equipment	2	3,655,230	4,049,256
Other financial assets	3	22,028,798	20,898,627
		<b>25,684,028</b>	<b>24,947,883</b>
<b>Current Assets</b>			
Inventories	4	161,530	109,729
Trade and other receivables	5	1,393,630	2,234,971
Cash and cash equivalents	6	9,772,052	9,584,706
		<b>11,327,212</b>	<b>11,929,406</b>
<b>Total Assets</b>		<b>37,011,240</b>	<b>36,877,289</b>
<b>Funds and Liabilities</b>			
<b>Funds</b>			
Reserves		22,028,798	20,898,627
Retained income		12,872,826	11,631,872
		<b>34,901,624</b>	<b>32,530,499</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Trade and other payables	8	2,021,603	4,273,930
Provisions	7	88,013	72,860
		<b>2,109,616</b>	<b>4,346,790</b>
<b>Total Funds and Liabilities</b>		<b>37,011,240</b>	<b>36,877,289</b>

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

(Registration number: 2000/016404/08)

Financial Statements for the year ended 31 March 2023

### Statement of Comprehensive Income

Figures in Rand	Note(s)	2023	2022
Revenue	9	7,352,260	7,125,090
Other income	10	14,156,424	14,716,954
Operating expenses	11	(20,544,531)	(18,779,063)
<b>Operating surplus</b>		<b>964,153</b>	<b>3,062,981</b>
Investment revenue	13	1,406,972	819,043
Finance costs	15	-	(63)
<b>Surplus for the year</b>		<b>2,371,125</b>	<b>3,881,961</b>
Other comprehensive income		-	-
<b>Total comprehensive income for the year</b>		<b>2,371,125</b>	<b>3,881,961</b>





THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

**Help us build a healthier South Africa by donating to  
The Heart and Stroke Foundation South Africa:**

**Bank Name:** Standard Bank

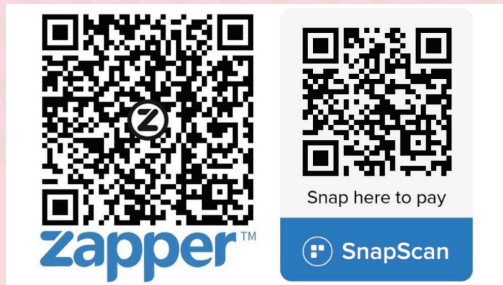
**Account Name:** The Heart and Stroke Foundation NPC

**Account Type:** Current

**Account Number:** 070062234

**Branch Code:** 909

**Swift Code:** SBZAZAJJ



**HEAD OFFICE: WESTERN CAPE**

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**EASTERN CAPE OFFICE**

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