



SHF Charity Cup Golf Tournament 2021

Theme: Heart Heroes

23 July 2021, Friday | Tanah Merah Country Club (Garden Course)

VISION

To be a leading heart health movement and a household name in Singapore through educating and motivating the public, assisting those affected and supporting community-based research to better understand the landscape of heart disease in Singapore

MISSION

To promote heart health, prevent and reduce disability and death due to cardiovascular disease and stroke

CORE VALUES

- Honesty and Integrity
- Enthusiasm and Passion
- Accountability and Transparency
- Research and Innovation
- Teamwork and Collaboration
- Sharing and Caring

**A Tribute to our
Heart Heroes**



We would not have come so far without donations from individuals from all walks of life, and sponsorships from companies like Asahi Kasei Plastics Singapore Pte Ltd



Energetic staff members who are committed to achieving the vision and mission of SHF



And of course, our steadfast and dedicated volunteers who have contributed their skills, enthusiasm, and diverse experience, and made a big difference to the lives of our beneficiaries



Supporting partners, such as the Singapore Civil Defence Force (SCDF), with a common goal to build a Heart Safe nation

MESSAGE BY

ESM GOH CHOK TONG

GUEST OF HONOUR

SHF CHARITY CUP GOLF TOURNAMENT ON 23 JULY 2021



Crises stress-test the character of people and resilience of countries. In Singapore, the COVID-19 pandemic has brought out the best in us. The government came up with a slew of financial, economic, health and safe-distancing measures to fight the pandemic. Our people accepted the need for necessary but inconvenient measures. They acted responsibly. Many Singaporeans and companies also stepped up to help those most affected by the COVID-19 crisis. The pandemic has not dampened the spirit of giving, but has instead showcased the kinder and gentler side of Singaporeans.

However, the economic impact of the pandemic has hit charities hard. Many have seen a fall in donations received, including the Singapore Heart Foundation (SHF).

Let us reverse the dip in SHF's donations. Cardiovascular disease remains a leading cause of death in Singapore, and the number of SHF beneficiaries continues to rise each year.

I encourage all Singaporeans to provide strong support for charities like SHF in this crisis of a century. They need your sustained support to continue delivering critical services to the community. The government has extended the 250% tax deduction on donations made to Institutions of Public Character till the end of 2023.

I am pleased to note that SHF has responded nimbly to embrace digitalisation amidst the disruptions brought about by the pandemic. SHF now has new innovative ways to deliver its impressive suite of programmes, including public education campaigns, resuscitation training programmes, and cardiac rehabilitation.

Let us grow the SG Cares spirit. This spirit strengthens our national and individual resilience. When all Singaporeans do their part, Singapore will emerge stronger from COVID-19.

I commend SHF for its continued meaningful and impactful work in the battle against cardiovascular disease.

I wish you good health and a hearty day ahead!

Goh Chok Tong
Emeritus Senior Minister
Patron, Singapore Heart Foundation



SHF CHARITY CUP 2021

ORGANISING COMMITTEE



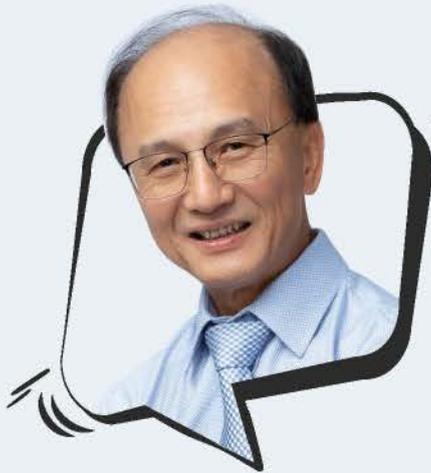
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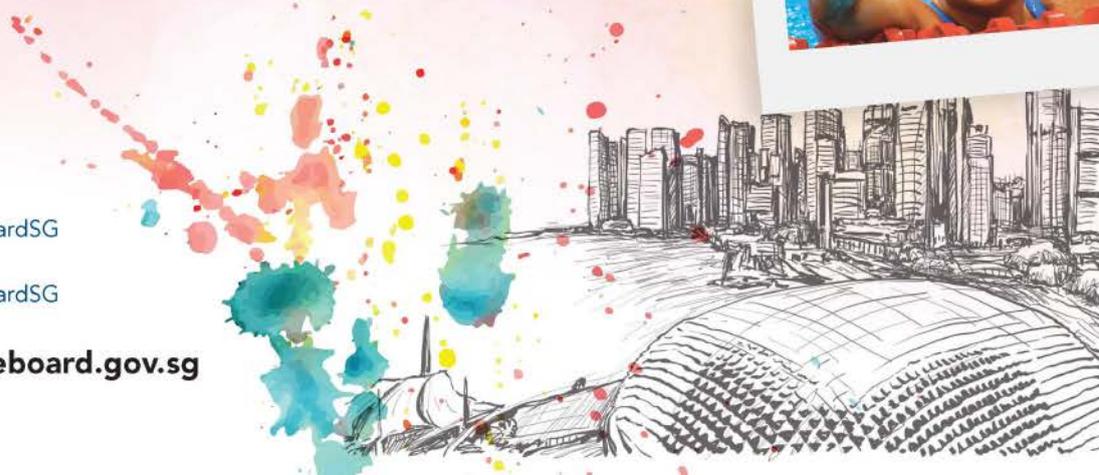
As a broad-based grantmaking organisation, Tote Board works closely with stakeholders and partners to support broad and diverse worthy projects in the sectors of Arts & Culture, Community Development, Education, Health, Social Service and Sports. Through these projects, Tote Board helps to uplift the community by giving hope to vulnerable groups and improving the lives of all in Singapore.



Giving Hope
Improving Lives



www.toteboard.gov.sg



MESSAGE BY

PROFESSOR TAN HUAY CHEEM

CHAIRMAN OF SINGAPORE HEART FOUNDATION

SHF CHARITY CUP GOLF TOURNAMENT ON 23 JULY 2021



The emergence of COVID-19 has brought massive disruption to lives around the world in 2020 and caused over 3 million deaths to date. Despite that, cardiovascular disease (CVD), undisputedly, remains the world's number 1 killer, responsible for almost 18 million deaths every year. In Singapore, more than 6,200 people die from CVD every year, dwarfing the 35 COVID-19 local deaths (as of 22 Jun 2021).

While we can reduce the spread of COVID-19 with the vaccine in place, there is – unfortunately – no vaccine for CVD. The only way to defeat CVD is to take active steps in guarding our hearts.

Prevention of CVD (including heart disease and stroke) by raising awareness of its risk factors and supporting Singaporeans in effecting behavioural change have been the core missions of the Singapore Heart Foundation (SHF) since its inception

in 1970. We have stayed true to this mission for over 50 years – including in 2020 and onto 2021, as the world continues to battle with the COVID-19 pandemic.

While many organisations came to a standstill, SHF adapted quickly to stay relevant. On the education front, SHF increased engagement with the community in the digital space, debunking myths on COVID-19 and heart disease by providing scientifically-proven, evidence-based facts of the conditions.

Our CPR+AED certification programmes took on a hybrid model with part of the course converted to an e-learning module. Despite a hiatus of more than three months and the requirement to downsize our classes, we managed to certify 1,895 people in lifesaving. The Foundation also launched the female CPR manikin vest in January this year to help lower mental barriers of community first responders in administering CPR+AED on female cardiac arrest casualties. The initiative received widespread media coverage, with many members of the public lauding the effort.

For cardiac rehabilitation, the team at our Heart Wellness Centres (HWCs) provided telehealth programmes – using digital platforms to deliver workouts and health talks – over the Circuit Breaker (CB) to motivate our clients to keep active and monitor their health. In Phase 2 post-CB, we progressively brought clients back for cardiac rehab at the HWCs with safe distancing measures in place. As of March, almost 80% of clients have returned to the HWCs.

With numerous overseas studies suggesting some form of heart damage in COVID-19 survivors, researchers are worried that complications such as myocarditis (an inflammation of heart muscle) could increase incidences of heart failure down the road. This does not include those who have been living sedentary lifestyles and are already at risk of CVD. Therefore, in the post-COVID future, we expect to support more heart patients and at-risk individuals in maintaining or recovering their heart health. Your kind donation will go a long way in helping needy patients and sustaining our programmes that benefit the general public.

Thank you for your continual support for SHF and our beneficiaries in this extraordinary time. I look forward to better times with you on this course and all the best in your game today.

Professor Tan Huay Cheem
Chairman, Board of Directors
Singapore Heart Foundation

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10 WAYS

TO TAKE CARE OF YOUR

HEART

EXERCISE



Aim for **150 minutes** of moderate-intensity physical activity per week

CHOOSE WATER OVER SUGAR-SWEETENED DRINKS



At least **6-8** glasses a day



EAT HEALTHY AND REDUCE SALT INTAKE

Fill half of your plate with fruits and vegetables, a quarter with whole grains, and a quarter with lean proteins. In addition, watch your salt intake to manage your blood pressure levels.

WATCH YOUR CHOLESTEROL

Opt for food low in saturated fat, such as lean meat, fruits and vegetables.

STOP SMOKING



Do not give in to peer pressure and avoid secondhand smoke

EXCESS WEIGHT INCREASES YOUR RISK OF CVD & DIABETES

Maintain a **HEALTHY BMI (BODY MASS INDEX)**
18.5 - 22.9kg/m²

ENCOURAGE *Stress-Free* MOMENTS

While stress has not been shown to be a direct risk factor for cardiovascular disease, it is related to high blood pressure, high blood cholesterol, smoking, physical inactivity and overeating. Therefore, it is important to manage it well.

★ DO NOT LET A SLIP PUT YOU OFF ★

Get back on track immediately with more determination to establish a healthy lifestyle!

MONITOR YOUR PROGRESS

Keep track of your achievements in exercise, weight loss or smoking cessation. When you reach a goal, give yourself a pat on the back!



GO FOR REGULAR CHECKUPS

Have your blood pressure, cholesterol and glucose levels checked regularly. Keep your heart happy for years to come.

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7 HEALTH BENEFITS OF GOLF



MORE TIME IN THE SUN & FRESH AIR

1

Playing golf means spending more time walking golf courses and swinging clubs, which can help to lower your risk of various health problems such as obesity. Exposing your skin to sunlight can also increase vitamin D levels, thereby boosting your immune system.

PROMOTES MENTAL WELL-BEING

2

Whether it's your caddy or a fellow player, golfing with other people can boost your self-esteem, social skills and overall mental well-being, leading to better social interactions and stronger relationships.

BOOSTS YOUR BRAIN

3

Playing golf can enhance your accuracy, focus and concentration. Furthermore, golf is an active sport that can increase blood circulation to the brain, thus enhancing your brain's performance.

WORKOUT FOR THE BODY

4

While you enjoy the golf game with your friends, you are simultaneously improving your core muscles, lower back and buttocks. Not only will this improve your balance, but it will also give you greater strength, mobility and flexibility.

Studies have shown that hand grip exercises, such as the isometric hand grip exercises used by golfers to build wrist and forearm strength, can reduce blood pressure readings by as much as 10 per cent.

These core muscles help rotate the body and increase power during the golf swings. Focusing on these muscles will help prevent pain and dysfunction in your lower back and hips.

Gluteus maximus provide solid lower body support and stance with slightly bent knees during a golf swing. Training these muscles can help us stabilise and protect our spine during daily life movements.



HEART-HEALTHY SNACKS FOR REFUELLING ON THE GO

1. NUTS

An increasing number of studies have suggested that munching on unsalted baked nuts has various health benefits, including reducing your risk of heart disease and cancer. Nuts also contain an array of nutrients, such as monounsaturated and polyunsaturated fats, also known as the "good fats".

2. POPCORN

Unsalted and unsweetened popcorn can be a heart-healthy snack. That is because it is a high-fibre whole-grain, which lowers the risk of heart disease and diabetes. It is also more likely to fill you up as compared to a snack like potato chips.

3. FRUITS

Fruits are wonderful snacks, packed with nutrients and flavour. For a convenient snack on the course, consider having a banana. Not only does it provide you with energy and keeps you full for a longer period of time, it also contains many beneficial nutrients.

GREAT STRESS RELIEVER

5

As a form of exercise, golfing helps your body release endorphins, improving your mood and reducing stress by channelling your tension into something productive.

HELPS WITH WEIGHT LOSS

6

Studies have found that golfers can burn up to 900 calories when they walk through 18 holes. The sustained movement and activity keep your heart rate up and at an optimum level for burning calories.

HELPS YOU SLEEP BETTER

7

As golf provides a significant workout for the body, it also helps you get a better night's sleep and regulate your sleep cycle. This, in turn, improves your focus and daily functions.



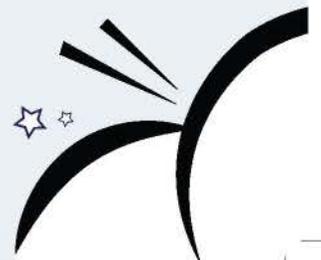
(from left to right) Mr Vernon Kang, Mr Peter Sim, Mr Goh Chiew Seng, and Ms Jeslin Sin

SHF Charity Cup Golf Tournament 2020

Over \$320,000 raised amid COVID-19

While many had their charity golf events cancelled or postponed in 2020 due to the COVID-19 pandemic, Singapore Heart Foundation (SHF) rose to the challenge and raised over \$320,000, surpassing the amount raised in 2019.

The 19th edition of the annual SHF Charity Cup Golf Tournament, held at the Tanah Merah Country Club (Garden Course) on 10 – 13 Nov 2020, took the form of a timesheet game, with three flights per day. In light of COVID-19 guidelines, we observed safe-distancing measures such as Safe Entry check-in, no intermingling among guests, and served individually plated dishes to ensure the safety and wellbeing of golfers, management and staff.





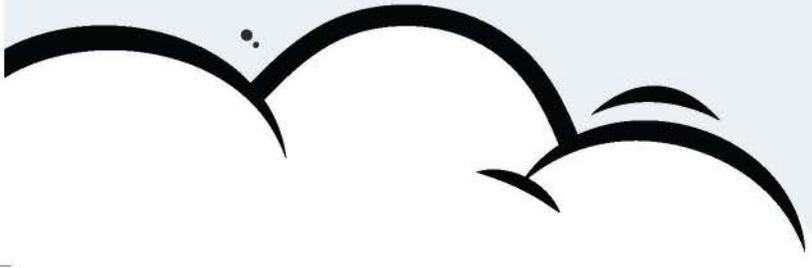
((from left to right) Mr Goh Chiew Seng, ESM Goh Chok Tong, Mr Chew Ann Teck and Mr Peter Sim



ESM Goh Chok Tong and Mr Peter Sim ready in their buggies

The estimated total of \$322,976 raised will go towards financial assistance for needy heart patients and their families through difficult times and fund the Foundation's lifesaving programmes in Singapore.

Our deepest appreciation goes out to our Platinum Sponsor Tote Board, Gold Sponsor Mr Teo Tong How Daniel, and all other sponsors, Organising Committee, SHF staff, and volunteers for making the Charity Cup Golf Tournament 2020 a swinging success.



Why eat less salt

A high salt intake can lead to high blood pressure, increasing the risk for heart diseases and stroke.

THE RECOMMENDED DAILY INTAKE OF SALT IS

1 tsp

≡ 5G OF SALT/2,000MG OF SODIUM

SALT CONTENT OF Commonly Consumed Food

TIPS TO REDUCE SALT INTAKE

- ✓ Ask for 'less' or 'no' gravy or sauce
- ✓ Do not finish the soup of soupy dishes
- ✓ Choose plain rice over flavoured options
- ✓ Look for products with the Healthier Choice Symbol



FISHBALL NOODLES SOUP



7.3g

MEE SIAM



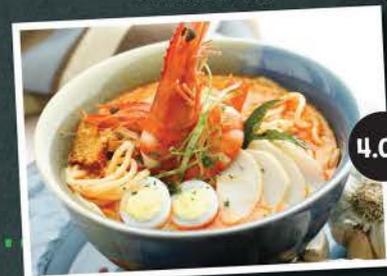
6.6g

CHICKEN RICE



3.2g

LAKSA LEMAK



4.0g

Our body requires a small amount of sodium to function effectively and sodium is naturally present in all types of food. Hence, your recommended daily sodium intake can be easily met, without having to consume additional salt.

FUN FACTS

WHAT IS THE DIFFERENCE BETWEEN SALT AND SODIUM?

Sodium is naturally present in food or added during manufacturing. Salt is the main source of sodium in our diet.

MYTH: FOOD WITH LESS SALT TASTES BLAND

Truth: Your taste buds will get used to the same flavour after 3 weeks.

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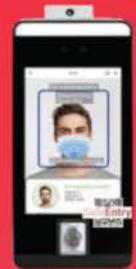
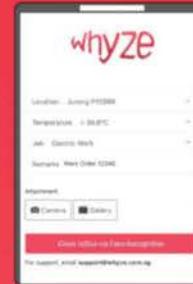
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*Complimentary HR Admin Handbook for healthcare professionals and partners of Singapore Heart Foundation



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