

WITH A
Healthy Heart

THE BEAT GOES ON



ANNUAL REPORT **2018**

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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



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



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



The Singapore Heart Foundation (SHF)'s Board of Directors shall consist of 12 elected members and up to 8 co-opted members, which shall include 3 directors who shall be drawn from the medical profession, of whom at least one shall be a member of the Singapore Cardiac Society and directors who shall be persons who are not from the medical profession. Each elected member of the Board shall hold office for a term of two years, commencing from the date of election until the Annual General Meeting (AGM) in the second calendar year thereafter.

The Council and Management of SHF firmly believe that a genuine commitment to good corporate governance is essential to the sustainability of the Foundation's mission to promote heart health, prevent and reduce disability and death due to cardiovascular diseases and stroke; and are collectively responsible in ensuring compliance with the Code of Governance and all relevant laws and regulations.

CHAIRMAN'S *Message* 主席寄语

Cardiovascular disease (heart diseases and stroke) is responsible for 30.1% of all deaths in Singapore. This means that 1 out of 3 deaths in our nation are due to heart diseases or stroke. Indeed, every day, an average of 17 people are struck by fatal heart disease or stroke in Singapore. Unfortunately, some may collapse suddenly due to cardiac arrest, with little hope of survival unless we provide bystander CPR and early defibrillation.

At the Foundation, we are working hard to meet this challenge. Programmes such as the Restart A Heart (RAH) programme helps to increase the chances of survival for victims who suffer from out-of-hospital cardiac arrest. Launched on 3rd November 2018, the RAH programme is a simplified CPR+AED training session which teaches hands-only CPR and how to use an AED. To enhance the learning experience, training is conducted using an illuminating circulation/compression indicator manikin, which provides real-time feedback on how to achieve good quality CPR.

The same manikin is also used for our recently launched CPR self-learning kiosks (first in Asia), which are placed at various locations around Singapore such as shopping malls, cinemas, hospitals and schools. These kiosks aim to increase awareness of the important lifesaving skills and to encourage more people to sign up for CPR+AED courses.

Feedback from the public has been positive. A participant of the RAH programme, Ms Lok, emphasised the importance of educating the public on heart health and its symptoms and risk factors. Many of her friends and relatives have been diagnosed with heart disease, and her most recent experience was the death of her 59 year old brother-in-law, who passed away from cardiac arrest. Ms Lok herself has two stents inserted into her arteries, despite leading a healthy lifestyle. She said, "It is important to go for yearly body check-ups, to ensure that you are managing your own health conditions. I chose to attend the RAH programme because I hope to be equipped with the lifesaving skills of CPR+AED, so that I will not be helpless when faced with a cardiac arrest emergency."

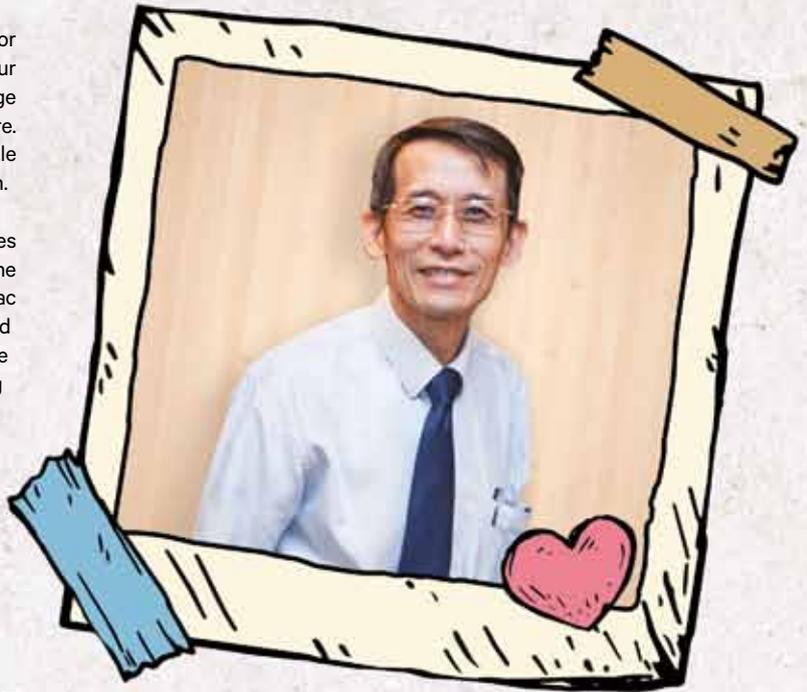
Another milestone for SHF was the official opening of our third Heart Wellness Centre in Bukit Gombak on 20th October 2018. Located on the second floor of Bukit Gombak Sports Hall, the 1,840 sqft new centre provides heart patients and at-risk individuals staying in the western region with easy access to cardiac prevention and rehabilitation programmes.

在新加坡，死亡人口的30.1%是心血管病所致。这意味着，3例死亡中有1例是死于心脏病或中风。也就是说，每天新加坡有17人因此而离世。不幸的是，好些人会心脏骤停而瘫倒，几乎没有生存的希望，除非旁人能及早对患者施以心肺复苏术(CPR)和心脏除颤。

我们新加坡心脏基金的同仁，正努力克服这个挑战，并组织各种相应活动。例如重启心脏课程(RAH)，致力于增加心脏骤停者在非医院环境下的生存率。RAH于2018年11月3日推出，是一项简化的CPR+AED培训课程，教导单纯胸部按压以及如何应用自动体外除颤器(AED)。为了加强学习体验，学员使用假人(配血液循环/压缩，灯光指示及实时回馈)进行训练。

最近推出的心肺复苏术(CPR)自学资讯亭(亚洲首个)也配备了同款的假人，这些资讯亭设于新加坡各处，例如商场、电影院、医院和学校，旨在提高人们对重要救生技能的认识，并鼓励更多人学习CPR+AED课程。

公众的反应都蛮正面，积极的。一位RAH的课程参与者骆女士，强调教育公众对心脏健康，症状和风险因素认知的重要性，因她的许多朋友和亲戚都被诊断患有心脏病。最近，她59岁的姐夫就死于心脏骤停。她虽然过着健康的生活，体内却还得装了



These are just some examples of the Foundation's work. There is certainly much more that we can and will do. Such programmes are only possible with your generous support. I wish to thank all our kind supporters and volunteers for helping us bring SHF to where it is today.

As we count down to our 50th Anniversary in 2020, we plan to take up more innovative initiatives to uphold and strengthen our role and mission to prevent and overcome heart disease in Singapore. We look forward to the next 50 years with much excitement and hope that you will continue with us on this journey. Remember that being healthy and fit is not a fad or a trend, but an important chosen lifestyle. Keep those hearts beating strong and healthy!

Professor Terrance Chua
Chairman, Board of Directors

两个动脉支架。她说：「年度身体检查非常重要，它能确保人们能够管理自己的健康状况。我选择参加RAH，因为我希望能够掌握CPR+AED的救生技能，这样在有人面对心脏骤停紧急情况时就不会感到无助了。」

新加坡心脏基金的另一个里程碑是在2018年10月20日，我们的第三个心脏复健中心正式开幕。新的中心位于武吉甘柏体育馆二楼，面积达1,840平方英尺，能够为新加坡西部地区的心脏病患者和有高风险人群提供心脏疾病预防和康复计划。

这些只是基金会运作的一些例子。我们可以和能做的事情还有很多。这些项目只有在您的支持下才有可能实现，因此感谢您为基金会所提供的时间或金钱上的帮助。

在倒数2020年及基金会成立50周年之际，我们希望有更多的创新以维持和加强我们在新加坡心脏健康运动中的领先地位。我们期待在未来的50年，您能与我们共渡这个旅程。请记住，维持健康不是时尚与潮流，而是一种重要的生活方式。让心脏一直健康跳动吧！

蔡翔仁教授
董事会主席

OUR COUNCIL & 48TH BOARD OF *Directors*

PATRON

- ESM Goh Chok Tong
Appointment Date (AD): 7th Sep 2013

HONORARY ADVISORS

- Prof Koh Tian Hai
AD: 2nd Apr 2005
- Mr Liak Teng Lit
AD: 10th Apr 2004
- Mr Lim Soon Hock
AD: 10th Apr 2004
- A/Prof Lim Yean Teng
AD: 29th Mar 1997
- Dr Lily Neo
AD: 10th Apr 2004
- Mr Tan Kin Lian
AD: 6th Apr 1996
- Mr Wong Yew Meng
AD: 10th Apr 2004

BANKERS

- The Development Bank of Singapore Limited
- Singapura Finance Ltd

HONORARY LEGAL ADVISOR

- Mr Peter Sim – Sim Law Practice LLC

AUDITORS

- External – RSM Chio Lim LLP
- Internal – Shared Services for Charities Ltd

INVESTMENT ADVISORS

- Bank of Singapore Limited
- The Development Bank of Singapore Limited

	APPOINTMENT DATE	OCCUPATION	COMPANY NAME
EMERITUS CHAIRMAN			
Dr Low Lip Ping	26 th Jul 2008	Cardiologist	Low Cardiology Clinic
CHAIRMAN			
Prof Terrance Chua	26 th Jul 2008	Cardiologist	National Heart Centre Singapore
VICE CHAIRMEN			
Dr Tan Yong Seng	26 th Jul 2008	Cardiothoracic Surgeon	Tan Yong Seng Heart Lung & Vascular Surgery Pte Ltd
Ms Tan Lee-Chew	26 th Jul 2008	ASEAN Managing Director, Public Sector	Amazon Web Services
HONORARY SECRETARY			
Prof Tan Huay Cheem	30 th Jun 2007	Cardiologist	National University Heart Centre, Singapore
ASSISTANT HONORARY SECRETARY			
Mr Goh Chiew Seng	24 th Jun 2006	Regional Director	IMI Lifestyle Products Pte Ltd
HONORARY TREASURER			
Mrs Elsie Foh	23 rd Sep 2017	Former Career Banker	-
MEMBER			
Dr Chee Tek Siong	2 nd Apr 1994	Cardiologist	Chee Heart Specialists Clinic
Mr Chong Chou Yuen	30 th Jun 2007	Consultant	-
Dr Goh Ping Ping	24 th Jun 2006	Cardiologist	Asian Heart & Vascular Centre
Mdm Koh Teck Siew	24 th Jun 2006	Character & Citizenship Education Advisor	Ministry of Education
Dr Bernard Kwok	23 rd Aug 2014	Cardiologist	Bernard Kwok Cardiology Clinic
Mrs Regina Lee	30 th Jul 2011	School Principal	Ministry of Education
Prof May Oo Lwin	26 th Jul 2008	Professor	Nanyang Technological University
Dr Mak Koon Hou	25 th Apr 1992	Cardiologist	KH Mak Heart Clinic Pte Ltd
Mr Peter Sim	11 th Jul 2009	Advocate & Solicitor	Sim Law Practice LLC
Dr C Sivathanan	2 nd Apr 1994	Cardiothoracic Surgeon	The Heart Lung & Vascular Centre
Adj Asst Prof Jack Tan	23 rd Sep 2017	Cardiologist	National Heart Centre Singapore



Chairman Emeritus
Dr Low Lip Ping



Chairman
Prof Terrance Chua



Vice Chairman
Dr Tan Yong Seng



Vice Chairman
Ms Tan Lee-Chew



Honorary Secretary
Prof Tan Huay Cheem



**Assistant
Honorary Secretary**
Mr Goh Chiew Seng



Honorary Treasurer
Mrs Elsie Foh



Member
Dr Chee Tek Siong



Member
Mr Chong Chou Yuen



Member
Dr Goh Ping Ping



Member
Mdm Koh Teck Siew



Member
Dr Bernard Kwok



Member
Mrs Regina Lee



Member
Prof May Oo Lwin



Member
Dr Mak Koon Hou



Member
Mr Peter Sim



Member
Dr C Sivathanan



Member
Adj Asst Prof
Jack Tan

ORGANISATION *Chart*

DEPARTMENTS & COMMITTEES



Community Education

- National Heart Week/
World Heart Day
- Go Red For Women



Fundraising

- Charity Cup



Cardiac Rehabilitation/ Heart Wellness Centre/ Heart Health Hub

- Professional & Research
- Heart Support Fund



PR & Communications

- Editorial
- PR & Media

COMMITTEE MEMBERS

Community Education

Chairperson

Dr Chee Tek Siong
Appointment Date (AD): 1st Apr 1995

Vice Chairperson

Dr Tan Yong Seng
AD: 11th Jul 2009

Ex-Officio

Prof Terrance Chua
AD: 27th Mar 1999

Dr Low Lip Ping
AD: 27th Mar 1999

Members

Ms Tan Lee-Chew
AD: 11th Jul 2009

Mr Goh Chiew Seng
AD: 23rd Aug 2014

Ms Joanne Yap
AD: 26th Sep 2015

National Heart Week/ World Heart Day

Chairperson

Prof Tan Huay Cheem
AD: 30th Jun 2007

Members

Prof Terrance Chua
AD: 26th Jul 2008

Dr Low Lip Ping
AD: 30th Jun 2007

Dr Tan Yong Seng
AD: 31st Mar 2001

Dr Chee Tek Siong
AD: 30th Mar 2002

Mrs Regina Lee
AD: 28th Jul 2012

Mr Goh Chiew Seng
AD: 31st Mar 2001

Dr Mak Koon Hou
AD: 26th Sep 2015

Ms Joanne Yap
AD: 1st Sep 2018

Go Red For Women

Chairperson & Spokesperson

Dr Goh Ping Ping
AD: 26th Jul 2008

Member

Dr Chan Wan Xian
AD: 1st Sep 2018

Fundraising

Chairperson

Mr Goh Chiew Seng
AD: 1st Apr 2000

Charity Cup

Chairperson

Mr Peter Sim
AD: 10th Sep 2016

Co-Chairperson

Dr Low Lip Ping
AD: 23rd Aug 2014

Members

Mr Joe Chan
AD: 29th Mar 2003

Mr Chong Chou Yuen
AD: 26th Jul 2008

Mr Goh Chiew Seng
AD: 29th Mar 2003

Mr Jimmy Goh
AD: 11th Jul 2009

Mrs Lam Lian Suan
AD: 10th Sep 2016

Mr Eric Teoh
AD: 29th Mar 2003

Dr Bernard Kwok
AD: 1st Sep 2018

Cardiac Rehabilitation/ Heart Wellness Centre/ Heart Health Hub

Chairperson

Prof Tan Huay Cheem
AD: 24th Jun 2006

Members

Ms Chan Siok Tian
AD: 30th Jun 2007

A/Prof David Foo Chee Guan
AD: 2004

Dr Peter Ting
AD: 30th Jul 2011

A/Prof Raymond Wong
AD: 26th Jul 2008

A/Prof Yeo Tee Joo
AD: 23rd Sep 2017

Adj Assoc Prof Tan Swee Yaw
AD: 26th Jul 2008

Professional & Research

Chairperson

Prof Tai E Shyong
AD: 11th Jul 2009

Member

Prof Terrance Chua
AD: 7th Sep 2013

Heart Support Fund

Chairperson

Dr Goh Ping Ping
AD: 24th Jun 2006

Members

Dr Wong Keng Yean
AD: 2nd Apr 2005

Dr Lim Chong Hee
AD: 24th Jun 2006

Dr Tan Ju Le
AD: 2nd Apr 2005

Mrs Lee Lay Beng
AD: 24th Jun 2006

Ms Genevieve Wong
AD: 24th Jun 2006

PR & Communications

Editorial

Editor

Mr Patrick Deroose
AD: 31st Mar 2001

Members

Prof Terrance Chua
AD: 31st Mar 2001

Dr Chee Tek Siong
AD: 31st Mar 2001

Dr C Sivathasan
AD: 31st Mar 2001

PR & Media

Chairperson

Mr Chong Chou Yuen
AD: 30th Jul 2010

Member

Mr Goh Chiew Seng
AD: 30th Jul 2010



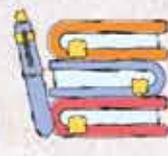
Heart Safe

- Training
- R-AEDi Initiative
- Restart A Heart



Finance/ Investment

- Finance
- Investment
- Governance & Audit



Schools Programme

- Community Outreach
- Fitness & Nutrition



Human Resource

- Human Resource

Heart Safe

Chairperson

A/Prof Lim Swee Han
AD: 23rd Sep 2017

Co-Chairperson

Dr Chee Tek Siong
AD: 23rd Aug 2014

Honorary Advisor

Dr Fatimah Lateef
AD: 30th Jun 2007

Ex-Officio

Prof Terrance Chua
AD: 11th Jul 2009

Finance/Investment

Chairperson

Mrs Elsie Foh
AD: 23rd Sep 2017

Members

Prof Terrance Chua
AD: 26th Sep 2015

Ms Tan Lee-Chew
AD: 28th Jul 2012

Mr Chong Chou Yuen
AD: 30th Jul 2010

Ms Alicia Foo
AD: 23rd Aug 2014

Governance & Audit

Chairperson

Mr Chong Chou Yuen
AD: 30th Jul 2010

Members

Prof Terrance Chua
AD: 11th Jul 2009

Mrs Elsie Foh
AD: 23rd Sep 2017

Mr Richard Tan
AD: 26th Sep 2015

Schools Programme

Chairperson

Mrs Regina Lee
AD: 30th Jul 2011

Member

Mr Goh Chiew Seng
AD: 24th Jun 2006

Community Outreach

Chairperson

Mr Goh Chiew Seng
AD: 26th Jul 2008

Members

Dr Chee Tek Siong
AD: 11th Jul 2009

Mdm Koh Teck Siew
AD: 11th Jul 2009

Prof May Oo Lwin
AD: 11th Jul 2009

Ms Shelly Malik
AD: 11th Jul 2009

Dr Mak Koon Hou
AD: 26th Sep 2015

Mrs Jaswant Sroya
AD: 11th Jul 2009

Dr Tan Yong Seng
AD: 11th Jul 2009

Mrs Nur Fatimah Frauder
AD: 23rd Aug 2014

Human Resource

Chairperson

Prof Tan Huay Cheem
AD: 26th Jul 2008

Ex-Officio

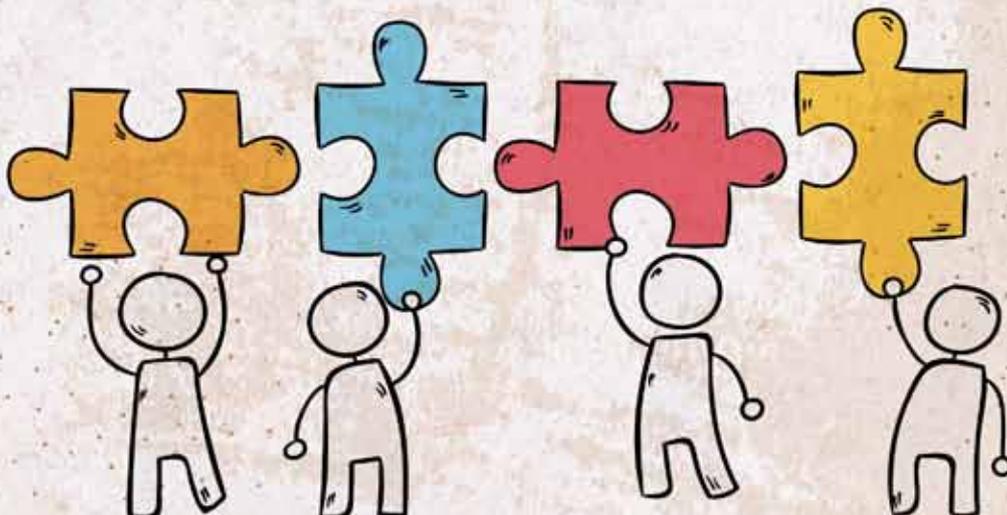
Prof Terrance Chua
AD: 7th Sep 2013

Members

Mr Goh Chiew Seng
AD: 26th Jul 2008

Mdm Koh Teck Siew
AD: 26th Jul 2008

Mr Peter Sim
AD: 7th Sep 2013





MANAGEMENT

Management, Administration & HR

- 1 **Vernon Kang**, CEO (Since 1st June 2009)
- 2 **Jeslin Sin**, Director, Programmes
- 3 **Teng Chiun How**, Director, Corporate Services
- 4 **Loh Aik Bin**, Assistant Director, HWC
- 5 **Raymond Chiang**, Manager, HR
- 6 **Natalie Tang**, Senior Executive

Community Education

- 7 **Linda Wee**, Assistant Manager
- 8 **Zinnia Lau**, Senior Executive

Finance

- 9 **Desmond San**, Senior Manager
- 10 **Amy Leong**, Deputy Manager
- 11 **Hazel Yeong**, Assistant Manager
- 12 **Kelly Goh**, Supervisor
- 13 **Karen Tan**, Senior Executive
- 14 **May Lee**, Senior Executive
- 15 **Wong Ghee Wei**, Senior Executive

Heart Wellness Centre & Heart Health Hub

- 16 **Tay Hung Yong**, Principal Physiotherapist
- 17 **Jacqueline Leong**, Manager
- 18 **Ann Loh**, Assistant Manager
- 19 **Eileen Lee**, Senior Executive & Nurse Educator
- 20 **Jesamine Ling**, Senior Executive
- 21 **Joanne Low**, Executive
- 22 **Ruth Tay**, Executive
- 23 **Fendi Ahmad**, Physiotherapist
- 24 **Avon Yeo**, Senior Therapy Assistant
- 25 **Philip Tay**, Senior Therapy Assistant
- 26 **Muhamad Haziq**, Therapy Assistant



& Staff



PR & Communications

- 27 **Stephanie Ho**, Senior Manager
- 28 **Samantha Chan**, Senior Executive

Nutrition

- 29 **Lim Kiat**, Deputy Manager, Programmes
- 30 **Alyssa Chee**, Dietitian

Fundraising and Volunteer Management

- 31 **Patricia Phua**, Executive, Fundraising
- 32 **Tan Li Hao**, Executive

Heart Safe

- 33 **Denise Ng**, Assistant Manager
- 34 **Jerry Song**, Senior Executive
- 35 **Ong Wee Teck**, Executive

Restart A Heart

- 36 **Cassandra Lim**, Assistant Manager
- 37 **Carine Yew**, Senior Executive

R-AEDi Initiative

- 38 **Kenneth See**, Assistant Manager, Marketing
- 39 **Joanne Su**, Executive, Marketing
- 40 **Emmanuel Ang**, Operations Executive
- 41 **Lin Zicheng**, Operations Executive
- 42 **Muhammad Khairil**, Operations Executive

Schools Programme

- 43 **Grace Chen**, Assistant Manager
- 44 **Siti Aminah**, Executive

SCHOOLS Programme

BP Initiative @ Schools

The BP Initiative @ Schools programme is specially tailored for Primary 5 students, to raise their awareness on the importance of having good blood pressure (BP) readings in their lives, as well as to promote healthier living to the families.

Students undergo a 1-hour workshop that consists of an awareness talk and a practical session to learn how to use a BP monitor. They then bring home the BP monitor for a day, to take the BP measurements of their adult family members and share the newly acquired knowledge.

In FY2018, we conducted 204 training sessions (1 hour per session), reaching out to more than 11,480 upper primary school students, 300 teachers, 264 parent volunteers and 28,700 students' family members in 44 primary schools (Table 1). Out of the 44 primary schools, 10 were new to our programme. Each session is documented by pre- and post-programme survey questionnaires, to gauge the effectiveness of the programme. Overall, more than 88% of students were able to show that they had the right knowledge about high BP (Table 2). The programme was also well received, with 90.2% of positive feedback gathered from the students' families (Table 3).

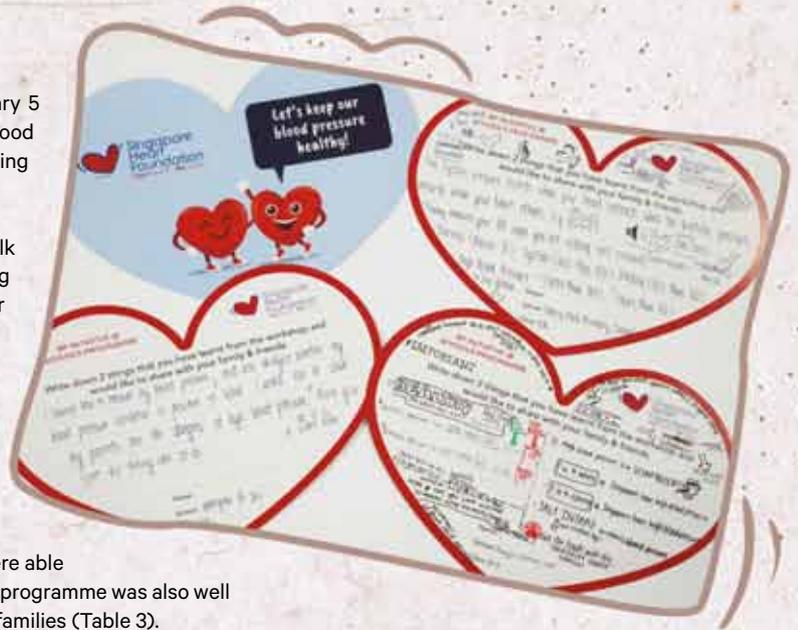
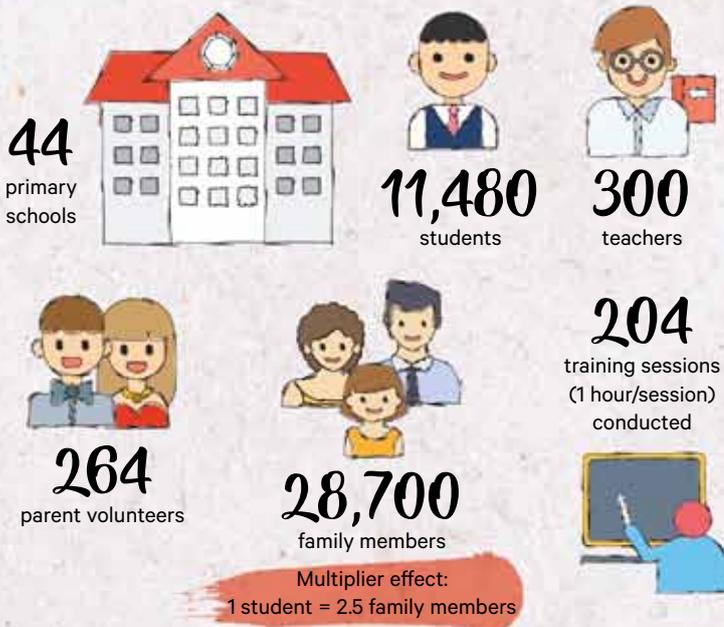


Table 1: Overall Participant Profile for FY2018



"It was interesting to see my daughter bring home a blood pressure monitor. She explained that my systolic and diastolic pressure is within the healthy range and informed me that the healthy range is <math><130</math> and <math><80</math> respectively. She insisted that I rest for thirty minutes prior and told me not to talk or move during the BP measurement. Her serious attitude and attentiveness was a refreshing experience for me! I think this initiative is excellent for children to understand the importance of healthcare at an early age."

Leona Tan, Parent from Unity Primary School

Table 2: Students' Knowledge about High Blood Pressure

Questions	Percentage (%) of students who answered correctly	
	Pre-programme	Post-programme
 The normal blood pressure level is less than 130/80 mmHg	60.4%	88.0%
 High salt intake can contribute to high blood pressure	63.6%	89.3%
 Heart attack and stroke are complications of high blood pressure	61.2%	84.3%

Table 3: Family Members' Response Towards the Programme

Questions	Percentage (%) of family members who agreed
 <p>Family members who had their blood pressure checked and recorded, saw an increase in awareness of healthy BP levels.</p>	80.2%
 <p>Family members' response towards the usefulness of this programme.</p>	90.2%

Social Robot for Enhanced Interactivity

Xin Xin is a direct translation from the Chinese words - 新心, which means a new heart. It is also an interpretation of us embracing new technology to advocate for heart health.

Xin Xin is part of a research collaboration with the Nanyang Technological University, Singapore (NTU) to explore the use of social robots as a valuable tool to engage children and impart health messages more effectively.

The nutrition education programme is an extension of the BP Initiative @ Schools research study and aims to teach upper primary school students about eating healthy, well-balanced and affordable diets. This is done via an interactive shopping activity and a short lecture to emphasise on key points. Xin Xin also helps out during the shopping activity, to better engage the students' attention and convey the teaching points more effectively.

In FY2018, a total of 240 Primary 5 and 6 students attended the first pilot testing conducted at Sembawang Primary School from 24th October to 8th November.



Heart Health Booth @ Schools

SHF has collaborated with the following schools to create awareness on blood pressure via activities such as hands-on BP measurements, talks, poster displays, quizzes and many others.

1. Radin Mas Primary School
2. Lakeside Primary School
3. Yishun Primary School
4. Woodlands Ring Primary School
5. Pasir Ris Primary School
6. Anchor Green Primary School
7. Meridian Primary School

The schools also provided junior BP ambassadors who educated their school community on how to achieve a healthy BP.



COMMUNITY Education

Go Red for Women

Pledge Your Heart Walk 2018

SHF's annual Go Red for Women campaign returned this year with Pledge Your Heart Walk 2018, to encourage women and their families to take active steps towards a heart healthier lifestyle. We introduced a longer distance of 5.5km, based on feedback received from past participants who preferred a longer walking route. In total, there were over 1,200 registered participants for both the 3km and 5.5km categories.

"It is a great effort on SHF's part to organise this meaningful event. As a heart patient and someone who has undergone a stent procedure, I understand what it is like to suffer from cardiovascular disease. I fully encourage heart patients to find a good support group - be it your family, friends or colleagues to find time to exercise together. Through this community engagement, together we can help raise awareness and reduce the risk of cardiovascular disease in Singapore."

Ms Magdalene Chia,
SHF Heart Wellness Centre Client

Held on 23rd June at Punggol Waterway Park event lawn, Ms Low Yen Ling (Senior Parliamentary Secretary, Ministry of Education & Ministry of Manpower, Mayor of the South West District, MP for Chua Chu Kang GRC) was our Guest of Honour and Mr Bryan Wong (Brand Ambassador for Nestlé Omega Plus) made a special guest appearance.

Although the walk was cancelled due to the rain, a beautiful rainbow appeared soon after and participants stayed on for the cholesterol tests and exhibition booths to find out more about cardiac health. Kid-friendly activities such as balloon sculpting, also kept the young ones entertained.



Edward Lifesciences' Go Red for Women Celebration

For the seventh year running, Edward Lifesciences (Singapore) Pte Ltd supported the Go Red for Women campaign through the sales of merchandise in their office compound to raise funds among the employees, as well as to promote awareness of women's heart health. A total of \$3,376 was collected from this fundraising effort.

Go Red for Women Luncheon 2019

In celebration of International Women's Day on Friday 8th March, SHF held the 2nd edition of the Go Red for Women Luncheon at the Singapore Chinese Cultural Centre, SCCC Multi-Purpose Hall. Themed "Celebrate Women, Celebrate Life", apart from celebrating the success and progress of women, the event served as an important reminder for women to make their heart health a top priority. The Go Red for Women campaign aims to empower women with the knowledge and tools that can help reduce their risk of cardiovascular disease (CVD).

220 women from all walks of life came together for the luncheon, where they were treated to a healthy four-course lunch, and attended talks by healthcare experts from the National University Heart Centre Singapore (NUHCS). Assistant Professor Chan Wan Xian (who is also a GRFW committee member), Senior Consultant, Department of Cardiology at NUHCS shared with attendees on the relation between heart disease and women. In addition, Ms Janice Chen, Senior Occupational Therapist, provided useful tips on leading a heart healthy lifestyle through nutrition, physical activities and stress management.

In collaboration with SHF, Manulife Singapore launched the "Stop the Drama" campaign during the event. The video featured veteran Singaporean actor Lim Kay Tong, who taught young actors how to portray heart attack symptoms more realistically. The campaign aimed to debunk the common misconception that heart attack symptoms are as dramatic as what we see in TV shows and movies, so as to raise awareness about what a real heart attack looks like.

Another special highlight for the event was a mini fashion show, organised together with fashion brand and main sponsor, SaturdayClub. The fashion show showcased a selection of 10 specially curated red dresses, designed by SaturdayClub. Attendees witnessed a spectacular display of fiery red outfits accompanied with a series of heart health messages. A red dress serves as a warning, a red alert that it is important not to ignore the warning signs and symptoms of CVD in women.





Asia Pacific Heart Rhythm Society (APHRS) Public Education Forum 2018

In recognition of the increased incidence of atrial fibrillation (AF), the Asia Pacific Heart Rhythm Society (APHRS) Public Education Forum 2018, organised by the Singapore Heart Foundation and initiated by the Asia Pacific Heart Rhythm Society and Singapore Cardiac Society, took place at Toa Payoh HDB Hub Convention Centre (Auditorium) on 8th September 2018.

Guest of Honour, Mr Edwin Tong, Senior Minister of State, Ministry of Law & Ministry of Health, MP for Marine Parade GRC, graced the event with more than 900 participants in attendance. Conducted in both English and Mandarin, experts weighed in on the conditions and highlighted the precautionary measures that can prevent the onset of AF. The event concluded with the 'Ask the Experts' session, where the panel of guest speakers addressed questions from the floor.



National Heart Week/World Heart Day 2018

In commemoration of National Heart Week/World Heart Day (NHW/WHD), SHF organised a full-day event at Toa Payoh HDB Hub Atrium on 29th September 2018. The event aimed to create a heart-healthy platform for Singaporeans to get together and engage in fun-filled and interactive activities that are good for the heart. Through this, SHF hopes to continue raising awareness on the risks of cardiovascular disease and the simple lifestyle changes one can adopt for better heart health. Mr Amrin Amin, Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of Health, MP for Sembawang GRC, graced the event as Guest of Honour.

Launch of Asia's first ever CPR self-learning kiosk in Singapore

During the event, SHF together with the Singapore Resuscitation and First Aid Council (SRFAC), launched the first ever CPR self-learning kiosk in Asia, which brings hands-only CPR training opportunities to members of the public. This was also in line with the celebration of World Restart A Heart Day on 16th October 2018 – a global initiative to increase cardiac arrest awareness and bystander CPR rates nationwide. With the belief that everyone has the ability to save a life, the CPR kiosk aims to raise awareness of this important lifesaving skill and increase the number of people trained in CPR. These kiosks can be found at various public locations around Singapore, such as shopping malls, cinemas, hospitals and schools. For more information and kiosk locations, visit myheart.org.sg.



'For Your Sweetheart Singapore' campaign

To raise awareness among the public about the critical link between diabetes and heart disease, NHW/WHD 2018 marked the launch of the 'For Your Sweetheart Singapore' campaign. A joint initiative by SHF, Diabetes Singapore and Boehringer Ingelheim, the campaign aimed to encourage people with diabetes to know their risks and speak to their doctors about it. Ambassadors of the campaign, Left Profile artiste Michelle Chong and her father Papa Chong, made a special appearance during the event to share more about the campaign as well as their personal story.

"It was just after my A-Levels when my father had his triple bypass surgery. My sister and I were pretty shaken up when we saw him in the hospital. At that time, we were not aware that diabetes and heart disease were closely linked. It is my hope that the 'For Your Sweetheart Singapore' campaign will help people with diabetes and their loved ones to get the right support."

*Michelle Chong,
Left Profile artiste and
Ambassador of the
'For Your Sweetheart
Singapore' campaign*



SHF Heart Health Survey 2018

SHF surveyed 1,000 Singaporeans between the ages of 21 to 75 years to gain a deeper understanding on their knowledge and awareness levels of cardiovascular disease and heart health. The survey also delved into the motivators and barriers that prevent Singaporeans from improving their heart health.

Key findings from the survey included:

- ♥ 8 out of 10 participants have a good knowledge of heart disease, more than half were unwilling to change their lifestyles or believed that they were not at risk of heart disease.

- ♥ 1 out of 3 Singaporeans do not participate in any form of physical activity or exercise outside of their regular job.
- ♥ 6 out of 10 Singaporeans are at risk of being overweight or obese. With a BMI in the unhealthy range between 23 to 27.5, this puts them more at risk of heart diseases and heart problems. Furthermore, the survey shared that those aged 45-64 years old have the highest BMI compared to the other age group brackets.
- ♥ Despite diabetes being one of the key factors that leads to heart problems, only 37% of Singaporeans could identify it as a risk factor of heart disease.

With these survey results, SHF will continue to work hard at translating this knowledge into programmes that can result in positive behavioural changes for our targeted outreach groups.

Other Activities

At the event, participants were treated to a wide range of informative and engaging activities. Pre-registered participants underwent a CPR+AED certification course to learn the important lifesaving skills that will come in handy during cases of cardiac arrest. To reinforce the importance of regular exercise, Chair and Pound workout sessions were also conducted on-site.

Other highlights at the event included health checks (HbA1c, BMI and BP checks), heart-healthy themed educational games, the Save-A-Life roadshow, exhibition booths, quizzes and interactive stage programmes. There was also a live cooking demonstration by Celebrity Chef Martin Yeo, where he whipped up a healthier rendition of Curry Chicken with Basmati Brown Rice for the audience.

"The risk factors leading to heart disease and stroke are well studied and many of them - such as obesity, sedentary lifestyles and poor eating habits - are preventable if we can make healthier choices in our daily lives."

*Mr Amrin Amin, Senior Parliamentary Secretary,
Ministry of Home Affairs & Ministry of Health*



Nutrition

Nutrition Education

Nutrition education has been one of the ways that SHF encourages the public to adopt a healthier lifestyle through cultivating new healthy habits and making positive modifications to their habitual diets. These have been done via talks and workshops to share about the importance of healthy eating and active living.

Talks and workshops are conducted nationwide at our Heart Wellness Centre @ Bishan Junction 8 and Heart Health Hub @ Fortune Centre. We also go to schools, community centres, voluntary welfare organisations and corporate companies such as Singapore Press Holdings, Unilever Asia Pte Ltd and Changi Airport Group (Singapore) Pte Ltd.

Some popular topics include “*Supermarket-Smart: Understanding Food Labels*”, “*Sugar – Sweet with a Bitter Aftertaste*” and “*Spice Up your Life with Healthy Swaps*”. SHF’s in-house senior nutritionists also conduct cooking demonstrations, hands-on cooking workshops and supermarket tours. These interactive sessions help participants to learn better through the selection of healthier ingredients and teach them how to whip up heart-healthy dishes/meals.

This year, we delivered a total of 34 talks with well-received feedback and an average score of 86% for overall satisfaction. The Foundation also provides one-to-one nutrition counselling for SHF clients and members of the public, on a regular basis. Such personalised counselling sessions allow individuals to understand their dietary habits better and help assist them in achieving a better wellbeing. In FY2018, a total of 188 clients attended the nutrition counselling sessions.



“Thank you for busting myths that we’ve long had, such as the Healthier Choice Symbol on food labels, which indicate that it’s a better option but not necessarily the healthiest to consume regularly.”

Mr Francis Ramos, Nutrition Talk Participant

Healthy Mummy, Healthy Family Symposium 2018

In conjunction with the annual Go Red for Women campaign and in celebration of Mother’s Day, SHF organised its second installation of the ‘Healthy Mummy, Healthy Family Symposium’ on 12th May 2018, to empower women with the knowledge and tools to help them reduce their risk of cardiovascular disease. Almost 300 participants, many of whom are mothers, turned up for the event held at Keat Hong Community Club.

The symposium featured two informative workshops on healthy eating and stress management. In addition, participants took part in a salt taste test to determine their salt threshold and tips were provided to help reduce salt intake.

As the saying goes, “We are what we eat”. Hence, the Foundation launched an interactive 360-degree virtual supermarket tour application, which provides the basic skills and knowledge to make better food choices. This application can be viewed on a smart phone or webpage and was launched by Dr Goh Ping Ping, Spokesperson for the Go Red for Women campaign.

A cooking demonstration was conducted by Celebrity Chef Daniel Koh, where he shared with the audience on how healthy food can be tasty, using healthier replacements and fresh produce. The symposium ended with a mystery box cook-off by the Hearty MasterChef Challenge finalists.



Scan the QR code to try out the 360-degree virtual supermarket tour application



Hearty MasterChef Challenge

To bring cooking closer to the heartlands, SHF organised the Hearty MasterChef Challenge, to demonstrate that anyone can prepare a simple, convenient and healthy meal.

Members of the public were recruited and went through a series of workshops by chefs and nutritionists, who taught them tips on healthy cooking. During the preliminary round “Heats”, participants had to prepare dishes that were graded based on the convenience, nutrition

value, cooking methods and ingredients, and 5 participants were selected for the finale.

The Hearty MasterChef Challenge Finale was one of the main highlights for the Healthy Mummy, Healthy Family Symposium 2018, where the 5 finalists whipped up healthy dishes using the mystery box ingredients, as well as shared ingredients.

Dishes were presented, tasted and judged by Celebrity Chef Daniel Koh and the top 3 winners were awarded with attractive prizes.

R-AEDi Initiative

R-AEDi for more

Helen Keller once said, “Alone we can do so little; together we can do so much.” SHF is proud to be entering its fourth year of collaboration with the Singapore Civil Defence Force (SCDF) for the R-AEDi initiative.

The Registry for AED Integration (R-AEDi) aims to improve the national survival rate of out-of-hospital cardiac arrest (OHCA) by maintaining a robust registry of publicly accessible AEDs, and building a community of volunteer first responders who can help with nearby OHCA cases through real-time alerts from the myResponder mobile app.

Together, SHF and SCDF are creating an environment for more effective use of CPR+AED in our community, so that OHCA victims have the highest possible chances of survival at any time, anywhere in Singapore.



The initiative has 3 components:



Creating awareness and recruiting volunteers for the SCDF myResponder app



Building a robust National Registry of publicly accessible AEDs



Promoting public awareness of the importance of CPR and AED

More AEDs in the Registry

As of FY2018, SHF's operations team has extended the scope of the national AED registry by mapping an additional 2,912 AEDs into the database.

Expanding the national registry puts more ready information at the fingertips of volunteer responders, who can quickly find the nearest AED, anywhere in Singapore, through the myResponder mobile app.

More AEDs being mapped and made visible to the general public, paves the way for increasing the survival rate of victims of out-of-hospital cardiac arrest. They will get much needed help quicker, because responders will know where to retrieve the nearest AED in the shortest possible time, in any part of Singapore.



● Publicly Accessible AEDs (mapped)

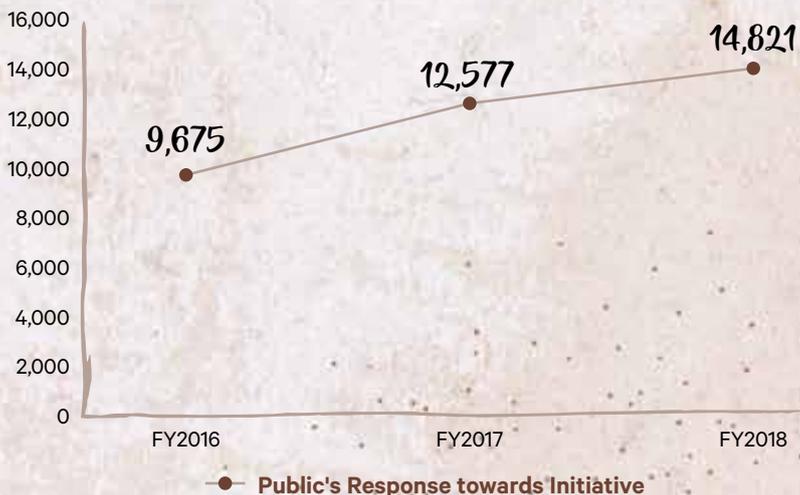
More Volunteer First Responders

As of FY2018, our roadshow campaigns have succeeded in getting a total of 14,821 people onboard the myResponder app as volunteer first responders.

Through the platform of community roadshows and support from local parliamentarians such as Senior Parliamentary Secretary, Ministry of Education & Ministry of Manpower and Mayor, South West District, Ms Low Yen Ling, and Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of National Development, Ms Sun Xueling, we have increased the public's awareness and adoption of the myResponder app as a vital tool in saving lives.



As of FY2018, the Save-A-Life marketing team has achieved 14,821 downloads of the myResponder app and registrations to become volunteer first responders.



More People Are Ready

In FY2018, the Save-A-Life team conducted a follow-up survey to assess the changes in existing knowledge, attitudes and practices among Singaporeans since 2016, when the first survey was conducted. We are encouraged to see progress in the results:



13% increase in the number of people knowing that 995 is the right number to call for an emergency ambulance – 81% in 2016, **94% in 2018**



45% increase in the number of people who know what an AED sign looks like and what it stands for – 32% in 2016, **77% in 2018**



51% increase in the number of people who learnt CPR+AED out of their own interest due to its usefulness – 46% in 2016, **97% in 2018**

HEART *Safe*

Heart Safe Singapore

Sudden cardiac arrest usually strikes without any warning and could be life-threatening if help is not rendered promptly. With statistics indicating that approximately 7 out of 10 cardiac arrest cases occur in residential areas, equipping Singaporeans with lifesaving skills could potentially increase the chances of survival for victims who suffer from out-of-hospital cardiac arrest.

SHF aims to improve the out-of-hospital sudden cardiac arrest survival rate in Singapore by creating an environment for more effective use of cardiopulmonary resuscitation (CPR) and Automated External Defibrillators (AED) in the community.

All certification courses conducted by the Foundation include a theory and practical test, in accordance with guidelines provided by the Singapore Resuscitation and First Aid Council. Participants will receive a certification valid for 2 years, upon successful completion of the course. A Mini Anne CPR & AED Kit will also be given to first time participants.



AED on Wheels

Since November 2015, the AED on Wheels initiative has equipped and dispatched 100 SMRT taxis with AEDs, in the event of a cardiac emergency. These drivers are equipped with the skills of CPR+AED. Upon arrival, the drivers act as first responders to administer CPR+AED until the paramedics take over, thus improving survival rates. On average, there are 4 successful responder cases per month.



AED Loan Programme

Started in February 2015, our AED loan programme is a free initiative where companies, schools and members of the public can borrow an AED unit(s) for any event on a temporary basis from SHF, at zero cost. To date, we have loaned out an AED on 40 occasions.



Sale of AEDs

An AED is a simple and portable electrical device that comes with instructional voice prompts, designed for the layman. It is used to treat irregular heart rhythms and works best during the initial few minutes after the onset of a cardiac arrest. A victim's survival rate drops by up to 10% for every minute delay in receiving CPR and AED.

The Foundation sells AEDs at affordable prices. With every purchase of an AED, SHF will conduct a product demonstration and provide complimentary CPR+AED certification for two staff. This is to ensure that the device will be administered safely and correctly. Since 2012, we have sold 555 units of AEDs.

Training

BCLS+AED Certification Course

The Basic Cardiac Life Support (BCLS)+AED certification course equips trainees with the knowledge and skills of CPR, how to relief foreign body airway obstruction in a conscious/unconscious casualty and learn how to use an AED.

CPR+AED Certification Course

The CPR+AED certification @ SHF is a 4-hour course that combines both CPR+AED and enables trainees to learn how to determine unresponsiveness, activate emergency medical services, as well as perform CPR and use an AED on adult casualties in an emergency situation.

Standard First Aid + AED Certification Course

The Standard First Aid + AED certification course aims to provide trainees with the essential theory knowledge and hands-on skills such as bandaging, immobilisation techniques for fracture and performing effective CPR and using an AED. Trainees are also prepared for the role of a first aider by learning how to identify and manage an emergency situation.

Instructor Course

SHF's instructor course aims to train CPR+AED / BCLS+AED certified individuals to undertake the role of an instructor, which will enable them to teach effectively and impart lifesaving skills to others. The course syllabus includes class preparation, methods of instruction, effective testing and equipment management. Upon successful completion of the course, all instructor trainees are required to undergo two compulsory attachments, before becoming a full-fledged instructor (validity of two years).

FY2018	No. of Classes	No. of Participants
BCLS+AED Certification Course	39	576
CPR+AED Certification Course	193	3,365
Standard First Aid + AED Certification Course	7	125
CPR+AED Instructor Course	8	89
BCLS+AED Instructor Course	7	125

The instructors were very engaging and knowledgeable. I felt comfortable asking questions and thus was able to learn from the lecture and good demonstration of the CPR+AED sequence. I am more than satisfied. Thank you for a well delivered course!

Ms Theresa Yeap, CPR+AED Instructor Course Participant

Project Heart 2018

SHF's 7th annual Project Heart was held on 3rd November 2018 at the Singapore EXPO Convention & Exhibition Centre Hall 7. The event was graced by Guest of Honour Ms Sun Xueling, Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of National Development, MP for Pasir Ris–Punggol GRC. With the theme, "Power to Save A Life", this year's event offered two different types of learning approaches for CPR and AED training. Participants could learn how to restart a heart through the simplified CPR and AED training (RAH Programme) or undergo a three-hour CPR+AED certification course.

During the CPR+AED certification course, participants learnt how to respond in a cardiac emergency, activate emergency medical services, perform CPR and use an AED on adult casualties confidently. We certified close to 500 members in CPR and AED and all successful participants were awarded with a certification that is valid for 2 years.

At the end of the event, all participants received a complimentary Mini Anne CPR & AED kit (worth \$64.20), which included an inflatable manikin and dummy AED set. With this, we hope that participants will use the kit at home to practise and share their newly acquired lifesaving skills with their family members.



Mass CPR+AED Certification Course

Besides SHF's large-scale community education events such as National Heart Week/World Heart Day, the Foundation also collaborates with organisations such as the Volunteer Management department of Sport Singapore and Bukit Gombak Grassroots Organisation, to certify their volunteers and the community with up-to-date CPR+AED knowledge and skills.



"Happy to share that together with the Singapore Heart Foundation, we will be installing at least 37 AEDs in Bukit Gombak in the next 2 years. It is important for us as a community to also be prepared in case of an emergency. Not only did Hillview Vantage DC residents learn how to use the AED, but they also learnt how to administer CPR. It was encouraging to see our residents, both young and old take part in this exercise to be better prepared in case of an emergency. Look out for the installation of an AED nearest to you!"

Ms Low Yen Ling, Senior Parliamentary Secretary, Ministry of Education & Ministry of Manpower, Mayor, South West District



RESTART A Heart

Launch of CPR Self-Learning Kiosk

Singapore Heart Foundation together with Singapore Resuscitation and First Aid Council (SRFAC) launched Asia's first ever CPR self-learning kiosk on 29th September 2018 in commemoration of National Heart Week/World Heart Day. The CPR self-learning kiosk aims to raise awareness of this important lifesaving skill and encourage more people to sign up for CPR+AED certification courses. The kiosks are placed at various locations around Singapore such as shopping malls, cinemas, hospitals and schools. Each kiosk is equipped with a training manikin, written instructions and a short video on hands-only CPR+AED. Users can practise on the manikin which provides visual feedback on the right depth and rate of chest compressions.

CPR self-learning kiosk launched by Guest of Honour, Mr Amrin Amin, Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of Health, MP for Sembawang GRC.



For more information on the CPR kiosk, please scan here



North Vista Secondary students Gareth, Sarah Ho See Kai, 14, Jacelyn, and Lenny (standing on Josiah as he practices performing CPR at the kiosk) in the school's library on Feb 8.

HEALTH Young hands learn the life-saving power of CPR

BY ZAKIETH/UNNISA ZIAWDEEN

Learning how to perform cardiopulmonary resuscitation (CPR) compressions could be the difference between life and death for a cardiac arrest victim awaiting medical assistance.

Students who know the basics of CPR can help someone who collapses at home, in school or in the community.

That is why when the Singapore Heart Foundation (SHF) launched Asia's first hands-on CPR self-learning kiosk for the public on Sept 29 last year, eight CPR kiosks were placed in busy areas such as educational institutions and Toa Payoh HDB Hub. Yuhua Secondary School is due to roll out its kiosk on March 26.

The kiosk has a half-body mannequin, on which people can try doing CPR compressions. Lights come on when the compressions are done correctly.

North Vista Secondary School was one of the first secondary schools to roll out a CPR kiosk, on Jan 3 this year.

The school has planned to teach CPR during physical education lessons. Some of its Secondary 3 students were among the first to try the CPR kiosk.

"It's very easy to follow the instructions (on the kiosk) to do CPR," said Josiah Lee Yue Heng, 14.

"I like that the dummy has an indicator which shows that we're doing CPR correctly," added Gareth Lim Jun Le, 14.

Jacelyn Yong Wai Yan, 14, added that "it's good that as students we get to learn (CPR) now so that we can step up if the ambulance doesn't come on time".

"Anyone can get cardiac arrest at any

time. So (rolling out) CPR kiosks at more places is important," said Lenny Sim Yu Yang, 14.

The students realised it could be risky to rely only on medical professionals when someone experiences cardiac arrest.

"We always rely on ambulances. But what if they don't arrive in time? (And) what if adults on the scene don't know CPR? We can try to help," said Jacelyn.

In Singapore, more than 2,000 out-of-hospital cardiac arrests occur every year, with seven in 10 happening at home. With every minute that passes, a victim's chance of survival decreases by 7 to 10 per cent.

Hence, SHF wants to get more Singaporeans familiar with CPR and automated sensory defibrillator machines, and instil in them the confidence to respond during an emergency.

With the launch of the CPR kiosks, SHF hopes to help the community build up its capability in CPR skills, and eventually increase the bystander response rate, which is currently at 54 per cent in Singapore.

“We always rely on ambulances. But what if they don't arrive in time? (And) what if adults on the scene don't know CPR? We can try to help.”

Jacelyn Yong Wai Yan, 14 on the value of knowing CPR

▲ Students at North Vista Secondary School trying out the CPR kiosk

▲ A Member of the Public attempting CPR during National Heart Week/World Heart Day 2018

29 Sep 2018

Official launch of CPR self-learning kiosk

7 Dec 2018

Community outreach - Roadshow at Fusionopolis One

31 Mar 2019

13 CPR kiosks have been placed at 26 different locations on a rotational basis



▲ RAH public class @ Singapore Heart Foundation (Bishan)

Restart A Heart programme launched by Guest of Honour, Ms Sun Xueling, Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of National Development, MP for Pasir Ris-Punggol GRC

Restart A Heart (RAH) Programme

The Restart A Heart (RAH) programme was officially launched on 3rd November 2018 during the 'Project Heart' initiative, with the theme *Power to Save A Life*. The RAH programme is a simplified CPR+AED training session which teaches hands-only CPR and how to use an AED. During the 1.5 hour session, participants learn through an instructional video, role play and practise on an illuminating manikin, which provides real time feedback on the quality of chest compressions. Since its launch, this programme has been conducted for different organisations, as well as for members of the public.

For more information on the RAH programme, please scan here



3 Nov 2018
Official launch of RAH programme

→

31 Mar 2019
677 participants have been trained

HEART WELLNESS *Centres*

Cardiac rehabilitation is an integral part in the recovery of heart patients. It involves structured exercise, education about the heart and adoption of a heart-healthy lifestyle.

SHF offers the only community-based cardiac rehabilitation programme (also known as the Heart Wellness Programme) in Singapore through its three Heart Wellness Centres (HWCs) at Bishan, Fortune Centre and Bukit Gombak. The HWCs focus on both rehabilitative and preventive care for recovering heart patients and at-risk individuals who have medical conditions such as hypertension, diabetes mellitus, high cholesterol and obesity.

HWC @ Bishan



▲ HWC @ Fortune Centre



▲ HWC @ Gombak

Overall Clientele Profile for FY2018

The overall population of our cardiac clients (including the at-risk group) has seen an increase of 16.7% this year, from 1,784 to 2,083 - of which, 59% are males and 41% are females. 84% of the clients are Chinese with a majority of them in the age group of 61 – 70 years old (43%).

Overall Clientele Profile

	Total No. of Clients (HWC & HHH)		Increase
	FY2017	FY2018	
Cardiac Clients (includes clients at risk of cardiovascular diseases)	1,784	2,083	16.7%
Down Syndrome Clients (DSA)	43	42	(2.3%)
Total	1,827	2,125	16.3%

Chart 1: Profile of Cardiac Clients & At-Risk Individuals by Gender (HWC @ Bishan / Fortune Centre / Gombak)

Female Male

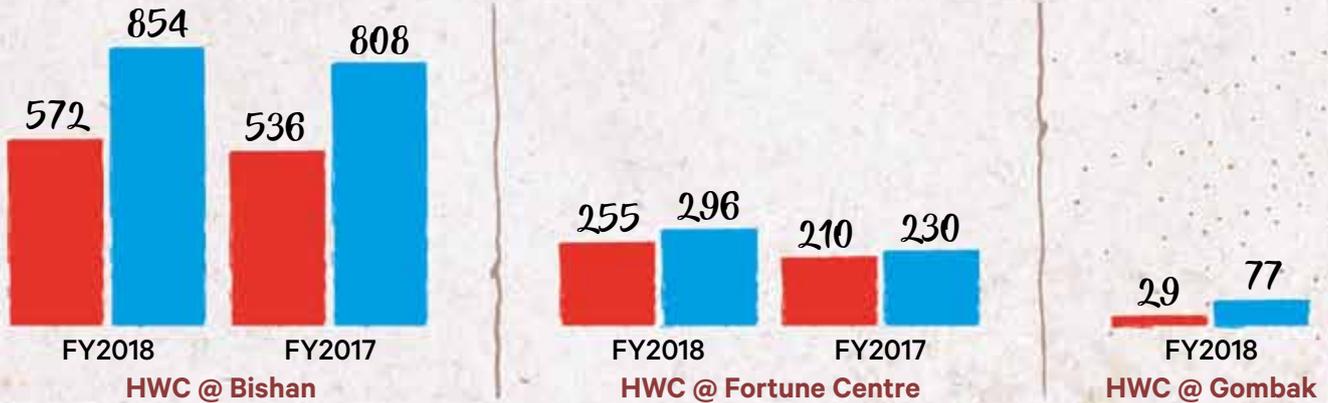


Chart 2: Profile of Cardiac Clients & At-Risk Individuals by Race (HWC @ Bishan / Fortune Centre / Gombak)

Chinese Malay Indian Others

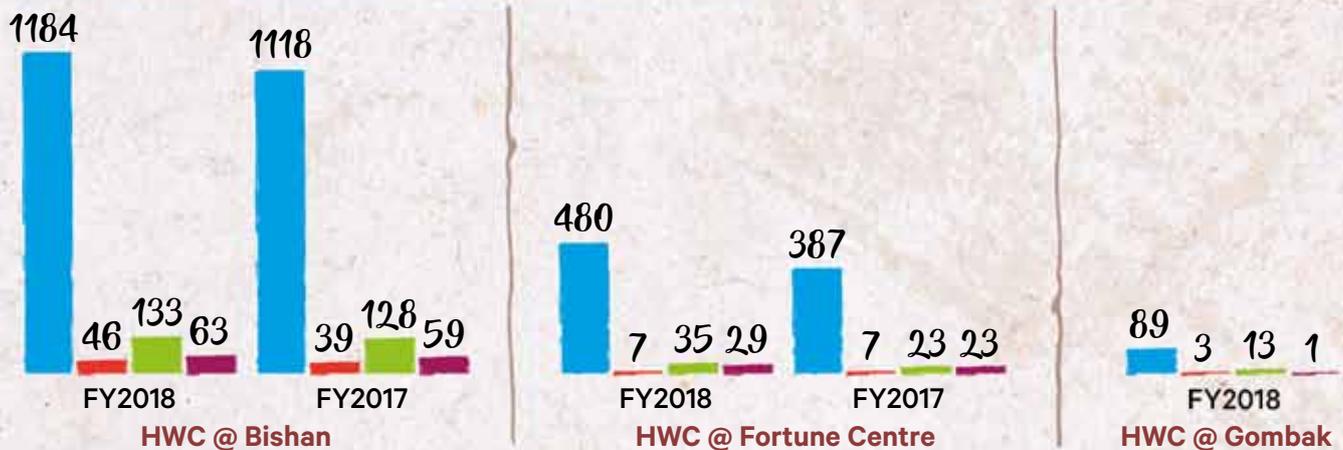
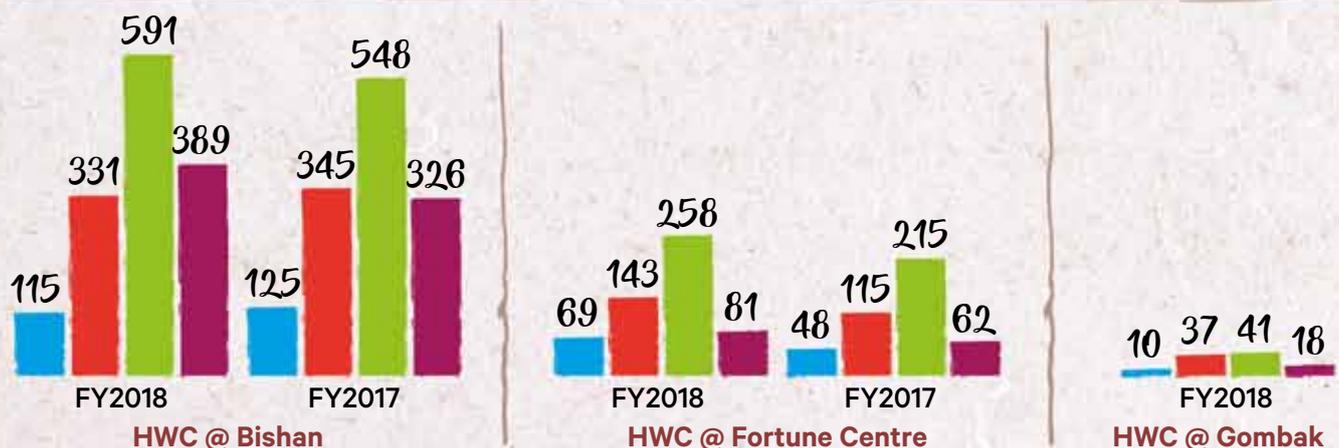


Chart 3: Profile of Cardiac Clients & At-Risk Individuals by Age Range (HWC @ Bishan / Fortune Centre / Gombak)

16-50 51-60 61-70 >70



Outcome Measures

SHF's Heart Wellness Programme monitors heart health surrogate markers (blood pressure, cholesterol levels, blood glucose and weight) and encourages healthy lifestyle habits (healthy eating, adherence to medication regime and medical appointments, coping with psychosocial changes and achieving adequate physical activity level). Physiotherapists and nutritionists review the performance of our clients to engage and counsel them to achieve individualised targets regularly.

The Heart Wellness Centre conducted an annual review on me to measure the progress that I have made and this is a great encouragement to me, because my 2018 health check showed improvement in my heart health. My bad cholesterol level has dropped from 117 to 96mg/dL. My HbA1c reading has also dropped from 6.9% to 6.4%, which indicates that my blood sugar has been maintained at an ideal level in the last 3 months. I will persevere and make every effort to continue to keep fit through exercise and healthy eating. Keep up the good work, Singapore Heart Foundation!

Mrs Ng, Heart Wellness Centre Client



▲ Explaining blood pressure readings



▲ Monitoring of BMI



▲ Checking blood glucose levels

Home Rehabilitation for Heart Patients

HWC offers home cardiac rehabilitation to selective cardiac patients, especially those who are mostly home-bound due to mobility issues or poor exercise tolerance.

Each home visit lasts an hour and the physiotherapist would assess the patient and customise an exercise programme. The physiotherapist aims to guide and assist the patient to be independent in performing simple exercises at home.

The pilot programme was launched in February 2017 at \$10 per session for a total of 12 sessions. As of 31st March 2019, we have 10 patients enrolled in our home rehabilitation programme.





SHF Opens Third Heart Wellness Centre

On 20th October 2018, SHF officially opened its third HWC in Bukit Gombak. Located at the Bukit Gombak Sports Hall at Level 2, the 1,840 sqft new centre provides heart patients and at-risk individuals in the western region with easy access to cardiac prevention and rehabilitation programmes.

More than 100 guests, comprising of heart wellness clients, Bukit Gombak constituency members and staff celebrated the official opening. Ms Low Yen Ling, Senior Parliamentary Secretary, Ministry of Education & Ministry of Manpower, Mayor of South West District and MP for Chua Chu Kang GRC, graced the event as Guest of Honour.



Health & Education Talks/ Healthy Cooking Demonstrations

The Heart Wellness Centres conduct regular education talks and healthy cooking demonstrations for our heart wellness clients and members of the public. The objectives are to educate them on the importance of heart health and what are some preventive measures they can undertake. Topics include - Heart Failure Caregivers & Patients Focus Group, Palliative Care, Psychosocial and other topics of interest such as Estate Planning talks.

Palliative Care – 22nd March 2019 ▶



Heart Failure Caregivers & Patients Focus Group – 8th September 2018



Cataract, Diabetic Retinopathy & General Eye Care – 25th July 2018

Anatomy of a Will – 22nd March 2019



In Whom We Trust – 27th March 2019



Mindfulness 101 – 7th August 2018



Heart Support Group

The Heart Support Group (HSG) provides a common platform for cardiac clients to share their personal experiences, and also allows them to be a source of strength for one another through many bonding activities.

During the mid-autumn festival, a group of HSG members and their families jettied off for a 2D/1N Batam tour, where the celebration included retail therapy at the kueh lapis, chocolate and coffee factories, factory outlet and the local wet and dry markets.

We also organised hands-on orchid handicraft and Chinese New Year lantern making workshops, where HSG members could bring home their beautiful handiwork.



▲ CNY Lantern Making Workshop – 19th January 2019



◀ Orchid Handicraft Workshop – 28th April 2018

HWC Sharing and Learning Platform

The Foundation values the importance of sharing and learning with local and regional counterparts from the cardiac rehabilitation arena. Apart from organising a cardiac rehabilitation symposium biennially, HWC is pleased to host delegation locally and overseas. These delegations include the Singapore Physiotherapy Association and the Japanese Physical Therapy Association, which provided good opportunities for both countries to cross-learn from each other.

HWC aims to bridge the gap in understanding between the young & healthy and those who are coping with heart diseases. Thus, we regularly host visits for students from Paya Lebar Methodist Girls' School, Institute of Technical Education and Singapore Institute of Technology. Students learn about the importance of heart health and how to have empathy for people afflicted with heart diseases.



▼ Visit by Members of the Japanese Physical Therapy Association on 9th March 2019



Professional and Research

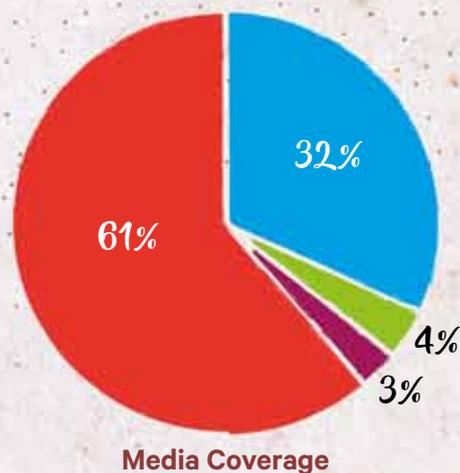
SHF's paper "Patient preferences for types of community-based cardiac rehabilitation programme" published in January 2018, caught the attention of the BMJ editors and a podcast interview was done in May 2018. The study explored our patients' preferences for different types of community cardiac rehabilitation, which showed that majority of patients (85.2%) preferred cardiac rehabilitation programmes with new group activities, support group, cash rewards, deposit and out-of-pocket cost. These patients also valued the presence of the physiotherapist more than having additional exercise equipment or monitoring equipment.

SPREADING THE *Message*

Generating Heart Health Awareness via Mass Media

SHF was featured 153 times across broadcast, print and online media platforms this year, with coverage secured across all key media outlets. The most number of coverage secured was from online platforms, which accounted for 94 of all media stories. There were 49 print articles published and 10 broadcast coverage – 6 on TV and 4 on radio. The total public relations (PR) value for the coverage secured was estimated to have an economic value of \$2,300,065.

- Online
- Print
- TV
- Radio



Creating Powerful Visual Symbols in the Fight Against CVD

In commemoration of National Heart Week/World Heart Day 2018, nine iconic buildings and landmarks in Singapore were illuminated in red from 28th to 30th September. The light-up locations included the Singapore Flyer, Maybank Tower, Millenia Tower, Suntec Singapore Convention & Exhibition Centre and Suntec City, Marina Square, OCBC Centre, Helix Bridge, Cavenagh Bridge and Ocean Financial Centre.

Members of the public were also encouraged to take a picture with any of the red lit up structures/buildings at night (with the hashtag #worldheartday), post it on social media and share how they power their hearts, to inspire others to be heart-healthy too!

Enhancing Heart Health Messaging in Cyberspace

With the advent of the Information Age and technology, the Foundation reaches out to a wider audience, especially the young, via three main channels – Facebook, Twitter & Instagram. Our social media platforms are regularly updated with interesting heart health facts and lifestyle-related articles, to cultivate more interest among our targeted audience.

These platforms helped drive traffic to the SHF website, attracting 119,044 unique visitors of which 48.7% accessed myheart.org.sg from a desktop, while 47.7% had mobile access and 3.6% browsed via a tablet. Almost 78% of visitors were from Singapore, with the rest coming from countries such as United States, Malaysia, India, Australia and the United Kingdom.



Engaging Readers with Heart Health Developments and Practical Health Tips

heartline is SHF's quarterly heart health publication. It features articles written by cardiologists, consultants, physicians, dietitians, nutritionists, physiotherapists and other healthcare professionals. Articles range from the basic functions of the heart to the prevention, management and treatment of heart diseases. We also provide the latest updates on SHF's events and activities aimed at raising public awareness about heart diseases.

With a print circulation of 11,500, *heartline* reaches out to the hospitals, clinics, community centres, schools, libraries, other voluntary welfare organisations, as well as SHF's corporate partners, donors and supporters.



Fundraising

Hearty Flag Day 2019

A total of 1,300 volunteers from all walks of life, participated in SHF's 15th Flag Day on 12th January 2019. It was a heartwarming Saturday as volunteers contributed their valuable time and efforts to help solicit funds across Singapore for a meaningful cause.

With strong support from our volunteers during the street collection as well as outright donations from individuals and corporations, a total of \$150,390 was raised. These funds will help to sustain SHF's lifesaving programmes and allow us to continue with our mission of promoting heart health in Singapore.

A big thank you to all who helped to make Flag Day 2019 a great success! SHF would also like to convey our sincere appreciation to Tote Board and Singapore Turf Club for their continued support.



Charity Cup Golf Tournament 2018

On 13th July 2018, SHF held the 17th edition of its Charity Cup Golf Tournament – with the exciting theme of “Wild Wild West” at the Singapore Island Country Club (Island Course). Guest of Honour, Mr Wong Kan Seng, Former Deputy Prime Minister, together with 120 corporate and individual donors decked out in their cowboy and cowgirl outfits, swung their clubs for a good cause. A total of \$366,991 was raised for the Foundation.

This year, we were privileged to receive the generous and continued support from our Platinum Sponsor – Tote Board, and Gold Sponsors – Cortina Watch and Lee Foundation. In addition, Daimler SEA Pte Ltd, Galaxy Insurance Consultants Pte Ltd and the Golf Organising Committee generously supported our event in the form of a Hole-In-One sponsorship.

Our deepest appreciation goes out to all our other sponsors, our Organising Committee and SHF staff for making the Charity Cup Golf Tournament yet another great success.





Direct Debit Donor Programme

The Direct Donor Debit Programme (DDDP) is designed to encourage individuals to make small donations to SHF on a regular basis to ensure a constant stream of funding, while promoting the Foundation's various programmes.

SHF has engaged Salesworks Pte Ltd/Supportworks (formerly known as Appco Pte Ltd), a third party fundraiser, to promote and help us raise much needed funds for our programmes and services through the DDDP at pre-approved venues in Singapore.

In FY2018, a total of \$9,034,398 was raised in public donations. We would like to extend our heartfelt appreciation to all our generous donors who have supported our efforts in working towards a heart-healthier nation.

Heart Support Fund

SHF has been providing financial assistance to needy heart patients via the Heart Support Fund. The Heart Support Fund offers a financial aid of up to \$20,000 to defray the cost of a mechanical heart device or heart transplant/surgery and monthly relief of \$300-\$800 for up to six months, to help patients who are unable to return to work immediately due to their heart condition or surgical procedure.

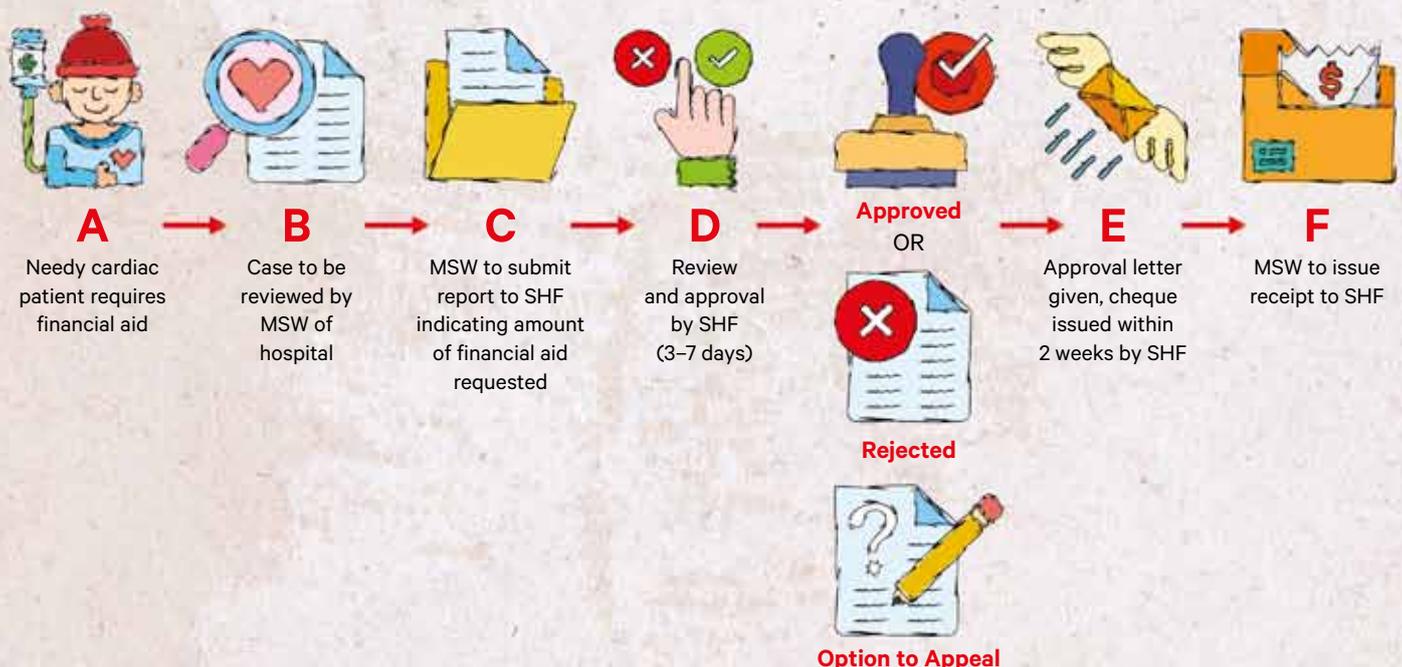
Needy heart patients in need of financial assistance may approach their hospital medical social worker (MSW), who will facilitate the application for funds by writing in to the Foundation. The application is then reviewed and decided upon by the Heart Support Fund Committee.

In FY2018, a total of \$274,446 was disbursed to needy heart patients. Some of the beneficiaries included Mr Chow Kang Thong and Mr T. Joseph Jaya. All of them are truly appreciative of the timely aid given by the Foundation.

Other areas of assistance provided by SHF include medical devices, transportation subsidy and Cabcharge card issuance to heart patients (who have to return to the hospital frequently for follow-up visits or for medication/rehabilitation purposes), which amounted to a total of \$73,224.



Heart Support Fund Application Procedure



STATEMENT OF FINANCIAL *Activities*

	1 APRIL 2018 - 31 MARCH 2019		1 APRIL 2017 - 31 MARCH 2018	
		%		%
INCOME				
Fundraising activities	12,306,272	84	10,439,425	77
Charitable activities	1,847,493	12	2,411,446	18
Governance and operating activities	3,500	-	22,821	-
Investment & Others	531,585	4	653,611	5
Total	14,688,850	100	13,527,303	100
EXPENDITURE				
Fundraising activities	2,813,061	31	2,519,950	29
Charitable activities	4,395,757	49	4,765,914	54
Governance & Operating costs	1,783,948	20	1,527,350	17
Total	8,992,766	100	8,813,214	100
Net surplus before gain / (loss) from investment	5,696,084		4,714,089	
Gain / (Loss) on disposal of investment	(426,961)		87,562	
Impairment loss on investment	-		(231,875)	
Net surplus for the year	5,269,123		4,569,776	
Fundraising Efficiency (Fundraising Expenses/Fundraising Income)	23%		24%	

SHF's Fundraising Efficiency of 23% (Current Year) and 24% (Previous Year) are well within the Commissioner of Charities' guideline of not exceeding 30%.

ANNUAL SALARY BANDS OF KEY MANAGEMENT PERSONNEL

\$200,001 to \$300,000	2	2
\$100,001 to \$200,000	2	2
\$0 to \$100,000	-	-

STATEMENT OF FINANCIAL *Position*

	31 MARCH 2019	31 MARCH 2018
ASSETS		
Property, plant & equipment	5,307,527	4,869,679
Investments	22,454,369	20,929,673
Inventories	121,563	111,966
Trade and other receivables	587,860	1,025,394
Other assets	573,667	253,850
Term deposits	17,217,923	15,588,259
Cash and bank balances	3,226,836	1,180,397
TOTAL ASSETS	49,489,745	43,959,218
FUNDS AND LIABILITIES		
Unrestricted Fund		
General fund	39,483,962	31,711,868
Infrastructure development fund	7,000,000	7,000,000
Restricted Fund		
Asia-Pacific Heart Network Fund	47,355	-
Care & Share Matching Grant	997,101	1,503,840
Edwards Lifesciences Foundation	107,624	106,496
Heart Wellness Centre	45,045	-
AEDs In Bukit Gombak	48,716	-
National Council of Social Service (NCSS) – VWOs-Charities Capability Fund	10,200	-
Temasek Cares Fund	252,475	252,475
Other Reserves	-	2,148,676
TOTAL FUNDS	47,992,478	42,723,355
TOTAL LIABILITIES	1,497,267	1,235,863
TOTAL FUNDS AND LIABILITIES	49,489,745	43,959,218

All board members and staff are prohibited to engage in any activities that directly or indirectly compete or conflict with SHF's interest. At the start of each financial year, all board members and staff are required to make a Personal/Vested Interest Declaration.

The above is a summary of the audited accounts by RSM Chio Lim LLP.

RESERVE *Policy*

The SHF has a Reserve Policy to provide clarity in the Foundation's management of reserves. The reserve is an unrestricted fund balance set aside for unexpected events, loss of funding or income and large unbudgeted expenses. The policy applies to that part of the Foundation's income funds that are freely available for its operating purposes. It excludes endowment, restricted and designated funds. It is the intention of the Board of Directors to ensure that the level of reserves is adequate to sustain SHF for a period of at least three years, with enough time to build an alternative source of income.

For more information on SHF's Reserve Policy, please refer to Note 21 (page 39) of the SHF's Financial Statements.

SHF's Reserves Position

	Current Year	Previous Year
(A) Unrestricted General Funds (Reserves)	39,483,962	33,860,544
(B) Annual Operating Expenditure	8,367,588	8,215,724
Ratio of Reserves [Formula of Reserve Ratio = (A) Total Unrestricted General Fund / (B) Annual Operating Expenditure]	4.7:1	4.1:1



CORPORATE *Governance*

The Singapore Heart Foundation (SHF) was established on 14th January 1970, governed by its Constitution and set up under its parent ministry, the Ministry of Health (MOH). The Foundation is also a Charity and Institution of a Public Character (IPC), registered under the Charities Act, Cap 37. As a large IPC, SHF complies with the guidelines for Basic, Intermediate, Enhanced and Advanced tiers of the Code of Governance issued by the Charity Council. SHF's Governance Evaluation Checklist for the period of 1st April 2018 to 31st March 2019 can be viewed via the Charity Portal at www.charities.gov.sg.

Board Governance

The Board of Directors acts in the best interests of the SHF and its donors to fulfil its mission of promoting heart health, preventing and reducing disability and death due to cardiovascular disease and stroke.

No Board member holds a staff appointment and staff do not chair the Board. The SHF sets a maximum term limit of four consecutive years for the Treasurer. Board members who have served on the Board for over ten years, remain because they contribute in areas of their expertise actively. Regular self-evaluation is conducted to assess the Board's performances. In FY2018, there were five Board meetings, with an attendance rate of each director ranging from 65% to 76%. All meetings were chaired by a director, not an employee.

The Board strives to ensure that Board members as a group have core competencies in areas such as medicine, accounting & finance, law & management and that it incorporates a degree of diversity. All Board members must be independent and not have any family, employment, business and other relationships with SHF, any related companies or their officers that could interfere, or be reasonably perceived to interfere, with the exercise of the Board member's independent judgement made in the best interests of SHF and its donors. The SHF has committees with clearly documented terms of reference. These committees provide oversight in the following areas - Community Education, Fundraising, Cardiac Rehabilitation, Research, Heart Support Fund for needy patients and their families, Finance, Governance & Audit, PR & Communications, Human Resource, Schools Programme and Heart Safe. The committees report to the Board regularly.

SHF has various committees to assist the Board in covering key areas of management and improve oversight of management and accountability to stakeholders.

Strategic Planning

The Board reviews and approves the vision and mission of SHF. They are documented and communicated to its members and the public. Annual strategic planning meetings are conducted to review the strategic plans for SHF, to ensure that programmes and activities are in line with its objectives.

Conflict of Interest

There are documented procedures for Board members and staff to declare actual or potential conflicts of interest. Board members and staff are expected to avoid actual and perceived conflicts of interest, where they have personal interest in business transactions or contracts that SHF may enter into, or have vested interest in other organisations that SHF has dealings with. They are expected to declare such interests as soon as possible, abstain from decision-making and not vote or participate in matters where they have a conflict of interest.

Number of Committee Meetings Held in FY2018



Community Education

- **National Heart Week/ World Heart Day** - 2
Attendance Rate: 71% to 86%
- **Go Red for Women** - 1
Attendance Rate: 100%



Fundraising

- **Charity Cup** - 3
Attendance Rate: 55% to 67%
- **Fundraising** - 1
Attendance Rate: 100%



Cardiac Rehabilitation/Heart Wellness Centre/ Heart Health Hub

- **Heart Wellness Centre** - 1
Attendance Rate: 71%



PR & Communications

- **Editorial** - 1
Attendance Rate: 75%



Finance/Investment

- **Finance** - 4
Attendance Rate: 60% to 100%
- **Investment** - 4
Attendance Rate: 60% to 100%
- **Governance and Audit** - 3
Attendance Rate: 50% to 100%



Schools Programme

- **Community Outreach** - 1
Attendance Rate: 89%



Human Resource

- **Human Resource** - 1
Attendance Rate: 100%

Human Resource Management

The Board approves the documented human resource policy of SHF. The Human Resource Committee exercises policy oversight of the human resource matters in SHF and ensures that there are systems for regular supervision, appraisal, professional development of staff and also procedures to address grievances and resolve conflicts.

Financial Management and Controls

The Board ensures that adequate internal controls for financial matters are in place and reviews its financial & procurement policies, procedures, processes, key programmes and events to ensure that there are adequate resources for the operations and programmes of SHF and that such resources are effectively and efficiently managed. There are also processes in place to ensure that SHF complies with all applicable laws, rules and regulations.

The Finance Committee reviews the financial policies and procedures of SHF and makes recommendations to the Board for its approval. It also reviews the Foundation's financial performance and annual budget of operating & capital expenditure for the Board's approval. The committee ensures that SHF is in compliance with requirements in Financial Reporting Standards (FRS), the Recommended Accounting Practices for Charities (RAP 6) and the Code of Governance for Charities and IPCs.

The Governance and Audit Committee (GAC)'s primary function is to assist the Board in fulfilling oversight and fiduciary responsibilities to act in the interest of SHF's donors and stakeholders. The committee reviews the efficiency and effectiveness of SHF's material internal controls, including operational and compliance control, risk management and adherence evaluation, ascertaining the adequacy of SHF's corporate governance, policy and procedures and the extent of adherence thereto.

To fulfil its aforementioned responsibilities, the GAC has full access to and the cooperation of the SHF's management team; it also has direct access to external and internal auditors investigating any matter within the GAC's terms of reference. The GAC reviews and approves the audit plans of external and internal auditors to ensure that sufficient resources are allocated to address key business risk areas. Internal controls (both operational and compliance), as well as business and financial risk management policies, are regularly reviewed for their efficacy.

These reviews which may be carried out by external and/or internal auditors, are conducted at least once annually. The GAC appraises and reports these audits to the Board, advising the Board on the adequacy of disclosure of information, as well as the appropriateness and quality of the system of management and internal controls.

The SHF adopts a strategic Enterprise Risk Management (ERM) process that includes an annual analysis of its top-tier risks. These are identified and assessed against the SHF's risk appetite. In FY2018, SHF's top-tier risks were identified to be in the areas of strategy, operations, finance and compliance, all categorising as medium risks. With the support of Risk Owners, the ERM Committee plays a critical role in managing the organisation's risks. Controls are updated regularly to ensure that they appropriately address the top-tier risks. Half yearly risk monitoring reviews are conducted and reported to the GAC.

Additionally, the GAC will attend to all whistle-blowing feedback, seeing to their prompt investigation and follow-up by the management team. In FY2018, no whistle-blowing feedback was reported. The whistle-blowing policy aims to provide an avenue for stakeholders to raise genuine concerns relating to any aspect of SHF's operations, including serious breaches of the code of conduct by employees. Stakeholders may write in to auditchairman@heart.org.sg.

Day-to-day management of SHF is delegated by the Board to the management team headed by the Chief Executive Officer (CEO).

The Investment Committee manages SHF's funds with care, skill, prudence and diligence, and for the sole interest of the beneficiaries of the funds. The Investment Committee makes recommendations for approval by the Board. To meet the investment objectives of SHF, qualified external fund managers are engaged to implement the investment policy. The committee also monitors and assesses the performance of the appointed external fund managers, reports to the Board on the investment performance of funds and advises on matters relating to investment administration.

Fundraising Practices

The SHF has in place processes and practices to ensure that all fundraising activities are honest, ethical and uphold the public's confidence in fundraising and charities. The Board ensures that all materials used for fundraising contain relevant and accurate information and do not contain any misrepresentation or material omission. SHF ensures that funds and donations are used in accordance with donors' intentions and the specific purpose as communicated when soliciting for donations. Processes are in place to ensure that donors' confidentiality is respected. Any information or records of donors are kept strictly confidential at all times.

Disclosure and Transparency

The SHF makes available to its stakeholders an annual report that includes information on its programmes, activities, audited financial statements, Board members and executive management.

All Board members serve on a voluntary basis and are not remunerated for their services.

No staff is involved in setting his or her own remuneration. The Human Resource Committee reviews and approves employee compensation and benefit packages, including the performance bonus recommended by the management.

The Foundation discloses in its annual report the annual remuneration of its key management staff, who receive remuneration in bands of \$100,000.

Public Image

The SHF is committed to lawful and ethical behaviour in all its activities and requires that Board members and employees conduct themselves in a manner that complies with all applicable laws, regulations & internal policies. They should also uphold the core values of SHF and accurately portray its image to the Foundation's members, donors and the public.

Personal Data Protection Act

In compliance with the Personal Data Protection Act 2012, SHF will not share any personal details with a third party without one's consent, and all personal data is kept strictly confidential.

To read more about our Privacy Policy, scan this QR code





On behalf of our beneficiaries, SHF would like to thank all donors, sponsors and supporters for their unwavering support and generous donations!

\$200,000 and Above

Direct Donor Debit Programme Donors

\$50,000 – \$199,999

Edwards Lifesciences Foundation
Omron Healthcare Singapore Pte Ltd
Singapore Totalisator Board

\$10,000 – \$49,999

Amgen Asia Holding Limited
Chew How Teck Foundation
Cortina Watch Pte Ltd
D. S. Brown Singapore Pte Ltd
F & N Foods Pte Ltd
Federal Oats Mills Sdn Bhd
Hong Leong Foundation
Lee Foundation
Malaysia Dairy Industries Pte Ltd
Manulife (Singapore) Pte Ltd
National Council of Social Service (NCSS)
Nestlé Singapore (Pte) Ltd
Ong Foundation
Philips Electronics Singapore Pte Ltd
Subway Systems Singapore Pte Ltd
Thong Teck Sian Tong Lian Sin Sia

\$5,000 – \$9,999

Arie Darma Enterprises (S) Pte Ltd
BDO LLP
Ho Bee Foundation
Kwan Im Thong Hood Cho Temple
Loyang Tua Pek Kong
Paya Lebar Methodist Girls' School (Pri)
Pei Hwa Foundation Limited
RSM Chio Lim LLP
Tian Teck Investment Holding Co Pte Ltd

Note: Due to the Personal Data Protection Act 2012 (PDPA), individual donors have not been named.



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