



Singapore
Heart
Foundation
Your Heart We Care

**ANNUAL
REPORT
2016**



Community

Precaution

Heart Health

Awareness

Innovation

Care & Share

Motivating the Public

Healthy Lifestyle

CONTENTS

- 01 Our Council & Board of Directors
- 02 Chairman's Message
- 03 主席寄语
- 04 Organisation Chart
- 06 Management & Staff
- 08 Educating & Empowering
- 15 Advocating Life-Saving Skills
- 20 Improving Hearts
- 23 Spreading the Message
- 24 Helping Hands
- 26 Financial Sustainability
- 27 Corporate Governance

OUR COUNCIL & 46th BOARD OF DIRECTORS



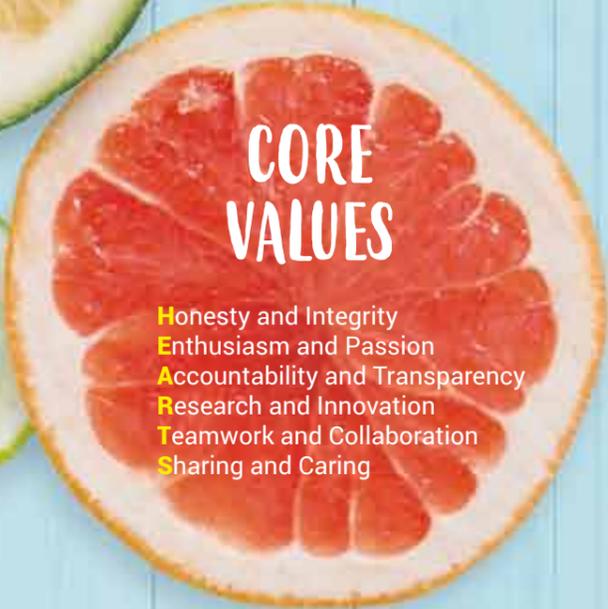
VISION

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 diseases and stroke



CORE VALUES

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



PATRON
ESM Goh Chok Tong

NATIONAL HEART COUNCIL
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Dr Richard Hu
Vice Presidents
Mr Sat Pal Khattar
Mr Shaw Vee Meng

HONORARY ADVISORS
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Mr Liak Teng Lit
Mr Lim Soon Hock
A/Prof Lim Yean Teng
Dr Lily Neo
Mr Tan Kin Lian
Mr Wong Yew Meng



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Chairman
Adj Prof Terrance Chua



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Member
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Member
Prof May Lwin



Member
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Member
Mr Peter Sim



Member
Dr C Sivathanan

CHAIRMAN'S MESSAGE

Each and every time I see a patient, I think about that patient's life and all the family, friends, colleagues and others who are touched by that life. Our work to promote heart health is truly an honour and a privilege, for life is so very precious.

Evidence-based studies have expounded the benefits of rehabilitation in the recovery of heart patients. As a patient-focused and patient-centric service provider, SHF's Heart Wellness Centres endeavour to make a difference in the lives of our patients through our rehabilitation services that entails lifelong lifestyle modifications. We envisage an overall improvement to the patients' quality of life and assist our patients to manage their risk factors, so as to reduce the risk of future cardiac events.

In 2016, cardiovascular disease (CVD) which includes heart disease and stroke, accounted for 29.5% of all deaths in Singapore. This means that nearly 1 out of 3 deaths is due to cardiovascular disease, making it one of the top 2 killers in the nation. CVD is the world's number one killer and each year, it is responsible for 17.3 million premature deaths.

In many countries, cost has often been cited as one of the barriers to receiving prompt cardiac rehabilitation. Affordability is so important, because offering the best care would mean nothing, if people cannot afford to access it. Thankfully, with the generosity of supportive long-term donors, the Foundation is able to offer heavily subsidised rehabilitation to all patients. Our patients pay only \$4 per session, which is a 17 times subsidy by SHF.

Through our Heart Support Fund, we reach out our helping hands to people with limited means, in the form of financial assistance to defray the cost of a mechanical heart device, heart transplant or surgery. Our Emergency Relief Fund also provides a monthly sum for those with income loss following a heart transplant or surgery, to tide them over for the time being.

In these modern times, innovations in digital technology have led to the introduction of new products and services that were previously unimaginable; telerehabilitation may become more commonplace in the future. We are in an era of change, and every change is an opportunity. As the saying goes, "Change is the only constant".

In February 2017, SHF started the first highly subsidised home-based cardiac rehabilitation at only \$10 per session. This is to ensure that all cardiac patients in Singapore have an equal opportunity and access to participate in rehabilitation. The programme provides an avenue for frail and elderly patients to exercise comfortably and safely in a familiar environment.

With a customised home-based exercise regime, patients are empowered to be independent in performing the exercises at home. Family members and caregivers also play an important role in the rehabilitation process, as they are able to actively assist their loved ones. In addition, patients and their family members/caregivers are educated on the importance of regular physical activity and how to maintain their own heart health.

Our patients remain at the heart of all that we do, and we are constantly looking at ways to improve safety, quality and the patient experience. We know that people trust us with their lives and their loved ones' lives, and that is a responsibility which we never take lightly. As we continue to help people live longer, better and the healthiest lives possible, we are grateful for the feedback and encouragement that our beneficiaries and community have given us.

The fight against CVD continues to gain momentum. It is time to step up, make a stand and take action to beat heart diseases together!

Adjunct Professor Terrance Chua
Chairman, Board of Directors

主席寄语

每当我就一位心脏病患者，我就会联想到他的人生，他的亲朋好友、工作伙伴和他接触过的人。生命可贵，能推动心脏健康让我们感觉无比荣耀。

临床研究已证明康复护理对心脏病患者的好处。作为一个处处以服务患者为宗旨的机构，我们的SHF心脏健康中心通过康复服务，提升他们的生活质量，协助他们改变生活方式，管理其风险因素，从而降低再患风险，让他们终身受益。

2016年，死于心血管疾病(包括心脏病和中风)的新加坡人为总死亡人数的29.5%。这意味着近三分之一的死因都与心血管病有关，是我国最致命的2种死因之一。心血管疾病也是世界的头号杀手，每年导致1730万人过早死亡。

在许多国家，医疗费用被视为患者及时接受心脏康复治疗障碍之一。支付能力非常重要，如果人们付不起医疗费，再好的护理也发挥不了作用。庆幸的是，在赞助者的不懈支持下，基金会得以向所有患者提供有大量津贴的服务。我们的患者每次只需付4元，实际成本是此数的17倍。

通过心脏赞助基金，我们向收入拮据的患者伸出援手，承担其购置心脏机械设备、心脏移植或手术的费用。我们的紧急救援基金也为在心脏手术后而减少收入的患者提供每月补贴，帮助他们暂渡难关。

如今，数字技术创新为我们带来了意想不到的全新产品和服务；远程康复可能在未来变得更普遍。我们正处在一个变革的时代，每一次变革都是一次机遇。正所谓“唯一的不变就是变化本身”。

2017年2月，SHF开始了第一个高补贴的“家居心脏康复疗程”，每次只需10元。这让新加坡的心脏病患者都有平等的机会参与康复护理，亦使年迈体弱者可在熟悉的环境中舒适安全地锻炼。

借助量身订制的家居锻炼计划，患者可以在家独立锻炼。此外，在该计划下，患者及其家庭成员/护理人员能了解定期锻炼身体以及如何维持自身的心脏健康。家庭成员和护理人员对患者的康复非常重要，因为他们能够积极协助自己所爱的人。

患者始终是我们的工作核心。因此我们不断地寻找提升患者安全和体验的方法。大众将他们和他们所爱的人的生命托付给我们，这是我们不能掉以轻心的重任。我们始终致力于帮助人们延年益寿、活得更好和更健康，同时我们也感谢受益人和社区给予的反馈和鼓励。

对抗心血管疾病的势头已起，让我们更加努力，齐心战胜它们！

蔡翔仁 客座教授
董事会主席

Photo: National Heart Centre Singapore



4

ORGANISATION CHART

5

DEPARTMENTS & COMMITTEES



Community Education (Icon: Group of people)

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

Fundraising (Icon: Money jar)

- Charity Cup

Cardiac Rehabilitation/ Heart Wellness Centre/ Heart Health Hub (Icon: Hospital building)

- Professional & Research
- Heart Support Fund

PR & Communications (Icon: Megaphone)

- Editorial
- PR & Media

Heart Safe (Icon: Hands holding a heart)

- Training
- R-AEDi Initiative
- Restart A Heart

Finance/ Investment (Icon: Bar chart)

- Finance
- Investment
- Governance & Audit

School Programmes (Icon: Books)

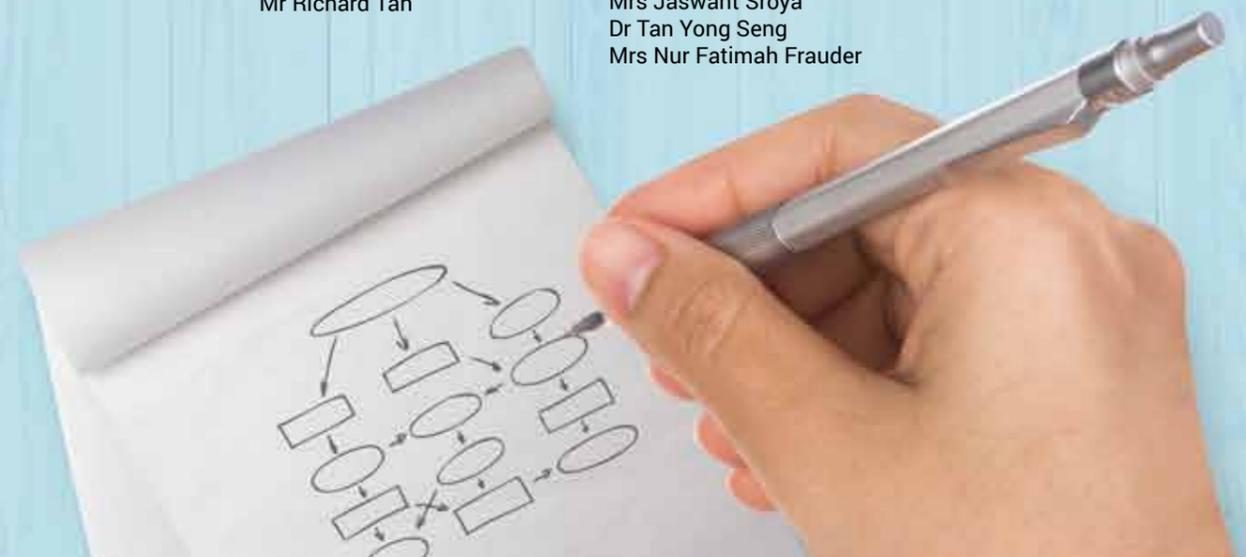
- Community Outreach
- Fitness & Nutrition

Human Resource (Icon: People icons)

- Human Resource

COMMITTEE MEMBERS

Community Education	Fundraising	Cardiac Rehabilitation/ Heart Wellness Centre/ Heart Health Hub	PR & Communications	Heart Safe	Finance/Investment	School Programmes	Human Resource
Chairperson Dr Chee Tek Siong	Chairperson Mr Goh Chiew Seng	Chairperson Prof Tan Huay Cheem	Editorial Editor Mr Patrick Deroose	Chairperson Prof V Anantharaman	Chairperson Mr Chong Chou Yuen	Chairperson Mrs Regina Lee	Chairperson Prof Tan Huay Cheem
Vice Chairperson Dr Tan Yong Seng	Charity Cup Chairperson Mr Peter Sim	Members Ms Chan Siok Tian Dr Raymond Wong Dr Peter Ting A/Prof David Foo Chee Guan	Members Adj Prof Terrance Chua Dr Chee Tek Siong Dr C Sivathanan	Co-Chairperson Dr Chee Tek Siong	Members Adj Prof Terrance Chua Ms Tan Lee-Chew Mrs Elsie Foh Ms Alicia Foo	Member Mr Goh Chiew Seng	Ex-Officio Adj Prof Terrance Chua
Ex-Officio Adj Prof Terrance Chua Dr Low Lip Ping	Co-Chairperson Dr Low Lip Ping	Professional & Research Chairperson A/Prof Tai E Shyong	PR & Media Chairperson Mr Chong Chou Yuen	Honorary Advisor Dr Fatimah Lateef	Governance & Audit Chairperson Mrs Elsie Foh	Community Outreach Chairperson Mr Goh Chiew Seng	Members Mr Goh Chiew Seng Mdm Koh Teck Siew Mr Peter Sim
Members Ms Tan Lee-Chew Mr Goh Chiew Seng Ms Joanne Yap	Members Mr Joe Chan Mr Chong Chou Yuen Mr Goh Chiew Seng Mr Jimmy Goh Mrs Lam Lian Suan Ms Tan Lee-Chew Mr Eric Teoh Mr Melvin Yap	Members Dr Reginald Liew Dr Rohit Khurana A/Prof Mark Chan Adj Prof Terrance Chua Prof May Lwin A/Prof Lim Toon Wei A/Prof Lim Yee Wei	Member Mr Goh Chiew Seng	Ex-Officio Adj Prof Terrance Chua	Chairperson Mrs Elsie Foh	Members Dr Chee Tek Siong Mdm Koh Teck Siew Prof May Lwin Ms Shelly Malik Dr Mak Koon Hou Mrs Jaswant Sroya Dr Tan Yong Seng Mrs Nur Fatimah Frauder	
National Heart Week/ World Heart Day Chairperson Dr Tan Yong Seng		Heart Support Fund Chairperson Dr Goh Ping Ping		Member A/Prof Lim Swee Han	Members Adj Prof Terrance Chua Mr Chong Chou Yuen Mr Richard Tan		
Members Adj Prof Terrance Chua Dr Low Lip Ping Mr Goh Chiew Seng Mrs Regina Lee Dr Mak Koon Hou Dr Chee Tek Siong		Members A/Prof Wong Keng Yean Dr Lim Chong Hee Dr Tan Ju Le Mrs Lee Lay Beng Ms Genevieve Wong					
Go Red For Women Chairperson & Spokesperson Dr Goh Ping Ping							



MANAGEMENT & STAFF

MANAGEMENT, ADMINISTRATION & HR

1. **Mr Vernon Kang**
Chief Executive Officer
2. **Ms Jeslin Sin**
Director
3. **Ms Natalie Tang**
Executive Officer

COMMUNITY EDUCATION

4. **Ms Charlotte Ong**
Assistant Manager
5. **Ms Linda Wee**
Assistant Manager

DARE PROGRAMME

6. **Ms Cassandra Lim**
Assistant Manager
7. **Ms Carine Yew**
Executive Officer

FINANCE

8. **Mr Desmond San**
Senior Manager
(Finance & Procurement),
Acting Senior Manager
(HR & Admin)
9. **Ms Amy Leong**
Deputy Manager
10. **Ms Hazel Yeong**
Assistant Manager
11. **Ms Karen Tan**
Senior Executive
(Finance, HR & Admin)
12. **Ms Kelly Goh**
Senior Executive
(Finance & Admin)
13. **Ms May Lee**
Senior Executive Officer
14. **Mr Wong Ghee Wei**
Senior Executive Officer

FITNESS & NUTRITION

15. **Ms Toh Yun Xuan**
Senior Nutritionist
16. **Mr Lim Kiat**
Senior Nutritionist

FUNDRAISING

17. **Ms Levarill Chng**
Assistant Manager
(Fundraising & Volunteer
Management)
18. **Ms Tan Li Hao**
Executive Officer

HEART SAFE

19. **Ms Denise Ng**
Assistant Manager
20. **Mr Hidayat Razak**
Senior Executive Officer
21. **Mr Jerry Song**
Senior Executive Officer
22. **Mr Toh Boon Cheong**
Senior Executive Officer

HEART WELLNESS CENTRE & HEART HEALTH HUB

23. **Mr Tay Hung Yong**
Principal Physiotherapist
& Manager
24. **Ms Cindy Lim**
Senior Physiotherapist
25. **Mr Steve Loke**
Senior Physiotherapist
26. **Ms Jacqueline Leong**
Manager
27. **Ms Ann Loh**
Assistant Manager
28. **Ms Eileen Lee**
Nurse Educator
29. **Ms Joanne Low**
Executive Officer
30. **Ms Stella Goh**
Executive Officer
31. **Mr Philip Tay**
Therapy Assistant
32. **Mr Wong Wei Hao**
Therapy Assistant

PR & COMMUNICATIONS

33. **Ms Stephanie Ho**
Senior Manager
34. **Ms Mabel Tang**
Senior Executive Officer

R-AEDI INITIATIVE

35. **Ms Florence Tay**
Manager (Finance & Marketing)
36. **Ms Joanne Su**
Executive Officer (Marketing)
37. **Mr Ray Lee**
Executive Officer (AED Audit)
38. **Mr Aloysius Lim**
Operations Executive
39. **Mr Seet Dong Jin**
Operations Executive

SCHOOL PROGRAMMES

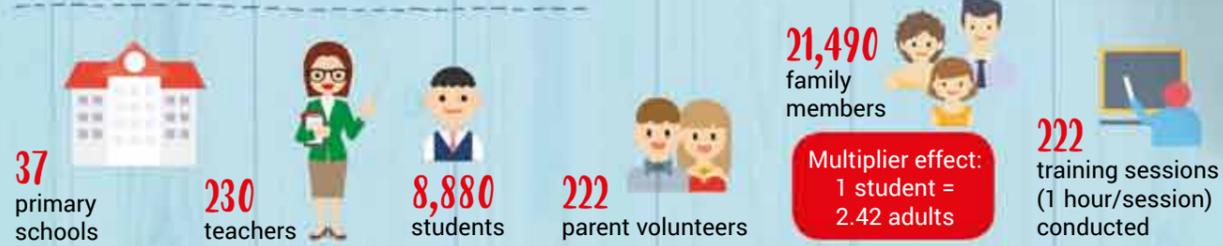
40. **Ms Grace Chen**
Assistant Manager
41. **Mr Tan Ter Soon**
Executive Officer



BP INITIATIVE @ SCHOOLS

The 1-hour workshop, catered for Primary 5 students, consists of an awareness talk and a practical session to learn how to use a blood pressure (BP) monitor. Each student will bring a BP monitor home on loan for one day, to take the BP measurements of their adult family members and share the newly acquired knowledge with them. Upon completion of the workshop, students will become Junior BP Ambassadors to further stimulate their interest in promoting good heart health among their peers.

Overall Participant Profile for FY2016



Survey Questionnaire Results: Students' Knowledge on High Blood Pressure

Questions	Percentage (%) of students who agreed	
	Pre-programme	Post-programme
The normal blood pressure level is less than 130/80 mmHg.	61.5%	90.4%
High salt intake can contribute to high blood pressure.	57.1%	88.4%
Heart attack and stroke are complications of high blood pressure.	59.6%	82.2%

Average increase of 27.6% in students, who have shown a better understanding of high blood pressure

Survey Questionnaire Results: Family Members' Responses

Questions	Percentage (%) of family members who agreed
Having my BP checked and recorded, has increased my awareness of the healthy BP level.	77.5%
This is a useful project for school children.	83.4%

Anchorvale Community Outreach by Junior BP Ambassadors

On 22nd September 2016, Junior BP Ambassadors (Primary 4 students) from Anchor Green Primary School conducted BP measurements for 220 Anchorvale residents at Sengkang Sports Centre. In addition, the residents were educated on high blood pressure, so that they could take charge of their own heart health.



"By encouraging blood pressure checks in the young, we inculcate a good habit of self-awareness and responsibility for their own health, which will benefit them as they grow up."

Ms Low Yen Ling,
Senior Parliamentary Secretary,
Ministry of Education & Ministry
of Trade and Industry, Mayor of
South West District.



BP Initiative @ Schools Carnival 2017

On 25th February 2017, close to 300 Primary 5 students from 9 primary schools in the west zone, gathered at Juying Primary School to participate in the BP Initiative @ Schools Carnival. Junior BP Ambassadors from Juying Primary School, led the practical session by coaching participating students on how to measure their BP properly. Other highlights included an informative blood pressure talk, a nutrition talk and outdoor activities such as the SHF's MEGA Heart Exhibition and heart health games.

Social Robots to Enhance Interactivity

Robots have increasingly become a part of everyday life, and often incite curiosity from children. Seeing that robots can be a valuable tool to engage children and impart health messages more effectively, SHF signed a research collaboration agreement with the Nanyang Technological University, to explore the use of social robots to enhance the interactivity of the BP Initiative @ Schools programme. The pilot test of the social robots will take place in the third or fourth quarter of 2017.

'BP Matters' Mobile Application

In collaboration with the Nanyang Polytechnic - School of Information Technology, a new mobile application named 'BP Matters' was developed and launched on National Heart Week/World Heart Day on 1st October 2016. The app aims to help hypertensive users and those at risk, to monitor and record their BP regularly, as well as to set reminders for scheduled medications. The app also displays comprehensive charts to track BP patterns over a period of time, and users can e-mail this information to their doctors. Another key feature of the app includes daily health tips to educate users about blood pressure. 'BP Matters' is free to download and as of March 2017, there were a total of 1,647 downloads from iOS and Android devices.



Scan here to install the app

For iOS devices:



For Android devices:



COMMUNITY EDUCATION



Go Red for Women (GRFW)

♥ Partnership with PAZZION

In an effort to raise awareness for the GRFW campaign, PAZZION (owned and managed by Barcode Marketing Pte Ltd) collaborated with SHF and designed a limited edition tote bag, available for sale at \$56 each in all their physical and online stores, from 29th April to 31st May 2016. 50% of the net proceeds from the sale of the bags amounted to a total donation of \$2,300. Each purchase came with a women's heart health brochure and a red dress pin, to educate female customers on the GRFW campaign.



♥ Pledge Your Heart Walk 2016

Held on 26th June 2016 at the scenic Marina Bay Waterfront Promenade, the 3.5km family-friendly walk focused on encouraging women both young and old, to take charge of their heart health.

Ms Low Yen Ling (Parliamentary Secretary, Ministry of Education & Ministry of Trade and Industry, Mayor of the South West District) was our Guest of Honour and Mr Bryan Wong (Celebrity ambassador for Nestlé Omega Plus Acticol) made a special guest appearance.

More than 1,600 participants turned up in their event pledge tees and there were basic health screenings and a *Zumba for Heart* dance workout as well.

♥ Go Red for Women Survey 2016

SHF conducted another *Go Red for Women Survey* to find out the awareness level of cardiovascular disease, as well as behavioural changes to reduce one's risk. 1,000 female Singaporean and Permanent Residents, aged 21 to 64 years old were surveyed and the findings were announced during the *Pledge Your Heart Walk 2016* event.



GRFW 2016 SURVEY FINDINGS



Only **10%** of respondents were aware that cardiovascular disease is the leading cause of death for Singaporean women and **51%** of respondents aged 21-34 years old believed they are not at risk for heart diseases.



56% and **43%** of respondents were aware that chest pain and shortness of breath are the warning symptoms of a heart attack.



Healthy awareness (**96%**) that exercise prevents or reduces the risk of heart diseases, with **8 out of 10** women engaged in at least some form of moderate exercise weekly.

♥ Edwards Lifesciences GRFW Celebration

Once again, Edwards Lifesciences (Singapore) Pte Ltd supported the GRFW campaign for the fifth year running through sales of SHF merchandise in their office compound, and promoted awareness of cardiovascular disease among their staff as well. A total of \$3,759 was collected from this fundraising effort.

Edwards' Family Day 2016: Shine with Edwards

For the 3rd consecutive year, SHF partnered with Edwards Lifesciences (Singapore) Pte Ltd on their annual family day to promote an active lifestyle away from work and also to encourage family bonding. The event titled "Edwards' Family Day 2016: Shine with Edwards", took place at the Sentosa Palawan Beach on 17th September 2016 and saw over 1,500 participating employees and their families. Besides having a mass workout, there were also sports games, charity booths and interactive carnival games for all to have some fun. SHF participated in the event by conducting blood pressure screenings, as well as selling some of our exclusive merchandise to raise funds. Together with received donations, a total of \$4,542 was raised from the event.



National Heart Week/World Heart Day 2016

SHF celebrated the annual National Heart Week/World Heart Day event on 1st October 2016 at the Hard Court next to Yishun MRT. Centered on the theme of 'Power Your Life', the carnival saw an attendance of 3,000 members of the public, as a line-up of family-friendly activities was planned to heighten public awareness of cardiovascular disease risk factors, and how to make the right choices for their hearts.

We were honoured to have Associate Professor Muhammad Faishal Ibrahim, Senior Parliamentary Secretary, Ministry of Education & Ministry of Social and Family Development, MP for Nee Soon GRC, who graced the event and launched the 'BP Matters' application (*read more on page 9*).



It was a fun-filled day, lined up with educational and interactive activities such as the *Hearty MasterChef Challenge*, where participants whipped up nutritious and delicious meals within a time limit. Blood pressure monitor stations and a 'Know Your Numbers' photo wall were set up for members of the public to measure their blood pressure (BP), take a photo with their BP numbers and make a pledge to keep their blood pressure readings healthy.

To get heart rates pumping, *Zumba for Heart* and chair aerobics sessions were organised to reinforce the importance of exercising regularly, in the fight to combat hypertension and heart diseases.

In addition, as excessive salt intake has been suggested to increase one's risk towards hypertension (a common condition that affects one in four adult Singaporeans), the 'Salt taste test: Are you salty?' enabled participants to measure their salt sensitivity at three different concentrations.

Other highlights at the carnival included a cardiac risk assessment screening, CPR+AED certification course, heart health quizzes, nutri-educational exhibition, as well as the myResponder (R-AEDi) app and Dispatcher-Assisted first REsponder (DARE) booths (*read more on page 15*).

Lastly, to show how healthy food can be delicious at the same time, there were also live cooking demonstrations by:

- ♥ Celebrity Chef Martin Yeo, who whipped up chicken fingers using Captain Oats
- ♥ Celebrity Chef Rayner, who used the Philips Airfryer to dish up Chicken Yakitori and Mediterranean Salmon en Papillote



Health Screenings & Roadshows

In FY2016, SHF worked with various organisations, namely Hewlett Packard Singapore and James Cook University to conduct basic health screening roadshows at their premises. Through these roadshows, we encouraged laypersons to take the first step towards better heart health. Occasionally, we are also invited to set up educational booths at public roadshows, such as the NUS Yong Loo Lin School of Medicine Public Health Service in Clementi, from 8th to 9th October 2016.



Educational Talks

Atrial Fibrillation (AF) is one of the most common heart rhythm disorder affecting millions around the world and statistics have suggested that the prevalence of AF in Singapore is about 1.5%, which is expected to increase with an aging Asian population. Hence, in recognition of the expected epidemic of AF in Asia, the Asia Pacific Heart Rhythm Society collaborated with SHF and the Singapore Cardiac Society, to host a public forum in efforts to raise awareness of this condition in Singapore.

Held at The Joyden Hall @ Bugis+ on 2nd July 2016, the public forum was titled "Irregular Heartbeat Matters". Sessions were held in English and Mandarin, where experts weighed in on the condition, risk factors, symptoms, related complications and preventive measures. We were honoured to have Dr Lam Pin Min, Senior Minister of State, Ministry of Health as the Guest of Honour, alongside a total of 500 participants. The highlight of the event was the 'Ask the Expert' session, where the panel of guest speakers addressed questions from the floor. At the end of the event, all participants were treated to light refreshments and went home with a CPR 3A Kit (worth \$60) each.

NUTRITION EDUCATION

♥ Cooking Demonstrations, Talks & Workshops

Nutrition talks, cooking demonstrations and hands-on workshops are regularly conducted at the Heart Wellness Centre @ Bishan Junction 8, the Heart Health Hub @ Fortune Centre, and on-site (in schools, community centres, senior activity centres and corporate companies, such as Kuehne+Nagel Pte Ltd, Aviva Pte Ltd Singapore and PropertyGuru Pte Ltd).

New topics include "Spice Up Your Life with Healthy Swaps" and "Healthy Habits, Healthier Weight". Feedback forms are gathered at the end of each session and overall, 91.6% of participants were satisfied with the programme structure - an improvement of 3.6% from FY2015.

"Such educational talks will not only help to promote good health, but also decrease our risk of falling sick. After attending the talk, I hope that more housewives will cook for their families instead of dining out frequently."

Ms Kwan Yue Tong,
Member of Casa Clementi Resident Committee

♥ 1:1 Nutrition Counselling

Personalised nutrition counselling sessions are conducted for SHF clients and members of the public, to provide tailored dietary advice for individuals to achieve a healthier well-being. In FY2016, a total of 225 clients attended the nutrition counselling sessions.

Step Up For Health!

Conducted biweekly in 2016, *Step Up For Health!* consisted of structured interactive nutrition workshops, hands-on cooking demonstrations and a farm tour. Pedometers were given to each participant to encourage physical activity. From January to December 2016, a total of 172 participants were recruited and a post-programme survey was conducted to evaluate the effectiveness of the programme.



Average daily steps:
14,052



91% overall satisfaction with the programme



99% changed their lifestyle habits (e.g. walked longer distances and increased other forms of exercise)



97% changed their dietary habits (e.g. consumed less sweetened drinks, deep-fried food and increased intake of fruits)

"Step Up for Health! is great! I have never walked so much in many years and I am glad to have signed up for this programme with my mum."

Mr Jeremy Ho,
Step Up for Health! Participant
(June 2016 cycle)

Post-programme review after 6 months

- 95% sustained their dietary changes made after completing the programme, which included:
 - Eating less hawker fare and more home-cooked food
 - Replacing fried food with cereal for breakfast
- 90% sustained their lifestyle changes made after completing the programme, which included:
 - Walking daily and aiming to walk at least 12,000 steps per day, while doing cardio and strength exercises on most days
 - Walking more and climbing the stairs, instead of using the lifts



F.U.N (Food/Fitness and Understanding Nutrition) Specialists

F.U.N (Food/Fitness and Understanding Nutrition) Specialists is an 8-week programme that focuses on the importance of healthy eating and keeping away from an overly sedentary lifestyle. Conducted once a week and occasionally on Saturdays, participants are actively involved in interactive cooking & fitness workshops, as well as supermarket and farm tours. Members of the public aged 18 years old and above, are welcome to join the programme.

13 participants were recruited for the first batch (February to April 2017) and the programme garnered 87% satisfaction in a post-programme evaluation.



"I really enjoyed the health and nutrition challenges that we had to undertake, as they made the learning very real. The one-to-one nutrition counselling is also very good and helped to increase self-awareness of my erratic eating habits."

Mrs Yeo Phay Eng,
F.U.N Specialists Participant
(February batch)





Are You Salty?

As studies have suggested that a higher salt taste threshold is associated with an increased risk of hypertension, an educational video titled "How Salty Are You?" was developed to raise awareness of this "silent killer". Through a salt taste test, the video demonstrated how every individual has a different level of salt sensitivity. Tips were also shared on how one can reduce their risk of hypertension. The video was posted on Facebook and YouTube on 13th September 2016 and garnered 60,000 views, 230 likes and 195 shares.

A mass salt taste test was initiated during the National Heart Week/World Heart Day 2016 event, to create awareness of salt taste threshold. The effects of prolonged excessive salt intake on blood vessels was also shown to reinforce the impact of salt and blood pressure.

Out of the 50 participants recruited, **33%** had a **low threshold**, **55%** had a **medium threshold** and **12%** had a **high threshold**. In addition:

-  **90%** of participants were motivated to reduce their daily salt intake
-  **96%** of participants had a better understanding of prolonged excessive salt intake on blood pressure
-  **94%** of participants will encourage their family members and friends to reduce their daily salt intake

A 3-week post evaluation review indicated that 91% of participants had reduced their salt intake after attending the *Salt Taste Test: Are You Salty?*. Reasons for reducing their salt intake included greater awareness of salt content in food and the harmfulness that excessive salt can cause. They reduced their salt intake by:

-  **1.** Not drinking the soup when dining out (**73%**)
-  **2.** Tasting the food first to avoid adding unnecessary salt/sauces (**68%**)
-  **3.** Asking for less sauce/gravy when dining out and reading the food labels/choosing products that were lower in sodium content (**64%**)



Fitness and Nutrition Seminar 2016

With an increased focus on prevention and the understanding of risk factors of cardiovascular disease (CVD), SHF spearheaded the inaugural Fitness and Nutrition Seminar 2016 at The Fullerton Hotel, Ballroom 2 on 9th July 2016.

Centered on the theme, 'Heart Smart Truth for a Healthier You', Guest of Honour, Ms Low Yen Ling, Senior Parliamentary Secretary, Ministry of Education & Ministry of Trade and Industry, Mayor of South West District launched SHF's new Heart Smart Eating Plate, together with a heart-friendly recipe book titled 'Cook Right, Eat Right', published in collaboration with the AllSpice Culinary Institute.

During the seminar, professionals shared tips on how one can cultivate healthy living habits to reduce their risk of CVD. The Train-to-Trim (T3) Challenge 2016 also culminated at the Fitness & Nutrition Seminar, where the biggest 'loser' winner lost 7.6% of her body fat and 12.2kg of her body weight.



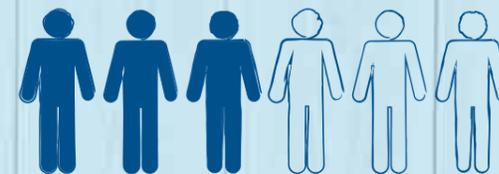
R-AEDI TO BE A LIFESAVER

The Registry for AED integration (R-AEDI) is a collaborative initiative between the Singapore Heart Foundation and the Singapore Civil Defence Force, that aims to improve the survival rate of Out of Hospital Cardiac Arrest (OHCA) in Singapore, which currently stands at a low 13.8%.

The answer to OHCA survival is speedy bystander application of CPR and AED. This is a simple solution in theory, but harder in practice when there is a lack of awareness, gaps in how quickly others are informed of a cardiac arrest case, and when the bystander volunteer-base is thin.

With the *myResponder* mobile application, volunteers are alerted to nearby cardiac arrest cases, so that they may render CPR+AED while waiting for the ambulance to arrive. The application also shows users where the nearest publicly accessible AED is located, so that less time is wasted in looking for one to bring to the casualty. In addition, members of the public may register themselves as volunteer first responders.

Every year, over 2,400 people suffer from OHCA



Half are below 65 years old



Every minute after OHCA has occurred, chances of survival drops by **7-10%**



Survival rate (shockable witnessed cardiac arrest patients) **13.8% only**

Building a Robust Registry

The *myResponder* mobile app provides reliable location data for users to find the nearest publicly accessible AED during an emergency, by registering new AEDs regularly. SHF maintains the accuracy of data with visits to AED owners for annual verification of their previously registered AEDs. During all site visits, our operations team meticulously records details including the battery and pads expiry dates. Reminders are then sent to the AED owners when the expiration dates draw near. SHF also provides regular updates on AED practices to the owners, to ensure that all AEDs in Singapore are always 'rescue-ready'.

National Registry of Publicly Accessible AEDs



— Total number of publicly accessible AEDs



Building a Nation of Lifesavers

The Singapore Heart Foundation has been actively expanding the community of lifesavers in Singapore in the year 2016. We have built up the National Electronic Registry of Publicly Accessible AEDs by working alongside AED owners and property managers. Through community roadshows, we have also strengthened the volunteer base of first responders.

“ Please join me in downloading the myResponder app, because I find it very useful. The app tells you the number of AEDs and their locations around Singapore but most importantly, it shows you where help is needed, so that we can respond and help to save a life. ”

Mr Baey Yam Keng,
Parliamentary Secretary, Ministry of Culture, Community and Youth

Type of Communities Engaged at our Roadshows



Responding in a Heartbeat via myResponder



RESTART A

Temasek Foundation Cares - Restart A Heart

The Restart A Heart programme is part of Temasek Foundation Cares' 'Stay Prepared' initiative to build community preparedness. SHF alongside Temasek Foundation Cares and the Unit for Pre-hospital Emergency Care (UPEC) run this programme to equip bystanders to be first responders by training the community in chest compression skills and the use of an AED Heart Restarter.

National Heart Week/World Heart Day 2016

At the National Heart Week/World Heart Day 2016 event (read more about the event on page 11), a photo booth was set up to actively engage the public's interest and at the same time, created awareness of the programme and encouraged them to learn the life-saving skills.

HEART SAFE

Certification Courses

All certification courses conducted by the Foundation include a theory and practical test, in accordance with the guidelines provided by the National Resuscitation Council, Singapore. Participants will also receive a certificate valid for 2 years, upon successful completion of the course.

CPR+AED Certification Course

The CPR+AED (cardiopulmonary resuscitation + automated external defibrillation) certification course is conducted twice weekly, for both laymen and medical professionals. The 4-hour course aims to train participants to determine unresponsiveness, activate emergency medical services, as well as how to perform CPR and use an AED on adult casualties.

	FY 2015	FY 2016
No. of Classes	160	264
No. of Participants	3,577	3,741



CPR+AED Instructor Course

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

	FY 2015	FY 2016
No. of Classes	12	21
No. of Participants	116	260



BCLS Provider/Re-certification Course

The Basic Cardiac Life Support (BCLS) provider/re-certification course, aims to equip participants with the essential knowledge and skills for basic cardiac life support - namely performing effective CPR and relieving foreign body airway obstruction in conscious/unconscious adult and infant casualties.

	FY 2015	FY 2016
No. of Classes	68	56
No. of Participants	934	1,006

BCLS Instructor Course

Once BCLS certified, participants can sign up for the BCLS instructor course to undertake the role of an instructor to coach, organise and facilitate BCLS provider courses. Upon successful completion of the course, all BCLS instructor trainees are required to undergo two compulsory attachments, before becoming a full-fledged instructor (validity of two years).



No. of Classes

No. of Participants

FY 2015 FY 2016

8

12

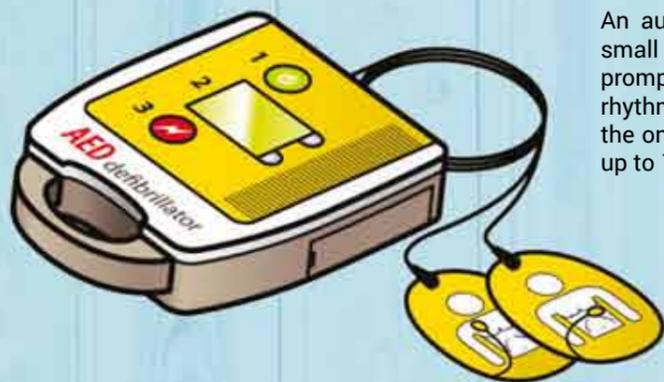
72

130

Sale of AEDs

An automated external defibrillator (AED) is a user-friendly, small and portable electrical device with instructional voice prompts. It can potentially help to restore a normal heart rhythm and it 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 Singapore Heart Foundation sells AEDs at an affordable price. 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 467 units of AEDs - an increase of 37% from FY2015.



Project Heart 2016

As part of the annual Project Heart initiative by SHF, 682 volunteers from Sport Singapore's Team Nila were certified in CPR and AED on 26th November 2016. Another 50 Team Nila volunteers also successfully completed their Instructor Course, to become full-fledged CPR and AED instructors. The event was graced by Guest of Honour Mr Baey Yam Keng, Parliamentary Secretary, Ministry of Culture, Community and Youth, who gamely participated in an interactive case scenario training and attempted the one minute CPR Challenge.

At the end of the event, all participants received a complimentary Mini Anne CPR & AED kit (worth \$60) which included an inflatable manikin, a dummy AED set and a training manual, to reinforce their new knowledge at home.



"Learning new skills like CPR & AED can save lives. We are happy to partner Singapore Heart Foundation in our effort to train our volunteers, allowing them to be better equipped to assist someone in need. We are encouraged by the response from our volunteers and will continue to create more opportunities for them to learn and benefit."

Mr Lai Chin Kwan,
Chief of ActiveSG

Mass CPR+AED Certification Course

Four mass CPR+AED certification sessions were held at North Vista Secondary School on 31st May, 2nd June, 21st November and 22nd November 2016, where 777 teachers and academic staff were successfully certified as CPR+AED providers. All participants were each given a complimentary Mini Anne CPR & AED kit at the end of the session.



DARE Programme



On 4th December 2016, the Chinese Development Assistance Council (CDAC) organised the annual 'Ready for School' Project to provide timely support to 12,600 students from 6,300 families. SHF was invited to be one of the supporting partners for this event, held at Nanyang Junior College. The Dispatcher-Assisted first REsponder (DARE) programme was among the various activities organised for the beneficiaries, to learn the simple procedure of resuscitating a cardiac arrest victim. The one hour, hands-on workshop was conducted primarily in Mandarin, with approximately 100 pre-registered and walk-in participants.

85%
overall
satisfaction with
the programme

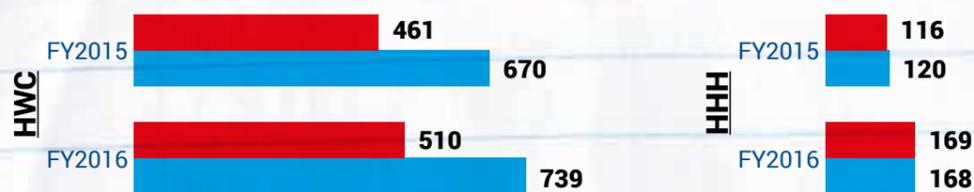
HEART WELLNESS CENTRE & HEART HEALTH HUB

Overall Client Profile	Attendance (HWC & HHH)		Increase ↑
	FY 2015	FY 2016	
Cardiac Clients (includes individuals at risk of cardiovascular disease)	1,367	1,586	16%
Down Syndrome Clients (DSA)	41	41	0%
Total	1,408	1,627	16%



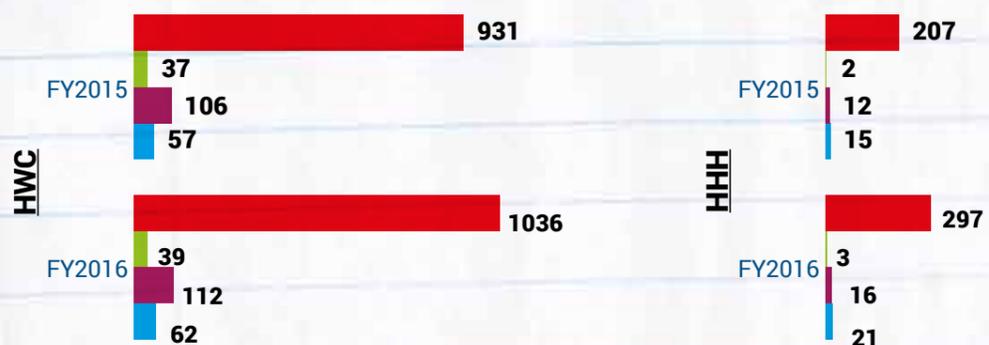
CLIENT PROFILE BY GENDER

Female Male



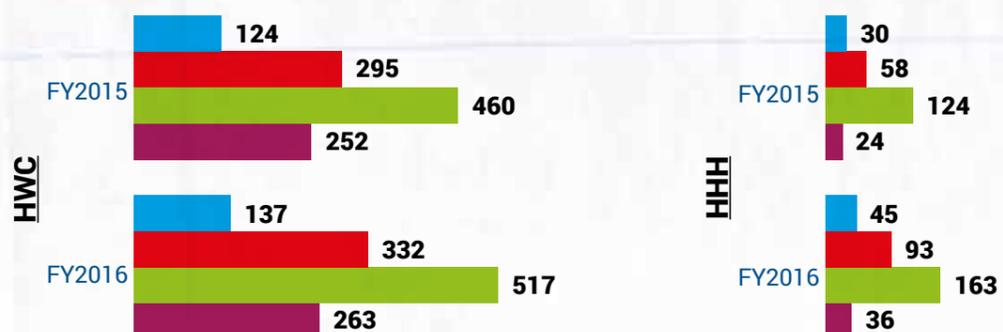
CLIENT PROFILE BY RACE

Chinese Malay Indian Others



CLIENT PROFILE BY AGE RANGE

19-50 51-60 61-70 70+



Heart Wellness Centre's 10th Anniversary Celebration

On 8th October 2016, more than 250 guests comprising of Heart Wellness Centre (HWC) clients, Heart Support Fund beneficiaries, SHF Board members and staff celebrated the Heart Wellness Centre's 10th anniversary at the Joyden Hall @ Bugis+.

All guests were treated to a fun-filled morning with games and craft workshops. The celebration kick-started with an opening performance "龙腾虎跃" put together by the Nanyang Academy of Fine Arts Chinese Chamber Ensemble and Chairman of the Heart Wellness Centre Committee, Professor Tan Huay Cheem, delivered a welcome speech.

We were honoured to receive a timely grant of US\$80,000 from the Edwards Lifesciences Foundation, represented by Dr Chia Wai Tuck. Mr Leong Kwok Cheong, a HWC client was also invited to share his heart attack experience and rehabilitation journey. In addition, *ang baos* (red packets) were handed out to the Heart Support Fund beneficiaries by the Heart Support Fund Committee Chairperson, Dr Goh Ping Ping.



“ At SHF, I have learnt the importance of regular exercise, how to cultivate healthy lifestyle habits and gained new information such as low glycemic index food from the in-house nutritionist. During the rehabilitation session, the physiotherapist assesses my condition regularly, keeping track of my recovery process. SHF has empowered me to take better care of my heart health after a major cardiac event. ”

Mr Leong Kwok Cheong,
Heart Wellness Centre Client



Healthy Cooking Demonstrations and Educational Talks

Healthy cooking demonstrations led by chefs and educational talks are organised regularly at both centres to encourage healthy eating and to provide useful information such as *Exercise, Know Your Medications, MediShield Life*, etc.



Health Screenings

Mass health screenings are conducted twice a year, at a highly subsidised rate of \$4 per person. Participants with abnormal biomarkers are then invited to attend post-screening workshops organised by SHF's physiotherapists and nutritionists. They learn how to interpret their results and are given salient tips on lifestyle changes to improve their health status.



Heart Support Group

The Heart Support Group (HSG) provides clients with a platform to share their personal experiences and be a source of strength to one another through many bonding activities.

In 2016, 21 HSG members, family and friends embarked on a 3-day trip to Raub and Colmar in Malaysia. Four other craft workshops were also organised throughout the year - Orchid Craft with Orchid Farm Tour, Decoupage Craft, DIY Aquarium with Goldfish and Chinese New Year Lantern Making.



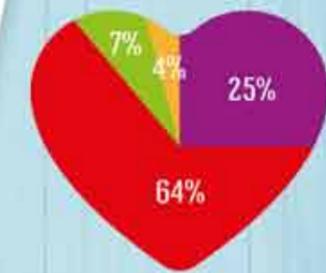
Professional and Research

The Foundation has been actively engaged in research work and studies to improve its programmes and activities. In FY2016, the following papers and posters were published and presented.

Title	Publication/Conference
Impact of Community-Based Cardiac Rehabilitation on Clinical Parameters of Patients with Cardiovascular Diseases	Published in ASEAN Heart Journal (Oct 2016)
Screening Questionnaires for Sleep-disordered Breathing and Six-minute Walk Test in Patients Attending Cardiac Rehabilitation	Published in International Journal of Cardiology (Jan 2016)
Sleep-disordered Breathing in Cardiac Rehabilitation: Prevalence, Predictors and Influence on the Six-Minute Walk Test	Published in Heart, Lung and Circulation (Jun 2016)
Effects of Sleep on Health-Related Quality of Life in Patients with Coronary Heart Disease	
Stress, Disengagement Coping Style and Sedentary Behaviour in Coronary Heart Disease Patients	
Self-Perceived Burden and Depression among Patients with Coronary Heart Disease: The Moderating Role of Social Support	Poster presented at Singapore Health and Biomedical Congress 2016
Effects of Diabetes Knowledge and Self Efficacy on Self-Care Activities in Adults with Type 2 Diabetes	
The Role of Dysfunctional Coping, Negative Emotions, and Quality of Life in Coronary Heart Disease	



SPREADING THE MESSAGE



Media Coverage

● Online ● Print ● Television ● Radio

Generating Heart Health Awareness via Mass Media

SHF was featured 247 times across broadcast, print and online media platforms this year, with all key media being engaged. We garnered the most mileage from online media, which accounted for 157 of all media stories. In addition, there were 63 published print articles, 18 television and 9 radio stories. Total public relations (PR) value for the coverage secured was estimated to have an economic value of \$4,346,547 – a significant increment of 310% from the previous financial year.

In December 2016, SHF produced a light hearted video to educate the public about the importance of CPR and AED. The video was broadcasted on Mediacorp Channel 8, StarHub Cable & Digital channels, bus stop shelters, as well as on SHF's social media channels. This led to an increase of 16.4% for SHF's CPR+AED certification course signups.

Facebook
493,000 views +
4,575 shares

YouTube
64,630 views

StarHub Cable & Digital Channels
Reach of 606,019 people and each person saw the video 6.57 times.

Mediacorp Channel 8
Reach of 1,604,800 people and each person saw the video 6.4 times.



To view the video, scan this QR code



Enhancing Heart Health Messaging in Cyberspace

With the advent of the Information Age and technology, the Foundation manages to reach 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 119,321 unique visitors of which 47.5% accessed *myheart.org.sg* from a desktop, while 48.1% had mobile access and 4.4% browsed via a tablet. It is encouraging to note that returning visits accounted for more than a quarter (26.4%) of all visits - a healthy report when benchmarked against websites of similar size.

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 11,000, *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

On 22nd June 2016 and 21st January 2017, 1,760 volunteers from all walks of life took part in our 12th and 13th Flag Day respectively, to raise funds and awareness for the Foundation.

A total of \$130,482 was raised from the street collection and outright donations from individuals and corporations. The funds raised will help to sustain SHF's life-saving programmes, and allow us to carry out our mission of promoting heart health in Singapore.

Our sincere thanks to all involved in making the 12th and 13th Flag Day a success, as well as to Tote Board and Singapore Turf Club for their continued support.



Charity Cup Golf Tournament 2016

The 15th edition of SHF's Charity Cup Golf Tournament was held at the Tanah Merah Country Club on 10th June 2016. Themed 'Around the World', each tee box was decorated with ionic landmarks or monuments from various countries, such as the Terracotta Warrior and the Eiffel Tower.

SHF's Patron, Emeritus Senior Minister Goh Chok Tong, graced the event as Guest of Honour and swung his club alongside 128 corporate and individual donors, to raise more than \$230,000 for the Foundation. In addition, MediaCorp veteran artiste, Mr Cavin Soh (苏栳诚), who has been a constant supporter of SHF's charity golf events, gamely hosted the dinner after the afternoon game.

We were privileged to receive the generous support from our Platinum Sponsors - Tote Board and Singapore Turf Club and Lee Foundation, together with all our other sponsors. Our deepest appreciation also goes out to the Organising Committee and SHF staff for making the Charity Cup Golf Tournament 2016 a 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 or one-time basis. This is to ensure a constant stream of funding, as SHF is a non-profit organisation.

We have engaged APPCO Pte Ltd – a third party fundraiser, to promote and help us raise much needed funds through the DDDP at pre-approved venues in Singapore. Through this programme, we have raised \$6,666,247 in public donations for FY2016.

We would like to thank our generous donors who have supported the work of SHF all these years, which allows us to continue to play an increasingly important role in saving lives and promoting heart health in Singapore.



Heart Support Fund

The Heart Support Fund provides financial assistance to needy heart patients, to defray the cost of a mechanical heart device or heart transplant/surgery. In addition, the Emergency Relief Fund assists those with income loss, following a heart transplant or surgery.

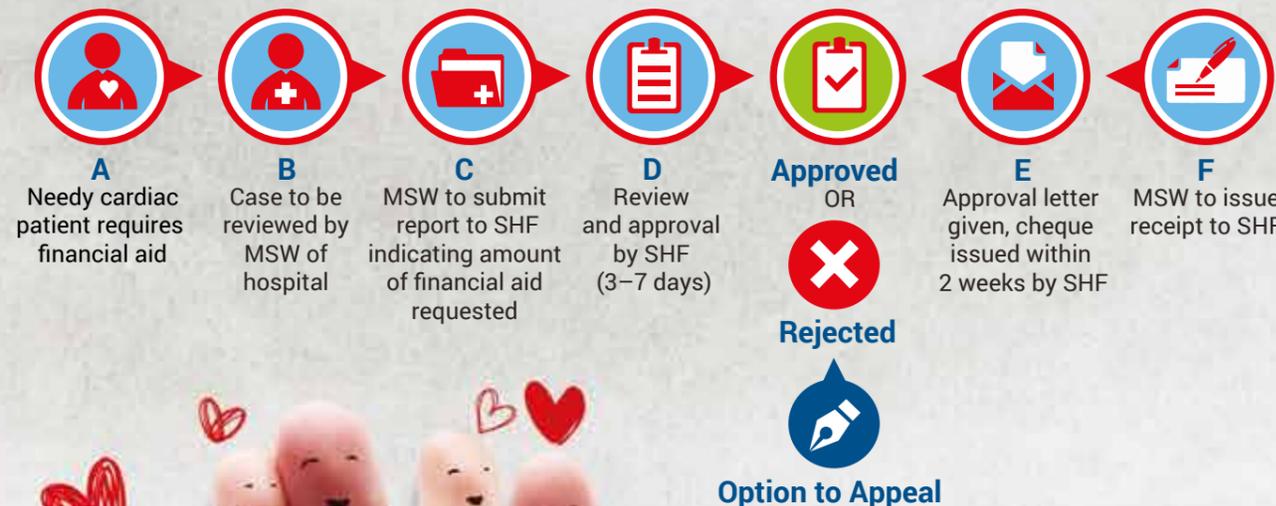
In FY2016, \$200,787 was disbursed to needy heart patients, one of whom was Mdm Bhet Siew Koon. They are indeed appreciative of the timely aid given by the Foundation.

Other areas of assistance provided by SHF that are currently not covered by subsidies and grants include grocery vouchers, medical devices and transportation subsidy (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 \$103,140.

Needy heart patients may approach their hospital medical social workers (MSW), who will write in to the Foundation for funding. The application is then reviewed and decided upon by the Heart Support Fund Committee.



Heart Support Fund Application Procedure



STATEMENT OF FINANCIAL ACTIVITIES

	1 APRIL 2016-31 MARCH 2017		1 APRIL 2015-31 MARCH 2016	
		%		%
INCOME				
Fundraising activities	8,465,575	78	8,134,639	78
Charitable activities	1,675,526	15	1,499,410	14
Governance and operating activities	19,558	-	63,044	1
Investment & Others	752,674	7	674,304	7
Total	10,913,333	100	10,371,397	100
EXPENDITURE				
Fundraising activities	1,602,593	21	1,525,385	22
Charitable activities	4,510,112	59	3,883,864	57
Governance & Operating costs	1,514,560	20	1,433,940	21
Total	7,627,265	100	6,843,189	100
Surplus before gain/(loss) from investment	3,286,068		3,528,208	
Gain/(Loss) on disposal of investment	(152,033)		27,127	
Net surplus for the year	3,134,035		3,555,335	
Fundraising Efficiency (Fundraising Expenses/Fundraising Income)	19%		19%	

SHF's Fundraising Efficiency of 19% (FY2016) and 19% (FY2015) are well within the NCSS guideline of not exceeding 30%.

ANNUAL SALARY BANDS OF KEY MANAGEMENT PERSONNEL

Above \$200,000 to \$300,000	1	1
Above \$100,000 to \$200,000	2	2
\$100,000 and below	1	-

STATEMENT OF FINANCIAL POSITION

	31 MARCH 2017	31 MARCH 2016
ASSETS		
Investments	17,965,203	18,310,899
Property, plant & equipment	4,979,580	5,241,466
Cash and bank balances	3,601,867	2,158,067
Term deposits	10,707,324	6,555,453
Other assets	540,549	734,889
TOTAL ASSETS	37,794,523	33,000,774
FUNDS AND LIABILITIES		
Unrestricted Fund		
General fund	27,182,107	24,048,072
Restricted Fund		
Designated fund	8,822,796	8,115,553
Fair Value Reserve	989,625	80,238
Total Funds	36,994,528	32,243,863
Current Liabilities	799,995	756,911
Total Funds and Liabilities	37,794,523	33,000,774

The Foundation's reserve policy is to maintain a reserve sufficient for at least three years of operating expenses in cash, term deposits and available-for-sale investments.

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 S. H. Ong LLP.

CORPORATE GOVERNANCE

The Singapore Heart Foundation is in compliance with the Code of Governance for Charities and IPCs. SHF's Governance Evaluation Checklist for the period of 1st April 2016 to 31st March 2017 can be viewed via the Charity Portal at www.charities.gov.sg.

Board Governance

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

The Board of Directors consists of 10 males and 6 females. No staff are Board members. The SHF sets a maximum term limit of four consecutive years for the Treasurer. Board members conduct regular self-evaluation to assess its performances. The Board meets regularly and there were five Board meetings in FY2016, with an average attendance rate of 65%.

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 do not have any family, employment, business and other relationship 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, Audit, PR & Communications, Human Resource, School Programmes and Heart Safe Programme. 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.

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 on matters where they have a conflict of interest.

Number of Committee Meetings Held in FY2016

	Community Education	
	• National Heart Week/ World Heart Day	1
	• Go Red For Women	1
	Fundraising	
	• Charity Cup	3
	Cardiac Rehabilitation/Heart Wellness Centre/Heart Health Hub	
	• Heart Wellness Centre	4
	• Professional & Research	15
	PR & Communications	
	• Editorial	1
	• PR & Media	2
	Finance/Investment	
	• Finance	4
	• Investment	4
	• Governance and Audit	4
	School Programmes	
	• Community Outreach	1
	Human Resource	
	• Human Resource	2

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 the programmes and activities are in line with its objectives.

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 ensure 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. Majority of members from the Finance Committee are from the financial sector. The Committee ensures that SHF is in compliance with requirements in Financial Reporting Standards (FRS), the Recommended Accounting Practices for Charities (RAP6) and the Code of Governance for Charities and Institution of a Public Character (IPCs).

The Governance and Audit Committee'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.

The SHF has a Whistleblowing Policy that provides employees with accessible channels to the Chairperson of the Governance and Audit Committee for reporting suspected fraud, dishonest practices or other similar matters.

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

The SHF has a Reserve Policy to provide clarity in the Foundation's management of our reserves. SHF discloses its reserves policy in the annual report.

The SHF invests its reserves and the Investment Committee makes recommendations for approval by the Board. SHF does not invest in entities which deal in or are associated with tobacco products. 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, upholds the core values of SHF and accurately portrays its images 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



THANK YOU

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
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