

## Our Programs



### The Heart Mark

The Heart Mark is a guideline and incentive for consumers to instantly identify healthy food products on the shelf and when dining out. The aim is not to change the existing menu or ingredients, but rather to identify those items which are already within the dietary guidelines recommended by the Foundation. These options are lower in fat, cholesterol, salt and where applicable, higher in fibre and calcium.



### HEARTLETHICS

These are exclusive collection of athletics and sporting events that involve running, walking, swimming, golfing, and other sporting disciplines in the aim of raising cardiovascular disease awareness.



### Go Red For Women

The Go Red For Women movement was founded by the American Heart Association as a strategy that encourages awareness of the issue of women and heart disease, and also an action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.



## About Us

The Heart Foundation of Zimbabwe is a non- governmental, non-political and non- profit making welfare organization whose core objective is to meet the healthcare needs of people suffering from various heart diseases in Zimbabwe. We are committed to the ongoing fight against the world's foremost health problem - heart disease, and the improvement of cardiovascular care through medical research, professional education, counseling, public awareness, funding and fund-raising for heart surgeries, treatment and management of cardiovascular diseases.

### Vision

Our vision is to have the best cardiovascular health in the world by ensuring that people diagnosed with cardiovascular diseases receive the best possible care in Zimbabwe, regardless of their standard of living, race or religion.

### Mission

Our mission is to assist people with, and at risk of cardiovascular disease by providing comprehensive care, information and guidance on how to minimize their risk, alleviate suffering, disabilities and death by implementing policies and programs that improve the cardiovascular health in Zimbabwe.

### Core Values

Honesty

Excellency

Accountability

Reliability

Teamwork



The  
**Heart  
Foundation**  
of Zimbabwe



# PARTNERSHIP

Joining hands in the fight against the world's foremost disease

## CARDIOVASCULAR DISEASE



## Our Commitment

According to WHO, Cardiovascular Diseases (CVD) remain the number one cause of deaths globally: more people die annually from CVDs than from any other cause, Low- and middle-income countries are disproportionately affected: 82% of CVD deaths take place in low - and middle-income countries and occur almost equally in men and women.

People in low- and middle-income countries are more exposed to risk factors leading to CVDs and other non-communicable diseases and are less exposed to prevention efforts than people in high-income countries.

The Heart Foundation Of Zimbabwe bridges a gap between patients and specialists, and shall work with the few available local cardiologists and specialists for the improvement of the well being of cardiovascular disease patients.

The Foundation shall solicit and fundraise for local and international heart surgery, solicit, procure and distribute cardiovascular drugs and sundries to Major Hospitals and health centres in Zimbabwe. Furthermore, the Foundation shall, from time to time, host international specialists to Zimbabwe.

The Heart Foundation Of Zimbabwe developed an All in One Android App which can detect your risk of heart disease through its HeartVascular Risk Calculator and well as check your Body Mass Index with MyBMI. Download this free App from our website today and share with others.



### KNOW YOUR HEART RISK

All in HeartVascular Risk and MyBMI  
One Its Free

Heart Foundation.apk ANDROID APP

## DOWNLOAD

at [www.heartfoundation.co.zw](http://www.heartfoundation.co.zw)

## Our Fight

**Cardiovascular Diseases** are a group of disorders of the heart (cardio) and blood vessels (vascular) and include:

**Coronary Heart Disease** – disease of the blood vessels supplying the heart muscle.

**Cerebral Vascular Accident** or Stroke- Rapture of blood vessel(s) in the brain.

**Peripheral Arterial Disease** – disease of blood vessels supplying the arms and legs.

**Rheumatic Heart Disease** – damage to the heart muscle and heart valves from rheumatic fever.

**Congenital Heart Disease** - malformations of heart structure existing at birth.

**Deep Vein Thrombosis** and pulmonary embolism – blood clots in the leg veins, which can dislodge and move to the heart and lungs.

**Hypertension (HTN or HT)**, also known as high blood pressure, is a long term medical condition in which the blood pressure in the arteries is persistently elevated

Help us fight these diseases, Support this worthy cause.



Our Bankers, for donations of either amount or currency

Bank Name : CBZ BANK Zimbabwe Limited

Account Name : The Heart Foundation Of Zimbabwe

Account Number : 0 1 1 2 4 1 9 9 1 3 0 0 1 0

Branch Code : 6 1 0 1—Kwame Nkruma

Swift Code : COBZZWHA

**The Heart Foundation Of Zimbabwe**

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## Our Partnerships

**Individual Partners** are well wishers who have made the commitment of making donations towards the life saving work of the organization. They come from all walks of life: common to all their resolve to take a stand against heart disease which is still the biggest threat to our family and friends nationally and globally. Please download our Android App.

**Corporate Partners** are small, medium and large organizations that interest themselves in the work of the organization by sponsoring an aspect of the organization's valuable work, donating goods and services in kind or making a contribution towards the day to day running of the organization. From as little as \$100per month, corporate partners are not only saving lives and improving the cardiovascular delivery system of the country but also improving the national economy since unalleviated heart diseases are a burden to the economy. More than 80 percent of deaths worldwide related to cardiovascular disease now occur in developing countries, this threatens economic growth and reduces productivity.

Guaranteed regular donation income is vital to the work of the organization. It enables us to fund with certainty long term research programs as well as enabling us to secure medication, community engagement, facilitate awareness and education campaigns through the use of various media to reduce the risk and impact of heart disease on individuals and families.

