



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

Press Release:

Reaching and teaching little hearts

The **Heart and Stroke Foundation South Africa (HSFSA) Children's Programme** is a community based empowerment project aimed at teaching healthy habits to crèche and primary school aged children throughout South Africa.

The Children's Programme has been sustained since 1997 and to date has reached over two million disadvantaged children thanks to the generous sponsorship from Lucky Star. Their support has enabled the Heart and Stroke Foundation to extend their reach beyond the metropolitan and into the rural areas.

In 2007 the HSFSA Children's Programme was honoured with the **Heart Hero Award**, naming the programme the "best programme in Africa".

The course provided is focused on **heart health** and the elements that promote this. Modules include nutrition, exercise, the effects of smoking, basic hygiene and HIV and AIDS awareness. The children are taught educational songs and rhymes in their own language and receive an activity book detailing the adventures of "Hearty" whilst learning basic cardiovascular exercises. The course material is presented in five local languages: English, Afrikaans, Sotho, Xhosa and Zulu. Many of the affiliated crèches provide the children with their one, and only, meal for the day and previously when doing so, focused on serving quantity as opposed to quality. Qualified dieticians from the Heart and Stroke Foundation offer caregivers individual counselling to assist with nutritious menu planning within their budget.

At present, there are **2.1 million learners** listed on the Children's programme however the Heart and Stroke Foundation is ever mindful of the ones they are unable to reach due to a lack of funding.

As an individual or a business, you can make a difference and ensure that every young underprivileged child lives their best life by sowing a seed and helping the Heart and Stroke Foundation to touch even more hearts throughout the nation.

ENDS.

FOR MORE INFORMATION CONTACT:



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BROUGHT TO YOU BY:

The Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa is a Section 21 community-based organisation established to reduce the incidence of heart disease and stroke in the population of South Africa by providing education, funding and supporting research.

For further information visit www.heartfoundation.co.za

