



## Current Facts

Combined, heart disease and stroke are the leading cause of death in Manitoba. Annually, over 30 per cent of deaths in Manitoba are due to heart disease and stroke. <sup>13</sup>

Thanks to the research funded through donations to the Foundation, we are now able to look into the beating heart, the living cell, and the functioning brain. Over the past 50 years, Foundation-supported programs have helped to cut the number of premature deaths from heart disease and stroke by 70 per cent. <sup>14</sup>

Since the Heart and Stroke Foundation in Manitoba's inception in 1957 we have:

- disbursed almost \$55 million locally to research;
- far surpassed the provincial government when it comes to funding heart and stroke research;
- been recognized as a major authority on heart disease, stroke and resuscitation; and
- become a national community-based organization supported annually by approximately 6,500 volunteers in Manitoba.

## Staggering Stats

- Every seven minutes in Canada, someone dies from heart disease or stroke. <sup>15</sup>
- Less than five per cent of those who have a cardiac arrest outside of a hospital survive. <sup>3,4</sup>
- Nearly half of Canadians ages 12 and over report being physically inactive. <sup>16</sup>
- Of Canadians with high blood pressure, 83 per cent are unaware of their condition. <sup>17</sup>

## Hope for Heart

- In June 2011, HSF in Manitoba was successful in advocating for new legislation that would require installation of automated external defibrillators (AEDs) in public places once the Act has been proclaimed.
- HSF is embarking on a Heart Healthy Children and Youth initiative aimed at promoting active living for life.
- HSF in Manitoba is working with like-minded organizations on a new initiative – a heart health prevention strategy. The goal is to generate a sustained commitment to primary disease prevention in Manitoba.