



YAYASAN JANTUNG MALAYSIA (The Heart Foundation of Malaysia)

(No: PPM-010-14-17081984)

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by email: Name, Full Address,
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Monetary Contributions made to
the Foundation are tax exempted
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Dear Friends,

An Appeal for Your Support in Championing Heart Health

We, at Yayasan Jantung Malaysia - The Heart Foundation of Malaysia, are writing to you with an appeal for your support in our mission to combat cardiovascular diseases and promote heart health awareness among Malaysians.

As Malaysians, we share a collective concern. The message of maintaining heart health, closely intertwined with our daily lifestyle choices, has yet to resonate deeply within our society. Many of our fellow countrymen and women have not taken the necessary steps to prioritise their cardiovascular well-being. This is a matter of grave concern, but it is a challenge we are committed to overcoming.

Since 1984, Yayasan Jantung Malaysia has tirelessly dedicated itself to intensifying awareness efforts and advocating preventive measures, all with the goal of saving lives. However, we cannot do this alone; we need financial support to continue our vital work. Your generous contribution can make a significant impact on the heart health of Malaysians.

We respectfully appeal to your esteemed organisation to become a part of our mission through your Corporate Social Responsibility (CSR) initiatives. Your contribution will enable us to continue our charitable projects and programmes. It's important to note that all donations made to the Yayasan are tax-exempt, and we will issue a receipt confirming this for your records. To learn more about our work, we have enclosed a brochure detailing some of our activities.

We eagerly anticipate your response. Together, we can make a meaningful impact on the heart health of our fellow Malaysians.

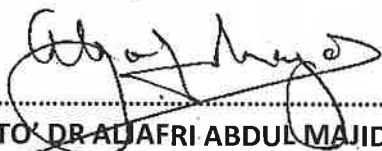
You may make your contributions to our bank account details as follows:-

BANK : CIMB Bhd
BANK NAME : YAYASAN JANTUNG MALAYSIA
BANK ACCOUNT : 8000173127

All contributions to Yayasan Jantung Malaysia are tax-exempted.

Please help us to help Malaysian lead a healthier, happier life.

Warmest Regards


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DATO' DR ALJAFRI ABDUL MAJID
CHAIRMAN



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

BERITA *yayasan* **Jantung** *Malaysia*

Volume 59, 2023

KDN No. PP9491/08/2013 (032776)



**Tan Sri Dato' Kamaruzzaman
Bin Shariff**
Vice President

The heart is known as the 'engine' of the human body. A central organ that pumps blood, vital nutrients, and oxygen throughout the body in order to 'drive' our day-to-day activities. And much like a car engine, it is important to regularly take measures to keep our hearts healthy.

Unfortunately, many of us take part in unhealthy habits that can affect our heart health. A study using data from the Malaysian National Health and Morbidity Survey 2019 found that only a mere 30.6% of respondents practise healthy lifestyle habits. Meaning that the remaining majority of Malaysians engage in various unhealthy habits that may increase their risk of developing cardiovascular diseases.

Unhealthy habits can be found in our dietary habits. A lacking consumption of fruits and vegetables, and excessive intake of certain other nutrients (e.g. fats, oils, salt, sugar, etc.) has been linked to an increased risk of developing various heart diseases. In Malaysia, 94.9% of adults have insufficient daily intake of fruits and vegetables (NHMS, 2019) – an alarming statistic that highlights the prevalence

Break Unhealthy Habits for A Healthy Heart

of unhealthy dietary habits in Malaysians.

The unhealthy habit of avoiding exercise puts individuals at risk of developing conditions like high blood pressure, high blood cholesterol, and diabetes. In addition to this, a lack of exercise can also lead to obesity. Worryingly it is estimated that around 25.1% of Malaysian adults are physically inactive and 30.4% are overweight (NHMS, 2019). These statistics highlight that a lack of exercise is an unhealthy habit of many Malaysians.

However, it is not just about what we eat or how active we are. There are other unhealthy habits that can increase the risk of developing heart diseases. Smoking is an unhealthy habit with detrimental effects to our heart health. In Malaysia, it is estimated that at least 4.8 million individuals are currently smokers (NHMS, 2019). Consequently, this statistic highlights smoking as another unhealthy habit that Malaysians need to address.

So how can we address these unhealthy habits? Generally speaking, it is recommended that individuals:

- Identify the unhealthy habits in

their lives (e.g. eating too much fast food, not exercising enough, not sleeping properly, etc.).

- Set an end goal on which unhealthy habit they would like to address (e.g. to quit smoking, to lose weight, etc.)
- Create a plan to reach their goal (e.g. workout plans, healthy meal planning, etc.)
- Gradually work towards their goal by taking small, consistent steps.



Unhealthy habits can directly affect our heart health.

The good news is that breaking away from these unhealthy habits are not impossible. Ditching these unhealthy habits not only improves our heart health but also our overall quality of life. So, start today, take charge of your heart health, and break those unhealthy habits for good!



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Dato' Dr Aljafri bin Abdul Majid
Chairman

Berita Yayasan Jantung Malaysia has always been a strong proponent to raising awareness about the impact of cardiovascular health and the significant effects that heart-related problems have on both people and the country at large. In an era where heart disease is becoming more and more prevalent worldwide, the upcoming holiday season emphasises how important it is for us to understand the vital role that diet plays in protecting our hearts.

There is no denying the link between cardiovascular health and the foods we eat. Our nutritional intake has the power to either promote heart health and well-being or act as catalysts for the development of various different heart conditions. With the holidays season around the corner, it is critical to consider our dietary decisions while enjoying the celebrations.

The holiday season is often a time for happiness and time with family. Unfortunately, this also marks a time of the year where many individuals overindulge with their nutrition. Although the temptation of unhealthy meals may present difficulties, making a deliberate effort to include heart-healthy foods may have a significant impact on

Navigating Nutrition Choices During the Holidays to Champion Heart Health



our heart health in the future. So, it is important to ensure that you choose nutrient-rich foods, limit salt and sugar intake, and savour the joy of the season in moderation. By making mindful choices, we can ensure that our hearts remain the centre of celebration.

As we navigate the nutritional landscape of the holidays, let us also take a moment to reflect on the year gone by and look forward to the promising future of Berita Yayasan Jantung Malaysia.

In our pursuit of a heart-healthy Malaysia, we recognise the potential and challenges that lie ahead as we look back on the accomplishments of the last year. Yayasan Jantung Malaysia has come a long way thanks to the commitment of its members and the community's support. We hope that a fresh feeling of purpose emerges with

the start of a new year, where heart health will be highly valued by the general population. Exciting initiatives and collaborations are on the horizon, with the goal of enabling every Malaysian to have access to and achieve heart health. As we embrace the challenges of the future, we are committed to pioneering initiatives that will have a lasting impact on the cardiovascular well-being of our nation.

Finally, I would like to extend my gratitude to all contributors and supporters who have played a pivotal role in making this publication possible. As we bid farewell to the current year, let us usher in the new year with a commitment to our heart health and the well-being of our nation. Together, let's champion heart health for a vibrant and healthier Malaysia.