



**Heart Facts**

- ♥ The heart is the only organ that can never sleep; the highly specialised muscle cells work together as an efficient pump that beats:
  - ♥ 70 times per minute;
  - ♥ 100,000 times per day.
- ♥ The heart pumps 70-100 ml of blood per beat – to the lungs – back to the heart – out to the body – and back to the heart, every 23 seconds.

**Cardiovascular Disease Facts**

- ♥ Heart Disease is an Australia wide issue; it is our #1 killer, responsible for 1 in 3 deaths or ~48,000 people every year.
- ♥ Cardiovascular Disease does not discriminate, it strikes young, old, male, female and directly affects 2 in 3 families.
- ♥ Women are 4 times more likely to die of Cardiovascular Disease than breast cancer.
- ♥ Cardiovascular Disease kills more people than all cancers combined; it is Australia's greatest yet least highlighted health concern.

**Cardiovascular Disease Risk Factors**

- ♥ 90% of Australian adults have at least one modifiable risk factor for heart, stroke and vascular disease.
- ♥ 25% have three or more risk factors.
- ♥ 51% have high blood cholesterol.
- ♥ 30% have high blood pressure.
- ♥ 8% have diabetes.
- ♥ 60% are overweight.
- ♥ 54% are not sufficiently active.
- ♥ 20% smoke daily.
- ♥ 10% drink at harmful levels.



**Dr Victor Chang, AC**



- ♥ Victor Chang was a caring surgeon, a passionate researcher and pioneer in the era of heart transplantation (1936-1991).
- ♥ He knew that there would never be enough organ donations to save everybody.
- ♥ His dream was to find answers to heart disease by setting up a team of world class researchers.

**The Institute**

- ♥ Over the past 16 years, "The Chang" has become nationally and internationally recognised as a centre-of-excellence and leader in global cardiac research.
- ♥ Established in 1994, we strive to conduct the highest quality research, train doctors and researchers and improve sharing of new knowledge, treatments and diagnostics to patients.
- ♥ Beyond organ donation, heart transplants and even the heart itself, our research also drills down to the cellular level to learn what causes disease and ideally, what can cure heart disease.

*for the heart of Australia...*



**The Victor Chang Cardiac Research Institute**  
 ABN 61 068 363 235  
 Lowy Packer Building  
 405 Liverpool Street (PO Box 699), Darlinghurst, NSW 2010  
 Telephone: (02) 9295 8600 or 1300 VICTOR  
 Fax: (02) 9295 8601  
 Website: [www.victorchang.edu.au](http://www.victorchang.edu.au)



**"To encourage employers to invest in the Heart Health of their employees and enhance their well being by providing a service to increase awareness of the modifiable risks for Cardiovascular Disease."**



The **Victor Chang Cardiac Research Institute** new public health initiative - **Health Check Booth** - will travel to commercial and community workplaces to screen employees for key heart disease risk factors.

♥ At your workplace the **Health Check Booth** Service will:

- ♥ Measure blood pressure;
- ♥ Measure blood glucose (sugar);
- ♥ Measure total cholesterol;
- ♥ Provide information on healthy heart habits.

- ♥ Tests will be conducted by a NSW Registered Nurse in a private, branded and fully equipped booth.
- ♥ Our Nurses use fast, reliable non-invasive testing equipment.
- ♥ Tests take less than 10 minutes; a tiny blood sample from a finger prick is all that's required.
- ♥ Results are available immediately for the individual to take away with them.
- ♥ The tests and results are provided free to the individual and we gratefully accept donations from all participants.

♥ The **Health Check Booth** (HCB) Service:

- ♥ Is a fully mobile and portable service and can be set-up in any convenient location;
- ♥ Requires approximately 3m x 4m of floor space and standard (240V / 10amp) mains power;
- ♥ Can be at your location for as little as a few hours or up to 5 days, according to your needs;
- ♥ Can operate Monday through Friday during office hours.

### Workplace and Employee Health

- ♥ The health and economic burden of Cardiovascular Disease exceeds that of any other disease, nearly 3.7 million Australians have a long term cardiovascular condition.
- ♥ Health conditions, stress, fatigue and the increased incidence of heart disease present new challenges to workplace health practices.
- ♥ A personal heart health screening opportunity, whether it relates to disease prevention, identification or management is an important component of a workplace health practice.
- ♥ The Victor Chang **Health Check Booth** Service will provide individuals a personal screening to comply with workplace health programs and assist employers in their duty of care for the well being of their employees.
- ♥ The Health Check Booth Service will help you and your organisation:
  - ♥ Increase understanding of Cardiovascular Disease;
  - ♥ Increase understanding of the modifiable risk factors of Cardiovascular Disease;
  - ♥ Promote healthy lifestyles;
  - ♥ Reduce obesity and other risk factors;
  - ♥ Enhance employee wellbeing;
  - ♥ Reduce work related fatigue and stress;
  - ♥ Invest in the heart health of employees;
- ♥ Raise awareness of The **Victor Chang Cardiac Research Institute** and its research.

for the heart of Australia...



### Corporate Partnerships

- ♥ As there is no charge to the employee, we ask participating organisations for a sponsorship donation in return for the Victor Chang Cardiac Research Institute providing the **Health Check Booth** Service.
- ♥ Sponsorship fees contribute to the running costs of the **Health Check Booth** Service.
- ♥ Sponsorship benefits include co-branding on banner signage, brand exposure and the opportunity to promote your company and distribute marketing material during the campaign.
- ♥ The **Victor Chang Cardiac Research Institute** core ethos is "FRIENDraising" over fundraising and our positioning is the "**Institute of the Australian People**".
- ♥ The **Health Check Booth** message of heart health and awareness is an important one and the Institute has a strong brand with an enviable reputation.
- ♥ The **Health Check Booth** Service will continue our mission to engage, inform and fundamentally help all Australians.
- ♥ The **Health Check Booth** Service is generously supported by:



**KIA MOTORS**

