

Six Million Lives To Save: Dr Novick And The International Children's Heart Foundation Thecasesolutions.com



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International Children's
Heart Foundation**

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Ottawa Charter

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Ottawa Charter was the first international conference held in 1986, with the initial goal to improve health standards worldwide for the year 2000 and beyond. Charter aimed to not only establish health as a human right but to also incorporate it in all public policy and decision making. Ottawa recognised that to ensure the success of improving global health standards, a collaborative approach needed to be implemented, initiating the creation of five action areas.

Developing Personal Skills

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Developing personal skills refers to empowering an individual to make positive and beneficial lifestyle choices, to reduce their susceptibility of hypokinetic diseases as well as improving their holistic health. Developing personal skills supports an individual's personal and social development and aims to increase their level of education and knowledge to enable the individual to have more control over their health.

My Heart, my life App

The heart foundation has developed a new app to help improve your heart health and well-being. This app manages your medicines, manages and records your health data including blood pressure and cholesterol and also provides information regarding the warning signs of a heart attack. This App enables the individual to monitor their cardiovascular health, enabling them to be conscious of their current heart status.

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Exercise Guidelines

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The heart foundation provides an easily accessible exercise guideline to motivate physical activity and prevent a sedentary lifestyle. This exercise guide prevents the inactivity of an individual, by providing a realistic and suitable workout plan.

Recipes

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The heart foundation provides a variety of easy and healthy recipes to cover breakfast, lunch and dinner. The heart foundation encourages healthy eating to help achieve and maintain a healthy weight through

Heart Foundation number

The heart foundation provides a free hotline open to everyone, which can be called to clarify questions or provide heart health information. This initiative has qualified health professionals to answer any concerns and assist in improving an individual's health status.

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My heart, my life

The new app brought to you from the Heart Foundation to help you:

- manage your medicines
- manage your health stats including blood pressure and cholesterol
- learn about heart attack warning signs and what to do



Exercise Guidelines

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Get started with the walking guidelines below:

Week	Minimum time (mins)	Times per day	Pace
1	5-10	2	Stroll
2	10-15	2	Comfortable
3	15-20	2	Comfortable
4	20-25	1-2	Comfortable/Stride out
5	25-30	1-2	Comfortable/Stride out
6	30	1-2	Comfortable/Stride out

Recipes

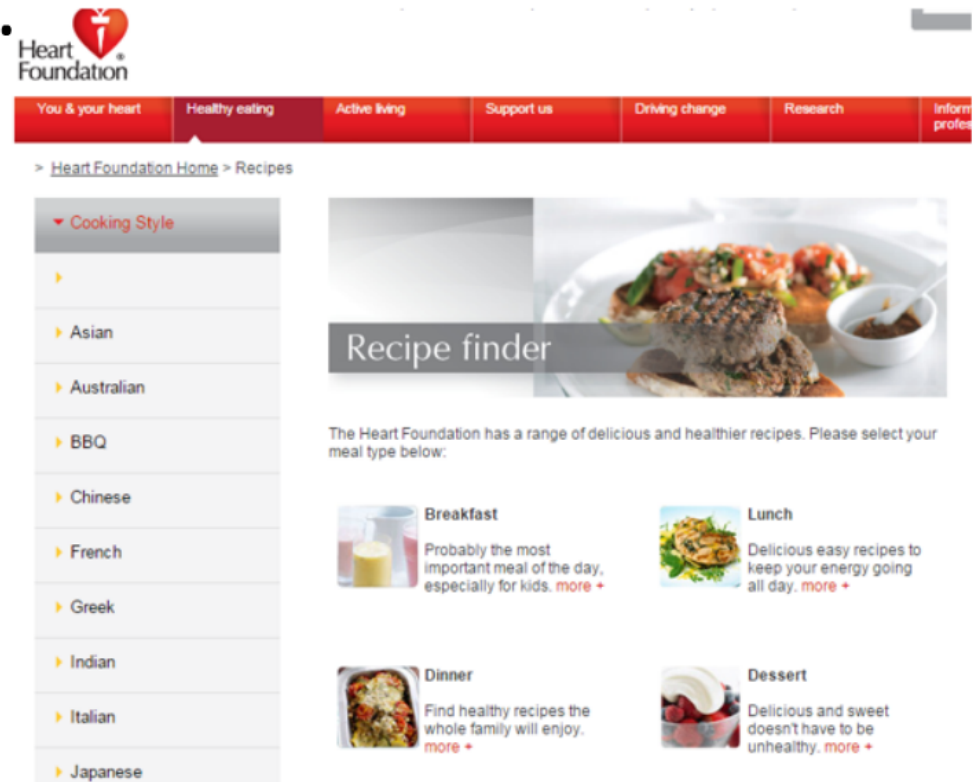
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The heart foundation provides a variety of easy and healthy recipes to cover breakfast, lunch and dinner. The heart foundation encourages healthy eating to help achieve and maintain a healthy weight through consuming a balanced diet.



Healthy recipes

Choose one of our delicious and healthier recipes to help achieve and maintain a healthy weight - and have the energy to live life to the full.

A screenshot of the Heart Foundation website's recipe finder interface. The page features a red navigation bar with links: 'You & your heart', 'Healthy eating', 'Active living', 'Support us', 'Driving change', 'Research', and 'Inform professionals'. Below the navigation bar, a breadcrumb trail reads '> Heart Foundation Home > Recipes'. A sidebar on the left, titled 'Cooking Style', lists various cuisines: Asian, Australian, BBQ, Chinese, French, Greek, Indian, Italian, and Japanese. The main content area is titled 'Recipe finder' and includes a sub-header: 'The Heart Foundation has a range of delicious and healthier recipes. Please select your meal type below:'. Below this, there are four categories: 'Breakfast' (with a smoothie image and text: 'Probably the most important meal of the day, especially for kids. more +'), 'Lunch' (with a salad image and text: 'Delicious easy recipes to keep your energy going all day. more +'), 'Dinner' (with a dinner plate image and text: 'Find healthy recipes the whole family will enjoy. more +'), and 'Dessert' (with a dessert image and text: 'Delicious and sweet doesn't have to be unhealthy. more +').

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More examples...

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MOVE MORE SIT LESS!

Inactive kids are likely to become inactive adults. Simply walking or riding to school, swapping social media for social activity and restricting screen will help stop this trend. Active kids have improved concentration, better self-confidence and stronger muscles and bones.

For more information including why Australia needs a National Physical Activity Action Plan sooner rather than later, visit the Heart Foundation website at heartfoundation.org.au

Heart Week 3-9 May 2015 heartfoundation.org.au



Warning signs of a heart attack

Pain, pressure, heaviness or tightness in your:

 chest

 arm(s)

 back

 jaw

 neck

 shoulder(s)

What to do: Call 000



Walking



MOVE MORE SIT LESS!

Walking for at least 30 minutes a day provides a range of heart health benefits including maintaining a healthy weight, increased fitness and strength, improved self-esteem and mental health.

Heart Foundation Walking members receive some great benefits including special offers, regular newsletters, incentives and prizes.

So, why not 'Move More, Sit Less' in 2015 and come join us!

Visit heartfoundation.org.au/walking to find out more and sign up.

Heart Week 3-9 May 2015

MOVE MORE SIT LESS!

FACT #1
Being active can reduce your risk of heart disease by 35%

FACT #2
Physical inactivity accounts for more than 5 million deaths each year globally
(Lancet, 2014)

FACT #3
More than half of Australian adults aren't active enough

heartfoundation.org.au