

Chinese Big Society UK

Chinese Healthy Heart Ambassador in North Derbyshire

How serious is heart disease?

More than 32% of deaths in the UK were due to the cardiovascular disease (CVD) in 2009, as it remains the biggest killer in the country. In 2008, around 266 million prescriptions were issued for CVD in England, nearly 5 times as in 1986. Over 80,000 percutaneous coronary interventions are conducted every year in the UK, more than 3 times as many as a decade ago.



Via our trilingual (in English, traditional and Simplified Chinese) website, Power Point and DVDs, this Project will:

- develop community-led volunteers groups of Chinese Health Heart Ambassador
- enhance the skills on prevention of heart disease
- increase awareness of risk factors for heart disease
- improve quality of life and reduce health inequalities
- organise 'Healthy Heart Awareness Day' and demonstration of 'Chinese Healthy Food recipe'

Project's update information and free advice available at

Website: www.cbigs.org.uk

Email: cbsuk12@yahoo.co.uk

Thanks to Chef De Canton Chinese Restaurant (Chesterfield)
in demonstrating Chinese food recipes for healthy heart

This Project is funded by British Heart Foundation 'Help a Heart Grant'

《知心網上》

英國華民社 北打比郡華人心臟健康大使計劃

心臟病有幾嚴重？

在2009年，英國因心血管疾病(CVD)而死亡的人超過全數的32%，它仍是本國因病致死的頭號殺手。在2008年，英國簽發了2.66億份心血管疾病的藥方，差不多是1986年的5倍。現時每年有80,000人要接受冠狀動脈的微創手術，超過了10年前總人次數的3倍。

透過英文、簡、繁體三語的網址、簡報和DVD光碟，我們的計劃會：

- 發展社區心臟大使義工隊
- 促進預防心臟病的方法和技巧
- 增強對導致心臟病危險因素的認識
- 改善生活素質和減免健康不平等
- 舉辦健康心臟認識日、中國健康飲食示範

英国华民社 北打比郡华人心臟健康大使计划

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- 发展社区心臟大使义工隊
- 促进预防心臟病的方法和技巧
- 增强对导致心臟病危險因素的认识
- 改善生活素质和減免健康不平等
- 举办健康心臟认识日、中国健康飲食示範

更多計劃資訊，請入網址: www.cbigs.org.uk

電郵: cbsuk12@yahoo.co.uk

鳴謝 徹斯德埠 皇厨中餐館 示範健康心臟中式食譜

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