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supporting critical interventions and improving access to care. Even in its earliest days, the Foundation recognised that saving lives was not only about medicine, but more about access to help and trust in that system.

Through the decades, the Foundation did not just grow but rather, it evolved. On its 21st anniversary in 2006, it became the **Heart & Stroke Foundation of Barbados** and expanded its reach to confront strokes, which are another major threat to public health. While the transformation may seem simply symbolic, it truly marked a bold and determined step into a wider fight for cardiovascular well-being in the Caribbean. It embraced public education as a tool for empowerment, launching health seminars, national campaigns and media features that made heart health a part of the everyday conversation, with an overall aim to make sure it met people where they were.

One of the Foundation's most defining contributions was the Emergency Cardiac Care programme, which brought CPR and AED training to communities that never had access before. This means that from schoolteachers to defence force recruits, everyday Barbadians learned the life-saving basics that could make all the difference in an emergency. Another highlight of the Foundation is that it also brought together the region's best minds and built on local expertise helping to create a culture of preparedness.

What truly set the Foundation apart was the understanding that heart health was not only focused on the clinical aspect but the realisation that it is a human issue. They focused on real people and real stories, which tackled stigma and disinformation while engaging with schools and businesses to spread awareness, even launching surveys to better understand Barbadian knowledge. Even its fundraising was innovative and inclusive from charity walks to bingo and the beloved 'An Evening of Music, Art and Holders'. It is through all these efforts that the goal of the Foundation to save lives and building healthier futures was truly recognised.

Over time, the organisation also grew into a reliable provider of health services, offering everything from cardiac rehabilitation and nutrition counselling to blood lipid testing and gym availability for lifestyle changes. It supported patients through the highs and lows of recovery and provided families with guidance, care and comfort. It is through this history that the Foundation became a voice of advocacy and a lifeline for many. And still, its story is far from over.

Today, in 2025, the **Heart & Stroke Foundation of Barbados** remains as relevant as ever. With non-communicable diseases like hypertension, heart disease and stroke continuing to threaten public health in Barbados and the wider region, the Foundation's mission has only grown more urgent. And the same passion that fuelled its founders back in 1985 now drives a new generation of volunteers – health-minded laypersons, medical professionals and community leaders to carry forward the legacy.

# Charting the way forward



Message from Greta Yearwood, Chief Executive officer of the **Heart & Stroke Foundation**, to mark its 40th anniversary.

THIS YEAR, the **Heart & Stroke Foundation of Barbados (HSFB)** proudly celebrates 40 years of dedicated service to the people of Barbados. Since our founding in 1985, we have worked tirelessly to protect and promote the cardiovascular health of our nation – through public education, early detection, advocacy, support services, and community outreach.

Over these four decades, our impact has grown, our reach has expanded, and our commitment has deepened. But none of this would have been possible without the remarkable individuals and organisations who have stood beside us.

We extend our heartfelt appreciation to:

- The Ministry of Health and Wellness, for its ongoing support and collaboration.
  - Our health care professionals, who have provided clinical expertise and compassion to thousands of patients and families.
  - Our corporate partners, including Massy Stores, Sagicor, Republic Bank, Central Bank of Barbados, ICBL, Barbados Light & Power, and many others, whose sponsorship and belief in our mission have helped power our programmes and campaigns.
  - Our international allies, such as the British Heart Foundation, the Interamerican Heart Foundation (IAHF), the American Heart Association (AHA), Chronic Disease Research (UWI), and PAHO, who have shared invaluable guidance and resources.
  - The volunteers, donors, staff, and friends of the Foundation – your dedication and support are the very reason we are here today.
- We thank you. We celebrate you. You are part of our heartbeat.
- As we honour this ruby milestone, we do so with



**GRETA YEARWOOD,**  
Chief Executive Officer.  
(SLD)

our eyes on the future. The health challenges we face today are more complex, and the need for prevention, education, and accessible care has never been more urgent.

The way forward for **HSFB** includes:

- Investing in health innovation and technology to better reach and serve our population.

- Deepening our community engagement, particularly among youth and underserved groups.

- Expanding our educational platforms, both digitally and in person.

- Building stronger local and global partnerships to share knowledge, improve outcomes, and create sustainable change.

- And most importantly, ensuring that every Barbadian has the tools and support they need to lead a heart-healthy life.

Our 40th anniversary events – the Ruby Ball, the **World Heart Day** breakfast, and the Golf and Polo Tournament – are not only celebrations. They are tributes to our journey and springboards for our vision. They represent the legacy we've built together and the future

we are determined to create. As we look forward to the next 40 years, we renew our promise to be a force for health, for hope, and for every heartbeat in Barbados. Let us continue – united, inspired, and focused – on healthier hearts, happier lives, and a stronger nation.

## CONGRATULATIONS

to the **Heart & Stroke Foundation**  
on their **40th Anniversary!**  
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### The Ministry of Health and Wellness extends warm congratulations to the **Heart and Stroke Foundation of Barbados** on their **40th Anniversary.**

The Foundation's continued advocacy, education, and support in the fight against heart disease and stroke have made a lasting impact on the health of our nation.

We thank them for their dedication and decades of service.

#### Heart-Healthy Tip

Alcohol consumption can negatively impact nearly every organ in the body, including the liver, heart, and brain, and increase the risk of high blood pressure, heart disease and stroke.

Be mindful - your health matters!