





Thanks to life changers like you the Heart Foundation can continue to save lives.

By giving your time, energy and donations we can lead the fight against heart disease and support the 180,000 New Zealanders currently living with heart disease.

From our heart racers to researchers, volunteers to donors, we simply couldn't do our work without you.

Thank you from the bottom of our hearts.

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GOAL 1

Enable people to make heart healthy choices

Provide the voice of reason on healthy eating that cuts through the clutter.

Catalyse change across targeted food environments.

Build relationships to reduce smoking and increase activity.

GOAL 2

Better outcomes for people and whānau impacted by heart disease

Support early diagnosis of people at risk of heart disease.

Connect people at risk of heart disease and their whānau to relevant support.

Improve the survival and wellbeing of people in New Zealand with heart disease.

GOAL 3

Fund New Zealand heart research and training

Fund innovative. New Zealand-relevant research on heart disease.

Support future heart health in New Zealand.

Heart disease in New Zealand

More than 180,000 people are living with heart disease

Around 1 in 20 adults are living with heart disease

Heart disease is responsible for the deaths of more than 6,300 Kiwis every year

More than 120 people die of heart disease each week

Every 90 minutes

a New Zealander dies of heart disease

Heart disease is the single biggest killer of both men and women

More than **50** women die of heart disease each week

The differences you have made this year

\$4.3 million of funding invested into research grants and specialist training for cardiologists in 2018/2019

\$70.1 million awarded to fund worldclass research and specialist training for cardiologists from 1968 to June 2019

43 research and training grants awarded this year, totalling 1,790 since 1968

8,256 people living with heart disease were supported by local Heart Foundation teams nationwide

More than **163,000** heart health advice resources were distributed to health professionals and Kiwis nationwide and over **21,000** resources were downloaded from heartfoundation.org.nz

4,215 Kiwis received regular heart health and lifestyle advice via the Heart Help e-newsletter

More than **330 tonnes of salt** per annum removed from targeted processed food products through the Heart Foundation's reformulation work with the food industry

heartfoundation.org.nz had 1.8 million single page views by more than **532.000** people

More than 103,623 views of recipe videos showing ways to use seasonal vegetables in easy family meals

456 people received specialised training in Pacific nutrition

More than 305 schools and 870 early learning services nationwide took part in our education programmes, reaching 120,580 school-aged children and 48,992 pre-schoolers

More than **3,630** health professionals received the latest cardiovascular clinical findings through the Heart Healthcare e-newsletter



CHAIRMAN AND CHIEF EXECUTIVE'S INTRODUCTION



MIKE TOMLINSON



CLIVE NELSON

Welcome to our annual review for the 2018-19 year. We are delighted to have this opportunity to report on and showcase the achievements of the Heart Foundation which are made possible by the life-changing generosity of our donors, supporters and volunteers.

In July 2018 we introduced our updated Strategic Plan for 2018-2021 and we are making great progress towards the three strategic goals in the areas of prevention, care and support, and research.

These focus areas drive all our work and help us achieve our vision - Hearts fit for life.

Ground-breaking research

Last September we announced a huge \$4.3 million dollars of new funding for heart research and specialist training for New Zealand cardiologists. Thanks to the generous support of our donors the Board was able to award an extra \$1 million in recognition of the Heart Foundation's 50th Anniversary Year.

These awards will support ground-breaking research to improve cardiovascular care here in New Zealand as well as on the global stage. Our sincere thanks to the members of our Scientific Advisory Group who volunteer their time and expertise in the grants process.

Heart-healthy lifestyle education

In February the Food Curriculum project was launched to great success. The programme supports teachers by giving them resources and helps educate the

future generations of heart-healthy New Zealanders on how to cook a healthy meal.

Our Food and Nutrition team also held professional development workshops for teachers throughout the country. The success of these workshops came down to collaboration, knowledge sharing and participation of teachers, as well as the generous support of trusts, whose funding makes the sessions possible.

Our Pacific Heartbeat team is focused on delivering programmes to help improve health outcomes for Pacific people and delivered 13 Workforce Nutrition Courses this year. The team also expanded the breadth of its relationships in Pacific communities.

Supporting people in local communities

Community engagement and information sessions for people living with heart disease continue to prove their value up and down the country. Sessions on a range of specialist topics are only possible through the collaboration of Heart Foundation staff and volunteers working in local communities. We are very appreciative of the time that cardiologists and health professionals give to these sessions to help people live well with their condition.

People told us they have a need for more heart health resources, so we have added to our range of support information to help people to live well with a chronic illness. We continued to help health professionals in primary care with information on heart health and risk factors to support their care for people. Encouraging a healthy lifestyle remains a key foundation to the management of everyone regardless of their risks of heart disease.

Our life-saving heart attack awareness TV campaign was on air every month during the year in review. Made possible by the generosity of our donors, this TV ad continues to save lives by promoting better understanding of early warning signs.

We receive welcome feedback from people like heart attack survivor Shennett of Northland who says if it wasn't for the Heart Foundation ad, she wouldn't have called 111 so soon to receive help.

Our work in communities across New Zealand is only possible with the generosity of people who give their time and skills in a range of different ways. Our heartfelt thanks to all who volunteered their support during the year.

New leadership

In April we said farewell to Tony Duncan after 16 years as Chief Executive. Tony oversaw the development of the Heart Foundation as an organisation that delivered resources and programmes to one that is now focused on the primary and secondary prevention of heart disease and the promotion of heart healthy wellbeing.

Clive Nelson has since joined the Heart Foundation as the new Chief Executive. Clive has a wealth of experience and joins the Heart Foundation having held Chief Executive and general management roles in Crown-owned and commercial organisations.

Our thanks and appreciation to the members of our Board, Strategic Advisory Group and Investment Committee who, as volunteers, are incredibly generous with their time, knowledge and professional expertise.

Maintaining life-changing momentum

On behalf of the Board, I join Clive in offering a big thank you to our Heart Foundation team for their hard work and commitment. We have achieved much together this year and we look forward to continuing that momentum under Clive's leadership in 2019-20.

We are incredibly grateful for the lifechanging support that we receive from our generous donors who make our work possible. With the ongoing support of our donors, volunteers and stakeholders we look forward to another great year of progress toward our vision - Hearts fit for life.

MIKE TOMLINSON

MIKE TOMLINSON CHAIRMAN CLIVE NELSON CHIEF EXECUTIVE



The Food Curriculum project teaches children life-long heart healthy habits.



Our work in communities is only possible with the generous support of volunteers.



Northland heart attack survivor, Shennett, called 111 sooner because of our TV awareness campaign.



Dr Sarah Appleby – Surviving a heart attack

Sarah has always had a passion and fascination for Biomedical science and her main goal is to help patients survive a heart event.

"The ultimate goal of my research is to understand heart failure just that little bit more and continue to piece the heart disease puzzle together which will help improve health outcomes and survival in heart failure patients."

Sarah is doing this by looking at the relationship that iron levels have in the long-term outlook of a patient.

"It is an exciting and dynamic area of multidisciplinary research trying to understand how cells, organs and systems function in the human body to help understand the scientific basis of health and disease."



Dr Kathryn Hally – Repairing the heart

During high school Kathryn had a strong passion for science and medicine.

"Working so closely with the people affected by cardiovascular disease really emphasises the value and the urgency of the work we are doing."

Her Heart Foundation funded research aims to find out the role that inflammation plays when the heart is repairing from a heart attack.

Improving heart repair can reduce the risk of experiencing complications from a heart attack. The study sets the scene for investigating whether anti-inflammatory treatments can improve heart repair."



CARE AND SUPPORT

Cycling at the heart of a world record

What started as the road to recovery after a heart attack and bypass surgery, became a journey that took Peter all the way to the New Zealand cycling championships and an agegroup world record.

Peter was a fit and active 78-year-old, working on his Invercargill deer farm, cycling and running often at local clubs. So when he had a heart attack it was a complete surprise.

"It was quite sudden. I'd just come inside after drilling a post hole out in the paddock. I was relaxing sitting in the chair and my daughter comes in and says, 'Dad you don't look very well.' And I stood up and I collapsed just like that. That was my heart attack."

A few months later Peter had triple bypass surgery. He approached his recovery with determination, but even so, he was nervous when starting to exercise again.

"The first six weeks you are a bit cautious because you are not quite sure what will happen to you. But it was all good and I was determined to come right and remain positive."

As his recovery progressed, Peter decided to get back on his bike, and

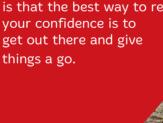
he soon started competing in cycling events. He has gone on to win numerous gold medals at New Zealand championships and in 2016 he achieved a world record for greatest distance covered in an hour in the 80-84 age-group.

He's also taken part in a number of endurance events on the road. including the Heart Foundation's former Great Southern Cycle Challenge.

Now 88, Peter has no plans to put his bike away any time soon.

"I think biking is good for endurance. On a good week I probably do about 200 kms on the road. I'd like to be a Heart Foundation Heart Racer again sometime soon."

Peter's main message to others recovering from a heart attack is that the best way to regain your confidence is to get out there and give





CARE AND SUPPORT

Journeys - sharing life experiences

There are more than 180,000 people living with some form of heart disease in New Zealand.

Our Journey stories are a way for people to share their stories, learn from others' life experiences, and find tips to help families and whanau on their journey with heart disease.

"Sharing my story was particularly easy! It certainly made me more aware of how lucky I have been having had the procedure (an ablation)."

Annette from Waikato

"Sharing my story was very simple and easy, hopefully will help others."

David from Auckland



through their own journey. If my

story can help them in anyway, it pleases me to know that I have helped them."

people out there who are either

going through or one day will go

"I was very happy to share my story as I know there are lots of

Keith from Auckland



"I felt that I was making a contribution to others through sharing my experience."

Nigel from Wellington



"It helped me gain a better insight into my experience and crystallised what I'd been through. Because angioplasty is so easy and noninvasive, you accept it as something minor when in fact you have experienced a heart attack that 20 years ago would have required open heart surgery and a long convalescence."

Trent from Auckland



"Sharing my story was easy and worthwhile. It was good to reflect on how fortunate I've been to get my condition properly diagnosed and treated."

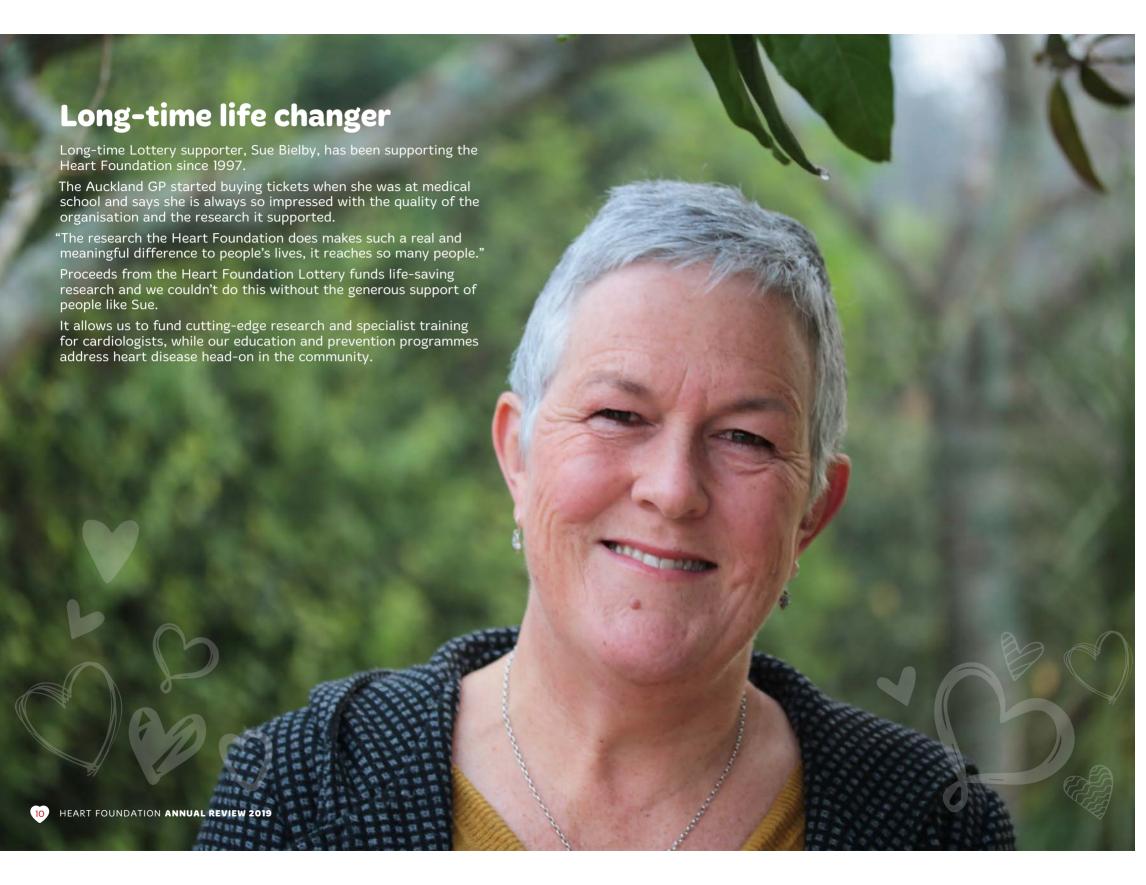
Jeff from Wellington



"It was good to put it all in to perspective, so the whole experience wasn't just a jumble of disconnected memories."

Merys from Nelson





WITH YOUR SUPPORT - FUNDRAISING

Life changing supporters

The Heart Foundation Lottery and Jennian Home teams got together to celebrate the construction of the 60th Jennian Heart Foundation Lottery home in Blenheim. Proceeds from the Heart Foundation Lottery make a significant contribution to funding our life-saving work.

This year the Lottery helped us award 43 research grants across the bench-to-bedside spectrum, including new treatments, structural interventions and prevention.









Angela Mead from Jennian Homes, Marlborough, presenting the keys to the Blenheim Lottery home winners, Sue and Neil.

Celebrating 50 years

The Heart Foundation officially commemorated its 50th anniversary with celebrations throughout the country.

Supporters and staff shared a collective passion and enthusiasm for what the Heart Foundation does for communities.

Gatherings included a dedicated research function for past, current and future recipients of Heart Foundation grants and meetings with our supporters and volunteers up and down the country.



Lisa Linton and her daughter Claudia.



Dr Katrina Poppe, Dr Anna Rolleston, Prof Rob Doughty & Dr Natalie Walker.



Michael and Betsy Benjamin with the recipient of their Overseas Training Fellowship, Dr Tom Wang.



Prof Ruth Bonita & Prof Robert Beaglehole.

WITH YOUR SUPPORT - FUNDRAISING

Big-hearted life changers

The Heart Foundation's Big Heart Appeal in February raised funds for life-saving heart research and specialist cardiac training, that will help address the country's heart health, both now and in the future.

We are very thankful to all those who gave donations to the Big Heart Appeal and to the thousands of volunteers who gifted their time and commitment to collect in places throughout the country. We couldn't do it without you.









Thank you volunteers

Thousands of volunteers give their time and energy to support the Heart Foundation every year. Whether it's organising support groups, helping the community with nutrition advice, becoming a Heart Racer or holding a bucket for our Big Heart Appeal, every bit helps us help Kiwis to live heart healthy lives.

Carolyn Campbell

Carolyn has been a volunteer in the Nelson-Marlborough branch for about eight years. She coordinates a heart help support group at a rest home, helps with information sessions, and distributes donation boxes to local shops. As someone who hasn't experienced heart disease herself, she says it's great to be out in the community helping to prevent it. "I really enjoy being out in the community, meeting people and educating them about heart disease." What's more, she says she's healthier for it.

"Averil (the local Heart Foundation heart health advocate) has got me much more active than I was. I was quite unfit at 40 but I do more exercise now."

Trish Morison

Trish, a senior nurse lecturer, volunteers her time in the Wairarapa, presenting health and nutrition information sessions in the community, helping at

local events, and collecting for our Big Heart Appeal.

"I feel so appreciated for the things that I do for the Heart Foundation and that's a really nice thing. It's a cause that people are really supportive of – everybody knows someone who has been affected by heart issues of some kind."

Janice Higginsbottom

Janice has been a volunteer for the South Canterbury branch for 10 years. She is currently the chairperson and treasurer of the local



Heart Foundation support group. As well as making good friends through her volunteering, it's also provided her an opportunity to give back to her community.

Sunny Naidoo

After having a heart attack ten years ago, Sunny wanted to help others affected by heart disease. He has shared his heart attack story for our lourneys



programme and will be fundraising for us as one of our Heart Racers at the 2019 ASB Auckland marathon.

"I wanted to share my experiences with those in similar circumstances and tell them that having a heart attack isn't the end of the world. You can have a new life and a new journey. I also wanted to bring awareness to the public about heart disease."

Certificate of Appreciation

Wellington Branch

Jessie Daba

Caution Dalley

Chelsea Kah

Eric Tannion

Sin Sin Ooi

Trijal Pednekar

Rowenna Bonne

Cheron Fourie

Jessie Daba

Jess Malaulau

Ruiwen Kang

Kim Khairul Anuar

Sohye Park

Yuwanti Rili Respatyanti

Chongling Tang

Kerby Lacaden

Yang Dai

Deanna Ayupova

Trijal Pednekar

Yun Yi Kok

Gayan Edirisinghe Pathiranage Joy Zhang Ningyi Yang Hemraj Hansdah

lean Putt

Jiayong Shen

Long Service

Mary Barbour -Hamilton Branch -20 years

Robert Goeldner -Hamilton Branch - 10 years

Jenny Potter – Hamilton Branch

- 10 Years

Margaret Weldon -Nelson Branch

- 10 Years

Jo Bell -Nelson Branch

- 2 years

Keith Broady-Nelson Branch - 2 years

Sandy Clegg -

Wairarapa Branch - 2 years

Judith Hutton -Nelson Branch - 2 years Janet Kelly -Nelson Branch - 2 years

Janet Knapp -Nelson Branch - 2 years

Stewart Mann -Nelson Branch

- 2 years

Trish Morison - Wairarapa Branch

- 2 years

Erik Pedersen -Wairarapa Branch

- 2 years

Rick Reynolds -Wairarapa Branch

- 2 years

Carolyn Weir -Nelson Branch - 2 years

Murray Weir -Nelson Branch

- 2 years

Abbe West -Nelson Branch

- 2 years

Donna Watt -Wairarapa Branch

- 2 years

RESEARCH

Supporting future heart health in New Zealand

Back in 1968, a dedicated group of cardiologists and business people founded the Heart Foundation with a clear vision to improve the hearthealth of every Kiwi.

Funding and supporting world-class research and specialist training for New Zealand cardiologists was, and is, a cornerstone of our work.

Enabled by the generosity and life changing support of our donors, the Heart Foundation is New Zealand's leading independent funder of heart research. This year we awarded \$4.3 million dollars of funding, bringing the total awarded since 1968 to more than \$70 million.

We received many high-quality research applications across the whole cardiovascular health bench-to-bedside spectrum; basic science, public health, prevention and patient management.

Our intent isn't only to support research which will improve cardiovascular care in New Zealand, but also improve care globally. These included a vaccine that could potentially prevent rheumatic fever in New Zealand, a kaupapa Māori nutrition research project for cardiovascular health, and the ongoing development and assessment of chest-pain pathways in rural communities.

This year's funding included 14

fellowships and scholarships, 10 project grants, 7 small project grants, five travel grants, and two 'grant-inaid' grants. Five summer studentships were also awarded to the Medical Schools at the University of Auckland and the University of Otago.

We have a long and proud record of research investment, which has improved our heart-health and contributed massively to the improvement in mortality rates over several decades. But there is no room for complacency as we face new challenges. Heart disease is still the single biggest killer in New Zealand and many of these deaths are premature and preventable. That's why research remains so important.

This work is only possible with the generous support of our donors and volunteers – thank you. We are making a difference, and together we can keep leading the fight against heart disease.

Gan Bhi

Gerry Devlin Medical Director







PREVENTION - EDUCATION

Making families healthier

Auckland's early learning service cooks are discovering new ways of cooking up nutritious, heart-healthy meals for under-fives.

It's all thanks to a specialised Community Nutrition Course run by the Heart Foundation's Education and Pacific Heartbeat teams.

Since 2015, many courses have been held for early learning service cooks and other staff who help with food preparation.

Heart Foundation Manager, Branko Cvjetan, says that each centre's cook influences the food intakes of between 30-120 children daily.

"That means the benefits of learning important skills like heart-healthy menu planning, portion sizes, label reading and basic nutrition concepts have far reaching implications for young New Zealanders," he says.

Heart Foundation Pacific Heartbeat Manager, Mafi Funaki-Tahifote, says the decision to focus on cooks from early learning services was due to their influence on pre-schoolers' daily food intakes.

"Establishing healthy habits in the early years provides children with a strong foundation for good health and wellbeing throughout their lives," she says.

Menu changes can include reducing high fat and high sugar options and increasing the availability of fruits and vegetables by providing new food items such as beetroot hummus, fruit kebabs and vegetable soup.

The Community Nutrition Course for early learning service cooks is proving very popular, often being booked out within a day of registrations opening.



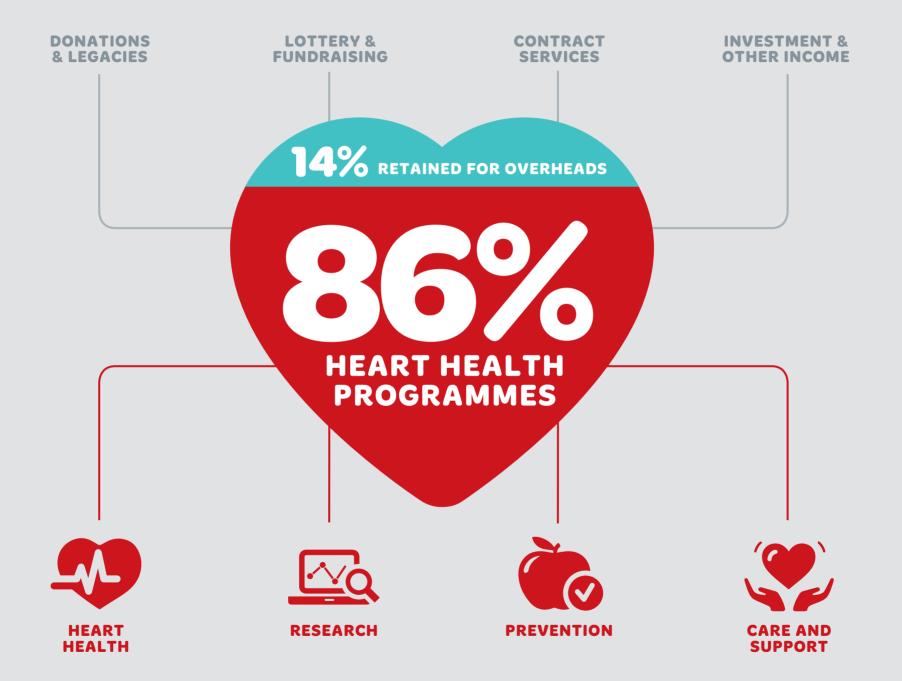
STATEMENT OF COMPREHENSIVE REVENUE AND EXPENSE

Consolidated statement of comprehensive revenue and expense for the year ended 30 June 2019.

	2019	2018
	\$000	\$000
Revenue		
Fundraising and lottery ticket sales	10,351	10,463
Donations and legacies	8,706	6,503
Contract services	4,133	4,209
Investment income	1,659	1,571
Other income	259	413
Total revenue	25,108	23,159
Direct expenses	(10,240)	(8,576)
Net operating surplus	14,868	14,583
Expenditure		
Research - grants & administration	(3,555)	(4,115)
Public Health	(2,840)	(2,591)
Pacific Heartbeat	(831)	(775)
Heart Healthcare	(2,405)	(2,126)
Programme support	(4,733)	(4,410)
Depreciation and amortisation	(376)	(433)
Total expenditure	(14,740)	(14,450)
Surplus for the year	128	133

\$000	2019	2018
	\$000	\$000
Surplus for the year	128	133
Gain / (loss) on investments	54	1,255
Gain / (loss) on disposal of fixed assets	-	(325)
Net surplus for the year	182	1,063
Other comprehensive revenue and expense		
Net change in fair value of available-for-sale financial assets	2,610	2,298
Total other comprehensive revenue and expense for the year	2,610	2,298
Total comprehensive revenue and expense for the year	2,792	3,361

For full disclosure of financial statements please visit heartfoundation.org.nz



BOARD OF DIRECTORS



Associate Professor Gerry Devlin



Wayne Fletcher



Aroha Hudson



Associate Professor Malcolm Legget



Professor Jim Mann CNZM



Clive Nelson (Chief Executive)



Faye Sumner CNZM



Ian Sutcliffe



Mike Tomlinson (Chairman)



Tom Treacy

Scientific Advisory Group members

Associate Professor Gerry Devlin Professor Rob Doughty Professor Alison Heather Dr Ben Hudson Associate Professor Ian LeGrice Professor Murray Skeaff Dr Barry Smith
Professor Richard Troughton
Associate Professor Natalie Walker
Associate Professor Mark Webster
Dr Jinny Willis

Michael Benjamin Mike Gault Ross Jewel Graeme Kershaw Mark Simpson David Strack

Investment Committee

We would like to extend an enormous thank you to a wonderful group of very generous New Zealanders

Our heartfelt thanks to the individuals, trusts and organisations, many of which are listed here, who have helped the Heart Foundation achieve its objectives during the year.

Thank you also to our likeminded strategic partners who collaborate with us to deliver our work. We are grateful that you share our vision and purpose in helping New Zealanders impacted by heart disease.

The ongoing dedication and commitment shown by the following supporters has been integral in the Heart Foundation's achieved outcomes.

Aileen Drewitt Charitable Trust Allen Pidwell

Caiger Charitable Trust

David and Helen Hoskin

Cert - Your Local Gaming Trust Ltd Community Organisation Grants Scheme

Community Trust of Southland

Dorothy Cutts

E & W White-Parsons Charitable Trust

Eastern & Central Community Trust
Estate of Ernest Hyam Davis & The
Ted and Mollie Carr Endowment Trust

Estate of Grace E M Kay - Orakau Heart Research Scholarship Trust

Farina Thompson Charitable Trust

Foundation North

Frederick James Brunskill Estate

Grace Craston Charitable Trust

Hynds Foundation

Ian Shroff

Jack Jeffs Charitable Trust

James Gillespie McMahon Memorial Trust

Jennifer Smith Family Trust

John Ormiston

John Pescini

Jones Foundation

Lawrance and Stephanie Russell

Charitable Trust

Lois McFarlane Charitable Trust

Lyndsay Noble

Michael and Betsy Benjamin

Milestone Foundation

Milton Hope

Mt Wellington Foundation Ltd

New Zealand Community Post

New Zealand Community Trust

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Room-Simmonds Charitable Trust

Rotorua Energy Charitable Trust

Southland Medical Foundation

Stewart Family Charitable Trust

The Kelliher Charitable Trust

The Owen and John Whitfield No 2 Fund Charitable Trust

The Reed Charitable Trust

The Robert and Barbara Stewart

Charitable Trust

The William Noel Pharazyn

Charitable Trust

The Winton & Margaret Bear (Charitable) Trust's Children's Heart Health Care Trust

Trust House Charitable Trust

Trust Waikato



