MESSAGE FROM THE NATIONAL PRESIDENT

Dr Jennifer Johns AM
National President

In 2015, the National Board acknowledged the significant contribution of the Tick program to food reformulation in Australia and, after a thorough review, unanimously agreed to phase out the program. Over the past 26 years, this ground-breaking program has dramatically improved the quality of food on supermarket shelves. Thank you to my fellow Board members for their contribution in 2015, and to the staff at the Heart Foundation for their dedication. But most of all, thank you to the people across Australia who have volunteered, donated and supported us this year. Our critical work would be impossible without you.

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Chief Executive Officer

Like many charitable organisations, the Heart Foundation faces ongoing financial pressure in 2015. As the not-for-profit sector in Australia grows, there is more competition for community and philanthropic donations, and it is important that our work remains relevant. We’ve been very privileged to receive significant public support throughout our history, however as we look to sustaining the fight against heart disease we must constantly review our activities. During 2015, we undertook a major review of our role and the outcomes of this assessment will help us ensure we remain true to our primary purpose: to reduce premature death and suffering from cardiovascular disease. This review informed our decision to phase out the Tick program and reiterate our commitment to research.

As leaders in heart health, not just in Australia but internationally, it is important that we continue to phase out the Tick and reiterate our commitment to research.

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EVERY 12 MINUTES
1 AUSTRALIAN DIES
as a result of CVD * 

* Cardiovascular disease

HEALTHY HEARTS

HEART FOUNDATION ANNUAL REVIEW 2015
The Heart Foundation is passionate about making healthier choices easy. Whether it's improving the quality of supermarket food, making it easier for everyone to be active for 30 minutes every day, or reducing the number of people who smoke, we're working behind the scenes and in the public eye to ensure every Australian has the opportunity for the best possible heart health.

**Move more, sit less!**

It's no secret that physical activity is the prescription Australia needs to help halt heart disease, curb obesity and boost our national productivity, livability and prosperity. The Heart Foundation launched 'Move more, sit less!' in March 2015 to call on all Federal politicians to support a funded, national physical activity action plan. Our goal is to see a comprehensive physical activity action plan in the policies of major political parties.

**What this means**

- We're asking the Federal Government to commit to simple and affordable policy initiatives that will:
  - help Australians to walk and cycle to work or for recreation
  - support local governments to deliver
  - provide for the needs of rural communities, older Australians, people who are disadvantaged and Aboriginal and Torres Strait Islander peoples.

**Supporting healthier food choices**

In 2015, we continued our efforts to support Australians to make healthier food choices.

- We've advocated to the government that any proposed changes to the GST should not increase the cost of healthy foods, such as fruit and vegetables, that are currently GST free.
- We called for Treasury to investigate the introduction of a health levy on sugar-sweetened beverages, following the successful reduction of sugary drink consumption in Mexico.

**Rewarding healthy communities**

Now 23 years old, the Heart Foundation's Local Government Awards recognise and showcase councils working to improve heart health through building a sense of community, encouraging people to be physically active, being smoke-free and making healthy food choices. In 2015, we received nominations from across Australia and selected three national winners that set a wonderful example encouraging people to be physically active, being smoke-free and making healthy food choices.

**The Healthy Food Partnership**

The Healthy Food Partnership held its inaugural meeting in November. Its earlier iteration, the Food and Health Dialogue, had been stagnant since 2013 and we've laboured long and hard to restart the program. The recent success of food reformulation (changing food recipes, for example) to reduce salt or sugar in the UK shows that a government-led program can result in significant health gains.

**20 years of Heart Foundation Walking**

We celebrated 20 years of Heart Foundation Walking with a series of community walks across Australia. This anniversary is certainly something to celebrate. More than 70,000 Australians have taken part in more than 4 million recorded walks since 1995. In 2015 alone, we welcomed 5,000 new walkers and set up 115 new groups in communities across Australia. This anniversary is certainly something to celebrate. More than 70,000 Australians have taken part in more than 4 million recorded walks since 1995. In 2015 alone, we welcomed 5,000 new walkers and set up 115 new groups in communities across Australia.

**Goodbye and thank you, Tick**

After 26 years helping the Australian public make healthier food choices and improving the nutritional quality of food we eat every day, we announced the retirement of the Heart Foundation Tick. This pioneering program began when there was little to guide shoppers toward healthier food choices and people were not nearly as aware or savvy about the ingredients in packaged food.

Over a quarter-century, we achieved some incredible milestones in the Tick program, including:
- the inclusion of a nutrition information panel on the back of all packaged foods 13 years before it was mandated
- engaging with the food industry to reduce trans fat levels. By 2005, all spreads with the Tick were virtually trans free
- facilitating the reformulation of everyday foods. In 2013, approximately 16 tonnes of salt was removed from Australian diets through the reformulation of pasta sauce alone.

**2015 achievements**

- The City of Charles Sturt (SA) developed a Regional Public Health Plan increasing opportunities for healthy living for all generations in their community. For example, their active travel initiative includes a volunteer bike repair program, traffic and engineering projects, a City Bikes Scheme and a new Walking and Cycling Strategy.
- We called for Treasury to investigate the introduction of a health levy on sugar-sweetened beverages, following the successful reduction of sugary drink consumption in Mexico. We're asking the Federal Government to commit to simple and affordable policy initiatives that will:
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- In Cobar Shire Council (NSW), 30% of the population are under 20 years old and the rate of obesity is above average. The redevelopment of the local skate park increased use from 120 to 2,000 people each month, helping local young people be active in a way they love.
- All departments of the Mid Murray Council (SA) contributed to creating more active and healthy places and spaces. A new Bicycle Plan, three new BMX tracks, seven new active playgrounds and subsidised entry to public pools are just some of the initiatives helping residents live more active lives.

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Mary Barry, Professor Nanette Mutrie MBE, Louise Dobson OAM, and Professor Jo Salmon at the ‘Move more, sit less!’ National Physical Activity Consensus Forum.

‘Gear Up Girl’ riders in NSW.
While we all dream about a world free from cardiovascular disease, the reality is that 4.2 million Australians are living with this terrible diagnosis. To support them and their families, the Heart Foundation works tirelessly to give all Australians access to quality healthcare to ensure appropriate diagnosis, treatment and management of heart disease.

Improved testing for chronic diseases

In 2015, the Heart Foundation called on the Department of Health to implement an ‘integrated health check’ into the proposed new, quality-focused Practice Incentive Program (PIP). By combining risk assessments for heart disease, stroke, type 2 diabetes and kidney disease, general practitioners (GPs) can consolidate the necessary checks and tests for these chronic conditions. This is a unique and important opportunity to improve adherence to evidence-based guidelines for the detection and prevention of cardiovascular and other diseases.

What this means

Instead of running tests as requested by patients or as they see the need, GPs can look at the risk factors for a host of major diseases in one go. Many years of research shows that this comprehensive view of a patient’s health leads to better outcomes for patients and can stop events like heart attacks before they happen. A risk calculator is now fully integrated into the key resources used by GPs across Australia.

Caring for the next generation

Dr Lisa Moran, recipient of a SA Cardiovascular Health Research Network Fellowship, is passionate about creating a world free from heart disease for our children and grandchildren.

“More than half of all Australian women are overweight or obese. Pregnancy-associated weight gain and conditions such as polycystic ovary syndrome can put young women particularly at risk. I study key times in women’s lives (such as pregnancy) when improving nutrition and exercise and being a healthy weight can reduce their risk of developing heart disease.

“By improving a woman’s health while she is young, we can also improve the health of her children, decreasing their risk of being overweight or developing other heart disease risk factors. I’d like to see more done with young women to reduce their risk of heart disease, such as the healthcare system implementing screening and providing treatment to support weight loss and prevent weight gain.

“This past year has been very exciting for my research. We’ve found that promoting healthy diet and exercise during pregnancy reduces a woman’s risk of having a large baby. Not only does this mean the baby is less likely to be overweight during childhood, it’s also a very cost-effective way to support the health of mother and child.

“Heart Foundation funding has made a huge difference to what we’ve been able to achieve. Their support contributed to the largest clinical trial examining the effect of lifestyle interventions during pregnancy in overweight and obese women. We’re now following the children of mothers from this study and hope to continue through their childhood to really understand the long-term impacts of our work.”

IN 2014–15, CLOSE TO 4.2 million AUSTRALIANS were living with a long-term CARDIOVASCULAR DISEASE

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1 in 4 AUSTRALIANS have HIGH BLOOD PRESSURE – a RISK FACTOR for heart attack, heart failure and stroke

With support from the Heart Foundation, Dr Lisa Moran is working towards a world free from heart disease for our children and grandchildren.
Ensuring patient-centred, evidence-based care for ACS

This year, we launched the inaugural Australian acute coronary syndromes (ACS) capability framework, which details how Australia can deliver an evidence-based, patient-centred health service to people with ACS. The framework details the expertise, resources, protocols and service arrangements required at each stage of care, and identifies how to improve patient transfers and communication across services. This framework supports the Australian Commission on Safety and Quality in Health Care (ACSQHC) ACS clinical care standard, which aims to reduce differences in care received by Australians who have had a heart attack. A clinical guideline that provides the evidence basis for both the standard and capability framework is underway and due for release in 2016.

Help is just a phone call away

Almost 25,000 people received personalised and professional heart health advice from our Health Information Service in 2015. People from all over Australia called and emailed our dedicated team of health professionals to talk about everything from rehabilitation following a heart procedure, to managing high cholesterol and how to be more active every day. This year we also supported Professor Simon Stewart’s heart failure trial by making more than 6,000 phone calls to nearly 800 patients.

Supporting the delivery of evidence-based care

An important part of our work is supporting health professionals to deliver best practice, evidence-based care to people living with heart disease. This work helps ensure that when you visit your doctor, you and your loved ones will receive the best possible care. In 2015, the Heart Foundation presented clinical posters at the Cardiac Society of Australia and New Zealand (CSANZ), GP15 – The RACGP Conference for General Practice and the High Blood Pressure Research Council of Australia (HBPRA) Annual Scientific Meeting. Our poster presentations help educate and influence health professionals on new and emerging aspects of heart health care, such as changes to blood pressure measurement and clinical guideline development.

Clinical guidelines guide health professionals’ decisions and criteria for diagnosing, managing and treating medical conditions. Guidelines are developed by a systematic review of evidence and an assessment of the benefits and harms of various care options. The Heart Foundation works with some of Australia’s leading experts in heart disease to produce clinical guidelines. During 2015, we have been working on an update to the hypertension and ACS guidelines, which will be released in 2016.
We believe that every Australian has the right to live a healthy lifestyle and receive the best possible care when their heart is in trouble. Sadly, Aboriginal and Torres Strait Islander communities, socioeconomically disadvantaged populations and people living in rural and remote communities bear a much greater burden of heart disease.

In 2015, we focused on building our skills as an organisation so that we're better equipped to address the inequities in heart disease. Our new Equity Impact Tool will help us consider how messages and programs benefit those most at risk of heart disease, and will be a fundamental part of all the work we do at the Heart Foundation.

We also continue to build our knowledge by partnering with key research and social organisations as we seek to address health inequities in Australia. In 2015 this included:

- investigating the socioeconomic differences in dietary intake with researchers at Deakin University
- examining the trends in health inequities with partners of the Australian National University
- advocating for better heart health equities through partnerships with key agencies, such as the National Rural Health Alliance.

A proactive approach

Rheumatic heart disease is rare in non-Indigenous Australians, yet we have one of the highest rates in the world due to its prevalence in our Aboriginal population. The Heart Foundation in NSW has shown strong leadership in improving the heart health of Aboriginal people with more than a decade of advocacy leading to an Acute Rheumatic Fever and Rheumatic Heart Disease Register being included in the COAG Better Cardiac Care for Aboriginal People Strategy. This register means health professionals can be more proactive in supporting heart health in Aboriginal communities.

Tour Da Country

Tour Da Country is a seven-day bike tour through Sydney, the Blue Mountains and South Coast NSW that promotes reconciliation and raises awareness of Aboriginal health. Heart Foundation staff rode one leg of the event which culminated in La Perouse with a special performance by our Jump Rope for Heart Outreach Skipping Team, the Deadly La Pa Skipping Crew.

To help people better understand what’s happening to them and their heart, free, downloadable fact sheets are available on our website in 11 languages.
Keeping Ballarat hearts healthy
You may know Ballarat as the site of the 1854 Eureka Rebellion, but this inland city has a far more distressing claim to fame—the highest rate of cardiovascular disease in Victoria. It’s our hope that, through prevention, we can improve heart health in the area and stop heart disease in its tracks.

During Heart Week in May our mobile clinic visited Ballarat. With the support of local partners, more than 300 people made the most of free Heart Health Checks where they found out their risk of having a heart attack in the next five years, and—most importantly—what they can do to prevent it. For those who couldn’t make it in for a check, we spread the word about heart attack risk factors to more than 260,000 people through a local media campaign.

Roping in students to Jump Rope for Heart
Jump Rope for Heart is more relevant than ever before with one in four Australian children overweight or obese, and 85% not active enough. Through our Jump Rope for Heart Outreach program, we’ve taken this one step further in NSW by reaching out to schools in most need of physical activity and healthy eating messages.

Language no barrier
A new and impactful heart health campaign is raising awareness of heart attack warning signs in the Chinese community. Through a collaboration between Heart Foundation teams in NSW and Victoria, and the NSW Multicultural Health Communication Service we’re teaching people how to recognise the warning signs of a heart attack and what to do when they see them. We’re also supporting people to take proactive steps to reduce their risk of having a heart attack. We hope to adapt this model to other language groups around Australia to ensure everyone has the best possible chance of surviving their heart attack.

Backed by research
We believe that everyone, regardless of where they live, how much they earn, or their cultural background should have the opportunity and the means to achieve good health. That’s why we’re proud to fund research focused on understanding the clinical and systematic gaps which drive the unequal burden of heart disease in Australia.

While the in-hospital treatment disparities faced by Aboriginal and Torres Strait Islander peoples when accessing cardiac care are recognised, there is little understanding of what patients and their families would see as valued improvements, particularly in the area of patient and health professional communication.

Our dedicated project officer visited 32 schools across the state to conduct skipping skills workshops. Schools were further supported by a range of program resources including a new DVD which showcased the skills of our first ever Outreach Demonstration Skipping Team the Deadly La Pa Skipping Crew, which is made up of 13 students from La Perouse Public School.

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Professor Alex Brown and his team are exploring the in-hospital communication experiences of urban, rural and remote Aboriginal and Torres Strait Islander cardiac patients, their families and health care providers. The study will produce a resource to help health care providers better understand the experiences of Aboriginal and Torres Strait Islander cardiac patients and will make recommendations on strategies to improve the health literacy of patients. This Heart Foundation funding is also supporting Aboriginal and Torres Strait Islander early career researchers to be involved throughout the study.

What this means
Doctors, nurses, cardiac specialists and other health professionals involved in caring for the hearts of Aboriginal and Torres Strait Islander peoples will be able to communicate more effectively with their patients and help them understand how best to look after their health after a heart event.

Research DEATH from ischaemic heart disease in 2013 for Aboriginal and Torres Strait Islander peoples was at least higher than non-Indigenous Australians

[ANNUAL REVIEW 2015]
To investigate the causes, diagnosis, management and prevention of cardiovascular disease, we invested $12.5 million in research in 2015, making us the largest non-government funder of cardiovascular research in Australia.

Research holds the key to unlocking the secrets of heart disease and preventing almost 20,000 Australian families from being negatively impacted each year. While our funding of cardiovascular research is well known, perhaps the most important part of our contribution is our work to translate the research findings into plans, programs and guidelines that make a real difference to the Australian community.

How our funding works

Each year, the Heart Foundation balances funding between research that will make a difference today and investing in cardiovascular research to ensure the future is bright for all Australians. To do this, we award funding to individual researchers and projects.

We provide grants to enable teams to undertake cardiovascular research. Our project funding includes:

- Vanguard Grants to test the feasibility of important new ideas
- Partnership Engagement Grants to enable researchers to partner with us for largescale projects
- NSW Cardiovascular Research Network Development Project Grants to support new collaborative research
- Research Development Project Grants to enable researchers to partner with us for largescale projects

Funding for research awards in 2015 ($)

- Fellowships $3,855,723
- Grants 3,729,993
- Scholarships 1,111,345
- Special Awards 181,724
- Collaboration & Exchange Awards 86,800
- Administration & grant projects $191,670
- Total $5,865,722

Active research awards in 2015

- Fellowships 95
- Grants 62
- Scholarships 71
- Special Awards 3
- Collaboration & Exchange Awards 8
- Total 285

We hope that much of what was learned during the project can be applied in Aboriginal and Torres Strait Islander communities around Australia.

- Professor Prash Sanders received the prestigious R T Hall Prize from the Cardiac Society of Australia and New Zealand for his work in establishing a recognised academic department of cardiac electrophysiology, undertaking basic research and translating it into clinical practice.
- Each of these innovations gives us hope we will soon be able to better prevent, treat and manage heart disease.

Meet our researchers

Professor Graham Hillis

Vanguard Grant

Royal Perth Hospital and University of Western Australia

“My work looks at ways to improve outcomes for patients with coronary heart disease, particularly after a heart attack, and to reduce the risk of heart-related complications following major surgery. Our research ranges from large multicentre clinical trials to smaller early stage trials – such as the one funded by the Heart Foundation looking at the effects of colchicine, a very old medication that reduces inflammation and might improve outcomes after a heart attack.

Ultimately, we hope to improve the treatment of heart attack survivors and reduce the huge burden of heart-related complications this disease brings. This is something of global importance, but at the moment we have a relative lack of evidence and effective treatments.

I also hope this research will create an interesting and challenging environment for our students and trainees, and spark their interest in pursuing research as a career. Recently we’ve been analysing blood samples from patients with type 2 diabetes for markers to predict who is at increased risk of developing heart or kidney problems. Our work has been promising, but more needs to be done to clarify how we can incorporate these blood tests into risk prediction scores and use them to better target therapies.

“Funding from the Heart Foundation plays a vital role, particularly in supporting the earliest stages of research and junior researchers. Both of these are crucial to the development of cardiovascular research in Australia. Without the support of the Heart Foundation, many projects would never be possible and our colleagues’ clinical work would not have the opportunity to participate in research work.”

Dr Campbell and his team established the effectiveness of a new treatment for stroke.
Meet our researchers

Associate Professor Ben Hogan
Future Leader Fellowship
Institute for Molecular Bioscience,
The University of Queensland

“My team is trying to understand how new blood and lymphatic vessels form — in an embryo and in tissues later in life. By discovering all of the genes and molecules needed in this process, we hope to learn how to control the growth of vessels in health and in disease.

“Promoting new vessel growth can help in the repair of damaged tissues, such as heart muscle following a heart attack. In other cases, slowing vessel growth can stop or delay the progression of disease, such as inherited vascular diseases.

“We hope our research, and the knowledge that we generate, will uncover new approaches to manipulate the growth of blood and lymphatic vessels and lead to the development of new treatments in cardiovascular disease.

“Recently we characterised a gene that, when defective, causes Hennekam syndrome, a debilitating disease with symptoms including swelling caused by a build-up of fluid (lymphoedema). We showed for the first time how the gene acts to control a key molecular pathway during lymphatic vessel formation.

“This knowledge opens up several possibilities for controlling vascular growth in disease, and we continue to work on this new molecular target.

“The support of the Heart Foundation has allowed me to grow my research team and to conduct new experiments to identify drug-like molecules that promote or restrict lymphatic vessel formation. Allowing scientists to pursue new ideas is so important to changing the way we prevent and treat cardiovascular diseases, and the Heart Foundation is making this possible.”

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— Associate Professor Ben Hogan, Future Leader Fellowship

State and territory reports

Our presence in every state and territory across Australia means we’re able to make major strides in the fight against heart disease, while also making a difference to heart health in communities every day.
The Heart Foundation ACT has a better, and healthier, place to live. We work closely with the ACT Government to make sure residents’ heart health remains a priority. Making ACT a healthier place to live than 1 in 4 people is still too many. Australian Capital Territory may have the lowest rate of obesity in Australia, but we believe more can be done to keep our residents heart healthy.

• Bowen Place Crossing was opened in late 2015, allowing Canberrans to safely circumnavigate the central basin of Lake Burley Griffin without interacting with cars. The Heart Foundation advocated for the new crossing for five years and it now provides a safe route for pedestrians. With obesity rates on the rise, making active travel easy for commuters and recreational users is as important as ever.

Exercise without fear
A fear of falling while exercising is a concern stopping older Canberrans from being more physically active, even though they know it’s vital to keep their heart healthy. In 2015, the Heart Foundation provided Falls Risk Assessment training to 40 leaders of Heartmoves gentle fitness classes to help them test and identify people at risk.

As well as referring those in need to the ACT Falls Unit for further assessment, testing empowered people through understanding what areas they could improve by exercising. The result? These older Canberrans are now ready to be more active and better look after their hearts.

Heart Care Ambassadors reduce risk
Our nine Heart Care Ambassadors – including practice nurses, a community pharmacist and nurses from ACT Health – made a big impact on the health of many Canberrans in 2015. To support them, we ran workshops covering Heart Foundation programs, physical activity, medication, smoking and stress. Walking Coordinator Di Percy provided ‘walking prescriptions’ to share with patients and motivate them to be more active. We’ve already seen results with one sedentary patient now walking three times a week. Four general practices are also using new ways to identify patients at risk of heart disease and referring them to appropriate resources to help manage their risk.

Heartmoves gentle fitness classes to help test and identify people at risk. Walking Coordinator Di Percy provided ‘walking prescriptions’ to share with patients and motivate them to be more active. We’ve already seen results with one sedentary patient now walking three times a week. Four general practices are also using new ways to identify patients at risk of heart disease and referring them to appropriate resources to help manage their risk.

Our Heart Care Ambassadors helped general practices identify patients at risk of heart disease and make sure they receive the best possible care.

In February, our Ball raised over $112,000 to make possible our research and health programs. We invited Australia’s first Cross of Valour recipients, four living Victoria Cross recipients and the only surviving George Cross recipient to recognise the incredible service they have given to our nation. Described by former Governor-General, Michael Jeffery as “a night of enormous historical significance”, and by Dame Quentin Bryce as “an unforgettable evening”, the event was very special to all who shared it.

Hearts of Valour Ball
Ray Martin hosting the Heart Foundation ‘Hearts of Valour’ Ball.
Daily smoking rates in NSW have continued to drop with less than 15% of adults smoking thanks to concerted efforts on a range of fronts.

More data for researchers

Cardiac rehabilitation is a critical step on the road to recovery after a heart attack, but patient participation is low. To understand why, and to make sure all patients have equal access to rehabilitation, NSW Health, clinicians and the Heart Foundation have reached an agreement to collect uniform data allowing greater analysis.

What this means • A pilot is underway that allows researchers to access data on patients in three NSW local health districts to help them find ways to improve the cardiac rehabilitation journey. Their findings will be used to inform a state-wide roll out.

Go Red for Women Community Grants

While awareness of heart disease as the leading killer of Australian women has increased by 14% since 2008, we have much work to do. In response, the Heart Foundation has developed a comprehensive ‘Women and heart disease’ campaign funded through the generosity of the NSW philanthropic and corporate community. In 2015, we awarded five Go Red for Women Community Grants of $10,000 to support organisations working within local communities to raise awareness of heart disease risk factors, warning signs and prevention. We funded projects including:

• a video featuring South Coast Aboriginal women’s heart health experiences
• training bilingual community educators in South West Sydney
• community events in the Northern Rivers region.

The good oil on eating out

More people are eating out than ever before, so we have been working towards a healthier food supply by encouraging small- to medium-sized independent food outlets to use healthier cooking oils. Heart disease ‘hot spot’ Cessnock has seen 42% of food outlets commit to making the switch after the council implemented the program. Councillors in southern NSW and Victoria are also interested in getting on board.

Cycling for heart health

If physical activity came in a pill, we’d all need a daily dose. The Heart Foundation partnered with Bicycle NSW for ‘Gear Up Girl’ in 2015. This annual event encourages females of all ages to become active bike riders. Nearly 1,000 women participated and an even bigger event is planned for 2016.

The finish line of the Sun-Herald City2Surf.

Clockwise from top left: Heart Foundation Christmas Cocktails event, Riders line up at the start of ‘Gear Up Girl’, Students showing off their Jump Rope for Heart skipping skills.

Doing it for heart

In August, more than 50 runners, including the Heart Foundation’s NSW Chief Executive, Kerry Doyle, and Cardiovascular Research Network (CVRN) Director, Kristina Cabala, took part in the Sun-Herald City2Surf raising over $51,000. The funds will boost the careers of emerging researchers through the NSW CVRN Rising Stars Program.

The support of our local communities is critical in communicating essential health messages and raising vital funds. Almost 1,900 community fundraisers across NSW raised $215,000 this year.

Thank you

Our work would not be possible without the generosity of our supporters. Philanthropic giving enables the Heart Foundation to deliver critical health programs, raise awareness, educate and continue our advocacy efforts. We thank all of our donors, volunteers and supporters who contribute time, energy and finances to help make our vision of protecting the heart health of all Australians a reality. We appreciate your continued commitment to our cause.
More people smoke in the Northern Territory than anywhere else in Australia: 1 in 5 Territorians light up every day.

Heart Story
In 2015, we launched a new and improved Heart Story for use across the Northern Territory. This clinical resource provides registered training organisations with an educational tool for Aboriginal and Torres Strait Islander health practitioners. Heart Story helps increase knowledge and understanding of risk factors, acute coronary syndromes and cardiac related procedures, along with the importance of secondary prevention, cardiac rehabilitation and medication adherence.

The Northern Territory’s Shadow Minister for the Northern Territory Adam Giles MLA, the Northern Territory’s Young Minister for the Northern Territory Adam Giles MLA, the Northern Territory’s Young Minister for the Northern Territory Adam Giles MLA, the Northern Territory’s Young Minister for the Northern Territory Adam Giles MLA, the Northern Territory’s Young Minister for the Northern Territory.

Touch for Heart
The Heart foundation’s corporate lunchtime touch football competition, Touch for Heart, was contested again in 2015 with more than 100 people taking part in the eight-week competition. The competition encourages staff at businesses in and around the Darwin CBD to be active during their lunch break. As well as getting out on the ground, players were exposed to important health messages each round to encourage healthier lifestyles.

Into the record books
More than 500 people, including Chief Minister of the Northern Territory Adam Giles MLA, the Northern Territory’s Young Indigenous Australian of the Year nominee Chantel Ober and our very own Happy Heart, set a new Guinness World Record at the Katherine District Show in 2015. The ‘United Heart Hands’ record was set by participants holding their hands in a heart symbol for two minutes. This new record could only be achieved through our collaboration with the local Aboriginal Health Services.

Aboriginal and Torres Strait Islander peoples are twice as likely to die from cardiovascular disease than non-Indigenous Territorians.

Amangkarud Arrarrkbi
Together with more than 100 remote community members, we celebrated ‘Amangkarud Arrarrkbi’, also known as Milingil Healthy Lifestyle week, during June. The Heart Foundation facilitated the event that allowed participants and their families to enjoy a range of interactive activities, including a ‘smoothie bike’, a healthy barbeque, stopping out with a Heart Foundation Walking group and a community team cook up.

Better Me, Better NT
In May 2015, we called on Territorians to get behind their community leaders during ‘Better Me, Better NT’. For 12 weeks, challengers, including the Chief Minister of the Northern Territory and the mayors of Darwin and Alice Springs, helped raise much needed funds for vital research into cardiovascular disease, which remains the largest killer of Territorians. Challengers also shared the steps they took towards improving their heart health with their supporters, friends and communities right across the Territory.

LiveLighter
With funding from the Northern Territory Government Department of Health, we launched LiveLighter throughout the Northern Territory in September 2015. LiveLighter challenges Territorians to consider the harmful impact that poor lifestyle choices have on their bodies and overall health, and encourages people to take positive steps towards improving their health and wellbeing. LiveLighter provides Territorians with information and resources to support healthy eating and increasing their physical activity.

Our collaboration with the local Aboriginal Australian of the Year nominee, Chantel Ober, and our very own Happy Heart, set a new Guinness World Record for the ‘United Heart Hands’ record at the Katherine District Show in 2015.

Left: More than 100 people took the field for our eight week Touch for Heart competition. Below: Healthy Lifestyle days were held throughout communities in the Northern Territory.
Mending broken hearts
Once you have had a heart attack, your risk of another skyrockets. Cardiac rehabilitation can help change this, but many survivors don’t complete their program. In 2015, we advocated for a Quality Improvement Payment and the Queensland Government announced a $5 million hospital investment to encourage more referrals and access to rehabilitation.

What this means
More people will now be able to attend and complete their cardiac rehabilitation, giving them the best possible chance to improve and manage their heart health after their heart attack.

Stopping heart attacks before they happen
What this means
Our focus on heart disease prevention continued in 2015 as we supported Queenslanders to live healthier lives.

Heart disease rates are 8–9% higher in Queensland than the rest of Australia. We encouraged people to ride and walk more often, and welcomed four years of government support to expand our 273 Heart Foundation Walking groups with 5,200 walkers throughout the state. We also welcomed the Queensland Government’s plans to legislate kilojoule menu labelling at fast food and snack chain outlets, and increase smoke-free areas.

A new local research network
Heart Foundation funding supported 18 Queensland researchers in 2015 across four universities in Brisbane, the Gold Coast and Rockhampton. Our Patron and Queensland Governor, The Hon Paul De Jersey AO, launched the Queensland Cardiovascular Research Network (QCVRN) in November. The QCVRN will enable greater collaboration and advocacy for research in Queensland.

Heart Foundation Walking
Queensland’s largest community event, Heart Foundation Walking, welcomed more than 3,500 people across the state this year.

Will power saves lives
In 2015, generous Queenslanders gave the Heart Foundation nearly $1.4 million as a gift in their wills, which helped fund life-saving research projects in our state. Earlier this year, we honoured the research work of Associate Professor Benjamin Hogan, awarding him from the 2014 Researcher of the Year Award (you can read more about Associate Professor Hogan’s work on page 20).

Other Queensland award winners included the late Toni Howden, who was posthumously awarded our inaugural ‘Hearts of Gold’ award, honouring the life and the Sherwood Arrows from Sherwood State School. These amazing skippers have made an immeasurable contribution to research projects in our state. Earlier this year, we welcomed the research work of Associate Professor Hogan’s work on page 20).

Our critical work wouldn’t be possible without the support of generous people all over Queensland. There were some extraordinary fundraising and challenge achievements in 2015, including:

• rides in the annual Brisbane to Gold Coast Cycle Challenge raised $75,000, including Ruthie McGrath, who lost her partner Ronnie to a sudden heart attack in 2009 and presented the Heart Foundation with a cheque for $4,000 at the finish line
• the Morgan family, who again hosted the Paul Morgan Charity Lunch, this year featuring NRL coach Wayne Bennett, helping raise $70,000 from 500 business leaders
• our Fundraising Director, Bruce Macdonald, and his good friend, Lynton Dellar, who embarked on a 3,600 km Rickshaw Run in India, raising $17,500 in memory of their dads
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Our new Heart Maps are used by health professionals, researchers and academia to target their work and make the biggest impact on heart health in South Australia.

Big-hearted South Australians

We’re continually humbled by the generous support of individuals, corporates and our long term donors like the Trustees of The Lin Huddleston Charitable Foundation who are donating more than $500,000 over the next five years to support SA research. Generous gifts like this are added to the incredible efforts of individuals like Leigh, who for his 80th birthday walked 700 km from Melbourne to Hahndorf raising $25,000, and Nicole who raised more than $5,500 by cycling from Melbourne to Adelaide.

Research in practice

In 2015, the Heart Foundation offered leading South Australian researchers eight major grants and awards valued at nearly $2 million. We also appointed Dr Carolyn Arstall to manage the Heart Foundation’s South Australian Cardiovascular Research Network.

Ensuring research is translated into practice across the community is as important as the research itself. New South Australian Heart Maps, launched by Health Minister Jack Snelling, were overwhelmingly positively received by health professionals, researchers and academia. These maps will assist researchers and those working to deliver health services to address the burden of heart disease in the state.

Making healthy choices easier

The Heart Foundation continued our commitment to making healthy choices easier by:

1. Reforming and leading the SA Active Living Coalition to respond to the 10-Year Plan for Greater Adelaide
2. Calling for a ban on the sale, advertising and use of e-cigarettes in smoke-free areas. This has been a joint effort with the Australian Medical Association (AMA) SA and Asthma Foundation SA.
3. Joining the Premier’s Healthy Kids Menu Taskforce to improve the quality of kid’s menus in South Australian restaurants.
4. Calling on planners to consider health in new building developments at our ‘Working together for an active South Australia’ forum.

Because more than two-thirds of South Australian adults report doing little or no exercise, making it the nation’s most sedentary state, we are committed to supporting all South Australians to live healthier lives.

Published in the South Australian Public Health and Transport forum, ‘Working together for an active South Australia’, heart heroes shared a message of encouragement and appeal for action.

Guest speakers Carolyn Hewson AO, Dr Margaret Arstall and Judith Griggs joined Dr Amanda Rischbieth and facilitator Dr Nick Vincent at the 2015 Heart of the Matter breakfast.

Opposite left and above: Heart Heroes of all ages celebrated 20 years of Heart Foundation Walking during Heart Week 2015.

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The best support for heart patients

To ensure heart patients in South Australia receive the best possible support, we trained 23 new Heart Foundation Nurse Ambassadors, joining the total of 225 across the state. Now in its eleventh year, the program brings together nurses working in hospitals, community health services, general practice and Aboriginal Health Services who are passionate about the earlier detection and better management of cardiovascular disease.

More than 10,000 heart attack patients received ‘My heart, my life’ this year. This resource guides people through the first days, weeks and months following their heart event and helps them start their recovery on the right foot. In 2015, we launched an online ‘My heart, my life’ tool for nurses and health professionals to help them better support and educate patients about heart health.

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Jumping into the record books

St Mary’s College students skipped into Jump Rope for Heart record books, raising more than $24,400. Not only does this incredible effort represent the highest amount ever raised by a school in Tasmania, but the 420 students also took out top honours nationally in 2015.

The new record came as a big surprise to the students who worked hard all year to learn new skipping tricks. St Mary’s has raised almost $80,000 for the Heart Foundation over 14 years of jumping rope.

Supporting our community

The Healthy Food Access Tasmania project (supported by Primary Health Tasmania) successfully funded seven community-based projects and extensively mapped food access and affordability throughout the state. Work continues on developing an interactive tool to help bring producers and consumers closer together, and we’re looking forward to launching www.healthyfoodaccesstasmania.org.au early in 2016 to give everyone free access to tools and information to support their health.

We’re helping the Tasmanian Government shape its ‘One State, One Health System; Better Outcomes’ health reforms by actively providing submissions and raising issues with politicians, advisors and government staff. The Heart Foundation is also leading the development of a state-wide cardiovascular health plan.

Each week, 73 Heart Foundation Walking groups step out across Tasmania, helping more than 1,000 regular walkers look after their heart health while exploring their local community.

Tasmania – the healthy state

The Tasmanian Government has set the ambitious target of making the state the healthiest population in Australia by 2025. We’re right behind this goal and in 2015 made a significant leap forward in our efforts to drive legislative-based policy change.

We had our eye firmly on the Land Use and Planning Approvals Amendment (Tasmanian Planning Scheme) Act 2015 when it was brought before parliament in the latter half of 2015. This is a key legislative-based instrument capable of influencing system-wide change. After persistent effort, our suggested amendment to the bill was adopted, so there is an objective to promote the health and wellbeing of Tasmanian locals and visitors in land use planning through the proposed Tasmanian Planning Scheme.

This means that planners, developers, and state and local governments will have to consider the health and wellbeing of Tasmanians whenever they seek approval for land use or development.

Next on the agenda is continuing to work with the state government to create a state policy for ‘Healthy Spaces and Places’. The Heart Foundation is Tasmania’s major non-government organisation advocating for policies to improve health and wellbeing in the built environment, so our work is key to ensuring all Tasmanians can live and work in communities designed with their health in mind.
Top researchers shine

Four hundred guests joined us to celebrate the top heart researchers at our third annual Awards Dinner in Melbourne. The awards recognise our most outstanding researchers in our major funding categories, as well as individuals who have made a significant contribution to the Heart Foundation and improving heart health in Victoria.

People working in building, construction and mining are often more likely to have a heart attack. We’ve been visiting sites to deliver customised coaching to help workers reduce their risk.

Supporting cardiac patients

The Heart Foundation’s Nurse Ambassador program continued to grow this year thanks to another year of funding from the Victorian Government. The program now includes nurses from 17 public hospitals who help patients learn about their diagnosis, the importance of sticking to their prescribed medication and how to prevent another heart attack. The nurses also ensure patients are referred to a cardiac rehabilitation program, which is a vital step to recovery.

Fresh air for all Victorians

Our campaign to make outdoor dining areas smoke-free became a reality in August when the Victorian Government announced a smoking ban in these areas from mid-2017. While we congratulated the government on the move, we will continue to push for smoke-free outdoor drinking areas so all Victorians can enjoy a meal or drink without the fog of second-hand smoke.

Golden Day for Mathew

Mathew Ahlers tragically lost his life to heart disease on Valentine’s Day, four days after his fortieth birthday. Before he passed away, his mother Gayle and stepfather Geoff promised to hold a charity day in his honour. Mathew’s Golden Heart Charity Day was held at his beloved Traralgon Bowls Club in October. The day brought the community together to enjoy a variety of entertainment and raised over $21,000 for the Heart Foundation.

Thank you community fundraisers

More than 200 passionate supporters, including individuals, clubs, associations and businesses in Victoria gave up their time to fundraise for the Heart Foundation this year. While we can’t mention every one of you here, please know that we deeply appreciate your support. You’re our eyes, ears and voice in communities across Victoria, raising awareness and funds to support our lifesaving work.

Supporting communities

Our education materials and delivered talks at building, manufacturing and mining sites across Victoria. We’re thrilled to report that workers who participated in the campaign showed an increased knowledge of heart attack warning signs and how to respond.

We teamed up with Incolink to deliver a heart attack warning signs campaign for workers in the building and construction industries, a group at high risk of heart attacks. Thanks to support from the Victorian Government, we developed targeted education materials and delivered talks at building, manufacturing and mining sites across Victoria. We’re thrilled to report that workers who participated in the campaign showed an increased knowledge of heart attack warning signs and how to respond.

From providing health checks to educating workers about the warning signs of a heart attack, we worked with communities, partners, businesses and governments across Victoria to help every one of us have a healthy heart.

Director and Office Bearers

Patron-in-Chief
His Excellency, Alex Chernov AC QC, Governor of Victoria (until June 2015)
The Honourable Linda Dessau AM, Governor of Victoria (from July 2015)
Patron
The Honourable Daniel Andrews MP, Premier of Victoria
President
Mr John Etherington, BL, PC, FAKD
Directors
Mr Ron Fairchild, BHK (Hons), CFRE
Ms Leonie Fryar
Ms Daphne Leng, MA, BAppSc & DiplPilates (of CFRT from May 2015)
Professor Ian T McDonald AM, MBBS (Hons), FRACP, FRCPA, FCSANZ
Professor Brian Oldenberg, BSc, MPH(PhD), MRCP
Mr Bernard O’Shea, LLB, BL (of CFRT from May 2015)
Professor Alistair Royse, MBBS, MD, FRACS, FCSANZ
Ms Jyoti Singh, LLB, BHK (Hons) (from May 2015)
Associate Professor Andrew Taylor, MBBS, FRACP, FCSANZ
Chief Executive Officer
Ms Diana Heggie, MCSP, MAICD, GDip Human Services Research
Company Secretary
Ms Jade Lemmens, B.BusSc, CAPM

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The Honourable Daniel Andrews MP, Premier of Victoria.
Gary walks away from becoming another statistic

Perth man Gary Wilmot made an extraordinary contribution to awareness, raising and fundraising during his ‘Hearts Across Australia’ campaign. Gary walked 5,400 km from Perth to Brisbane, spreading the heart health message and raising more than $12,000.

It wasn’t long ago that Gary was on his way to becoming another heart disease statistic. A heavy smoker, and weighing more than 145 kg, he decided to get active and turn his life around. Fitter than ever and 30 kg lighter, Gary is an inspiration to all Western Australians and his incredible efforts were recognised with a 2015 WA President’s Award.

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Gary Wilmot and his son Kain cross the finish line.

“’If someone had told me just a few years ago that I’d be fit and focused enough to walk across Australia I would have laughed. But look at me now – I hope I’ve done enough to inspire others to get up and get walking.’” -- Gary Wilmot

Almost one-quarter of Western Australians are obese. Being overweight or obese is a major risk factor for heart disease, but one you can do something about.

Supporting our heartland

A ground-breaking program in Onslow, Karatha and Roebourne is tackling heart disease in Aboriginal and Torres Strait Islander communities. The program, a partnership between Chevron Australia and the Heart Foundation, is a much-needed addition to health services for Aboriginal and Torres Strait Islander peoples in the West Pilbara.

Extensive consultation with the community and existing health providers identified nutrition information, physical activity programs, health literacy and improved access to health services as the key needs. These needs are already impacting on communities.

So many people making so much possible

• Big-hearted volunteers knocked on doors across the state to raise $484,000 during our Big Heart Appeal.

• More than 100 Western Australians ran or walked for heart, raising nearly $60,000 during the HBF Run for a Reason.

• An inspirational team of heart failure patients and their carers trained for months to complete the 4 km Chevron City to Surf, helping raise $4,000.

• During one fabulous ladies’ day, Peel Thunder Football Club raised $10,000 to support women’s heart health.

Healthier workers every day

Thanks to $1.1 million of additional funding from the state Department of Health, our free Healthier Workplace WA program has gone from strength to strength. Since launching in 2013, we’ve helped more than 1,600 workplaces across mining, manufacturing, trades, retail, education and training, transport, local government and finance become healthier. And more than 2,300 people have participated in training workshops or online sessions, received one-to-one support or general advice, or participated in workplace health audits.

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• An inspirational team of heart failure patients and their carers trained for months to complete the 4 km Chevron City to Surf, helping raise $4,000.

• During one fabulous ladies’ day, Peel Thunder Football Club raised $10,000 to support women’s heart health.

Heart and blood vessel disease is the leading cause of death in Aboriginal and Torres Strait Islander communities throughout Western Australia and this is the first time a program in the Pilbara has been targeted specifically at heart disease. Heart disease is overwhelmingly the leading contributor to the life expectancy gap, and many men and women are lost to heart disease in the prime of their lives, which has enormous negative impacts on communities.

So many people making so much possible

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Healthier workers every day

Thanks to $1.1 million of additional funding from the state Department of Health, our free Healthier Workplace WA program has gone from strength to strength. Since launching in 2013, we’ve helped more than 1,600 workplaces across mining, manufacturing, trades, retail, education and training, transport, local government and finance become healthier. And more than 2,300 people have participated in training workshops or online sessions, received one-to-one support or general advice, or participated in workplace health audits.

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HEART DISEASE is the single biggest killer of Australians
Thank you

Inspiring families

Brave people sharing how heart disease has touched them and their families has inspired thousands of Australians to donate nearly $4 million to the Heart Foundation in 2015. Thank you to the Horswill family, Teresa Mort, Christine Sicily and Hayden and Kristian Sanders for sharing your stories this year.

The ultimate gift

This year, more than 500 people from all walks of life gave over $25 million by leaving a gift to the Heart Foundation in their will. Each of these gifts, no matter how small or large, will make an incredible difference and help to save thousands of lives. As a charity, we receive very little government funding – less than 1% of our income each year – so we rely heavily on this generous support to help us commit to vital long-term research projects that help unlock medical breakthroughs in heart health.

Fundraising your way

Running, wearing red, swimming, cooking, cycling ... the ways you raised money for the Heart Foundation in 2015 is as diverse as it comes. Thank you to the thousands of dedicated community fundraisers who chose to ‘Do it for Heart’ this year. From the talented athletes taking on the world’s biggest marathons to the men, women and children who hosted a celebration in their homes, you have all made an incredible difference and inspire thousands to support our life-saving work.

Marathon efforts to raise funds

Three incredible athletes took on the New York Marathon in 2015 to raise money for the Heart Foundation: Jamie, who was born with a small hole in his heart and has a family history of heart disease; Rachel, who laced up her sneakers in memory of her late uncle and godfather Gerard; and Emma, a runner since her teens who found a new reason to keep racing through the miles by supporting the Heart Foundation. Together, these champions raised more than $20,000 to support the fight against heart disease.

Thank you – as a charity, none of our critical work would be possible without you.

Generous people all over Australia made it possible to continue the important fight against heart disease in 2015. As a charity, we rely heavily on the donations of individuals and companies to help fund life-saving research, community education and prevention programs. Thank you for your ongoing and heartfelt support.

Supported by people donating online and generous gifts from the ACT, Tasmanian and Western Australian governments, this year we raised more than $4 million, which will do amazing things in the fight against heart disease. Thank you as well to our Big Heart Appeal ambassador Jeremy Scott who flew around the country to share his story and inspire thousands to support our life-saving work.

Zara shows heart once again

Twelve-year-old Jump Rope for Heart superstar Zara Smith took up her skipping rope in 2012. Her father Jeff had his first heart attack soon after and since then Zara has been determined to raise awareness and funds to prevent other families from going through the same experience. In 2015, Zara was presented with a Heart Foundation President’s Award in recognition of her incredible effort to raise over $20,000 for the fight against heart disease. Zara’s enthusiasm for fundraising is catching, with her dad, Jeff, pitching in with his own effort by offering to shave his beard and hair if enough sponsorship money could be found (it was!).

Clockwise from top left: The late Huw Horswill whose family generously shared his story for our Autumn Appeal, Christine Sicily and family who kindly shared their heart story in our Spring Appeal, New York Marathon runner Jamie Towers, Friends wearing red to raise awareness for women and heart disease during the Go Red for Women campaign, New York Marathon runner Rachel Taweel, Brothers Hayden and Kristian Sanders who generously shared their heart stories for our Christmas Appeal, the late Huw Horswill again.

Above right and left: Zara and her father Jeff both raised life-saving funds. Right: Heart Foundation staff celebrate Go Red for Women with a healthy morning tea.

Jeremy Scott – our amazing Big Heart Appeal 2015 ambassador.
HEALTHY HEARTS

Fingerstache High Life swag Thundercats Portland, synth fap forage Tonx salvia meggings. Selvage... bag pork belly forage you probably haven’t heard of them cardigan master cleanse. Photo booth direct trade plaid.

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Healthy Hearts

Australian men, women and children.

The impact heart disease has on so many people in Australia is considerable. Heart disease is the leading cause of death in Australia, with one person dying from heart disease every 90 minutes. Over 70% of deaths from heart disease are preventable.

• The clinical risk factors of heart disease:
  - Bespoke organic Banksy you probably haven’t heard of them mumblecore. American Apparel. Pug PBR locavore fund keffiyeh, shabby chic chia stumptown Portland, synth fap forage Tonx salvia meggings. Selvage... bag pork belly forage you probably haven’t heard of them cardigan master cleanse. Photo booth direct trade plaid.
  - Banjo plaid mumblecore Austin Distillery retro 3 wolf moon photo booth.

• The importance of attending cardiac rehabilitation after a heart attack or stroke, because women’s participation in these programs is historically low.

• The warning signs of heart attack, because women have a higher likelihood of experiencing atypical symptoms as compared to men.

Importance of a regular heart health checkup.

Health, Varidesk’s height-adjustable standing desks help people move easily from sitting to standing, reducing sedentary behaviour – one of the major risk factors for heart disease.

Corporate Australia shows heart

We would like to thank our amazing corporate partners whose support means we can do more every day to reduce death and suffering from heart disease.

The Heart Foundation embarked on a three-year partnership with Fitbit which will support our research and education programs. One of Fitbit’s goals is to help people see how small changes can add up to big results. This reflects the work of the Heart Foundation and provides us with a strong direction for our partnership.

Our push for a federally funded national physical activity strategy was showcased in Canberra in September, and we thank event sponsor Varidesk for helping us get the message across to government representatives. Varidesk’s height-adjustable standing desks help people move easily from sitting to standing, reducing sedentary behaviour – one of the major risk factors for heart disease.

Corporate partner Fitbit aims to help people improve their health, Varidesk’s height-adjustable standing desks help reduce sitting time.

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We say thank you to the Medibank Community Fund, which, through its sponsorship of Heart Foundation Walking for the past five years, has enabled people to stay mentally and physically active, and connected with their local community and peers. This funding was instrumental to the development of our new online platform.

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Thank you, finally, to our workplace giving partners including Australia Post, Telstra, Caliber Australia, CRR Limited, Deutsche Bank, Macquarie Bank Foundation, National Australia Bank, Westpac and Quadrant Energy. These partners enable employees to generously donate to the Heart Foundation through a quick and easy payroll deduction.

Through our work with the Australian Charities Fund Task Force on Workplace Giving, we hope to have 1 million working Australians giving to charity through their workplace by 2020. Workplace giving is a wonderful employee benefit that supports the critical work of the Heart Foundation and other leading charities.

300,000 kids from more than 1,400 schools jumped rope for us in 2015!

More than 20,000 people joined the Heart Foundation family in 2015! We thank them for joining the fight against heart disease.

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Celebs join the fight against heart disease

We were lucky to have the support of many amazing celebrities in 2015. Thank you all for helping raise awareness of the impact heart disease has on so many Australian men, women and children.

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Our National Board

Thank you to our National Board for their guidance and support throughout 2015

Patron
His Excellency General the Honourable Sir Peter Cosgrove (ret’d)
Governor-General of the Commonwealth of Australia

Board of Directors

National President
Dr J A Johns AM, MBBS, FRACP, FCSANZ

National Treasurer
Mr T M Roberts, BAppSc, FCA, FAICD, FEG, RBP

Directors

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Mr R Day, BEng (Hons), FCA, FAICD (from May 2015)
Ms B Delaney, BEc, FCA, FEG, FAICD (from May 2015)
Mr J Elberling, BAppSc, FCA, FAICD (from May 2015)
Mr M K Harvey, BAppSc, FCA, FAICD (from June 2015)
Mrs S C Jaensch, BAppSc, Dip, DIP, GAICD (from June 2015)
Dr M K Ilton, MBBS, FRACP, FCSANZ (until March 2015)
Mr G Robson, BAppSc, BAppSc, FCA, FAICD (from March 2015)
Dr R Wilkinson, MBBS, BAppSc, FRACP, FCSANZ (until May 2015)
Mr A Yuanovich, BAppSc, MBA, FRSA (from May 2015)

Representative of the Cardiac Society of Australia and New Zealand

Professor I T Meredith AM, MBBS(Hons), BSc(Hons), PhD, FRACP, FACC, FAHA, FCSANZ, FCAI

Professor L Kitharides, MBBS, BSc, PhD, FRACP, FACC, FAHA, FCSANZ, FCAI

Mr C B Taylor, FFA, FPA, FCA

Mr D H Gillary, BAppSc, FRACP, FCA

Ms S R Larkin, BEc, BAppSc, AATB, DIP, GAICD (from August 2015)

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Mr B J Davies CMA, FCA, FCIA

Professor G L Jennings AO, MBBS, MD, MRCPI(UK), FRACP, FCPA, FDS, FAHA, FCSANZ, FIBRA, FAARMS

Mr L T Cox, BEc, FCA

Professor P H Harris AM, BE(hons), MBBS, FRACP, FCPA, FDS, FAHA, FCSANZ

Mr R V Ryan AO

Chief Executive Officer – National
Ms M K Barry

Patron
Governor-General of the Commonwealth of Australia

Our National Board

Board news
Dr John O’Shea, an esteemed member of our community and member of the National Board and President of the Western Australian Board, very sadly passed away during 2015. Dr O’Shea’s wise counsel, commitment and enthusiasm for our cause is greatly missed. In 2015, we welcomed Mr Stirling Larkin, Mrs Stephanie Jaensch (President, TAS), Mr Bruno Yvanovich (President, ACT), Mr Brett Delaney (President, QLD), and Mr Graeme Robson (President, WA) as members of the National Board. The Board farewell Dr Roger Wilkinson, Mr Michael Harvey and Mr Andrew Caudle.

– Dr Jennifer Johns

ANNUAL REVIEW 2015... HEART FOUNDATION

1 in 2 heart attack survivors WERE UNABLE TO RETURN TO WORK TO THE SAME LEVEL AS BEFORE THEIR HEART ATTACK

1 in 4 heart attack survivors DID NOT RETURN TO WORK AT ALL AFTER THEIR HEART ATTACK

1 in 3 heart attack survivors COULD NOT RESUME USUAL DAILY ACTIVITIES SUCH AS DRIVING OR GROCERY SHOPPING AFTER THEIR HEART ATTACK

1 in 2

1 in 4

1 in 3

COULD NOT RESUME USUAL DAILY ACTIVITIES SUCH AS DRIVING OR GROCERY SHOPPING AFTER THEIR HEART ATTACK
During 2015, the Heart Foundation continued to build a strong financial platform to support the achievement of its ‘For all hearts’ strategy and enhance the heart health of the Australian community.

The highlights of the 2015 financial performance are as follows:

• An operating profit of $11 million, which was a significant improvement from 2014 and was a result of improved revenue and strong cost management.

• The majority of the Heart Foundation’s revenue is generously donated by individuals within the Australian community and 2015 was an unprecedented year for receipts from bequeathed estates. This, coupled with strong investment returns in a challenging market, saw the Heart Foundation’s total income increased by $1.8 million in 2015.

• The Heart Foundation has an ongoing focus in ensuring its revenue raising activities are undertaken in the most cost effective manner and the Board remain satisfied with the cost-to-income ratio for these activities.

• The commitment to fund research activities that will translate toward reducing premature death and suffering from heart, stroke and blood vessel disease which remains the core strategic goal of the Heart Foundation. The Heart Foundation committed $12.5 million in 2015 towards this endeavor which takes total research spending to $64 million over the past five years. The Board has made a commitment to increase the level of spending on research into the future.

Mr Todd M Roberts
BArtsAcc, FCA, FAICD, FGLF, RITP
National Treasurer

In 2015, we raised $74.67 million thanks to your generosity.
We spent $63.71 million to help make a difference to Australia’s heart health.
For heart health information
1300 36 27 87
heartfoundation.org.au
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