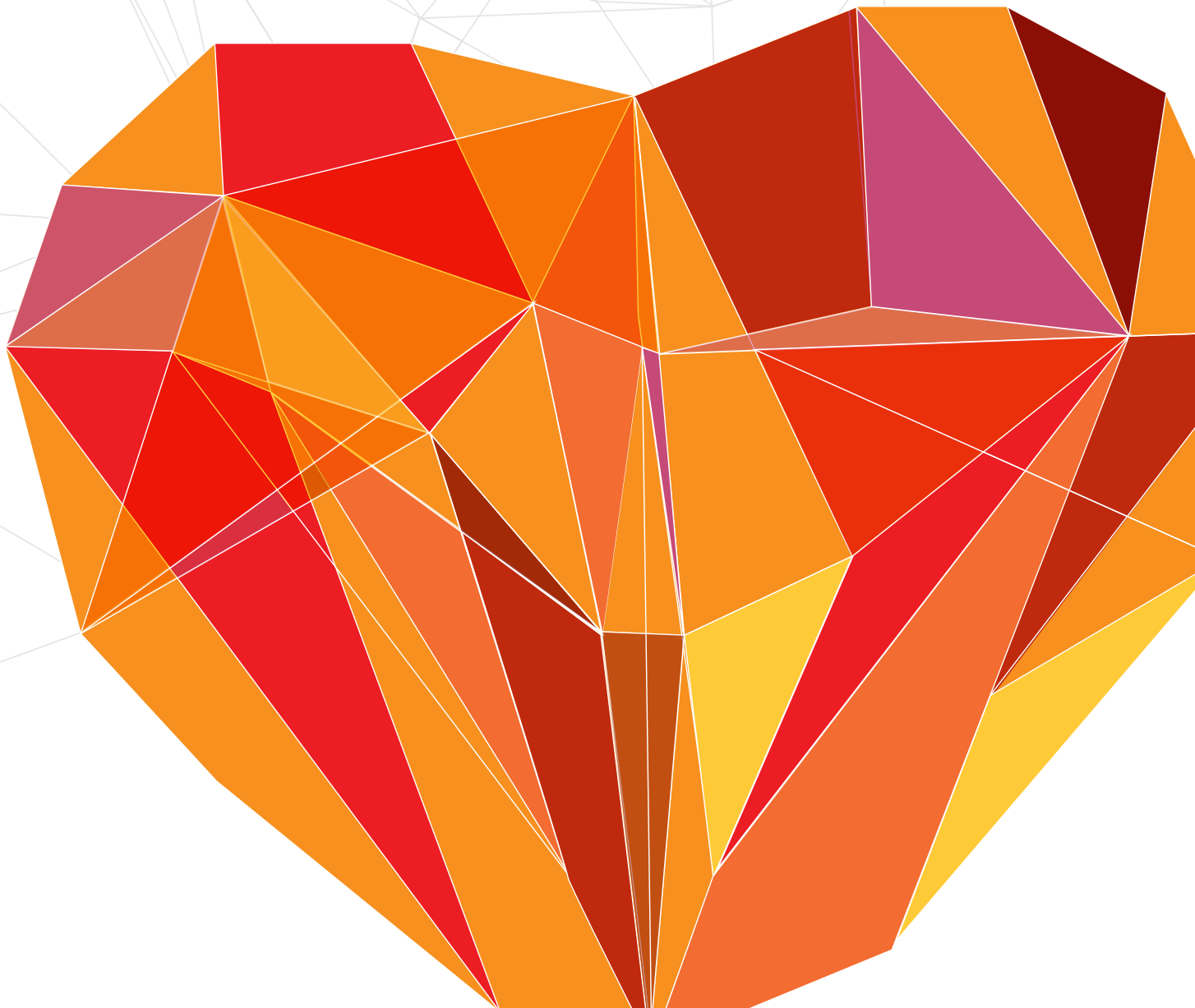


# ANNUAL REVIEW 2015

NATIONAL HEART FOUNDATION OF AUSTRALIA



MESSAGE FROM THE NATIONAL PRESIDENT	03
MESSAGE FROM THE NATIONAL CHIEF EXECUTIVE OFFICER	03
OUR WORK FOR HEALTHY HEARTS	05
OUR WORK FOR HEART CARE	09
OUR WORK FOR HEALTH EQUITY	13
OUR RESEARCH	17
AUSTRALIAN CAPITAL TERRITORY REPORT	22
NEW SOUTH WALES REPORT	24
NORTHERN TERRITORY REPORT	26
QUEENSLAND REPORT	28
SOUTH AUSTRALIA REPORT	30
TASMANIA REPORT	32
VICTORIA REPORT	34
WESTERN AUSTRALIA REPORT	36
THANK YOU – WE COULDN'T DO IT WITHOUT YOU	39
NATIONAL TREASURER'S REPORT	46

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**National President**

During 2015, the Heart Foundation continued our important work through our five-year 'For all hearts' strategy. I am pleased to present our many achievements towards our Healthy hearts, Heart care, Health equity and Research goals in this Annual review.

This year, we continued to fund and advocate on behalf of the cardiovascular research community. Research funding in Australia remains under pressure and, again in 2015, we were proud to be the largest non-government research funding body. We also progressed our physical activity agenda through the 'Move more, sit less!' campaign, and looked internally to better equip ourselves to address the inequities in heart disease across Australia.

In a challenging time for the not-for-profit sector, we worked hard to ensure we remain relevant to those people and families affected by heart disease, and to continue the fight against the impact of heart disease in Australia.

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.

**Dr Jennifer Johns AM**  
 National President



**Chief Executive Officer**

Like many charitable organisations, the Heart Foundation faced 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 contribute to a broader health agenda. As President of the Asia Pacific Health Network, I was pleased to attend a number

of forums during 2015 that highlighted the major challenges and issues.

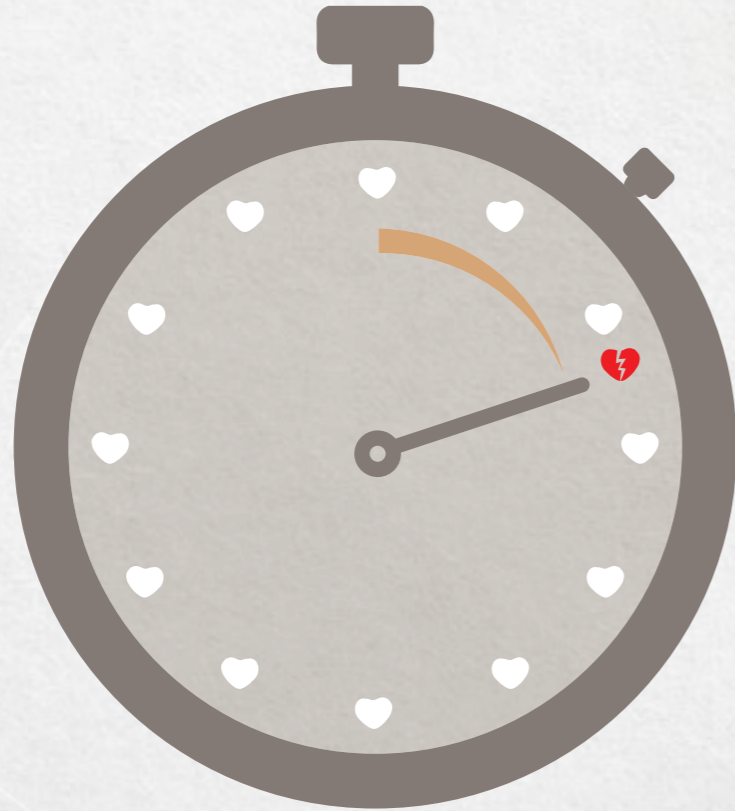
I would like to pay tribute to the dedicated clinicians and health professionals who contribute many volunteer hours to the work of the Heart Foundation. Clinical advice is a major, though sometimes invisible, part of our role and we could not take undertake our critical work without their support.

Thank you to the Chair of the Board and the Chairs of the National Board subcommittees for their support this year. I would also like to acknowledge the work of the National Board in 2015. Thank you to the National General Managers for their continued commitment and organisational leadership and to staff across the Federated Heart Foundation for their dedication to our cause.

Finally, thank you to our many volunteers and donors for their ongoing support in the fight against heart disease.

**Ms Mary Barry**  
 Chief Executive Officer – National

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



\* Cardiovascular disease

Healthy  
hearts



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, liveability 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 included 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 school, work or for recreation
- support local governments to deliver better spaces for physical activity
- help children to engage in physical education, sport and recreation
- provide for the needs of rural communities, older Australians, people who are disadvantaged and Aboriginal and Torres Strait Islander peoples.

During 2015, the Heart Foundation held a number of events at Parliament House in Canberra, brought international experts to Australia to spread the 'Move more, sit less!' message, and held the landmark National Physical Activity Consensus Forum to build support for the campaign.

#### 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.



- 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 lobbied 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.

#### 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 for other local governments.

- 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.

- 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.

#### 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 from the centres of our capital cities to the remotest areas of Australia.

Heart Foundation Walking launched its new website this year to better support and motivate Australians to lace up their sneakers and step out. The site includes a personal dashboard for members and an online walking community.

#### 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 fat 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.



Above: Pymble Public School students took time out from jumping rope to show how important it is to 'Move more, sit less!'.

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.

# Heart care



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.

**1 in 4** AUSTRALIANS HAVE **HIGH BLOOD PRESSURE**

—a **RISK FACTOR** for heart attack, heart failure and stroke

IN 2014-15, CLOSE TO **4.2 million** AUSTRALIANS were living with a long-term **CARDIOVASCULAR 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."



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.

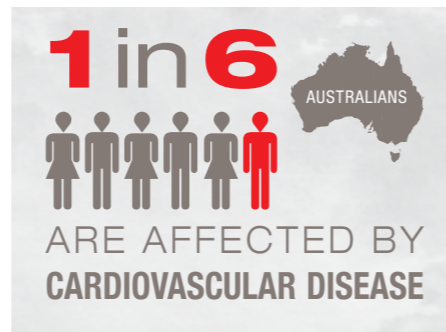
This framework supports the Australian Commission on Safety and Quality in Health Care's (ACSQHC) ACS clinical care standard, which aims to reduce differences in care received by Australians who have had a heart attack. A clinical guideline that provides the evidence basis for both the standard and capability 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.

#### What is ACS?

Acute coronary syndrome (ACS) is the name for any condition brought on by sudden, reduced blood flow to the heart. Symptoms of ACS may be similar to those of a heart attack and include tightness, heaviness or pressure in your chest, or pain in other areas like your neck, back, arm(s) or shoulders. ACS is most often caused by a build-up of plaque in the arteries carrying blood to your heart (coronary arteries). This build-up narrows the arteries and makes it more difficult for blood to flow through them.



### 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 (HBPRCA) 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.

# Health equity



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 heart 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.

Professor Alex Brown and his team are exploring ways for health professionals to more effectively communicate with Aboriginal and Torres Strait Islander cardiac patients.







## 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.

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.

## 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.

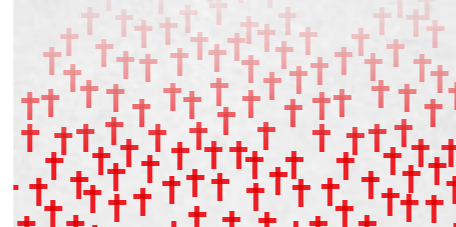
## Backed by research

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 people 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.

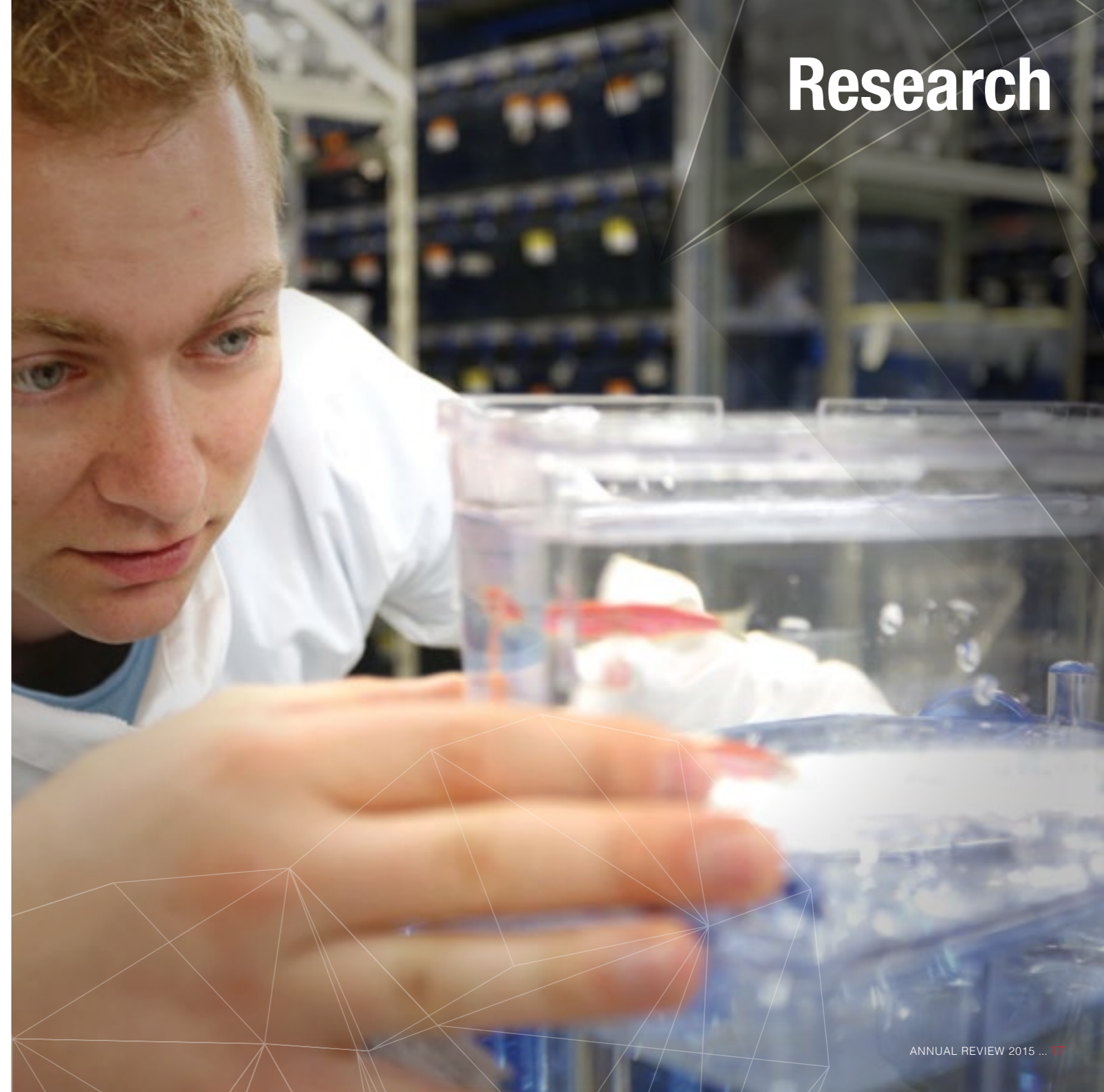
**DEATH** from **ISCHAEMIC HEART DISEASE** in 2013 for Aboriginal and Torres Strait Islander peoples was at least

**60%** higher than non-Indigenous Australians



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.



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 innovative concepts
- Partnership Engagement Grants to enable researchers to partner with us for largescale projects
- NSW Cardiovascular Research Network Research Development Project Grants to support new collaborative research proposals from network members.

We also offer fellowships to help early career and midcareer researchers become the leaders of tomorrow, and scholarships to encourage health professionals to become active in research and help Aboriginal and Torres Strait Islander peoples to undertake a PhD or masters by research.

#### Rewarding excellence in research

In 2015, we awarded Dr Janet Bray with the Ross Hohnen Award for Research Excellence for her project developing a community-based cardiopulmonary resuscitation (CPR) education program. This award recognises the most outstanding and innovative Vanguard Grant application.

The Heart Foundation Paul Korner Innovation Award is given to the most innovative Future Leader Fellowship and Postdoctoral Fellowship applications. In 2015, we awarded it to:

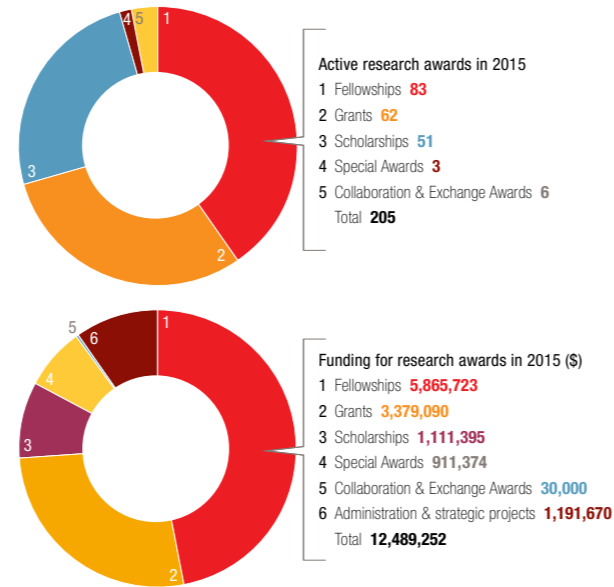
- Dr Graeme Polglase (Future Leader Fellowship) for strategies to help preterm infants improve their cardiovascular transition at birth
- Dr Enzo Porrello (Future Leader Fellowship) for a novel therapeutic approach to heart regeneration
- Dr Be'eri Niego (Postdoctoral Fellowship) for new drugs and drug delivery methods to enhance the safety of tissue plasminogen activator (t-PA) treatment in stroke
- Dr Stephanie Simonds (Postdoctoral Fellowship) for cardiovascular diseases in obesity.

These researchers represent the best of Australian heart research, and their work will have a positive impact on the community for years to come.

#### Applications

In 2015, we received 359 applications and offered funding to 73 (20.3% or 1 in 5 applications).

#### Where the money goes



As we can only fund one in five research projects, it's important that we choose those that are most likely to make the biggest positive impact. Committees of some of Australia's most esteemed researchers and academics help us identify the research that will most benefit people at home and across the world.

Since 1959, we've invested more than \$537 million (in today's dollars) towards heart research, leading to important breakthroughs that have helped reduce the number of deaths from heart disease in Australia.

#### Making every dollar go further

Every year, the Heart Foundation receives hundreds of funding applications, unfortunately, as a charity, we can only fund a small number. We are able to fund and support more dedicated cardiovascular researchers, and better protect and improve the future heart health of all Australians with the help of our co-funding partners. We would like to thank our 2015 co-funding partners: National Health and Medical Research Council, National Stroke Foundation, beyondblue, Royal Australasian College of Surgeons, South Australian Government Department of Health and NSW Cardiovascular Research Network/ NSW Office for Medical Research.

#### 2015 success stories

Most major breakthroughs take years or decades to be realised. Small discoveries and advancements build on each other as researchers work towards the 'eureka moment'. Some of the innovations and successes we're celebrating in 2015 include:

- Dr Bruce Campbell and his team established the major clinical benefits of a new clot-removal procedure that can dramatically decrease the rate of disability following a stroke.
- Associate Professor Clara Chow and her colleagues found that sending text messages to heart attack survivors helped lower their cholesterol levels and get their blood pressure under control, and encouraged more people to exercise regularly and quit smoking.
- Dr Daniel Engelman, Associate Professor Andrew Steer and their colleagues trained local health staff in Fiji to screen primary school children for early symptoms of rheumatic heart disease so they can be quickly treated to stop the disease progressing.

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 establishing a widely 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 after surgery. 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 many clinical trainees would not have the opportunity to participate in research work."

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





“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.”

— Associate Professor Ben Hogan, Future Leader Fellowship

Above: Associate Professor Ben Hogan takes Heart Foundation supporters on a tour of his laboratory. Below: Zebrafish embryos have a biological system similar to humans and are used to help study blood and lymphatic vessel developmental processes.

### Meet our researchers

#### Associate Professor Ben Hogan

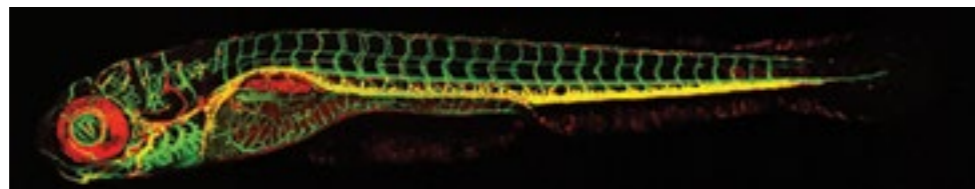
Future Leader Fellowship  
Institute for Molecular Bioscience,  
The University of Queensland

“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.”



# 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.



Above: Fifteen amazing Canberra Women were 'glammed up' to celebrate 'Go Red for Women' in a special feature thanks to The Canberra Times. Left: Canberra Celebrity Heart Challenge participants.

## Australian Capital Territory

ACT may have the lowest rate of obesity in Australia, but we believe more than 1 in 4 people is still too many.

### Making ACT a healthier place to live

We work closely with the ACT Government to make sure residents' heart health remains on the agenda. This year we've been part of a number of great projects to make the ACT a better, and healthier, place to live.

- The Heart Foundation ACT has long advocated for improving inter-governmental relations and the announcement of the Active Travel Office is crucial to delivering an integrated transport network for Canberra. This office will help the ACT Government act on the Heart Foundation's recommendation to increase transport options that improve population health, increase sustainability, build economic outcomes, reduce traffic congestion and create greater equity.

- 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.

### Taking on sugary drinks

Our new LiveLighter campaign is showing how small lifestyle changes, like drinking fewer sugary drinks, can combat expanding waistlines as well as chronic medical issues like heart disease, type 2 diabetes and cancer. LiveLighter ACT is presented with the support of other not-for-profit organisations to address the issue of obesity in the territory. Our aim is to prevent chronic conditions, like heart disease, that impact significantly on quality of life, life expectancy and health system costs.



Ray Martin hosting the Heart Foundation 'Hearts of Valour' Ball.

### Hearts of Valour Ball

In February, our Ball raised over \$112,000 to make possible our research and health programs. We invited Australia's five 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 Jeffrey 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.

### Showcasing local research

The Heart Foundation's first annual Cardiovascular Health Research Symposium showcased local research that is helping us better understand, treat and prevent cardiovascular disease. Established and early-career researchers, health professionals and ACT Health representatives enjoyed presentations including disease modelling and mapping, obesity management and cardiac rehabilitation. The event also gave attendees a unique opportunity to swap information and ideas across disciplines, which will accelerate their progress in finding answers about heart disease.

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

### 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're already seeing 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.

### Directors and Office Bearers

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#### Company Secretary

Mr Anthony Stubbs, BASc (Health)

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Professor Rachel Davey, BSc (Hons), MMedSci, PhD

Dr Paresch Dawda, MB, BS, DRCOG, DFRSH, FRACGP, FRCGP(UK) (from November 2015)

Ms Kylie Dennis

Associate Professor Fiona Lithander, BSc (Hons), PhD (Cambridge), RNutr, AFHEA (until August 2015)

Mr Mark North, LLB, GDLP, Barrister and Solicitor of the ACT Supreme Court (from May 2015)

#### Chief Executive Officer

Mr Anthony Stubbs, BASc (Health)



Nearly 1,000 women pulled on their helmets for 'Gear Up Girl'.

# New South Wales

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.

### Lighting up the way with advocacy wins

Legislation banning smoking in outdoor dining areas took effect on 6 July, making outdoor dining environments smoke-free and healthier for all. Tamworth Council went one step further, adding electronic cigarettes to their smoke-free bans – a move welcomed by the Heart Foundation's Chief Executive who was there for the historic vote.

Supported by our fantastic donors and clinical collaborators, we also successfully advocated for the NSW Government to regulate e-cigarettes in the same way as regular cigarettes. From September 2015, e-cigarettes cannot be promoted or sold to children. This is a crucial move, as we do not know enough about the safety of e-cigarettes.

### 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.



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

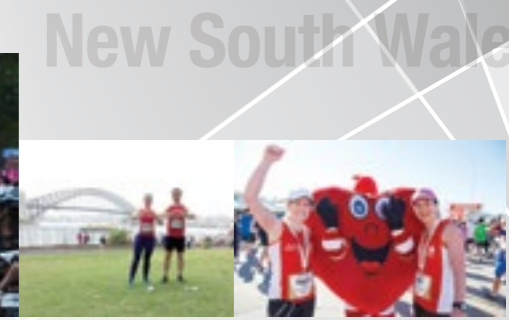


### The good oil on eating out

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. Councils 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 Heart Foundation also supported the Tour Da Country ride to promote reconciliation and shine a spotlight on Aboriginal and Torres Strait Islander health.



Above left: Fundraisers at the Sydney Running Festival. Above right: The finish line of the Sun-Herald City2Surf.

### 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.

### Directors and Office Bearers

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**Vice President**  
Ms Gabrielle Schroder, GAICD

**Chair Audit Committee**  
Ms Kim Hughes, BAcc, CA, GAICD

**Company Secretary**  
Ms Kerry Doyle, PSM, MAICD, BA (Hons) Class 1

**Directors**  
Associate Professor Roger M Allan, MBBS, FRACP, FCSANZ, FACC  
Professor David Brieger, MBBS, MMed, PhD, FRACP

Mr Laurence J Patton, BA, MCom, Grad Cert Mgt, FAICD (until May 2015)

Mr Geoff Selig, BEc  
Mr David Shortland, MAICD

Associate Professor Stuart P Thomas, BMed, PhD, FRACP

Ms Louise Wilson

**Chief Executive**  
Ms Kerry Doyle, PSM, MAICD, BA (Hons) Class 1

# Northern Territory



We supported the Healthy Lifestyle Cup womens football competition on Tiwi Islands in 2015.

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

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 Indigenous Affairs, Ken Vowles MLA, launched the revised Heart Story in June. It will continue to be an invaluable tool for the education of Aboriginal and Torres Strait

Islander health practitioners. This resource will also be used to up-skill the current Aboriginal and Torres Strait Islander health workforce throughout the Northern Territory via in-service training and professional development opportunities.

## 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 580 people, including Chief Minister for 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.

## Arngankarud Arrarrkbi

Together with more than 100 remote community members, we celebrated 'Arngankarud Arrarrkbi', also known as Minjilang 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 barbecue, stepping 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.

Right: Members of the Northern Territory Parliament helping raise awareness of women and heart disease during Go Red for Women. Below: LiveLighter launches in Darwin.



## 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.



# Northern Territory

Left: More than 100 players took the field for our eight week Touch for Heart competition. Below: Healthy Lifestyle days were held throughout communities in the Northern Territory.



## Directors and Office Bearers

### Patron

His Honour the Honourable John Hardy, OAM, Administrator of the NT

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### Vice President

Mr Jamie Blanchard, BA, LLB, MBA, Grad Cert Public Policy (until June 2015)

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### Honorary Secretary

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### Directors

Ms Lee Oliver

Mr Lee Morgan, Assoc Diploma Natural Resources

Professor Alan Cass, BA, MBBS, Grad Dip Clinical Epidemiology, FRACP, PhD

Ms Joanne Fry

Mr Robert Kendrick

Mrs Annette Gillanders (until December 2015)

### Chief Executive Officer

Mr Simon Dixon



## Queensland

Heart disease rates are 8–9% higher in Queensland than the rest of Australia.

### 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

Our focus on heart disease prevention continued in 2015 as we supported Queenslanders to live healthier lives.

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.



### Skippers show how it's done

Jump Rope for Heart demonstration teams travelled across Queensland to inspire students and show them just how incredible their skipping can be with a little practice. This year marked the thirtieth birthdays for the Cottonhoppers from Mt Cotton State School and the Sherwood Arrows from Sherwood State School. These amazing skippers have made an immeasurable contribution to schools across Queensland by showing just how much fun skipping can be.

Top: **Story Bridge a blaze of red to celebrate Heart Week 2015.** Above: **Students from the Cottonhoppers Jump Rope for Heart demonstration team show off their skills.**



Thank you to our 77 Queensland Community Speakers who shared heart health messages with more than 3,500 people across the state this year.



Clockwise from top left: **Bruce Macdonald and Lynton Dellar on their 3,600 km Rickshaw Run in India, The rickshaw, Heart Foundation walkers celebrating 20 years of the program, Queensland Heart Foundation Award winners.**



### Will power saves lives

In 2015, generous Queenslanders gave the Heart Foundation nearly \$3.4 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 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 of someone who had left us a very generous gift in their will. Sadly, Toni lost her life at just 47. Her special gift to the Heart Foundation was a tribute to her mother who had cardiovascular disease.



### Thank you

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:

- riders 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
- the incredible 22,000 volunteers who doorknocked in their neighbourhoods to raise money during our Big Heart Appeal.

### Directors and Office Bearers

#### Patron

His Excellency, the Governor of Queensland, The Honourable Paul de Jersey AC

#### President

Mr Brett Delaney, BCom, FCA, MAICD (from May 2015)

#### Honorary Treasurer and Secretary

Mrs Melanie Gin, BCom (from May 2015)

#### Directors

Dr Roger Wilkinson, MBBS, BA, MMLitt, FRACP, FCSANZ

Mr Paul Bird, GDipBusAdmin, BA, FPRIA, FAICD

Ms Rebecca Treston, QC

Associate Professor David Colquhoun, MBBS, FRACP, FCSANZ

Professor Michael Good AO, MD PhD, FASM, FRACP, FTSE, FAHMS

Dr Colin Dillon, AM APM

Mr Ian Humphreys, BA (UNSW), LLB (UTS), Dip Leg Prac (UTS), LLM (Syd)

Professor Robyn McDermott, MBBS, MPH, PhD, FAFPHM (until May 2015)

Mr Tim Sayer, BA LLB (UQ), LLM (USyd), Dip Soc Stud (Oxon) (until May 2015)

#### Chief Executive Officer

Mr Stephen Vines, MBA, BBus Mgmt, MAICD

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



## South Australia

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.

### 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 Astley 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:

- reforming and leading the SA Active Living Coalition to respond to the 30-Year Plan for Greater Adelaide
- 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
- joining the Premier's Healthy Kids Menu Taskforce to improve the quality of kid's menus in South Australian restaurants



- calling on planners to consider health in new building developments at our 'Working together for an active South Australia' forum (pictured end right).

### 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.

### 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.

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.



Above: **Public health and transport expert Mark Fenton presented to South Australian health, planning and government stakeholders at the 'Working together for an active South Australia' forum.**



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

### Directors and Office Bearers

#### Patron

His Excellency the Honourable Hieu Van Le AO, Governor of South Australia

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Dr Margaret Arstall, MBBS, PhD, FRACP, FCSAZ (until May 2015)

Associate Professor John Knight, FRACS, FRCS(C), FACS (until May 2015)

Mrs Corinne Namblard (until November 2015)

Associate Professor Matthew Worthley, MBBS, FRACP, PhD

Mr Andrew Cosh (from May 2015)

Mr Stephen Halliday, BA, MAICD (from May 2015)

Ms Donny Walford, FAICD (from May 2015)

Ms Anne Young, MAICD (from May 2015)

Associate Professor Christopher Zeitz, MBBS, PhD, FRACP, FCSANZ, OSTJ (from July 2015)

#### Chief Executive Officer

Dr Amanda Rischbieth, PhD, FAICD, FGLF, FACCN





# Tasmania

Close to 1 in 3 Tasmanians have high blood pressure, a key risk factor for heart disease. Seeing a GP is an easy first step to change this.

### 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 and 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.

**What this means** – 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.



### 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.

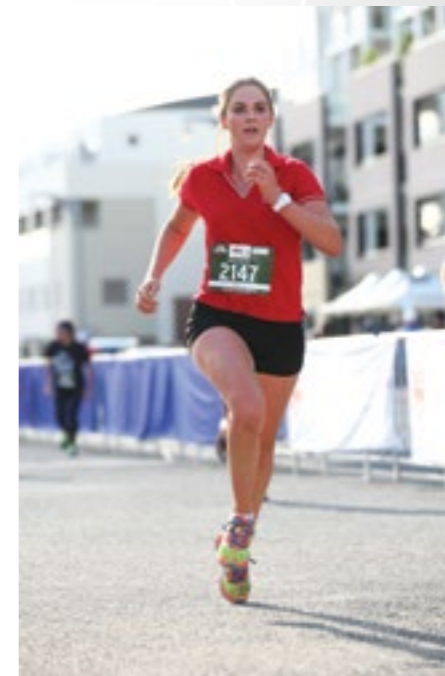
The new record came as a big surprise to the students who worked hard all year to learn new skipping tricks. St Mary's has raised almost \$80,000 for the Heart Foundation over 14 years of jumping rope.

### 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](http://www.healthyfoodaccesstasmania.org.au) early in 2016 to give everyone free access to tools and information to support their health.



Six post-doctoral researchers and four honours scholars delved into cardiovascular research thanks to the support of generous Tasmanians.



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.

Opposite page: St Mary's College students show off their skipping skills. Left: Community Engagement Coordinator Lucy Seddon-Brown and the Run For Ron team fundraise for the Heart Foundation by competing in the B&E Hobart Run the Bridge. Below left: Heart Foundation CEO, Graeme Lynch, Premier of Tasmania, Will Hodgman, and Heart Foundation Ambassador Jeremy Scott launching the Big Heart Appeal.

### Directors and Office Bearers

#### Patron

Her Excellency Professor the Honourable Kate Warner AM, Governor of Tasmania

#### Chair and President

Mrs Stephanie Jaensch, BEc, Dip Ed, GAICD

#### Secretary/s

Mr Gene Phair, BCom, FCA

Mrs Kate Hanslow, BA, LLB (Hons)

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Mr Craig Barling, BCom, CA, GAICD

Mr Michael Harvey, BCom, CPA, MAICD (until June 2015)

Dr Faline Howes, BMedSci, MBBS (Hons), MPH, FRACGP, GAICD (until May 2015)

Mr Fergus Leicester, BBus, MBA, GradDipACG, FCPA, FGIA, FAICD (from August 2015)

Dr Paul MacIntyre, MBChB, MD, FRACP

Professor Thomas Marwick, MBBS, PhD, MPH, FAHMS (until December 2015)

Mrs Gaye Rutherford, BA (Hons), BNutrDiet (Hons), GAICD (from April 2015)

#### Chief Executive Officer

Mr Graeme Lynch, BCom (Melb), LLB (Hons), GradDipLS (Tas), FCPA, GAICD, FAIM



# Victoria

From providing heart 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.

### 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.

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.

### Victorian Heart Maps

In 2015, we were proud to launch the latest Victorian Heart Maps, which provide a snapshot of the heart health of each local government area in Victoria. The interactive online maps and fact sheets are important tools for governments, health professionals and organisations like the Heart Foundation to better target services and resources to areas that need it most.

### Educating workers about heart attack warnings signs

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.

Bellow: Jared Tallent presents Harvey Young with a prize for being the youngest walker at the Heart Week Walk in Ballarat.

### 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.



Above: Research award winners on the red carpet at our third annual Awards Dinner.



Opposite and left: Thousands of people dedicated a love lock to someone special during our 'Lock in the Love' campaign. The event raised more than \$61,000 to help save hearts and lives in Victoria.

### 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.



Above: Walking Ambassadors Jared and Claire Tallent with walkers before the Heart Week Walk in Ballarat. Left: Jeff Smith halfway through his fundraising shave. Photo by Bendigo Advertiser.

### Directors 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

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#### Directors

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Mrs Leonie Fryar

Ms Daphne Lee, MA, BusMgmt & DipFinPlan (Snr CFTP) (from May 2015)

Professor Ian T Meredith AM, MBBS (Hons), BSc (Hons), PhD, FRACP, FACC, FAHA, FCSANZ, FSCAI

Professor Brian Oldenburg, BSc, MPsychol, PhD

Mr Bernard O'Shea, LLB, BSc (until May 2015)

Professor Alistair Royse, MBBS, MD, FRACS, FCSANZ

Ms Jyoti Singh, LLB, BEc (Hons) (from May 2015)

Associate Professor Andrew Taylor, MBBS, PhD, FRACP, FCSANZ

#### Chief Executive Officer

Ms Diana Heggie, MCSP, MAICD, GDip Human Services Research

#### Company Secretary

Ms Jade Lemmens, BHlthSc, CAPM

Pilbara Aboriginal Heart Health Program Coordinator Sharon Compas with the Roebourne Walking Group.



## Western Australia

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, Karratha 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 starting to be met. Women and children in Roebourne are now stepping out regularly as part of a new local walking group.

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

- Big-hearted volunteers knocked on doors across the state to raise \$448,000 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.

### 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.

Below: Perth Glory, Wildcats, Heat and West Coast Fever stars helped launch Lock in the Love in the Murray Street Mall.



"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

Gary Wilmot and his son Kain cross the finish line.



### Directors and Office Bearers

#### Patron

Her Excellency the Governor of WA, the Honourable Kerry Sanderson AO

#### President

Dr John O'Shea, MBBS (WA), MRCP (UK), FRACP (until March 2015)

Mr Graeme Robson, BCom, MEd, ACA, FFSIA, ATIA (from April 2015)

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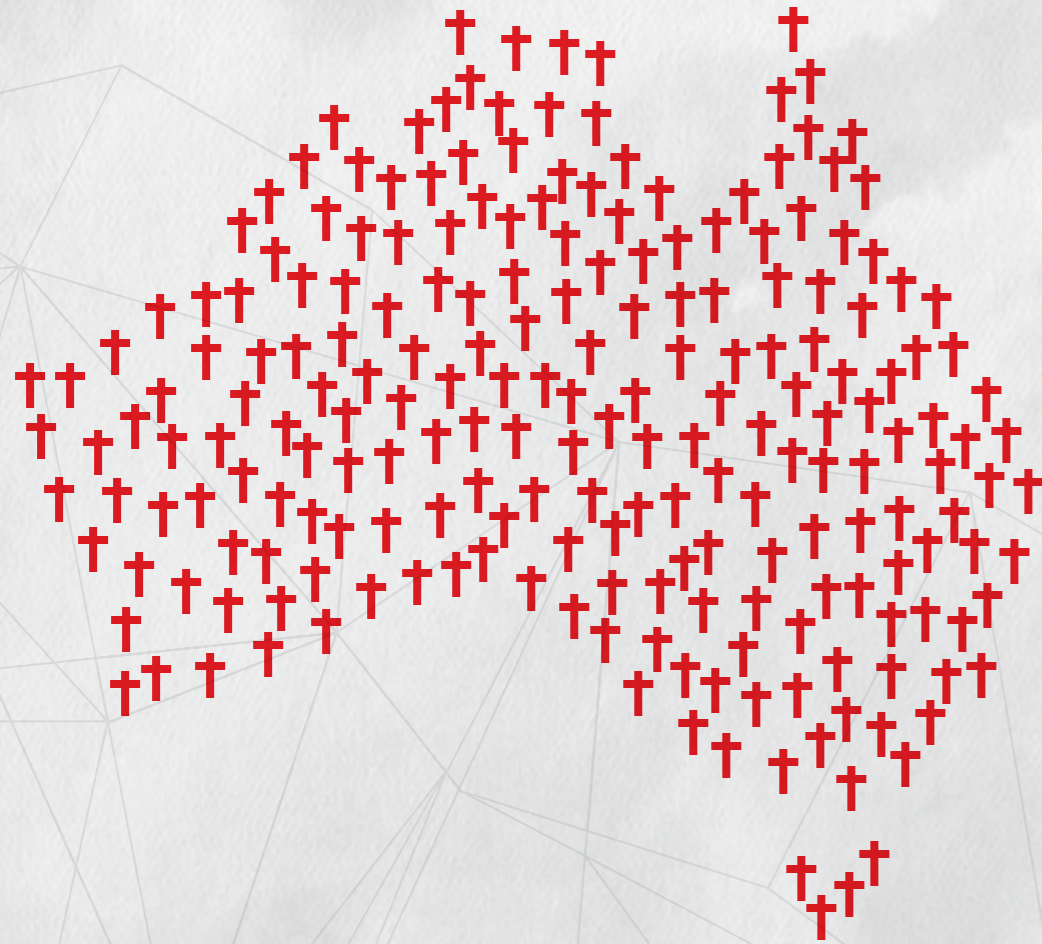
Professor Carl Schultz, MBChB, DPhil, MRCP, FRACP, FCSANZ (from April 2015)

Dr Jamie Rankin, MBBS, FRACP (from October 2015)

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Mr Maurice Swanson, BSc, GDip Nutrition & Dietetics, GDip Health Science, MPH, FAIM

**HEART DISEASE** is the **single biggest killer** of Australians



**Thank you**





Jeremy Scott – our amazing Big Heart Appeal 2015 ambassador.

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.



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 Emma Salkavich**, **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.

**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 to the thousands of Australian families touched by heart disease.

**Your big hearts really helped others**

More than 95,000 big-hearted volunteers took to the streets during September to raise much-needed funds. The Big Heart Appeal is our largest community-led campaign and we're truly thankful to the wonderful volunteers who take the time each year knock on doors in their neighbourhood and collect donations.

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.

**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.

**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!).

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



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.




Clockwise from right: Hayley Picoto, Kristina Costalos, Georgina Lewis, and Amanda Keller all dressed up for 'Go Red for Women'.



**Celebs join the fight against heart disease**

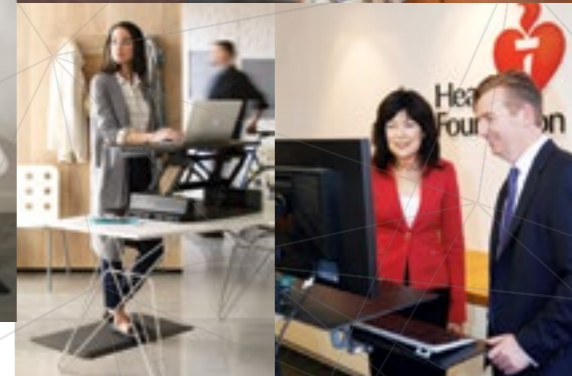
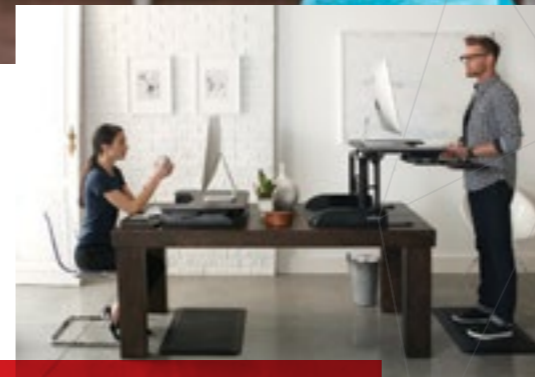
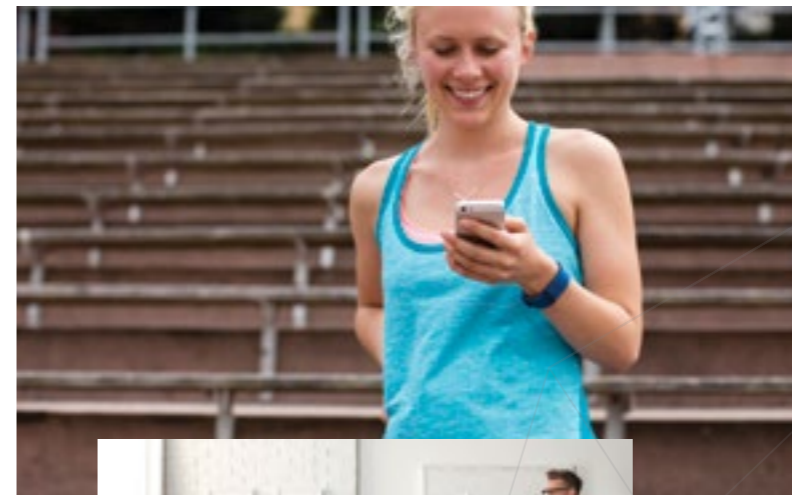
We were lucky to have the support of many amazing celebrities in 2015. Thank you all for helping raise awareness of the impact heart disease has on so many Australian men, women and children.

**300,000** KIDS  
 from more than  
**1,400** SCHOOLS  
 JUMPED ROPE  
 FOR US IN 2015



**Kids showing how it's done**

Thousands of school children around Australian took up their skipping ropes in 2015 to Jump Rope for Heart. With the support of their family, friends and communities, these inspiring kids raised more than \$3 million for the fight against heart disease. Jump Rope for Heart is 32 years young, and many early participants now support their own children (and sometimes take up their rope again!) to stay active and raise much needed money for the Heart Foundation. Thank you to the mums, dads, grandparents, aunts, uncles and everyone else who helped these amazing Aussie school kids make such an important difference this year. Thank you as well to our generous sponsors, Melbourne City FC, St George Illawarra Dragons and SMEG for helping make Jump Rope for Heart possible.



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

**More than 20,000 people joined the Heart Foundation family in 2015! We thank them for joining the fight against 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 to move easily from sitting to standing, reducing sedentary behaviour – one of the major risk factors for heart disease.

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.

Thank you, finally, to our workplace giving partners including Australia Post, Telstra, Caltex Australia, CSR 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.

## 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  

## NEARLY 1 in 3 heart attack survivors

COULD NOT RESUME **USUAL DAILY ACTIVITIES** SUCH AS DRIVING OR GROCERY SHOPPING AFTER THEIR HEART ATTACK  

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

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

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Ms M K Barry

#### 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 farewelled Dr Roger Wilkinson, Mr Michael Harvey and Mr Andrew Caudle.

– Dr Jennifer Johns

# National Treasurer's Report



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.

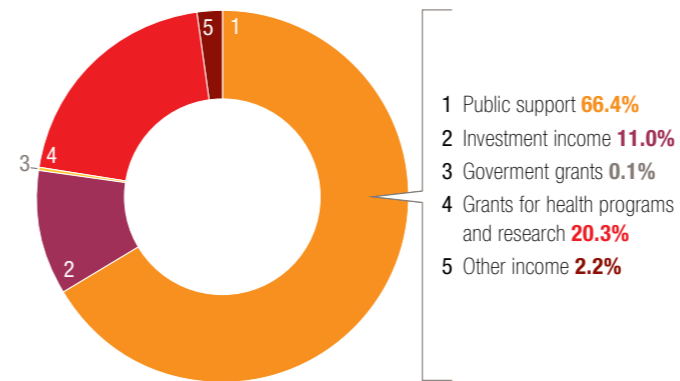
- The commitment to fund research activities that will translate toward reducing premature death and suffering from heart, stroke and blood vessel disease which remains the core strategic goal of the Heart Foundation. The Heart Foundation committed \$12.5 million in 2015 towards this endeavour which 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.

The Heart Foundation remains focused on maintaining strong fiscal management to ensure the generous donations from the Australian public are directed to those activities that best contribute to achieving our strategic goals thus providing the best health outcomes for all Australians.

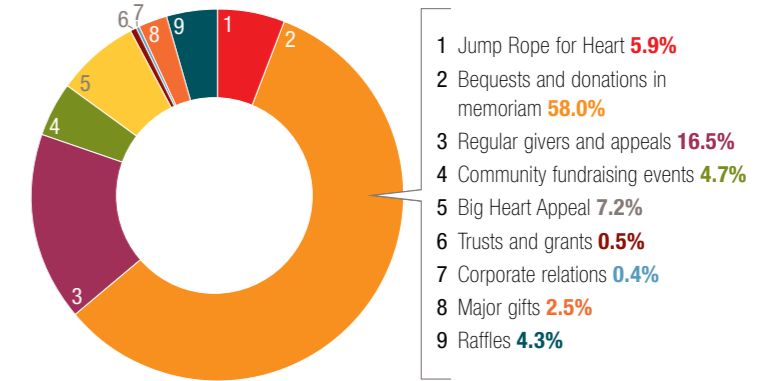
In summary, the Heart Foundation outperformed its financial expectations in 2015, which will provide a strong platform to support an increase into health programs and research well into the future.

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

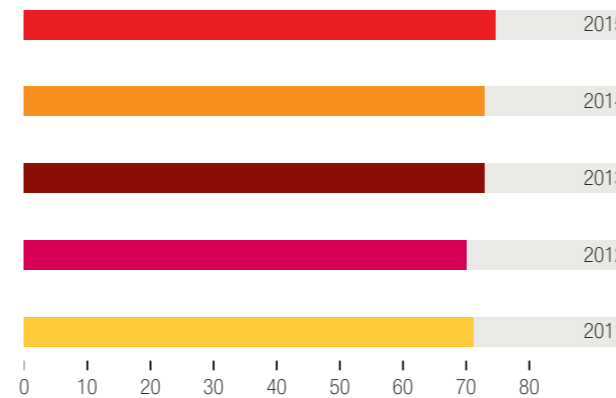
Sources of income 2015



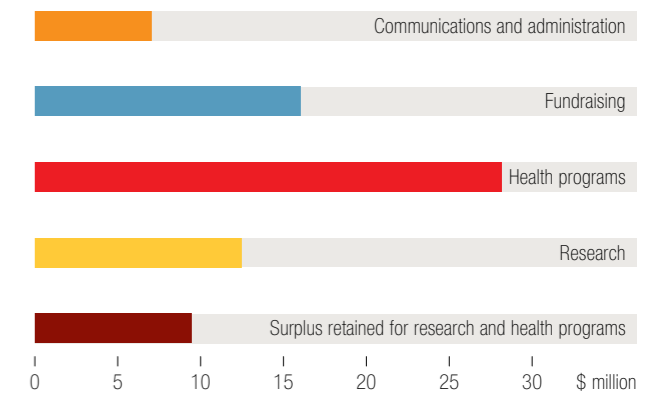
How you've helped us in 2015



Our income over the past five years



What did your donation support?



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](http://heartfoundation.org.au)

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