



Annual review

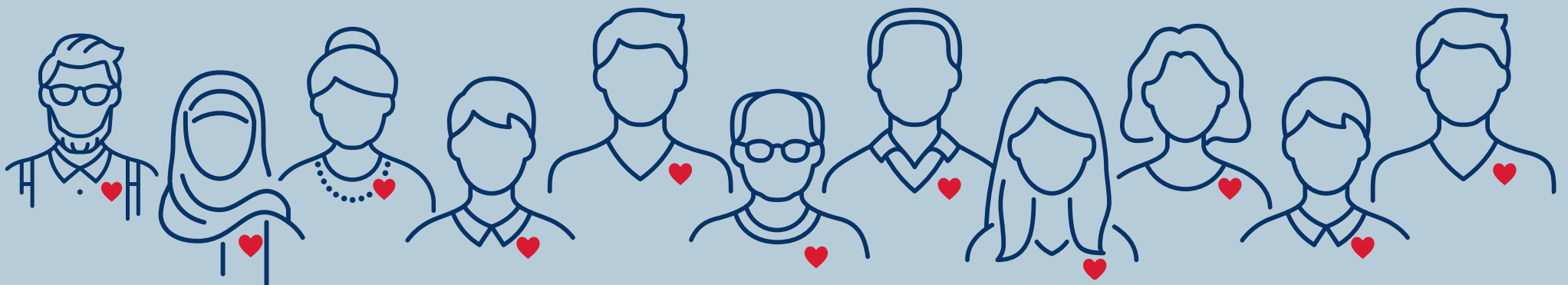
2025

Our Vision

Heart health will be achievable by everyone in Australia by 2050.

Our Mission

To reduce heart disease and improve the heart health and quality of life of all people in Australia through our work in risk reduction, support and care, funding research and addressing health inequities.



Acknowledgement of Country

The Heart Foundation acknowledges the Traditional Owners and custodians of the land on which we work and live, and recognise their continuing connection to land, waters, and community. We also acknowledge and respect their right to speak and care for their country in accordance with their lore, customs and traditions. We pay our respect to them and their cultures, and Elders past, present and emerging.

The Heart Foundation works across the traditional lands, nations and cultures of First Nations people right across Australia.

We acknowledge and pay respect to the traditional custodians of the lands in which our State and Territory offices are located.

- Gadigal people of the Eora Nation (Sydney)
- Lands of the Kaurna people (Adelaide)
- Whadjuk people of the Nyoongar Nation (Perth)
- Lands of the Ngannawal people (Canberra)
- Lands of the Larrakia people (Darwin)
- Turrbal and Yuggera people of the Meanjin region (Brisbane)
- Wurundjeri people of the Kulin Nation (Melbourne)
- Muwinina people of Nipaluna (Hobart)



About us

The Heart Foundation is Australia's trusted, not-for-profit organisation dedicated to fighting heart disease and improving heart health for everyone.

Heart disease and other cardiovascular conditions remain one of the leading causes of death in Australia, causing over 16,000 deaths in 2024.¹ It affects people of all ages and backgrounds, but the burden falls hardest on those experiencing disadvantage, those living in rural and remote areas, First Nations peoples, and women, whose heart disease is often under-recognised and underdiagnosed.

We fund world-leading research, support people living with heart disease, deliver healthcare programs and education, and advocate for the systems, environments and policies that make heart health possible for all.

¹Australian Bureau of Statistics (2024), Causes of Death, Australia, ABS Website, accessed 4 May 2026. <https://www.abs.gov.au/statistics/health/causes-death/causes-death-australia/latest-release>

²Australian Institute of Health and Welfare, Heart, stroke and vascular diseases: Australian facts. <https://www.aihw.gov.au/reports/heart-stroke-vascular-diseases/hsvd-facts>

³Australian Institute of Health and Welfare (2025) Heart, stroke and vascular disease: Australian facts. AIHW website, accessed 4 May 2026. <https://www.aihw.gov.au/reports/heart-stroke-vascular-diseases/hsvd-facts/contents/about>



1.3 million people in Australia living with heart disease and related conditions²

1 in 4 deaths in Australia are caused by cardiovascular disease.³

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Heart Foundation *impact*

For more than 65 years, the Heart Foundation has helped millions of people in Australia live longer, healthier lives and invested more than \$886 million (in today's dollars) into world-leading cardiovascular research.

Founded in 1959 at a time when heart disease was rapidly rising and poorly understood, we helped pioneer tobacco control, established the Heart Health Check, developed national clinical guidelines and built a national network of cardiovascular researchers.

Thanks to our supporters and the work we have done together, last year for the first time since the Heart Foundation was founded, coronary heart disease was no longer the leading cause of death in Australia.

While this is great progress, there is still much more to be done. We have set ourselves an ambitious 25-year vision for heart health in Australia, *Health for Every Heart*. This long-term vision is guiding the work we do and will help us deliver on our most ambitious chapter yet. We are working with communities, governments, researchers and health professionals to make heart health achievable for everyone in Australia by 2050.



**Rates of death from coronary heart disease
in Australia are the lowest ever recorded**



**1,098,261 Heart Health Checks
delivered since 2019**



**\$13.7 million awarded across 76
cardiovascular research grants in 2025**



**809 walking groups supporting over 60,000
people to stay active across Australia**

Heart Foundation: Saving Australian hearts for 65 years

Since 1959, the impact of our work has helped millions of people in Australia to improve their heart health and live longer and healthier lives. We've shared some of the highlights of the Heart Foundation's achievements below.

1959 to 1989	1990 to 2010	2010 to 2024	In 2025:
We began the <i>Jump Rope for Heart</i> school skipping program in 1983, which has supported over 10 million kids to be physically active for their heart health. In 2025, we continue to run this program.	We developed the first clinical guidelines for rheumatic heart disease in 2006, a condition that disproportionately affects First Nations peoples. Since then, we have ensured that the guidelines are updated to guide clinical care based on the latest evidence.	We launched Heart Maps in 2013, a free, online, interactive tool to help identify which communities have the most significant needs in heart health.	Equity in health Making heart health a reality for everyone
Since the 1970s, we have led public campaigns and advocated for tobacco controls, such as banning tobacco advertising, introducing world-first plain packaging and educating about the harms of passive smoking.	Since 1995, Heart Foundation Walking has been helping more people get active for their heart health. In 2025, we had over 800 walking groups supporting over 60,000 people across Australia.	We have helped consumers make healthy food choices with advice and labelling on packaging. Since 2013, we have advocated for the Health Star Rating to help more people understand the health impacts of the food they are buying.	Enabling healthy behaviours Making the healthy choice the easiest choice for everyone
The Heart Beat door knock campaign in 1961 was the first of its kind, sharing over 6 million heart health facts with households across Australia.	In 2009, we introduced the first clinical guideline on absolute cardiovascular risk, providing clinical advice for health professionals to better help patients assess and manage their risks of heart disease.	We successfully advocated for the preventive Heart Health Check as a Medicare-supported item. It was introduced in 2019 and continues to be supported through 2025.	Detecting and managing risk Making heart health a reality for everyone. Helping people to reduce their heart disease risk
Since 1962 we have provided support programs and services for cardiac rehabilitation and people living with heart disease. We led the campaign to make emergency calls to 000 a free call during the 1970s.	We have provided education and awareness campaigns to help bystanders recognise the warning signs of a heart attack and call 000.	In 2024, we relaunched <i>MyHeart MyLife</i> , our patient support program that helps people navigate life after a heart event.	Managing heart disease Supporting people with heart disease and preventing further events
Since the 1960s we have invested more than \$886 million (in today's dollars) in high impact cardiovascular research and researchers across Australia. These investments have led to development of the first automatic pacemaker, better survival following heart surgery and fellowships for future research leaders and First Nations researchers.			Funding high impact research Largest non-government funder of cardiovascular research

Message from the Chair

For the Heart Foundation, 2025 marked the first year of *Health for Every Heart*, our 25-year vision for heart health in Australia, and the beginning of a new chapter in how we work, who we work with, and what we are striving to achieve.

Launching *Health for Every Heart* at Parliament House in early 2025 was a proud moment. It set out our ambition that heart health will be achievable by everyone in Australia by 2050. At the same time, it was honest about the challenge ahead. Heart disease affects some communities far more than others, and lasting change will require us to address the social, environmental, cultural and commercial factors that shape heart health outcomes.

This year we put that commitment into action. We embedded equity across our programs and partnerships. We strengthened our work with First Nations communities through the Champions4Change program, our sustained advocacy for remote community laundries, and our continued support for the prevention and management of acute rheumatic fever and rheumatic heart disease. We advanced women's heart health as a national priority, working with partners across the health sector to develop a coordinated action plan and advocating for women to receive the same standard of cardiovascular care as men. Across the country, our walking groups supported over 60,000 people to be more active across every state and territory.

In 2025, we invested \$21 million in cardiovascular research, including in our Future Leader Fellowships, Postdoctoral Fellowships, Vanguard Grants, First Nations Cardiovascular Research Grants, and Collaboration and Exchange Grants. The breadth of this portfolio reflects the breadth of the challenge, spanning prevention and early detection, health equity, the development of new therapies and medical technologies, and better ways to manage heart

disease for the long term. We also announced 10 new Catalyst Partnership Grants, connecting innovators with investors and donors to accelerate solutions to heart disease.

We also reached a significant milestone of one million Heart Health Checks delivered since the program began in 2019. A Heart Health Check is a 20-minute check-up with a GP to assess a person's risk of having a heart attack or stroke in the next five years. Through national campaigns, community engagement and our work with GPs and primary care teams, more than 283,000 checks were delivered in 2025, a 32 per cent increase on the previous year. These results reflect the strength of our programs and the dedication of the people who deliver them.

We launched the Heart Health Tracker, bringing together 46 national indicators to give us a clear picture of heart health across Australia. It will help us understand where progress is being made and where we need to focus our efforts as we work towards the goals set out in *Health for Every Heart*.

The Heart Foundation's financial position remains strong. We delivered an operating surplus of \$2.8 million and a net surplus of \$11.9 million, supported by strong investment returns and the extraordinary generosity of our donors and supporters. Operating within our means is essential to ensuring we can continue to deliver on our mission for the long term, and we remain committed to making the most of every dollar entrusted to us. I want to thank everyone and every organisation who gave to the Heart Foundation in 2025, whether through a regular gift, as a community fundraiser, through a corporate partnership or a gift in their Will. Your trust and generosity make this work possible.

As we look to 2026, the Heart Foundation will continue to build on these foundations. We are honoured to

host the 2026 World Heart Federation World Congress on Rheumatic Heart Disease in Perth, only the second congress of its kind, bringing together researchers, clinicians and advocates from around the world to advance the fight against a disease that still affects 40 million people globally. We will continue to deepen our focus on First Nations heart health and women's heart health, deliver new clinical guidelines for hypertension and lipid management, and launch our Clinical Consensus Statement on obesity and cardiovascular disease, strengthening the evidence base for a systems-level approach to one of the most significant and growing risk factors for heart disease in Australia and the rest of the world.

I would like to acknowledge the contribution of Rebecca Davies AO, who retired from the Board in December 2025. Rebecca's long-standing dedication to medical research and consumer advocacy has made a lasting impact on the Heart Foundation and the communities we serve. We are deeply grateful for her years of service.

I would also like to thank our volunteers, whose generosity of time and spirit sustains our programs across the country. I want to thank David Lloyd for his leadership as Chief Executive Officer during 2025. To our leadership team and all our people, thank you. Your commitment, expertise and care are felt in everything we do. To our Board and State and Territory Advisory Board members, thank you for your continued guidance and shared purpose.

The work ahead is significant, and I look forward to continuing it together in 2026.



Mario d'Orazio

Board Chair,
Heart Foundation



Message from the *Chief Medical Officer*

A year of evidence, innovation and shared purpose

For 65 years, the Heart Foundation has worked to protect the hearts of people in Australia. In 2025 we began the first year of *Health for Every Heart*, our 25-year vision for the nation's heart health. It is a privilege to reflect here on the progress we made together.

The scale of the task

Heart disease remains our greatest health challenge. Cardiovascular disease accounts for around one in four deaths in Australia, and one in six of us live with some form of it. Every twelve minutes, it claims a life. Decades of research, better medicines, better clinical care and effective prevention have driven mortality down, and that progress is real and hard won. Much still lies ahead of us. On current trends, Australia faces 1.37 million cardiovascular events in the decade to 2029, at a direct and indirect cost of more than \$140 billion. Behind every one of those numbers sits a family. *Health for Every Heart* is our response: an evidence-based plan with an ambitious goal, to make the generation turning 50 in 2050 the healthiest in our history.

Bold ideas through Catalyst

A challenge of this scale calls for fresh thinking. In 2025 we launched the Catalyst Partnership Grants, a bold new approach to cardiovascular research funding. Rather than wait for incremental gains through traditional pathways, Catalyst seeks out ambitious, scalable ideas and connects them with the investment

and partnerships they need to reach patients. The response was remarkable. More than 220 expressions of interest were refined to a shortlist of twenty finalists, who presented at the Catalyst Showcase in March to an audience of more than 300 researchers, philanthropists and investors. Ten Catalyst Partners were then selected, each awarded \$100,000 alongside ongoing Heart Foundation support to sharpen their proposition and open doors. Their work now forms our Innovation Portfolio, and it points to a different future: a blood test for heart disease risk, 3D printed heart valves, solar powered laundries in remote Aboriginal communities, and a potassium enriched salt designed to replace sodium in the national diet. More than \$225 million of unfunded innovation crossed the stage at the Showcase, and our task since has been to help as much of it as possible become real.

Evidence at the core

The Heart Foundation is known for clinical guidance that doctors and patients can rely on. That reputation rests on the generous, community-minded contributions of hundreds of specialists, clinicians and researchers. In 2025 we advanced a national consensus statement on the clinical treatment of obesity and cardiovascular disease, together with new clinical guidelines on hypertension and on lipids, all due for release in 2026-27. We also invested in the people who will shape the future of cardiovascular medicine. Close to 300 research projects were active or awarded during the year, more than half of them

led by women, spanning prevention, early detection, biological mechanisms and culturally responsive care. Women's heart health, long overlooked, is now a clear research priority, as is heart health for Aboriginal and Torres Strait Islander communities. We strengthened our cardiovascular research networks and worked with state governments to grow their own investment, because a state where cardiovascular research thrives is a state where cardiovascular patients receive the best care.

Our reach extends beyond Australia. As a proud member of the World Heart Federation, we work with colleagues around the world on risks that cross every border, rising obesity, air pollution, climate change and microplastics among them. Through that partnership, we will host the Second World Congress on Rheumatic Heart Disease in Perth in November 2026. It is a recognition of Australia's standing on a disease that still affects around 40 million people globally, and one that falls with particular and unjust weight on Aboriginal and Torres Strait Islander communities. Rheumatic heart disease is preventable, and hosting the Congress will help us press that case at home and abroad.

A shared effort

At its heart, the Heart Foundation is a community. We work within and for many overlapping communities, and our relevance depends on listening as carefully as we advise. Patient groups show us what it is to live

with heart disease, and how that experience ripples through families. Clinicians and their professional bodies uphold the quality of our work. Researchers and their institutions turn our funding into discovery.

Heart health equity will be won through a national effort, one that reaches across conditions. The risk factors for heart disease also drive stroke, kidney and liver disease, cancer and dementia, so in 2025 we deepened our work with partners across these areas, in a spirit I hope is felt as a generous one.

All of it rests on you. More than 50,000 donors fund our research and our programs. More than 60,000 people walk together each week in our walking groups, in every state and territory, because moving together is what heart health looks like in practice. Our volunteers, our staff, our fundraisers and advocates carry this work into every community. Everything you read in this report rests on that trust, and on the vision we share: an Australia where heart health is achievable by everyone.

Finally, I want to acknowledge David Lloyd, who served as our Chief Executive Officer through 2025, and to thank him for his hard work and dedication.



Professor Garry Jennings AO

Chief Medical Officer,
Heart Foundation



Our achievements in 2025



Advancing heart health equity

- 118 equity, diversity and inclusion initiatives delivered in 2025
- Champions4Change program delivered for people with lived experience of ARF and RHD with 10 new Champions joining the program in 2025
- \$6.3 million invested in 25 research projects and fellowships focused on heart health in priority populations, including women, First Nations peoples and culturally and linguistically diverse communities
- 18 research projects funded or awarded in 2025 specifically focused on women's heart health



Creating healthy environments and behaviours

- Over 18.2 million people reached through the Walking Wins national campaign
- 809 walking groups supporting over 60,000 people to stay active, led by 1,255 volunteers
- 43,487 registrations for the relaunched Heart Healthy Dinner Plans
- 94% of Dinner Plans participants adopted at least one heart-healthy behaviour



Preventing and detecting risk early

- 283,784 Heart Health Checks delivered in 2025, a 32% increase from 2024
- Over 1 million Heart Health Check Medicare claims reached since 2019
- 1.6 million+ uses of the Aus CVD Risk calculator since launch in 2023
- Heart Week 2025 reached over 19 million people across Australia
- Heart Foundation won the 2025 World Heart Federation Best Prevention Campaign Award



Managing heart disease effectively

- Over 8,000 people connected through our *MyHeart MyLife* peer support community
- 3,400+ people supported through the *MyHeart MyLife* digital program since launch
- Heart of the Nation became a flagship Heart Foundation program in May 2025



Investing in high-impact research

- \$13.7 million awarded across 76 cardiovascular research grants
- 10 new \$100,000 Catalyst Partnership Grants announced, connecting innovators with investors and donors to accelerate high-impact cardiovascular research
- Research excellence recognised through four national awards: the Shirley E Freeman Innovation Award, the Paul Korner Innovation Award, the Ross Hohnen Award for Research Excellence and the Charles Campbell Coghlan OAM Scholarship



Advocating for heart health

- *Health for Every Heart* launched at Parliament House
- Funding secured for Heart Health Checks, the National Walking Initiative and Remote Laundries
- Federal election advocacy delivered ahead of the May 2025 election
- Contributed to 18 government consultations and parliamentary inquiries across Australia



Financial stability and growth

- 57,000 supporters and 1,012 schools helped raise \$19.7 million
- 557 estate gifts received, our largest ever
- New corporate partnerships launched with nib foundation, TAL Australia and UNCLE TOBYS



Health for Every Heart: Our 25-year vision for heart health

Heart health will be achievable by everyone in Australia by 2050.

Heart disease remains a leading cause of death in Australia. People born in Australia in 2000, who will turn 50 in 2050, could face worse heart health than any generation before them, despite advances in treatment and prevention.

*Health for Every Heart*⁴ is our response to this urgent challenge. Launched in early 2025, it is the Heart Foundation's 25-year vision and our most ambitious commitment to date. It sets out four clear goals that together will drive the systemic, lasting change needed to make heart health a reality for every person in Australia, regardless of their background, location or circumstances.

Our four goals:

Goal 1: Advance heart health equity

Goal 2: Create environments and systems that enable healthy behaviours

Goal 3: Prevent, detect, and manage risk early

Goal 4: Manage heart disease effectively and prevent further events

Our vision will only be achieved through collaboration. We will work alongside communities, government, industry, researchers, healthcare professionals, supporters, people with lived experience and volunteers, nationally and globally, to make Australia the world's heart healthiest nation.

Last year marked the first year of delivering against this vision. This report sets out what we achieved in 2025: the programs delivered, the partnerships formed, the research funded, the policies advanced and the lives touched, as we begin to build the foundations of a heart-healthy Australia.

Measuring progress: The *Health for Every Heart* tracker

Ambition without accountability is not enough. To ensure *Health for Every Heart* delivers lasting change, the Heart Foundation has developed the Heart Health Tracker, a new tool that brings together 46 indicators to measure Australia's progress towards heart health for everyone by 2050.

In 2025, the tracker establishes Australia's baseline, capturing where the nation stands at the start of this 25-year journey across each of the four goals. These baselines draw on national data sets and define the starting point against which future progress will be measured. Over time, as new data becomes available, the tracker will show whether Australia's heart health is improving, declining or holding steady, and where effort needs to be refocused.

This is the first iteration of the tracker, and we recognise there is more work to do. Data gaps exist in some areas of heart health, and we expect the set of indicators to evolve as new evidence emerges and better data sources become available. We will seek feedback from the sector and our partners to ensure the tracker reflects the measures that matter most. Our goal is for it to become an increasingly robust and transparent tool for the whole heart health community.

The tracker is available at:
heartfoundation.org.au/health-for-every-heart/heart-health-tracker

⁴Heart Foundation (2025) *Health for Every Heart: A generational vision for heart health in Australia*. Available at: <https://www.heartfoundation.org.au/health-for-every-heart>

Health for

EVERY HEART

Vision

Heart health will be
achievable by
everyone in
Australia by 2050



Goal 1

Advance heart health equity



Goal 2

Create environments and systems that
enable healthy behaviours



Goal 3

Prevent, detect, and manage risk early



Goal 4

Manage heart disease effectively and
prevent further events

Underpinning priorities



Invest in high-impact
research



Advance knowledge,
evidence, and
translation into policy
and practice



Influence change
through **advocacy**
and partnership



Create impact through
implementation and
innovation



Secure sustainable
revenue and optimise
supporter funds



Facilitate **delivery** of
Health for Every Heart



Goal 1

Advance heart health equity



Heart disease can affect anyone, but it does not affect everyone equally. People living in rural and remote areas, those experiencing socioeconomic disadvantage, First Nations peoples, and women all face a disproportionate burden of heart disease. For many, the barriers to heart health are shaped by factors beyond individual control, including where they live, the services available to them, and the social, cultural and commercial environments that surround them.

Goal 1 of *Health for Every Heart* focuses on reducing these avoidable and unfair differences in cardiovascular health outcomes across Australia. It recognises that heart disease coexists with disadvantage, and that improving heart health for everyone requires us to address the systemic drivers of inequity. This means tailoring our programs, partnerships and advocacy to the specific needs of the communities most affected, listening to people with lived experience, and ensuring that our research, resources and services reach the people who face the greatest barriers.

The scale of the challenge is significant. People living in remote and very remote areas are 33% more likely to be hospitalised for cardiovascular disease than people in major cities.⁵ First Nations peoples experience 1.6 times the mortality

rate from cardiovascular disease, representing the leading broad cause of the 21% gap in death rates between First Nations peoples and non-Indigenous people in Australia.⁶ People in the lowest socioeconomic group face 2.3 times the risk of heart disease compared to the highest.⁵ Heart disease in women remains under-recognised and underdiagnosed, with women less likely to receive surgery, be prescribed preventive medication or be referred to cardiac rehabilitation following a heart attack.⁸ Rheumatic heart disease disproportionately burdens First Nations communities, especially in remote and very remote areas, where prevalence reaches 3,344.6 per 100,000.⁹

In 2025, we took action across each of these areas. We invested \$6.3 million in research focused on priority populations, strengthened our work with First Nations communities through the Champions4Change program and sustained advocacy for remote community laundries, advanced women's heart health as a national priority, delivered targeted campaigns for culturally and linguistically diverse communities, and extended our reach into regional and remote Australia through community-based programs and activations. We also delivered 118 equity, diversity and inclusion initiatives across the organisation through our strategy, *Every Heart*.

⁵Australian Institute of Health and Welfare. Heart, stroke and vascular disease: Australian facts. <https://www.aihw.gov.au/reports/heart-stroke-vascular-diseases/hsvd-facts/contents/treatment-and-management/hospital-care-and-procedures>

⁶Indigenous Health Performance Framework. Measure 1-05: Cardiovascular disease. <https://www.indigenoushpf.gov.au/Measures/1-05-cardiovascular-disease>

⁷Australian Bureau of Statistics. Heart, stroke and vascular disease. <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/heart-stroke-and-vascular-disease/latest-release>

⁸Redfern J et al. Differences in management and outcomes of men and women with ST-elevation myocardial infarction. *Medical Journal of Australia*. 2018;209(3).

⁹AIHW (Australian Institute of Health and Welfare) (2025). *Acute rheumatic fever and rheumatic heart disease in Australia*, AIHW, Australian Government, accessed 1 May 2026. <https://www.aihw.gov.au/reports/indigenous-australians/arf-rhd/contents/summary>



Improving heart health for priority populations

We delivered targeted action to improve heart health outcomes for women, culturally and linguistically diverse communities, people in rural and remote areas and those experiencing socioeconomic disadvantage, tailoring programs, partnerships and advocacy to address the specific barriers each group faces.

Women's heart health

We advanced women's heart health as a critical equity priority. In Western Australia, we convened a Women's Heart Health Roundtable bringing together 18 key stakeholders to explore gaps and strategies for women's cardiovascular health. In Queensland, we launched the Women's Hearts campaign, a four-week digital awareness campaign reaching people across the state with evidence-based messaging on the unique risk factors and warning signs women face. We partnered with Her Heart and Jean Hailes for Women's Health to develop a coordinated 2025–2027 action plan, and advocated for women's heart health to be treated as a national priority. Through the Global Cardiovascular Research Funders Forum, we contributed to international discussions on research gaps in women's heart health through the Women's Heart Health Challenge.

Our commitment to improving heart health outcomes for women is also reflected in our research portfolio, where 18 projects funded or awarded in 2025 were specifically focused on women's heart health. These projects addressed critical stages of women's cardiovascular risk, including pregnancy-related conditions such as pre-eclampsia and gestational diabetes, menopause-related vascular disease and heart failure in postmenopausal women. Further detail is in the Investing in High-Impact Research section of this report.

Culturally and linguistically diverse communities

We delivered a geo-targeted Heart Health Check social media campaign in multiple languages, reaching culturally and linguistically diverse communities with in-language health promotion and education, empowering people to better understand their risk of heart disease and how to manage it.



Regional, rural and remote communities

We extended our reach into regional, rural and remote communities through a range of targeted initiatives. At AgFest 2025 in Tasmania, we delivered over 200 blood pressure and cholesterol checks, helping people better understand their risk of heart disease. At Tamworth's Multicultural Food Festival in New South Wales, we engaged with the local community about heart-healthy and cost-effective food choices. Across 12 local government areas in regional Victoria, the Heart Safe Communities program helped people build confidence in using CPR and an AED so that more people can respond to save lives in a cardiac emergency. Our Heart of the Community and *MyHeart MyLife* programs provided evidence-based advice for people living with heart disease in regional, rural and remote communities across Australia.

People experiencing socioeconomic disadvantage

We developed and promoted equity-focused food and nutrition resources for lunch boxes and dinners that address cost and access barriers while building practical food literacy skills, supporting people experiencing socioeconomic disadvantage to make heart-healthy food choices.

First Nations heart health

We supported First Nations leadership through our First Nations-led team, strengthening cultural capability across the organisation and embedding First Nations perspectives in program design, delivery and advocacy.

We continued to support the update, maintenance and promotion of the Australian Guideline for the Prevention, Diagnosis and Management of Acute Rheumatic Fever and Rheumatic Heart Disease, supporting evidence-based care and consistent practice nationally.

We delivered the Champions4Change program, a culturally safe, community-led initiative for people with lived experience of acute rheumatic fever (ARF) and rheumatic heart disease (RHD). In 2025, ten new Champions joined the program, bringing the total to 50 and strengthening our ability to connect with communities and share lived experience in prevention and education efforts.





First Nations heart health (continued)

Champions supported 15 RHD advocacy and awareness-raising activities across the year, directly reaching an estimated 550 people, including people living with RHD, health practitioners and members of the broader community. These activities included the creation of digital awareness videos, which will extend our reach nationally as communities continue to share them through their own networks. Champions also ensured that research projects were informed by lived experience, bringing much needed national attention to both the causal pathways of RHD and the early signs of ARF.

The program is supported by The Snow Foundation, a valued Heart Foundation partner since 1991, whose continued commitment across 2025 and 2026 has enabled deep community engagement and empowerment.

Our sustained advocacy for remote community laundries contributed to a significant Australian Government commitment to fund the building or upgrading of 10 to 12 remote laundries in the Northern Territory and Central Australia, a major step in reducing the infections that contribute to rheumatic heart disease. The remote laundries model is also the focus of one of our ten Catalyst Partnership Grants, with the Aboriginal Investment Group developing an off-grid laundry solution that can be delivered to communities anywhere in Australia. Further detail on this advocacy win is in the Advocating for Heart Health section of this report.

The Heart Foundation has secured hosting rights for the 2026 World Congress on Rheumatic Heart Disease in Perth, only the second congress of its kind. Convened by the World Heart Federation, the event will bring together global researchers, clinicians, patient advocates and leaders to advance practical solutions to end rheumatic heart disease. Hosting the Congress reflects the Heart Foundation's growing international leadership in this area and will strengthen connections between Australia's world-leading work in RHD prevention and the global movement to eradicate a disease that still affects 40 million people worldwide.



Advocating for policies that address the determinants of health



Throughout 2025, we continued to advocate for investment and policies that address the social, environmental, cultural and commercial factors that shape heart health outcomes.



We advocated for healthy urban planning and climate resilience measures to protect people at higher risk from the cardiovascular impacts of extreme heat and poor-quality environments.



We made submissions to government consultations on urban planning, road use and housing development reforms, seeking to increase access to healthy food and active transport choices for everyone, regardless of where they live.



We also contributed to the development of the National Food Security Strategy, advocating for access to healthy food choices for everyone, regardless of socioeconomic status.

Our full advocacy program, including parliamentary showcase events, government consultations and key advocacy wins in 2025, is detailed in the Advocating for Heart Health section of this report.

Listening to communities and people with lived experience

We advanced development of a Consumer Participation and Lived Experience Framework through sector review and consultation.

We strengthened consumer input through our Consumer Participation Group, which continued to advise on health program priorities throughout the year. The group expanded its membership to include wider representation from rural and remote Australia and carer voices, ensuring a broader range of perspectives inform our work.



Spotlight on local heart health equity initiatives



WESTERN AUSTRALIA Women's Heart Health Roundtable

Aligning with World Heart Day, the Heart Foundation convened 18 key Western Australian stakeholders from diverse sectors to explore women-specific needs, critical gaps and population-level strategies for women's heart health. The roundtable informed our national approach to women's cardiovascular health, as guided by *Health for Every Heart*.



QUEENSLAND Women's Hearts Campaign

In November 2025, the Heart Foundation launched Women's Hearts, a four-week digital awareness campaign designed to spotlight the unique risk factors and warning signs that women face when it comes to heart disease. The campaign ran across paid and organic digital channels, reaching people across Queensland with evidence-based messaging on women's heart health.

Women can experience different warning signs and symptoms to men, yet these are often misinterpreted or dismissed due to biological, social and systemic factors. The campaign aimed to address this by building community understanding, empowering women to prioritise Heart Health Checks, and encouraging men to better understand and support the women in their lives.

Spotlight on local heart health equity initiatives (continued)



NORTHERN TERRITORY Hoops and Heartbeats

The Hoops and Heartbeats project delivered 10 culturally appropriate education sessions across four communities: Bagot community in metropolitan Darwin, Milikapiti, Wurrumiyanga and Tennant Creek. The project engaged 106 young people in collaboration with Hoops4Health, Champions from the Champions4Change program, Anyinginyi Health Service and Red Dust. Champions also supported pain minimisation training with Anyinginyi Health Clinic for nine providers, and promoted the Champions4Change program with Julanimawu Primary Health Care Centre in Wurrumiyanga to 15 healthcare providers.





NORTHERN TERRITORY Barunga Festival

The Heart Foundation's First Nations team delivered an interactive heart health promotion stall at the Barunga Festival, distributing over 300 health resources and engaging community members through creative activities and a heart health quiz. Tailored information on heart health, acute rheumatic fever (ARF) and rheumatic heart disease (RHD) was shared with community members, visitors and health professionals, and partnerships were strengthened with local First Nations organisations. Feedback, stories and audio-visual content were collected to inform future media promotion and community engagement.





Goal 2

Create environments and systems that enable healthy behaviours



Heart disease is largely preventable. The most significant modifiable risk factors, including physical inactivity, poor diet, tobacco use and obesity, are responsible for a substantial share of the cardiovascular disease burden in Australia. Yet for many people, the environments in which they live, work and move make healthy choices difficult. Where there are no safe places to walk, where fresh food is hard to access or afford, and where commercial interests shape what people eat, drink and breathe, the odds can be stacked against good heart health.

Goal 2 of *Health for Every Heart* recognises that asking individuals to change their behaviour is only part of the answer. We also need to change the systems and environments around us. This means advocating for walkable, well-designed neighbourhoods, supporting access to heart-healthy food, addressing the environmental and commercial drivers of poor health, and working across sectors to make the healthy choice the easier choice for everyone.

In Australia, fewer than one in three adults meet the national physical activity guidelines,¹⁰ and diet-related risk factors remain among the leading contributors to cardiovascular disease.^{11,12} The growing prevalence of overweight and obesity, now affecting two in three adults,¹³ compounds these risks and demands a coordinated, systems-level response. These challenges are felt most acutely by people in communities that already experience poorer heart health outcomes.

In 2025, the Heart Foundation took action across each of these areas. We delivered our National Physical Activity and Walking Initiative, reaching millions of people in Australia with programs and campaigns that promote active living. We relaunched our Heart Healthy Dinner Plans and expanded our food and nutrition resources, with a focus on practical tools for people facing cost and access barriers. We strengthened our advocacy for healthy built environments and conducted an evidence review on indoor air quality and cardiovascular health. We also continued to invest in local heart health initiatives that respond to the specific needs of communities across the country.

¹⁰Australian Bureau of Statistics (2022). Physical activity. Canberra: ABS. Available from: <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/physical-activity/latest-release>.

¹¹Australian Bureau of Statistics 2023, National Health Survey 2022. Available from: <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey/latest-release>

¹²Roth GA et al (2020) Global Burden of Cardiovascular Diseases and Risk Factors, 1990-2019: Update From the GBD 2019 Study. J Am Coll Cardiol. Dec 22;76(25):2982-3021.

¹³Australian Institute of Health and Welfare (2024) Overweight and obesity. <https://www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity/contents/summary>. AIHW, accessed 20 April 2026.

National Physical Activity and Walking Initiative

People and communities across Australia continue to experience the physical, mental and social benefits of regular exercise through the Heart Foundation's National Physical Activity and Walking Initiative. Supported by ongoing Australian Government investment, the initiative addresses low physical activity levels through free and accessible programs, community grants, professional education and advocacy for built environments that make it easier for people to be active.

Key achievements in 2025:

Over 18.2 million

people reached through the Walking Wins national campaign

809

walking groups supported over 60,000 people to get and stay active, led by 1,255 volunteer walk organisers

48,088

people signed up for a six-week Personal Walking Plan

92%

of Personal Walking Plan participants intend to continue their walking habits

8

grants awarded through the Active Australia Innovation Challenge

Over 4,000

health professionals engaged to promote physical activity and refer patients to the program

Over 50,000

built environment industry practitioners engaged through Healthy Active by Design

Over 29,000

views of digital community walkability resources

Heart Foundation Walking

For 30 years, the Heart Foundation Walking program has supported over 400,000 people to get and stay active in communities across Australia. In 2025, over 809 walking groups, led by 1,255 dedicated volunteer walk organisers, connected more than 62,167 group walkers. We supported the establishment of 243 new walking groups, with a focus on targeted local outreach to increase participation among culturally and linguistically diverse communities, First Nations communities, and people living in regional areas and areas of socioeconomic disadvantage.

Personal Walking Plans continued to grow in 2025, reaching the milestone of 400,000 sign-ups for a free, six-week plan since the program began. In response to participant feedback and a successful pilot, we launched a 12-week Wellbeing SMS Plan for participants who wanted an extended support experience. 86% of Wellbeing Plan participants agreed that SMS messages were important in motivating them to be more physically active.

"These text messages have been very helpful. I have made exercise space in my garage. I'm picking up better motivation than I had before. This service is invaluable."

- 2025 Personal Walking Plan participant

We engaged over 4,000 health professionals to educate them on the benefits of physical activity and how to refer patients to Heart Foundation Walking. Our 2025 engagement strategy included presentations and presence at three conferences, eight promotional campaigns through public and industry channels, and recruitment of health professionals to start walking groups in their communities. We also launched a new digital referral pathway, making it easier for health professionals to connect their patients to the program.

"Seeing participants continue walking and staying connected beyond the program is what success looks like for us."

- Cardiac Rehabilitation Coordinator, Epworth Camberwell, Victoria

Walking Wins

We reached over 18.2 million people through Walking Wins, our national mass-media campaign promoting the importance of physical activity for heart health. The 2025 campaign generated 1.29 million video views and reached nearly 800,000 radio listeners. Our Community Walkability national media campaign in mid-2025 reached a further 305,699 people.



Active Australia Innovation Challenge

Through the Active Australia Innovation Challenge and Local Coordinator Small Grants, the Heart Foundation supported 18 community-led physical activity initiatives across Australia. Last year, \$200,000 of funding was awarded across eight new targeted initiatives aimed at increasing physical activity among priority populations including First Nations peoples, culturally and linguistically diverse communities, and people in regional and remote areas. Grant recipients also received enhanced support through an online training program launched in 2025, helping organisations plan, promote, deliver and evaluate their projects.

Little Athletics South Australia offers a compelling example of the initiative in action. Through an Active Australia Innovation Challenge grant, the organisation delivered the Beyond Barriers Para Pathway Program, designed to support children with disability to be physically active in a safe, inclusive and structured environment. The program provides weekly modified athletics sessions, helping young participants build movement skills, confidence and enjoyment of physical activity from an early age.

Early outcomes are encouraging. Twenty-six young athletes, all living with disability, are now regularly participating. Parents report increased confidence, motivation and more positive attitudes towards sport and physical activity. With grant funding supporting delivery through to August 2026, the program is well placed to build on these results and continue strengthening long-term healthy habits.

Designing neighbourhoods for active living

We encourage improvements to the design of our cities, towns, streets and buildings to create more walkable, liveable and heart-healthy neighbourhoods.

In 2025, 3,000 people responded to the Heart Foundation's What Australia Wants Neighbourhood Survey. The results were clear: people across Australia want to live in neighbourhoods that support them to be physically active as part of everyday life.

We released four new evidence papers covering active school travel, designing for density, why healthy built environments are good for business, and embedding heart health outcomes in transport planning. We also launched a new community walkability toolkit, including a digital walkability checklist, interactive map, community petition and factsheets, to help community members assess and advocate for more walkable neighbourhoods.

We strengthened engagement with the urban planning industry through conferences, presentations and workshops, building new relationships with organisations including Mainstreet Australia and Town Team Movement. We also educated the next generation of urban planners by contributing to higher education course materials at the University of Western Australia.

Our tools and resources are already prompting real change in communities. In Victoria, Portland District Health used our Community Walkability Checklist to mobilise 103 community members to assess and advocate for more walkable local neighbourhoods. Their findings were presented to Glenelg Shire Council, which will draw on the results in future planning decisions. New case studies on our Healthy Active by Design website illustrate how local councils are acting on similar evidence: Lake Macquarie City Council completed a 3.5km shared track, filling a critical gap in its active transport network, while the City of Darwin installed a Smart Trailer at a public open space to monitor park use and inform future walkability planning.

¹⁴Australian Institute of Health and Welfare. Heart, stroke and vascular disease: Australian facts. 2024. <https://www.aihw.gov.au/reports/heart-stroke-vascular-diseases/hsvd-facts>

¹⁵Kazemi A, Soltani S, Aune D, et al. Leisure-time and occupational physical activity and risk of cardiovascular disease incidence: a systematic-review and dose-response meta-analysis of prospective cohort studies. *Int J Behav Nutr Phys Act.* 2024;21(1):45. doi:10.1186/s12966-024-01593-8

Blueprint for an Active Australia

In 2025, the Heart Foundation led a collaboration of 71 academics and subject-matter experts to develop the fourth edition of the Blueprint for an Active Australia. Physical inactivity is a significant risk factor for heart disease,¹⁴ and increasing population levels of activity could reduce that risk by up to 20%.¹⁵ The Blueprint provides practical, evidence-based recommendations for governments, organisations and communities to make physical activity more accessible and achievable for everyone in Australia.

The fourth edition features 27 case studies showcasing physical activity initiatives from across the country, illustrating what works and why. It outlines the actions needed at every level, from national policy to local community programs, to create an Australia where being active is the norm, not the exception.

The Heart Foundation launched the first phase of the Blueprint at the Asia-Pacific Society for Physical Activity conference in Newcastle in November 2025, sharing the work with the academics and subject-matter experts whose collaboration made it possible. The Blueprint will be publicly released in 2026.



Supporting heart-healthy eating

Key achievements in 2025:

43,487
registrations for the relaunched
Heart Healthy Dinner Plans

94%
of participants adopted at least
one heart-healthy behaviour

33,319
recipe e-book downloads

We help people improve their health through better eating patterns. Our programs provide education, recipes and go-to resources, while we build strategic partnerships and advocate for systems-level change to make heart-healthy food choices easier for everyone.



In 2025 we:

Relaunched the Heart Healthy Dinner Plans

We have created three tailored journeys — standard, vegetarian and meals for two — and we have integrated food literacy tools to support the take-up of heart-healthy eating patterns. With 43,487 registrations, the program addressed key barriers to healthy eating including lack of recipe inspiration and meal planning confidence. Early evaluation is encouraging: 94% of participants adopted at least one heart-healthy behaviour, including increased use of healthy fats, higher intake of vegetables, fruit and wholegrains, and reduced consumption of processed and red meat.

Expanded our reach and resources

We have developed 15 new step-by-step equity-focused recipes and Heart-Healthy Eating Pattern images to support planning, shopping and cooking. Our recipe e-books were downloaded 33,319 times, with 642 supporters making a donation at the point of download.

Continued to build partnerships

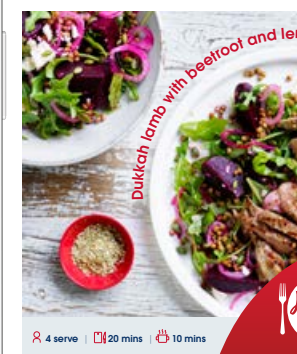
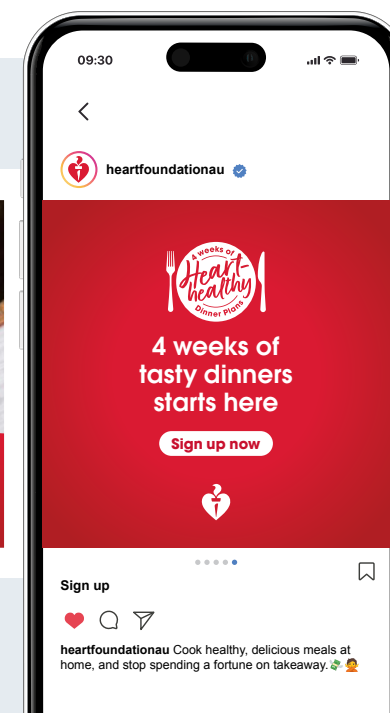
We are working with government and industry by contributing to national food and nutrition policy development. This has included work to improve food labelling, reformulation, and food security. We continue to help improve the Health Star Rating system for packaged foods, and are working with partners to reduce added salt in processed food.

Partnered with UNCLE TOBYS

We are working with industry partners to increase awareness of oats as part of a heart-healthy eating pattern, translating evidence-based nutrition advice into simple, everyday food choices.

Undertook formative research

We have worked with young adults aged 18 to 35 years, including a representative survey, focus groups and a co-design workshop, to inform the development of engaging heart-healthy eating content for prevention of cardiovascular disease. Findings were shared externally at the Nutrition Society Australia conference and are now being applied to guide nutrition advice for younger audiences.



Indoor air quality and cardiovascular health

In 2025, the Heart Foundation developed an evidence report on indoor air quality and cardiovascular disease, drawing on international and Australian data. The report examines key indoor pollutants and pathogens, including particulate matter, gases, toxins and bioaerosols, and outlines their effects on cardiovascular health, productivity and equitable access to public services.

This work is now informing the development of new policy and advocacy positions on indoor air quality. It has contributed to our submissions to government consultations and parliamentary inquiries in this area. It also forms part of our growing focus on addressing environmental health as a driver of heart disease. This is a priority area in *Health for Every Heart*, and will feed directly into our upcoming program of work in this space.



Investing in local heart-healthy environment initiatives



QUEENSLAND Springfield Healthy Hearts — Brisbane Lions AFLW Activation

In October 2025, the Heart Foundation partnered with the Brisbane Lions AFLW, the University of Queensland and Springfield Healthy Hearts to deliver its first AFL activation at Brighton Homes Arena in Springfield. The event aligned with Pride Round and focused on promoting women's heart health through community engagement at elite women's sport.

Hundreds of attendees took part in family-friendly activities, received heart health information and spoke directly with Heart Foundation staff, with a clear call to action to book a Heart Health Check with their GP. Brisbane Lions AFLW player Taylor Smith, who has a personal connection to heart disease, joined the event and helped bring the Heart Foundation's message to a new audience.



Spotlight on local heart health equity initiatives (continued)



NEW SOUTH WALES Heart Health at the Tamworth Festival

In 2025, the Heart Foundation delivered a regional engagement initiative in northern New South Wales to address cardiovascular health disparities between metropolitan and regional communities. With State Development Fund support, we held a stall at the Tamworth Multicultural Food Festival promoting heart-healthy recipes and active living resources; hosted a supporter event attended by more than 40 people; and co-hosted a Heart Foundation and NSW Cardiovascular Research Network Showcase at the University of New England, connecting 32 regional clinicians and researchers with Heart Foundation programs and funding opportunities. We also supported community preparedness for cardiac arrest, raising awareness of AED locations and CPR training needs across the Tamworth Local Government Area.



TASMANIA Love Your Heart, Love Your Community

In 2025, the Heart Foundation partnered with researchers at the Menzies Institute for Medical Research at the University of Tasmania to deliver Love Your Heart, Love Your Community, a citizen science project that engaged community members in assessing the walkability of their own neighbourhoods.

A total of 108 community members completed the Heart Foundation's Community Walkability Checklist and provided feedback on its use. The results were encouraging: three quarters of participants reported increased awareness of walkability features in their local environment, greater sensitivity to accessibility issues, and a sharpened attention to what makes neighbourhoods more or less conducive to being active. More than half said they intend to take action as a result, through advocacy, influencing others, or changing their own walking behaviour. Almost seven in ten said they took part to give back to their community and help improve their local area.

The findings will inform future priorities for the Heart Foundation's healthy built environment program.





Goal 3

Prevent, detect, and manage risk early



Many of the factors that lead to heart disease, including high blood pressure, high cholesterol and lifestyle-related risks, can be identified and managed well before a heart attack or stroke occurs. Yet too often, risk goes undetected. Many people in Australia are living with undiagnosed or poorly managed risk factors, and the tools and systems needed to identify and act on that risk are unevenly distributed across the population.

Goal 3 of *Health for Every Heart* focuses on changing this. It calls for a comprehensive approach to prevention and early detection across the life course. This means raising awareness of risk factors in the community, strengthening the clinical tools and guidelines that support healthcare professionals to assess and manage risk, and building the evidence base for more effective and equitable screening.

The Heart Foundation was instrumental in establishing the Medicare Heart Health Check and continues to lead national efforts to improve cardiovascular risk assessment and management in primary care. As the evidence evolves, so too must our guidelines, our tools and our approach to reaching people across all communities.

In 2025, we delivered national awareness campaigns that reached millions of people across Australia. We surpassed the milestone of one million Medicare Heart Health Check claims. We published landmark research on cardiovascular disease screening in the *Lancet*. We advanced the development of new clinical guidelines for hypertension and lipid management. We launched the new Acute Coronary Syndromes Guideline, and we advanced the integration of our CVD Risk calculator into general practice software. We also continued our work to educate thousands of healthcare professionals through webinars and primary care roadshows.

Heart Health Checks: knowing your risk

Key achievements in 2025:

283,784

Heart Health Checks delivered in 2025, a **32% increase** from 2024

1 million

Heart Health Check Medicare claims reached
since 2019 (September 2025)

We are committed to improving the early detection and prevention of heart disease by encouraging more at-risk people to see their GP for a Heart Health Check.

A Heart Health Check is a Medicare-subsidised 20-minute check-up with a general practitioner to assess a person's risk of having a heart attack or stroke in the next five years. In September 2025, we reached a significant milestone of one million Heart Health Check Medicare claims since the item was introduced in 2019. The 32% increase in checks delivered in 2025 compared to 2024 reflects sustained momentum and the continued effectiveness of our awareness and education campaigns.

Throughout 2025, we increased Heart Health Check uptake by running national campaigns including Heart Week, targeting culturally and linguistically diverse communities through in-language digital campaigns, supporting health professionals with new tools and resources such as the Heart Health Toolkit, and helping people understand their personal risk through the Heart Age Calculator.



Heart Week 2025: Never Miss a Beat

Key achievements of Heart Week 2025:

78 million

earned media reach

19 million

people reached through our
Australia-wide campaign

Over 103,000

calculations completed using
the Aus CVD Risk Calculator

Nearly 42,000

Heart Health Checks delivered
during the campaign period, 20%
more than the previous year





In 2025, the Heart Foundation delivered a nationwide Heart Week campaign continuing the *Never Miss a Beat* theme, encouraging people to start a conversation about their heart health and take positive steps to reduce their risk of heart disease. The campaign came to life across digital, radio, social and print media, supported by strong health professional engagement, local activations and partner outreach.

The Heart Foundation was awarded the 2025 World Heart Federation Best Prevention Campaign Award for its Heart Week 2024 campaign, for the impact these campaigns had on cardiovascular health promotion and early detection in Australia.

In 2025, we launched the first workplace-specific Heart Week engagement kit and landing page, sharing Heart Week communications with 396 workplaces and 11 corporate partners. Through collaborations with six major organisations, Heart Week messages reached more than 480,000 customers, members and staff.

Buildings across Australia were lit up to mark Heart Week, including Old Parliament House, Parliament House and Optus Stadium. Every Member of Parliament across Australia also received an updated advocacy pack to support engagement with their electorates on the importance of heart health.

Implementing the cardiovascular risk guideline and calculator

Key achievements:

1.6 million+

Aus CVD Risk calculator
completions since
launch in 2023

12,000+

guideline downloads
since launch in 2023

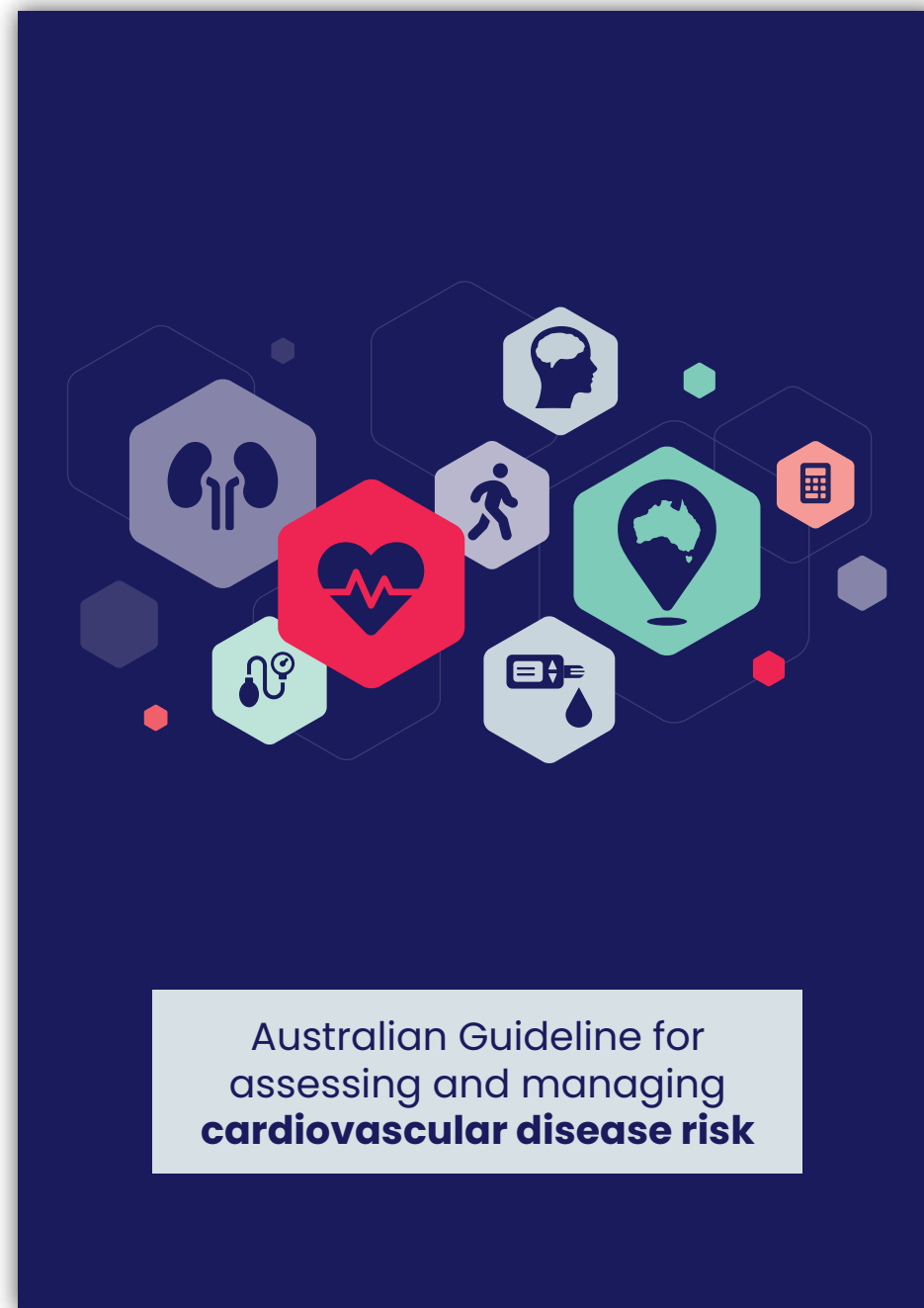
46%

increase in calculator
use compared to 2024

In 2025, the Heart Foundation continued to lead national implementation efforts to improve uptake of the 2023 Australian Guideline for the Assessment and Management of Cardiovascular Risk and the Aus CVD Risk calculator, tools that allow healthcare providers to assess a person's risk of heart attack or stroke and work with them to manage that risk.

We raised awareness through national campaigns, clinical webinars, primary care roadshows and clinical resources for health professionals, driving a substantial increase in both guideline downloads and our Aus CVD Risk calculator use compared to 2024.

We also made significant progress on Aus CVD Risk-i, a project to embed the Australian CVD Risk calculator directly into general practice software. Funded by the Australian Government Department of Health, Disability and Aged Care, and developed in collaboration with the CSIRO and the Australian Digital Health Agency, Aus CVD Risk-i is the first tool of its kind in Australia. It connects with the range of clinical software systems used across primary care, automatically drawing on patient records to support faster, more accurate heart risk assessments. The tool will be ready for launch in 2026, making it easier for GPs to deliver Heart Health Checks and identify people at risk of heart attack or stroke earlier and more efficiently.



Australian Guideline for
assessing and managing
cardiovascular disease risk



Text to Detect: published in The Lancet

In November 2025, the Heart Foundation's targeted cardiovascular risk screening trial, *Text to Detect*, was published in the *Lancet Primary Care Journal*.¹⁶ It was a three-armed randomised controlled study across 206 general practices nationally. It tested whether targeted SMS recall from general practice could increase uptake of Medicare-subsidised Heart Health Checks among people who had not recently had a health check or cholesterol test.

The results were striking. Compared to usual care, the recall message arm showed a 10-fold increase in Heart Health Check billing, and the arm that added a nudge SMS two weeks later showed a 15-fold increase. Recall messages were also associated with increased recording of blood pressure, cholesterol and diabetes measures, and in larger practices, an increase in cholesterol medication prescriptions.

The paper concludes that SMS recall is an effective and scalable way to implement targeted cardiovascular risk screening in general practice. This study, alongside other contemporary primary care research and sector-wide engagement, forms the foundation for the Heart Foundation's future advocacy for a targeted national cardiovascular disease screening program in Australia.

¹⁶Raffoul N, Brims K, Knight J et al. Targeted cardiovascular risk screening through an SMS programme (Text to Detect) in general practice: a three-arm, parallel group, randomised controlled trial. *Lancet Prim Care*. 2025;1: 100043.

Obesity and cardiovascular disease

A clinical consensus statement
from the National Heart Foundation
of Australia



Obesity and cardiovascular disease: a national conversation

Obesity is a critical and growing risk factor for cardiovascular disease in Australia. Despite the strong link between obesity and a range of heart conditions, gaps remain in how it is prevented and managed across the healthcare system.

In July 2025, the Heart Foundation convened a National Stakeholder Forum on Obesity and Cardiovascular Disease, bringing together clinical leaders, researchers, peak bodies and consumer representatives from across Australia. The forum explored the systemic, social, environmental and clinical dimensions of obesity as a cardiovascular risk factor and identified shared priorities for action.

The insights gathered are now informing the development of Australia's first clinical consensus statement on obesity and cardiovascular disease. Led by the Heart Foundation in partnership with a multidisciplinary expert taskforce, the statement will provide practical, evidence-based guidance to help healthcare professionals assess and manage overweight and obesity. The statement will have a focus on equitable, person-centred care that improves long-term heart health outcomes for adults living with, or at high risk of, cardiovascular disease. The consensus statement is due to be released in May 2026.



New ACS guideline: setting a new standard for cardiac care

When someone experiences a heart attack or angina, the quality and consistency of the care they receive can determine whether they survive and how well they recover. Clinical guidelines play a vital role in this. They bring together the best available evidence and expert consensus to help healthcare professionals make decisions about effective, safe and appropriate care, reducing variation and improving outcomes for patients wherever they live.

Last year, the Heart Foundation launched the Australian Guideline for Diagnosing and Managing Acute Coronary Syndromes (ACS) 2025, the first update to Australia's national ACS guideline since 2016. The new guideline reflects how cardiac care has evolved over the past decade, setting more ambitious LDL-cholesterol targets and providing clearer tools to assess risk and guide treatment. It includes dedicated guidance for priority populations, including women, older adults, First Nations people and people living in regional and remote areas. It supports more timely diagnosis and better long-term outcomes for those who have historically faced gaps in care.

The response from the health sector was strong. Between launch and the end of 2025, the guideline website received 267,000 page views from 100,000 unique users, with more than 8,000 downloads of the summary of recommendations. The accompanying clinical webinar was the Heart Foundation's biggest ever, with 5,600 healthcare professionals registered and approximately 2,400 attending live.

Hypertension guideline: building the evidence base

Hypertension is one of the most prevalent and preventable contributors to heart disease in Australia, affecting around 23.3% of adults, equivalent to more than 4.5 million people.¹⁶ Yet only around one third of those with hypertension achieve recommended blood pressure targets.^{17,18} As the population ages, the gap between prevalence and effective management is expected to widen further. Even modest reductions in blood pressure at a population level would substantially reduce rates of stroke, coronary heart disease, heart failure and chronic kidney disease, preventing thousands of deaths each year.^{18,19,20}

Australia's current hypertension guidelines are overdue for an update. A contemporary, evidence-based guideline is needed to address persistent gaps in detection, management and control, and to bring Australia into line with international best practice.

The new hypertension guideline (*2026 Australian Guideline for the Diagnosis and Management of Hypertension*) is currently being developed by the Heart Foundation, Stroke Foundation and Hypertension Australia with oversight from the National Hypertension Taskforce of Australia and their 2030 Roadmap, which was launched in 2022 by the Hon Mark Butler, Minister for Health. The new guideline is on track for launch in 2026. A multidisciplinary Expert Steering Group was convened, along with expert writing groups and dedicated Aboriginal and Torres Strait Islander Peoples and Consumer Advisory Groups to ensure equity and lived-experience perspectives were embedded from the outset.

Substantial evidence synthesis was completed in 2025 across hypertension definitions, treatment thresholds, blood pressure targets, pharmacotherapy, dietary and lifestyle interventions, and other key areas. Planning is also underway for a digital-first guideline, visual decision aids and consumer and clinician resources. The first guideline modules are expected for release in mid-2026.



¹⁶Australian Bureau of Statistics (2022). Hypertension and high measured blood pressure. Canberra: ABS. Available from: <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/hypertension-and-high-measured-blood-pressure/latest-release>.

¹⁷Schutte AE, Jennings G, Schlaich M. Uncontrolled blood pressure in Australia: a call to action. *Med J Aust*. 2022;216(9):488.

¹⁸Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million participants. *Lancet*. 2021;398(10304):957-80.

¹⁹Australian Institute of Health and Welfare. High blood pressure. Canberra: AIHW; 2019. <https://www.aihw.gov.au/reports/risk-factors/high-blood-pressure-2019/contents/summary>

²⁰Australian Institute of Health and Welfare. Australian Burden of Disease Study: impact and causes of illness and death in Australia 2015. Canberra: AIHW; 2019. <https://www.aihw.gov.au/reports/burden-of-disease/burden-disease-study-illness-death-2015/summary>

Lipid management guideline: getting underway

High cholesterol is one of the leading risk factors for heart disease, yet many people in Australia remain undiagnosed or inadequately treated. In April 2025, the Heart Foundation and the Stroke Foundation commenced development of a new Australian Lipid Management Guideline, bringing together an expert steering group and dedicated working groups to build the evidence base for better detection and management of lipid disorders across Australia. Research questions have been drafted and evidence synthesis is underway. The guideline is anticipated for release in late 2026 and will give clinicians clearer, more consistent guidance to help their patients manage one of heart disease's most significant and preventable risk factors.

Clinical education for health professionals

Key achievements in 2025:

9,728

health professionals
registered for clinical
education webinars

41%

average attendance
rate

52,000+

attendees and post-
recording views of the
webinar series to date

Keeping health professionals current with the latest cardiovascular evidence is one of the most direct ways the Heart Foundation improves patient care. When clinicians have access to the best available evidence and practical guidance, people living with or at risk of heart disease receive better, more consistent care wherever they are in Australia.

Our clinical education webinar series continues to be a trusted resource for health professionals, offering the latest evidence-based insights on cardiovascular disease prevention and management.



In 2025, leading international and Australian experts delivered three interactive accredited continuing professional development sessions:



Let's Talk About Sex
understanding biological differences in CVD risk.



The New ACS Guideline
advancing best practice in optimal coronary care.



What's Hot in Cardiology
the latest on lipids, heart failure and structural heart disease

“Very current information and resources with excellent speakers and discussion about sex-related cardiovascular risks and transgender risks, baseline and with treatment.”

- GP, NSW

“A fantastic panel of expert speakers. I appreciated how the speakers addressed common clinical challenges and integrated current evidence into real-world scenarios.”

- Cardiologist, NSW

National Primary Care Cardiovascular Disease Roadshows

In 2025, our National Primary Care CVD Virtual Roadshows reached three regional and metropolitan areas: Western Sydney, North Western Melbourne and the Western Queensland region. In partnership with Primary Health Networks, the roadshows delivered accredited clinical education and resources to over 300 general practitioners, nurses, allied health professionals and cardiologists through interactive virtual workshops tailored to each region's local needs.

“This was an evidence-based learning platform that helped me in daily assessment and management of my cardiac patients, and to give education to families who are at risk.”

- Primary Care Nurse, Western Sydney



Investing in local heart health initiatives



AUSTRALIAN CAPITAL TERRITORY Canberra Raiders Game Day

Now in its second year, our partnership with the Canberra Raiders delivered highly visible Heart Foundation branding and messaging at a sold-out NRL home game with 20,000 people in attendance as well as live media. The activation raised \$13,000 for the Heart Foundation and continued to build the Raiders partnership ahead of further engagement in 2026. We also delivered Heart Foundation Walking at Canberra's annual festival, Floriade, and saw strong community engagement at the Government House Open Day.

A key milestone for the ACT in 2025 was the completion of the Skipping for Healthy Hearts program. This ACT Government-funded initiative, led by the Heart Foundation, promoted heart health and physical activity among children. Over its three-year run, more than 500 children participated, concluding with a celebration event led by World Jump Rope Champion, Luke Boon.



Investing in local heart health initiatives



In May 2025, the Heart Foundation mounted its largest-ever community activation at Agfest, Tasmania's biggest annual public event, attended by more than 60,000 people over three days. For the first time, the Heart Foundation had a major presence at the event, delivering more than 200 blood pressure checks and 200 point-of-care cholesterol tests, alongside heart health information and support for hundreds of visitors. Tasmanian Premier Jeremy Rockliff was among those who had their blood pressure and cholesterol checked on the day.

The results were telling. Early data showed a higher than average proportion of participants with elevated blood pressure, and strong familial patterns of hypertension, reflecting the cardiovascular health challenges that Tasmania continues to face. Many visitors came from regional and rural communities, where rates of heart disease are higher than the national average and access to clinical services can be limited.

The activation demonstrated the value of meeting people where they are and taking heart health conversations into community settings where they might not otherwise occur.





Goal 4

Manage heart disease effectively and prevent further events



Heart disease is a lifelong condition. For the 1.3 million people in Australia living with heart disease and related conditions,²¹ a diagnosis marks the beginning of a journey that requires ongoing support, access to the best available care and treatments, and the resilience to manage a condition that often coexists with other chronic illnesses such as kidney disease, diabetes and mental health challenges.

Goal 4 of *Health for Every Heart* recognises that managing heart disease well requires a whole-of-person approach. Treating the immediate cardiac event is only the first step. People living with heart disease need access to comprehensive, culturally responsive services that address their physical, emotional and social needs, wherever they live in Australia. Long-term survival and quality of life depend on it.

Improving cardiac arrest survival rates is one of our most urgent priorities. Currently only around one in ten people who experience an out-of-hospital cardiac arrest survive.²² Equipping more people with CPR skills, increasing AED availability in public places, and building a coordinated national approach to bystander response all have the potential to change that.

In 2025 we worked to ensure access to comprehensive and culturally responsive support for people living with heart disease. We supported research into advanced treatments and management. We took action to improve cardiac arrest and heart attack survival rates, and we worked to enable access to post-event cardiac care and rehabilitation, including psychosocial support.

"I have previously posted and have found that the participation and support from this group is amazing. I celebrated with the group the first anniversary and reflected upon the lifesaving surgery that I was privileged to receive from some amazingly talented professionals."

- MyHeart MyLife peer support community member

²¹Australian Institute of Health and Welfare (2025) Heart, stroke and vascular disease: Australian facts. AIHW. Accessed 15 April 2026. <https://www.aihw.gov.au/reports/heart-stroke-vascular-diseases/hsvd-facts/contents/about>

²²Bray J. et al (2022) The epidemiology of out-of-hospital cardiac arrest in Australia and New Zealand: A binational report from the Australasian Resuscitation Outcomes Consortium (Aus-ROC). *Resuscitation*. 2022; 172:74-83.

Supporting people living with heart disease

Growing our peer support community

In 2025, our *MyHeart MyLife* online peer support community experienced significant growth, with over 3,000 new members joining following a successful awareness campaign. We now support more than 8,000 people across Australia through our peer support network, including our Supporting Young Hearts community.

These safe, moderated communities are making a real difference, helping members adjust emotionally to living with a heart condition, navigate the healthcare system and connect with others who understand their experience. Our Community Champions, expert Q&A video series and wellbeing tips have generated strong engagement throughout the year.

MyHeart MyLife♥

"This group has been just what I needed. So good to have people that put into words what I felt inside but couldn't express. I love being a part of this group."

- Group member, *MyHeart MyLife* peer support community

Social media

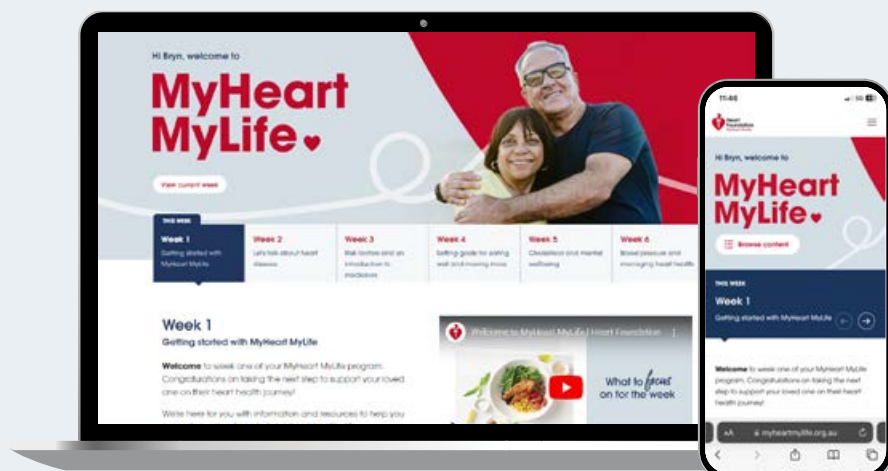


Growing the MyHeart MyLife support program

The *MyHeart MyLife* digital program provides evidence-based information and resources to support both the physical and psychological recovery of people following a heart disease diagnosis.

In 2025, the program supported more than 3,400 people living with coronary heart disease and their carers, bringing total program registrations to more than 6,100 since launch in 2024. A targeted marketing campaign delivered in October and November increased registrations by more than 1,450 and engaged more than one million health professionals, building awareness and encouraging referral and uptake.

Online portal



Patient flyers



Early evaluation results are encouraging: 89% of patient participants reported increased knowledge and understanding of their heart condition on completion of the program, and 83% reported making improvements to their diet.

A dedicated health professionals webpage and expanded patient resource library were also launched alongside the program, making it easier for clinicians to refer patients and for people to access the support they need.



"MyHeart MyLife was a great support tool that answered a lot of questions and reduced the fear and anxiety of not knowing the best path forward. It was comforting to know that I was not alone in this journey."

- Program participant, MyHeart MyLife



"The support offered has given me a new and exciting future despite going through the trauma of surgery and rehabilitation twelve months ago. All praise to those who have created and maintain this program."

- Program participant, MyHeart MyLife

Supporting people in rural and remote areas

Heart of the Community is an Australian Government-funded project supporting people living with coronary heart disease in rural and remote Australia. In 2025, the project secured additional funding to continue developing and distributing tailored educational resources, with more than 21,000 printed resources delivered between July and December. We increased awareness of the *MyHeart MyLife* rural and remote journey through a geo-targeted campaign and in-person stakeholder engagement in priority locations, with new resources scheduled for 2026.

Cardiac rehabilitation

In 2025, we launched a new Cardiac Services Directory to improve access to cardiac rehabilitation and heart failure programs across Australia. Co-designed with end users and key stakeholders, the directory provides detailed information on program delivery mode, session times, costs, transport, parking and referral processes. The directory lists almost 400 programs offering phase 2 and 3 cardiac rehabilitation and heart failure services across Australia, and attracted over 17,000 visitors in 2025, generating more than 31,000 unique page views.



Improving cardiac arrest and heart attack survival



Heart of the Nation joins the Heart Foundation

Heart of the Nation was founded in 2020 by Greg Page, the original Yellow Wiggle, after he suffered a cardiac arrest during a performance and was saved by bystanders who performed CPR and used an AED. Inspired by his own experience, Greg dedicated himself to raising awareness of cardiac arrest and improving access to AEDs across Australia. For five years, Heart of the Nation worked to improve bystander response to sudden cardiac arrest through community education programs and by increasing the availability of AEDs in communities across the country.

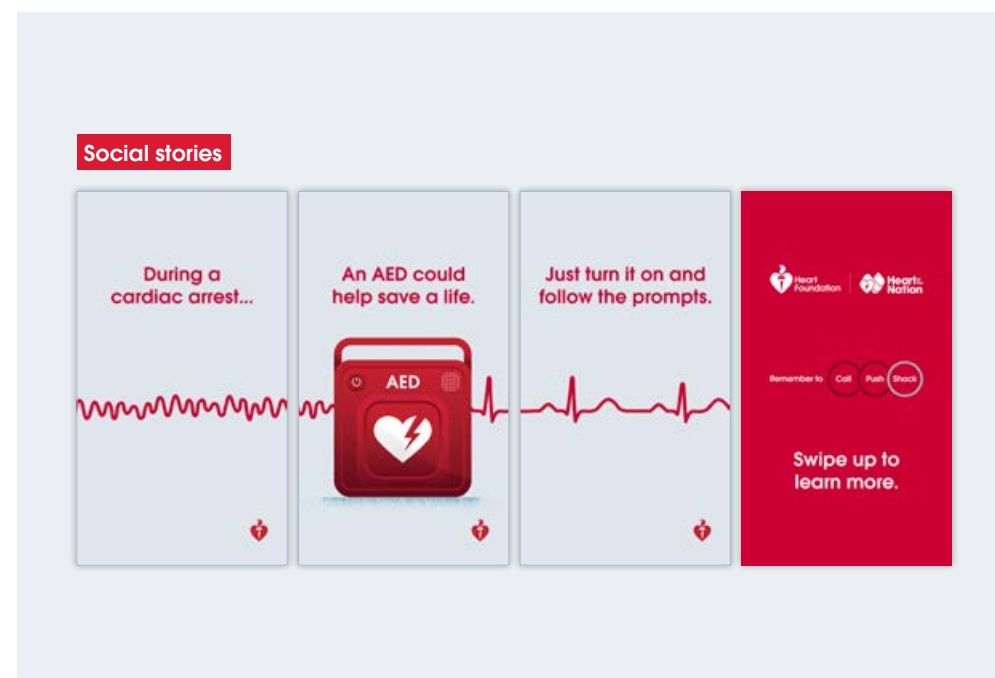
In May 2025, Heart of the Nation became a flagship program of the Heart Foundation, ensuring the continuation and expansion of the life-saving work it has built since 2020. The partnership gives Heart of the Nation access to the Heart Foundation's national reach, infrastructure and expertise, strengthening the ability to improve cardiac arrest survival rates throughout Australia. Only around one in ten people who suffer an out-of-hospital cardiac arrest survive.²³ Bystander action in the critical minutes before emergency services arrive can double a person's chance of survival, making community education in CPR and AED use one of the most impactful things we can do.²⁴

Since joining the Heart Foundation, the Heart of the Nation team has been preparing for a national expansion of their community education programs. A pilot will launch in early 2026 across four local government areas in New South Wales, with further national expansion planned throughout the year. The goal is to ensure that every person in Australia has access to free CPR and AED education, so that more lives are saved when cardiac arrest strikes.

Shockingly Simple: national cardiac arrest awareness campaign

Building on a successful South Australian pilot, the Heart Foundation delivered the Shockingly Simple national digital campaign in 2025 to increase public awareness of sudden cardiac arrest and improve bystander confidence to act.

The campaign focused on the simplicity of using an AED, promoting the Call, Push, Shock chain of survival message. It reached more than 10.9 million people across paid digital, social, video and search channels, generating 1.8 million completed YouTube views. High-visibility out-of-home advertising in South Australia, including bus backs, retail centres and portrait panels, reinforced AED awareness in high-traffic locations. The updated campaign landing page received more than 102,000 page views and nearly 3,000 resource kit downloads.



²³Bray J, Howell S, Ball S et al. The epidemiology of out-of-hospital cardiac arrest in Australia and New Zealand: A binational report from the Australasian Resuscitation Outcomes Consortium (Aus-ROC). *Resuscitation*. 2022; 172:74-83.

²⁴Kumar, S. et al (2017) Rapid literature review on public access to defibrillation. Newtown: The George Institute for Global Health.

Investing in local heart health initiatives



VICTORIA Heart Safe Communities

Continuing a successful partnership with Ambulance Victoria, in 2025 the Heart Foundation extended the Heart Safe Communities initiative to 12 communities across Victoria, including 10 regional and rural areas: Dunkeld, Fairhaven, Aireys Inlet, Churchill, Toongabbie, Dimboola, Halls Gap, Corryong, Bright, Merbein, Wycheproof, Lang Lang and Kingsville. A total of 3,902 people across these communities received free CPR and AED training delivered by Ambulance Victoria paramedics and volunteers. The program also saw 35 new public AEDs registered across the participating communities, of which 21 are accessible around the clock. Participants reported increased confidence to act in a cardiac emergency, with many going on to register as GoodSAM Responders, ready to assist in their local area.



WESTERN AUSTRALIA CPR and AED Training — Great Southern Aboriginal Medical Service

The Heart Foundation supported CPR and AED training across six towns in Western Australia's Great Southern region, including Albany, Mount Barker, Tambellup, Katanning, Gnowangerup and Kojonup, strengthening local emergency response capability in a region with one of the largest First Nations populations in WA with no Aboriginal Community Controlled Health Organisation. Post-training surveys showed a marked increase in participant confidence and capability, with almost all participants reporting they could recognise cardiac arrest and use a defibrillator following the training.



Investing in *high-impact* research

Our research activities encompass a multi-million dollar funding portfolio, strategic and collaborative partnerships, and a national network connecting the cardiovascular research community across Australia.

In 2025, we continued our commitment to advancing knowledge to better prevent, treat and manage heart disease. This is the first year of delivering our research program aligned with the priorities set out in *Health for Every Heart*, funding work that will drive real-world impact against our four goals.

We delivered this through four interconnected streams of activity:



Funding high-impact research across the full spectrum of cardiovascular science



Fostering sector-wide collaboration through our cardiovascular research networks



Accelerating innovation through our new Catalyst Partnership Grants program



Advancing shared international priorities alongside our global partners

We extend our thanks to the independent peer and consumer reviewers who volunteer their time and expertise to ensure rigorous review across our grants program, and to the volunteer members of the Research Advisory Committee who provide strategic direction for the Heart Foundation's research program.

Funding research in 2025

We awarded \$13.7 million across 76 cardiovascular research grants

The portfolio included 12 Future Leader Fellowships, 13 Postdoctoral Fellowships, 23 Vanguard Grants, 12 Postgraduate Scholarships, 3 First Nations CVD Grants, 13 Collaboration and Exchange Grants and 2 Honorary Fellowships.

Our funded portfolio demonstrated strong alignment with the four goals of *Health for Every Heart*. The greatest investment went to research on managing heart disease effectively and preventing further events (30%) and preventing, detecting and managing risk early (29%). A quarter of funded projects focused on advancing heart health equity (25%), with a further 13% addressing the creation of environments and systems that enable healthy behaviours. Notably, almost 70% of funded projects aligned with more than one *Health for Every Heart* goal, reflecting the integrated and multidimensional nature of the research we support.

We also delivered the 2024 Research Impact Report, capturing the real-world reach of Heart Foundation-funded research and highlighting its contribution to advancing knowledge, building research capacity, and improving health outcomes.

Advancing women's heart health through research

Heart disease in women remains under-recognised, underdiagnosed and under-researched. Addressing this is a priority in *Health for Every Heart*.

Of the 294 research projects active or awarded during 2025, 152 were led by women and 18 were specifically focused on women's heart health. These projects span prevention, early detection, biological mechanisms and culturally responsive care, reflecting a deliberate investment in research that responds to the distinct ways heart disease affects women across the life course.

Funded and newly awarded projects in 2025 addressed critical stages of women's cardiovascular risk, including pregnancy-related conditions such as pre-eclampsia and gestational diabetes, menopause-related vascular disease, and heart failure in postmenopausal women. Several projects are using established screening platforms, including mammography and coronary imaging, to enable earlier and more equitable identification of cardiovascular risk in women through innovative approaches such as artificial intelligence and digital health tools.

The portfolio also includes research designed in partnership with Aboriginal and Torres Strait Islander women, and culturally tailored interventions for migrant and culturally diverse communities, ensuring that women in the communities most affected by heart disease are represented in the research that aims to improve their outcomes.





Catalyst Partnership Grants: bold new program launched in 2025

The Catalyst Partnership Grants program represents a bold new approach to cardiovascular research funding. Rather than waiting for incremental advances through traditional grant pathways, Catalyst is designed to uncover ambitious, scalable ideas with the potential to shift the cardiovascular landscape, and then connect those ideas with the investment and partnerships needed to bring them to life.

The program was open to all sectors and levels of experience, attracting more than 220 expressions of interest. From these, 60 applicants were invited to submit full applications. A high-calibre shortlist of twenty finalists, the “Twenty of the Best,” were then supported by L.E.K. Consulting Australia to develop detailed investment cases and prepare investment-ready pitches.

In March 2025, the finalists presented at the Catalyst Showcase, an event that brought together more than 300 academics, philanthropists, funders and investors. Following the Showcase, ten Catalyst Partners were selected for the projects that stood out for their forward-thinking approach, real-world potential and ability to make a difference. Each Catalyst Partner was awarded \$100,000 and ongoing bespoke Heart Foundation partnership support to accelerate their innovation.

Our ten Catalyst Partners and their projects:



Lauren Ball UNIVERSITY OF QUEENSLAND

Springfield Healthy Hearts: a whole-of-city approach that coordinates practical heart health interventions across healthcare, schools, retail, community spaces and homes, generating real-world evidence to inform policy and best practice.



Kathy Trieu UNIVERSITY OF NEW SOUTH WALES

Switch the salt to save your heart: accelerating a national switch to potassium-enriched salt to lower blood pressure across the population and save lives.



Peter Meikle BAKER HEART AND DIABETES INSTITUTE

Smarter screening with lipidomics: a next-generation blood test offering a clearer, personalised picture of an individual's heart disease risk.



Joshua Lewis EDITH COWAN UNIVERSITY

A new solution to screen for blood vessel calcification: using artificial intelligence to turn routine bone density scans into early warnings for hidden heart disease by detecting calcium in arteries.



Elizabeth Morgan-Brett ABORIGINAL INVESTMENT GROUP

Remote Laundries: building stronger communities through washing: an off-grid solution to ensure remote laundries can be delivered anywhere in Australia, reducing the risk of skin infections and the acute rheumatic fever that leads to rheumatic heart disease in remote communities



CoraMetix

Next-generation 3D-printed heart valves: a durable, low-cost heart valve using advanced 3D printing and biomimetic design to offer safer, longer-lasting outcomes for patients.



Jiawen Li UNIVERSITY OF ADELAIDE

A revolutionary intravascular imaging system: using a world-first 3D-printed micro lens-in-lens to enable cardiologists to detect high-risk plaques accurately.



Lubdub

Heart first initiative: a versatile combination of three key heart tests for personalised cardiac health monitoring, making essential heart care accessible wherever people live.



Jennifer Gamble UNIVERSITY OF SYDNEY

Mending our blood vessels to combat dementia: a novel therapeutic approach that helps seal and repair blood vessel changes that are among the earliest signs of Alzheimer's disease, potentially preventing progression before it is too late.



Alex Pinto BAKER HEART AND DIABETES INSTITUTE

New life for scarred hearts: leveraging mRNA technology to grow new heart cells and reduce scarring, helping people recover more fully after a heart attack.

Each Catalyst Partner is now part of the Heart Foundation's Innovation Portfolio, working alongside us to advance the *Health for Every Heart* vision of making heart health achievable by everyone in Australia by 2050.

2025 Research Awards

Each year, the Heart Foundation recognises exceptional talent and innovation across its research funding programs. In 2025, awards were presented across four categories.

Shirley E Freeman Innovation Award

Named in honour of Shirley E Freeman AM (1924-2014), the first woman to receive research funding from the Heart Foundation, this award recognises the most innovative applications by female recipients of Heart Foundation Postdoctoral and Future Leader Fellowships. Recipients receive \$20,000 in addition to their fellowship funding.

2025 Postdoctoral Fellowship: Dr Elise Needham,
Murdoch Children's Research Institute

Project: *Mapping the causal drivers of dilated cardiomyopathy to identify targeted therapies and drug repurposing opportunities.*

2025 Future Leader Fellowship: Dr Renjing Liu,
Victor Chang Cardiac Research Institute.

Project: *Decoding the mechanisms behind menopause-driven aortic aneurysms, with the goal of predicting and preventing rupture.*

Paul Korner Innovation Award

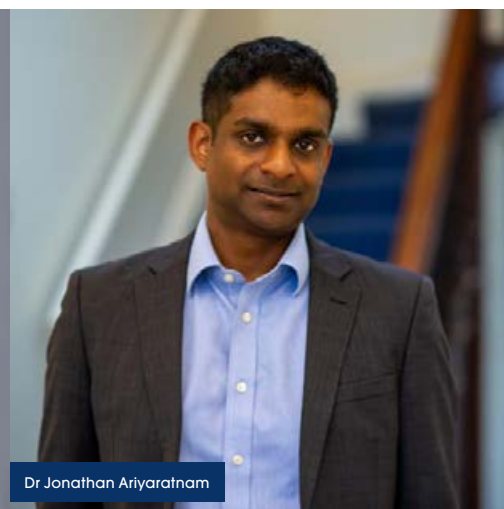
Established to honour Professor Paul Korner, a pioneer of cardiac physiology in Australia, this award recognises the most innovative applications by male recipients of Heart Foundation Postdoctoral and Future Leader Fellowships. Recipients receive \$20,000 in addition to their fellowship funding.

2025 Postdoctoral Fellowship: Dr Jonathan Ariyaratnam,
University of Adelaide

Project: *Treating subclinical heart failure with preserved ejection fraction to improve outcomes in atrial fibrillation.*

2025 Future Leader Fellowship: Associate Professor Nitesh Nerlekar,
Monash University.

Project: *Leverage routine mammogram screening programs to identify cardiovascular risk at the same time, delivering a meaningful two-for-one benefit for women's health.*



Ross Hohnen Award for Research Excellence

Established to honour Ross Hohnen AM OBE, who played an instrumental role in founding the Heart Foundation, this award recognises the top-ranked Heart Foundation Vanguard Grant. The recipient receives \$10,000 in additional project support.

Awardee: Associate Professor Cheryl Carcel
University of New South Wales

Project: *INTERACT 4 Expansion study, a feasibility study to diagnose intracerebral haemorrhage in the ambulance using a blood-based biomarker, work that could transform stroke care by enabling faster, more accurate diagnosis before a patient even reaches hospital.*

Charles Campbell Coghlan OAM Scholarship

This award is to support outstanding graduates early in their career to stimulate high impact research that addresses heart health challenges.

2025 Recipient: Dr Francis Ha,
Monash University

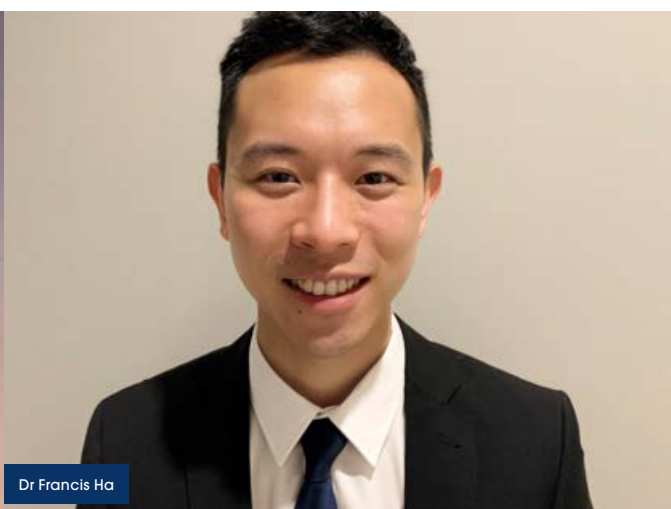
Project: *Examining the effects of pulsed field ablation on epicardial adipose tissue in patients with atrial fibrillation.*

2025 Recipient: Dr Beryl Lin,
Baker Heart and Diabetes Institute

Project: *Improving cardiorenal outcomes in type 2 diabetes: real-world implementation and population-level impact of SGLT2 inhibitors and GLP-1 receptor agonists.*



Associate Professor Cheryl Carcel



Dr Francis Ha



Dr Beryl Lin

International engagement - Global Cardiovascular Research Funders Forum (GCRFF)

The Heart Foundation continued its active participation in the Global Cardiovascular Research Funders Forum (GCRFF) throughout 2025, supporting delivery of the GCRFF International Research Challenge on Women's Cardiovascular Health. This initiative is transforming the landscape of women's cardiovascular health research globally and amplifying Australian priorities on the international stage.

In a standout result for Australian science, a multidisciplinary team from Monash University was awarded first prize in the 2025 GCRFF Data Challenge. Their innovative analysis applied advanced data science methods to more than 200,000 grants from major global funders, identifying patterns, gaps and opportunities in cardiovascular research funding to support more strategic investment worldwide.

Cardiovascular research networks

Our cardiovascular research networks are vibrant, world-class communities bringing together researchers working to improve the prevention and treatment of cardiovascular disease for every heart in Australia. Supported by the Heart Foundation, these networks foster strong research communities, provide career development opportunities for early- and mid-career researchers, and advocate for increased government investment in cardiovascular research.

In 2025, the Heart Foundation supported established networks in New South Wales, Queensland, South Australia and Victoria, and sponsored the Tasmanian Cardiovascular Research Flagship and the Western Australian Cardiovascular Research Alliance (WACRA). Together, these six networks connect more than 1,400 researchers across more than 30 research institutions.

Throughout 2025, we also continued the Cardiovascular Research Network Leaders Community of Practice, bringing representatives from all six networks together to share learnings, enhance activities and identify opportunities for collaboration across jurisdictions.





NSW Cardiovascular Research Network

Established 2005, 650+ members across 17 universities and medical research institutes

The NSW CVRN celebrated its 20th anniversary in 2025 with an Annual Showcase and Ministerial Awards ceremony. During the year the network awarded \$240,000 in grants and awards for professional development, career advancement, regional initiatives and innovation, and delivered ten workshops and networking events for early- and mid-career researchers, including a publishing masterclass and regular Rising Stars seminars. A milestone moment was the first Regional Showcase, co-hosted with the Heart Foundation in Armidale, NSW, highlighting innovative cardiovascular research being undertaken across regional Australia.



QLD Cardiovascular Research Network

Established 2015, 400+ members

The QCVRN marked its 10th anniversary with a Gala Dinner and Research Showcase on the theme From Vision to Impact: Celebrating 10 Years of Excellence in Cardiovascular Research, featuring keynote speakers reflecting on a decade of progress and innovation. The network delivered more than \$18,000 in awards and grants for PhD scholarships, scientific graphic design and research excellence, alongside a quarterly Lunch 'n' Learn seminar series and leadership of a session at the National Cardiovascular EMCR Summit.



WA Cardiovascular Research Alliance

Established 2019, 245+ members

WACRA celebrated its fifth anniversary in 2025 with the launch of a new strategic plan and delivery of its Annual Awards Night, recognising research success across the cardiovascular community. The network offered more than 20 awards and prizes across student, early- and mid-career researcher, travel, leadership and mentorship categories, alongside two EMCR development events and an annual research symposium.



SA Cardiovascular Research Network

Re-launched 2023, 180+ members

The SA CVRN continued to grow in reach and impact. Highlights included an Emerging Leader Symposium focused on early- and mid-career researcher development, covering blood pressure control, microbiome-based cardiovascular solutions and grant writing, and a full-day Research Showcase and Awards Ceremony opened by the Honourable Chris Picton, SA Minister for Health and Wellbeing in 2025. The SA Kickstart Fellowship was launched in 2025 with more than \$83,000 allocated to support early-career researchers and strengthen future grant competitiveness. More than \$85,000 in additional grants was awarded through the EO Myers and Tom Simpson Trusts, supporting 14 researchers.



VIC Cardiovascular Research Network

Established 2023, 170+ members

The Vic CVRN delivered two online webinars supporting more than 240 researchers from Victoria and interstate, with a focus on early- and mid-career researcher applications for Heart Foundation and NHMRC Investigator Grants. The network's annual Showcase celebrated local research excellence and highlighted the GCRFF International Research Challenge on Women's Cardiovascular Health, and was opened by Parliamentary Secretary to the Premier, Mr Tim Richardson MP. The inaugural EMCR Showcase, "Precision, Partnership, Progress," celebrated emerging leaders in cardiovascular research with awards for best published paper across discovery science, public health and clinical research, and for best oral presentation. By year's end, six universities and medical research institutes had agreed to join the network in January 2026.



Tasmanian Cardiovascular Research Flagship

Established 2024, approximately 60 members

The Heart Foundation's sponsorship of the Tasmanian flagship, hosted at the Menzies Institute for Medical Research at the University of Tasmania, enabled an EMCR Showcase, a parliamentary engagement event, grant reviewing activities and a series of co-design workshops to develop a deep understanding of local research priorities with key stakeholders.

Advocating for heart health

Advocacy is one of the most powerful tools we have to improve heart health at scale. Lasting change requires governments to invest, policymakers to act and systems to shift. The Heart Foundation advocates for government policy and investment decisions that will lead to better heart health outcomes for people across Australia, whatever their background, location or circumstances.

We do this by developing proposals for government investment through state and federal budget processes, making submissions to government consultations and parliamentary inquiries, and putting forward the best available evidence to ensure laws and policies have the greatest possible impact on heart health. We also engage regularly with government ministers, politicians, policymakers and industry to advance the case for a heart-healthier Australia.

In 2025, the launch of *Health for Every Heart* and a federal election gave us important opportunities to make sure that improving heart health continued to be a priority for everybody.

Taking heart health to parliament

A highlight of the year was the official launch of *Health for Every Heart* at the Federal Parliamentary Showcase on 29 July 2025. Over two days at Parliament House, we introduced our 25-year vision to Members of Parliament and Senators, demonstrating the breadth of our work across every electorate, from Jump Rope for Heart and Heart Health Checks to First Nations heart health and the Remote Community Laundries initiative. Heart of the Nation was also introduced as a flagship Heart Foundation program, bringing national attention to the urgent need to improve cardiac arrest survival rates through CPR awareness and greater AED access. The launch gave parliamentarians a clear picture of what we are working to achieve and why their support matters.

The Annual Heart and Stroke Health Day was delivered in partnership with the Stroke Foundation and supported by Bayer, Amgen and Abbott. The event saw more than 100 health tests carried out across Members of Parliament, Senators and their advisors, including blood pressure, cholesterol and lipid checks. For many, it was a direct and personal prompt to think about their own heart health and to understand why sustained investment in prevention matters.

One of the most effective ways we do this is by bringing the Heart Foundation's work directly to parliamentarians. In 2025, we delivered Parliamentary Showcases in South Australia, New South Wales, Victoria, Queensland and at Federal Parliament, in partnership with our Parliamentary Friends groups. These events brought to life the programs making a real difference in Members' own communities, from Jump Rope for Heart and Heart Foundation Walking to *MyHeart MyLife*, Heart Healthy Dinner Plans, Heart of the Nation, Champions4Change and Heart Health Checks.

We also delivered Parliament Walks in Tasmania, Western Australia, Victoria and at Federal Parliament, giving Members a personal experience of the kind of active, connected communities we are working to create. Regular communications throughout the year, including Heart Week, Restart a Heart Day and our Parliamentary Advocacy Booklet *For every heart, for every community*, kept heart health on the agenda between formal events.





Responding to government consultations and parliamentary inquiries

We made submissions to governments across Australia through election statements ahead of the Western Australian, Tasmanian and Federal elections, and budget submissions to the South Australian, Tasmanian, New South Wales, Victorian and Australian Capital Territory governments. We also developed Getting Australia Moving, our funding proposal for the National Physical Activity and Walking Initiative 2026-2030, making a clear argument for continued government investment in community physical activity to boost mental and physical health.

In 2025, we contributed to 18 parliamentary inquiries and government consultations across a range of heart health priorities:



Tobacco and vaping control

We continued our long-standing work in this area, responding to the NSW Legislative Council inquiry into the illegal tobacco trade and recommending tighter regulation of tobacco retail licensing and enforcement. We also worked with partners on vaping controls in Western Australia. This work builds on more than 40 years of advocacy to reduce tobacco and vaping prevalence in Australia.



Healthier cities and more active communities

We responded to consultations on public transport strategy and the revitalisation of Hutt Street in South Australia, options to amend the Roads Act in New South Wales, long-term infrastructure planning in Victoria, medium-density housing reforms in the ACT, and e-scooter and e-bike safety in Queensland.



Preventive health

We contributed to the Tasmanian Government's development of its 20-year preventive health strategy, reinforcing our national commitment to stronger preventive health measures that reduce the burden of cardiovascular disease.



Heart-healthy food choices and food security

We advocated through responses to national consultations on the National Food Security Strategy, regulation of packaged food contents, and nutrition labelling, including the Health Star Rating system.

Advocacy wins

None of this work matters without results, and 2025 delivered some of the most significant advocacy wins in recent years. The federal government announced a three-year extension of the Medicare Benefits Schedule Heart Health Check, secured by the Heart Foundation and announced by Health Minister Mark Butler and the then Heart Foundation CEO David Lloyd in Adelaide. This means hundreds of thousands more people will be able to access a subsidised cardiovascular risk assessment with their GP in the years ahead.

The National Physical Activity and Walking Initiative received funding from the Australian Government through to June 2027 via the Mid-Year Economic and Fiscal Outlook (MYEFO), securing the future of Heart Foundation Walking and the programs that support more than 60,000 people to stay active across Australia. Continued federal funding was also confirmed through MYEFO for MindCVD, Heart of the Community and the Protecting Australian Hearts healthcare program through to November 2026.

A landmark advocacy win came when the federal government committed to funding for building or upgrading of between 12 remote community laundries in the Northern Territory and central Australia. Announced by Prime Minister Albanese in his Closing the Gap speech, this commitment reflects years of sustained, evidence-based advocacy by the Heart Foundation. Access to basic laundry facilities helps reduce the infections that cause rheumatic heart disease in First Nations communities.



State and Territory Advisory Boards

The Heart Foundation's State and Territory Advisory Boards provide expert strategic advice on our activities and support our advocacy at the state and territory level. We thank the Advisory Board members for volunteering their time to help us deliver on our mission.





AUSTRALIAN CAPITAL TERRITORY

CHAIR: MARK NORTH

In 2025, the ACT Advisory Board supported the design and delivery of local initiatives aligned with the Heart Foundation's priorities in prevention, detection and treatment of heart disease.

Through Heart Week, we engaged with all sides of government and worked with the National Capital Authority to light up prominent buildings in the National Triangle. We also published a 2025 ACT budget submission outlining key priorities to improve heart health in the ACT.

A key milestone for 2025 was the delivery and completion of the Skipping for Healthy Hearts program. This initiative, funded by the ACT Government and led by the Heart Foundation, promoted heart health and physical activity in the ACT. The program saw over 500 children participate across the three years, concluding with a celebration event led by World Jump Rope Champion Luke Boon.



NEW SOUTH WALES

CHAIR: JIM L'ESTRANGE

Throughout 2025, the New South Wales Advisory Board continued to provide strategic advice and practical support across a wide range of Heart Foundation priorities, with a strong focus on partnership, regional engagement and sudden cardiac arrest. Board members contributed to the implementation of *Health for Every Heart* and supported the integration and expansion of the Heart of the Nation program, including the launch of community-based CPR and AED education pilots with local councils.

The Advisory Board maintained its commitment to strengthening the NSW Cardiovascular Research Network, supporting both metropolitan and regional research engagement, including new university partnerships and the delivery of a regional research showcase in Armidale. Members also played an active role in state advocacy and parliamentary engagement, including support for the Parliamentary Showcase, while the NSW Advisory Board Chair continued to serve on the Heart Foundation's Revenue Committee.

Regional presence remained a priority, with outreach activities in the New England region enabling community, supporter and health professional engagement. The NSW Advisory Board thanks the Heart Foundation executive, staff and NSW Parliamentary Friends of Heart Health for their collaboration throughout the year and looks forward to continuing to advance equitable heart health outcomes across New South Wales in 2026.



VICTORIA

CHAIR: PROFESSOR DION STUB

Throughout 2025, the Victorian Advisory Board had the opportunity to provide strategic advice tailored to the needs of Victorians. A key focus was our continued support of the Heart Safe Communities program, delivered in partnership with Ambulance Victoria. This public health initiative improves survival from cardiac events in the community by empowering bystanders to perform CPR and use an AED. Heart Foundation funding supported education sessions and events led by Ambulance Victoria paramedics and volunteers, equipping community members with the skills and confidence to respond in an emergency. In 2025, we extended the program to 12 additional local government areas across Victoria.

During the year we welcomed new member Erin Bowen, who brings extensive expertise in government relations, strategy and evaluation, as well as operational knowledge of the Heart Foundation. We also farewelled long-serving member Elaine Jacobs, who contributed lived experience and valuable connections across the corporate sector.



QUEENSLAND

CHAIR: PROFESSOR GITA MISHRA

In 2025, the Queensland Advisory Board supported a strong program of activity across the state, with a focus on women's heart health, community walkability and local heart health initiatives. State Development Fund-supported campaigns and showcase events demonstrated our commitment to translating evidence into community impact, and the launch of practical walkability tools helped local communities advocate for more heart-healthy environments.

The Springfield Healthy Hearts program was a particular highlight, demonstrating the value of place-based approaches to heart health. The program was also selected as one of the Heart Foundation's ten Catalyst Partnership Grants; further detail can be found in the Investing in High-Impact Research section of this report.

The Advisory Board maintained a strong advocacy presence, with sustained engagement with Ministers, Members of Parliament and cross-sector partners, as well as a visible presence at major conferences, community events and Heart Week activities. During the year, the Board farewelled Rick Wilson and Dr Louise Baldwin and acknowledges their significant contributions and service to the Heart Foundation in Queensland. New Advisory Board members will be recruited in early 2026 to bring fresh expertise and leadership to this important work.



SOUTH AUSTRALIA

CHAIR: FIONA BESIR

2025 was a year of renewal and momentum for the South Australian Advisory Board. In August, we farewelled three long-serving members whose collective contribution of more than two decades has shaped both the Board and the Heart Foundation's mission in South Australia. We extend our sincere thanks to Peter King (3 years), Anne Young (10 years) and former Chair Arabella Branson (8 years) for their leadership, commitment and service.

A major focus for the Board was continuing to build community awareness and confidence in responding to sudden cardiac arrest. The second year of the Shockingly Simple campaign saw significant expansion, supported by the generosity of a local donor, including high-visibility out-of-home advertising across bus backs, portrait panels and retail centres. The success of the South Australian campaign contributed directly to its national rollout in 2025. Our strong engagement with government also led to the Heart Foundation being invited as a branding partner on SA Health's Find One in a Heart Beat AED awareness campaign.

Strengthening relationships with South Australian parliamentarians remained a priority. We hosted a Heart Health Day at Parliament House, enabling MPs to check key heart health indicators and engage in conversations about cardiovascular health ahead of the 2025 state election. The Board also supported the launch of the Heart Foundation's South Australian Cardiovascular Research Fund, including new early-career Kick Start fellowships to strengthen the state's research pipeline. As incoming Chair, I look forward to building on these strong foundations as we continue to strengthen partnerships and advance heart health across South Australia.



NORTHERN TERRITORY

CHAIR: DR MARITA HEFLER

In 2025, the Northern Territory Advisory Board provided strategic leadership to advance the Heart Foundation's commitment to health equity, community-led prevention and place-based action across the Territory. A key highlight was the NT launch of the *Health for Every Heart* strategy, which brought together Territory and Federal representatives, community leaders and partners to inform locally relevant implementation. The Advisory Board also supported engagement with primary health providers during Heart Week, strengthening relationships with general practice and health professionals across the NT.

The Advisory Board oversaw delivery of our activation event at Barunga Festival and our Hoops & Heartbeats projects across Tennant Creek, Bagot, Milikapati and Wurrumiyanga, which aimed to increase youth engagement, physical activity and community connections. Rheumatic heart disease remained a core focus, with the Board supporting advocacy through the Remote Laundries initiative, including engagement at the Umbakumba Remote Laundry opening, and the Champions for Change program, which elevated lived experience through community engagement, conference participation and a successful multi-day leadership workshop.

Early steps were also taken to initiate a Northern Territory Cardiovascular Research Network, laying the groundwork to build NT-based cardiovascular research leadership. The Northern Territory Advisory Board looks forward to continuing its strategic leadership and advocacy to improve heart health outcomes for communities across the Territory in 2026.



TASMANIA

CHAIR: JANE BENNETT

Tasmania continues to experience some of the highest rates of cardiovascular disease in Australia, and the Tasmanian Advisory Board remains committed to supporting work that improves prevention, awareness and outcomes for people living with heart disease across the state.

A major community engagement highlight was the Heart Foundation's largest-ever presence at Agfest, Tasmania's biggest rural event, where more than 200 blood pressure checks and 200 cholesterol checks were delivered to over 2,000 visitors. High rates of abnormal results prompted strong interest in further information and follow-up support. Community awareness was further supported through statewide media engagement, including an ABC Radio conversation on Heart Health Checks and Heart Foundation walking groups.

In June, the Heart Foundation commenced the Love my Heart, Love my Community project in collaboration with the Menzies Institute for Medical Research at the University of Tasmania. This project supported communities to use digital walkability tools to audit their neighbourhoods, helping to inform place-based approaches to heart health across diverse geographic and socioeconomic areas. The Heart Foundation also contributed to health policy development through the release of the Heart Foundation's Tasmanian state election statement, and through submissions to the consultation on the 20-year Tasmanian Preventative Health Strategy.



WESTERN AUSTRALIA

CHAIR: MR MIKE MCKENNA

In 2025, the Western Australia Advisory Board focused on strengthening community engagement, raising the Heart Foundation's public visibility and building local capacity to support delivery of *Health for Every Heart* across WA's diverse communities and geography.

Heart Week delivered strong statewide impact, with all WA Members of Parliament engaged through tailored communications and red lighting activations at 15 landmark sites across the state, from Perth to Port Hedland. A Heart Week walking event at Kings Park was joined by WA's first ever Minister for Preventive Health, reflecting growing government engagement with heart health. The WA Women's Heart Health Roundtable, held on World Heart Day, brought together stakeholders from government, health, research and community sectors to advance heart health equity for women in Western Australia, with outcomes directly informing our national approach.

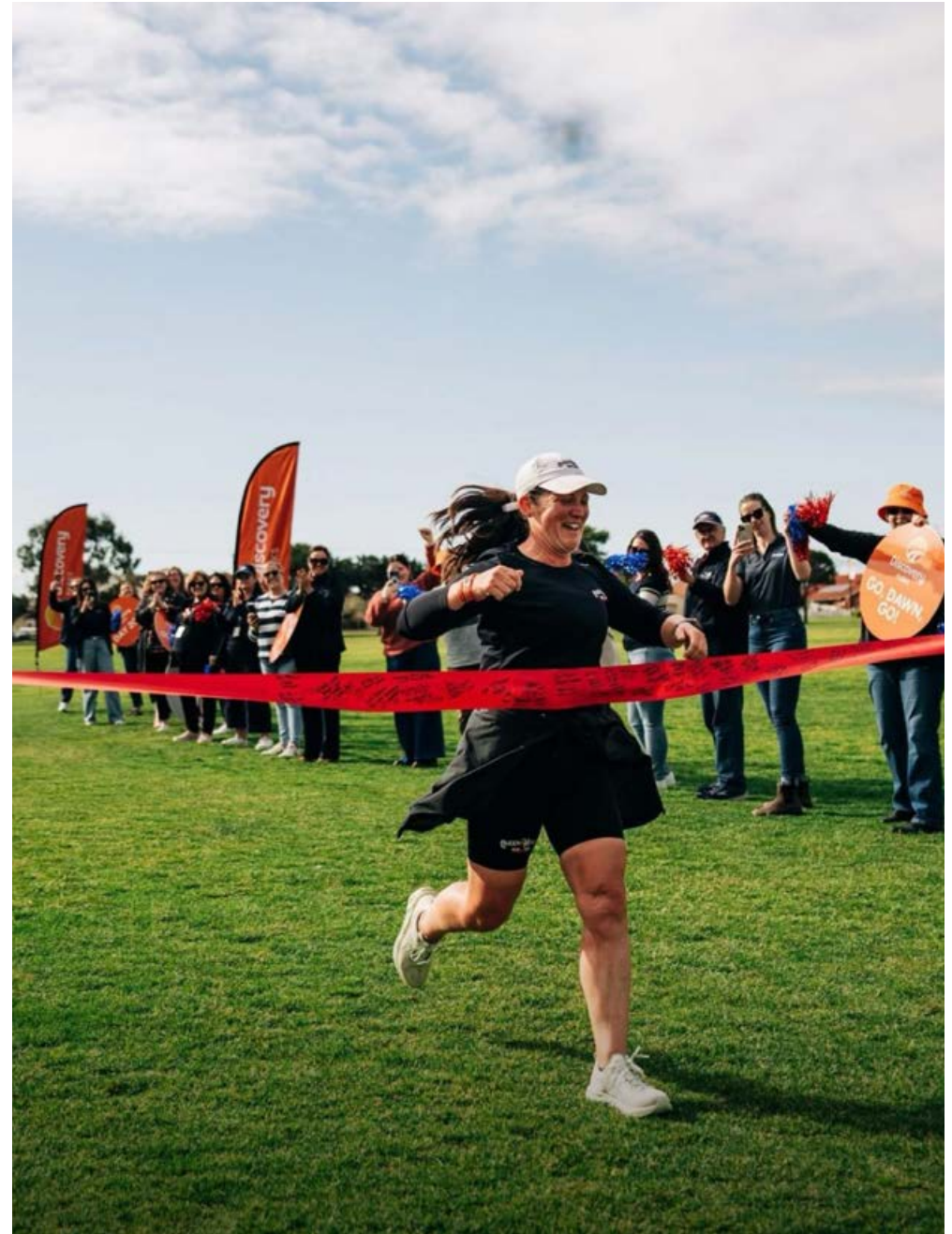
High-profile partnerships with Celebrate WA, the West Coast Eagles and SevenWest Media extended the Heart Foundation's reach through WA Day activations at Optus Stadium, televised AFL coverage and a dedicated summer campaign. New WA-based roles across philanthropy, supporter relations and Jump Rope for Heart strengthened our capacity to deliver local impact in support of *Health for Every Heart*.



Financial sustainability and growth

Last year marked the first year of our five-year revenue strategy. The strategy is built on the recognition that delivering on *Health for Every Heart* requires long-term financial sustainability, income growth, greater predictability and increased diversification of revenue streams. It is also shaped by what we hear from the community, and supports our ambition to promote heart health and help more people in Australia live heart-healthy lives.

We are deeply grateful for the generosity of our donors and partners who enable us to deliver on our mission. In 2025, our revenue and fundraising activities focused on growing and diversifying new and existing revenue, delivering programs using best-practice financial management and the responsible use of donor funds, and implementing our five-year revenue strategy in support of *Health for Every Heart*.



Appeals, regular giving and community fundraising

In 2025, the generosity of our donors continued to be the driving force behind everything we do. The commitment of our individual, community and regular givers enables us to invest in life-changing research, education, and prevention programs that strengthen the heart health of people across Australia.

This year, the support of approximately 57,000 supporters and 1,012 schools helped us raise \$19.7 million to fight heart disease:

20,970 donors

gave to seasonal campaigns including our Holiday and Tax appeals

21,005 donors

gave through our Regular Giving program

13,460 donors

gave through Community Fundraising events

1,012 schools

participated in Jump Rope for Heart

In 2025, we also launched new acquisition channels, face-to-face and direct mail, acquiring 14,450 new regular monthly donors and 1,632 new single giving donors, significantly strengthening our supporter base for the years ahead.





Community fundraising for heart health

Our community fundraising programs empower individuals to get involved and make a life-changing impact on heart health across Australia.

Jump Rope for Heart

Over 224,000 students	1,012 schools	\$2.239 million raised
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For more than 40 years, *Jump Rope for Heart* has been the Heart Foundation's flagship fundraising program. In 2025, more than 1,000 schools raised over \$2.2 million for Heart Foundation research and health programs.

Our top fundraisers during 2025:



TOP SCHOOL
One School Global, Western Australia
\$46,681 raised (their fourth year participating)



TOP STUDENT
Matthew Johnson
St Paul's Anglican School, Bald Hills, Queensland
\$5,600 raised



TOP TEACHER
Ellen Lewis
One School Global, Western Australia



Luke Boon

Luke Boon: Inspiring the next generation of skippers

Luke Boon's connection to Jump Rope for Heart began in primary school, where a skipping demonstration first sparked his love of the sport. Today, he is the most decorated jump rope athlete in history, holding 75 World Championship titles and 20 world records. As a child living with chronic asthma, skipping gave Luke a way to build fitness and confidence. In 2025, Luke joined us as a Jump Rope for Heart Ambassador, visiting schools across Australia, delivering skipping sessions and inspiring students to build heart-healthy habits that can last a lifetime. "There's not one downside to it," he says. Luke's journey is a powerful example of what Jump Rope for Heart can ignite.

In 2025, more than 9,900 supporters participated in a variety of activities including Run for Heart, Step Up for Heart, Skip for Heart and Do it for Heart, raising over \$2.33 million for heart disease research and healthcare programs.



Tate and his mother, Vanessa

Pull for the heart — Tate's extraordinary challenge

Tate pushed himself to the limit, completing over 1,000 pull-ups in under eight hours and raising over \$16,000 in honour of his mum and to raise awareness for heart health.



Chelsea Hughes

Chelsea skipped for heart

When Chelsea Hughes was a teenager, her world changed forever. Her dad Eddie had his first heart attack at 37. Years later, he was placed on the transplant list before undergoing a quadruple bypass. Despite all the care he received, he passed away at 61. Determined to live differently, Chelsea combined her passion for health with her love for her dad and signed up to Skip for Heart, raising over \$2,000 with her team.



Sam 'Send it Sammy' Muscat

Sam 'Send it Sammy' Muscat

Nine years ago, Sam was a regular plumber who liked a beer with mates. Then myocarditis almost took his life. When he woke in the Alfred's ICU after four days on life support, his family had been called in to say goodbye. In 2025, Sam rode 4,000 kilometres across Europe, following the route of Germanicus' quest to recover Rome's lost Eagles, finishing sixth out of 128 riders and beating his previous year's time by 41 hours. Sam raised an amazing \$10,001.

Corporate partnerships

Corporate partnerships are important to the Heart Foundation. They help us work at scale, extend our reach into communities we might not otherwise connect with, and collaborate with organisations that share our commitment to improving heart health outcomes. We are deliberate in the partnerships we pursue, focusing on alignment and shared purpose, so that each collaboration supports our vision of *Health for Every Heart*.



nib foundation - supporting for the Heart Foundation's Champions4Change program sits at the core of this partnership. As a nib foundation Better Health Partner, broader activations, including shared content, wellbeing campaigns and member and staff education, complement the partnership by strengthening heart health awareness and prevention and encouraging practical, achievable action.



TAL Australia - empowering new and younger communities with trusted, practical heart health information by embedding Heart Foundation tools and messages into TAL's customer and consumer channels. This encourages everyday actions that support longer term heart health prevention and support.



UNCLE TOBYS - supporting national education on the heart health benefits of oats by translating evidence based nutrition advice to help people make everyday food choices. Aligning with a trusted household brand enables broad reach with clear, practical guidance that supports healthier hearts.

"At TAL, we're in the business of protecting Australians and that means caring about their health. Partnering with the Heart Foundation means we can give our customers genuinely useful, trusted guidance to look after their heart health at every stage of life."

- Alex Homer, TAL Chief Customer and Brand Officer

Gifts in Wills

We extend our heartfelt thanks to the thousands of generous supporters who have chosen to leave a gift in their Will to support our mission to end heart disease.

Gifts in Wills continue to be Heart Foundation's largest source of revenue, providing long-term stability and enabling us to invest in ground-breaking research, champion heart health and support Australians now and into the future.

Every gift, no matter the size helps ensure this important work continues for generations to come.

We are truly grateful to the 4,269 individuals who have pledged to leave a gift to the Heart Foundation in their Will.

To learn more about gifts in Wills, scan here:



Pam's wedding in 1978, pictured with her father Len

One single act to protect hearts for generations:

Pam Emery

Pam will never forget the tragic day she lost her dad to heart disease. Her father Len didn't know it, but a huge blood clot was forming in his body. That night, he suffered a massive heart attack. He died almost instantly. The last time Pam had spoken to him was that same morning, when he called to spend time with her eldest son, Mike. Pam knows her family could have had more time together, if only her dad's heart disease could have been picked up earlier. That's why she decided to leave a gift in her Will to fund the research and treatments that could have saved his life and can still save countless more in the future. "After seeing what happened to Dad, and all those tests that couldn't be done back then, I was more than happy to leave a gift in my Will to support heart research," she says. "Researchers are the unsung heroes. They're just toiling away, trying to make a better world for everyone. Those are the people I want to support. It's as simple as that."



A champion for heart health: Jenni Alexander's story

For more than nine years, Jenni Alexander has been a passionate and dedicated supporter of the Heart Foundation, raising over \$135,000 to help fund life-saving research and programs. A true advocate for heart health, Jenni has channelled her personal experience into action regularly participating in Skip for Heart and inspiring others to get involved, raising significant funds year after year.

Jenni's commitment is deeply personal. After experiencing "sick sinus" syndrome, where her heart rate slowed dangerously, she underwent urgent surgery to receive a pacemaker, an intervention that restored her heart's rhythm and quite literally changed her life. Today, she reflects immense gratitude for the clinicians, technology, and research that made this possible, knowing that innovations like pacemakers, supported in part by Heart Foundation-funded research have saved countless lives.

Her journey has not been without challenges, including the need for ongoing monitoring and, more recently, a replacement pacemaker. Yet through it all, Jenni's resilience and appreciation for every steady heartbeat have only strengthened her commitment to ensuring others have access to the same life-saving care and advancements.

It is supporters like Jenni who make the Heart Foundation's vital work possible. Through her generosity, advocacy, and lived experience, she is helping to create a future where more Australians can live longer, healthier lives and where no one takes a single heartbeat for granted.

Philanthropy

Through our philanthropy program, Heart Foundation supporters can have a direct and meaningful impact on our work to improve heart health.

In 2025, we were delighted to engage with over 140 philanthropic supporters, including major donors, trusts and foundations, whose significant contributions funded heart health and research programs that will benefit communities across Australia.

These generous donations funded research projects addressing critical knowledge gaps, examining how and why heart disease develops, advancing groundbreaking new treatments and discovering novel strategies for better management of life-threatening cardiovascular conditions. Donations ranged from support for research fellowships and postdoctoral work to specific programs including our Catalyst Research program.

A key program supported through philanthropy is Champions4Change, a national, First Nations-led initiative centred on lived experience and community leadership to help prevent acute rheumatic fever and rheumatic heart disease. The Snow Foundation, a valued Heart Foundation supporter since 1991, made a significant commitment across 2025 and 2026 to support this vital work, helping foster connection, strengthen resilience and empower communities so that the knowledge and cultural perspectives of people most impacted by ARF and RHD shape more effective prevention and care.



Investing in discovery to save lives:

The enduring impact of the Harold Muir Charitable Trust

The Harold Muir Charitable Trust has played a vital role in advancing cardiovascular research through its generous and sustained support of the Heart Foundation. With total contributions of \$1.6 million, the Trust has helped power critical research initiatives that are shaping the future of heart health in Australia.

Guided by a strong commitment to improving health outcomes, the Harold Muir Charitable Trust has focused its giving on projects that deliver meaningful impact supporting innovative research that seeks to better understand, prevent, and treat heart disease. Their investment reflects a belief in the importance of backing evidence-based solutions and the researchers working at the forefront of discovery.

In 2025, the Trust extended its support to the Heart Foundation's Catalyst program an ambitious initiative designed to accelerate breakthrough research and translate ideas into real-world outcomes. By contributing to Catalyst, the Trust is enabling researchers to explore bold, innovative approaches that have the potential to transform cardiovascular care and improve lives across the country.

This commitment to both established and emerging research pathways highlights the Trust's forward-thinking approach to philanthropy supporting not only what is known, but what is possible.

The Heart Foundation is deeply grateful for the Harold Muir Charitable Trust's generosity and vision. Their support continues to drive progress in life-saving research, bringing us closer to a future where heart disease is no longer one of Australia's leading causes of death.

Our people and partners

Our people

Our people and volunteers are the foundation of *Health for Every Heart*.

In 2025, as we began year one of our new strategic plan, we continued to strengthen our culture, capability and ways of working, creating an environment where our people feel inspired to do their best work. We focus on ensuring our people are clear on purpose, feel heard and empowered, and are equipped to collaborate across teams and with our partners.

Health for Every Heart is grounded in equity, recognising that heart health outcomes are shaped by more than healthcare alone. That is why we support our teams to bring an equity lens to their work, so our efforts are relevant, culturally responsive and accessible.



Across the year, we supported our people, leaders and volunteers to build the foundations needed to deliver on the Heart Foundation Strategic Plan 2025-2029 by:



Building capability for impact

We invest in high-performing teams through learning, development and clear ways of working, so our people have the skills, confidence and capacity to deliver priority work and adapt to change. In 2025, 22 current and aspiring leaders participated in Leaders with Impact, a six-month, coach-led program facilitated by The Adapt Group and designed specifically for purpose-led organisations. The program supported cross-organisational learning, helping participants build confidence, clarity and practical leadership skills. Feedback was strongly positive, with participants describing the program as insightful, empowering and immediately applicable to their day-to-day work. The program will continue in 2026, with the first cohort progressing to Level 2 and a new cohort beginning Level 1.



Our new values

We strengthened connection to mission through values-led leadership, shared expectations and regular moments to reflect, learn and recognise great work. In 2025, we renewed our organisational values through whole-of-organisation engagement, preparing for an internal launch in early 2026.

- Trustworthy and accountable
- Curiosity and humility
- Ambitious and measured
- Collaboration and partnership
- Informed and aware



Embedding equity, diversity and inclusion

Equity underpins our work toward *Health for Every Heart*. In 2025, we implemented 118 EDI initiatives across our Operational Plan, evenly distributed across all three goals of our *Every Heart* EDI Strategy, with over 80% completed. We were proud to be recognised as an Inclusive Employer 2025-2026 by the Diversity Council of Australia, an achievement originally targeted for 2029.



Supporting our people's wellbeing

We take a whole-of-person approach to wellbeing, offering support through our Employee Assistance Program, providing confidential access to wellbeing, financial and specialist support services for employees and leaders. We continue to promote wellbeing through activities across the year and during Mental Health Month in October.



Listening to our people

We bring teams together to reflect, listen and plan, creating space for two-way feedback and continuous improvement. A key mechanism is our Wellbeing, Health and Safety Committee, made up of employees from across the organisation. We also regularly seek feedback through our bi-annual engagement survey and culture check-in sessions.



Supporting flexible work

Our aim is to balance organisational priorities with work-life harmony and employee wellbeing. We focus on outcomes, trust and empowerment, enabling teams to use flexible arrangements and adaptable schedules where this supports performance and impact.



Recognising achievements

We celebrate the achievements and contributions of our employees and office-based volunteers.

81 nominations for the Love Your Work Award

Love Your Work is our heartfelt peer-to-peer recognition program, empowering employees and volunteers to shine a spotlight on colleagues who have gone above and beyond. Each quarter, outstanding winners are nationally recognised and celebrated for their exceptional contributions.

Our people in 2025



188 people were working at the Heart Foundation



8 office locations nationwide



Over 1600 volunteers supporting our work

14 colleagues delivering our research program, grants and awards

15 Evidence & Data insights colleagues, who support evidence-based program-design, clinical guideline development and decision-making

77% of the workforce and 36% of our Board of Directors were women

32 Public Communications & Advocacy colleagues who engage with governments and the public on cardiovascular health policy, legislation and funding

6 Equity in health colleagues who ensure our programs strive for equitable outcomes for every heart

27 colleagues who engage with our supporters & donors through community fundraising programs like Jump Rope for Heart, corporate and philanthropic donors, gifts in Wills and regular giving

22 colleagues delivering our healthy living programs including Heart Foundation Walking and nutrition programs

21 colleagues delivering our heart health programs including risk reduction initiatives increasing Heart Health Checks, patient support programs and clinical education

35 Business, operations and technology colleagues who deliver services to support effective finance, operations, legal and information and communications technology for all our activities



188 staff in 2025

Leadership	5%
Healthcare Programs	23%
Research funding & programs	7%
Evidence & data analysis	8%
Working with supporters & donors	14%
Public communications & advocacy	17%
Business operations & technology	19%
Executive support & administration	4%
Equity in health	3%

Our partners: working together to improve heart health

Achieving heart health for everyone in Australia by 2050 depends on strong collaboration. The Heart Foundation works closely with not-for-profit partners to combine expertise, experience and reach, and to drive collective action across Australia. Our partnerships span organisations focused on chronic conditions, consumer advocacy and community health, allowing us to take a comprehensive approach to improving heart health outcomes and reducing inequity.



Australian Council on Smoking and Health - exposing tobacco industry tactics and advancing laws to protect public health.



Her Heart - championing women's heart health through awareness, education, research and advocacy.



Australian Sudden Cardiac Arrest Alliance - a new national peak body working to improve survival rates from sudden cardiac arrest.



hearts4heart - bringing the patient voice to the forefront of healthcare decisions.



Australian POTS Foundation - supporting people in Australia living with Postural Orthostatic Tachycardia Syndrome.



No Money No Time (from the University of Newcastle) - making healthy eating more accessible for people across Australia.



HeartKids - supporting children and families affected by childhood-onset heart disease

Volunteers supporting heart health

In 2025:

Over 6,000

volunteers

45%

have been volunteering
with us for 2 years or
more

Over 3/4

of all volunteers were
walk organisers

Throughout 2025, we were fortunate to have over 1,600 volunteers generously donating their time, skills, experience and energy to Heart Foundation community events, fundraising, consumer groups, expert advice and health programs.

Among our dedicated Heart Foundation volunteers there were:

- 1,255 people who led walking groups as part of the National Physical Activity and Walking Initiative, including 280 new walk organisers in 2025, supporting 809 groups across the country, including 243 new groups established during the year.
- 214 peer and consumer reviewers ensured we fund high-calibre, relevant research across our \$13.7 million research program.
- 25 people volunteered for the First Nations program, Champions4Change, who continued their vital work supporting communities at risk of acute rheumatic fever and rheumatic heart disease.
- Consumer Advisory Group members shared their lived experience to inform health programs and clinical guidelines.



Celebrating Margaret: 25 years as a dedicated Heart Foundation volunteer

For 25 years, Margaret has generously given her time to volunteer at the Heart Foundation, lending a helping hand wherever she can.

Margaret has supported countless programs and teams, from clinical and fundraising to walking programs. Margaret has run event stalls, participated in photoshoots, managed literature audits for the academic library and so much more.

One moment that stands out for Margaret happened at a fundraising event in Martin Place, where she spent time supporting a father grieving the loss of their son to heart disease. “It was very emotional”, Margaret reflects. “That conversation reminded me why our work is so important.”

What keeps Margaret coming back is our people and purpose. She speaks warmly of the inclusive and appreciative culture at the Heart Foundation, where she has always felt appreciated and welcomed.

“I feel really valued, and it’s been a privilege to support work that genuinely helps people.”

“If I can play even a small part in improving the community’s health or helping a family feel supported, that’s worth everything.”

Margaret’s passion, generosity, and unwavering commitment continue to make a lasting impact, and we are deeply grateful to have her as part of our Heart Foundation community.



Our volunteers in action



"I always feel really supported and safe to tell my story and speak about my lived experience of RHD."

- Champion4Change Volunteer



"It's very rewarding to be part of a highly regarded research program that has a positive impact on the lives of the many people in Australia affected by heart disease."

- Susan Campbell, 2025 Consumer Review Committee Member (Volunteer)



The Golden Shoe Awards: celebrating our walk organisers

The Golden Shoe Awards celebrate the dedication of Heart Foundation Walking's volunteer walk organisers, who play a crucial role in fostering heart-healthy communities across Australia. In 2025, from 450 nominations received, **eleven walk organisers** were selected to receive the award, recognising their leadership in encouraging physical activity, social connection and heart-healthy habits in communities across the country.



Celebrating volunteer walk organisers



Financial report

The Heart Foundation reported total revenue of \$66.4 million in 2025, consistent with our 2024 result of \$66.0 million. Revenue net of grant funding was \$60.3 million (2024: \$59.5 million), reflecting continued growth in community-supported income.

Our 2025 result

The Heart Foundation delivered an operating surplus of \$2.8 million in 2025 (2024: \$7.4 million). This result reflects the continued generosity of our supporters and community, combined with disciplined management of costs across the organisation. We remain committed to making every donor dollar count and to ensuring that the funds entrusted to us are invested where they will have the greatest impact on heart health.

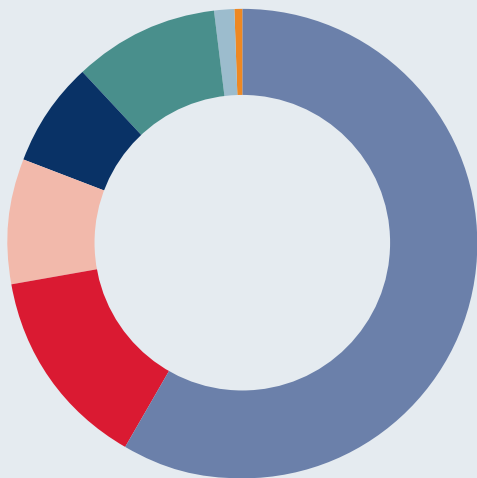
The net financial result was a surplus of \$11.9 million (2024: \$18.9 million), which includes the performance of the Heart Foundation's investment portfolio. Strong investment income, combined with positive market movements, contributed to growth in the value of the portfolio during the year.

Financial sustainability for the future

2025 was the first year of our five-year revenue strategy, developed alongside *Health for Every Heart* to ensure the Heart Foundation has the financial foundations to deliver on its 25-year vision. Our approach is centred on growing and diversifying income, strengthening financial resilience and ensuring the responsible stewardship of donor funds.

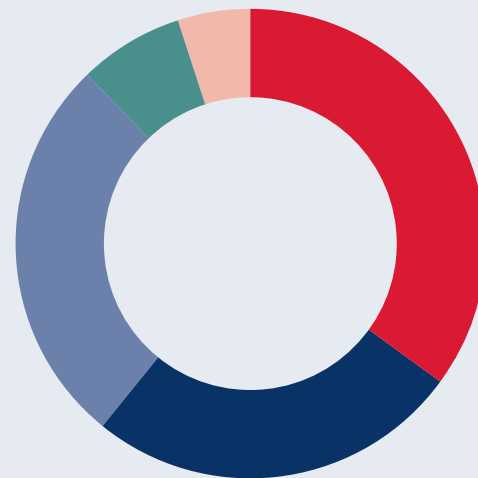
The Heart Foundation is primarily supported by the generous donations of people throughout Australia. We recognise the trust our supporters place in us, and the responsibility we carry to deliver improved heart health outcomes both now and for future generations. To achieve this, the organisation must remain financially sustainable, with expenditure managed carefully within our revenue.

Throughout the year, we continued to review and strengthen our fundraising programs, developing new initiatives and refreshing existing activities to grow income beyond bequests. We maintained a strong focus on cost management across every area of our operations, guided by a culture of accountability and care in how we use donor funds. These efforts support the long-term financial health of the organisation and our capacity to scale the programs, research and advocacy outlined in *Health for Every Heart*.



How you've helped us in 2025 — sources of income

	Bequests and memorial giving	58.6%	\$38,941,322
	Regular givers and appeals	13.7%	\$9,116,788
	Philanthropy	8.8%	\$5,858,286
	Community fundraising events	7.2%	\$4,759,289
	Trust and grants	9.9%	\$6,563,380
	Corporate partnerships	1.3%	\$855,362
	Other income	0.5%	\$321,242



What your donations supported in 2025

	Research	35%	\$21,211,000
	Health programs and education	26%	\$15,708,000
	Fundraising	27%	\$16,259,000
	Communications, health campaigns and administration	7%	\$3,979,000
	Investment in future programs	5%	\$3,187,000

Thank you to all our supporters

We are grateful to all our supporters over the last 12 months who have shown incredible generosity in our fight to improve heart health across Australia. Thank you for your support, which will make a difference to individuals, families and communities across the country and help us advance the *Health for Every Heart* vision.



Donors and Fundraisers

Every dollar helps the Heart Foundation deliver research, programs and education to keep families together. Thank you for your generosity, whether through fundraising, regular giving or one-off donations.



Gifts in Wills

Leaving a gift in your will creates a legacy that supports heart health for generations to come. We are deeply grateful to everyone who made this enduring contribution, and to those who have pledged to do so in the future.



Philanthropy

Thank you to the philanthropists and trustees whose significant and thoughtful investments are helping us reduce heart disease and improve heart health throughout Australia.



Government and Corporate Partners

We thank our partners for walking the path toward better heart health with us. We are grateful for your financial and strategic support and for helping us spread the message about our work.



Volunteers

In 2025, we were fortunate to have the support of over 1,600 volunteers who contributed across all areas of our organisation, all over Australia. Their generosity is fundamental to achieving our goals, and we cannot thank them enough.



Health Care Workers

We greatly admire the commitment and passion of our incredible health care community, including surgeons, medical specialists, general practitioners, nurses, Aboriginal and Torres Strait Islander health workers and allied health practitioners, who must be acknowledged for their continued support of people living with heart disease.



Workplace Giving

We are grateful to the many employers across the country who chose to support the Heart Foundation through workplace giving programs and matched contributions.



Thank you

Gifts in Wills

In 2025, the Heart Foundation was honoured to receive more than 557 estate gifts from generous individuals. We offer our sincere thanks and condolences to the families and friends of these supporters. We are especially grateful to those who contributed over \$10,000 through their estate or trust, helping improve heart health for future generations. We would also like to acknowledge the supporters who wish to remain anonymous.

Judith Camden Allen	Marilyn Edith Daniel	Frederick Clifford Hunt	Tammy Olive McLochlan-Clark	Graeme Edmund Rider
Helen Violet Angliss	Jean Violet Davidson	Brian Neville Jefferson	Nathan Charles McMonagle	Derek Adrian Robinson
Joyce Catherine Annand	Margaret Jean Davies	Dora Jean Jelly	Anne and Hans Meyer	Betty Scheffers
Ian Paul Arelette	Sylvia Augusta Bertha Dearling	Dorothy Gordon Jenkins	Erno Mikulecz	Lorraine Hilda Semmler
Daphne Ashfield	Lorna Joan Dooley	Therese Ann Kajewski	Rosemary Faith Millar	Beryl Sigg
Lena Bailey	Julia Mary Douglass	John Kennedy	Norma Rene Minney	Milton Davidson Sim
Elise Grace Baldwin	Alfred Lincoln Draper	Michael Patrick Kennedy	Edward Robin Mitchell	Elizabeth Simmonds
Marjorie Alma Symonds Barnard	Patricia Delia Drengers	Alison Joan Kinsman	Decima Ruth Moir	John Charles Sloan
Shirley Esther Barnes	Michael Joseph Driscoll	Robert Stewart Kirkham	Robert MacLeod Moore	Alan Matthew Smith
Caterina Lucia Bell	Paul Leslie Duncan	Lynda Yvonne Koch	Maria Mould	Steven Somlai
Dianne Margaret Biggs	Gloria Ruby Durbin	Dorothy Ann Kucukovic	Trudy May Ellen Musgrave	Herbert Stocker
Daphne Mary May Bonning	Wellesley Anthony Eden	Malcolm Frederick Lampe	Ronald John Nelson	Louisa Patricia Charlotte Swanson
Philip Curtis Bower	Ronald Jack Ferguson	Sidney Bruce Lance	Naoki Nishigaki	Edith Ida Taylor
Terrence George Boyle	Margaret Jean Flowers	George William Le Vaux	Graham Noel Norman	Margaret Rose Thompson
Marjorie Violet Brown	Kenneth Kevin Ford	Ruth Margaret Leitch	Noel Douglas Norton	Ethel May Tinkler
David Ian Bruce	Marie Ethel Freeman	Anne Bellis Linaker	David John Oakley	Harry Robert Tuck
Helen May Byfield	Daphne June Goldring	Esma Ann Lindner	Barbara Joan Olde	Kenneth Malcolm Turnbull
Freda Campbell	David John Francis Gordon	Howard Ralph Lourensz	Lynnette Oyston	Kevin Roscoe Turner
Shirley Grace Cant	Margaret Alison Gray	Grant Rayment Lucas	Francis Xavier Pattison	Johanna Van Valen
Beryl Sandra Carpenter	Veronica Joyce Green	Kathleen Ann Lund	Cathleen Joan Peiti	Hubertus Cornelis Van Weereld
Graeme Philip Cherry	Patricia Campbell Hain	Norman William Maddock	Clyde Patrick Petzer	Sandra Waterman
Ruth Jeanette Christie	Fay Gwendoline Hampson	Graham Houston Matheson	Judith Corrie Philpots	Ronald Francis Webb
Brian Lawrence Clancy	Yvonne Sydnor Harland	Alexander Daniel McBeath	Evelyn Grace Plank	Gregory Parker Whitall
Elaine Margaret Clarke	Dorothy Anne Headrick	Margaret Alexandra McCullough	June Florence Powell	Dr Patricia Ann Whyte
Marie Arnold Clift	Anthony William Hitchins	Patricia Ann McDonagh	Patrick Gabriel Reardon	Betty Diane Wilkins
Elizabeth Margaret Martindale Cochrane	John Anthony Holbrook	Donald John McDonald	Helen Elizabeth Reid	Stanley Trevor Williams
Philip Hindley Cooper	Leslie Bernard Greenwood Holland	Heather May McDonald	Alla Reynolds	Mary Teresa Wynne
Maria Coppolino	Rachel Magda Hornung	Judith McDougall	Josephine Roger Richards	



Major philanthropic donors

The Heart Foundation's achievements in 2025 are a testament to the generosity and commitment of our major philanthropic donors. The following donors contributed \$5,000 or more to our work in 2025. Their contributions will continue to play a crucial role in advancing heart health research, supporting communities and improving the lives of those affected by heart disease.

We would also like to acknowledge those major donors who wish to remain anonymous.

Cheryl Sheard	John Ballard	Perpetual Foundation - Violet Falls
Christopher King	John F Church	Perpetual Foundation - William Warden Trust
D J (Jim) Piercy	John Heathers	Perpetual Foundation - Wrigley Endowment
David F O'Dea	Josephine Creaser	Queensland Community Foundation
Davies Family Foundation	June Bramich	Ronald Kaiser
DJ & LM Fox Foundation	Katekar family - in memory of Jane Logos	Sherrill L Muir
Doepke Foundation	Katz Family Foundation	Smail Family Foundation
Equity Trustees - The Gabriele Ross Ankenbauer Legacy	Kerrie Claffey - in honour of husband Tom	Stefan Ahrens
Equity Trustees - The George Hewson Charitable Trust	Lois Lee	The Beeren Foundation
Equity Trustees - The James & Vera Lawson Trust	MA & VL Perry Foundation	The Donald and Joan Wilson Foundation Ltd
Equity Trustees - The Lorine & Hugh Demmer Charitable Trust	Maple-Brown Family Foundation	The Fleming Foundation
G P Harris Foundation	Michael Tichbon OAM	The Halifax Foundation
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Jennifer Tatchell	Perpetual Foundation - The Lionel & Yvonne Spencer Trust	Bruce Wall Trust

Corporate supporters

We thank all our partners for their continued support and collaboration, whose contributions empower us to drive our mission forward and, together, create a lasting impact.

Corporate Partners



Workplace Giving

Our work is supported through workplace giving with more than 80 organisations, matched employer contributions and customer generosity, often in combination. A sample of these supporters is listed above.



Government



Board of Directors



Chair

Mario D'Orazio
Chair of the Board

Mario D'Orazio has more than 40 years' experience in media as a journalist and senior manager. He is a former managing director of Channel 7 Perth and has wide experience in commercial and not for profit boards including government, education and the arts. He is a board member of the Australian Broadcasting Corporation, where he chairs its People and Culture Committee, and chairs the Australian Institute of Management WA. He is a member of the Creative Australia Finance and Governance Panel, a past chair of the WA Academy of Performing Arts, while his previous directorships include Australia Post and the Australia Council for the Arts.



Board Directors

Rodney Boys
Director & Chair, Risk, Audit and Governance Committee

Rodney Boys is a deeply experienced senior executive and company director with more than 30 years of experience across a range of industries with large-scale enterprise experience in capital allocation, digital transformation, cost efficiency and the implementation and oversight of strong systems of performance management, risk management, compliance and governance. Rodney's executive leadership positions include Chief Financial Officer, Chief Information Officer, Chief Supply Chain Officer and Interim CEO&MD of Australia Post. Rodney is a Graduate of the INSEAD International Executive Program and the Australian Institute of Company Directors and a Fellow of CPA Australia. Rodney is a non-executive director and Chair of the Audit & Risk Committee of Lindsay Australia Limited and he is the Chair of the Heart Foundation's Risk, Audit and Governance Committee.



Associate Professor David Colquhoun
Director

Associate Professor David Colquhoun is a cardiologist in private practice. He is also actively involved in research and preventative cardiology; these activities are reflected in his role on the Heart Foundation's Research Committee. His specific interests include preventative cardiology, nutrition and psychosocial factors for heart disease. David was a member of NICM, International Olive Oil Council Scientific Committee and Gallipoli Research Foundation; and the Co-President of the Clinical and Preventive Cardiology Council of the Cardiac Society of Australian and New Zealand (CSANZ). David became a member of The Springfield Alliance in 2025 and has been Co-Director of the QLD Lipid Group since 2015 and a member of QLD AMA Committee for Specialists since 2024. In 2025 David set up the QLD "Infection, Vaccines and Heart Disease Working Group". He holds an MBBS from the University of New South Wales.



Associate Professor Nicholas Cox
Director

Associate Professor Nicholas Cox is an interventional cardiologist with an interest in infarct angioplasty and cardiogenic shock. Currently the Head of Cardiology at Western Health Melbourne, he championed the establishment of pivotal cardiology units and services in Victoria, including one of Australia's highest volume STEMI services and Australia's first cardiogenic shock program. As a Clinical Associate Professor at the University of Melbourne he has built innovative cardiac care models and systems while mentoring the next generation of cardiology trainees. A/Prof Cox is experienced in governance roles as a graduate of the Australian Institute of Company Directors and as a Board member of the National Heart Foundation of Australia. A/Prof Cox's academic background includes over 60 publications. A/Prof Cox trained at Melbourne University, Royal Prince Alfred Hospital Sydney, and The Brigham and Women's Hospital, Harvard Medical School.



Professor Clara Chow AM
Director

Professor Chow is a Cardiologist at Westmead Hospital, Professor of Medicine at the University of Sydney, and Academic Director of the Westmead Applied Research Centre. At Westmead, she is Program Director, Community Based Cardiac Services with responsibilities for the Rapid Access Cardiology Services, member of the Western Sydney Local Health District Board and chairs the WSLHD Research Development Committee. She also holds honorary roles as the Academic co-Director CPC Westmead, and professorial fellow at the George Institute for Global Health. She was President of the Cardiac Society Australia and New Zealand 2021–2023. Clara has a PhD from the University of Sydney in cardiovascular epidemiology and international public health and a Postdoc from McMaster University, Canada. The main focus of her research is cardiovascular disease prevention and she has expertise in digital health interventions development and evaluation and over 350 published papers. Her clinical interests are in cardiac imaging particularly cardiac CT and echo. Professor Chow was also a National Heart Foundation of Australia Future Leader Fellow Level 2 from 2016 to 2020 and is current holder of a National Health and Medical Research Council of Australia Investigator grant.



Isabelle Demir
Director & Chair,
Investment Committee

Isabelle has more than 20 years' experience in funds management and banking and advisory across Australasia, Europe and the Middle East. Isabelle has served on the Boards and Committees of numerous companies and has a track record in guiding these companies through challenging financial and regulatory periods. Isabelle is currently a Senior Advisor at Cranmore Partners and Chair of the Heart Foundation's Investment Committee.

Board of Directors (continued)



Rebecca Davies AO
*Director & Chair,
Research Strategy Committee
(Resigned 8 Dec 2025)*

Rebecca Davies is a former lawyer and now holds a range of director and committee positions, mostly in health and related areas. She has been a consumer advocate for medical research for many years and has been a consumer representative in this area both in Australia and overseas, including for the NHMRC, MRFF and British Heart Foundation.



Stephen Halliday
Director

Stephen has more than thirty five years' experience in a successful career across media, politics, government and government relations. As a government relations specialist he has worked for fourteen years as a Director with Hawker Britton before starting his own practice Halliday Advisory. He has worked with clients across the widest range of industry sectors including mining, finance, defence, IT, health, transport and manufacturing. Stephen was Mike Rann's Chief of Staff as both Premier and Opposition Leader in South Australia. This followed a career including work as a Media Adviser to both Governments and Oppositions in South Australia and as a journalist in TV and radio at the ABC. Stephen has a BA (Journalism) and is a Graduate Member of the Australian Institute of Company Directors (GAICD).



Mr Ian Humphreys
*LLM, LLB, BA, GradDipLegalStudies
Director*

Ian Humphreys was a solicitor for over 30 years and was a partner of Ashurst, a global law firm, for nearly 30 years. He provided strategic advice to many of Australia's largest corporations and government entities in relation to employment, workplace relations and occupational health and safety law. He was an accomplished litigator practicing in numerous jurisdictions including State Supreme Courts, the Federal Court of Australia and the High Court of Australia. For many years he was the Managing Partner of Ashurst's Brisbane office and held numerous other senior management roles. He was registered to practice as a foreign lawyer in the United Kingdom. He currently provides specialist non-legal strategic consultancy advice to a select group of clients.



Professor Ray Mahoney
PhD, Master of Health Science
Director

Professor Mahoney is a Bidjara man with family ties to Central West Queensland who has codesigned a range of cardiovascular disease, health service evaluation and prevention research projects with Aboriginal and Torres Strait Islander organisation partners and health services. He is Research Director, Indigenous Science and Engagement at CSIRO.



Ms Rowena Newman
BSc (Hons1), MAICD
Director

Rowena Newman is a senior executive leader with more than 25 years' experience in the corporate sector, including leading OTC healthcare brands across Australia, the USA, UK and Europe. Rowena graduated from the University of Sydney with a BSc. (Hons1) and she has completed the Company Director's Course from the Australian Institute of Company Directors.

Rowena is the Chair of Council for the Women's College within the University of Sydney where she also leads the marketing working group. In addition, Rowena has many years' experience in the management of sporting teams and clubs.

Rowena has been a vocal advocate for the Heart Foundation since surviving a sudden cardiac arrest and being diagnosed with coronary artery disease in 2020, including completing patient advocacy training with Hearts4Heart. When it comes to cardiac rehabilitation, Rowena walks the talk, crediting the cardiac rehabilitation program with getting her back on her feet, she has completed the gruelling 50km route of Coastrek for the past several years.



Ms Jennifer Tucker
LLB, BCom, Advanced Diploma
GDip Marketing, GAICD
Director (Resigned 11 Feb 2026)

Jennifer Tucker has more than 25 years of experience in business leadership roles across retail and consumer products, in businesses such as Bunnings and Dulux Group, and is member of the Remuneration and Nomination Committee on the Heart Foundation Board. Jennifer has degrees in Commerce and Law, is a graduate of the Harvard Business School Advanced Management Program and Australian Institute of Company Directors Course. Jennifer is also Chair of CAD (Coronary Artery Disease) Frontiers, a Non-Executive Director of HitIQ (Concussion Management System) and is a member of Chief Executive Women and a former member of the Mission for Cardiovascular Research Expert Advisory Panel.



Board patrons

National

Her Excellency the Honourable Ms Sam Mostyn AC
Governor-General of the Commonwealth of Australia

New South Wales

Her Excellency the Honourable Margaret Beazley AC KC
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Northern Territory

His Honour Professor the Honourable Hugh Heggie AO PSM
Administrator of the Northern Territory

Queensland

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Governor of South Australia

Victoria

Professor the Honourable Margaret Gardner AC
Governor of Victoria

Western Australia (co-patrons)

His Excellency the Honourable Chris Dawson AC APM
Governor of Western Australia, and **Mrs Darrilyn Dawson**

Tasmania

Her Excellency the Honourable Barbara Baker AC
Governor of Tasmania

Board committees



Research Advisory Committee

Chair: Rebecca Davies AO

Committee members: Prof John Atherton, Prof Emily Banks AM, Prof Livia Hool, Prof Garry Jennings AO, Prof David Kaye, Prof Jason Kovacic, Prof Ray Mahoney, Prof Jim Sherman, Jennifer Tucker.

The Research Advisory Committee provides strategic and expert advice on the Heart Foundation's research funding program and engagement with the research community. Contributions by active members of the Committee this year were greatly valued.



Investment Committee

Chair: Isabelle Demir

Committee members: Harvey Kalman, Ben Prisk, Lindsay Skardoon, Ian Humphreys, Rodney Boys

The Investment Committee advises the Board on investment management matters and ensures the Heart Foundation's investment portfolio is managed in accordance with our Investment policy.



Revenue Committee

Chair: Stephen Halliday

Committee members: Jane Bennett, Nicholas Cox, James L'Estrange

The Revenue Committee advises on the strategy and implementation of revenue programs at the Heart Foundation. These may relate to brand, marketing, fundraising, commercial or social impact investment and other revenue growth initiatives.



Risk Audit and Governance Committee

Chair: Rodney Boys

Committee members: Natasha Anning, Wendy Black, Jamie Blanchard, Ian Humphreys

The Risk Audit and Governance Committee advises the Board on its audit, risk and governance compliance role and supports the Board to ensure the Heart Foundation operates effectively and meets its legal and compliance responsibilities.



Nomination and Remuneration Committee

Chair: Ian Humphreys

Committee member: Jennifer Tucker

The Nomination and Remuneration Committee reviews the composition of the Board and Committees with the objectives that the Board and Committees are composed of members who have the skills and experience to fulfil their obligations as officers of the Heart Foundation with diligence and judgment. This Committee also oversees the CEO recruitment, performance and remuneration. The Committee makes recommendations to the Board about appropriate succession planning.





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heartfoundation.org.au



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Northern Territory

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Darwin NT 0800

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Adelaide SA 5000

Tasmania

Hobart

ABC Centre
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Hobart TAS 7000

Victoria

Melbourne

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Melbourne VIC 3000

Western Australia

Perth

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