

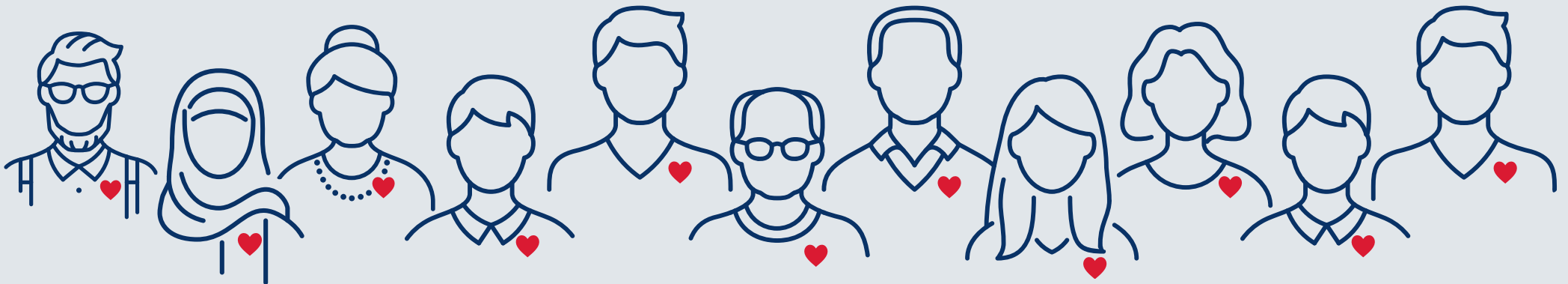


Annual Review

2022

Our Purpose

**We are leading
the fight to save
*Australian hearts***



Our Vision

Towards an Australia free of heart disease.

Our Mission

To reduce heart disease and improve the heart health and quality of life of all Australians through our work in risk reduction, support, care and research.

About us

Here at the Heart Foundation, we remain passionate about our role as the peak body for heart research, education and advocacy programs in Australia.

Our mission – to reduce heart disease and improve heart health and quality of life for all – gives us a clear focus on supporting the more than 4 million Australians who are currently living with diseases that affect the heart and blood vessels, and on keeping families together for longer.

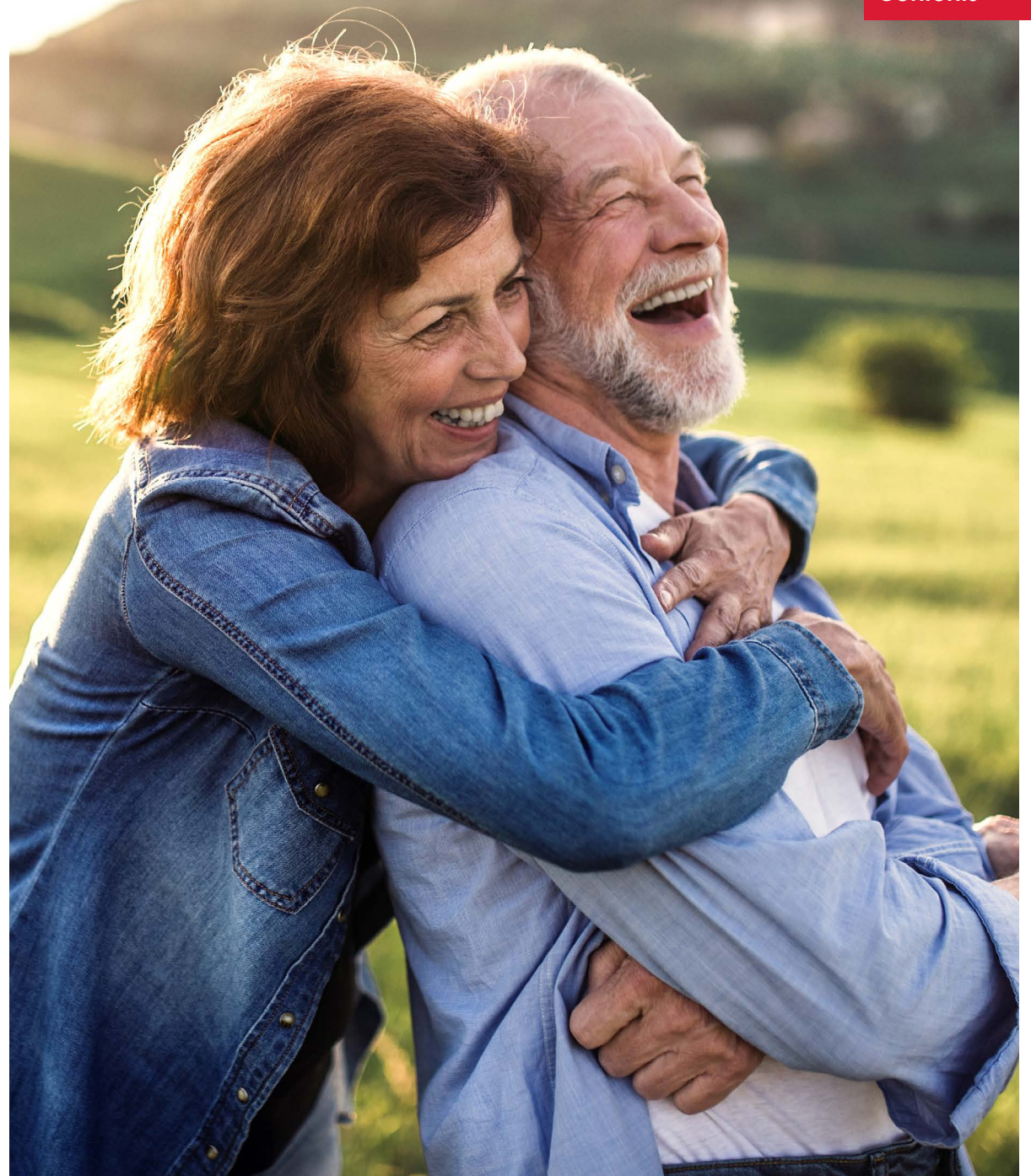
Over 60 years, we've delivered major pieces of work that have reshaped the health care landscape in Australia, from playing a central role in the development of the automatic pacemaker to identifying the link between cholesterol and heart disease. Since our inception in 1959, we've invested an incredible \$693 million (in today's dollars) into world-leading research programs, including \$13.25 million in 2022 alone.

Today, we continue to fund a broad program of heart research that serves those at greatest risk of cardiovascular disease, including women, Aboriginal and Torres Strait Islander Peoples and people from culturally and linguistically diverse (CALD) backgrounds.



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Message from the *Chair*

The Heart Foundation is well served by many groups of individuals around the country who donate their time, energy, good will, specialist skills and knowledge to support and guide management in its stewardship of the organisation. I want to acknowledge first the more than 60 members of our Advisory Boards, who in every State and Territory make sure that the needs of and issues within each jurisdiction are understood, and that opportunities particular to one part of Australia are taken up. The work of our Advisory Boards is pivotal to our aspiration to 'think national, act local' and to ensure that the Heart Foundation's national programs and advocacy agenda are informed by regional needs.

The board is further supported in its work by specialist committees – Heart Health, Risk, Audit and Governance, Revenue, and Investment – each led by a National Board member. These committees deal with issues within their remit at a much more granular level than is possible at the board, and we are blessed to have strong and effective contributions from each of them.

At board level, I want to thank Chris Leptos AO for his strong and principled leadership of the Heart Foundation board since 2016. In taking on this responsibility from Chris in January 2023, I am conscious of the vast legacy he leaves, and of the deeply engrained habits of good governance and proper process he has built into our corporate DNA.

Chris' deep commitment to the Heart Foundation and our work, his humour and generosity of spirit have served us well, and will be missed.

Like many boards around Australia, the board of the Heart Foundation met remotely in 2022, holding our first face-to-face meeting for three years in February 2023. It is an enormous credit to the dedication of board members over the course of the year that we nonetheless held efficient and useful meetings, replenished our membership, and oversaw the recruitment of a new CEO to see us through the next phase of our life. The handover from Professor Garry Jennings AO to David Lloyd mid-year was as smooth as any I have seen, and greatly assisted by Garry's continuation as our Chief Medical Advisor.

Another milestone in 2022 was the appointment of the Heart Foundation's inaugural Chief Medical Advisor (First Nations Health), Professor Sandra Eades AO. Sandra's important task is to guide the board, management and community of supporters of the Heart Foundation through an exploration of what our contribution to the particular problems faced by First Nations people in respect of their heart health should be. Thanks to Sandra's leadership, I am confident that we are now well on our way to developing an authentic and useful program of work in this vitally important area.

We have made great strides in tackling heart disease and promoting heart health over our more than six decades as an organisation, but in many ways the challenges of the next 60 years are going to be greater than any we have yet faced. The simple solutions are behind us, and what remains to be dealt with is complex. I know that the board of the Heart Foundation that I now have the privilege of chairing is up for the task, and ready to support the team now led by David in the important work of further reducing the debilitating impact of heart disease on our community. Heart disease took 40,000 lives in 2022. We can and must reduce this.



Mario d'Orazio
Board Chair,
Heart Foundation

Message from the CEO

One of the first things that struck me when I started working at the Heart Foundation was the number of people around Australia who depend on us, and because of this, feel a strong sense of ownership over our organisation.

The Heart Foundation is in every sense a community asset. Our programs of research funding belong to the research community, our walking programs belong to walking groups right around the country, and our health advice and literature belong to all Australians interested in their heart health or managing heart disease as best they can.

This means that the expectations the community has of us are very high, and the responsibility of meeting those expectations has energised me every day since taking over as CEO from Professor Garry Jennings AO in June of this year.

I want to acknowledge the work Garry did as interim CEO, alongside his substantive role as Chief Medical Advisor, for the first half of 2022. Garry oversaw the completion of our amalgamation into one national entity at the same time as we emerged from the isolation due to the COVID-19 pandemic, and has ever since been a patient guide and mentor as I settled into the role. The Heart Foundation was truly very fortunate to have someone of Garry's wisdom and experience to turn to during what could otherwise have been a difficult period in our history as an organisation.

Around 300 researchers across Australia were in receipt of Heart Foundation financial support during 2022, and I want to thank them for the breadth and impact of their incredible work. The research community continues to inspire us all with its dedication and insights, delivering vital new evidence to inform our work in fighting heart disease. Research above all brings us hope for the future, and optimism that new treatments, cures and approaches to management of heart disease can be found.

This work is funded by tens of thousands of generous donors and volunteers, without whose support we would simply cease to exist. The Heart Foundation understands the profound responsibility we have to these supporters, to explain our work and to honour their contributions by taking care to manage the resources gifted to us wisely.

In the second half of 2022, we began to sketch out the program of work that will inform our direction into the long-term future. Three key insights inform the approach we will take to this.

The first is that we must collaborate. So much of what needs to be done to preserve and build on the gains made in tackling heart disease in Australia over the past 60 years, will have to be done in collaboration with others. The Heart Foundation's plan to reduce death and disability from heart disease and to promote heart health must become the national plan, a collaboration between all the governmental, commercial, social and cultural entities in Australia that can have an influence.

The second is that we must be prepared to think, and plan for the long term. Although we have undeniably made massive strides in dealing with heart disease, it is still the nation's single largest cause of premature death and disability, and the questions that remain to be addressed are complex.

During 2022 we started to consider what will be the very long-term themes that will inform the work of this next generation of leadership of the Heart Foundation, and this will continue through 2023.

And third, we must re-affirm our commitment to equity and to equitable outcomes from our work. Heart disease is increasingly a disease of postcode poverty and disadvantage suffered by particular parts of our community. Issues such as food security, access to services and the relative health disadvantage of our First Nations people increasingly sit at the centre of our planning, and we are committed to ensuring that these traditionally underserved communities derive the greatest benefit from our work.



David Lloyd
Chief Executive Officer,
Heart Foundation

Thank you

Corporate Supporters



MyMarathon



Government



Thank you to all our supporters

Our supporters over the last 12 months have shown an incredible commitment to our cause. The Heart Foundation's vision of an Australia free of heart disease continues to move forward through the vital heart research, education and healthcare programs. We are forever grateful to all those across the country for helping us in our fight to save Australian hearts.

Donors and Fundraisers

Whether it be through fundraising on our behalf, regular giving on a monthly basis to us or one-off donations across the year, every dollar donated is helping the Heart Foundation to deliver programs and research to keep families together. Thank you for your generosity.

Gifts in Wills

Leaving a gift in your will acts as a legacy to help hearts long into the future. We thank all those who gave this lasting gift to the Heart Foundation this year and thank those who have made the commitment to do this in the future.

Government and Corporate Partners

Meaningful relationships with our trusted partners is key to the Heart Foundation's success. These supporters provide both financial and strategic support and help us spread the message of the importance of our work. We thank our corporate partners for walking the path towards better heart health with us.

Health Care Workers

Our incredible health care community – surgeons, medical specialists, general practitioners, nurses, Aboriginal and Torres Strait Islander health care workers and others – must be acknowledged for their continued support of people living with heart disease. Your commitment and passion is to be admired. Thank you.

Philanthropy

Thank you to our philanthropists and major donors, the significant and thoughtful contribution from you help us in our mission to reduce heart disease and improve heart health throughout Australia.

Volunteers

Supporting the Heart Foundation comes in many forms and not all monetary. Our volunteers support us through the incredible donation of their time. This group of generous supporters is helping to strengthen relationships across the Heart Foundation networks and we are so grateful, thank you.

Workplace Giving

Over the last 12 months many employers across the country made the decision to support the Heart Foundation through giving programs in their workplace. The generosity of your people is inspiring and is enhanced by the organisations who then matched their contributions. Thank you for your generosity, it will make a difference to individuals, families and communities across the country.



Connecting Hearts *strategy*

2022 was the second year of our Connecting Hearts Strategy, a three-year plan that is guiding the work of the Heart Foundation until the end of 2023. Connecting Hearts is built on five strategies for impact, along with five key values that shape the way we work.

These strategies are interconnected and underscore our current organisational priorities. Combined with our values, which articulate who we are as a charity, we have created a strong foundation on which we can continue building towards our goals.

Strategies for Impact

- **Strategic pillars:** risk reduction, support and care, research
- **Organisational enablers:** our people, financial sustainability and growth
- **Our values:** stronger together, make a difference, change the future, build connections, act with integrity

Connecting Hearts shares many similarities with our previous strategic plans. We remain, as always, deeply committed to funding world-leading heart research, as well as to delivering initiatives that support and care for the Australian community. Closer to home, we continue to recognise the crucial importance of investing in our staff as key to our ongoing success.



Our achievements in 2022



Heart Health Checks

263,012 (cumulative)
Heart Health Checks completed.



Food and nutrition

560,000 visits to our recipe web
pages and 77,000 e-book views.



Strategic grants

Engaged a dedicated strategic grants
lead to further expand the program.



Heart age calculator

More than 2.29 million (cumulative)
heart age calculator completions.



Research funding

\$13.25 million committed to
heart health research.



At-risk communities

Translated our heart failure information
video series into 12 languages.



Patient engagement

Championed GPs to conduct Heart Health Checks for 110,000 at-risk Australians.



Advocacy

Our advocacy for people at risk of, or living with, cardiovascular disease resulted in \$9.7 million in Australian government funding for the Heart Foundation walking program.



Financial sustainability and growth

Achieved \$49.2 million in revenue.



Patient support program

Conducted an extensive needs assessment of people living with heart disease and their carers to support the re-design of our patient support program.



Health professionals

100,000+ health professionals accessed the online heart health check toolkit.
 15,000+ health professionals participated in our annual Heart Week campaign.
 Achieved 20,000+ views of our clinical webinar series.



Healthy living

176,000+ (cumulative) people received a Heart Foundation walking plan.

Strategy 1

Strategy 2

Strategy 3

Risk reduction

Encouraging more people to take action to manage their heart health.

Summary

Our risk reduction programs aim to prevent heart disease before it strikes.

In 2022, our work in this pillar was grouped into the following themes:

- **Screening and risk management**, including learning about heart health and risk factors and increasing uptake of the Heart Health Check and Heart Age Calculator
- **Lifestyle factors**, such as increasing awareness of heart-healthy habits, including food and nutrition, physical activity and reducing tobacco/vaping use
- **Equity**, including focusing on people and communities at increased risk of cardiovascular disease.

Achieving our mission relies on strong relationships with key stakeholders and partners who can help us empower and inform consumers, support and engage health professionals and professional organisations, and influence policymakers to take action. Together, we can help individuals, families and communities across Australia live longer, healthier lives.

The following pages capture some of our key risk reduction achievements in 2022.



Heart Health Checks

A Heart Health Check is a Medicare subsidised 20-minute check-up with your GP to assess your risk of having a heart attack and stroke. Increasing uptake of these checks in general practice settings across Australia is key to our risk reduction strategy.

Whilst the COVID-19 pandemic impacted national heart health screening outcomes in 2021, we saw a significant increase in Heart Health Checks being delivered in 2022: **on average, almost twice as many people saw their GP for the check this year.**

This increase was supported by a multi-pronged implementation strategy that involved:

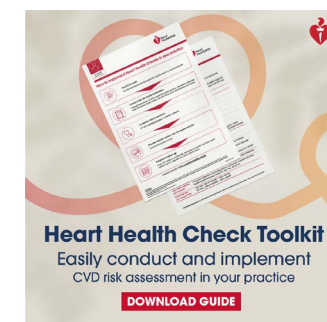
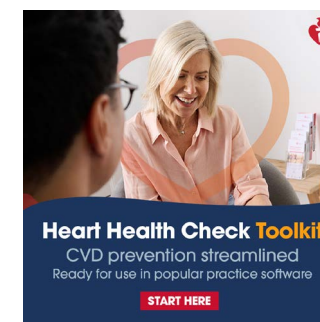
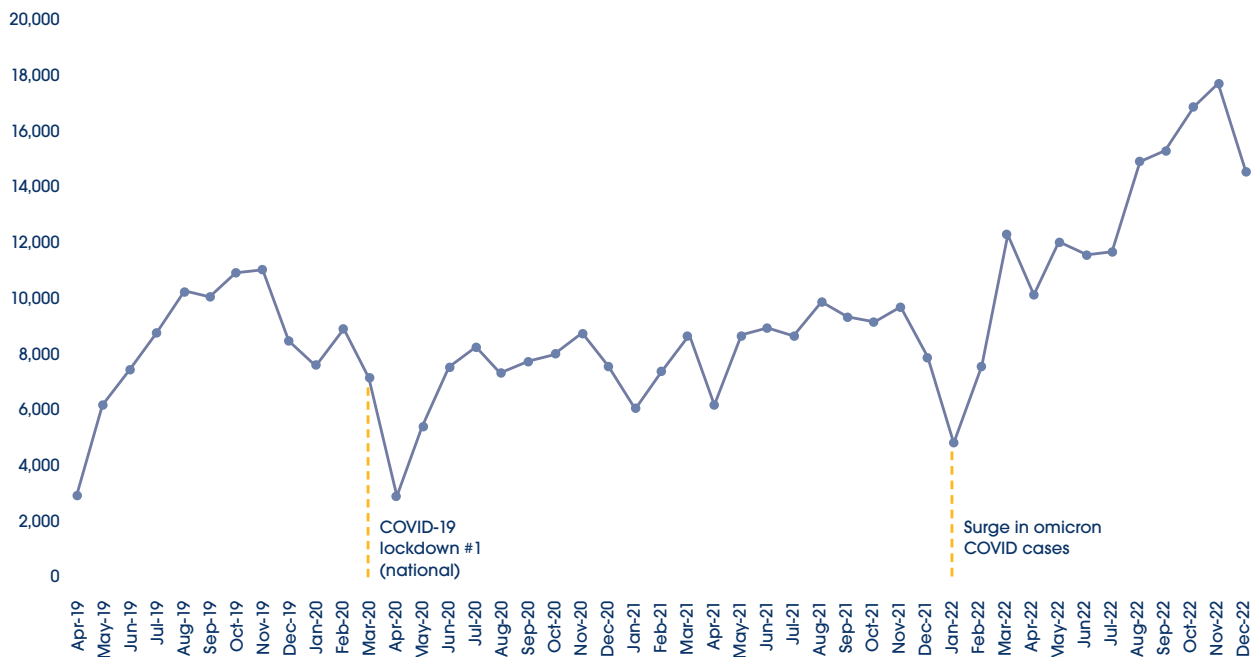
- encouraging Australians to understand their risk of developing heart disease and take action by using our Heart Age Calculator
- driving awareness of the Heart Health Check through national initiatives such as our annual Heart Week campaign
- supporting health professionals to deliver best practice care through the use of new tools and education
- delivering targeted screening programs in partnership with general practices to encourage people at risk of heart disease to complete a Heart Health Check.

Heart Health Check Toolkit

The Heart Health Check Toolkit is a one-stop digital resource designed to assist general practice staff to integrate Heart Health Checks into routine patient care. It contains a range of tools and resources, including assessment and management templates, quality improvement tools and patient engagement resources.

Since its launch in 2021, the Toolkit has had over 100,000 unique users and 270,000 unique page views, with 26% of users returning one or more times. New resources were added to the Toolkit in 2022 to support the pharmacological management of high cholesterol and lifestyle counselling in general practice.

Number of Heart Health Checks delivered



National Heart Health Check Recall Program

Following the success of a 2021 pilot, we implemented Phase 2 of the National Heart Health Check Recall Program this year. This program, which has been designed as a three-armed, real-world randomised controlled trial, aims to help GPs identify people at elevated risk of heart disease and recall them for a Heart Health Check.

More than 200 general practices across Australia participated in this program, which targeted geographical locations with disproportionately higher rates of cardiovascular mortality and individuals who have not recently had their heart disease risk factors screened. Using innovative SMS clinical software technology, GPs completed Heart Health Checks for 65,000 Australians.

Impact analyses and cost-effective modelling of the trial outcomes are currently underway. The program was supported by 11 Primary Health Networks, the Australian Primary Healthcare Nurses Association and the Australian Association of Practice Managers.

“The phone went crazy directly after the SMS messages went out—patients were excited about being called in about their heart health and wanted to book in as soon as possible.”

— Heart Health Check Recall Pilot practice participant

Heart Week

Every year, the Heart Foundation’s Heart Week initiative shines a spotlight on critical issues impacting Australia’s heart health and encourages health professionals to start conversations with their patients. The 2022 campaign was an integrated, digital-first initiative designed to activate primary care health professionals, raise awareness of Heart Health Checks and support delivery of the checks via the Heart Health Check Toolkit. The campaign reached over 3.1 million consumers and health professionals via social and earned media. In the lead up to and during our Heart Week campaign, we observed a **1.5-fold increase in Heart Health Check delivery across Australia**, with over 22,000 Australians undergoing a check in April and May 2022.



National Primary Care Cardiovascular Disease Roadshow

Nationally designed and locally implemented, the Heart Foundation's National Primary Care Cardiovascular Disease roadshow launched in November 2022. The roadshow brings virtual clinical education on heart disease prevention to priority regions in partnership with Primary Health Networks across the country.

Supported by funding from the Victorian Department of Health, the roadshow started in regional Victoria and will make its way across the state, bringing together GPs, nurses and cardiologists via locally relevant interactive workshops that provide the latest evidence on heart disease prevention.

“Every region has its nuances, and the Heart Foundation were able to flex and move with the dynamics of our teams and providers. This agility led to great outcomes from which our practice facilitation team can leverage and continue to work on good heart health with general practices.”

– Western VIC Primary Health Network

Personal Walking Plans

The Heart Foundation walking program continued to expand its reach in 2022. Through walking groups and Personal Walking Plans, an increasing number of Australians are engaging with the physical, emotional and social benefits of regular exercise.

Since the launch of Personal Walking Plans in 2021, more than 174,000 people have signed up for a free, six-week walking, strength and stretching exercise plan. These plans are tailored to users' current activity levels and coupled with motivating emails and text messages to support them throughout their journeys.

Personal Walking Plans gained wide attention this year: the Heart Foundation Walking team was invited to present on the program's success at the 77th Brazilian Congress of Cardiology (including the World Congress of Cardiology Conference) and the 2022 Asia-Pacific Society for Physical Activity Conference.



Active Australia Innovation Challenge

This grassroots initiative supports the design and implementation of local innovative physical activity programs to get communities up and moving. In 2022, the fifth year of the program, we received 320 applications and awarded 10 grants of \$10,000 each.

Our winning projects were unique, community-led programs that reduce barriers to physical activity. Applicants came from urban, rural and regional locations across Australia and with programs designed to support First Nations peoples, people from CALD backgrounds, those with a disability and their carers, those from low socioeconomic backgrounds, older people from LGBTQI communities, and children.

Culinary nutrition (heart-healthy recipes)

Our culinary nutrition resources identify practical ways to take our heart-healthy eating evidence and put this into practice. In 2022, there was increased demand for nutrition resources from public health professionals. Investment in this area enables us to address food literacy, including reiterating the importance of cooking for health and enjoyment, and planning and preparing heart-healthy meals. We now have more than 350 Heart Foundation recipes, 60 recipe stop-motion videos and 15 themed recipe e-books on our website, all of which are built on consumer insights and reflect our key food and nutrition messages. In 2022, we had 560,000 visits to our recipe web page and 77,000 e-book views.

What Australia Eats report

In 2022 we released the *What Australia Eats* report, which captured the results of a Heart Foundation-commissioned survey of 2,016 Australians. The survey explored consumer attitudes, beliefs and behaviours related to meal planning, preparation and consumption. Using the findings from the survey to identify new opportunities to make adopting a heart-healthy eating pattern more accessible for all Australians.



Heart Matters: recognise the warning signs of a heart attack

To raise awareness about the warning signs of a heart attack, the Heart Foundation partnered with Ambulance Victoria, Monash University and the Victorian State Government to deliver the Heart Matters research project. Using a grassroots community education model, the Heart Matters team delivered more than 450 free heart health education sessions – including more than 47 in a language other than English or supported by an interpreter, and 37 for audiences with low English literacy – to community groups and businesses in eight local government areas in Victoria.

Residents in these areas are at high risk of heart attack and have low heart health knowledge and low rates of ambulance use. Over 14 months, Heart Matters coordinators engaged in more than 11,000 conversations to raise awareness of heart attack warning signs, address the barriers to calling an ambulance and increase residents' knowledge of heart disease risk factors.



Improving First Nations cardiovascular health

The Heart Foundation renewed its commitment to reducing the inequities in heart health faced by our First Nation's people. The First Nations Heart Health team was expanded to ensure First Nations leadership drives action in key priority areas. This included the appointment of Professor Sandra Eades as Chief Medical Officer First Nations Health and Vicki Wade as our First Nations Heart Health Lead.

The Heart Foundation provided funding and support to ensure the ongoing maintenance and development of the Australian Guidelines for prevention, diagnosis and management of acute rheumatic fever and rheumatic heart disease (RHD). In addition to this, the successful Champions4Change program transitioned to the Heart Foundation for ongoing development and delivery. The Champions4Change program is a culturally safe advocacy and leadership program for people with a lived experience of rheumatic heart disease and the people who care for them. The program supports Champions to use their personal stories and leadership skills to raise awareness about RHD, advocate for change, support two-way learning, and inspire others.

Equity through language

As part of the Heart Matters project, the Heart Foundation produced a series of seven animated videos designed to raise awareness of heart health issues among English-speaking and CALD communities in Victoria. The videos were translated into 12 additional languages and promoted via an eight-week Facebook social media campaign. The campaign was successful in promoting the resources, with a total of 827,648 English and 198,261 translated video advertisements placed and seen in an individual's social media feeds. These videos are available on the Heart Foundation website and on YouTube.

We produced a series of new heart attack warning signs videos, posters and fridge magnets using plain language and using simple imagery. These resources were also translated into Vietnamese, Arabic, Punjabi and Hindi to better reach high-priority CALD populations in the Heart Matters target regions. The positive response from these communities highlighted an ongoing need for plain language content in multiple different languages. All these resources are available to the public via the Heart Foundation website.



Strategy 1

Strategy 2

Strategy 3

Support and care

Improving the quality of life for people living with heart disease

Supporting people who live with heart disease and those who care for them is key to the mission of the Heart Foundation. The support and care pillar is focused on helping individuals better understand and manage their heart health, with a particular emphasis on those from communities at elevated risk of cardiovascular disease. These include women, Aboriginal and Torres Strait Islander communities and people from CALD backgrounds.

Our work in this pillar is grouped into the following themes:

- **Patient support:** expanding our support for people living with heart disease
- **Health professionals:** developing best practice medical guidelines and supporting the clinical workforce to apply them
- **Advocacy to government:** advocating for policy and funding investment at all levels of government for people living with heart disease.

By delivering a multi-intervention patient support program, funding world class research and advocating to government, we seek to improve the quality of life and health outcomes of Australians living with heart disease.

The following pages capture some of our key Support and Care achievements in 2022.



My Heart, My Life

More than 57,000 people are hospitalised for a heart attack in Australia every year, but 75% of people diagnosed with a heart attack or chest pain do not receive optimal care at hospital discharge.¹ For example, on discharge they are not provided with the medicines they need, they are not referred to a cardiac rehabilitation service, or they are not provided with advice on the changes that need to be made to their lifestyle to decrease the risk of another heart attack.

My Heart, My Life is a six-month Heart Foundation program designed to help people who have recently experienced a cardiovascular event manage their heart health. It provides patients, their families and friends with free print and digital resources to support the recovery process, including fact sheets, videos, walking plans, recipes, and email and text journeys.

After a successful national pilot in 2021, we undertook an extensive needs assessment to understand how My Heart, My Life could better support the needs and improve the heart health outcomes of Australians living with heart disease. The process included benchmarking existing patient support programs locally and internationally; conducting a literature review to investigate support needs and communication preferences; and undertaking primary qualitative research with patients, carers and health professionals from across Australia.

In 2022, we held a human-centred design workshop in partnership with people living with heart disease, their carers and health professionals. This work will form the basis of a re-designed My Heart, My Life program.



Cholesterol Roadblocks and Solutions: a national roundtable

Research shows the risk of heart disease and related conditions such as stroke increases as an individual's level of 'bad' (low-density lipoprotein; LDL) cholesterol increases. The Australian Institute of Health and Welfare estimates that high cholesterol is responsible for more than a third of all the years of healthy life that Australians lose to heart disease.²

In partnership with the World Heart Federation, the Heart Foundation convened a national roundtable in June 2022 that brought together heart health experts from around Australia. Participants worked together to identify practical actions to improve the management of cholesterol levels in Australia. Roundtable participants agreed that a substantial proportion of heart attacks and strokes could be prevented by taking practical, cost-effective steps to increase the awareness of cholesterol as a leading risk factor for heart disease.

Read the outcomes of the Heart Foundation's National Cholesterol Roundtable here: www.heartfoundation.org.au/Bundles/For-Professionals/cholesterol-roadblocks-solutions-report



Clinical guideline updates

Acute Coronary Syndromes clinical guidelines

In 2022, the Heart Foundation and the Cardiac Society of Australia and New Zealand commenced updating the guidelines for the clinical care of patients presenting with suspected or confirmed acute coronary syndromes (ACS). These guidelines are intended to improve quality of care, align with patients' expectations and support health professionals to work with patients in making decisions relating to treatment.

The guidelines will focus on the clinical actions that are associated with the largest impact on patient-important outcomes and will seek to strengthen support for under-served priority populations, including women, First Nations Peoples, people living in remote and regional areas, CALD people and older adults. These new guidelines are due to be published in 2024 and will replace the current ACS guidelines, which were published in 2016.

Cardiovascular disease risk guidelines

Funded by the Australian Commonwealth Government and a generous donor, the Heart Foundation is leading the update of Australia's cardiovascular disease prevention guidelines. As the first major update in over a decade, the 2023 guidelines will be accompanied by a novel cardiovascular disease risk prediction equation, which has been uniquely modified and recalibrated for the Australian population using contemporary population cohort data. This tool, which is based on a demographic that is closely aligned to Australia, will represent one of the most significant advances in the prediction of cardiovascular disease risk and contribute to better detection and prevention of cardiovascular events and mortality. Collectively, the guidelines and risk prediction tool will become the new standard for clinical cardiovascular disease prevention in Australia. The updated guidelines will be published in 2023.

Clinical webinar for health professionals

The Heart Foundation's clinical webinar series returned bigger and better in 2022 to provide the latest evidence-based insights on cardiovascular disease prevention and management for clinicians across the country. In collaboration with the World Heart Federation, the Heart Foundation delivered webinars with leading international and local experts and education sessions on topical aspects of clinical cardiovascular care, including cholesterol management, cardiovascular risk in diabetes and chronic kidney disease, and heart-healthy nutrition.

The Heart Foundation's clinical webinar series has attracted over 20,000 live and recorded views to date.

"Honestly one of the best educational sessions I have participated in for some time."

– Primary care nurse, QLD

Advocating for heart health

The Heart Foundation is dedicated to breaking down health disparities and making a meaningful difference to the heart health of all people in Australia. This includes advocating to government and industry for legislative enhancements that improve health care infrastructure, increase access to heart health care, and contribute to policy improvements and funding for world-class cardiovascular research.

Parliamentary Heart Health Day

Together with our partners Amgen, Bayer and Sanofi and the Parliamentary Friends of Heart Health, the Heart Foundation delivered the annual Heart Health Day at Parliament House in Canberra – now in its fifth year.

As part of the event, approximately 100 politicians received a Heart Health Check, which can help individuals better understand their risk of heart attack or stroke in the next five years. Politicians showed their commitment to the early detection of Australia's leading killer by having a nurse check their blood pressure, cholesterol and their diabetes haemoglobin A1c (HbA1c) levels. The Heart Foundation also took the opportunity to talk with politicians about the importance of continued funding for Medicare subsidised Heart Health Checks.

Submission to the House of Representatives on long COVID and repeat COVID infections

COVID-19 infection can worsen pre-existing heart conditions and can increase the risk of developing more than 20 heart conditions, including heart attack, blood clots, heart failure and stroke.

In this submission to a House of Representatives inquiry into long COVID, the Heart Foundation outlined some of our priorities regarding the impact of long COVID on cardiovascular health and the research needed to fill current information gaps about the effects of long COVID on heart health.

Submission on an Australian Centre for Disease Control (CDC)

In a submission to the Australian Government Department of Health and Aged Care, the Heart Foundation welcomed the establishment of an Australian CDC as a national source of independent, consistent and trusted public health advice, guidance and information. The Heart Foundation's submission provided advice on the importance of the CDC taking a leadership role in reducing the burden of chronic diseases.



The Hon Ed Husic MP, Minister for Industry and Science with David Lloyd, Chief Executive Officer, Heart Foundation at the Heart health Day at Parliament House.

Strategy 1

Strategy 2

Strategy 3

Research

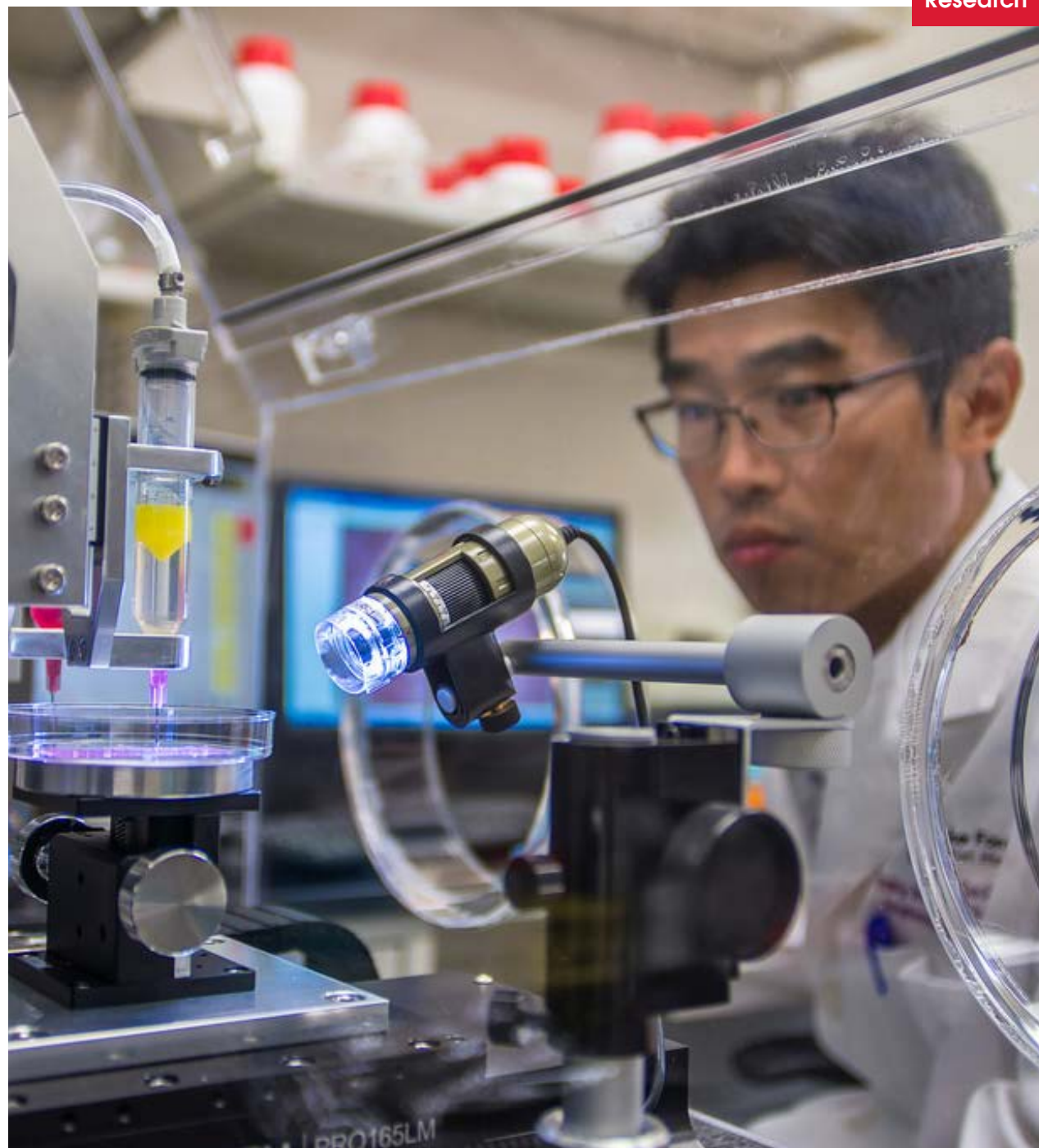
Continue our work as Australia's largest non-government funder of high-impact cardiovascular disease research.

Summary

As Australia's largest non-government funder of cardiovascular research, we are committed to advancing knowledge to better prevent, treat and manage conditions like heart disease, stroke and blood vessel disease. The research pillar encompasses in-house funding schemes as well as strategic and collaborative partnerships with our government and industry peers. Through our work in this pillar, we aim to:

- **fund high impact research** by investing \$50 million into research grants over three years
- **increase our strategic research investment portfolio** by establishing external partnerships for funding and co-design
- **showcase and leverage research** by sharing stories that shape and influence cardiovascular research and that build connections with researchers and strategic partners
- **evaluate the impact of our research programs** to ensure the delivery of best practice outputs that contribute to the evidence base and the delivery of our health care programs.

The following pages capture some of our key research achievements in 2022.



2022 Research Awards

This year, the Heart Foundation awarded \$13.25 million to 76 research projects in our flagship funding schemes.

Funds will support:

19

Future Leader
Fellowships

28

Vanguard Grants

14

Postdoctoral
Fellowships

9

PhD Scholarships

1

Aboriginal and
Torres Strait
Islander Award

5

Collaboration
and Exchange
Awards

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, successful and female-led applications to the Heart Foundation's Postdoctoral Fellowship and Future Leader Fellowship programs. In addition to a Heart Foundation Fellowship, the successful recipients receive \$20,000.

Postdoctoral Fellowship awardee: Dr Holly Voges

Project: *Human valve in a dish to study rheumatic heart disease*

Future Leader Fellowship awardee: Associate Professor Jodie Ingles

Project: *Genomics of inherited cardiovascular diseases.*

The Heart Foundation Excellence Award

This award was given to the highest-ranked Heart Foundation PhD Scholar in 2022. It is generously funded by Ms Rebecca Davies AO FAICD, a Heart Foundation Board Director and Chair of the Research Strategy Committee.

Awardee: Lisa Raven

Project: *A phase 2, randomised, placebo controlled trial of SGLT2 inhibition with empagliflozin on metabolic, cardiac and renal outcomes in recent cardiac transplant recipients.*



Ross Hohnen Award for Research Excellence Vanguard Grants

Ross Hohnen AM OBE played an instrumental role in founding the Heart Foundation. This award, which recognises the most outstanding and innovative research project among awardees of the Heart Foundation Vanguard Grant, has been established in his memory. In addition to the grant funding, the successful recipient receives \$10,000 in project support.

Awardee: Professor Susan Davis

Project: *Evaluating testosterone therapy to prevent heart failure in women: the ETHEL study.*

Heart Foundation Paul Korner Innovation Award

Professor Paul Korner was a pioneer of cardiac physiology in Australia who passed away in 2012. This award, which was established to honour his remarkable achievements in the field, is given to the most innovative, successful and male-led applications to the Heart Foundation's Postdoctoral Fellowship and Future Leader Fellowship programs. In addition to the fellowship funding, successful recipients receive \$20,000 in project support.

Postdoctoral Fellowship awardee: Dr Felix Ng

Project: *Targeting micro-vessels obstruction in the brain to maximize stroke treatment benefit.*

Future Leader Fellowship awardee: Dr Pierre Qian

Project: *Development of novel ablation technologies for the treatment of ventricular tachycardia.*



Cardiovascular Research Network

The Heart Foundation Research Program continues to maintain strong ties with cardiovascular research networks around Australia. This includes numerous state-level networks, including the New South Wales Cardiovascular Research Network, the South Australian Cardiovascular Research Alliance, the Western Australia Cardiovascular Research Alliance and the Queensland Cardiovascular Research Network. Together, we work to improve the prevention and treatment of cardiovascular disease for all Australians by supporting a vibrant, world-class cardiovascular research community. We do this by fostering strong collaborative networks, building research capacity, addressing key issues in the prevention and treatment of cardiovascular disease, and advocating for increased investment in cardiovascular research.

Spotlight: NSW Cardiovascular Research Network

Funded by NSW Health and hosted by the Heart Foundation, the NSW Cardiovascular Research Network (NSW CVRN) brings together researchers with expertise across the spectrum of cardiovascular disease, from basic science/biomedical to clinical, health services and population health research.

In 2022, the NSW CVRN delivered a series of strategic and innovative activities and opportunities for our members, with a particular focus on events and grant schemes for early-mid career researchers (EMCRs). These included the very successful CVRN-NSW Office for Health and Medical Research (OHMR) Collaborative Grants Workshop, which supports the NSW Health Cardiovascular Capacity Building Grant Program.

We also hosted several networking events to increase engagement and collaboration among our members, culminating in the 2022 Showcase and Awards Ceremony – *Sudden Cardiac Arrest: Solutions, not a Sentence*, and promoted research excellence through the presentation of the Ministerial Awards for Cardiovascular Research.

As of the end of 2022, the Network now boasts 490 members (an increase of 30%) and links to 15 of the key cardiovascular research organisations in the state.



Rising Stars in Cardiovascular Research: Dr Jelen Rnjak-Kovacina



Cardiovascular Research Excellence: Prof Kerry-Anne Rye with Hon Brad Hazzard



Rising Stars in Cardiovascular Research: A/Prof Melody Ding

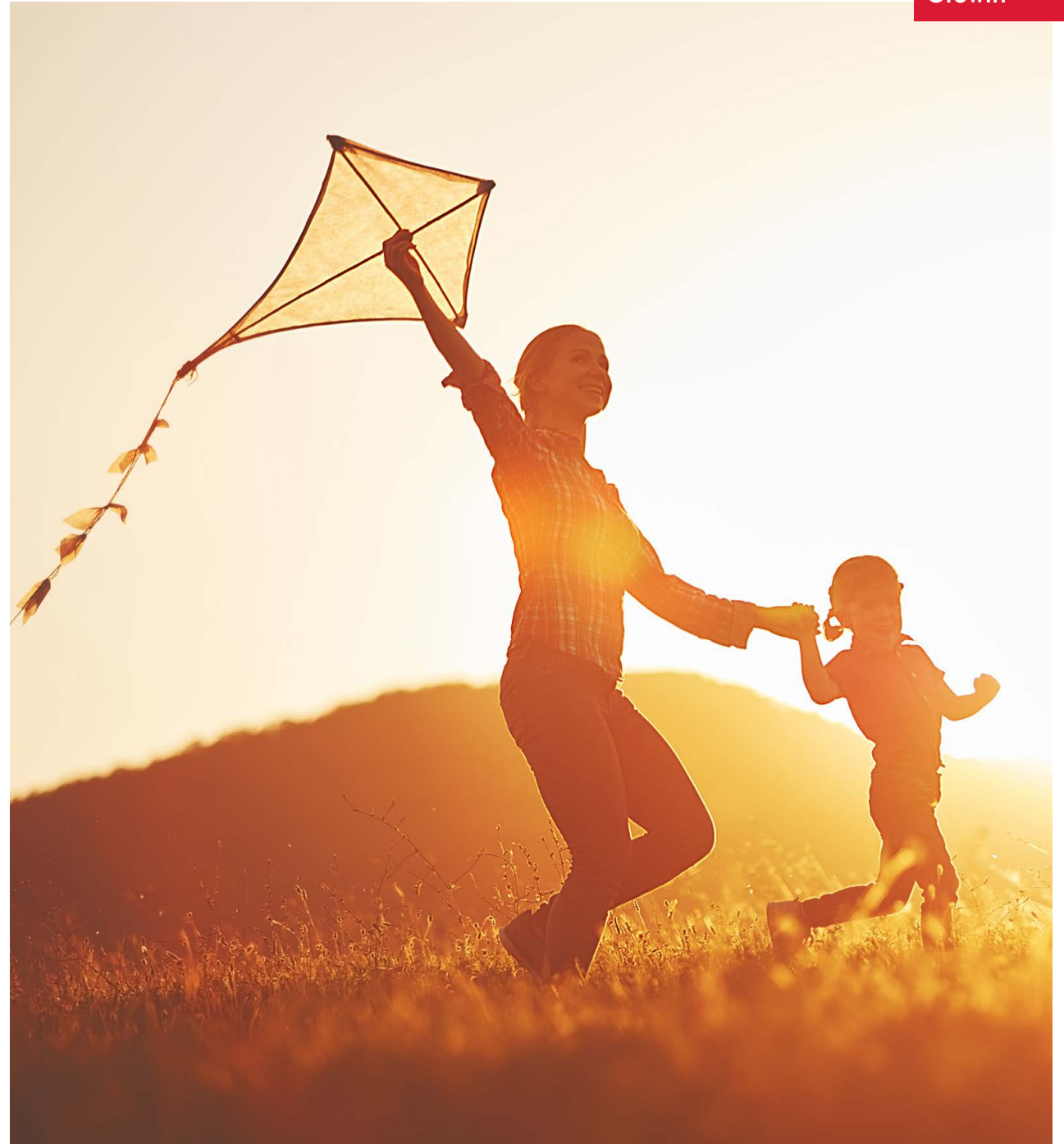


Financial sustainability and growth

Increase our focus on financial sustainability and growth to further scale our community impact

Delivering on our vision, mission and goals requires long-term financial sustainability. This key organisational enabler sets out how we will secure and grow our revenue to create new opportunities for innovation in our research, programs and partnerships. We are committed to operating with a commercial mindset that leads to better economic and health outcomes, and to building a culture that strengthens the connections between our staff, our volunteers, and our valued donors. As in previous years, in 2022, our financial activities focussed on:

- **growing existing revenue**, including major gifts, bequests, philanthropic trusts and foundations, individual giving, community fundraising and grants
- **growing and diversifying new revenue**, including corporate partnerships and our commercialisation strategy and framework
- **achieving organisational sustainability** through effective financial management and the responsible and ethical use of donor funds.



Individual and regular giving

Donations from our individual and regular givers are the lifeblood of our work. Without their generosity, we would be unable to fund the research, education and programs that make a lasting difference to Australia's heart health.

As a result of the challenging global financial environment, we experienced a drop in giving totals in 2022 compared to the previous year. Despite these challenges, we were grateful to see that nearly 70,000 donors raised more than \$9.6 million for our work.

- 37,104 donors contributed \$3,948,694 to the Heart Foundation's major fundraising initiatives, including Give with Heart Day and seasonal campaigns such as our holiday and tax appeals.
- 14,622 donors gave \$4,206,006 through our regular giving program (weekly, fortnightly or monthly donations).
- 13,478 people purchased tickets in one of our seven raffles, raising \$777,360.

Fundraising programs

Our community fundraising programs provide opportunities for everyday people to make a lifechanging contribution to Australia's heart health.

Jump Rope for Heart

The Heart Foundation's flagship fundraising program, Jump Rope for Heart has been running for 40 years. In 2022, more than 272,000 students at 1,159 schools raised an amazing \$2,954,084 to support the Heart Foundation's research and programs. Children who logged their skipping activity online clocked up 33,122 collective hours of skipping!

All our skippers and schools produced remarkable results this year:

- Two fantastic schools – St Therese Catholic Primary School in Mascot, NSW, and OneSchool Global in Sydney NSW – raised just over \$30,000 each.

- Elise Sleiman from St Charbel's College, NSW, whose family passionately spread the word about her skipping challenge, raised \$10,208.
- Becky Gunnick from Kelmscott John Calvin School, WA, shared her personal heart story along with her skipping challenge and raised a tremendous \$6,709.

Jump Rope for Heart would not be possible without the support and commitment of many primary school teachers across the country. This year the winner was Kate Phillips from St Therese Catholic Primary School in Mascot, NSW. It was Kate's first-time running Jump Rope for Heart, and what a successful year it was! Kate is a super engaged coordinator who motivated her Heart Heroes to take part in the program both at school and at home. During the program, she continued to promote Jump Rope for Heart and prepared an exciting Jump Off Day to celebrate. Kate's school finished the year on top of the national school fundraising leader board.



MyMarathon

MyMarathon continues to be a major fundraising initiative for the Heart Foundation. Participants run or walk the equivalent of a marathon (42.2 km) over a month while raising funds to help support heart research and programs. This year, 3,620 individual, team and workplace participants, including a record 87 workplace teams, raised \$507,355 for the Heart Foundation.

We would like to extend a special thanks to those who shared their heart story with the MyMarathon community to inspire others. These include Hannah Barton, Keely Wells, Laura Versace-Shields, Lauren Lomax, Monique Googh, Jacqueline De Pietro and Melissa Gardiner.

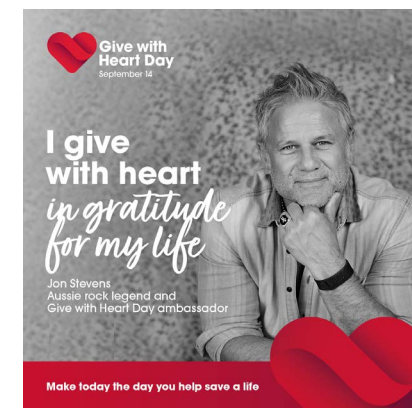
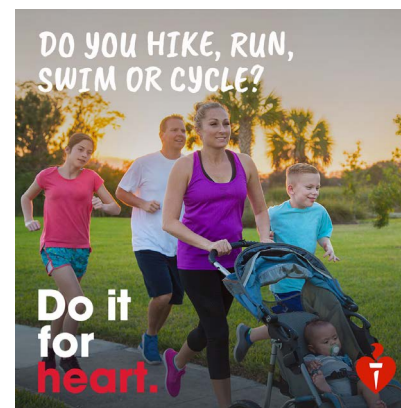
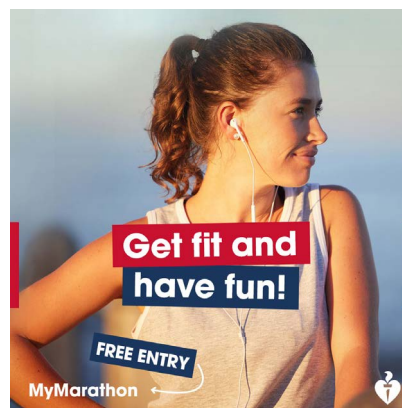
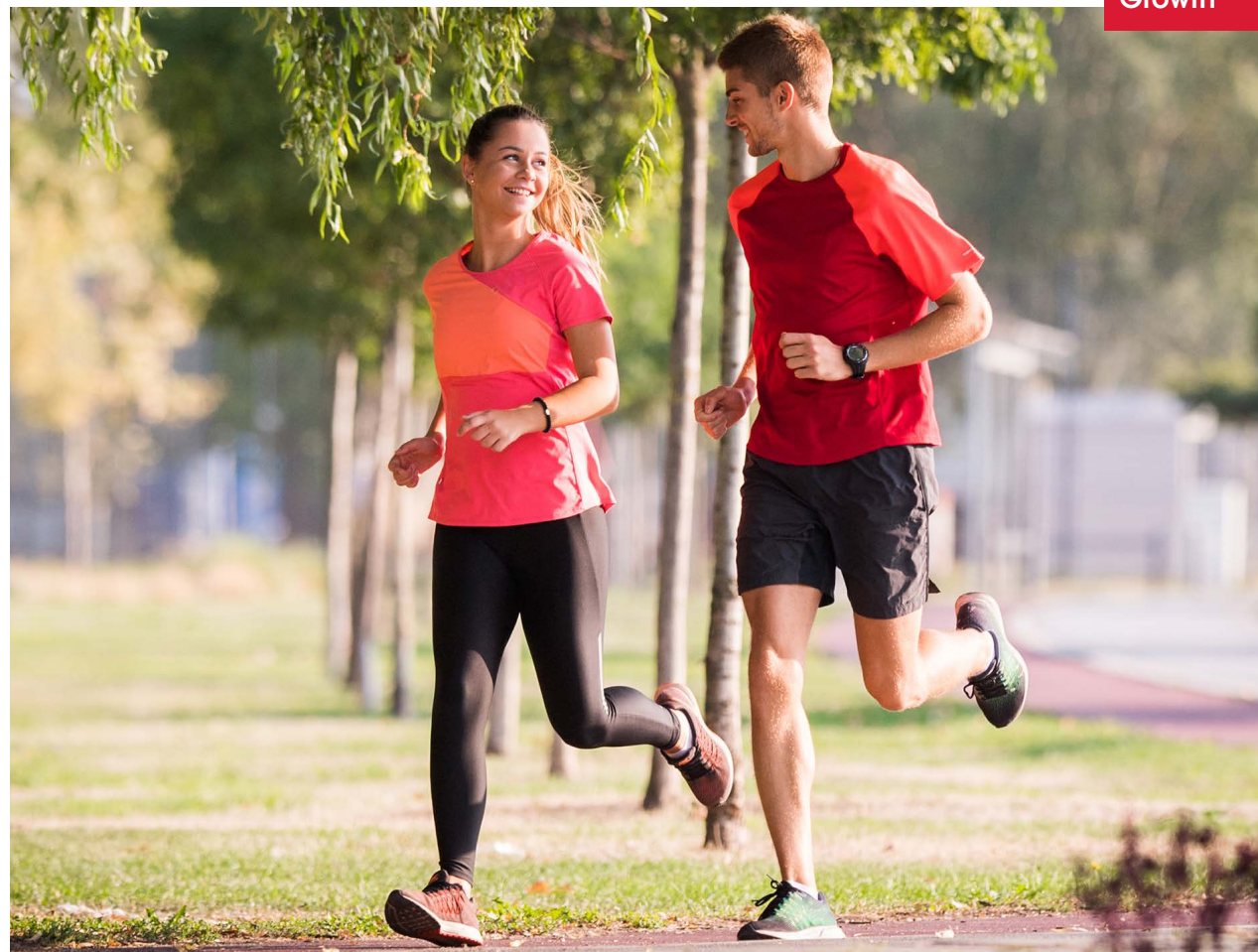
Do it for Heart

The Do it for Heart community is going strong with 771 heart heroes hosting events, taking on challenges, celebrating milestones or 'daring to quit commitments', all to raise money for the Heart Foundation.

In 2022, the inaugural Heart of the Green golf day run was held in honour of Josh Avvenevole, who sadly passed away from unexpected sudden cardiac arrest at the age of 26 in 2019. This event, the largest golf fundraising event on record at the Heart Foundation, was held at Sydney's prestigious Concord Gold Club where Josh's family, friends and the community raised \$100,323. We are incredibly grateful to Jenny and Anthony Avvenevole, their family and golf day committee for advocating and supporting research to help end sudden cardiac death in young people.

Give with Heart Day

Give with Heart Day is the Heart Foundation's annual funding challenge. In 2022, our generous supporters raised \$840,212 to support critical research that has the potential to transform Australia's heart health. Our fundraising challenge was given a boost by Jon Stevens, the rock musician and open-heart surgery survivor, who was the ambassador for this year's campaign. Three generous supporters boosted donations by dollar matching the first \$250,000 raised.



Philanthropy

Many of the Heart Foundation's life-changing heart health programs and high-impact research awards are made possible through the generosity of our major supporters. In 2022, 63 individuals, trusts and foundations provided grants and donations of \$10,000 or more, helping us to deliver research and community awareness projects that will save and improve lives. We were especially proud to facilitate new partnerships between major supporters and our First Nations Health team towards a shared goal of ending rheumatic heart disease in Australia.

In partnership with Morgan Stanley, Heart Foundation hosted a number of Boardroom Lunch events in 2022. This allowed us to connect with both existing and potential new supporters in person, and to hear from eminent researchers who have been awarded the Heart Foundation research funding. These events are a crucial part of our efforts to talk with our supporters on how their support is helping to deliver world-class cardiovascular research.

Through the Heart Foundation, major supporters can contribute to innovative and scalable heart health programs that focus on those disproportionately affected by heart disease. We welcome opportunities to work alongside our major supporters to create meaningful impact for our community.

Workplace giving

Our workplace giving partners and their passionate employees play an integral part in helping to fund ground-breaking cardiovascular disease research. Workplace giving is a simple, tax-effective and powerful way for corporations and their employees to help Australians to live healthier and longer lives. We thank the 95 corporations who established workplace giving programs to support the work of the Heart Foundation this year.

Making a difference through philanthropy

In 2022, Rebecca Davies AO, a Heart Foundation Board member and Chair of the Research Strategy Committee, generously provided funding to establish a Heart Foundation Research Excellence Award. This award provided funding for PhD candidate Lisa Raven, whose research will investigate the impact of SGLT2 inhibitors, a new class of diabetes medication, on heart function following a heart transplant. Through her ground-breaking work, which she will conduct in collaboration with experts in endocrinology and heart transplantation, she hopes to identify opportunities to prevent diabetes and other debilitating complications of immunosuppression medications, thereby ultimately improving survivorship for heart transplant recipients.

Rebecca's donation will have a critical impact for generations to come by supporting new medical discoveries and building the capacity of women in heart research.

The Heart Foundation is grateful for the generosity of philanthropists like Rebecca whose support ensures that we can continue to fund vital research to save lives and improve the health outcomes of all Australians. We wish Lisa great success with her project and thank Rebecca for her inspiring commitment.



Growth

Our People

Financials

Our people

Continued investment in our people is key to the Heart Foundation's ongoing success. Through our Connecting Hearts Strategy, we strive to be a great employer, inspiring and empowering our people to deliver impactful community outcomes.

Our activities in this area reach across three themes:

- **Supporting our people**, which emphasises investment in high-performing employees from the point of recruitment through to their ongoing retention
- **Living our values**, which enable us to create stronger connections to our purpose, our performance management framework and our people
- **Connecting our volunteers** by delivering a refreshed volunteer strategy to grow our volunteer numbers and drive consistency.



Supporting our people

While much of the workplace disruption of COVID-19 has now subsided, we have continued to benefit from the productivity and wellbeing benefits of flexible working. We will continue to invest in our people and adapt our working strategies to reflect the changed professional landscape that has emerged from the pandemic.

Staff and volunteer recognition

At the Heart Foundation, we believe in highlighting and acknowledging the achievements of all our staff and volunteers via the Recognising, Engaging and Acknowledging our Connecting Hearts (REACH) Program. This includes through our Love Your Work and Recognition of Service initiatives.

- **Love Your Work** – is our peer-to-peer nomination initiative where staff members nominate a colleague or volunteer who has demonstrated exceptional behaviour based on our organisational goals.
- **Recognition of Service** – this initiative acknowledges long-term employees and volunteers and the achievements that result from longevity and tenure.

Developing our future leaders

The Heart Foundation's success depends on its leaders, now and into the future, which is why we remain committed to providing current and emerging leaders with opportunities to enhance their leadership skills. In 2022, more than 60 staff members across all business units participated in a tailored leadership program to further develop their resilience, communication and interpersonal skills, and strategic thinking capabilities.



Diversity at the Heart Foundation

As we reflect on the past year, we want to reiterate our commitment to diversity and inclusion at the Heart Foundation.

At the Heart Foundation, we believe that fostering a workplace culture that values and celebrates diversity is not only the right thing to do but is also essential to our success and ensuring we can continue to be innovative, creative and grow.

We are committed to creating a safe and inclusive work environment for everyone, one where we strive to represent the communities we serve and recognise the skills, knowledge and experience a diverse team brings to our organisation.

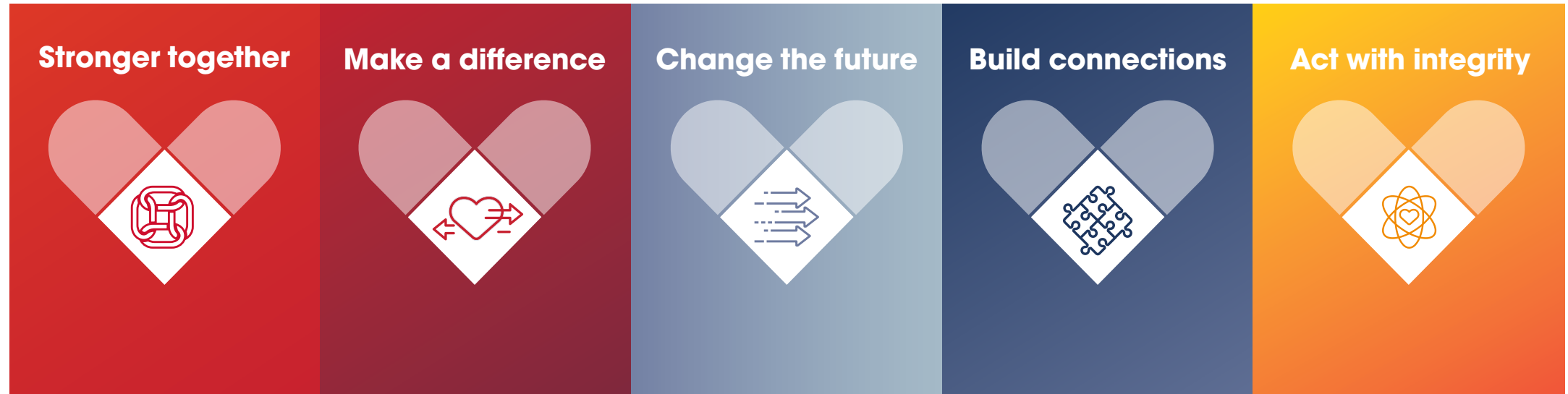
We have a range of initiatives and policies designed to promote diversity, inclusion, flexibility, and safety within our organisation and believe by promoting diversity and inclusion, we are better positioned to attract and retain talent, make better decisions, and have the greatest possible positive impact on the heart health of all Australians.

We recognise there is always more we can do – we are currently collaboratively working across the Heart Foundation to create an Equity, Diversity & Inclusion Strategy. The Strategy will outline a range of initiatives designed to promote diversity, equity, and inclusion across the Heart Foundation. We will proudly commence the implementation of our strategy during 2023.



Defining our values

Our organisational values represent what is important to our people and to the Heart Foundation. These values underpin the way we work together to deliver our Connecting Hearts Strategy.



Stronger together: we believe in the power of unity, as we are stronger when we work together. We support each other by showing respect and leveraging diverse backgrounds, talents, perspectives and resources.

Make a difference: we are proud of our history and our achievements; we use our past success to guide the future. We work with evidence to be a trusted voice on heart health – when the evidence changes, we change with it.

Change the future: we are courageous and think big, but we don't ignore the details. We promote creativity and innovation in our thinking and actions to continually increase our reach and impact.

Build connections: we build connections with our community, stakeholders, partners and customers. We strongly believe that what we do every day is for the benefit of others.

Act with integrity: we are honest and take responsibility for our actions. We value the opinions of others and always assume positive intent. We enhance our trusted reputation through the responsible and transparent use of donor funds.

Volunteering

Working alongside our passionate and generous community once again has allowed us to rebuild the strong connections that are the beating heart of our volunteer program.

The Heart Foundation is very fortunate to benefit from the time, skills and energy of over 2,000 volunteers. We thank each and every one of them for the value they bring to our organisation.

Some highlights from our volunteers in 2022 include:

- Close to 1,000 volunteers organising walking groups across Australia.
- Event volunteers such as the Rockhampton Christmas Wrapping fundraising volunteers helped raise over \$16,000 for life-saving research. Two of the volunteers have been involved in this activity for over 28 years.
- Our office volunteers have been supporting us in delivering the Heart Matters Project in Victoria. This project aims to reduce the health inequities that exist in populations that are outside metropolitan areas.
- Four young volunteers worked with our digital team to develop new digital assets and content, with three of these volunteers starting work with us once their volunteer roles concluded.
- Over 50 advisory board members help us connect with communities in each State and Territory across the country to ensure we deliver our national priorities at a local level.
- Around 25 people who have a very personal connection to heart disease themselves have contributed to key health programs by providing their unique lived experience perspective.
- Nearly 100 volunteers (research peer reviewers and consumer reviewers) worked tirelessly to review and consider the research grant applications that we received from the research community for our \$50 million Connecting Hearts research funding program.



Board of Directors



Chair

Mr Chris B Leptos AO

Chair – Retired 31 December 2022

Chris Leptos AO was elected Chairman of the Heart Foundation in May 2018. He is an advisor to a range of commercial and not-for-profit organisations, and most recently was elected to Chair the Summer Foundation and Summer Housing. In 2021 Chris was appointed the Independent Reviewer of the Food and Grocery Code under the Competition and Consumer Act. He is also a Non-Executive Director of IDP Education Ltd, Senior Advisor to Flagstaff Partners, and a member of both the Advisory Board of The University of Melbourne Faculty of Business & Economics and the Advisory Council of Asialink. He was previously a Senior Partner with KPMG and Managing Partner Government at Ernst & Young where he had national responsibility for leading the public sector practice. He is a former General Manager of Corporate Development for Western Mining Corporation. He is a Fellow of the Institute of Chartered Accountants and a Fellow of the AICD.



Board directors

Mr Mario D'Orazio

*Director – from 5 June 2022
Chair – from 1 January 2023*

Mario D'Orazio has more than 40 years' experience in media as a journalist, including print as a reporter and columnist; radio as a producer and talkback presenter; and TV as a reporter, presenter and executive producer of news, current affairs programs and lifestyle programs. He was managing director of Channel 7 Perth for more than seven years and has wide experience in commercial and not-for-profit boards, including in government, education and the arts. His current directorships include the ABC National Board and the Australia Council for the Arts. He is chairman of the Australian Institute of Management WA, the Heart Foundation (WA) and the West Australian Academy of Performing Arts.



Associate Professor David Colquhoun

Director

Associate Professor David Colquhoun is a cardiologist in private practice. He is actively involved in research and preventative cardiology, an interest that is reflected in his role on the Heart Foundation's Heart Health and Research Committees. His specific interests include preventative cardiology, nutrition and psychosocial factors for heart disease. David has been a member of the Scientific Committee of the National Institute of Complementary Medicine, a member of the Scientific Committee of the Gallipoli Medical Research Foundation, and the Co-President of the Clinical and Preventive Cardiology Council of the Cardiac Society of Australian and New Zealand. He holds an MBBS from the University of New South Wales.



Associate Professor Nicholas Cox

Director – from 31 March 2022

Associate Professor Nicholas Cox is an interventional cardiologist with an interest in infarct angioplasty and cardiogenic shock. Nicholas was an early advocate for the use of radial access for coronary intervention and has published in this field. He has performed a very high number of coronary interventions in over 15 years of practice as an interventional cardiologist. Nicholas consults in all aspects of general cardiology, including the diagnosis and management of patients presenting with coronary disease, heart attack and chest pain. He trained at Melbourne University, Royal Prince Alfred Hospital Sydney, and The Brigham and Women's Hospital, Harvard Medical School.

Board of Directors (continued)



Board directors

Ms Isabelle Demir

Director & Chair, Investment Committee

Isabelle Demir has more than 20 years' experience in funds management and banking and advisory across Australasia, Europe and the Middle East. Isabelle is currently a Managing Director at Intermediate Capital Group (ICG), a global alternative asset manager. Isabelle is the Chair of the Heart Foundation's Investment Committee.



Ms Rebecca Davies AO

Director & Chair, Research Strategy Committee

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 National Health and Medical Research, Medical Research Future Fund and British Heart Foundation.



Professor Gemma Figtree

Director & Chair, Heart Health Committee

Gemma is a Professor in Medicine at the University of Sydney and an Interventional Cardiologist at Royal North Shore Hospital in Sydney. She is the Chair of the University of Sydney's multi-disciplinary Cardiovascular Initiative. Discoveries in her laboratory have appeared in more than 215 leading journals, including the Lancet, Circulation, JACC and European Heart Journal. Gemma was awarded an NHMRC Excellence Award for Top Ranked Practitioner Fellow (Australia, 2018) and the NSW Ministerial Award for Cardiovascular Research Excellence (2019). Gemma serves on the editorial boards of leading international journals including Circulation and Cardiovascular Research and an Associate Editor for Heart, Lung and Circulation. She is a strong advocate for cardiovascular research – as President of the Australian Cardiovascular Alliance, she worked with a national team to secure \$220 million in federal funding for the Mission for Cardiovascular Health. She chairs the MRFF Mission Cardiovascular Expert Advisory Panel.



Mr Ian Humphreys

Director – from 16 March 2022

Ian Humphreys is a partner in Ashurst's Brisbane office. He specialises in employment, energy and resources, occupational health and safety, workplace relations and workplace training. He provides a full range of industrial relations and employment law services to clients, including many of Australia's largest corporations, employer associations and government entities. His services include the provision of high-level strategic advice and the conduct of major litigation. Ian is a specialist in the mining, energy and resources sector. He is a primary adviser on complex industrial disputes, workplace change initiatives and other workplace incidents.

Board of Directors (continued)



Board directors

Ms Alice Tay

Director & Chair, Risk Audit and Governance Committee

Alice Tay was a corporate and commercial lawyer for over 30 years. Since leaving legal practice, Alice has concentrated on her board and committee positions. She is the Chair of the Heart Foundation's Risk Audit and Governance Committee and a member of the Investment Committee. Alice is a Director of Molonglo Financial Services Ltd, which operates four branches of the Bendigo Community Bank in the Canberra Region, as well as a Director of Community Housing Canberra Limited. In 2020, she was appointed by the ACT Chief Minister to the University of Canberra Council where she also chairs the Audit and Risk Management Committee and is a member of the Finance Committee. Alice is a graduate of the Australian Institute of Company Directors and a Fellow of the Governance Institute of Australia.



Ms Jennifer Tucker

Director

Jennifer Tucker has more than 20 years of experience across a range of senior marketing, sales and business leadership roles in the consumer products sector. She is the Chair of the Revenue Committee on the Heart Foundation Board. Jennifer has degrees in Commerce and Law. She is a graduate of the Harvard Business School AMP and Australian Institute of Company Directors course and a member of the Mission for Cardiovascular Research Expert Advisory Panel and Chief Executive Women. Jennifer's career spans developing consumer centric marketing, innovation and organisational change programs. She is the Executive Merchandise Director at Bunnings Group Limited.



Mr Peter Matruglio

Director & Chair-elect, Risk Audit and Governance Committee – from 24 October 2022

Mr Peter Matruglio is an experienced professional with a proven track record of working with boards, executives and their teams to leverage finance, risk and business intelligence for competitive advantage. He is an enabler of strategy in a rapidly changing digital world. Peter has over 35 years' experience, including approximately 20 years as a partner with both Ernst & Young and Deloitte. He has worked with a range of clients across the financial, not-for-profit, government and media & entertainment sectors, both locally and internationally. Peter holds a BA in Accounting from the University of Canberra. He is a Fellow of Chartered Accountants Australia and New Zealand, an Australian CPA and a graduate of the Australian Institute of Company Directors. In addition, he is an Adjunct Professor with the University of Canberra Faculty of Business, Government and Law and a member of the NSW Chartered Accountants Advisory Group.



Professor Len Kritharides

Director – retired 25 May 2022

Professor Len Kritharides is a Consultant and Interventional Cardiologist. He is Senior Staff Specialist and Head of the Department of Cardiology at Concord Repatriation General Hospital in Sydney, conjoint Professor in Medicine at the University of Sydney, Head of the Atherosclerosis Research Laboratory at the ANZAC Research Institute, Clinical Director of the Cardiovascular Stream of the Sydney Local Health District, and Chairman of the Board of Governors of the Heart Research Institute Sydney. Len is the immediate past-President of the Cardiac Society of Australia and New Zealand.

Board patrons

National

**His Excellency General the Honourable
David Hurley AC DSC (retd)**

The Governor-General of the Commonwealth of Australia

New South Wales

Her Excellency the Honourable Margaret Beazley AC QC

Governor of New South Wales

Northern Territory

Her Honour the Honourable Vicki O'Halloran AO

Administrator of the Northern Territory

Queensland

Her Excellency the Honourable Dr Jeannette Young PSM

Governor of Queensland

South Australia

Her Excellency the Honourable Frances Adamson AC

Governor of South Australia (from 7 October 2021)

Victoria

The Honourable Daniel Andrews MP

Premier of Victoria

Victoria

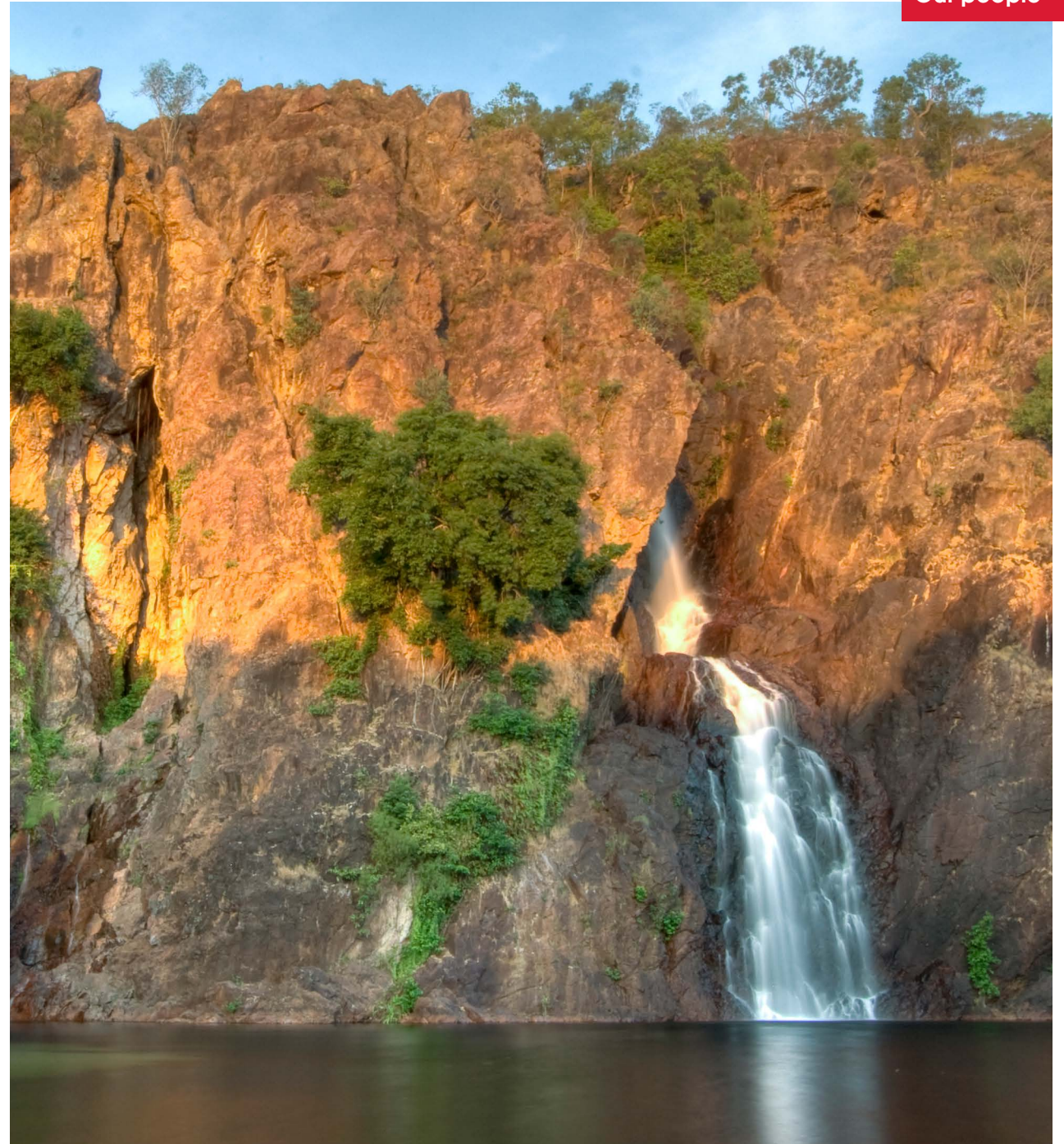
Her Excellency the Honourable Linda Dessau AC

Governor of Victoria

Western Australia

The Honourable Chris Dawson APM

Governor of Western Australia



Local Advisory Boards



New South Wales
Chair: Mr Jim L'Estrange

During 2022, the New South Wales Advisory Board continued to support the Heart Foundation's work towards an Australia free of heart disease. Members met regularly throughout the year to provide guidance and feedback on key Heart Foundation activities and engaged with various senior staff on their areas of work, including research, philanthropy, branding/marketing and advocacy.

The Advisory Board was active in the promotion of key Heart Foundation fundraising events MyMarathon and Coastrek and assisted with the facilitation of a successful CEO luncheon in November. The Board Chair also assisted with the recruitment of senior Heart Foundation staff including the NSW General Manager, Simon Cowie, who joined the organisation towards the end of the year.

The Advisory Board is excited to continue its work and provide meaningful input to key Heart Foundation activities in NSW throughout 2023.



Australian Capital Territory
Chair: Mr Mark North

The Australian Capital Territory Advisory Board met three times during 2022 and was pleased to meet with new Heart Foundation executive members, including the CEO, David Lloyd; National Manager of Public and Local Affairs, Peter Thomas; and the National Manager – Philanthropy & Development, Penny Tribe. The Board enjoyed the opportunity to provide strategic advice on potential fundraising initiatives to complement existing programs such as My Marathon, Jump Rope for Heart and Coastrek.

The Advisory Board was pleased to see recruitment of the Australian Capital Territory General Manager finalised and welcomed Clare Sullivan, who started at the end of the year.

A priority for the Advisory Board is developing community programs to improve cardiovascular health amongst Canberrans. As such, we welcomed the announcement of Australian Capital Territory Government funding for the new Skipping for a Healthy Heart program and are pleased to see this program will be rolled out in 2023.



Victoria
Chair: Dr Angela Jackson

The Victorian Advisory Board developed of policy priorities to put to prospective candidates ahead of the 2022 state election. This included policies relating to the control of e-cigarettes and removing junk food advertising on public assets. An initial workshop was held to look at the feasibility of developing a Victorian Cardiovascular Research Network following the successful development of such networks elsewhere in Australia. It is anticipated that the network will be launched in 2022. Finally, the Advisory Board were active participants across a number of key fundraising initiatives throughout the year such as MyMarathon, Give With Heart Day, and the Board have begun planning for Coastrek in 2023.



Northern Territory
Chair: Associate Professor Marita Heffler

The Northern Territory Advisory Board has had a productive year, meeting regularly to work on development of Northern Territory priorities, key focus areas and actions. We welcomed Le Smith as General Manager in January 2022, and we thanked and acknowledged the valuable long-term contribution of Dr Marcus Ilton as the outgoing chair. Marcus's contribution provides a sound foundation for the future of the Advisory Board.

We also welcomed a new member in 2022, Kellie Kerin, who is a proud Arrernte woman from Central Australia. Kellie has 27 years of nursing experience and has spent many years working to improve the health outcomes of First Nations Peoples in the Northern Territory. She is passionate about health promotion, rural and remote health. Her expertise will be invaluable.

The Advisory Board continue to add value to the work of the Heart Foundation by supporting and informing strategies to address current key priority areas in equity and First Nations health, tobacco control and food security; actively contributing to community fundraising activities such as MyMarathon; and supporting the development of advocacy and policy priorities and initiatives. The Advisory Board supported the Heart Foundation's Northern Territory team in the development of key relationship and connections with stakeholders to contribute to local activities, fundraising and growth prospects.

The Advisory Board looks forward to continuing to develop and support the work of the Heart Foundation across our in the coming year.

Local Advisory Boards (continued)



Queensland

Chair: Mr Ian Humphreys

The Queensland Advisory Board (QAB) had some membership changes under the refreshed terms of reference:

- David Fagan and Professor Gita Mishra joined us as new QAB members.
- John Gambaro and Professor Lyn Griffiths stepped off the QAB after many years of valued contribution. We thank them sincerely for their contributions.

The QAB had another productive year of networking and fundraising. We coordinated several corporate organisations to take part in the MyMarathon fundraising challenge again in 2022, raising more than \$30,000 for heart health research. We have strengthened our relationships with the local research community and look forward to continuing this into 2023.



Western Australia

Chair: Mr Mario D'Orazio

Throughout 2022, the Western Australian Advisory Board supported engagement with key stakeholders while promoting the cause of heart health. This included assisting with the Heart Foundation's annual Give with Heart Day campaign at Optus Stadium, which, along with six major landmarks around Perth and surrounding areas, was lit up red to raise awareness of heart disease. Coinciding with the official launch of the Western Australian Advisory Board, this event provided opportunities for the establishment of relationships with community, government and corporates alike.

We welcomed Dr Helena Viola into the position of General Manager; Ms Tracey Brand, CEO Derbarl Yerrigan Health Service, as a member of the advisory board; and His Excellency Chris Dawson, APM Governor of Western Australia, as Patron of Heart Foundation Western Australia. Under the leadership of incoming Chair Mr Mike McKenna, the Western Australian Advisory Board looks forward to continuing to develop relationships with key stakeholders across the state.



Tasmania

Chair: Mr Harvey Lennon

The Tasmanian Advisory Board underwent renewal and strengthening of existing membership in 2022, continuing to meet regularly under new management by the Tasmanian General Manager, Dr Kate White. Refinement of the Tasmanian priorities, strategies and action areas was a focus for the first two meetings of the year. We welcomed two new members, Ms Jane Bennett and Professor Alison Venn, to the Board. Jane offers a wealth of experience leading agrifood businesses across Tasmania and the UK, while Alison is the Director of the Menzies Institute for Medical Research. Outgoing members included cardiothoracic surgeon Mr Ash Hardikar and Mr Will Priestly.

We celebrated local community fundraising success. Simone Bearham donated \$10,000 to Ride for Rob in honour of her late husband who passed from ischemic heart disease. The Tasmanian Advisory Board members have also contributed to the Heart Foundation's local presence in Tasmania by strengthening relations with health stakeholders, corporate partners and potential donors.

Working in partnership with the Tasmanian Government a new project has now started to develop better support for Tasmanians at high risk of or with cardiovascular disease. This will include developing tailored approaches and support for cardiac rehabilitation services, and providing support for patients at risk of their first cardiac event, as well as prevention care for patients living with a cardiac condition. This support from the Tasmanian Government is in addition to their continued support for the Heart Foundation's walking program.



South Australia

Chair: Mr Stephen Halliday

The South Australian Advisory Board has a well-established, committed and engaged membership who met throughout the year to refine South Australian priorities, strategies and action areas. In 2022, we welcomed consumer representative Peter King who has lived experience with cardiovascular disease and working knowledge of consumer representation in the health sector.

The South Australia cardiovascular research environment was a key focus area in 2022, and the Advisory Board informed activities including the reinstatement of the South Australia Cardiovascular Research Network and advocating for greater investment of funds to grow cardiovascular research in this state. The Advisory Board was also engaged with the successful passing of legislation for automatic external defibrillators to be mandatory in all public and large commercial spaces in the state. A highlight of these advocacy efforts was meeting with the new Minister for Health and Wellbeing, the Hon. Chris Picton MP, to discuss heart health priorities in the state.

Advisory Board members have also contributed to national and local fundraising and growth prospects by sharing connections with health stakeholders, corporate partners and heart disease consumers.

Board committees



Heart Health Committee

Chair: Prof Gemma Figtree

The Heart Health Committee advises the Board on health, clinical and scientific matters. Our focus this year was on the development of a new Cardiovascular Risk Guideline – the first update of its kind in a decade, as well as the creation of a new risk calculator modified for an Australian population. Work also commenced on the update of the Acute Coronary Syndrome Guideline. The Committee continued to consider position statements for both internal and external stakeholders and worked closely with cardiologists, GPs and other health experts to develop clinical messaging and scientific consensus statements, as well as advising on the development of real-time quality indicators for health care professionals.



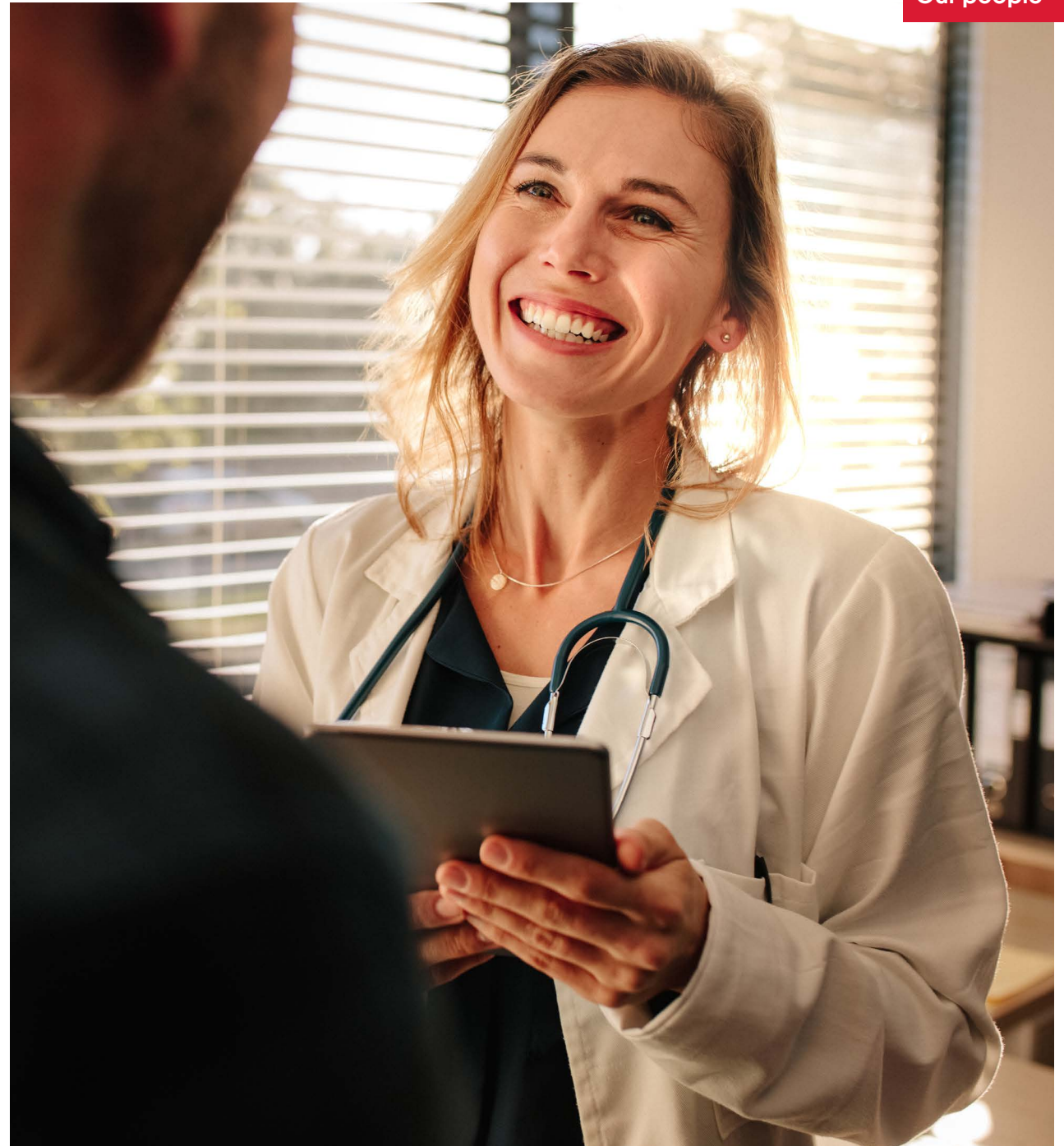
Research Strategy Committee

Chair: Ms Rebecca Davies AO

The Research Strategy Committee continues to address the questions of how to best utilise donated funds to support research that aligns with the Heart Foundation's Connecting Hearts strategy. In 2022 we commenced a review of our Strategic Research grants to consider:

- the future scope of these grants to best inform the Heart Foundation's work in primary and secondary prevention
- the broader cardiovascular research context
- co-funding opportunities and innovative approaches to research investment; leading to an expansion of our strategic research grants portfolio from 2023.

We also commenced work on the reinstatement of state-based Cardiovascular Research Networks to build local research investment and to provide additional support for early to mid-career researchers. We are continuing to review the impact of our research funding on recipients' careers, the effect of their work on practice and health, and how our funds have been leveraged to create even more support for research.





Investment Committee

Chair: Ms Isabelle Demir

This year, following the appointment of Morgan Stanley as the Heart Foundation’s Investment Management partner, the Investment Committee worked with Morgan Stanley to restructure the investment portfolio to align with the newly agreed investment strategy. This investment strategy provides guidance for a long-term view of the Heart Foundation’s corpus and is designed to enable the corpus to benefit from returns under a diversified portfolio, comprising growth assets and defensive assets within pre-determined ranges. The Investment Committee also reviewed the Heart Foundation’s ethical investment statement, and continue to monitor the portfolio’s environmental, social and governance stance.



Revenue Committee

Chair: Ms Jennifer Tucker

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. 2022 saw the establishment of a single function to oversee all of revenue in the Heart Foundation, the Committee provided valuable input into this process including revenue and partnership strategies. The Committee would like to thank Ms Jennifer Tucker who was Chair of the Revenue Committee until July 2022 while welcoming Mr Mario d’Orazio as incoming Chair.



Risk Audit and Governance Committee

Chair: Ms Alice Tay

During 2022, the Risk, Audit and Governance Committee (RAGC) continued to advise the Board on a range of governance and compliance matters, including meeting with external auditors to analyse, review and recommend to the Board the Heart Foundation group financial statements. The RAGC also continued to ensure that the Heart Foundation had a robust program of internal and external audit activities in place. This work provided reassurance to the Board and management teams that the organisation’s operations were compliant with regulations and policy, and in line with best market practice.



Growth

Our People

Financials

Financials

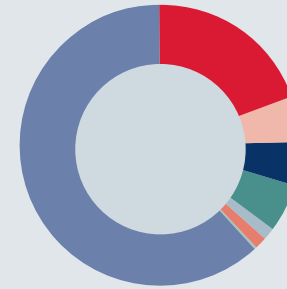
The Heart Foundation reported an operating deficit of \$2,889,000 in 2022. This result represents a significant turnaround on the prior year where a deficit of \$21,752,000 was recorded. This improved result was achieved by implementing a rigorous cost reduction strategy. The net result including the impact of investment returns and investment market movements was a deficit of \$9,006,000 in 2022 compared to a deficit of \$5,437,000 in 2021. The net results in 2022 and 2021 were impacted by the recent volatility in investment markets, with a strong post-COVID market recovery in 2021, followed by a downturn in 2022.

The Heart Foundation is primarily supported by generous donations from the Australian public. We recognise we have a responsibility to our supporters and to the Australian community to ensure we can deliver improved heart health outcomes both now and for future generations. To achieve this the organisation needs to be financially sustainable with expenditure and revenue brought back into line. Our cost-reduction exercise has achieved this while still allowing us to deliver on our mission.

While there was a focus on reducing expenditure our commitment to deliver continues and in 2022 we:

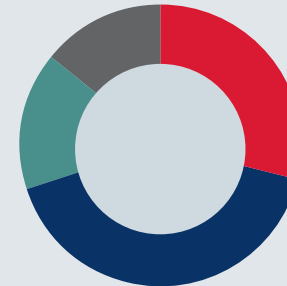
- increased our revenue in a challenging fundraising environment
- maintained our committed level of expenditure on research over the 2021–2023 strategy period
- reduced our operational expenditure by around 21% while still delivering the activities and programs necessary to deliver our core mission.

Overall, the operating result was in line with the Board’s expectations. Under a new management team, our commitment to research expenditure and the delivery of high impact health programs has been maintained, and the financial outlook for the organisation has been significantly improved. The Heart Foundation now has a solid platform to support an increased commitment to health programs and research into the future.



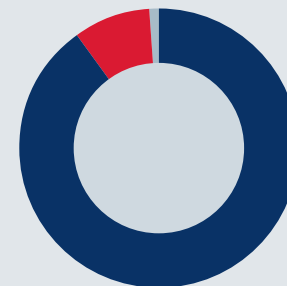
How you've helped us in 2022

Bequests & Memorial Giving	62%
Regular Givers & Appeals	20%
Major Gifts	5%
Jump Rope for Heart	5%
Community Fundraising Events	6%
Raffles	2%
Trusts & Grants	1%
Corporate Partnerships	0.2%



What your donations supported in 2022

Health Programs	29%
Research	41%
Communications, Health Campaigns & Administration	16%
Fundraising	14%



Sources of income

Public Support	90%
Grants for Health Programs & Research	9%
Other Income	1%

References

1. Redfern J, Hyun K, Chew DP, et al., 2014, Prescription of secondary prevention medications, lifestyle advice, and referral to rehabilitation among acute coronary syndrome inpatients: results from a large prospective audit in Australia and New Zealand. *Heart*, 100:1281-1288.
2. Australian Institute of Health and Welfare 2022, Australia's health. Snapshot: Biomedical risk factors. 7 July 2022. Canberra: AIHW; 2022. Available from: www.aihw.gov.au/reports/australias-health/biomedical-risk-factors



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