

Annual Impact Report

2025





Thanks to our donors and supporters, we're driving progress in heart research and prevention.

From pioneering discoveries to strengthening communities, your backing makes a real difference every day. Together, we're building a future where more people live longer, healthier lives. We couldn't do it without you.

Ngā manaakitanga – thank you for walking alongside us.



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Strategic plan 2024 – 2027



Our vision

Hearts fit for life.



Our purpose

To stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives.

Strategic goals



Research

Fund heart research and world-class training to save and improve lives.



Support

Advocate for and support New Zealanders with heart disease to live longer and better lives.



Prevention

Positively impact heart health by promoting evidence-based, targeted prevention approaches.



Connection

Build awareness and action for the heart health cause.



Capability

Develop and support our people and evolve the organisation to meet changing needs.

Our impact this year



\$4.9 million invested

in life-saving New Zealand heart research and specialist training for cardiologists.



51,000+ online heart check

risk assessments completed.



14,370+ New Zealanders

talked to a Heart Health Promoter about their heart disease risk factors.



1.2 million audience reached by our blood pressure campaign media coverage.



48,000+

pre-schoolers reached by the Prevention team.



1,100 early learning services supported with nutrition and physical activity.



239,000+ heart health resources distributed.



1.7 million New Zealanders

visited our website: heartfoundation.org.nz.



80% of people over 45 recalled seeing our heart attack warning signs ad, in a nationwide survey.



3,590 health professionals completed one of our online cardiac professional development courses.



In November, our patron Her Excellency The Rt Hon Dame Cindy Kiro held an event at Government House to celebrate New Zealand's heart research community – from those who select and undertake this vital research, to those whose generous donations make it possible.

Overview from the Chairperson

It is with great pride that I present the Chairperson's overview.

I am pleased to report that the Board remains steadfast in its commitment to strong, effective governance and the long-term sustainability of the Heart Foundation.

This year, we welcomed two new directors to the Board, further enhancing our capability with a broader range of perspectives and expertise. Professor Matire Harwood and Dr Raewyn Fisher bring a wealth of experience and have made a significant contribution already.

Sadly, we lost a much respected and admired Board member, Associate Professor Malcolm Legget, who passed away in November 2024. He had served on the Board since 2016 and is greatly missed by Board members and the wider Heart Foundation family.

In his honour, fellow cardiologist and Heart Foundation Chair of Heart Health, Professor Rob Doughty, cycled the length of the South Island raising funds to establish a new overseas training fellowship – the Malcolm Legget Overseas Training and Research Fellowship.

Our Chief Advisor Pacific, Sir Collin Tukuitonga, was made a Professor at the University of

Auckland making him one of two of the world's only Niuean professors. Meanwhile, Dr Matire Harwood became a Professor at the University of Auckland's School of Medicine, and Heart Foundation Hynds Senior Fellow, Dr Andrew Reynolds, became an Associate Professor at the University of Otago.

For me personally, a highlight this year, was a reception hosted by our patron, Her Excellency the Rt Hon Dame Cindy Kiro at Government House to celebrate the heart research community. The researchers we fund continue to push the boundaries of science, and it was a memorable occasion to acknowledge them alongside a number of our generous donors who enable this important work.

The organisation remains in a strong position. The senior management team continues to make solid progress against the strategic plan introduced this year, delivering on key priorities.



Professor Sir Collin Tukuitonga and wife Suzanne Pak at his inaugural lecture with University of Auckland colleagues Professor Judith McCool (far left) and Dr Karaponi Okesene-Gafa (far right).



Professor Rob Doughty raised funds for a training fellowship established in the name of fellow cardiologist and Heart Foundation Board member Associate Professor Malcolm Legget.



Honouring a great

The 2025 New Years Honours list acknowledged the incredible achievements of former Heart Foundation Board member and eminent cardiologist **Associate Professor Malcolm Legget**, who passed away in **November 2024**.

Malcolm received the New Zealand Order of Merit for his services to cardiology and cancer treatment, and the approval of his award took effect on 31 October 2024, shortly before he passed away.

Malcolm was the Director of Echocardiology at Greenlane Hospital between 1995 and 2000 and co-founded the private cardiology group The Heart Group in 1997.

The Group's model of care has resulted in novel procedures and access to services that might otherwise not have been available, ultimately saving many lives. His contributions to the emerging areas of 3D imaging and cardiac CT angiography led to these tools being widely used in New Zealand.

Malcolm had been a Heart Foundation Board member since 2016 and helped raise significant funds for the establishment of the Heart Health Research Trust. As a vital part of the heart health community, a hugely respected clinician and a dear friend to many, Malcolm is greatly missed.

The partnership between the Board and management remains positive, providing continued momentum in achieving our purpose. Looking ahead, we remain focused on the long-term success and sustainability of the organisation.

On behalf of the Board, I would like to thank our senior management team, our dedicated staff, and our many donors, partners and stakeholders for their continued trust and support. Together, we are building a healthier future for all New Zealanders.

Ngā mihi,



Mike Tomlinson

Mike Tomlinson
Chairperson



The year's highlights included the Government's changes to lottery legislation, a successful nationwide blood pressure campaign, \$4.9 million investment into heart research, and Pharmac's funding of a new heart failure drug.

Overview from the Chief Executive

This past financial year, the first year of our refreshed strategy, saw the culmination of two strategic initiatives that have been several years in the making, both of which have significantly advanced our ability to deliver on our charitable purpose.

In October 2024, we welcomed the Government's decision to make permanent the legislation allowing charities to operate fundraising lotteries online, providing long-term certainty for the Heart Foundation Lottery.

A month later, following advocacy from the Heart Foundation, a major milestone was achieved with Pharmac's decision to fund a heart failure medication that benefitted more than 18,000 New Zealanders this year alone. The medication will give someone with the condition an extra six years of life, on average.

Investment in heart research remains at the core of what we do. This year, we invested \$4.9 million into life-saving heart research and specialist training to advance the heart health cause.

As a member of the Global Cardiovascular Research Funders Forum, we announced a new international research challenge focused on transforming the understanding and treatment of women's cardiovascular health.

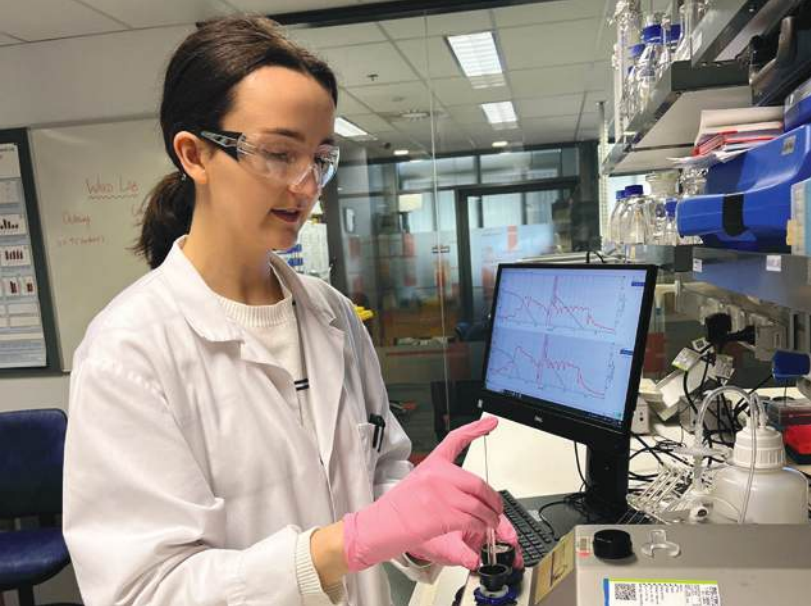
Across the country, our teams engaged directly with New Zealanders. From fostering heart healthy habits in tamariki (children) to delivering heart health education at workplaces and community events, our teams are out in communities, having thousands of conversations with New Zealanders.

This year, we made it easier for people living with heart disease to access information and support from us through the launch of Heart Line, an 0800 helpline, and our Heart Help Live sessions on Facebook, which continue to attract strong engagement.

High blood pressure affects one million New Zealanders and is the single biggest risk factor for heart disease. In May 2025, we launched a nationwide blood pressure awareness campaign designed to encourage New Zealanders to get their blood pressure checked. Our teams undertook blood pressure checks across the country, and an advertising and media campaign supported this activity.

We stepped up efforts to improve the food supply through our Food Reformulation Programme. It was expanded to include non-alcoholic sugar-sweetened beverages, including energy drinks, soft drinks and flavoured water.

Despite economic headwinds, we have been able to engage the people of New Zealand in fundraising for our life-saving work and donors have given generously.



Improving access for heart failure patients

In November 2024, our call for wider access to a heart medication was successful with Pharmac announcing that it will fund a drug used in the treatment of chronic heart failure, a move that has benefitted more than 18,000 New Zealanders in the first year alone.

Heart Foundation Medical Director, Associate Professor Gerry Devlin says access to the medication empagliflozin is great news for people with chronic heart failure with reduced ejection fraction.

Maggie Hunt had a heart attack 12 years ago and lives with heart failure. She was prescribed empagliflozin two years ago and since then her health has been excellent.

While she has been funding the drug herself, she says that widening access will be a significant game changer for many New Zealanders.

“It will allow others like me to live their lives to the fullest. My doctor says I’m a miracle and I intend to keep living my best life.”

“This medication will give a New Zealander with the condition, on average, an extra six years of life.”

– Heart Foundation Medical Director
Associate Professor Gerry Devlin

A highlight of the year was celebrating a milestone with our long-standing partner Jennian Homes – they completed their 100th Heart Foundation Lottery home build.

Looking ahead, I am excited by the opportunities before us – to deepen our impact, extend our reach, and continue to engage with communities across the country.

Thank you to our generous donors, dedicated volunteers, loyal supporters, event fundraisers and corporate partners.

Together, we’re shaping the future of heart health for generations to come.

Ngā mihi,



Clive Nelson
Chief Executive

A bold new era

Heart research is entering an exciting new era, one filled with innovation, possibility and hope. Advances in technology and techniques are progressing quickly, and our understanding and treatment of heart disease continues to improve year by year.

Artificial intelligence can now pinpoint problems faster and with greater accuracy, while cutting-edge techniques, tools and medications are enabling more tailored and precise treatments.

We will continue to invest in research grants, both small and larger scale, as well as overseas training for the next generation of cardiologists, so we can offer world-class treatment here in New Zealand.

At the Heart Foundation, we encourage researchers to be bold in their thinking.

This year we were proud to support a number of pioneering research projects. Among them, Dr Laura Joyce is trialling remote follow-up care for emergency department patients with atrial fibrillation, using a smartphone app.

Meanwhile, Dr Nicola Scott is exploring whether inhibiting a key heart enzyme could help limit damage after a heart attack, and Dr June-Chiew Han, a leading cardiac energetics researcher, is studying how to improve heart energy efficiency to treat right-heart failure.

Two cardiology nurse specialists were awarded funding for advanced training as nurse

practitioners, enabling them to provide a wider range of services for patients in their care.

Continued investment is essential. Funding heart research drives life-saving discoveries, enhances treatments and helps prevent heart disease before it begins.

Thanks to the generosity of our donors and supporters, we are building a healthier future for all.



**Associate Professor
Gerry Devlin**
Medical Director

Heart Foundation Chair of Heart Health, Professor Rob Doughty, presented an update on a large-scale New Zealand clinical trial at the European Society of Cardiology Congress 2025. The study, which involves a number of organisations, hopes to transform how heart attack survivors are treated to avoid having another event.





This year, 47 grants, fellowships and scholarships were awarded to researchers and clinicians across the country.

Investment in life-saving research and training

This year, we invested \$4.9 million of donors' funds into life-saving heart research and training, taking the cumulative total investment to \$96.2 million since the Heart Foundation was established.

From investment in research that's trialling smartphone monitoring for heart rhythm conditions to supporting advanced training for cardiac nurse specialists, this funding makes a difference to the heart health of all New Zealanders.



Grants, fellowships and scholarships awarded in 2025: **47**



Amount invested in 2025: **\$4.9m**



Cumulative amount invested: **\$96.2m**

Women shaping research

Although cardiovascular disease is the leading cause of death among women globally, it continues to be under-recognised and underdiagnosed.

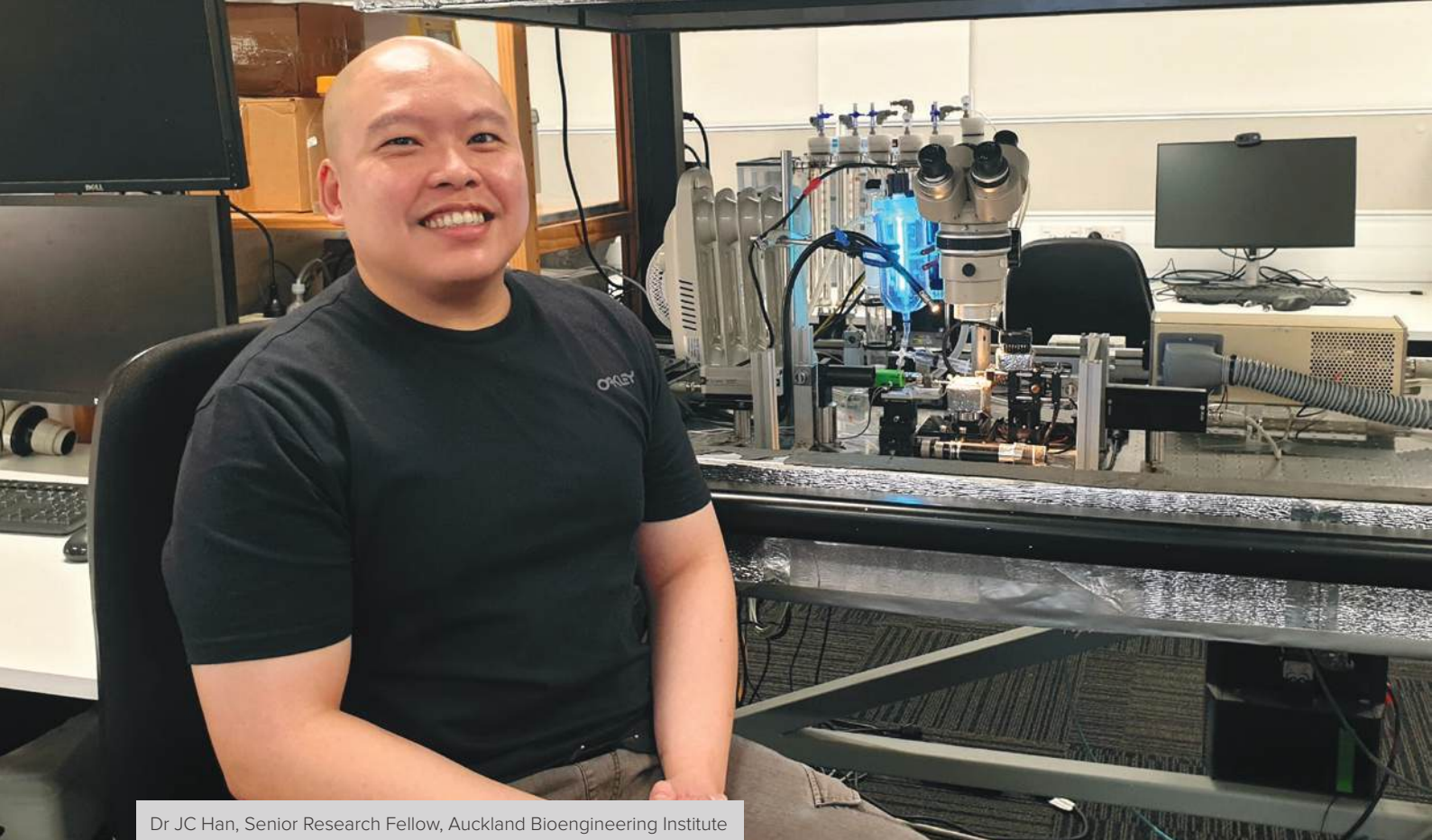
The Heart Foundation will continue to invest in research for women-specific conditions.

As a member of the Global Cardiovascular Research Funders Forum, along with 11 other major funders, we are inviting researchers to compete in a new research challenge that aims to transform women's heart health.

The International Research Challenge on Women's Cardiovascular Health will fund a world-class international research programme for up to US\$10 million over five years.

"I am thrilled that we are part of this international research programme. Closing the women's heart health gap could be a catalyst for improving the lives of hundreds of thousands of women worldwide."

– Heart Foundation Medical Director Associate Professor Gerry Devlin.



Dr JC Han, Senior Research Fellow, Auckland Bioengineering Institute

World-leading research to improve right-heart failure

Dr June-Chiew (JC) Han, from the University of Auckland, received a Heart Foundation Senior Fellowship to study how increasing heart energy efficiency may prevent or treat right-heart failure.

Using advanced equipment developed by the team at the Auckland Bioengineering Institute, JC will precisely measure energy from heart tissue samples.

JC aims to improve the ‘engine efficiency’ of the heart rather than simply repairing its mechanical function. He is testing three synergistic medications on heart tissue samples, with the goal of improving right-heart efficiency and slowing its deterioration.

Right-heart failure, when the right side of the heart muscle isn’t working effectively, is more common in New Zealand than the worldwide average. Often called ‘the forgotten ventricle’, the right side of the heart pumps blood to the lungs, and its failure currently has limited treatment options.

JC’s work is a timely response to this urgent clinical need.

“We already have data showing impaired heart efficiency in right-heart failure. My goal now is to improve this to benefit patients with right-heart failure.”

– Dr JC Han





Dr Laura Joyce, Emergency Medicine Specialist, Christchurch Hospital

Innovative remote monitoring

Dr Laura Joyce, Emergency Medicine Specialist at Christchurch Hospital, received a grant to lead a pilot study improving follow-up care for emergency department (ED) patients with atrial fibrillation (AF).

In collaboration with the University of Otago, the study will trial remote monitoring and nurse-led calls to reduce unnecessary hospital visits, particularly for rural patients.

AF, the most common abnormal adult heart rhythm, causes more than 60,000 annual ED visits in New Zealand, with up to 40% admitted.

Patients will be loaned a smartphone with an app that monitors heart rhythm by placing the phone on the chest. A nurse will call the day after the ED visit to guide app use and check for AF.

This method can check the heart rhythm remotely, avoiding in-person visits and reducing pressure on ED services.

If successful, this approach could transform AF care across New Zealand, particularly for those in remote areas.

Funding generates improvements for patients

A 2017 Heart Foundation research grant has changed the way in which Christchurch Hospital Emergency Department (ED) assesses chest pain, making the system more efficient for patients and freeing up time for cardiologists.

The research, led by Christchurch Hospital ED doctor Professor Martin Than, focused on patients who weren't having heart attacks but needed further cardiac investigation, ordered by a cardiologist some days later.

Martin and his team designed and evaluated a new approach which allows ED doctors to order the investigations. The results of the research showed that the new process was more efficient and had similar outcomes.

While the new pathway is currently used only at Christchurch Hospital, there is hope it will be adopted by other hospitals in future.



Heart Health Promoter Janette White checks Mrs Anne Denniston's blood pressure at a community event in Dunedin.

Blood pressure awareness campaign

A nationwide campaign to tackle high blood pressure, one of New Zealand's most pressing health issues, drew large numbers of people for free checks.

"High blood pressure is a silent killer – it contributes to nearly half of all cardiovascular deaths in New Zealand each year," says Heart Foundation Medical Director, Associate Professor Gerry Devlin. "But it's also controllable. If we can double blood pressure control rates over the next 10 years, we could save 12,000 lives by 2040.

"For every 10-point drop in systolic blood pressure, your risk of a heart event drops by 20%," he says. "We want people to understand what their numbers mean and take small steps that can make a big difference."

High blood pressure affects more than one million New Zealanders. Often symptomless, it is the single biggest modifiable risk factor for heart disease.

The awareness campaign encouraged people to know their blood pressure numbers and take control of their heart health. The advertising campaign reached more than one million New Zealanders on digital platforms and 1.2 million people via media coverage.

More than 2,000 New Zealanders took the opportunity to get checked by the Heart Foundation's team of Heart Health Promoters at more than 100 free blood pressure events from Invercargill to Auckland.

In addition, 70 workplaces and GP practices supported the campaign, displaying resources and running their own awareness raising events.



Tamatea Medical Centre staff hosted an awareness day.



Heart Health Promoter Fraser Heron at Mitre 10 MEGA Rotorua with staff member Daryl Proffitt.



**“We could save 12,000
lives by 2040.”**

- Medical Director, Associate
Professor Gerry Devlin

♥ **1.2 million** audience
reached by media coverage

♥ **1 million+** audience saw
the advertising campaign

♥ **2000+** people had their
blood pressure checked by the
Heart Foundation

♥ **70** workplaces and GP
practices were supported to
run awareness events



**“I’m very lucky
to be alive.”**

Pete Fleming’s dangerously high blood pressure went unnoticed – until it nearly killed him.

Looking back, Pete says the warning signs were there. At a men’s health promotion day, a nurse was alarmed by Pete’s blood pressure.

“She said, ‘That’s one of the highest readings I’ve ever seen. Come back in five minutes for a re-check.’”

Pete laughed it off, “If I’ve only got five minutes to live, I’m going to enjoy myself.”

He didn’t return, a decision he now deeply regrets.

In the days that followed, Pete noticed warning signs – breathlessness on stairs, and even while sitting still on a plane. Then, one April morning in 2015, it all caught up with him.

“I felt strange getting out of bed. I called to my wife to ring an ambulance.”

Paramedics found nothing urgent, but on the way to hospital, Pete deteriorated rapidly.

A CT scan revealed an aortic dissection, a catastrophic heart event which can be caused by high blood pressure.

Pete had life-saving surgery, an aortic valve replacement and a graft. Two years later, he needed more surgery and stents to repair further damage.

Now, Pete checks his blood pressure at home and monitors it regularly.

“I take it seriously now. Knowing my numbers gives me peace of mind. I just wish I’d done it sooner.”



Non-alcoholic beverages are one of the biggest sources of total sugars in the New Zealand diet.

Food Reformulation Programme expanded

The Heart Foundation expanded its Food Reformulation Programme by introducing a non-alcoholic beverage category with a focus on sugar reduction targets for the first time.

Non-alcoholic beverages are one of the biggest sources of total sugars in the New Zealand diet. Among these, sugary drinks are the leading contributor.

Originally launched to reduce salt intake, the Food Reformulation Programme, funded by Health New Zealand | Te Whatu Ora, was extended to include sugar reduction nine years ago.

The programme established the following sugar reduction targets:

- Soft drinks and energy drinks: $\leq 10\text{g}$ sugar per 100ml
- Flavoured waters: $\leq 5\text{g}$ sugar per 100ml
- Fruit drinks: $\leq 9.5\text{g}$ sugar per 100ml

Heart Foundation Food Industry Manager Deb Sue says, “Reducing sugar in beverages is a critical step toward improving health and reducing the burden on the health system.”

Another key achievement was the reduction of sodium in savoury snacks such as potato chips, popcorn and extruded snacks. Reformulation efforts resulted in the removal of approximately 125kg of salt annually from targeted products.



| Heart Foundation Food Industry Manager Deb Sue



Heart Foundation Food Content Specialist Asher Regan



More than 185,000 New Zealanders viewed our heart-healthy recipes during the year.

Healthier twist to trending meals

Each year, the Heart Foundation develops a range of heart-healthy recipes for early learning services, food industry and the wider public.

This year, the team adopted a fresh strategy for recipe creation, focusing on identifying trending meal topics and applying a Heart Foundation twist to create recipes that are popular, delicious and heart healthy.

They enhanced trending recipes by using whole and minimally-processed foods while limiting salt, sugar and saturated fat in line with Heart Foundation guidelines.

The two top-performing recipes, a heart-healthy satay sauce and roasted Cajun chicken and vegetables, each attracted over 10,000 views on the Heart Foundation website, reflecting strong public interest in healthier, easy-to-make options.

Overall, our recipes' section drew more than 185,000 people over the year, highlighting New Zealanders' growing interest in healthier eating.

Heart Foundation Food Content Specialist Asher Regan explains, "We balanced trendiness with nutritional integrity, making healthy eating enjoyable. Recipes were made to be simple,

easy to follow and designed for those who want healthier versions of popular meals."

Recipe development also continued in the early learning space through the Tohu Manawa Ora | Healthy Heart Award programme, which supported around 1,500 services nationwide with tailored recipes that help cooks and kaiako (teachers) prepare safe, nutritious meals aligned with Ministry of Health and Ministry of Education guidelines.



The team adopted a fresh strategy for recipe creation.



Heart Health Promoter Jo Butler talks with Epe Aukuso at Pasifika Christchurch.

Stand Strong sets new record

The Stand Strong campaign, in its third year, continued to reach more New Zealanders, with more than 7,500 heart health conversations undertaken across the country.

Supported by Health New Zealand | Te Whatu Ora, the purpose of the programme is to increase cardiovascular disease awareness among three priority populations: Māori, Pasifika and South Asian people.

Major festivals, hauora (health) days, places of worship, sports and smaller community events provided an opportunity to help identify people's personal risk factors for heart disease.

The Waka Ama National Sprint Championships in January 2025 was the perfect setting for hundreds of paddlers and supporters to talk to our team of Heart Health Promoters. At the Wellington Pasifika Festival, which attracted a crowd of more than 15,000, people were keen to chat about their heart disease risk factors.

"Our attendance at key events demonstrates our commitment to Māori, each kaupapa, and our heart health cause. We've seen the number of whānau engaging with us grow each time," says Kataraina Davis, Chief Advisor Māori.

"It is a great sign that confidence and trust is growing and fear around these conversations is decreasing," she adds.

"One of my favourite whakataukī (proverb) is **Nā tō rourou, nā taku rourou, ka ora ai te iwi**. It means 'With your food basket and my food basket, the people will thrive.' It sums up the success of this kaupapa for me."

– Kataraina Davis, Chief Advisor Māori



Supporting performers and attendees at a Diwali Festival in Christchurch.



Heart Health Promoter Katie Holden discusses heart health with Shade Smith at Waka Ama.



CJ Gilbert (Ngāi Tūhoe, Ngāti Kahungunu, Ngāti Rangiwewehi and Ngaati Wairere)

Simple changes, strong hearts

CJ Gilbert (Ngāi Tūhoe, Ngāti Kahungunu, Ngāti Rangiwewehi and Ngaati Wairere) is one of the faces of the Stand Strong campaign. A high blood pressure reading at one of the events encouraged him to walk the talk.

In a bid to improve his health, he challenged himself to exercise more and committed to healthier eating.

Being there for his whānau is a real motivation for CJ and reflects the kaupapa of the Stand Strong campaign.



Customer Care Representative Sandra Bowd is one of the team that supports New Zealanders after a heart diagnosis.

Helping New Zealanders navigate life after a heart event

For thousands of Kiwis living with heart disease, the journey doesn't end after a diagnosis. In many ways, it's just the beginning.

That's why the Heart Foundation launched a new online support hub and a phone service – Heart Line – to ensure no-one has to navigate life with a heart condition alone.

The new website hub brings together resources and support services in one easy-to-access place, helping people find everything from cardiac rehabilitation and local heart support groups to lifestyle guidance such as Green Prescription.

Heart Line, launched in November 2024, connects people directly with the Heart

Foundation team who can guide them to the right support in their area.

“Living with a heart condition can feel overwhelming, especially in those first few weeks after a diagnosis or hospital stay,” says Heart Foundation Head of Care and Support, Debbie Eastwood.

“We want people to know there's help available and now it's easier than ever to find.”

Connecting online

Cholesterol and the heart was the topic of a popular Heart Help Live session this year. The Facebook Live event had more than 120 attendees and received 5,300 views. Nurse Lead Jane Liggins and Chief Advisor Food and Nutrition Dave Monro were joined by businessman Mike Pero, who shared his personal experience with managing high cholesterol.



Hearts fit for life



We supported attendees at Fieldays, the Southern Hemisphere's largest agricultural event.

Reaching rural regions

We're committed to supporting New Zealand's rural communities, which often face greater challenges in accessing healthcare.

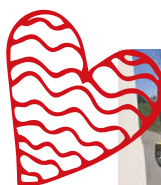
It was a great opportunity to attend the 2025 National Rural Health Conference in Christchurch, which brought together health professionals, researchers, policymakers and community leaders, all working towards better health outcomes in rural regions.

We connected with those on the frontline of rural healthcare and, along with a presentation, we provided clinical resources on blood pressure guidelines and information for heart failure patients.

We also participated in the largest agricultural event in the Southern Hemisphere, Fieldays, as part of the Hauora Taiwhenua Health and Wellbeing Hub.

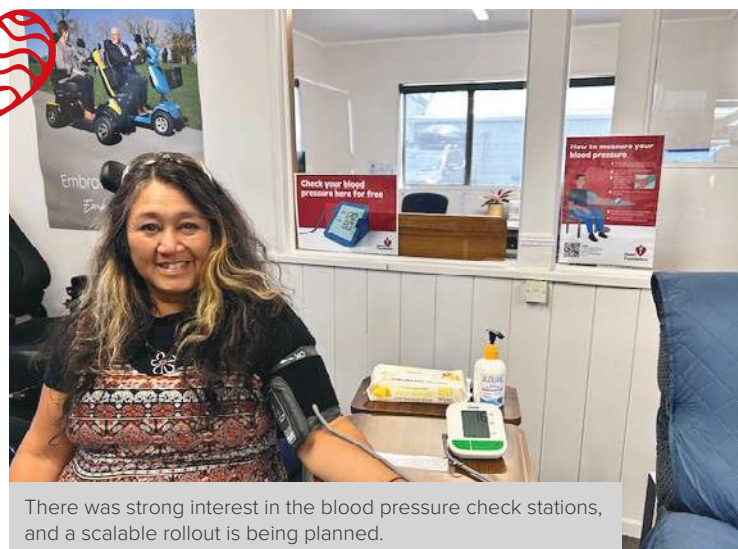
Across four days, we had more than 600 heart health conversations with people. One farmer shared that he hadn't had a check-up in years due to the challenges of travelling into town, and that our presence at Fieldays made getting advice simple and stress-free.

Piloting blood pressure checks



Free, stand-alone blood pressure check stations were trialled in six locations, with a focus on rural regions, to improve access to monitoring equipment and investigate if people would find it convenient to operate themselves.

The stations were located in Taranaki, Bay of Plenty, South Auckland region, Tolaga Bay, the West Coast and Christchurch, and included a public library, community church, Māori health promotion agency, disability support hub and a community centre.



There was strong interest in the blood pressure check stations, and a scalable rollout is being planned.

Nurturing children's heart health

Educating tamariki (children) about nutrition can help grow healthier generations. That's why the Prevention team's focus on reaching more primary schools is vital.

This year, we supported 231 schools, a growth of 50% on last year.

In addition, with funding from Health New Zealand | Te Whatu Ora, we worked with 1,100 early learning services throughout the year, positively impacting the heart health of more than 48,700 pre-schoolers.

Complementing this effort, 746 services took part in the Tohu Manawa Ora | Healthy Heart Award programme, with 129 achieving awards for creating heart-healthy environments.

To support this growth, new webinars, e-newsletters and professional development resources were created to upskill educators on how to positively reframe narratives around food education with children.

These new resources showcased activities to make nutrition education more engaging, hands-on and age-appropriate.

"We are using innovative ways to achieve greater understanding and skill development for tamariki. Our resources are helping children build healthy, positive relationships with food, which is vital for their heart health," Head of Prevention, Justine Munro says.



In 2024, there was a 50% increase in the number of schools we supported.



1,100 early learning services supported



48,000+ pre-schoolers reached



746 early learning services participated in the Tohu Manawa Ora | Healthy Heart Award programme



231 schools supported



Heart health education into new communities

The Heart Foundation’s Pacific Heartbeat team aims to improve the heart health of Pasifika communities in New Zealand through community education.

This year, with generous funding from IntraCare, the team launched a new community partnership project, teaming up with the Kiribati Nurses and Health Professionals Association to deliver two successful heart health events for the Kiribati community.

Hosted across Auckland and Wellington, both events attracted more than 100 people.

These events were co-designed with community members and delivered in the Kiribati language alongside Kiribati health professionals to create meaningful engagement.

Topics included nutrition for heart health, and key risk factors for heart disease such as smoking and high blood pressure.

The success of the events led to an uptake in our Pasifika nutrition courses, funded by Health New Zealand | Te Whatu Ora, strengthening community engagement and health outcomes.

“The events have proven to be deeply impactful, fostering strong connections and adding value to our wider health initiatives,” says Heart Foundation Pacific Heartbeat Manager, Alexandria Nicholas.

The initiative builds on a successful pilot with the Niuean community last year. “With more communities set to benefit, this approach is shaping a powerful, community-led movement for heart health,” Alexandria adds.



This year the number of participants attending specialised training in Pacific nutrition **increased by 23%**



(L to R) Heart Foundation Chief Executive, Clive Nelson, and owners of Jennian Homes, Rebecca and Richard Carver, celebrate an incredible partnership milestone of 100 Lottery homes.

“This is more than just a number; it’s about funding vital research to keep Kiwi families together for longer.”

- Aidan Jury, Jennian Homes

A centennial celebration with Jennian Homes

For the last 100 Heart Foundation Lotteries, our first-prize homes have been expertly designed and built by our major sponsor, Jennian Homes. From Kerikeri to Cromwell, they have helped us provide fully furnished, ready-to-enjoy properties to lucky winners – changing their lives forever.

Alongside their amazing sub-contractors and product partners, the entire Jennian team have been generous champions of heart health in New Zealand.

Aidan Jury of Jennian Homes says, “We’re overjoyed to have built 100 Jennian Lottery Homes with the Heart Foundation. This is more than just a number; it’s about funding vital research to keep Kiwi families together for longer while creating homes filled with love and memories.”

“Every home is meticulously crafted with our wonderful supporters in mind,” says Alison Wheatley-Mahon, Heart Foundation Head of Fundraising and Partnerships. “We are so grateful to Jennian Homes for not only providing incredible properties for our Lottery, but also for helping to make a life-saving difference in the fight against heart disease.”



The 2025 Hynds Tour of New Zealand team.

Embarking on the ride of a lifetime together

The Tour of New Zealand is an epic, biannual, five-day journey through some of our country's most rugged but beautiful terrain. As a chosen charity for the April 2025 event, the Heart Foundation was thrilled to be supported by 41 of the 130 participating riders as they embarked on this ride of a lifetime.

This incredible race started in Christchurch, where our team of riders caught the train to Greymouth and cycled across more than 400 kilometres of stunning scenery to finish at the Crown Range Summit.

Our big-hearted supporters at Hynds Group have been involved with the Tour of New Zealand since its inception, entering teams in all previous seven races.

Since 2012, their staff, customers and supporters have pedalled more than 3,000 kilometres, helping

to raise vital funds for heart health programmes.

"This has fast become a great tradition to be involved in. The countless hours of training and early mornings, gruelling terrain and aching muscles are instantly worth it when we see the good we achieve together on each tour. We know it's all for a cause that provides life-changing support for so many New Zealanders every week," says Stacey Millar of the Hynds Tour of New Zealand team.



More than 6,000 people signed up to walk, run, cycle or swim 42km to raise funds for heart research.

Heartwarming efforts seen in MyMarathon's second year

After the outstanding success of MyMarathon's 2024 debut, it was inspiring to see so many caring supporters – both new and returning – lace up to walk, jog or run 42 kilometres throughout May.

A notable number of MyMarathoners were inspired to take part because of their own experience with a heart condition.

MyMarathon was the perfect way for Rob Moke to shine a light on undiagnosed heart conditions like his own. When Rob saw MyMarathon advertised online, he knew it was his chance to raise awareness and life-saving funds to help others.

"I feel like I've been lucky to have access to the resources that events like this help fund," he says. "So that's why I wanted to give back."

We were thrilled to see such an incredible effort made by our supporters in this year's MyMarathon – and look forward to a third year of success in 2026.



Rob Moke was inspired to take part after his own experience with heart disease.

This year, we saw...



6,000+ kind-hearted people sign up



A collective **203,566km** covered



That's **127** lengths of New Zealand!



All done in the name of **fighting heart disease**



Teaming up with AIA Vitality in this year's MyMarathon

This year, our valued partners at AIA Vitality amplified their tremendous support through a match-giving campaign as part of MyMarathon.

Over a 24-hour period, they pledged to match every dollar fundraised – doubling the impact – up to a total value of \$21,000.

AIA's Chief Product and Marketing Officer, Alex Kühnast, says, "As a proud partner of the Heart Foundation for the past five years, we were excited to get behind MyMarathon, the Heart Foundation's newest campaign. Our purpose, as the country's largest life insurer, is to support all New Zealanders to live Healthier, Longer, Better Lives, and MyMarathon was a great way to bring people together around a shared goal of getting active and supporting a meaningful cause, while fostering friendly competition and promoting physical wellbeing."

It was incredible to see how motivating AIA Vitality's contribution was for our MyMarathon participants – we reached our goal in just a matter of hours!

"Matching donations is a powerful way to amplify the impact of every contribution," Alex continues. "By doubling donations, we not only increase the funds raised but also inspire more participation and generosity from our community."

Our sincerest thanks to AIA Vitality for their ongoing support in the fight against heart disease.





15 New Zealanders shared their heart stories as part of the campaign.

Our supporters have the biggest hearts of all

This February, it was truly heartwarming to see thousands of Kiwis join in the fight against heart disease in this year's Big Heart Appeal. As our biggest fundraising event of the year, we were incredibly grateful to see so many Kiwis coming together to save lives.

More than 3,000 kind-hearted volunteers took to the streets on Friday 21 and Saturday 22 February to support the Big Heart Appeal street collection. It made our hearts sing to see so many smiling faces connecting with members of their community, sharing stories and raising life-saving funds for heart research.

Big Heart Appeal street collection volunteer, Annemarie, says, "Volunteering is easy – it's not scary at all. People are kind and supportive, and you meet such nice people in your community.

"I do it for my daughters, for my family, and for all the families who have been touched by heart disease. It's important to keep raising awareness and funds so that we can make a difference."

As part of the wider Big Heart Appeal campaign, 15 New Zealanders shared their heart stories, reminding everyone that "heart disease can affect anyone".

From familiar face Mike Pero, to Heart Foundation-funded researcher Dr Janice Chew-Harris, these tales were inspiring, heart wrenching, and truly drove home the importance of beating our country's single biggest killer.

One of these storytellers, Aleisha, tells us why sharing her story in the Big Heart Appeal campaign meant so much to her.

"Supporting the Heart Foundation is personal for me – it's about giving others the same opportunities I've had to live a healthy, happy life," she says.

"Donating to the Big Heart Appeal helps many families like ours. It means a lot to all of us," adds Aleisha. "Continuing research and funding are so important so others can live good, healthy lives just like I have."





A hop, skip and a jump towards life-long heart-healthy habits

Once again, we were delighted to be the chosen charity for School Fun Run's Jumping June event.

We felt widespread support across the country as hundreds of New Zealand schools took part in this fun, free, and rewarding event. It was amazing to see so many children grab their skipping ropes, learn about their hearts and raise life-saving funds.



In 2025...

230 schools from the top of the North Island to the bottom of the South Island joined Jumping June.

More than **48,000** kids had a blast skipping.

Following his heart: Professor Rob Doughty

Renowned cardiologist and Heart Foundation Chair of Heart Health, Professor Rob Doughty, took on a massive feat this February to raise vital funds for the Heart Foundation.

Setting off from Nelson on Saturday 22 February, he embarked on an incredible journey to cycle the length of the South Island. During his ride, he passed through St Arnaud, Hanmer Springs, Christchurch, Geraldine, the Lindis Pass, Wānaka, and finished in Bluff.

Professor Doughty has been a champion for heart health for more than half his life, but this cause became much closer to home when he experienced his own shock heart attack in 2015.

“I owe my life to the incredible dedication and expertise of my friends and colleagues, who provide this level of care day in and day out to countless others facing heart attacks. This experience underscored for me the value of New Zealand’s highly trained healthcare workforce,” he reflects.

He also chose to ride in memory of his dear friend and former Heart Foundation Board member, Associate Professor Malcolm Legget, who sadly passed away in November 2024.

“I wanted to continue Malcolm’s passion for advancing heart health by ensuring future generations of New Zealanders have access to the education and training needed to prevent, treat and manage heart disease.”

Every kilometre Rob rode contributed to this cause, helping the Heart Foundation invest in research, training and resources that will shape the future of cardiovascular care in New Zealand.



Professor Rob Doughty (centre) before departure with Head of Fundraising and Partnerships Alison Wheatley-Mahon and Medical Director, Associate Professor Gerry Devlin.



En route, cycling through Christchurch.

Rob’s achievement



1,110km
cycled



An ascent of
8,246m



An incredible
\$70,000+
raised



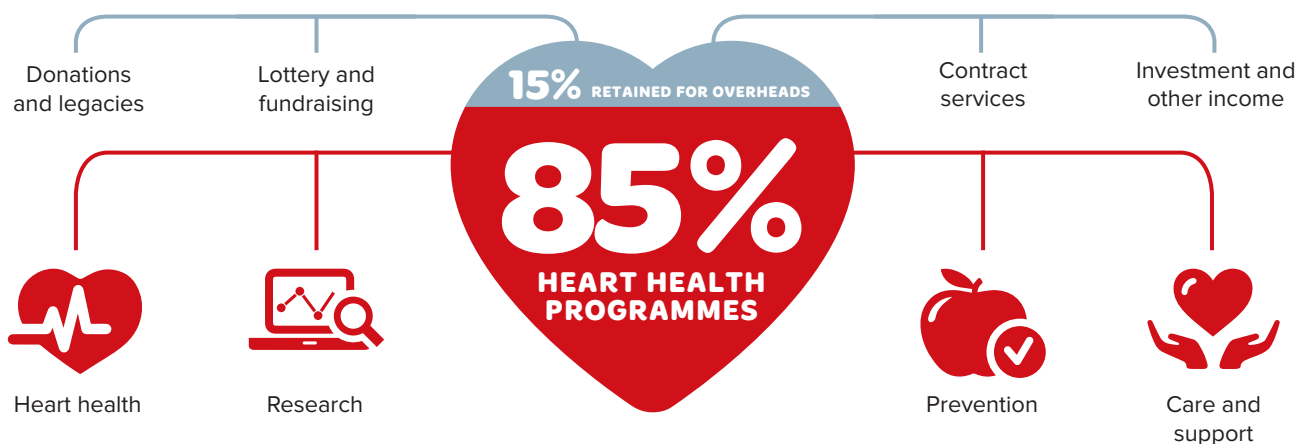
Statement of accounts

Consolidated statement of comprehensive revenue and expense.
For the year ended 30 June 2025 in New Zealand dollars.

	2025 \$000	2024 \$000
Revenue		
Fundraising and lottery ticket sales	22,043	19,698
Donations and legacies	12,284	13,507
Contract services	3,904	3,860
Investment income	3,899	3,123
Other income	999	802
Total revenue	43,129	40,990
Direct expenses	(20,708)	(19,499)
Operating surplus	22,421	21,491
Other expenditure		
Research – grants & administration	(6,025)	(5,626)
Public Health	(3,683)	(3,585)
Pacific Heartbeat	(1,328)	(1,273)
Heart Healthcare	(3,930)	(3,597)
Programme support	(2,840)	(2,731)
Depreciation, disposals and amortisation	(690)	(862)
Total other expenditure	(18,496)	(17,674)
Net surplus for the year	3,925	3,817

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

Support directed into heart health



Board of directors

The Board is responsible for the governance of the Heart Foundation, determining its policies and overseeing the strategic plan and its implementation. Board committees include the Finance, Risk and Audit Committee and the Scientific Committee.



Mike Tomlinson

Mike Tomlinson is Chairperson of the Heart Foundation Board and a member of the Finance, Risk and Audit Committee. He is currently a director of the Appliance Network Society, Vintage Harvest Holdings (Acacia Cove Retirement Village), Liberty Funding Ltd, and Food First Ltd. Mike was a partner in Ernst and Young for 30 years and served a wide range of clients during this time. Currently, he is a director of several companies as well as maintaining an accounting and advisory practice.



Faye Sumner CNZM

Faye Sumner is Deputy Chair of the Heart Foundation Board, a member of the Finance, Risk and Audit Committee, and Chair of the Heart Health Trust. She is a former Chief Executive Officer for the Medical Technology Association of New Zealand, a role she held for 21 years. Faye is a trustee of the University of Auckland Medical and Health Sciences Foundation and a director of Pharmaco (NZ) Ltd. In 2018, Faye was appointed Companion of the New Zealand Order of Merit (CNZM) for her services to the medical technology sector.



Steve Anderson

Steve Anderson is the Director of AWPT Limited. He was previously Managing Director of Foodstuffs New Zealand, Chief Executive Officer of Foodstuffs South Island and General Manager of Sales at Mainland Products. Steve has held senior roles with Shell Chemicals in both New Zealand and the United Kingdom, contributing to his background in international business administration.



Dr Raewyn Fisher

Raewyn is an experienced clinical cardiologist with a special interest in heart failure, rheumatic fever and rheumatic heart disease, coronary disease and hypertension. She is the former Director of Cardiology at Waikato Hospital and has led the Waikato Heart Failure Service. After 25 years at Health Waikato, she moved to new cardiology challenges, working in Te Tai Tokerau and developing cardiology services across Northland, where she is now based.



Wayne Fletcher

Wayne Fletcher chairs the Finance, Risk and Audit Committee and has held governance roles in both New Zealand and overseas companies. He is currently Director of AMACO Professional Services Ltd, and he was formerly the Chief Financial Officer and Executive Director at Bauer Media Group. Wayne also held chief operating officer and executive director positions at British multinational advertising and public relations company WPP for several years, as well as Alzheimers NZ. Wayne's background includes senior leadership in financial management, digital strategy, and information technology.



Professor Dr Matire Harwood KSM (Ngāpuhi, Ngāti Hine, Ngāti Rangi ki Moerewa)

A dedicated advocate for Māori health, Matire (Ngāpuhi, Ngāti Hine, Ngāti Rangi ki Moerewa) is an accomplished researcher and leading academic in her role as the Deputy Dean of the Faculty of Medical and Health Sciences at the University of Auckland. Matire is also a primary care GP; in July 2022, she was awarded the prestigious Community Service Medal from the Royal New Zealand College of General Practitioners for her services to Māori hauora during the COVID-19 pandemic.



Aroha Hudson (Ngāti Whātua, Ngāpuhi)

Aroha Hudson (Ngāti Whātua, Ngāpuhi) is Chief Executive Officer of HealthWEST Limited. She is a chartered accountant and holds a Master of Business Administration. Aroha holds other governance positions at various organisations including Auckland PHO and Te Hononga O Tāmaki Me Hoturoa.



Professor Sir Jim Mann KNZM

Professor Sir Jim Mann KNZM is a Professor of Medicine at the University of Otago and a trustee of the Otago-Southland Diabetes Research Trust. He is Director of the Edgar Diabetes and Obesity Research Centre at the University of Otago, and the New Zealand-China Non-Communicable Diseases Research Collaboration Centre. In 2022, Jim was made a Knight Companion of the New Zealand Order of Merit for services to health.



Ian Sutcliffe

Ian is a member of the Finance, Risk and Audit Committee and is a chartered member of the Institute of Directors. He was a co-founder and director of AA Smartfuel and now has interests in a number of start-up businesses, along with being a mentor under the Business Mentors NZ programme. He has previously held directorships and trustee positions with McDonald's Restaurants (NZ), Ronald McDonald House Charities, Sir Peter Blake Trust (alternate trustee), and Home of Cycling Charitable Trust. Ian was part of the executive teams for both McDonald's and Westpac in New Zealand.

Board meeting attendance and FRAC attendance

	Attendance Board Meetings	Attendance FRAC
Mike Tomlinson (Chair)	4 of 4	4 of 5
Faye Sumner CNZM (Deputy Chair)	3 of 4	3 of 5
Steve Anderson	4 of 4	N/A
Associate Professor Gerry Devlin***	4 of 4	N/A
Dr Raewyn Fisher**	3 of 3	N/A
Wayne Fletcher	3 of 4	4 of 5
Professor Dr Matire Harwood KSM**	2 of 3	N/A
Aroha Hudson	4 of 4	N/A
Malcolm Legget*	1 of 1	N/A
Professor Sir Jim Mann KNZM	4 of 4	N/A
Clive Nelson ***	4 of 4	5 of 5
Ian Sutcliffe	4 of 4	5 of 5

*Malcolm Legget ceased to be a director from 1 November 2024.

**Professor Dr Matire Harwood and Dr Raewyn Fisher were appointed to the Board on 18 September 2024 and were elected at the 20 November 2024 Board meeting.

*** Chief Executive Clive Nelson and Medical Director, Associate Professor Gerry Devlin attend Board meetings but do not have voting rights.

Scientific Committee

The Scientific Committee reviews research funding applications and makes recommendations to the board for approval. It is chaired by the Heart Foundation's Medical Director.

Associate Professor Gerry Devlin
(Medical Director)

Dr Joshua Agnew

Professor Rob Doughty

Dr Ben Hudson

Associate Professor Regis Lamberts

Associate Professor Ian LeGrice

Professor Rachael McLean

Clive Nelson
(Chief Executive)

Associate Professor Anna Pilbrow

Associate Professor Katrina Poppe

Dr Anna Rolleston

Professor Richard Troughton

Associate Professor Mark Webster

Finance, Risk and Audit Committee

The Finance, Risk and Audit Committee (FRAC) governs the fiscal sustainability of the organisation along with risk and compliance.

Wayne Fletcher (Committee Chair)

Ian Sutcliffe

Clive Nelson (Chief Executive)

Mike Tomlinson

Faye Sumner CNZM

Senior Management Team

Clive Nelson – Chief Executive

Justine Munro – Head of Prevention

Debbie Eastwood – Head of Care and Support

Mark Simpson – Head of Shared Services

Phillipa Hain – Head of Marketing and Communications

Alison Wheatley-Mahon – Head of Fundraising and Partnerships

Chief Advisors

Kataraina Davis – Chief Advisor Māori

Brian Scott – Chief Advisor Strategic Planning and Development

Associate Professor Gerry Devlin – Medical Director

Professor Sir Collin Tukuitonga – Chief Advisor Pacific

Dave Monro – Chief Advisor Food and Nutrition

Solar panels powering savings

In 2025, as part of the Heart Foundation's ongoing commitment to reducing its carbon footprint, 63 solar panels were installed on the rooftop of Te Whare Manawanui, our office in Auckland.

The system is expected to generate around 51,000kWh of clean energy each year, cutting carbon emissions by 3.5 tonnes of CO₂ annually. This reduction comes from displacing grid electricity that would otherwise be generated from fossil fuel sources.

Over its 25-year lifespan, the installation will prevent an estimated 88 tonnes of CO₂ from entering the atmosphere – the equivalent of planting 160 fully grown trees.

Already, the solar panels have enabled a 17 per cent reduction in the power bill for the head office, a saving of \$8,500 per year.

Our sincere thanks to the Meridian Energy Community Decarbonisation Fund for generously funding the solar panels and their installation.



63 solar panels were installed on the rooftop of the Auckland office.

Heartfelt thanks

A huge thank you to our kind-hearted supporters. You make a difference to thousands of New Zealanders every day. Without your tremendous commitment to the cause, we could not achieve our work in communities across the country. Together, we are at the heart of change.

A. H. Couch Trust	Fit Limited
Acorn Foundation	Four Winds Foundation
AIA NZ	G.R. Winn Trust
Alma Milne	Grace Alison Craston Charitable Trust
Andrew and Jenny Smith	Graeme Manson Charitable Trust
Aotearoa Gaming Trust	Graham Still
Betsy and Michael Benjamin	Gus and Premila D'Mello
Beverley Newton	Hutt Valley Heart Trust
Blue Star Group (NZ) Ltd	Hynds Foundation
Boehringer Ingelheim New Zealand	Hynds Pipe Systems
Brian Wackrow	IntraCare
Bruce McIntosh	J R Sime Memorial Charitable Trust
Claire Mulholland	Jennian Homes
Dianne Aubin	Jennian HOMES
Dorothy Cutts	Jill Couch
Dr Peter and Mrs Jan Ruygrok	Jon and Deborah Turnbull
Dr Peter Rothwell	Kathleen McPhillips Charitable Trust
Dragon Community Trust	Kenneth Ronald Boyce Foundation
E & W White-Parsons Charitable Trust	Kingdom Foundation
Ernest Hyam Davis and Ted and Mollie Carr Legacies	Kiwi Gaming Foundation



Mainland Foundation

Margaret Winn

Margery and Douglas Bassett

Meridian Energy Community
Decarbonisation Fund

Mike and Debbie Street

My Food Bag

N R and J H Thomson Charitable Trust

Nanette White

N H Taylor Charitable Trust

Nova Charitable Trust

One Foundation

Pelorus Trust

Perpetual Guardian

Professor Rob Doughty

R & A J Francis Charitable Trust

Raizor – Insurance for Good

Rano Community Trust

RHCNZ Medical Imaging Group:
Auckland, Bay and Pacific Radiology

Room-Simmonds Charitable Trust

Royston Health Trust

Southland Medical Foundation

The Dowdall Trust

The Estate of Ian Munro Sexton

The Estate of Nelson Alexander Moore

The Estates of Ross Alexander Stevenson
and Ralph James Tait

The Hilda Curtis Charitable Trust

The Jack Jeffs Charitable Trust

The Lion Foundation

The Lois McFarlane Charitable Trust

The North and South Trust Ltd

The Reed Charitable Trust

The Trustees of the Ray Watts Charitable Trust

The Trusts Community Foundation Ltd

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

Unichem and Life Pharmacy

Verna Harley

W N Pharazyn Charitable Trust



To help save lives, donate
at heartfoundation.org.nz
or call 0800 830 100



Te Whare Manawanui, 9 Kalmia St, Ellerslie

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The Heart Foundation is a registered charity (CC23052) under the Charities Act 2005