

Aide-Mémoire

Introductory meeting with the New Zealand Heart Foundation

Date due to MO: 26 February 2024 **Action required by:** N/A

Security level: IN CONFIDENCE **Health Report number:** H2024036454

To: Hon Dr Shane Reti, Minister of Health

Consulted: Health New Zealand: Māori Health Authority:

Contact for telephone discussion

| Name | Position | Telephone |
|---------------|--|-----------|
| Michelle Mako | Director, Hauora Māori Tūmatanui, Public Health Agency | s 9(2)(a) |

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- Details of meeting:** You are meeting with Clive Nelson (Chief Executive) and Ben Youdan (Policy Lead) of the Heart Foundation, on 28 February 2024, 9:00 to 9:30am at your office in the Beehive.
- Michelle Mako, Director Hauora Māori Tūmatanui and Ross Bell, Group Manager Strategy and Engagement, from the Public Health Agency will attend the meeting.
- Purpose of meeting/proposal:** This is an introductory meeting between the Heart Foundation and the Minister of Health. The Heart Foundation wish to discuss their recent call for a National Heart Health Plan.
- The Heart Foundation have also invited you to attend a Heart Health Check on Parliament grounds on 19 March and may wish to discuss the nature of your participation in this event.
- Comment:**
- This aide-mémoire provides you with brief talking points to support your discussions with the Heart Foundation, and brief attendee biographies (Appendix 1 and 2).
 - This aide-mémoire discloses all relevant information.



Michelle Mako
Director Hauora Māori Tūmatanui
Public Health Agency | Te Pou Hauora
Tūmatanui

New Zealand Heart Foundation

- The Heart Foundation is New Zealand's leading heart charity, with a mission *to stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives.*
- The Heart Foundation delivers expert advice, support and education on heart health and positive lifestyle choices in communities across New Zealand.
- In 2023 the Heart Foundation:
 - Invested \$4.4 million in research and specialist training for cardiologists.
 - Undertook more than 53,000 My Heart Check, online heart health risk assessments.
 - Removed 580 tonnes of sugar from food products.
 - Distributed more than 70,000 heart health resources.
 - Had more than 1.3 million visitors to heartfoundation.org.nz.
- Health New Zealand | Te Whatu Ora (Health NZ) contracts the Heart Foundation to provide:
 - Nutrition and physical activity health promotion services, including:
 - Supporting Pacific communities to improve their health and wellbeing.
 - Providing support to schools and early learning services to improve their physical activity and food environment.
 - Work with the food industry to implement food reformulation targets for sodium and sugar in manufactured foods.
 - Cardiovascular support services to
 - Improve awareness of the benefits of heart health.
 - Help improve equitable cardiovascular outcomes for priority groups through better management of cardiovascular disease risk.

White Paper on Heart Health

- In July 2023 the Heart Foundation released a White Paper outlining priorities for a national heart health action plan: *Healthy Hearts, Healthy Nation*.¹ The White Paper sets out the following key areas for action:
 - Set ambitious and achievable national targets for better heart health.
 - Reduce the risk of heart-related disease through prevention.
 - Reduce barriers for families to accessing affordable healthy food and physical activity.
 - Education settings become health promoting environments that set up children for life.
 - Reduce smoking rates among all New Zealanders to under 5% by 2025.

¹ <https://www.heartfoundation.org.nz/about-us/news/media-releases/heart-foundation-reiterates-urgent-call-for-a-national-heart-health-action-plan>

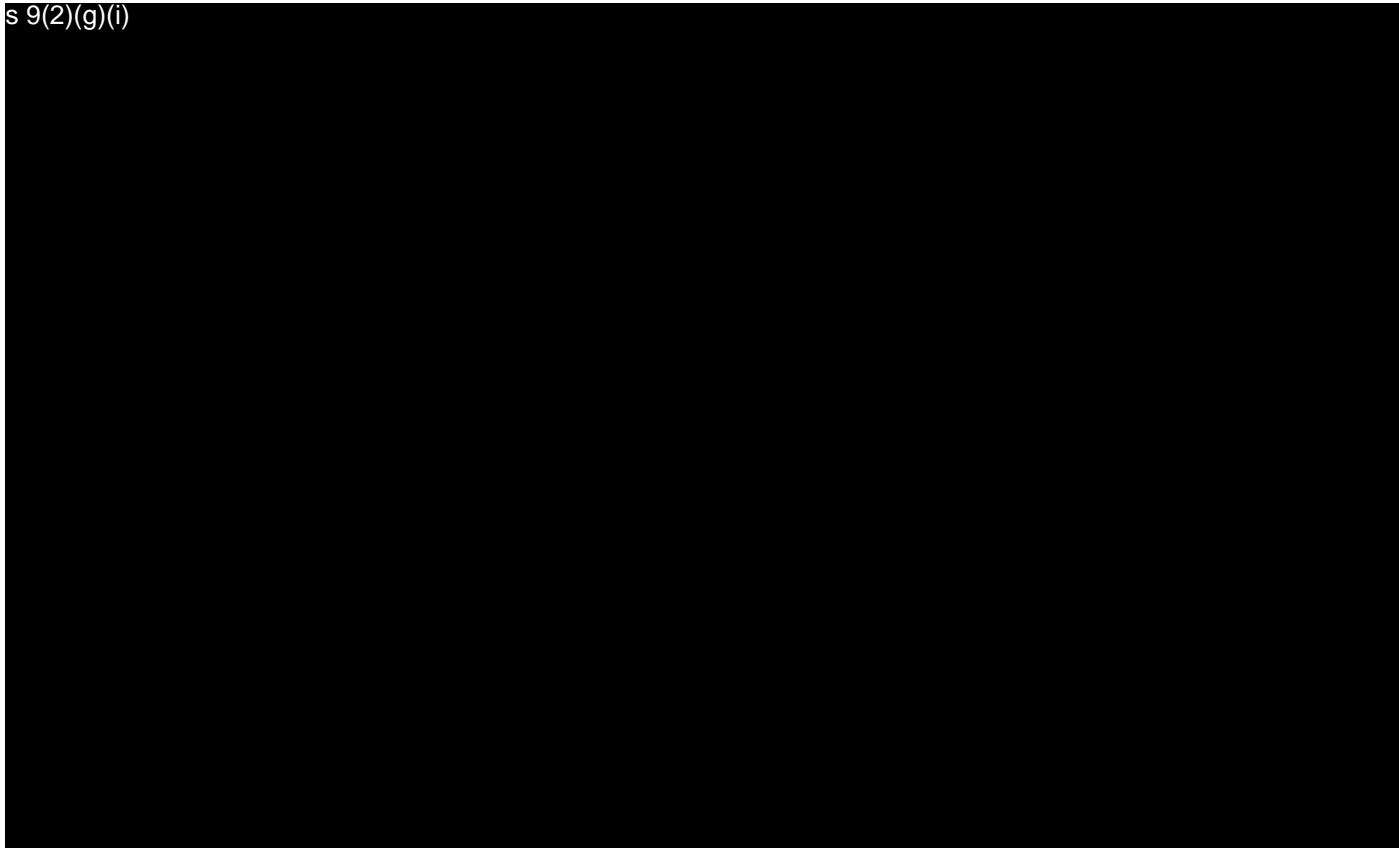
- Early detection and management of heart disease.
 - Resource, encourage and support primary health care, allied health and community providers to routinely risk assess and manage all eligible New Zealanders for cardiovascular disease
 - Improve hypertension awareness, diagnosis and management by 25% by 2030.
- Timely access to evidence-based and effective care and support.
 - Give communities at high risk of heart disease a voice in how to remove the barriers to accessing timely heart health care and be accountable for the response.
 - Ensure all New Zealanders with established heart disease have sustainable and timely access to the best treatment, care and support with transparent reporting of performance metrics.
 - Educate New Zealanders about heart attack symptoms and how to access emergency health care promptly.
- Increase survival rates for out-of-hospital cardiac arrest.
 - Include CPR and automated external defibrillator (AED) training as part of the school curriculum.
 - Address the inequitable access to AEDs in the community.
- A more transparent and accountable health system.
 - Track performance for the prevention and management of heart disease using key performance metrics.
 - Resource health, social and community services to achieve heart health goals.
- Support a world class health workforce to translate research into practice.
 - Ensure translation of life saving research into practice.
 - Attract and sustain a high-quality health workforce where it is needed.

Alignment with Te Pae Tata

- Te Pae Tata, Interim New Zealand Health Plan 2022 included a focus on chronic health conditions, including cardiovascular disease. Priority actions within the plan included:
 - Implement accessible and nationally consistent clinical pathways for diabetes, cardiovascular diseases, respiratory conditions, stroke and gout, supporting specialist teams to integrate with primary and community care providers to create seamless pathways for whānau.
 - Identify and support Māori and Pacific non-governmental organisations to work with whānau with chronic conditions to support self-management of their conditions.

Appendix 1: Talking points

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PROACTIVE

Appendix 2 – Heart Foundation attendee biographies

Clive Nelson, Chief Executive



Clive Nelson joined the Heart Foundation as Chief Executive in August 2019. An experienced leader of people, Clive brings established networks and a track record of partnership, collaboration and innovation to New Zealand's heart health charity. Prior to joining the Heart Foundation, Clive was the Chief Executive of the Government's Health Promotion Agency for 7 years from its creation in 2012. He has previously held executive and general management roles in the public and private sectors. Clive is MBA-qualified and a Chartered Member of the Institute of Directors.

Ben Youdan, Policy Lead



Ben has been with the Heart Foundation since 2017, although has been associated with the organisation for much longer. Ben also spends 2 days a week as Director of Action on Smoking and Health (ASH). His role at the Foundation is to advise on their strategic focus, in particular, around understanding how cardiovascular disease affects different population groups. He led the work on the Heart Health White paper and is currently leading the work around the heart health check event at Parliament on 19 March 2024.