



HEART &
STROKE
FOUNDATION



How
caring
hearts
are
changing
the future

2015
REPORT
TO
DONORS



Thank you for creating more survivors

Your support in 2015 saved lives and helped improve the health of families in communities across Canada.

The pages that follow are filled with examples of how your generosity created impact. Thanks to you, research is transforming our knowledge of how to treat and prevent heart disease and stroke. Thanks to you, thousands more Canadians know how to respond quickly and effectively to stroke and cardiac arrest. And thanks to you, we conducted essential health promotion programs and activities in schools, recreation centres and healthcare facilities across the country.

And yet there is so much more to do. The need to fund life-saving research on heart disease and stroke is more urgent than ever, as other sources of research dollars decline. We must keep improving the health and fitness of Canada's youngest and most vulnerable citizens. And with your help, we will build on the critical support we provide to the growing number of people living with the devastating effects of heart disease and stroke.

There's more. Inspired and moved by the Truth and Reconciliation Commission's recent calls to action, the Heart and Stroke Foundation committed to help address the grim social and economic determinants that put the Indigenous peoples of Canada at a dramatically increased risk for heart disease and stroke, compared to other Canadians. Redressing these health inequities is a huge task, and an urgent one.

With help from you and other donors, we can and will meet these challenges.

We are profoundly grateful for your support. Thank you!

Rod McKay
Chair, Board of Directors
Heart and Stroke Foundation

Andrew Cockwell
Vice-Chair, Board of Directors
Heart and Stroke Foundation

Meeting needs with action

Every year, heart disease and stroke cut short or profoundly change too many lives in Canada.

Your donations fund the research and programs that meet this challenge head-on, channeled to three key target areas:

Need

Prevent disease



9 in 10 Canadians have at least one risk factor for heart disease or stroke.

Reduce key risk factors by empowering Canadians of all ages to learn about and establish healthy lifestyles.

Save lives



Every 7 minutes in Canada, someone dies from heart disease or stroke.

Reduce deaths by enabling faster, better cardiac emergency and stroke response and treatment.

Promote recovery

1.6 million

1.6 million people and their families live with the devastating effects of heart disease or stroke.

Improve quality of life by enhancing supports for people newly diagnosed with these diseases and their families.


Action

Together, these actions bring us closer each day to the Foundation's impact goals:

- Reduce risk factors for heart disease and stroke by 10% by 2020.
- Reduce the death rate from heart disease and stroke by 25% by 2020.



In the pages to come, we're proud to share highlights from advances you made possible in 2015.



We see a lot of positive things happening. Now we're trying to spread the word and get more people involved.

– Community Champion volunteer with Healthy Communities Initiative



Rallying communities to build healthier kids

There's a basketball court in a small Manitoba community that gets a little more use than it once did. That's where an after-school program often brings out about 60 elementary school children for three-on-three basketball.

The action on the court means more kids in Leaf Rapids, population 453, are getting regular physical activity. That helps reduce their risk of heart disease and stroke.

Your donations are making it easier for more children and youth to get a healthy start in life, through the Heart and Stroke Foundation Healthy Communities Initiative. It was launched last year in Leaf Rapids and nine other remote communities in northern Manitoba's Frontier School Division.

The stakes couldn't be higher. Without decisive action, today's kids will be the first generation of Canadians to have shorter lifespans than their parents. Almost one in three are overweight or obese, and only seven per cent get the recommended 60 minutes or more of physical activity a day. In many Indigenous communities — including some of the Frontier towns — limited resources make the challenges even steeper.

The Healthy Communities Initiative set out to create sustainable change. A facilitator drew people in each town together with their school, to identify and work toward changes that would support better health in their children and youth. Some communities focused on physical activity, while others chose healthy eating or tobacco awareness.

"We see a lot of positive things happening. Now we're trying to spread the word and get more people involved," said one Community Champion, a lead volunteer with the program.

The government of Manitoba, impressed with the potential, stepped up to fund the initiative through two more years. That gives the communities crucial time to implement sustainable plans, such as walking and ski trails, tobacco awareness programs and activities addressing social and emotional health.

The Healthy Communities Initiative is just one way you are helping give kids a healthier future. Your support also funds researchers like Dr. Patti-Jean Naylor, an associate professor in the School of Exercise Science, Physical and Health Education at the University of Victoria. She is evaluating the guidelines that govern food sales in recreation and sports facilities across three provinces. Although these facilities provide healthy activity opportunities, Dr. Naylor points to the vending machines and kiosks that typically stock sugary drinks and processed snacks. Her study is researching ways to make healthy food choices more available to children and families.

In Leaf Rapids, meanwhile, a new generation is discovering the joy of physical activity.

THE NEED

9 in 10 Canadians have at least one risk factor for heart disease or stroke. Here are some ways your donations empower more children and adults to make healthy changes that will help them live longer:

YESTERDAY

Funded 1990 research that revealed the first genetic link to premature heart disease.

IN 2015

Engaged a record 977,200 children in healthy activity and learning through Jump Rope for Heart.

Brought to nearly 860,000 the number of Canadians who have taken the first steps to better health with the Heart&Stroke Risk Assessment.

TOMORROW

Work with Indigenous peoples to help redress the health inequities that double their risk of heart disease and stroke.

THE NEED

Every 7 minutes in Canada someone dies from heart disease or stroke. Your support helps save more lives in cardiac and stroke emergencies. Here are some ways:

YESTERDAY

Funded research, education and advocacy that led to use of the clot-busting drug tPA, which can help erase the effects of a stroke.

IN 2015

Completed a three-year federal program that placed 3,200 life-saving AEDs (automated external defibrillators) in arenas and rinks, and trained 25,000 Canadians to use them — saving lives now and in the future.

Co-funded research on a revolutionary procedure that cuts stroke deaths by 50 per cent, by quickly pulling clots out of the brain.

TOMORROW

Make life-saving AEDs as common as fire extinguishers in public spaces across Canada.

Spreading the skills that keep hearts beating

A friend in need, they say, is a friend indeed. No one knows that better than Daphne Hodgins of Tsawwassen, BC. Daphne's friends literally brought her back to life.

At 45, Daphne seemed healthy. The mother of three ate well and exercised regularly, often heading out on early morning runs with friends. It was on one of those runs that she collapsed without warning. Within seconds, one of her running mates, who happened to be a CPR (cardiopulmonary resuscitation) instructor, was searching for Daphne's vital signs. Unable to find a pulse, she started chest compressions right away. She kept Daphne alive long enough for paramedics to restart her heart.

A cardiac arrest can occur at any time, at any age. It happens nearly 40,000 times a year in Canada — on average, once every 13 minutes. Only five per cent of people survive a cardiac arrest when it occurs outside of a hospital. But when bystanders step up to perform CPR in combination with an automated external defibrillator (AED), the likelihood of survival doubles.

Daphne is alive today because of her quick-thinking companions and because of donors like you. The Heart and Stroke Foundation is Canada's leader in resuscitation science, translating the latest research findings into guidelines relied on by healthcare and first aid professionals throughout North America.

An update to those guidelines in 2015 stressed the importance of equipping everyday Canadians with the knowledge and skills to perform CPR, among other changes.

Also in 2015, the Foundation partnered with the Canadian Institutes of Health Research (CIHR) to fund research that will improve cardiac arrest survival rates. Together the organizations pledged \$3 million over five years to the Canadian Resuscitation Outcomes Consortium (CanROC). This research initiative, with sites across Canada, will investigate new resuscitation drugs, tools and techniques, plus ways to make ordinary Canadians more aware and more willing to perform CPR.

Most critical of all is the CPR training made possible by Foundation donors. In 2015 your support meant that 289,000 clinicians, first responders and other professionals upgraded or learned new skills, and another 221,000 lay rescuers and ordinary Canadians learned to save a life with CPR and an AED.

Daphne Hodgins is one of them. She has become a CPR advocate. Her story inspired her community to organize CPR and first-aid courses. In the weeks following her cardiac arrest, Daphne began rebuilding her strength, eventually beginning to run again. She has since run a marathon.

"I feel so grateful not only to the friends that I was with, but the first responders, the hospital, the doctors, and everyone along the way that put things into place so I could still be here," she says. "There are other people who aren't so fortunate. Every single day I think about it."



“

There are other people who aren't so fortunate. Every single day I think about it.

”

- Daphne Hodgins

“
So much of my
recovery I owe
to exercise
I did with my
rehabilitation
team.”

- Sarah-Ann Duchesne

”

A better future for more stroke survivors

Sarah-Ann Duchesne survived a stroke she never saw coming. It happened last summer, on a camping trip with her boyfriend, David. “I was in the tent and feeling fine,” recalls the 27-year-old Montrealer.

Suddenly she had trouble speaking. “I tried to get up, but the right side of my body refused to cooperate.”

As an occupational therapist, Sarah-Ann knew the signs of stroke. And she had seen the Foundation’s ads for FAST, a simple way to recognize a stroke. As a wave of panic swept over her, she mentally ran through the FAST checklist.

Face — is it drooping? Arms — can I raise both? Speech — is it slurred or jumbled? Time — to call for emergency help. With all the strength she could muster, she managed to tell David she was having a stroke. He called 9-1-1.

At the hospital, doctors found a clot lodged in Sarah-Ann’s brain and immediately administered tPA. It’s a clot-busting drug that restores blood flow and can significantly reduce the chances of long-term disability. Without immediate attention, she almost certainly would have died or become disabled.

FAST — and her own actions — helped save Sarah-Ann’s life. Research helped get her back on her feet.

Like many of the more than 400,000 Canadians who are living with the effects of stroke, she had to relearn how to walk and how to pick something up. For other survivors, cognitive deficits can make it difficult to think and function.

“So much of my recovery I owe to exercise I did with my rehabilitation team,” says Sarah-Ann.

With your support, Heart and Stroke Foundation researchers are redefining the role of exercise in stroke recovery. For example, Dr. Teresa Liu-Ambrose is investigating how resistance training (working with weights) helps the brain recover from a stroke — not just the physical effects, but also improving cognitive function and even mood.

“Current evidence strongly supports the role of physical activity in promoting cognitive and brain health,” says Dr. Liu-Ambrose, professor of physical therapy and director of the Aging, Mobility, and Cognitive Neuroscience Laboratory at the University of British Columbia in Vancouver.

She hopes her research will lead to targeted exercise training that could improve outcomes for stroke survivors. Dr. Liu-Ambrose is just one of hundreds of researchers who have received funding from Heart and Stroke Foundation donors now and in past years, to develop new and innovative ways of helping stroke survivors make the fullest recovery possible.

Meanwhile, Sarah-Ann has regained the mobility she lost on her right side. Thanks to rehab she was able to resume work and also get back to her favourite activities, including swimming, running and cycling.

THE NEED

1.6 million people in Canada live with the effects of heart disease and stroke. Your donations enhance support systems and fund research to help them recover and improve their quality of life. Here’s how:

YESTERDAY

Introduced a model of organized stroke care in 1999 that revolutionized diagnosis, treatment and recovery, positioning Canada as a leader worldwide.

IN 2015

Launched *Your Stroke Journey*, a comprehensive guide that helps stroke survivors and their families manage their recovery.

Funded game-changing research in regenerative medicine aimed at helping the heart repair itself after a heart attack.

TOMORROW

Fund continuing development of world-leading innovations in stroke recovery through the Canadian Partnership for Stroke Recovery.

THANK YOU

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"My family has a history of heart disease and I wanted to take action. When you believe in an organization, you want to be as generous as you can be."

Irfhan Rawji

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"My father died in 1990 due to complications from heart disease. My goal is to help families, businesses and communities become more knowledgeable about these diseases. We make a living by what we get; we make a life by what we give."

Carol Morgan, President, Canadiana Developments Ltd.

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"It's a way to help ensure that Foundation research keeps translating into better treatments. We hope to inspire others to support cardiac research and groundbreaking therapies well into the future."

Loran and Carol Wright



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dreid@hsf.on.ca
647-943-3037

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dhastings@hsf.ab.ca
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514-871-8038 ext. 227

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Allison Kesler, CEO
akesler@heartandstroke.mb.ca
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maryann.butt@heartandstroke.ca
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