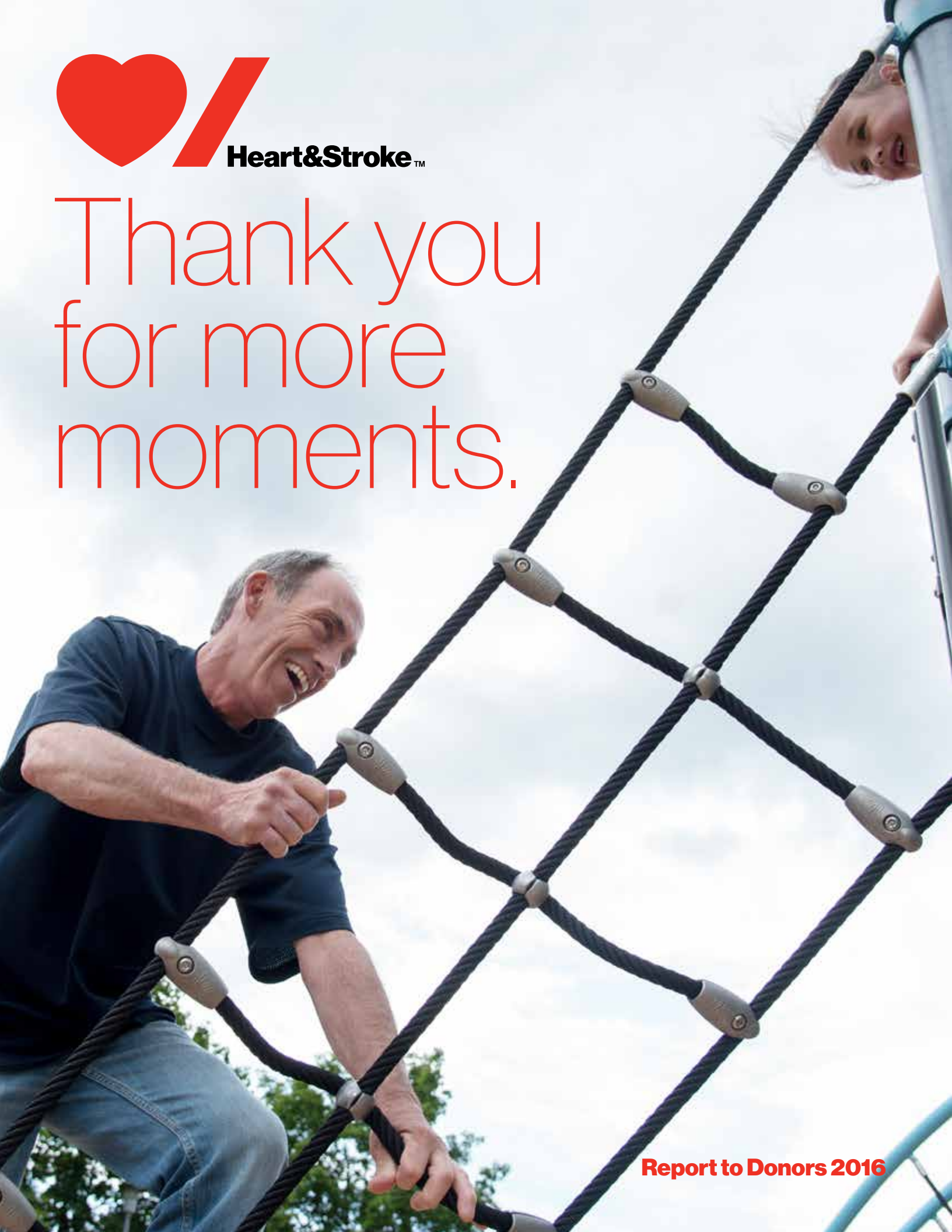




Heart&Stroke™

Thank you
for more
moments.



Report to Donors 2016

From our Chair and CEO

Last year was a pivotal one for Heart & Stroke. Together we underwent a transformation — in our image, in our attitude, and in our renewed commitment to saving lives. Thank you for being a part of this bold change.

In the pages that follow, you'll see advances made possible by your donations in 2016: Research that is bringing people back from death, innovation that's delivering breakthrough stroke treatment to more Canadians, and an audacious campaign to protect our kids from heart disease, stroke and other chronic diseases.

In 2016 we launched our new logo — Heart & Stroke's first brand update in 60 years. This striking new look is about much more than a logo. It's about reigniting passion for a cause that's touched countless Canadian families.

This transformation is critical if we're to succeed against the urgent threats we face. Heart disease and stroke still take one life in Canada every seven minutes, and our aging population has stretched healthcare spending to its limits.

With your continuing support, we are ready to confront these challenges and fund the breakthroughs that will save and improve more lives.

Heart & Stroke is evolving to save more of the moments Canadians cherish. Thank you for being part of the new commitment we are making to Canadians: Life, we don't want you to miss it.



A handwritten signature in black ink that reads "Andrew Cockwell".

Andrew Cockwell
Chair, Board of Directors
Heart & Stroke



A handwritten signature in black ink that reads "Yves Savoie".

Yves Savoie
Chief Executive Officer, Canada
Heart & Stroke

Cover: Stroke survivor Bill Logan with his granddaughter, Haylie, in Langley, BC.

Photo: Scott McAlpine

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Life's best moments aren't the big ones. They're the billions of little ones. Thank you for making countless Heart & Stroke moments possible in 2016. Here are just a few.



Researcher Dr. Kim Connelly explains his work to the family of the late Tina Pineda.



Getting in the groove at the Heart & Stroke Run and Walk for Heart in Montreal.



Volunteers share blood pressure info at the Heart & Stroke Chinese Health Forum.



Photo: Diane + Mike Photography

Stroke survivor Paige, age 7, and her little brother Cole show off their moves.

Canadians are embracing the new Heart & Stroke! Since our brand identity and website launch in November, early market research shows the new brand is **strengthening Canadians' intentions** to donate to Heart & Stroke.



Life. We don't want you to miss it.™



Dr. J. Christenson
Dept. of Emergency Medicine



**Conquering
a killer**
Your support is saving
lives from cardiac arrest

Dr. Jim Christenson

Dr. Jim Christenson believes in asking questions. In the emergency department, he tells his medical residents to question everything he does, and everything they do. “I teach them to ask: How do I know what I’m doing is in the best interest of the patient?”

Until recently, there have been few answers when it came to cardiac arrest. About 40,000 times a year in Canada, someone’s heart stops without warning — maybe at home, at work or at the rink. In most communities the survival rate is approximately 10% for a cardiac arrest outside the hospital.

“It’s one of the most dramatic and devastating events for a family,” says Dr. Christenson, head of emergency medicine at the University of British Columbia. “Now we have the opportunity to change that in a significant number of cases.”

Dr. Christenson co-leads the Canadian Resuscitation Outcomes Consortium (CanROC), an ambitious, five-year research initiative involving three sites across Canada and co-funded by Heart & Stroke donors.

With CanROC in its second year, you can hear the excitement in his voice as he describes the results: “I would never have guessed that just measuring each individual component of cardiopulmonary resuscitation, and encouraging good quality CPR, could improve survival so much.”

How much? Survival rates have literally doubled in some sites.

Most of the answers are coming out of CanROC’s pioneering registry of cardiac arrests. The research teams log and analyze details of each incident, including bystander response (did someone do CPR? for how long?), ambulance wait time, paramedics’ actions and more. Data from defibrillators provides specifics such as the depth of chest compressions.

Analyzing these details, the researchers are learning what works best in an attempt to keep someone alive — factors such as pace and pauses in chest compressions. They then feed this information back to emergency medical services so they can use it to save more lives.

The research has revealed the impact of simple changes, such as equipping emergency dispatchers to coach callers in CPR while they wait for the ambulance. “It used to be that about 17% of people would get bystander CPR,” Dr. Christenson says. “Now about 50% get it because the dispatchers are encouraging and teaching.”



CanROC started in Ottawa, Toronto and Vancouver; work is now underway to expand the registry to sites in all 10 provinces. “We’ll be able to help these other centres improve survival from cardiac arrest,” Dr. Christenson says.

Plus, the growing registry will provide more powerful data to answer the countless questions that remain — questions like the effects of prolonged CPR, and the effectiveness of specific interventions including drugs.

Dr. Christenson says the findings from this work and earlier research saved 150 lives in British Columbia alone last year. Extrapolating across Canada, this research means potentially hundreds or even thousands of families could get a loved one back from cardiac arrest each year.

To bring back the number of people we do from a sudden unexpected death **is a true miracle.**

Dr. Jim Christenson

More life-saving advances you supported in 2016

Teaching Canadians to save lives

Heart & Stroke works with partners to help Canadians learn CPR and first aid. In 2016 we trained more than 315,000 clinicians and first responders, and educated another 216,000 lay rescuers and everyday Canadians.

Opening a window on heart failure

Heart & Stroke researchers developed a new imaging technique that reveals metabolism within heart cells. This breakthrough could one day help people with heart failure live longer, by providing a way to detect it earlier.

Agents of change

These donors helped launch
a revolution in children's nutrition





Brian and Joannah Lawson with celebrity chef and activist Jamie Oliver.

Joannah Lawson traded in a lucrative career in corporate change management when she decided to train as a nutritionist. Her first pregnancy had sparked a passion to understand the health impacts of our diet.

Now a mother of three, she's working on the biggest change of her life: to transform the way Canadian children eat.

Joannah and her husband Brian are determined to protect the next generation of kids from the unhealthy diet that has set too many children on course for heart disease, stroke and other chronic diseases, and that has contributed to tripling the rates of childhood obesity since 1979. Experts predict that today's children may be the first generation to have shorter lifespans than their parents.

The Lawsons are looking to Heart & Stroke to lead the way to a healthier future.

They donated \$1 million to support increased awareness and advocacy campaigns aimed at restricting food and beverage marketing to kids, and helping Canadians reduce the amount of sugary drinks they consume. These funds, along with a donation from the Sprott Foundation, have enabled Heart & Stroke to create the building blocks for decisive action.

For example, new research, first reported in the Heart & Stroke Report on the Health of Canadians, reveals that over 90% of food and beverage product ads viewed by kids and teens online are for unhealthy products, and collectively kids between the ages of two and 11 see 25 million food and beverage ads a year on their top 10 favourite websites.

As parents, the Lawsons understand what's at stake with the enormous marketing budgets used to target kids. "It's an uneven playing field for parents," Brian says. Adds Joannah: "Getting at children can have a significant impact on their attitudes towards food throughout their lives."

It's an issue they're committed to for the long haul. The Joannah and Brian Lawson Centre for Child Nutrition within the University of Toronto funds research to better understand how nutrition affects child development.

Meanwhile, their support of Heart & Stroke is a game changer. While the federal health minister is mandated to take action restricting food and beverage marketing to kids, bold advocacy led by Heart & Stroke will ensure she delivers on this commitment with legislation that fully protects children and youth.

It's an **uneven playing field** for parents.
Brian Lawson

To truly give kids a healthier start will require years of concerted effort to produce regulations and enforcement that works. With the Lawsons' support, and yours, Heart & Stroke will be there, working tirelessly to make this happen.

More ways you supported kids' health in 2016

Using technology to increase healthy behaviour

Heart & Stroke researchers Dr. Sarah Kirk and Dr. Daniel Rainham put the finishing touches on their Froogie app, which uses interactive fun to encourage children and families to eat more fruit and vegetables.

Getting kids active

In the 2015-16 school year, Heart & Stroke Jump Rope for Heart engaged more than 919,000 children in 3,340 schools across Canada to get active and learn about healthy living.

On the edge

You helped Bill Logan access world-leading stroke treatment

Bill Logan enjoys playground time with his granddaughter, Haylie.

Bill Logan was installing a roof on a Vancouver office building when he suddenly felt dizzy. His arms and legs went numb. “I sat down and I kept feeling worse,” recalls Bill, 57.

He knew right away he was having a stroke. Unable to speak, he let his coworkers hoist him into a bucket that was lowered by a crane to the ground. Paramedics loaded him into an ambulance minutes later and alerted the emergency department at Vancouver General Hospital that they were en route. VGH is the regional comprehensive stroke centre.

Bill didn't know it during those frightening moments, but he was about to experience the most advanced stroke treatment in the world, thanks to a unique integration of cutting-edge science and countless details foreseen and planned by Canada's leading stroke experts.

Rewind, to a landmark clinical trial called ESCAPE, led by Heart & Stroke researchers. It showed that a treatment called endovascular thrombectomy (EVT) cuts death rates in half and dramatically reduces disability from some strokes, by removing the blood clot via a catheter inserted through an artery, usually in the groin. Success relies on speed, split-second coordination among a multidisciplinary team, and access to equipment such as a CT scanner.

After ESCAPE's breakthrough came the challenge: how to turn this procedure into the standard of care for Canadian hospitals coast to coast.

That's where the Canadian Stroke Best Practice Recommendations come in. This initiative, supported by Heart & Stroke donors, brings the latest stroke research to frontline professionals. The best practices team — with Heart & Stroke's Dr. Patrice Lindsay leading a panel of volunteer experts — got to work establishing recommendations, benchmarks, requirements for training, equipment and more, plus ongoing advice to help hospitals deliver EVT with the best possible outcomes.

Vancouver General had already been performing EVT when possible. But the new evidence and guidelines transformed their approach. “They required us to re-engineer our stroke care pathways to determine how we could best provide more seamless, 24/7/365 service,” says Dr. Philip Teal, director of the Vancouver Stroke Program at the hospital. “New treatments stretch available resources; guidelines that establish standards of care are very helpful.”



The hospital used to do about 30 EVTs a year. Now, with patients coming from all over the province, it has done 90 over the past 10 months alone.

Bill Logan was semi-conscious during his CT scan, then blacked out. A few hours after the procedure to remove the blood clot, he had regained some speech; within days he was speaking almost normally. Back home in Langley, he was soon going for walks with his wife, Shelley. “I'm very fortunate,” says Bill. “The procedure is amazing.”

With 23 hospitals across Canada now performing EVT, the next goal is to ensure access for even more patients, with Heart & Stroke Canadian Stroke Best Practices leading the way.

The new guidelines
required us to re-engineer
our stroke care pathways.

Dr. Philip Teal, Vancouver Stroke Program

More stroke advances you made possible in 2016

Preventing strokes

Researchers tested a new adhesive “patch” heart monitor that could provide faster, easier detection of atrial fibrillation — one of the most common and treatable causes of stroke.

Promoting recovery

In 2016, Heart & Stroke provided free copies of Your Stroke Journey to 68% of Canadians admitted to hospital for stroke. The guide helps them understand the effects of stroke and manage their recovery.

2016 Caring Hearts Circle

Lifetime Members

These extraordinary individuals and organizations have given \$25,000 or more cumulatively as of December 31, 2016.

\$1 Million+

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My Heart & Stroke contributions **empower Chinese Canadians** to live healthy active lifestyles, and support research, interactive workshops, screenings, the Chinese Health Information Forum, Sing For Your Heart, and Cantonese and Mandarin online and print materials to provide life-saving resources.

Dr. Gordon Moe

Chinese Canadian Council President, Heart & Stroke funded researcher and lifetime member, Caring Hearts Circle

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I believe everyone should dance at their grandchildren's weddings and **no one should lose a child to a heart attack or stroke.** I decided to host a jazz evening where my guests enjoyed talented musicians and we raised \$26,000. It is my pleasure to raise donations for research, education and awareness of the impact of healthy lifestyles.

Olive McDonald

Member of the Manitoba provincial board, volunteer and donor

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In 2016 these generous Canadians helped fund future breakthroughs by leaving a gift through their Estate.

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**I give
because...**

God forbid, but you could be the beneficiary of some of the research being done. I've been tremendously fortunate in my life and it's good to share that. I have Heart & Stroke in my Will. When you see a cause that is **out to better the lot of mankind**, it's pretty hard to deny that.

Ken Hutton

35-year volunteer who has named Heart & Stroke in his Will

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This will go to a cause that I believe in. And it will help down the road to **stop people from having heart attacks** and hopefully educate them to take better care of themselves. You don't have to be a multimillionaire to make a charitable donation. Anyone can do it.

Ann Douglas

Long-time volunteer who has named Heart & Stroke in her Will

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Jon Affleck

General Manager, Baking, Cooking and Spreads Company – Canada, Unilever

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Email **Leslie McCarley, Vice President, Development** at LeslieM@heartandstroke.ca



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