

Te Hā Ora

Asthma and Respiratory Foundation

Annual Report



Asthma +
Respiratory
FOUNDATION NZ

2022



Contents

President's report	4
Chief Executive's report	6
Māori engagement	8
Improving clinical best practice	10
Improving self-management	12
Security and stability	16
Leaders in respiratory health	18
Vaping education and advocacy	20
Campaigns	22
Raising our national profile	24
Dedicated and experienced board	26
Committed team	28
Our supporters	30
Structure and governance	31
Financial report	32
Directory	45

Respiratory disease in New Zealand

Respiratory disease is the

3rd

leading cause of death in NZ¹

Asthma affects

1 in 8

adults and children³

700,000

people live with a respiratory disease in NZ

98

people die from asthma each year – that's nearly two people per week¹

6,644

people are newly diagnosed with COPD each year⁴

113

children are diagnosed with bronchiectasis each year⁴ and 132 die from bronchiectasis annually¹

That's

1 in 7

New Zealanders



Our vision

Be the leaders in respiratory health knowledge to improve respiratory health outcomes for all.

Our mission

Develop and support respiratory health best practice through partnering, research, training and education.

Our three-year vision is...

For the Foundation to be recognised as the commissioning agent for respiratory health by partnering with key stakeholders to achieve positive respiratory health outcomes in areas identified as high need.

[1] Ministry of Health NZ, Mortality web tool

[2] Ministry of Health NZ, New Zealand Health Survey, Adults, self-rated health

[3] Ministry of Health NZ, New Zealand Health Survey, Children, parent-rated health

[4] The Impact of Respiratory Disease in New Zealand: 2020 Update. Te Hā Ora: Asthma and Respiratory Foundation NZ and University of Otago



President's report

On behalf of the Trustees, it is my pleasure to again report on the activities of the Asthma and Respiratory Foundation over the past financial year ending 30 June 2022.

It has been another year marked by COVID-19 disruptions, with the Foundation's Chief Executive Letitia Harding and her team having to be adaptive and innovative to deliver on our strategic goals. As a Board, we have been pleased at how ably the ARFNZ team has managed this period of uncertainty and change, while continuing to deliver vital education, advocacy and research.

One key innovation launched during this year was the digital asthma classroom, now available to all New Zealand schools in English and te reo Māori. The move to an e-learning platform was born of necessity, as COVID-19 restrictions made delivering our live educational shows very difficult. By creating a digital classroom, the Foundation has removed this barrier, and made this important resource more readily available to teachers and students.

Another significant development was the appointment of a new position for the Foundation, our first Māori Community Liaison. This role is part of our wider strategy to work alongside Māori partners to achieve positive respiratory health outcomes. Our first appointment is in Tairāwhiti, and work is already well underway to create meaningful connections that will lead to impactful change.

The Foundation continues to provide valuable leadership in best practice treatment of asthma and COPD through its guidelines. Over the past year, the team has worked to disseminate the guidelines widely throughout the respiratory health sector and has significantly increased the uptake of its Fundamentals eLearning course, an online training option for health professionals.

Research underpins all the work we do at the Foundation, so it was wonderful in the last year to deliver two substantial pieces of research. The first was the 2020 update on 'The impact of respiratory disease in New Zealand' report which outlined the most recent data on six respiratory conditions: asthma, bronchiectasis, childhood bronchiolitis, childhood pneumonia, chronic obstructive pulmonary disease (COPD) and total respiratory disease. This report provides us with essential data to use in advocacy, research and to supply to media and the public.

The second piece of work was a survey of 19,000 secondary students on their vaping habits. The Foundation cooperated with the Secondary Principals Association of New Zealand to produce a comprehensive report on a subject where information has been lacking. The findings provided important insights and have guided ARFNZ's advocacy on this topic.

The ongoing financial effects of COVID-19 continue to create uncertainty for charitable organisations. With no Government funding, the Foundation is dependent on grants, donations and support from the New Zealand community. The team strives to create reliable and regular funding to enable the core work of the Foundation to continue. It has been fantastic to see the growth in our corporate sponsorship programme, Friends of the Foundation, over the past two years. It is encouraging to find so many likeminded organisations willing to support the Foundation's goals.

We are also deeply grateful to ongoing support from Pub Charity and the many individuals and groups throughout New Zealand who generously contribute to our work.

Over the last year, the Foundation has been very visible in the media talking on a range of important issues including inequities in respiratory health and youth vaping. The team have also continued to build a wide audience through the Foundation's website, social media and our e-newsletter database, meaning our valuable resources and information are reaching more New Zealanders than ever.

The Foundation's strategic goals are reviewed at the Board's quarterly meetings with Letitia reporting against our goals, outcomes and deliverables. Annually, we review the strategic plan to ensure our goals line up to the needs of the respiratory community. I would like to thank our Trustees for dedicating their time, and their wide range of skills to the Board.

It's the people that make an organisation, and the Foundation is very privileged to have a dedicated, passionate team led skilfully by our Chief Executive Letitia Harding. Letitia brings immense professionalism, vision and commitment to this role and continues to be a strong advocate for our respiratory community.

We are also backed by New Zealand's leading health experts through our Scientific Advisory Board. Their insights and knowledge are greatly valued by the Board.

Sir John Clarke, the Foundation's Chief Cultural Advisor – Māori, contributes invaluable wisdom to the Board and team, helping us to have a deeper appreciation and understanding of Te Ao Māori.

Finally, I want to offer my sincere thanks to our community of supporters, stakeholders and partners who share our vision for improved respiratory health outcomes for all New Zealanders. We will continue to strive towards this goal.

Ngā mihi
John G. Knight
 President

Our strategic areas...	How we have been making a difference...
<p>Increasing Māori engagement</p>	<ul style="list-style-type: none"> • Appointment of first Māori Community Liaison to the Tairāwhiti region to focus on building strategic partnerships and providing resources to communities • Launching of Heremana te Kōpūtōtara Mātauranga Huangō, a digital asthma classroom in te reo Māori • Translations of new resources and continued distribution of te reo materials
<p>Improving clinical best practice</p>	<ul style="list-style-type: none"> • Significant growth in Fundamentals eLearning course enrolments • Continued promotion of Asthma and COPD guidelines to health professionals
<p>Improving self-management and understanding of respiratory care</p>	<ul style="list-style-type: none"> • Launch of Sailor the Pufferfish digital classroom • Produced asthma and COPD self-management resources in Tongan • Ongoing dissemination of resources
<p>Maintaining financial stability and security</p>	<ul style="list-style-type: none"> • Grew Friends of the Foundation programme • \$31,000 raised in fundraising campaigns • \$406,200 received in grant funding
<p>Becoming leaders in respiratory health education</p>	<ul style="list-style-type: none"> • Release of 'The impact of respiratory disease in NZ report 2020 update' • Attending and presenting at three sessions of international respiratory body GARD • Undertaking one of the world's largest surveys on youth vaping • Launching a series of vaping educational videos • Submitting on and supporting the Smokefree Environments and Regulated Products (Smoked Tobacco) Amendment Bill
<p>Raising the national profile of respiratory health in New Zealand</p>	<ul style="list-style-type: none"> • Gaining regular and high-profile coverage in broadcast, print and digital media • Growing our respiratory audience to 16,000 social media followers and 8,000 people in our digital audience • Continuing to increase our website views and engagement



Chief Executive's report

It is always wonderful to take this time as CE to reflect on all that we have achieved over the past 12 months, especially over what has been quite a challenging year (or two). Our small, but dedicated, team works hard to bring you our very best, and the annual report is a way of showcasing our achievements on behalf of the Foundation.

The Foundation has certainly risen to its vision statement of being 'Leaders in respiratory health knowledge to improve respiratory health outcomes for all New Zealanders', with significant milestones being achieved over this challenging, financial year.

The first of these milestones was the appointment of Sharon Pihema as our inaugural Māori Community Liaison in the Tairāwhiti region. Sharon's appointment marked the next stage in our engagement strategy with Māori health providers, as we strive to address the respiratory health burden shouldered by Māori. Sharon is working with local hauora groups and schools to understand the respiratory needs of her community.

Partnering with organisations and groups that really understand their communities is important to the Foundation. We were once again honored to have the support of Te Taura Whiri i te Reo Māori in bringing our digital te reo Māori asthma educational show Heremana te Kōpūtōtara Mātauranga Huangō to life. The digital learning model reduces barriers to access for our often- remote Māori medium kura across Aotearoa. This was especially important when restrictions on school visits were in place due to the pandemic.

The Foundation also continues to highlight the impact of respiratory conditions on New Zealanders through regular reporting such as the 2020 update report on 'The impact of respiratory disease in New Zealand', which was released last year after Covid-19 delays. These reports paint a compelling picture of the ongoing respiratory inequities in New Zealand and form the basis of our advocacy work as we campaign for greater Government support for respiratory health.

This year, of course, saw a major health reform enacted with the disestablishment of District Health Boards, to make way for Te Whatu Ora - Health New Zealand and Te Aka Whai Ora – The Māori Health Authority. Te Whatu Ora was established to run the health system across New Zealand, with functions delivered at local, regional, and national levels, while Te Aka Whai Ora was established to lead a new approach to Māori health.

The Foundation is hopeful that these new bodies represent an opportunity for respiratory health to be made a national priority, and we will continue to work for this to be the case.

After taking over management of the Asthma & COPD Fundamentals e-learning course in 2021, the Foundation has seen the number of health professionals completing this course grow and grow. It is pleasing that our e-learning tools are working for health professionals so we can all be on the same page when it comes to better management of asthma and COPD.

We also continue to assess and update our asthma and COPD resources to provide simple, practical, evidence-based recommendations for the diagnosis, assessment, and management of these conditions in clinical practice. Many of these resources are also available in te reo Māori, Tongan, Samoan and simplified Chinese.

Each year, my staff answer thousands of enquiries from people who have questions around resources and support for their respiratory condition, and from health professionals wanting further information about our tools and research. We are also getting an increasing number of enquiries from concerned parents, schools, and asthma societies about the issue of youth vaping. The Foundation's Don't Get Sucked In website has become a vital tool, offering a one-stop educational site for families, educators and young people.

Our 'Spotlight on vaping' series was released earlier this year, bringing together key experts in their fields to present on the growing evidence that vaping can have a disastrous effect on the health of our rangatahi. The Foundation was also proud to join with Life Education Trust to launch the theatre in education programme 'Behind the Scenes' which deals with the impacts of vaping, from a teenager's perspective. This partnership continues to lead the way in vaping education for teens and whanau.

Nurturing international connections is also important to the Foundation, which is why I am always so pleased to join the virtual Global Alliance Against Respiratory Diseases (GARD) and Global Initiative for Asthma (GINA) Advocacy and Partnership sessions as they arise. Being able to share our experience in Aotearoa and learn from other countries is so important, and as the Foundation's CE, I value this whanaungatanga.

Unfortunately, over the last two years we have been unable to host our biennial NZ Respiratory Conference which we know is a highlight on many people's calendars. We are however delighted to announce that this will be going ahead in November 2023, so keep a look out.



As we learn to live with COVID-19, the Foundation endeavours to adapt to new ways of working as they arise, and to manage the resulting reduced financial support.

We are so lucky to have ongoing generous support from our donor family, grant providers and our corporate sponsors through our Friends of the Foundation programme. Without this backing, we couldn't do all that we do at a national level - and we are so pleased to have you by our side.

It is now two years on since our corporate sponsorship programme Friends of the Foundation was launched. This is a programme that allows us to form valuable and productive partnerships with businesses who, like us, want to improve respiratory health for all New Zealanders. I am pleased to announce that we now have eight partners on board, from a variety of sectors.

A special mention must also be made of our amazing 'champions' who continue to support the Foundation through their own extreme physical challenges, such as Nick Ashill and Shane Ross (page 23). They have been successful this year in not only raising funds but also awareness of respiratory conditions. Thank you.

Our Scientific Advisory Board (SAB), which is chaired by Medical Director Dr James Fingleton continues to offer us

sage and valuable advice on all matters relating to respiratory health. The Foundation is very proud to be a charity that provides and promotes evidence-based facts and resources only, which ensures we always deliver the most accurate information we have at the time. A special thanks to all those health professionals who sit on our SAB.

I'd also like to thank our Chair John Knight and our Board for all the mahi that they do, and all the advice and direction that they give. The Foundation is fortunate to have a highly skilled Board from across various health and commercial sectors who have an amazing amount of health care knowledge between them. Their support is crucial to the Foundation's impact.

Also, thank you to Sir John Clarke, ARFNZ's Chief Cultural Advisor – Māori, for his ongoing teachings and guidance. My knowledge and experience is constantly enriched, and I am forever grateful.

Finally, I would like to thank our excellent staff here in Wellington, both past and present, because none of this is possible without them. Staff are the lifeblood of any organisation, and I am so proud to work alongside a dedicated team with such vigour, skill, and passion.

Ngā manaakitanga

Letitia Harding
Chief Executive

Māori engagement

The Foundation is committed to addressing respiratory health inequities for Māori. Our approach involves making strategic partnerships with Māori health providers and iwi groups and producing resources that meet the needs of these groups.

Māori community liaison

The Foundation appointed Sharon Pihema as our first Māori Community Liaison to focus on whakawhanaungatanga with iwi health organisations and schools in the Tairāwhiti region. This fixed-term, pilot role was established in May, and since that time, Sharon has made connections with local primary care and hauora providers across the region as well as local schools.

Sharon's consultation has revealed that the impacts of vaping on rangatahi is the primary concern across this community. She has responded by developing resources and information to share with local schools and has been carrying out regular workshops at a local intermediate school.

This role is part of the Foundation's strategy to build a network of closer partnerships with iwi health providers. The initial six-month contract was funded by the Lotteries Commission.



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



Pictured: Māori Community Liaison Sharon Pihema with ARFNZ Chief Executive Letitia Harding



The massive and persistent inequity of outcomes for Māori and Pacific peoples highlights the failure of our current systems.

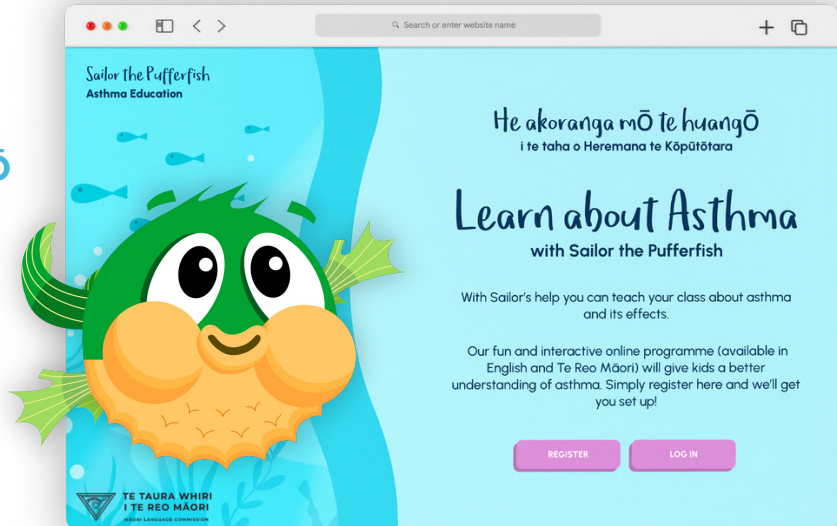
We hope the new Māori Health Authority will be able to commission services that will target these inequities and look forward to working with them and Health NZ to improve this in the future.

James Fingleton
Medical Director,
ARFNZ



Heremana te Kōpūtōtara Mātauranga Huangō

Heremana te Kōpūtōtara, the Foundation's asthma education show in te reo Māori was developed to share important asthma information with tamariki and kaiako on how the lungs work, asthma triggers, how to self-manage and what to do in an asthma emergency. Due to COVID-19 restrictions, we were unable to deliver any live shows during this reporting period.



In response to the ongoing disruptions to the live show, the Foundation developed and launched a te reo Māori version of the Sailor Digital Classroom. This learning model has the advantage of removing geographical and financial barriers to performing the show, so it can be accessed by kura wherever they are based, at a time that suits them.

Heremana te Kōpūtōtara Mātauranga Huangō was launched on 31 May 2022. As with the English version, schools 'enrol' in the digital classroom and are then granted access to the four learning modules for six months. Over that period, the digital classroom can be viewed multiple times and once all modules are completed, the school then receives an Asthma Aware Certificate of Achievement.

This project was funded from a generous grant provided by Te Taura Whiri i Te Reo Māori. The funding also allowed the Foundation to purchase two kākahu (traditional feather cloaks) one for our performer and a smaller one for tamariki to try on, as well as other accessories. This taonga has been blessed by our Cultural Advisor Sir John Clarke. We were also able to purchase much-needed sound equipment and a pull-up banner.

Te reo Māori resources

The Foundation translated two new resources into te reo Māori: the Breathlessness Quick Reference guide, and the Asthma First Aid Poster (12 years and older). These are an important addition to the range of te reo resources available from the Foundation. Te reo resources are critical in reducing language barriers to health care and in growing health literacy in reo-speaking communities. Updates have also been made to the te reo COPD Action Plan to align with changes to the English language version.



Improving clinical best practice

The Foundation produces best practice guidelines for the diagnosis, care and treatment of asthma and chronic obstructive pulmonary disease (COPD) with the aim of improving clinical best practice in New Zealand. The guidelines also contain culturally specific information for the management of conditions for Māori and Pacific peoples. We continue to promote these guidelines amongst health professionals.

Online Fundamentals eLearning

The Asthma and COPD Fundamentals eLearning course provides the most up-to-date and comprehensive pharmacological and non-pharmacological information for health professionals with an interest in respiratory medicine, to ensure standardised best practice management of asthma and COPD throughout New Zealand.

The course aligns with the latest research with specific information for the New Zealand context. It addresses the significant health disparity that exists for Māori and Pacific peoples with asthma and COPD in Aotearoa and gives clear guidance for health professionals to provide targeted patient care and equitable access to funded medicines.

Last year, the Foundation took over the operation and management of the Fundamentals eLearning CPD course from Whitireia NZ. As a result of this, the Foundation has been able to significantly grow the number of course enrolments compared to previous years (from 85 enrolments in 2020/2021 to 149 in 2021/2022). The process of registering and enrolling students via hosting and managing our own dedicated website, along with the ability to provide targeted and measurable marketing campaigns, has streamlined the delivery of this service significantly.

Enrolments were also boosted by a summer special, offering the course at \$135. The strong response to this offer, prompted the Foundation to permanently reduce the course fee.

Asthma and COPD Guidelines

The Foundation has released three sets of best practice guidelines over the last two years: the New Zealand COPD Guidelines 2021, the New Zealand Adolescent and Adult Asthma Guidelines 2020 and the updated New Zealand Child Asthma Guidelines 2020.

These were developed to provide practical, evidence-based recommendations for the diagnosis, assessment and management of these conditions within the New Zealand context.

The intended users are community and hospital-based health professionals and those involved in the training of health professionals. Educating healthcare professionals on best practice, will in turn improve the diagnosis, treatment and management of asthma and COPD in primary care and reduce hospital admissions.

The guidelines also address the specific burdens carried by Māori and Pacific peoples living with asthma and COPD in New Zealand and advocate for targeted, culturally safe health care, which begins with a clinical self-audit by health professionals.

The Foundation has continued to share and promote these guidelines along with our patient resources for use by health professionals. Over the last financial year, 705 physical copies were supplied to health professionals and our online resources were viewed 14,089 times.



149

Enrolments in the Asthma and
COPD Fundamentals eLearning
course

14,089

Views of the digital Guidelines

705

Hard copies of Guidelines
distributed



Improving self-management

The Foundation produces and distributes patient-centred, educational resources in a variety of formats and languages to ensure people with respiratory conditions can be empowered in the management of their condition. These resources come in a range of formats including hard copy booklets and leaflets, posters, downloadable resources and the My Asthma App. All resources are provided free of charge.

Asthma and COPD action plans

10,620

Hardcopy asthma action plans distributed in English, te reo Māori, Samoan and Simplified Chinese

Regular use of action plans by prescribers and people living with asthma or COPD helps to reduce exacerbations, emergency and after hour visits and hospitalisations. It also provides clear guidance to those with respiratory conditions and their caregivers on how to respond quickly to worsening symptoms.

Personalised action plans are written by prescribers, giving instructions for increasing the dose of inhaled medicines in an exacerbation, as well as when to start additional medicines like prednisone and antibiotics. Clear 'traffic light' instructions are given in incremental steps from 'well' to 'worsening' to a life-threatening 'emergency'.

Action plans are an essential education tool which should be used by prescribers in their consultations. Having these resources available in five languages (English, te reo Māori, Samoan, Simplified Chinese and now Tongan) allows patients and whānau to access vital health information in their first language.

4,477

Other hard copy resources distributed

5

Languages represented throughout the Foundation's resources – te reo Māori, Samoan, Simplified Chinese, English and Tongan



Our action plans are also available in a digital format, meaning they can be completed electronically and saved to a users' device or desktop and shared easily with family members or caregivers. Health practitioners can upload action plans to the patients' records, flag for review or share via the Manage My Health platform. Over the past reporting period, 10,620 physical action plans were distributed.

Tongan Language Resources

The Foundation released a new set of Tongan language asthma resources in the last year, extending the range of Pacific languages we have available. Pasifika populations carry a disproportionate burden of respiratory disease in New Zealand with hospitalisation rates high across all age groups, and mortality rates also high for bronchiectasis and childhood pneumonia when compared to other groups. By providing resources in Samoan, and now Tongan, the Foundation is increasing health literacy in Pacific communities as a first step in addressing inequities.

The resources now available in Tongan include: COPD Action Plans, all Asthma Action Plans and the Child Asthma Diary.

We distributed 540 hard copy versions of our Tongan resources over the reporting period.



Other Resources

The 'Managing Your Child's Asthma' booklet is a concise information resource, designed to help parents and whānau care for a child with asthma. It is designed to be a 'go to' reference tool and as such it covers triggers for asthma, symptoms of asthma, instructions for using a spacer device, types of asthma medicines, action plans, and what to do in an asthma emergency. This resource is available in English, te reo Māori and Samoan. 2,101 hard copy versions were distributed over the reporting period.

The Child Asthma Symptom diary is a practical tool for whānau to use to manage their child's asthma. In the last year, more than 3,600 of these hard copy resources were sent out.

The My Asthma App was developed to provide an easily accessible management tool which included action plans, key asthma information and first aid steps. It is available for free on Android and iOS devices from Google Play and Apple app stores. Unfortunately, the Foundation has been unsuccessful in attracting the funding needed to upgrade this resource and to add planned features.

The Foundation's dedicated online resource store for health professionals has continued to provide benefits. The store is managed by Streamline Print & Mail and allows us to distribute large quantities of resources very efficiently in response to requests and grant funding allocations.



Sailor the Pufferfish Asthma Education

The Sailor the Pufferfish free, asthma education show continues to share vital information about asthma and its management with students and their teachers across New Zealand. In the last year, ongoing disruptions caused by COVID-19 meant that this show was performed to fewer students than planned, with 1375 children at 12 primary schools and Early Childhood Centres seeing the performance.

The Foundation received a generous donation from the Thomas George MacCarthy Trust in the reporting period to fund a series of shows in the Whanganui/Manawatu area. Due to COVID-19 restrictions, this tour was postponed until September 2022.

In response to ongoing COVID-19 restrictions, and the additional geographical and financial barriers which come from producing a live show, the Foundation decided to develop a digital asthma classroom. Launched in October 2021, the Sailor Digital Classroom allows the Foundation to provide consistent asthma education to every class, in every school in New Zealand at a time that suits the educators. It is not intended as a replacement for the live show, but instead as a complement to the work of our entertainers.

Sailor the Pufferfish Asthma Education



The Sailor Digital classroom is made up of four short, animated video 'chapters' which describe what asthma is, asthma triggers, asthma treatment and what to do in an asthma emergency. It also has a quiz following each chapter to consolidate learning. Educators who sign up to the classroom receive a log in and then have six months in which to access the resource. Once all the videos have been viewed and the quizzes completed, teachers can download a personalised 'Asthma Aware' Certificate to display in their classroom. Since its launch, there have been 111 registrations to the digital classroom.

A te reo version of the digital classroom, Heremana te Kōpūtōtara Mātauranga Huangō was launched on 31 May 2022. This was made possible by a generous grant from Te Taura Whiri i te Reo Māori (the Māori Language Commission). The te reo digital classroom aims to improve asthma knowledge amongst tamariki and teaching staff at kura kaupapa by providing a fun, child-friendly resource in te reo Māori.



Sailor the Pufferfish te reo Māori performer Hinerongonui Kingi

Photo credit: Rebecca Grunwell, Gisborne Herald



Sailor the Pufferfish English show performer Chris Lam Sam



Security and stability

The Foundation continues to pursue and create multiple, reliable income streams to support our work. Our Friends of Foundation corporate sponsorship programme is continuing to grow and we actively seek grant funding from various sources. We also rely on our donor base and supporters who give generously to our work.

\$406,200

Received in grants

Grant applications

As the Foundation receives no contracted government funding, we apply for grants from a range of community funders to support our work. It has been another challenging year for the grants sector due to the pressure on the hospitality industry and therefore gaming funds, due to Covid-19 national lockdown restrictions.

The Foundation was also restricted in its eligibility for regional grants. Historically we have received this funding type specifically for live Sailor the Pufferfish educational shows, but with COVID restrictions in place we were unable to seek funding for these performances.

This financial year followed the pattern of the previous reporting periods with no government funding beyond the Māori Language Commission's tagged support, two grants from Pub Charity, an annual grant from the Lotteries National Committee and some smaller grants towards operational costs.

The Foundation received a total of \$406,200 in grants over the last financial year, with the National Lotteries Commission awarding us the largest grant since 2014 (\$90,000).

\$80,417

Raised through Friends of the Foundation



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

Other Funding Sources

The Foundation also runs regular fundraising campaigns throughout the year, in conjunction with awareness efforts. These events; Breathe Better September, World Asthma Day and World COPD Day generated \$15,983.25.

Over the reporting period, two generous supporters undertook fundraising challenges and donated their earnings to the Foundation. The first of these was Shane Ross, who ran 21 half marathons over 21 weeks, raising \$4221 for ARFNZ.

The second was Nick Ashill, who returned to the USA to complete a coast-to-coast charity run that was cut short after a hit and run accident five years ago. Nick raised \$10,923 for the Foundation and attracted a significant amount of media interest in his efforts and our work. The Foundation provided marketing and promotional support to these campaigns.

\$31,000

raised through fundraising campaigns

Friends of the Foundation

Friends of the Foundation is the Asthma and Respiratory Foundation's corporate sponsorship programme that forms partnerships with like-minded businesses who want to do their bit to help improve the respiratory health of all New Zealanders.

Over the reporting period, the programme raised more than \$80,000 for the Foundation.

We have eight current sponsors:

Gold: Dyson, eHaus, Pulse

Silver: Warmer Kiwi Homes (EECA), Pink Batts, HRV

Bronze: Daikin, SmartVent

The Friends of the Foundation programme has been successful in raising the profile of the AFRNZ by connecting with well-established and respected New Zealand businesses. In addition to financial support, these partners raise our national profile through their involvement with awareness campaigns such as World Asthma Day, World COPD Day and Breathe Better September.



Leaders in respiratory health

The Foundation sets the standards for clinical best practice care of asthma and COPD in New Zealand through its guidelines, and the Fundamentals eLearning course for health professionals. We also regularly report on the impact of respiratory disease in New Zealand, providing essential data to drive advocacy. We lead respiratory health education and knowledge through our wide range of freely available resources and tools for health professionals and advocate for the needs of the respiratory community particularly on topical issues such as vaping, Smokefree NZ and healthy homes.

Impact report

The Foundation commissioned and published 'The Impact of Respiratory Disease in New Zealand: 2020 update' in September 2021. The release of this report was delayed by COVID-related restrictions in accessing data.

The report, by Dr Lucy Telfar-Barnard and Jane Zhang, provides key indicator data which reveals the current state of respiratory health in New Zealand. It is the seventh report of its type commissioned by the Foundation, which reveals trends in respiratory health, specifically ongoing inequities experienced by Māori, Pacific peoples and those living in deprived communities.

The findings from this report are used by the Foundation in its advocacy to assist with raising the profile of respiratory health regionally and nationally, and to guide our best use of resources.

The findings also allow the Foundation to make specific recommendations to Government on what needs to change to improve respiratory health outcomes in New Zealand.

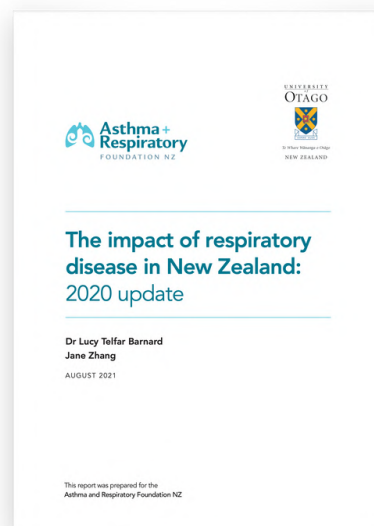
Six conditions were included in the report: asthma (including preschool wheeze), bronchiectasis, childhood bronchiolitis, childhood pneumonia, chronic obstructive pulmonary disease (COPD) and total respiratory disease (hospitalisations and deaths). The authors noted that COVID-19 had a marked impact on overall respiratory infections, meaning that 2020 figures were not representative of usual trends.

The report was downloaded 460 times from the Foundation's website and the webpages hosting the report, and the key statistics summary was viewed 9,354 times. The reports' findings have been regularly referenced in media items since its release.



Leadership means having a vision for the future, a plan to get there and the persistence and commitment to make the changes needed. The Foundation has a vision for improved respiratory outcomes for all New Zealanders and we are working hard to make this a reality through our many work streams.

Letitia Harding
Chief Executive,
ARFNZ



Other advocacy

The Foundation continues to support New Zealand's Smokefree 2025 Action Plan and has had discussions with Associate Minister of Health, Ayesha Verrall on the Smokefree Environments and Regulated Products (Smoked Tobacco) Amendment Bill prior to its first reading. We support the bill's world-leading plan to reduce access to tobacco products, transition to low-nicotine products and to create a Smokefree generation.

The Foundation continues to advocate to Pharmac on the supply of asthma medication and our Research and Education Manager is on Pharmac's Respiratory Inhalers Advisory Group. The Scientific Advisory Board regularly provides feedback in response to proposals by Pharmac to fund new or existing respiratory medicines on the pharmaceutical schedule.

Supporting grassroots work around healthy homes is another area of advocacy. The Foundation is a member of the Wellington Regional Healthy Housing Group (WRHHG) and is providing input into a national narrative-changing campaign being spearheaded by WRHHG. During this reporting period, we supported the introduction of Healthy Homes Standards for rental properties. The Foundation will continue to advocate for improvements in our housing standards and improvements in air quality both in indoor and outdoor environments.

Providing information

The Foundation regularly receives enquiries on a variety of topics from both health professionals and members of the public. We take these opportunities to provide full, informative answers and to promote our resources and tools, as well as resources from other providers where relevant. The Foundation's Research and Education Manager also collaborates with researchers and health professionals providing information and data. Over the period, these groups have included the CPD Collective (a website for health professionals working in primary health), Medical Research Institute NZ (MRINZ), Community Health Pathways and Te Awakairangi Health Network.

International engagement

Despite ongoing disruptions caused by the COVID-19 pandemic, the Foundation continues to build and nurture relationships with international respiratory organisations. These relationships allow us to share our experiences from Aotearoa/New Zealand and to learn from other countries and their approaches.

Foundation Chief Executive Letitia Harding is an advocate for the Global Initiative for Asthma (GINA) and the chair the Patient Focal Group Planning Committee and the co-chair of the Western-Pacific Region for the Global Alliance Against Chronic Respiratory Diseases (GARD). Letitia has attended and presented at three GARD events in the last financial year.

GARD is a global collective of respiratory organisations who combine their knowledge and strength to improve health outcomes of those who live with respiratory conditions worldwide. From this alliance, GARD is able to improve surveillance of these conditions and advocate for action, helping to better diagnose and prevent respiratory conditions in the future.

Vaping education and advocacy

The Foundation continues to be a leading public advocate for greater regulation and control of vaping to protect our young people.

In the last financial year, we undertook two major initiatives around vaping education and established a partnership with long-standing, wellbeing provider, The Life Education Trust, to work collaboratively on issues around youth vaping.



Youth survey – data gathering

Our first initiative was a survey of 19,000 young people carried out in conjunction with the Secondary Principals Association NZ. This is one of the largest youth vaping surveys conducted in the world to date. Our research provided vital insights into the vaping habits of young people and has informed ongoing debate over the need for greater regulation.

The survey found that:

- 27% of those surveyed reported vaping and 15% reported smoking traditional cigarettes in the past week.
- 75% of those vaping, or 20% of total respondents, are vaping daily or several times a day, and the majority are vaping with high nicotine doses.
- Over half of those vaping reported that they were vaping more frequently and at higher nicotine doses compared to last year.
- 86% of students who were vaping more than once a day reported that they were addicted to vaping and 57% felt that it was having an adverse effect on their health.
- The most common source of supply for students was dairies.

As a result of these findings, the Foundation has made specific recommendations to the Ministry of Health on what controls are needed to reduce the appeal and addictiveness of these products to young people. These include regulations limiting the content of nicotine available in ENDS/vaping products to a maximum of 20mg (2%), raising the legal age of purchasing ENDS/vape products to 21 years and preventing the sale of vaping products within a one-kilometre radius of any school by retailers.



ARF NZ CE Letitia Harding with 'Behind the Scenes' show performers

Partnership with Life Education Trust



In November, the Foundation began a partnership with the Life Education Trust NZ, with the aim of providing critical resources and education to young New Zealanders around the health harms of vaping. The Foundation was able to share our research and the latest information on vaping health harms for the Trust to include in their teaching programmes to primary and secondary schools. We also contributed to the development of the Trust's 'Behind the Scenes' educational theatre piece, which examines the impact of vaping on young people and is being toured to secondary schools throughout New Zealand.

Spotlight on vaping series

The other vaping-related achievement was the release of a series of educational videos featuring health experts and people with firsthand insight into vaping. The videos feature interviews with Letitia Harding, parent Sharon Pihema, Dr Stuart Jones (respiratory physician), Professor Philip Pattimore (paediatric respiratory physician), Professor Scott Harding (cardiologist) and Professor Janet Hoek (Public Health Specialist and co-director of University of Otago's ASPIRE Research Centre). The videos were posted on our Don't Get Sucked In website.

This new resource attracted strong media interest and boosted visits to our website. The videos are being used by health educators and one has been selected to run as a free public health message on Health TV, a channel that is screened in health waiting rooms throughout New Zealand.



Campaigns

The Foundation holds campaigns throughout the year to both raise funds to support our work and to raise awareness of issues facing the New Zealand respiratory community.

Breathe Better September 2021

The Foundation's annual education and fundraising campaign Breathe Better September was again focused on encouraging New Zealanders to take up an active challenge for the month, while raising funds for the Foundation's work.

We made use of the Raisely fundraising platform which made it easy for people to sign up, track and share their progress, and donate to the campaign. We had a strong response, with 250 people signing up as Better Breathing heroes.

Unfortunately, our campaign coincided with another COVID-19 lockdown which meant that some planned fundraising

activities could not go ahead. Despite this disruption, over \$15,000 was raised by our supporters.

One of our heroes was ultra-marathon runner Nick Ashill, whose challenge to run non-stop for 24 hours generated high profile media interest.

As part of the educational side of the campaign, we held a Facebook Live Q&A with respiratory physiotherapist Tania Clifton-Smith, which received 950 views.



World COPD Day 2021

This global campaign aims to raise greater public awareness of chronic obstructive pulmonary disease (COPD). The Foundation ran two educational activities; a Q&A video with Dr Stuart Jones answering questions from the respiratory community, which was viewed 1,200 times and our COPD quiz which was shared on social media.

World Asthma Day 2022

The theme for World Asthma Day 2022 was "addressing the gaps in asthma care". The Foundation used this opportunity to highlight ongoing inequity in asthma care in New Zealand, specifically the disproportionate burden carried by Māori and Pacific peoples. We highlighted these inequities in two media releases which were well covered by multiple media outlets, successfully bringing this issue back into public awareness.

Our other goal over World Asthma Day was to grow our respiratory community, to ensure that our messages are reaching a wide audience. We managed to increase our online audience by over 900 followers through various promotional activities run in conjunction with our Friend of the Foundation sponsors Daikin, Dyson and supporter Hā Habit.

Our other activities included running a schools' art competition and producing an asthma Q&A session with Foundation Medical Director Dr James Fingleton which was viewed 7,400 times.

Project Blackjack

Wellington runner Shane Ross set himself the challenge of running a half marathon (21 kms) every week for 21 weeks to raise funds for the Foundation.

He raised \$4221 over the five-month period and attracted significant media interest in his achievements, with many focusing on the fact that Shane's asthma had not limited his life or physical fitness.



Nick Runs America

Ultra-marathon runner Nick Ashill raised nearly \$11,000 for the Foundation during his fundraising run across the United States. Nick's efforts were particularly remarkable, as his last attempt to run across America was ended by a serious hit and run accident five years ago. Nick's return to America in May, followed 16 surgeries, years of recovery and learning to walk and run again.

Nick began his 2022 run at the site of the hit and run accident and over 21 days, ran the remaining 922km to the Pacific coast. His journey was documented by New Zealand and American media and supported by people from all over the world. He was running to raise funds for the Foundation and the UK-based Pulmonary Fibrosis Trust, in memory of his mother who died from Idiopathic Pulmonary Fibrosis.

Raising our national profile

To achieve our strategic goals, particularly around reducing health inequities and ensuring that respiratory health is made a health priority, the Foundation needs to maintain a strong public profile. We do this through public relations efforts and by sharing valued information and updates through our communications channels.

242

media mentions

15,980

followers on social media

8,022

people in our eDM audience

Websites

The Foundation's main website is our primary communications platform. It provides vital information on respiratory conditions, the latest statistics, news and general interest articles, research papers, and important updates and contacts for our community.

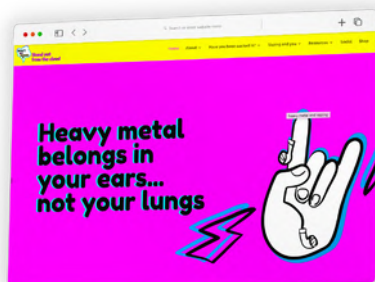
The website has experienced year on year growth, with 215,086 visitors over the last financial year, a 39% increase on the previous period. More than 15,000 resources were downloaded from the website in the reporting period.

In addition, the Foundation manages several other websites which provide specific information on various topics.

These websites are:

- Don't Get Sucked In: an educational website for young people on vaping (21,389 users in the last year)
- NZ Respiratory Guidelines: website hosting our guidelines and associated resources (11,057 users)
- Fundamentals eLearning course: website hosting our Asthma and COPD Fundamentals eLearning modules (5,074 users)
- Learn about Lungs: an educational website for parents and teachers (1,506 users in the last year)
- Sailor the Pufferfish Show: informational content about the show (1,058 users)
- Sailor Digital Classroom: website hosting our digital classes in English and te reo (1,166 users)*.

*launched during this reporting period.



Better Breathing magazine and e-newsletters

The Foundation's quarterly magazine, Better Breathing, contains a mix of community news, advice from respiratory professionals and updates from the Foundation.

In our readers' survey held this year, we had overwhelmingly positive feedback with the magazine scored an average of 8/10 by respondents and nearly 50% reporting they read the entire magazine from cover to cover.

4,500 physical copies of the magazine are distributed each quarter, and related eDMs are sent to a further 8,000 people in our database. We also share individual stories through our social media channels to ensure this information and advice reaches as wide an audience as possible.

Additionally, the Foundation sends eDMs out on other topics of interest. These include information on our awareness and fundraising campaigns, events for our health professionals and updates for our sponsors. We sent 47 eDMs throughout the year, with an average open rate of 42%.



Public relations and media

The Foundation aims to attract media coverage on important topics relating to asthma and respiratory health. In addition to regular media releases which highlight issues, our work and respond to research and other developments, we also provide media with informed commentary from our spokespeople: Chief Executive Letitia Harding, Foundation Medical Director James Fingleton, Foundation Research and Education Manager Joanna Turner and Chief Cultural Advisor Sir John Clarke. We also direct media to various experts on our Scientific Advisory Board when appropriate.

Our media profile continues to grow, with the Foundation regularly approached to speak on issues such as respiratory

health inequities, youth vaping and advice around managing asthma and other respiratory conditions. These opportunities, allow the Foundation to advocate for our respiratory community and to share important health information with the wider public.

Over the last year, we sent out 41 media releases and achieved 242 mentions across broadcast, print and digital media. We also achieved some high-profile coverage on national television news and current affairs programmes (Newshub, Breakfast, Seven Sharp).

Social media

Social media channels continue to be successful way of distributing Foundation's content and news and promoting awareness campaigns to the New Zealand respiratory community and the general public.

Over the last financial year, all our social channels have continued to see increases in followers and engagement. Our total social audience is now just under 16,000 people, and close to one million accounts viewed our content over the last year.

The Foundation has Facebook, Twitter, LinkedIn and Instagram social media accounts, and a YouTube channel to host the Foundation's video content. These channels drive ground-level engagement with our content and resources and are an important way of connecting directly with our community.

Dedicated and experienced board

The Foundation team is governed by a volunteer Board of Trustees who ensure that the Foundation achieves its strategic goals along with the Chief Executive.

The details below are current as of 1 October 2022.



John Knight - President

John has held governance roles in respiratory health for many years, at both the regional level (Asthma Hawke's Bay) and at a national level with the Foundation. John is a strong advocate for respiratory health, having lived with a chronic condition his whole life. This experience drives his desire to improve respiratory outcomes for all New Zealanders.

John works in the real estate industry and is an experienced trustee, with a sound understanding and knowledge of governance, leadership, planning and management. He feels privileged to lead the Board and to work with a group of passionate, committed people working hard to make a difference.



Janice Kuka (Ngāti Ranginui and Ngāi Te Rangi)

Janice's current role is Managing Director at Ngā Mataapuna Oranga, a Māori PHO covering the Western Bay of Plenty and parts of the Eastern Bay of Plenty.

Janice comes from a professional background within the health industry and has experience both in hospital and community sectors. She sits on a number of health boards in Tauranga, as well as Auckland.



Ruth Gardener

Ruth is a registered nurse with a particular interest in respiratory health. She has worked as a clinical nurse specialist in respiratory health, in general practice, and as a nurse lecturer.

Ruth is committed to advocating for people with respiratory conditions to ensure they have access to education and services to help them manage their disease. To assist this process, Ruth believes, primary, secondary and tertiary care providers need to work closely together to effectively use, strengthen and develop services for people.



Cheryl Davies (Ngāti Raukawa, Ngāti Wehiwehi)

Cheryl has managed the Tū Kotahi Māori Asthma Trust over the past 22 years. Tū Kotahi was formed as the first Māori Asthma Society in New Zealand in the early 1990's.

Cheryl has presented at a number of conferences both nationally and internationally with a focus on discussing Māori and respiratory illnesses and healthy housing.

Cheryl has a keen interest in research involving Māori and has been involved with a number of key research projects over the past 20 years.



Phillip Aldridge

Philip is an experienced Executive Manager and Director. He is currently Executive Director of the Health and Safety Association of NZ (HASANZ). Philip has worked across both private and government sectors and has held management roles at Infratrains NZ, Telecom New Zealand, AgITO, The Treasury, and the Foundation for Research, Science and Technology (FRST). He has led mergers/amalgamations, set up private/public partnerships, developed and successfully implemented strategic plans, managed a NZ\$2 billion investment portfolio and developed new channels to market. He has a BSC (Hons), an MBA, and has studied at Sloan School of Management (MIT) in Boston.



Paul Larson

Paul has owned Larson's Pharmacy, a large community pharmacy in Green Island, Dunedin for 20 years, and has also previously owned a city-based pharmacy in Dunedin and a rural pharmacy in Ranfurly.

Paul has extensive work experience prior to entering community pharmacy and has held roles at the National Poisons Centre in Dunedin, Dunedin Hospital as a Medicines Information Pharmacist, and as a Hospital Pharmacist in Palmerston North and Gisborne. Paul also owns Henrietta Soaps Limited and Green Island Post and Café. Paul has a wide range of governance experience and is currently a board member on Wellsouth PHO, Propharma Southern Advisory Committee, and the Dunedin Urgent Pharmacy. Paul has also previously been on several boards including Consumer NZ, where he was also Chair of their Audit and Risk committee.



Jeannine Stairmand (Ngāti Porou)

Jeannine is a member of the Cancer Control and Screening Research Group, working on the 'C3 Qualitative Study: Cancer care journeys and clinical decision making', of which Associate Professor Louise Signal is the Principal Investigator.

Jeannine is a nurse with a Postgraduate Diploma in Public Health who has worked in the Māori and public health fields for the past 20 years.

Jeannine's interest in cancer stems from her work in Māori health, public health and health promotion, particularly breast and cervical screening. Jeannine's research interests include Māori health, cancer and health promotion and prevention. Jeannine undertakes community service activities and is a ministerial appointment to the National Kaitiaki Group.

Committed and cohesive team

The Foundation team is governed by a volunteer Board of Trustees who ensure that the Foundation achieves its strategic goals along with the Chief Executive. The details below are current as of 1 October 2022.

Letitia Harding - Chief Executive



Letitia has over 25 years extensive experience in the health sector, which includes the introduction of new health technologies, improving access to medicines, initiating imaging and diagnostic trials and establishing international healthcare networks.

Letitia holds a Bachelor of Science, a Post Graduate Diploma in Business and a Masters in Health Management, from the University of Auckland.

Letitia has sat on a number of international and national advisory boards, and been an invited speaker at both New Zealand and overseas conferences. Her most recent appointments include; GINA (Global Initiative for Asthma) 2020 advocate and being recognised as a leader in the field of Asthma; Chair of the Patient Focal Group Planning Committee and Co-Chair of the Western-Pacific Region for GARD - the Global Alliance Against Chronic Respiratory Diseases.

Letitia has held senior management positions in both the corporate diagnostic and pharmaceutical industry, and collaborated with many NGOs over the years - which ignited her passion for the not-for-profit sector.

Joanna Turner - Research and Education Manager



Joanna is responsible for overseeing and managing the development and implementation of key education programmes. She sits on the ARFNZ Scientific Advisory Board and assists in the development and dissemination of the NZ Child Asthma Guidelines, the NZ Adolescent and Adult Asthma Guidelines, and the NZ COPD Guidelines.

Joanna is a registered pharmacist with an extensive background working in community pharmacy. She believes that through education and provision of high-quality tools to primary health care providers, the best outcomes can be achieved for New Zealanders, particularly for our Māori people who carry a greater burden of respiratory illness.

Harriet Duncan - Grants and Fundraising Manager



Harriet is responsible for the Foundation's Grants programme as well as seeking out new fundraising opportunities.

Harriet has worked as both a NZ Lotteries advisor and an in-house lawyer before turning her hand to fundraising in a voluntary capacity for her children's kindergarten in Karori for the past four years. Harriet holds a Law degree and a Bachelors degree majoring in Criminology and Art History.



Charlotte Lee-Smith - PR and Communications Advisor

Charlotte is responsible for media liaison and print communications for the Foundation, including editing the Better Breathing magazine. She works with the marketing team to raise the profile of the Foundation and its goals through the media.



Sam Treseder – Marketing and Communications Advisor

Sam is our Marketing and Communications Advisor and works to promote the organisation and its activities across all our channels, as well as leading our in-house graphic design.

Sam has previously worked with charity organisations in the UK and has prior experience coordinating a recruitment team focused on finding high quality educators for disadvantaged schools across England and Wales.



Amy-Rose Todd – Corporate Sponsorship and Engagement Advisor

Amy-Rose leads the Friends of the Foundation sponsorship programme and is responsible for acquiring new sponsors and account managing existing sponsors. Through growing the portfolio of sponsors for the Foundation, Amy-Rose also works closely with the marketing team to help raise the profile of the Foundation through our sponsors.



Dunia Cullingford – Office Administrator

Dunia holds a Law Degree and a Bachelor of French Language and Literature from her home state in Brazil. Prior to this role, Dunia had experience working in the NGO sector and has worked in a variety of customer service and administration roles both in the UK and NZ.



Sharon Pihema - Māori Community Liason

Sharon has a background in population health, service development and whanau engagement with previous roles at Tairāwhiti DHB, The National Heart Foundation and The Health Quality and Safety Commission.

Sharon brings a wealth of personal experience with her 19 year old daughter Tomairangi living with severe asthma and bronchiectasis.

Our supporters

The Asthma and Respiratory Foundation NZ is an independent charity that relies entirely on donations, grants, sponsorships and bequests. The Foundation is sincerely grateful to everyone who chose to donate and support our cause during this past financial year.

Our family of donors

We value you so much. The much-needed support you give so selflessly tells us that you hold a special place in your heart for those who struggle to breathe freely. We feel enormous gratitude to you because without you we would not be able to continue with the vital work we do, to improve the health outcomes for New Zealanders whose lives have been affected by respiratory disease.

Your reasons for giving are many – a family member affected by asthma or a respiratory condition, a parent, your child, a work colleague, or you may have lost a loved one to a respiratory condition. Thank you for honouring these individuals, without you – we simply couldn't do it.

Our major supporters

A special thank you to the many generous organisations that believe in the Foundation's work and have supported us throughout the year. Without this, our efforts to improve New Zealanders' respiratory health could not happen.

Anna Wilson
 Comfortech
 Estate of David Swallow
 Daikin
 Dyson
 EECA (Warmer Kiwi Homes)
 eHaus
 Estate of Elizabeth Kennedy
 Four Winds
 GlaxoSmithKline Ltd
 Estate of Graeme Henry Whitefield
 Estate of Henry George Sparks
 HRV
 Estate of Joan Neilson Benevolent Trust
 Estate of Kathryn Lynda Thomson

Estate of Lalita Sundari Natali
 Fig Tree Cafe
 Lion Foundation
 NZ Lottery Grants Board
 NH Taylor Charitable Trust
 Estate of Peggy Dorothy May Hyslop
 Pub Charity
 Pulse Energy
 Estate of Robert Fulton
 Ron Gilbertson Family Trust
 Sadal & Co.
 SmartVent
 Te Taura Whiri i te Reo Māori (The Māori Language Commission)
 The Borough
 Thomas George MacCarthy Trust

Structure and governance

Organisational Structure

Asthma and Respiratory Foundation NZ is the New Zealand's national authority on respiratory disease, and promotes education, research and advocacy aimed at providing better respiratory health for all New Zealanders. The Foundation's goal is to reduce respiratory hospitalisations and GP visits and to encourage government funding in this area. The Foundation is a charitable trust, headed by Chief Executive Letitia Harding and a small team of staff operating out of its Wellington office.

Our Board

Our organisation is governed by a Board which ensures the Foundation is well managed and focused in its activities. The Board also determines organisational policies and assures good financial management.

Scientific Advisory Board

Our Scientific Advisory Board is comprised of New Zealand's leading experts in respiratory health service delivery and research. The group brings quality assurance and strong credibility to the Foundation's work by approving all major projects and publications, including position statements on health issues and research proposals.

Advisors

Dr James Fingleton is a respiratory physician at Wellington Hospital, with a sub-specialist interest in asthma and COPD. He is current President of the Thoracic Society of Australia New Zealand (TSANZ) NZ branch and Chief Investigator of the TSANZ NZ National Asthma Audit. James is also a Senior Clinical Lecturer at the University of Otago, Wellington.

Sir John Clarke is the Foundation's Chief Cultural Advisor - Māori and advises the Foundation on tikanga Māori. John is the current Principal Cultural Advisor to the Minister of Treaty of Waitangi negotiations. He regularly provides consultancy services to the Crown Law Office, the Office of the Treaty Settlements, and the policy division of the Ministry of Justice.

Funding

The Foundation is heavily reliant on the support of our generous donors, major sponsors, including Pub Charity and New Zealand Lotteries Grants, other grant funders, sponsors, and bequests.

The financial statements in this report reflect the activities of the Asthma and Respiratory Foundation NZ only. Regional partners, being autonomous organisations, publish their own independent financial statements.

Regional partners

Patient care services are carried out by regional partners. Each partner fulfils its local role according to how it can address its community's needs.

Services may include:

- One-on-one advice about asthma and respiratory health
- Asthma and COPD support groups
- Spirometry testing (lung function testing)

North Island

Asthma Waikato
Asthma and Respiratory Management BOP Inc
Eastern BOP Asthma and COPD support group
Gisborne and East Coast Asthma Society (Inc)
Breathe Hawke's Bay
Tu Kotahi Māori Asthma Trust (Lower Hutt)
Mahi Tahi Hauora
Manawatū Breathe Easy
Horowhenua Breathe Easy Group

South Island

Marlborough Asthma Society
Nelson Asthma Society
CanBreathe
Otago Asthma Society
North Otago Asthma Society
Southland Asthma Society

*Our regional partners are autonomous organisations.

Financial Report



Contents

Approval of Financial Report	34
Entity Information	35
Statement of Financial Performance	36
Statement of Financial Position	37
Statement of Cash Flows	38
Statement of Accounting Policies	39
Notes to the Performance Report	41

Approval of Financial Report

Asthma Foundation Group For the year ended 30 June 2022

The Trustees are pleased to present the approved financial report including the historical financial statements of Asthma Foundation Group for year ended 30 June 2022.

APPROVED



Trustee

Date 16 September 2022



Raeann

Trustee

Date 16 September 2022



Entity Information

Asthma Foundation Group

For the year ended 30 June 2022

'Who are we?', 'Why do we exist?'

Legal Name of Entity

The Asthma Foundation Group refers to Te Ha Ora The Asthma And Respiratory Foundation Charitable Trust and Kia Manawanui Charitable Trust. Kia Manawanui Charitable Trust is an independent Trust with its own Trustees and governance however due to its close relationship and strong alignment of purpose with the Foundation the two entities have been consolidated for financial reporting purposes.

Entity Type and Legal Basis

Both entities have Charitable Trust and are Registered Charities

Registration Number

CC53035 / CC56398

Group's Purpose or Mission

To be the leaders in respiratory health knowledge to improve respiratory health outcomes for all.

The Foundation develops and supports respiratory health best practice through partnering, research, training and education to achieve its mission.

Group Structure

Both Trust Deeds state that there must be between seven and nine Trustees. Both Trusts currently have seven Trustees that constitute the governance board, and who attend regular face to face and teleconference meetings. Trustees/governance members may lead sub-committees as determined by our annual work plan and priorities.

Main Sources of Entity's Cash and Resources

Te Ha Ora The Asthma And Respiratory Foundation Charitable Trust's activities are funded by revenue from Donations, Grants, Bequests, Corporate Sponsorship, Membership fees, Resource Sales, the Friends of the Foundation Programme, and Interest Revenue from term deposits.

Kia Manawanui Charitable Trust generates passive income from an investment portfolio managed by a third party.

Main Methods Used by Entity to Raise Funds

Te Ha Ora The Asthma And Respiratory Foundation Charitable Trust raises funds through Donations, Grants, Bequests, Corporate Sponsorship, Membership fees, Resource Sales, Friends of the Foundation Programme, and Interest Revenue from term deposits.

Entity's Reliance on Volunteers and Donated Goods or Services

Both Te Ha Ora The Asthma And Respiratory Foundation Charitable Trust and Kia Manawanui Charitable Trust relies on Board Members volunteering their time and expertise to complete work in essential governance roles. The Foundation relies on the general public for cash donations as an important income stream.



Statement of Financial Performance

Asthma Foundation Group
For the year ended 30 June 2022

'How was it funded?' and 'What did it cost?'

	NOTES	2022	2021
Revenue			
Donations, fundraising and other similar revenue	1	951,889	991,954
Revenue from providing goods or services	1	101,290	261,946
Interest, dividends and other investment revenue	1	(88,406)	156,872
Other revenue	1	8,530	608
Total Revenue		973,303	1,411,380
Expenses			
Volunteer and employee related costs	2	609,914	606,741
Costs related to providing goods or service	2	431,372	661,053
Other expenses	2	102,248	62,531
Total Expenses		1,143,534	1,330,325
Surplus/(Deficit) for the Year		(170,231)	81,055



CPA Australia member since 2018

Statement of Financial Position

Asthma Foundation Group
As at 30 June 2022

'What the entity owns?' and 'What the entity owes?'

	NOTES	30 JUN 2022	30 JUN 2021
Assets			
Current Assets			
Bank accounts and cash	3	658,319	375,976
Debtors and prepayments	3	29,469	138,973
Investments (current)	3	67,792	79,145
Work in Progress	3	-	16,475
Other current assets	3	8,804	4,328
Total Current Assets		764,383	614,897
Non-Current Assets			
Property, Plant and Equipment	5	37,482	67,527
Intangibles	3	69,112	23,749
Investments (non current)	3	1,132,059	1,363,720
Total Non-Current Assets		1,238,654	1,454,996
Total Assets		2,003,037	2,069,893
Liabilities			
Current Liabilities			
Creditors and accrued expenses	4	53,778	25,849
Employee costs payable	4	21,040	20,860
Revenue Received in Advance	4	176,370	101,104
Other current liabilities		-	-
Total Current Liabilities		251,188	147,813
Total Liabilities		251,188	147,813
Total Assets less Total Liabilities (Net Assets)		1,751,849	1,922,080
Accumulated Funds			
Retained Earnings	6	1,922,080	1,841,025
Accumulated surpluses or (deficits)	6	(170,231)	81,055
Total Accumulated Funds		1,751,849	1,922,080



CPA Australia member since 2012

Statement of Cash Flows

Asthma Foundation Group
For the year ended 30 June 2022

Account	2022	2021
Cash Flows from Operating Activities		
Cash was received from		
Donations, fundraising and other similar receipts	1,110,905	844,397
Receipts from providing goods or services	126,066	186,607
Interest, dividends and other investment receipts	28,786	26,858
Cash receipts from other operating activities	8,530	608
GST	(2,066)	(8,214)
Cash was applied to		
Payments to suppliers and employees	(1,041,258)	(1,280,539)
Total Cash Flows from Operating Activities	230,964	(230,283)
Cash Flows from Investing and Financing Activities		
Cash was received from		
Receipts from sale of investments	181,089	0
Payments to acquire property, plant and equipment and intangible asset	0	0
Cash was applied to		
Payments to acquire property, plant and equipment	(74,710)	(46,888)
Payments to purchase investments	(55,000)	(1,320,828)
Total Cash Flows from Investing and Financing Activities	51,379	(1,367,716)
Net Increase/ (Decrease) in Cash	282,342	(1,597,998)
Cash Balances		
Cash and cash equivalents at beginning of period	375,977	1,973,975
Cash and cash equivalents at end of period	658,319	375,977
Net change in cash for period	282,342	(1,597,998)



CPA Australia member since 2016

Statement of Accounting Policies

Asthma Foundation Group For the year ended 30 June 2022

'How did we do our accounting?'

Basis of Preparation

The group has elected to apply PBE SFR-A (NFP) Public Benefit Entity Simple Format Reporting - Accrual (Not-For-Profit) on the basis that it does not have public accountability and has total combined annual expenses equal to or less than \$2,000,000. All transactions in the Performance Report are reported using the accrual basis of accounting. The Performance Report is prepared under the assumption that the entities will continue to operate in the foreseeable future.

Goods and Services Tax (GST)

The Foundation is registered for GST. All amounts are stated exclusive of goods and services tax (GST) except for accounts payable and accounts receivable which are stated inclusive of GST.

Kia Manawanui Trust is not registered for GST. All amount are stated inclusive of goods and services tax.

Income Tax

Both Te Ha Ora The Asthma And Respiratory Foundation Charitable Trust and Kia Manawanui Charitable Trust are wholly exempt from New Zealand income tax having fully complied with all statutory conditions for these exemptions.

Bank Accounts and Cash

Bank accounts and cash in the Statement of Cash Flows comprise cash balances and bank balances (including short term deposits) with original maturities of 90 days or less.

Changes in Accounting Policies

There have been no changes in accounting policies. Policies have been applied on a consistent basis with those of the previous reporting period.

Revenue Recognition

Interest revenue is accounted for on an accrual basis.

Revenue from the sale of goods is recognised when the Foundation has transferred to the buyer the significant risks and rewards of ownership of the goods.

Receipts from appeals, donations, sponsorships and legacies are recognised when they are received.

Revenue from grants is recognised when the grant conditions have been met. Any funding received where conditions have not been met is recognised as a liability at balance date.

Annual Leave Liability

A liability for annual leave is accrued and recognised in the statement of financial position. The liability is equal to the present value of the estimated future cash outflows as a result of employee services provided at balance date.

Accounts Receivable

Accounts Receivable are recorded at net realisable value.



Intangibles

Website development costs and Software are capitalised as an intangible asset on the basis of the costs incurred to develop and bring to use the website.

Costs associated with maintaining the website are recognised as an expense when incurred.

During the year, amortization of 50% DV has been applied to the website development.

Property, Plant and Equipment

Depreciation has been charged in the financial statements as follows:

- Furniture and Fittings 13% - 67 DV
- Building Fit-out 10% DV

Fixed assets are recorded at cost less accumulated depreciation and are reviewed for impairment annually.

Charitable Status

The Inland Revenue Department has approved both Te Ha Ora The Asthma And Respiratory Foundation Charitable Trust and Kia Manawanui Charitable Trust for legal charitable and donee status. Both entities are exempt from income tax subject to the sections within the Income Tax Act 2007, and are registered as charitable entities under the Charities Act 2005, Charities Commission Registration number CC53035 and CC56398.

Portfolio Investments

The Group has elected to step up to Tier 2 PBE accounting standards and apply:

PBE IPSAS 28 Financial Instruments: Presentation.

PBE IPSAS 29 Financial Instruments: Recognition and Measurement.

PBE IPSAS 30 Financial Instruments: Disclosures to account for the portfolio investment held with Forsyth Barr.

The investment portfolio is measured at fair value within the Statement of Financial Position to accurately represent the market value at balance date.

- Current Investments comprise of investments in cash and fixed interest instruments.

- Non-Current Investments comprise of investments in equity instruments.

Movements in fair value are recognised through surplus or deficit within the Statement of Financial Performance.



Notes to the Performance Report

Asthma Foundation Group
For the year ended 30 June 2022

	2022	2021
1. Analysis of Revenue		
Donations, fundraising and other similar revenue		
Donations		
Bequests	376,867	209,271
Donor Appeal	218,034	256,626
Donation Point Tap Income	123	416
Donor Appeal - Breathe Better September	16,135	19,831
Donor Appeal - World Asthma Day	477	-
Total Donations	611,636	486,143
Grants		
Other Grants	143,770	76,296
Pub Charity Grant	196,483	429,514
Total Grants	340,253	505,810
Total Donations, fundraising and other similar revenue	951,889	991,954
Revenue from providing goods or services		
Corporate Sponsorship	91	133
Friends of the Foundation Income	80,417	39,167
Fundamentals Online e-learning	18,382	8,081
Marketing Income	2,400	1,100
NZ Respiratory Conference	-	118,343
Printing.com Resource Sales	-	23
Sensitive Choice	-	95,100
Total Revenue from providing goods or services	101,290	261,946
Interest, dividends and other investment revenue		
Dividend Income	20,754	15,131
Interest Income	10,017	10,016
PIE Income/(Losses)	(2,252)	-
Revaluation Profit/(Loss)	(116,925)	131,725
Total Interest, dividends and other investment revenue	(88,406)	156,872
Other revenue		
Gain on Disposal of Fixed Assets	-	95
Other Income	8,530	513
Total Other revenue	8,530	608



	2022	2021
2. Analysis of Expenses		
Volunteer and employee related costs		
Salaries and Wages	588,824	600,685
Travel and Accommodation	17,342	1,896
Staff Expenses/Team Building	1,009	1,295
Professional Development	2,738	2,866
Total Volunteer and employee related costs	609,914	606,741
Costs related to providing goods or services		
Education	51,075	247,139
Fundraising and Grants	65,726	61,503
Governance	26,896	24,244
Marketing and Communications	78,645	70,697
Other Costs	209,030	257,470
Total Costs related to providing goods or services	431,372	661,053
Other expenses		
Audit Fees	11,100	9,732
Depreciation	13,019	20,486
Amortisation	35,594	22,415
Income Tax Expense	360	209
Loss on Disposal of Assets	28,147	-
Portfolio Management Fees	14,028	9,688
Total Other expenses	102,248	62,531
	2022	2021
3. Analysis of Assets		
Bank accounts and cash		
Petty Cash	50	50
Westpac Cheque Account	400,455	83,440
Westpac Main Account	17,853	36,465
Westpac Online Saver 01 A/c	202,955	202,648
Westpac Salaries Account	37,006	53,374
Total Bank accounts and cash	658,319	375,976
Debtors and prepayments		
Accounts Receivable	16,864	128,559
Accrued income	1,643	-
Accrued Interest	-	267
Prepayments	10,962	10,147
Total Debtors and prepayments	29,469	138,973
Work in Progress		
Work in Progress (Method Digital Classroom)	-	16,475
Total Work in Progress	-	16,475



	2022	2021
Other current assets		
GST	8,580	3,208
Printing Stock	224	1,119
Withholding Tax Paid	-	1
Total Other current assets	8,804	4,328
Intangibles		
Website	130,921	129,082
Less Accumulated Depreciation on Website at Cost	(117,284)	(105,333)
Method Digital Classroom	79,118	-
Less Accumulated Depreciation on Method Digital Classroom	(23,643)	-
Total Intangibles	69,112	23,749
Investments		
Forsyth Barr Investment Portfolio (current)	67,792	79,145
Forsyth Barr Investment Portfolio (non-current)	1,132,059	1,363,720
Total Investments	1,199,851	1,442,865
	2022	2021
4. Analysis of Liabilities		
Creditors and accrued expenses		
Credit Cards	1,636	2,295
Accounts Payable	29,449	15,804
Accruals	22,693	7,750
Total Creditors and accrued expenses	53,778	25,849
Revenue Received in Advance	176,370	101,104
Employee costs payable		
Annual Leave Liability	21,040	20,860
Total Employee costs payable	21,040	20,860
	2022	2021
5. Property, Plant and Equipment		
Furniture and Fittings		
Furniture and fittings owned	42,110	92,207
Accumulated depreciation - furniture and fittings owned	(23,289)	(42,622)
Total Furniture and Fittings	18,821	49,586
Other Fixed Assets		
Fixed assets	68,262	63,710
Accumulated depreciation - fixed assets owned	(49,601)	(45,769)
Total Other Fixed Assets	18,661	17,941
Total Property, Plant and Equipment	37,482	67,527



	2022	2021
6. Accumulated Funds		
Accumulated Funds		
Opening Balance	1,922,080	1,841,025
Accumulated surpluses or (deficits)	(170,231)	81,055
Total Accumulated Funds	1,751,849	1,922,080
Total Accumulated Funds	1,751,849	1,922,080
	2022	2021
7. Commitments		
Commitments to lease or rent assets		
Less than one year	44,960	57,140
One to five years	52,453	6,960
Total Commitments to lease or rent assets	97,413	64,100

8. Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees as at 30 June 2022 (Last year - nil).

9. Events After the Balance Date

There were no events that have occurred after the balance date that would have a material impact on the Performance Report (Last year - nil).

10. Ability to Continue Operating

Both entities will continue to operate for the foreseeable future.

11. Covid-19

On 30 January 2020, the spread of novel Corona virus (COVID-19) was declared a public health emergency by the World Health Organisation. This has continued through 2021 with renewed lockdowns occurring in August 2021. The 2021 lockdowns has impacted our ability to deliver our education in schools programme and build on relationships with Friends of the Foundation sponsors.

The Board will continue to monitor impact of COVID-19 on the entities but at the date of signing this report the Board does not believe the entity has been or will be adversely financially affected by the pandemic. The known and expected impacts of the virus on the entity include:

- Uncertainty around future grant income and ability for those entities to make grants at the same level as prior to COVID.
- Donor (public) appeals have been impacted through this time.

The Board maintain the view that the Trust has sufficient resources that it will continue to operate as a going concern provided operational targets are met.

12. Related Parties

The Group regards a related party as a person or an entity with the ability to exert control individually or jointly, or to exercise significant influence over the Group.

Transactions between closely related entities:

- Kia Manawanui Charitable Trust paid a grant of \$149,805 to The Asthma and Respiratory Foundation which has been eliminated for the consolidated accounts purposes (2021: \$60,000).

Directory

Patron

Her Excellency The Rt Hon Dame Cindy Kiro

Kaumātua

Peter Jackson

Board

John Knight, President
Janice Kuka
Ruth Gardener
Cheryl Davies
Philip Aldridge
Paul Larson
Jeannine Stairmand

Medical Director

Dr James Fingleton, BM, PhD, FRACP

Chief Cultural Advisor – Māori

Sir John Clarke, KNZM, CNZM

Scientific Advisory Board

Dr James Fingleton (chair)
Dr Stuart Jones
Dr David McNamara
Professor Richard Beasley
Professor Lutz Beckert
Professor Bob Hancox
Mr John Kristiansen
Ms Betty Poot
Mrs Zoe Manderson
Mrs Nicole Corna
Dr Adrian Trenholme
Dr Lucy Telfar-Barnard
Ms Joanna Turner
Mrs Letitia Harding

Staff

Chief Executive: Letitia Harding
Research and Education Manager: Joanna Turner
Grants and Fundraising Manager: Harriet Duncan
PR and Comms Advisor: Charlotte Lee-Smith
Marketing and Communications Advisor: Sam Treseder
Corporate Sponsorship and Engagement Advisor: Amy-Rose Todd
Office and Donor Appeal Administrator : Dunia Cullingford
Māori Community Liason: Sharon Pihema
Marketing Assistant: Polly Chamberlain

Life Members

Angela Scott QSM
Alison Wilkie

Accountants

Deloitte

Auditors

Moore Markhams

Contact Details

85 The Terrace, Ground Floor, Wellington Central,
Wellington, 6011
PO Box 1459, Wellington 6140
04 499 4592

asthmafoundation.org.nz
Facebook.com/asthmaandrespiratoryfoundation
Instagram.com/asthmaandrespiratoryfoundation
Linkedin.com/company/arfnz/
Twitter.com/asthmafndation

Registered charity

CC53035



Te Hā Ora

Ground Floor, 85 The Terrace,
Wellington Central, Wellington 6011

Asthma and Respiratory Foundation, 2022

Registered Charity #CC53035