

# Te Hā Ora

The Asthma and Respiratory Foundation New Zealand



**Annual Report**  
**2023**



“

The Asthma and Respiratory Foundation NZ (ARFNZ) is New Zealand's principal authority for all respiratory conditions, representing the interests of the 700,000 New Zealanders living with respiratory disease.

”

# Contents

---

President's report .....	06
Chief Executive's report .....	08
Māori engagement .....	10
Improving clinical best practice .....	12
Improving self-management .....	14
Security and stability .....	18
Leaders in respiratory health .....	20
Vaping education and advocacy .....	22
Campaigns .....	24
Raising our national profile .....	26
Dedicated and experienced board .....	28
Cohesive and committed team .....	30
Our supporters .....	32
Structure and governance .....	33
Financial report .....	34
Directory .....	47

# Respiratory disease in New Zealand



**3rd**  
leading cause of death



**\$7 billion**  
annual cost to NZ



**87,500**  
hospital admissions



**29,000**  
children affected



**1 in 10**  
hospital stays attributed

**700,000**  
people live with  
a respiratory  
disease in NZ





That's  
**1 in 7**  
New Zealanders

## Our vision

---

To be the trusted and independent 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 goal

---

To reduce hospitalisations for respiratory conditions



# 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 2023.

It has been a year marked by the effects of natural disasters, with the Foundation's Chief Executive Letitia Harding and her team having to be adaptive and innovative to deliver vital education, advocacy and research to the respiratory community.

It's the people that make an organisation, and the Foundation is very privileged to have a dedicated, passionate team led skilfully by Letitia. As a Board, we are incredibly pleased with Letitia's professionalism, vision and commitment – in particular, her work in the vaping sector. Earlier this year, Letitia was named as the recipient of the 2023 President's Award by the Thoracic Society of Australia and New Zealand (TSANZ) for her advocacy and education around the dangers of vaping. This was testament to Letitia's powerful advocacy efforts and her undeniable passion for helping others. On behalf of the Board, I would like to sincerely thank Letitia and her team for their dedication and hard work.

This year, one key focus from the Board was to support the Foundation's first Āpiha Takawaenga (Māori Community Liaison) Sharon Pihema, based in Tairāwhiti. Sharon has delivered numerous vaping education harm workshops to school students and provided (and developed) information and resources for students to take home. The role began in May 2022 and the Board quickly recognised the importance of Sharon's work, making it a full-time permanent position in July. I'd like to thank Sharon for her outstanding work in helping the Foundation tackle the youth vaping crisis. The Board is now focused on creating more Āpiha Takawaenga roles to have educators from Kaitaia to Invercargill.

Research underpins all the work we do at the Foundation. Earlier this year, the Foundation undertook its first survey of New Zealanders with asthma. The key findings revealed that, of the 488 respondents, more than half were living with poorly controlled asthma and that many of these people were not receiving adequate care and support. The findings provide data for us to use in our advocacy in improving asthma care in New Zealand.

The Foundation continues to provide valuable leadership in best practice treatment of asthma and COPD through its guidelines. The team work 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.

With no Government funding, we are 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 three years. It is encouraging to find so many like-minded organisations willing to support our goals. We are also deeply grateful to the ongoing support from Pub Charity, New Zealand Lotteries Grants 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 align with 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.

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

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

# 2023 Political Manifesto

The Asthma and Respiratory Foundation NZ wants to see the next government prioritise lung health for this generation and the next.



## Te Pūnaha Hauora: Investing in respiratory wellness as a national health priority

- A reduction in acute respiratory hospitalisations should be a national health priority for Te Whatu Ora.
- Funding for research into the environmental and societal causes of respiratory disease in Aotearoa New Zealand.
- Development of better models of care to change the long-term persistence of poor outcomes from lung disease, with a particular focus on reducing disparities for Māori and Pacific people.



## Te Hapori Hauora: Investment into implementing a national respiratory strategy plan for children and adults

- Build best-practice spirometry capacity across the country.
- Support accurate diagnosis of asthma in children with access to bronchodilator testing in all districts and according to ARFNZ national guidelines.
- Invest in respiratory-related workforce development and training programmes.
- Prevent bronchiectasis by supporting proactive follow-up of serious respiratory infections in children through the national roll-out of the *Lungs4Life* programme.
- Dedicated funding package for bronchiectasis based on the models of care used for cystic fibrosis.
- Roll out a national respiratory network/strategy.
- Roll out of lung cancer screening.



## Te Pūnaha Hauora: Improved respiratory services by investing in multi-disciplinary teams (MDT)

- Build national and regional level services, standards and models of both paediatric and adult respiratory care.
- Build multi-disciplinary care in all regions supported with physiotherapy, social work and other allied health resources.
- Expand access to respiratory education and pulmonary rehabilitation programmes throughout the country.
- Support the delivery of a funded pharmacist consultation-based service to improve education, adherence, inhaler technique and overall management of asthma in the community, based on the current New Zealand guidelines.



## Te Taiao: Tackling the youth vaping epidemic in Aotearoa

- Banning of all disposable vapes.
- Limit nicotine content to 20 mg/ml for all vape products.
- Stop any more Specialist Vape Retailers (SVRs) setting up in Aotearoa.
- Re-look at the nicotine-containing vapes prescription model.
- Ban front-of-store advertising and displays of vaping products.
- Support vaping harm education programmes for rangatahi.



## Te Hapori Hauora: Invest in vaccination programmes

- Support research into respiratory vaccine trials.
- Support national prevention – immunisation RSV vaccines.
- Annual influenza vaccination funded for all New Zealanders.



## Whānau Ora: Health literacy

- Improve access to age and culturally appropriate education and resources on respiratory health.
- Support the ARFNZ He Māramatanga Huangō Report recommendations to deliver understandable best-practice asthma advice for Māori children.
- Developing community-based and culturally appropriate support at all levels.



## Te Taiao: Healthy housing to reduce respiratory illness rates

- Ensure all rentals meet the healthy homes standards below by investing in rental house checks and enforcing infringement fees to non-compliant landlords:
  - well-insulated
  - well-ventilated
  - adequate fixed heating
  - free from mould, damp and draughts.



## Te Taiao: Clean indoor and outdoor air to improve lung function

- Ban the use of unflued gas heaters indoors.
- Reduce pollution from solid-fuel burning for home heating and industrial use.
- Changing all the public service vehicle fleet to EVs.
- Monitoring of NO<sub>2</sub>, PM<sub>2.5</sub>, and PM<sub>10</sub> pollutants in real-time.
- Implement a nationally funded strategy to enhance air quality.
- Support indoor air quality monitoring in all childcare centres, schools and universities.
- Greater investment into low-polluting energy sources.

# Chief Executive's report

It is always wonderful to take this time as Chief Executive to reflect on all that we have achieved over the past 12 months. Here, at the Foundation, over the past year, we have said goodbye to staff who have headed back overseas to be with family post-COVID, and have also welcomed some new faces. You can go to page 30 to find out who is now part of the amazing ARFNZ team.

The Foundation's vision is to be 'leaders in respiratory health knowledge to improve respiratory health outcomes for all New Zealanders', but, this year we added two additional words to that vision: 'trusted' and 'independent'. With so much noise and uncertainty out there in the healthcare arena, the Foundation decided that it was important to showcase that these two qualities were a crucial part of our vision.

We constantly base our decision-making process on evidence which is backed by our esteemed Scientific Advisory Board (SAB), chaired by Medical Director Dr James Fingleton. This expertise is crucial to ensure all the information put forth by the Foundation is based on fact, and I would like to give a big thanks to all the health professionals who sit on our SAB.

The Foundation is also fortunate to have a highly-skilled Board from across various health and commercial sectors who have an amazing amount of collective knowledge. Their support is crucial to the Foundation's impact, credibility, and trust and I would 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. I would also like to thank Sir John Clarke, our Chief Cultural Advisor - Māori, for his ongoing sage advice and wisdom. It is because of the present and past shoulders that the Foundation stands upon that incorporating trust and independence were essential.

Partnering with organisations and groups that really understand their communities is also important to the Foundation. We were once again honoured to have the support of Te Taura Whiri i te Reo Māori for the mahi

Sharon Pihema, our Āpiha Takawaenaga Māori (Māori Community Liaison), does across the motu. This was especially evident when Cyclone Gabrielle hit the East Coast, and the Foundation responded by distributing asthma emergency kits to local schools (see page 10). Another core aspect of Sharon's job is running vaping educational workshops with rangatahi around the

country. There has been increased demand for these workshops, and it is great to hear from rangatahi themselves as to what they think the solutions are to tackle the 20% regular vape use amongst teens.

Many of you will know that vaping has been a key focus of the Foundation's work – to educate and

advocate around the harms of it. This year, it was an immense honour to receive the 2023 President's Award from the Thoracic Society of Australia and New Zealand (TSANZ) for advocacy and education around the dangers of vaping. However, it truly is a team effort, and I thank the support of my team and the Board for holding the course on this essential and ongoing mahi.

Using digital platforms to ensure we reach as many people as possible is a big part of modern day life, which is why the Foundation continues to run educational webinars in key areas of interest such as COPD and asthma. The opportunity to answer questions live online means we get to hear the voices 'on the ground' to better understand the issues facing those living with a respiratory illness, or those concerned with lung health in general. I would like to thank our marketing team for their ongoing expertise and skill across all our social media platforms and for hosting the live digital events, as this allows us another way to reach communities and increase health literacy.

We are also excited to host the New Zealand Respiratory Conference again in 2023, and look forward to the thought-provoking presentations that our high-calibre speakers will give. This biennial conference is organised a year in advance, which has meant a lot of work from the Foundation team – but we know the event

Our vision is...

**“ Be the trusted and independent leaders in respiratory health knowledge to improve respiratory health outcomes for all. ”**



is a highlight for many. I thank Joanna Turner my Deputy Chief Executive and Education and Development Manager for overseeing this massive event – it takes a lot of work behind the scenes.

It is now three years since we launched our corporate sponsorship programme Friends of the Foundation (FoF). This programme has enabled 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 10 partners on board.

Many of our FoF sponsors are involved in the healthy homes space, which we all know is incredibly important to good lung health. Having a home free from damp, condensation and mould benefits everyone, which is why, this year, when we launched the political manifesto, we highlighted the importance of a healthy home to reduce respiratory illness rates. The Foundation would like to see the next Government ensure all rentals meet the healthy homes standards through rental house checks and enforcing infringement fees to non-compliant landlords. This should be a priority.

As you all know, the Foundation receives no Government funding, so at this time it is always a pleasure to thank our donor family, our grant providers and the individuals and their families who have generously left bequests to the Foundation. We simply could not do all that we do without you.

Finally, I would like to thank our 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 who have so much skill and passion.

Ngā manaakitanga,



Letitia Harding  
Chief Executive



# Māori engagement

We are working hard to address the unacceptably high inequities of care and health outcomes for Māori. Māori had highest mortality rates for total respiratory disease, asthma and COPD of all ethnic groups in New Zealand. Our aim is to reduce those alarming statistics by making strategic partnerships with Māori health providers and iwi groups and producing resources that meet their needs.



*We know that Māori and Pacific children are more than twice as likely as European children to be admitted to hospital with asthma, and often don't receive asthma preventers, education or action plans at the same rate as other children. We need to help close those gaps.*



**Dr David McNamara**  
Respiratory paediatrician and member of the Foundation's Scientific Advisory Board

## Māori Community Liaison

Sharon Pihema is the Foundation's first Āpiha Takawaenga Māori (Māori Community Liaison) and is dedicated to educating our rangatahi about the effects of vaping.

Sharon focusses on whakawhanaungatanga with iwi health organisations and schools in the Tairāwhiti region. Since Sharon's appointment in May 2022, she has made connections with local primary care and hauora providers across the region and has delivered practical vaping education workshops to more than 756 students at six schools.

Sharon has also developed a range of resources in English and te Reo Māori to enable the delivery of meaningful and relevant key messages around vaping harm education for our young people. These resources have been provided to 13 high schools, five primary and intermediate schools, two kura kaupapa Māori and 13 health services.

In addition, Sharon supported schools across Tairāwhiti following Cyclone Gabrielle by arranging the delivery of 23 asthma emergency kits, including bronchodilator inhalers.



Māori Community Liaison Sharon Pihema with asthma emergency kits

# 5,624

tamariki have attended a Heremana te Kōpūtōtara (Sailor the Pufferfish, te Reo Māori) show

# 617

copies of asthma resources in te Reo have been downloaded or printed



## Te Reo Māori Resources

The Foundation has seen a 27% increase in the number of downloads and prints of its te Reo resources, including COPD Action Plans, Child Asthma Diaries and Managing Your Child's Asthma booklets. Te Reo Māori resources are critical in reducing language barriers to health care and in growing health literacy in reo-speaking communities.

## Heremana te Kōpūtōtara Mātauranga Huangō

Heremana te Kōpūtōtara, the Foundation's te Reo Māori asthma education show, 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.

During the past financial year, six live shows were performed during Te Wiki o Te Reo Māori (Māori Language Week). Since its inception in 2019, Hinerongonui Kingi has educated 5,624 tamariki at kura kaupapa across Te Ika-a-Maui (North Island).

Lockdowns from COVID-19 meant the Foundation needed to adapt, so we developed and launched a te Reo Māori version of the Sailor Digital Classroom. This learning model also 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. The Foundation is planning to open access to the public (rather than just schools) to allow for greater reach and engagement.



Te Reo Sailor show performer Hinerongonui Kingi

# 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.



*For too long the diagnosis and management of COPD in Aotearoa New Zealand has been a postcode lottery. These guidelines – with their evidence-based standards of care – will hopefully provide a level playing field for all New Zealanders, and, as a result, improve the well-being of our people.*

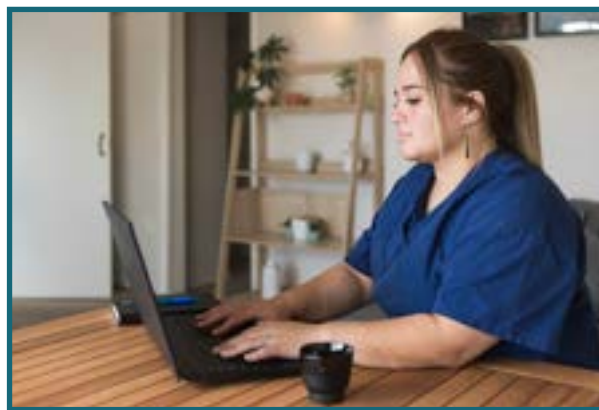


**Dr Stuart Jones**  
Respiratory physician and member of the Foundation's Scientific Advisory Board

## Fundamentals eLearning Course

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.

It addresses the significant health disparity that exists for Māori and Pacific peoples with asthma and COPD and gives clear guidance for



health professionals to provide targeted patient care and equitable access to funded medicines and treatment.

Updated in February 2021 to align with the new New Zealand asthma and COPD best practice

guidelines, the course incorporates the latest research with specific information for the New Zealand context, such as recently-funded medications, treating Māori and Pacific peoples and best practice health literacy. Information and figures from the updated *2020 Impact of Respiratory Disease in New Zealand Report* are also included within the course.

The Foundation continues to see a steady uptake of online enrolments (114 as at 30 June 2023) since taking over the hosting and management of the course from Whitireia NZ in May 2021. This has allowed us to run targeted marketing campaigns and streamline the delivery of this online Continuing Professional Development (CPD) course to health professionals.



Dr Stuart Jones giving a COPD presentation

## Asthma and COPD Guidelines

Educating those healthcare professionals working in primary care to adopt best practice guidelines improves the diagnosis, treatment, and management of COPD in primary care, and reduces the numbers being admitted to hospital.

The New Zealand COPD Guidelines 2021, the New Zealand Adolescent and Adult Asthma Guidelines 2020 and the New Zealand Child Asthma Guidelines 2020 are aimed to provide simple, practical, evidence-based recommendations for the diagnosis, assessment, and management of these diseases.

Between July and November, the Foundation ran three regional talks on the New Zealand COPD Guidelines titled: 'What's changed, what's new, and what do we do with our COPD patients?' These were presented by three of the guideline authors: Dr Stuart Jones (Auckland), Dr James Fingleton (Wellington), and Professor Bob Hancox (Dunedin).

These talks were well-attended by health-professionals working in both primary and

secondary care settings, ranging from general practitioners, nurse practitioners, clinical nurse specialists, occupational health nurses, registered nurses, physiotherapists, and pharmacists.

Each attendee received a complimentary resource pack containing printed copies of the NZ COPD Guidelines, COPD Quick Reference Guide, Inhaler Device Identification Chart, COPD Action Plans in English, te Reo Māori, Samoan, Tongan and Simplified Chinese, breathlessness resources, and a registration for the Asthma and COPD Fundamentals eLearning course.

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, our online guidelines were downloaded 2878 times, we delivered 413 physical copies to health professionals, and our online resources were viewed 11,726 times.



# Improving self-management

The Foundation is dedicated to patient education, offering a wide range of resources in various formats and languages. These materials are designed to empower individuals with respiratory diseases by providing them with helpful information and guidance on managing their condition. Our resources, including printed booklets, brochures, posters, and downloadable materials, are readily accessible to all at no cost.

## COPD Patient Handbook

This year, the Foundation began developing a new resource – the COPD Patient Handbook.

COPD is a respiratory condition that gets worse over time and is the fourth leading cause of death in New Zealand. However, further damage can be prevented. Treatments can reduce breathlessness, improve quality of life, and help people to live longer. This new resource aims to help by providing information about COPD from the various symptoms patients may experience, to the different types of medication that may be prescribed. Importantly, it will also provide tips and advice about how to manage COPD and live a fulfilling life.

The COPD Patient Handbook has been written and approved, and is currently in the design phase.

## Online Resource Store

Shop Asthma, the Foundation's online resource store, is a platform for health organisations (GP practices, hospitals, asthma societies and pharmacies) to order printed copies of our resources free-of-charge. This financial year, Shop Asthma had 2861 visitors to the website and received 222 orders. This is up from 2278 visitors and 131 orders in the previous financial year.





## Asthma & COPD Action Plans

Action plans improve health outcomes and save lives. Therefore, it's no surprise that they are the most requested resource the Foundation produces. Over the past reporting period, 17,140 physical action plans were distributed – a 61% increase year-on-year.

Prescribers create personalised action plans for patients that provide detailed instructions for adjusting inhaled medication dosages during exacerbations, as well as guidelines for initiating

additional treatments like prednisone and antibiotics. These action plans use a 'traffic light' system, offering clear, step-by-step directions ranging from 'well' to 'worsening' and, in extreme cases, 'emergency.'

To ensure accessibility and understanding, we have made these resources available in five languages: English, te Reo Māori, Samoan, Simplified Chinese, and Tongan. This multilingual approach allows patients and their whānau to access crucial health information in



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' app platform.

**17,140**

hard copy action plans delivered

**4,600**

other hard copy resources distributed

**5**

languages represented

## Sailor the Pufferfish Asthma Education

Chris Lam Sam and his friend Sailor the Pufferfish deliver a fun, free and engaging musical show about asthma to primary schools and early childhood education centres throughout New Zealand.

The show covers asthma triggers, how to self-manage asthma, and what to do in an asthma emergency. Each school receives an 'asthma emergency kit', an Asthma First Aid poster, as well as an 'Asthma Friendly School' certificate to proudly display in the school's main office area.

In the last financial year, the show was performed to 27 primary schools and ECEs, educating 2,977 children.

Since its inception in 2015, Chris and Sailor the Pufferfish have educated 75,491 students in schools and ECEs throughout New Zealand.

The live show indirectly educates teachers and school staff about asthma.

Naturally, registrations for the Sailor Digital Classroom decreased in the past year as COVID-19 restrictions were lifted and in-person shows were preferred. It was never intended as a replacement for the live show, but instead as a complement to the work of our entertainers.

The Foundation received a generous donation from the Trust House Foundation to fund a series of shows in Flaxmere and the Wairarapa.



Sailor the Pufferfish Show Performer Chris Lam Sam at a show in Wellington



# 75,491

students educated from  
Sailor the Pufferfish shows  
since 2015

# 2,977

children attended a live  
show in the last financial  
year

# 27

schools and ECEs  
visited by Sailor the  
Pufferfish



# Security and stability

The Foundation continues to pursue and create multiple, reliable income streams to support our work. Our Friends of the Foundation corporate sponsorship programme is continuing to grow and we actively seek grant funding from various sources. We also rely on our dedicated donor community and supporters to continue to provide generous contributions that underpin our vital work.



## \$358,466

received in grant funding



## \$123,750

raised through Friends of  
the Foundation



## \$24,808

raised through fundraising  
campaigns

## Grant applications

The Foundation receives no contracted government funding, so grants from our generous funders are vital to fund the work we do. Each year, we apply for grant funding from a variety of organisations.

This financial year followed the pattern of the previous reporting periods with no government funding beyond Te Taura Whiri i te Reo Māori (Māori Language Commission), 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 \$358,466 in grants over the last financial year.

## Other funding sources

The Foundation also runs regular fundraising campaigns and donor appeals throughout the year, in conjunction with awareness efforts.

These events – Breathe Better September, World Asthma Day and World COPD Day – generated \$24,808.



# Friends of the Foundation

The Friends of the Foundation programme 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 \$120,000 for the Foundation.



The Friends of the Foundation programme has been successful in raising the profile of the Foundation by connecting with well-established and respected New Zealand businesses, all of whom have an interest in the healthy home environment and how their companies can help raise the awareness of respiratory health of Kiwis.

The Foundation has 10 sponsors. These include:

## Platinum Sponsor:



## Gold Sponsors:



## Silver Sponsors:



## Bronze Sponsors:



# Leaders in respiratory health

The Foundation is at the forefront of respiratory health, setting the pace in research, education, and advocacy. Our dedication extends beyond the clinic, as we work to educate both healthcare professionals and the public on the latest advancements and best practices in the sector. In addition, we are committed to improving the quality of life for those living with respiratory conditions by advocacy on crucial issues, such as vaping, Smokefree New Zealand and healthy homes.

## Asthma in New Zealand Survey



In April 2023, the Foundation undertook its first survey of New Zealanders with asthma to understand more about their experiences, asthma management and asthma care.

This survey gave insight into the lived experiences of New Zealanders with asthma providing useful data on asthma management, care, and people's concerns about living with asthma.

We received 488 responses to this survey, out of an estimated 570,000 New Zealanders living with asthma. This was the first time that the Foundation has undertaken a survey of this type. The voluntary survey was completed by adults living with asthma, and parents on behalf of children with asthma.

The key findings revealed that more than half of respondents were living with poorly controlled asthma and that many of these people were not receiving adequate care and support.

The findings provide data for us to use in our advocacy in improving asthma care in New Zealand, as well as information so that New Zealanders have a better understanding of their own asthma and what to expect in terms of care and management.

The findings were also used by students on the University of Otago's Interprofessional Education programme in Tairāwhiti to design asthma educational resources for rangatahi.

## International engagement

Letitia is an advocate for the Global Initiative for Asthma (GINA), the Chair of 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 a number of GARD events in the last financial year.

# Smokefree Aotearoa

## 2025 Action Plan

### Other advocacy

The Foundation continues to support New Zealand's Smokefree 2025 Action Plan, which aims to reduce access to tobacco products, transition to low-nicotine products and to create a smokefree generation.

Healthy homes is another key area for advocacy. As such, the Foundation is part of the 'Homes We Deserve' alliance (spearheaded by the Green Building Council) and a member of the Wellington Regional Healthy Housing Group (WRHHG). The Foundation will continue to advocate for improvements in our housing standards and improvements in air quality both in indoor and outdoor environments.

“

*For us, leadership is about envisioning a future where every New Zealander breathes easier. It's about forging a path toward that vision, and then making that vision a reality for the betterment of the 700,000 Kiwis living with a respiratory disease.*

- **Letitia Harding**  
ARFNZ Chief Executive

”



# Vaping education and advocacy

The rise of youth vaping in New Zealand has become an increasingly important social issue. The Foundation continues to advocate for greater vaping regulations, along with providing vaping harm education to young people, families, and communities. This education is provided through our informational website 'Don't Get Sucked In' and through practical, education workshops developed and delivered by our Āpiha Takawaenga Māori.

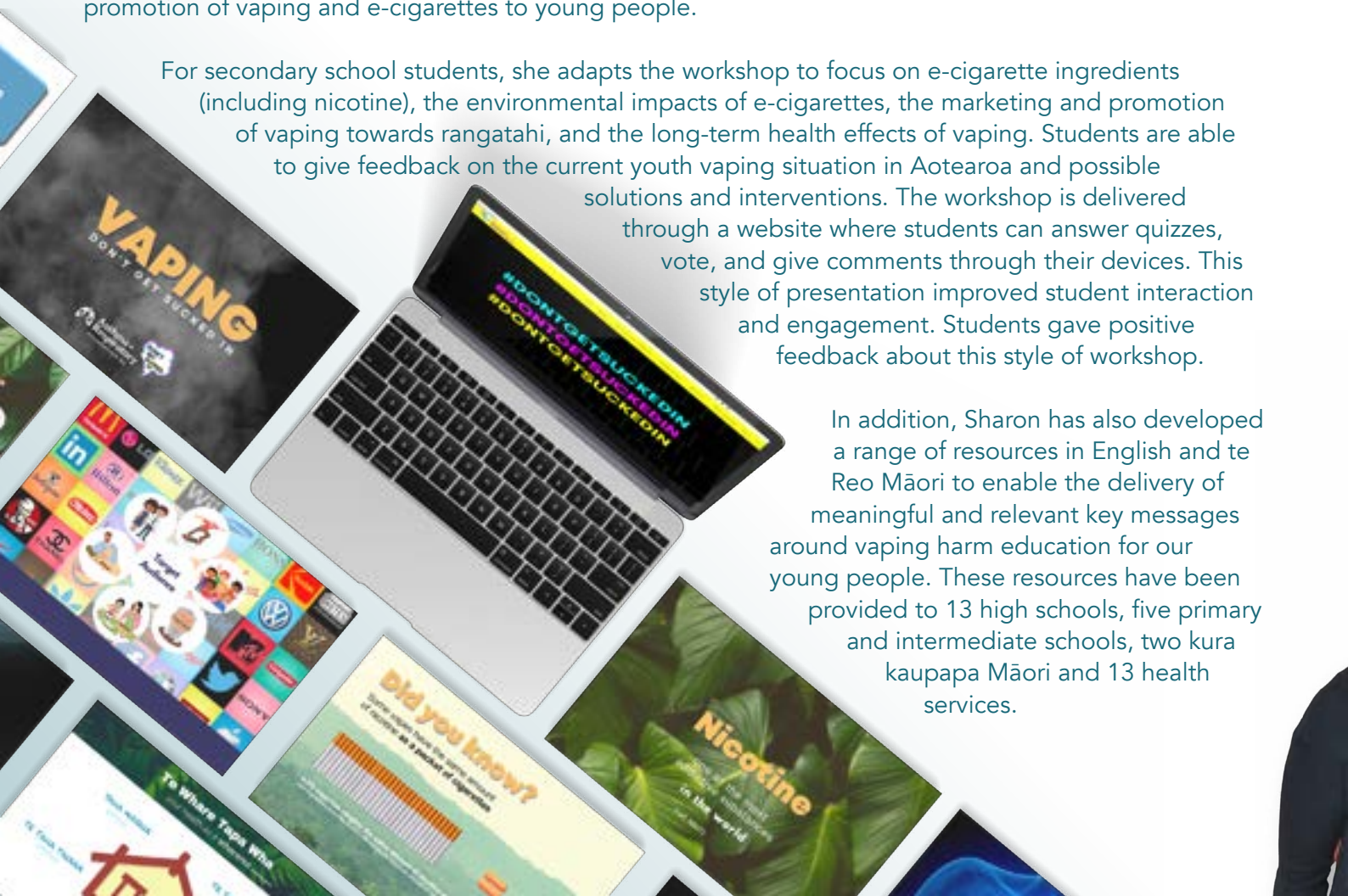
## Education Workshops

Sharon Pihema, our Āpiha Takawaenga Māori (Māori Community Liaison), delivers practical education workshops to rangatahi about the effects of vaping. Since May 2022, she has connected with 756 students at six schools to deliver key messaging around the harm they cause.

At primary and intermediate schools, her workshops have a greater focus on the environmental impact of e-cigarettes and additional discussion on the influence of the tobacco industry on the marketing and promotion of vaping and e-cigarettes to young people.

For secondary school students, she adapts the workshop to focus on e-cigarette ingredients (including nicotine), the environmental impacts of e-cigarettes, the marketing and promotion of vaping towards rangatahi, and the long-term health effects of vaping. Students are able to give feedback on the current youth vaping situation in Aotearoa and possible solutions and interventions. The workshop is delivered through a website where students can answer quizzes, vote, and give comments through their devices. This style of presentation improved student interaction and engagement. Students gave positive feedback about this style of workshop.

In addition, Sharon has also developed a range of resources in English and te Reo Māori to enable the delivery of meaningful and relevant key messages around vaping harm education for our young people. These resources have been provided to 13 high schools, five primary and intermediate schools, two kura kaupapa Māori and 13 health services.





## TSANZ Award

Foundation Chief Executive Letitia Harding was named as the recipient of the 2023 President's Award by the Thoracic Society of Australia and New Zealand (TSANZ) for her advocacy and education around the dangers of vaping. She also presented at TSANZ's Annual Scientific Meeting in March 2023 on vaping in New Zealand. The Foundation has worked with TSANZ and Australian Lung Foundation on issues of shared concern. We published a joint media release calling for the ban of disposal vape products that was widely covered by media.

## Advocacy & Media

The Foundation continues to be the voice on vaping. We continue to advocate for stricter vaping regulations by submitting on Government proposals, directly contacting MPs about our concerns, and liaising with other organisations and individuals with shared views.

Both Letitia and Sharon are regularly approached by media to comment on vaping regulations and the impact on young New Zealanders.

This has raised the Foundation's profile as a leading

advocate for greater vaping regulation. We released 11 media releases on vaping-related issues throughout the financial year and our Chief Executive Letitia Harding was contacted by media 22 times to speak on vaping issues. She appeared in 112 news items on vaping over the reporting period.

Results from the ARFNZ/SPANZ survey continue to be an important source of vaping statistics, with these findings referenced 13 times in media items over the reporting period.

The 'Don't Get Sucked In' website continues to be a pivotal educational tool used by young people, parents, and schools, with an increase of 118.37% in page views compared to the last financial year.



# 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 2022

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

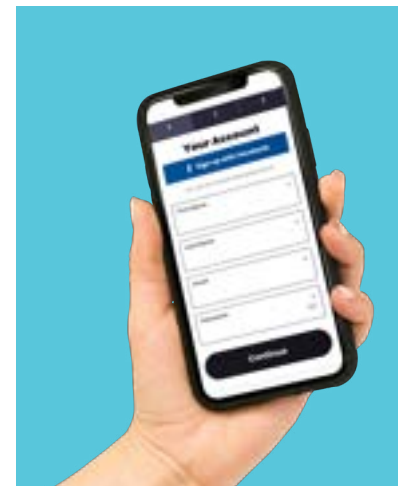
The theme for the campaign was 'Step Up this September'. We had support from kids' aerobics company Jump Jam who ran their own challenge as part of the campaign.

Some partners from our Friends of the Foundation programme provided prizes to incentivise

donations. These included Pink Batts supplied by Comfortech, a month's free power from Pulse Energy, and a Daikin air purifier. Comfortech also ran their own programme of activity for the campaign and raised \$5000 for the Foundation.

The Breathe Better September website had 88,465 page views from 1 August 2022 to 31 October 2022 and 148 people signed up to the platform, with strong support of Team Jump Jam.

A total of \$15,878 in donations were raised throughout the month of September.





## World Asthma Day 2023

Every World Asthma Day (held in May each year), the Foundation runs a national campaign to increase asthma awareness and management in New Zealand.

This year, we raised \$8,400 through our online fundraising platform, with an additional \$530 through a TradeMe auction of a donated Hurricanes rugby jersey.

We were also able to provide asthma emergency kits to 200 low decile schools across New Zealand. We collaborated with Green Cross Health to supply \$5 vouchers in each kit to reduce the cost of an emergency bronchodilator inhaler.

We also ran a webinar for parents entitled: 'Helping your Children Manage their Asthma' with Dr David McNamara (respiratory paediatrician), Sharon Pihema (Māori Community Liaison) and Liam Dulver (11-year-old living with asthma). Just over 70 people registered for the webinar and it has been viewed 62 times, subsequently.



## World COPD Day 2022

This global campaign aims to raise greater public awareness of chronic obstructive pulmonary disease (COPD). The Foundation ran a webinar entitled: 'Living well with COPD', featuring Dr James Fingleton (Foundation Medical Director), Nicola Corna (respiratory nurse specialist) and Pauline Mohi (has lived with COPD for 15 years). Just over 450 people joined the webinar.

# Raising our national profile

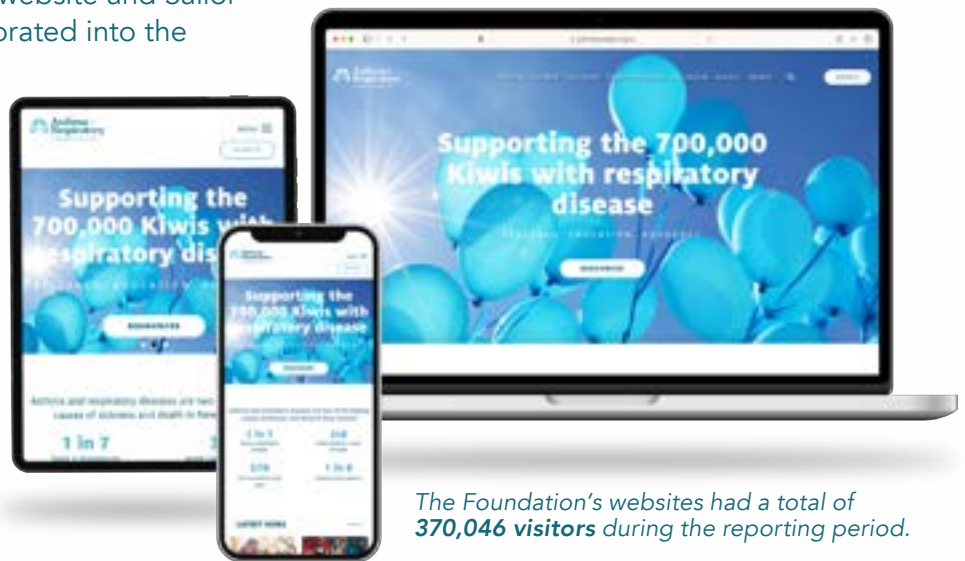
To achieve our strategic goals, particularly around reducing health inequities and ensuring that respiratory health is a priority, the Foundation needs to maintain a strong public profile. We do this through public relations efforts and by sharing valued information and updates through our communications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

## 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.

Over the financial year, we moved the main Foundation website onto a new platform with greater functionality. This is the first step in consolidating our websites to reduce the cost and workload needed to maintain them. The Guidelines website and Sailor Show websites will also be incorporated into the main website.

Following that move, regular updates were made to these websites throughout the reporting period. With help from a third year PhD student, on exchange from Manchester University, the Foundation updated the content on the main website to align with the NZ COPD Guidelines.



*The Foundation’s websites had a total of 370,046 visitors during the reporting period.*

**292**  
media mentions

**16,624**  
followers on social media

**9,279**  
subscribers to our eNewsletters

## Better Breathing magazines & eNewsletters

The Foundation's magazine, *Better Breathing*, is published quarterly to coincide with the change of season. It contains a mix of community news, health advice and tips from respiratory professionals, updates about the Foundation, and features on topical issues. It keeps both general public and medical professionals informed of the Foundation's activity and increases the Foundation's profile.

About 4,300 physical copies of the magazine are distributed each quarter, and related e-Newsletters (eDMs) are sent to a further 9,000 people. We also share individual stories through our social media channels to ensure this information and advice receives as wide an audience as possible. In addition, we received 23,649 digital impressions from the online magazines over the reporting period.

The Foundation also 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 40 eDMs throughout the year, with an average open rate of 37.5%.



*Better Breathing* magazine - Winter 2023

## Public relations & media

The Foundation's media profile continues to increase with the Foundation now seen as a credible source of information on respiratory-related topics.



The Foundation is 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 31 media releases and achieved 292 mentions across broadcast, print and digital media. Some high-profile coverage includes Fair Go (vaping), One News (vaping), The Project (Breathe Better September), Te Ao News (vaping), Nelson Mail (front page Respiratory Achievers' Awards), Newshub (vaping), The Listener (cover story on vaping).

## Social media

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

Over the last financial year, our social channels have continued to see increases in followers and engagement. Our total social audience is now just under 17,000 people, and close to one million accounts viewed our content over the last year.

**f** 11,520  
page followers

**ig** 1,894  
followers

**in** 588  
followers

**tw** 2,278  
followers

**yt** 344  
subscribers

# 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 2023.



## John Knight - President

John has been with the Asthma and Respiratory Foundation for 15 years – about eight of those as chairman. Based in the Hawke's Bay, John also supports his local asthma organisation, which has grown (under his guidance) from a small society to a registered charitable trust. In addition to his involvement with charities, John works in the real estate industry and is a member of Business Mentors. He has a sound understanding and knowledge of management and governance roles, along with outstanding strategic and leadership skills. John is also the chair of an early childhood education (ECE) trust, which is a successful ECE provider around the country. John and his wife Sharron have three children and eight grandchildren.



## Janice Kuka (Ngātiringinui and Ngāiterangi)

Janice is from Tauranga Moana and is of Ngātiringinui and Ngāiterangi descent. Her current role is Managing Director at Ngā Mataapuna Oranga – 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.



## Jeannine Stairmand (Ngāti Porou, Taiwi)

Jeannine is a Senior Lecturer in Te Rōpū Rangahau Hauora a Eru Pōmare and member of the C3-Cancer and Chronic Conditions Research Group, Department of Public Health, University of Otago Wellington. Jeannine is a nurse with a Masters in Public Health. She has a comprehensive background having worked in diverse roles in the health sector over the past 20+ years including Māori health, primary care, policy and funding and public health. She currently convenes Hauora Māori for 4th and 5th year medical students based in Wellington and her research areas of interest include health inequities, service delivery, Hauora Māori, adolescent idiopathic scoliosis and cancer screening and supportive care. Her 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.



### **Cheryl Davies (Ngāti Raukawa, Ngāti WehiWehi)**

Cheryl has managed the Tu Kotahi Māori Asthma Trust over the past 30 years. Tu Kotahi was formed as the first Māori Asthma Society in New Zealand in the early 1990s. She 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 25 years.

---



### **Phillip Aldridge**

Phillip Aldridge is an experienced Executive Manager and Director. Phillip is currently the Chief Executive for Waihanga Ara Rau - the Workforce Development Council for Construction and Infrastructure. Phillip 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.

---



### **Ruth Gardener**

Ruth is a retired registered nurse with a particular interest in respiratory health and education. Ruth lectured at the Otago Polytechnic School of Nursing and prior to this worked as a clinical nurse respiratory educator at Dunedin Hospital and in a general practice. 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.

---



### **Paul Larson**

Paul has owned Larson's Pharmacy, a large community pharmacy (incorporating a NZ Post and Kiwibank) in Green Island, Dunedin for 23 years and had also previously owned a city-based pharmacy in Dunedin and a rural pharmacy in Ranfurly. His previous work life for about eight years prior to community pharmacy included working at the National Poisons Centre in Dunedin, Dunedin Hospital as Medicines Information Pharmacist, and as a Hospital Pharmacist at Palmerston North and Gisborne. He also owns Henrietta Soaps Limited a wholesale and online retail soap business. He has a wide range of Governance experience and is currently sitting as a board member on: The Pharmaceutical Society of New Zealand (Wellington), Pharmacy Guild of New Zealand (Wellington), Wellsouth Primary Health Network (Dunedin), Propharma Southern Advisory Committee (Christchurch) and the Dunedin Urgent Pharmacy. He is a past board member of: Consumer NZ (Inc) incorporating a role as Chair of their Audit and Risk Committee, Pharmaceutical Services Limited, New Zealand College of Pharmacists, Pharmacy Industry Training Organisation, New Zealand Pharmacy, Education and Research Foundation and the Franchise Representatives Board of NZ Post and Kiwibank. He is very passionate about pharmacy and the wider health sector and how pharmacy can work together with fellow health professionals to bring improvements to our patient's lives.

# Committed and cohesive team

The Foundation team is made up of a group of dedicated individuals who work tirelessly to help New Zealanders breathe better. The details below are current as of 1 October 2023.

## Letitia Harding - Chief Executive



Letitia has over 25 years 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 - Deputy Chief Executive and Education and Development 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.

## Pam Francombe - Grants and Fundraising Executive



Pam is responsible for managing the Foundation's grants fundraising programme enabling the Foundation to continue its vital work in supporting those living with respiratory illnesses. Her work includes developing and submitting grant applications, outcomes reporting to funders, and identifying and engaging with new grant funding sources. Pam has seven years of grants fundraising experience, a strong knowledge of the New Zealand grant funding landscape, and a network of personal relationships within grant funding organisations. Pam is a member of the Fundraising Institute of NZ.

## Christina Goss – Corporate Sponsorship and Engagement Advisor



Christina has a background in donor care and administration with four years' experience in the fundraising sector. Christina is a member of the Fundraising Institute of NZ.



### **Chloe Bradwell - PR and Comms Marketing Manager**

Chloe is the head of the Marketing team at the Foundation, working to promote the organisation and increase awareness of respiratory disease through media and across all other channels. Chloe, who has a personal connection with the Foundation as she is one of the 700,000 Kiwis living with asthma or a respiratory disease, hopes her work will help make a real difference to the health and wellbeing of New Zealanders. Chloe has a background in communications and events management. Prior to this, she was business and general news print journalist for Stuff and The Post (formerly The Dominion Post).

---



### **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.

---



### **Jack Perris – Marketing Assistant**

Jack is our Marketing Assistant, supporting the marketing team to promote the Foundation and wider marketing activities across all our channels. His focus is on content creation, web and graphic design, and resource development. Jack has had asthma since he was young, and feels a personal connection to the 700,000 Kiwis in the respiratory community in New Zealand. He hopes that the work he does has a positive impact for New Zealanders.

---



### **Sharon Pihema – Āpiha Takawaenga (Māori Community Liaison)**

Sharon is the Māori Community Liaison for the Foundation and will be supporting the goals of the Foundation's Māori Engagement Strategy. Building relationships with whānau, hapū and iwi organisations to identify how best to support their work in respiratory health will be a key focus for Sharon. 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.

# Ngā mihi nui

## Thank you to our supporters

As an independent charity, the Foundation is reliant on donations, grants, sponsorships and bequests. We are extremely grateful to all those who choose to donate and support our work.

### Our family of donors

We are very lucky to have a committed group of donors whose long-term backing means that we can continue to make a difference to New Zealanders with respiratory conditions. This generosity ensures that the Foundation can provide critical resources, information, research and advocacy.

To all these donors, a big thank you for your generosity and for believing in the mission of the Foundation. You are making a significant difference in the lives of people with respiratory conditions.

### Our major supporters

A special thank you to the generous trusts, foundations and individuals who have supported the Foundation throughout the year. Your contributions allow us to continue to do essential work.

#### Trusts and Foundations

*Pub Charity Limited*  
*Lotteries Grants Board*  
*Te Taura Whiri i te Reo Māori | Māori Language Commission*  
*The Lion Foundation*  
*Pelorus Trust*  
*Four Winds Foundation*  
*Trust House Foundation*  
*NH Taylor Charitable Trust, proudly managed by*  
*Perpetual Guardian*

#### Legacy gifts

*Estate Murray Stoughton Rider*  
*Estate of Elizabeth Kennedy*  
*Anna Wilson*  
*Estate of Melvin Fred Farrington*  
*Joan Neilsen Trust*  
*Estate of Margaret Harrison*  
*Ron Gilbertson Family Trust*  
*Estate of William Ronald Lester Wilkins*  
*Estate of Susan Mary Branch*





# Structure and governance

## Organisational structure

Asthma and Respiratory Foundation NZ is 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 lessen 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 that operate 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 Clinical Leader for Respiratory at Capital & Coast District Health Board. He chairs the Scientific Advisory Board and is Medical Director of the Foundation.

Sir John Clarke CNZM, KNZM is the Foundation's Chief Cultural Advisor - Māori, and advises the Foundation on tikanga Māori.

## 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.

## Financial reporting

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  
 Breathe Hawke's Bay  
 Gisborne & East Coast Asthma Society  
 Tu Kotahi Māori Asthma Trust (Lower Hutt)  
 Mahi Tahi Hauora  
 Manawatū Breathe Easy  
 Horowhenua Breathe Easy Support Group

## South Island

Nelson Asthma Society  
 CanBreathe Canterbury  
 Otago Asthma Society

*\*Our regional partners are autonomous organisations.*

# Financial Report

---

# Contents

---

Approval of Financial Report .....	36
Entity Information .....	37
Statement of Financial Performance .....	38
Statement of Financial Position.....	39
Statement of Cash Flows .....	40
Statement of Accounting Policies.....	41
Notes to the Performance Report .....	43

# Approval of Financial Report

Asthma Foundation Group  
For the year ended 30 June 2023

The Trustees are pleased to present the approved financial report including the historical financial statements of Asthma Foundation Group for year ended 30 June 2023.

APPROVED



Trustee

Date 21 September 2023





Chair

Date 21st September 2023



# Entity Information

## Asthma Foundation Group For the year ended 30 June 2023

'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 2023

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

	NOTES	2023	2022
<b>Revenue</b>			
Donations, fundraising and other similar revenue	1	1,098,626	951,889
Revenue from providing goods or services	1	180,828	101,290
Interest, dividends and other investment revenue	1	89,858	(88,406)
Other revenue	1	134	8,530
<b>Total Revenue</b>		<b>1,369,446</b>	<b>973,303</b>
<b>Expenses</b>			
Volunteer and employee related costs	2	694,107	609,914
Costs related to providing goods or service	2	505,204	431,372
Other expenses	2	72,719	102,248
<b>Total Expenses</b>		<b>1,272,030</b>	<b>1,143,534</b>
<b>Surplus/(Deficit) for the Year</b>		<b>97,416</b>	<b>(170,231)</b>



# Statement of Financial Position

## Asthma Foundation Group

As at 30 June 2023

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

	NOTES	30 JUN 2023	30 JUN 2022
<b>Assets</b>			
<b>Current Assets</b>			
Bank accounts and cash	3	710,641	658,319
Debtors and prepayments	3	62,032	29,469
Investments (current)	3	30,077	67,792
Other current assets	3	5,405	8,804
<b>Total Current Assets</b>		<b>808,155</b>	<b>764,383</b>
<b>Non-Current Assets</b>			
Property, Plant and Equipment	5	31,548	37,482
Intangibles	3	50,167	69,112
Investments (non current)	3	1,239,063	1,132,059
<b>Total Non-Current Assets</b>		<b>1,320,779</b>	<b>1,238,654</b>
<b>Total Assets</b>		<b>2,128,934</b>	<b>2,003,037</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Creditors and accrued expenses	4	90,551	74,818
Revenue Received in Advance	4	189,118	176,370
<b>Total Current Liabilities</b>		<b>279,668</b>	<b>251,188</b>
<b>Total Liabilities</b>		<b>279,668</b>	<b>251,188</b>
<b>Total Assets less Total Liabilities (Net Assets)</b>		<b>1,849,265</b>	<b>1,751,849</b>
<b>Accumulated Funds</b>			
Retained Earnings	6	1,751,849	1,922,080
Accumulated surpluses or (deficits)	6	97,416	(170,231)
<b>Total Accumulated Funds</b>		<b>1,849,265</b>	<b>1,751,849</b>



# Statement of Cash Flows

## Asthma Foundation Group For the year ended 30 June 2023

	2023	2022
<b>Cash Flows from Operating Activities</b>		
Donations, fundraising and other similar receipts	1,058,523	1,110,905
Receipts from providing goods or services	227,306	126,066
Interest, dividends and other investment receipts	37,500	28,786
Cash receipts from other operating activities	134	8,530
GST	2,374	(2,066)
Payments to suppliers and employees	(1,233,466)	(1,041,258)
<b>Total Cash Flow from Operating Activities</b>	<b>92,371</b>	<b>230,963</b>
<b>Cash Flows from Investing and Financing Activities</b>		
Receipts from the sale of property, plant and equipment	-	-
Receipts from the sale of investments	14,839	181,089
Payments to acquire property, plant and equipment	(19,888)	(74,710)
Payments to purchase investments	(35,000)	(55,000)
<b>Total Cash Flows from Investing and Financing Activities</b>	<b>(40,049)</b>	<b>51,379</b>
<b>Net Increase / (Decrease) in Cash</b>	<b>52,322</b>	<b>282,342</b>
<b>Cash Balances</b>		
Cash and cash equivalents at beginning of period	658,319	375,977
Cash and cash equivalents at end of period	710,641	658,319
<b>Net change in cash for period</b>	<b>52,322</b>	<b>282,342</b>





# Statement of Accounting Policies

## Asthma Foundation Group For the year ended 30 June 2023

'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

The Group elected to apply Tier 2 PBE accounting standards for its Portfolio Investments. In previous years, the Group applied PBE IPSAS 29 Financial Instruments: Recognition and Measurement which is now superseded by PBE IPSAS 41 Financial Instruments. PBE IPSAS 41 is effective from 1 January 2022, which the Group adopted on 1 July 2022 for its Portfolio Investments. In accordance with the transition provisions in PBE IPSAS 41, the Group has elected not to restate the comparative information which continues to be reported under PBE IPSAS 29. The relevant accounting policies for the year ended 30 June 2023 have been updated to comply with PBE IPSAS 41.

PBE IPSAS 41 has had no material impacts on the Group's measurement and recognition of its Portfolio Investments. No adoption remeasurements are required and the instruments are still held at fair value through surplus or deficit.

Except for the application of the new standard above, no other changes have been made to the Group's accounting policies.

### 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.

Revenue from services is recognised by reference to the stage of completion of the service at balance date. This is based on the actual service provided as a percentage of the total service to be provided.



## 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 the following to account for its portfolio investments:

- PBE IPSAS 28 Financial Instruments: presentation
- PBE IPSAS 41 Financial instruments
- PBE IPSAS 30 Financial instruments: Disclosures

The Group's investment portfolio is managed by Forsyth Barr. The investments comprise of cash accounts, fixed rate instruments and equity instruments and are collectively classified and measured at fair value through surplus or deficit. The investment portfolio goal is to maximise return. The portfolio is managed on a fair value basis i.e. the appreciation in the value of the portfolio and the realisation of investments (cash). An investment manager has been appointed who has the mandate to buy and sell securities in the portfolio to achieve this goal.

The investment portfolio is held at its fair value on balance date, with changes taken through surplus or deficit.



# Notes to the Performance Report

## Asthma Foundation Group For the year ended 30 June 2023

	2023	2022
<b>1. Analysis of Revenue</b>		
<b>Donations, fundraising and other similar revenue</b>		
<b>Donations</b>		
Bequests	516,349	376,867
Donor Appeal	192,444	218,034
Donation Point Tap Income	148	123
Donor Appeal - Breathe Better September	15,875	16,135
Donor Appeal - World Asthma Day	9,444	477
<b>Total Donations</b>	<b>734,260</b>	<b>611,636</b>
<b>Grants</b>		
Other Grants	187,813	143,770
Pub Charity Grant	176,553	196,483
<b>Total Grants</b>	<b>364,366</b>	<b>340,253</b>
<b>Total Donations, fundraising and other similar revenue</b>	<b>1,098,626</b>	<b>951,889</b>
<b>Revenue from providing goods or services</b>		
Corporate Sponsorship	40,000	91
Friends of the Foundation Income	123,750	80,417
Fundamentals Online e-learning	9,978	18,382
Marketing Income	1,825	2,400
Printing.com Resource Sales	5,274	-
<b>Total Revenue from providing goods or services</b>	<b>180,828</b>	<b>101,290</b>
<b>Interest, dividends and other investment revenue</b>		
Dividend Income	17,249	20,754
Interest Income	19,954	10,017
PIE Income/(Losses)	296	(2,252)
Revaluation Profit/(Loss)	52,359	(116,925)
<b>Total Interest, dividends and other investment revenue</b>	<b>89,858</b>	<b>(88,406)</b>
<b>Other revenue</b>		
Other Income	134	8,530
<b>Total Other revenue</b>	<b>134</b>	<b>8,530</b>



2023 2022

## 2. Analysis of Expenses

### Volunteer and employee related costs

Salaries and Wages	675,488	588,824
Travel and Accommodation	9,646	17,342
Staff Expenses/Team Building	6,738	1,009
Professional Development	2,234	2,738
<b>Total Volunteer and employee related costs</b>	<b>694,107</b>	<b>609,914</b>

### Costs related to providing goods or services

Education	77,436	51,075
Fundraising and Grants	52,452	65,726
Governance	29,618	26,896
Marketing and Communications	85,655	78,645
Other Costs	254,293	209,030
<b>Total Costs related to providing goods or services</b>	<b>499,454</b>	<b>431,372</b>

### Grants and donations made

Grants Paid to Other Providers	5,750	-
<b>Total Grants and donations made</b>	<b>5,750</b>	<b>-</b>

### Other expenses

Audit Fees	12,050	11,100
Depreciation	11,027	13,019
Amortisation	31,075	35,594
Income Tax Forfeited	459	360
Loss on Disposal of Assets	5,895	28,147
Portfolio Management Fees	12,214	14,028
<b>Total Other expenses</b>	<b>72,719</b>	<b>102,248</b>

2023 2022

## 3. Analysis of Assets

### Bank accounts and cash

Petty Cash	50	50
Westpac Cheque Account	431,764	400,455
Westpac Main Account	8,491	17,853
Westpac Online Saver 01 A/c	206,206	202,955
Westpac Salaries Account	64,130	37,006
<b>Total Bank accounts and cash</b>	<b>710,641</b>	<b>658,319</b>

### Debtors and prepayments

Accounts Receivable	26,082	16,864
Accrued income	-	1,643
Prepayments	35,951	10,962
<b>Total Debtors and prepayments</b>	<b>62,032</b>	<b>29,469</b>



	2023	2022
<b>Other current assets</b>		
GST	5,181	8,580
Printing Stock	224	224
<b>Total Other current assets</b>	<b>5,405</b>	<b>8,804</b>
<b>Intangibles</b>		
Website	143,051	130,921
Less Accumulated Depreciation on Website at Cost	(125,141)	(117,284)
Method Digital Classroom	79,118	79,118
Less Accumulated Depreciation on Method Digital Classroom	(46,860)	(23,643)
<b>Total Intangibles</b>	<b>50,167</b>	<b>69,112</b>
<b>Investments</b>		
Forsyth Barr Investment Portfolio (current)	30,077	67,792
Forsyth Barr Investment Portfolio (non-current)	1,239,063	1,132,059
<b>Total Investments</b>	<b>1,269,140</b>	<b>1,199,851</b>

	2023	2022
<b>4. Analysis of Liabilities</b>		
<b>Creditors and accrued expenses</b>		
Credit Cards	1,727	1,636
Accounts Payable	34,861	29,449
Accruals	18,550	22,693
Employee Entitlements	35,414	21,040
<b>Total Creditors and accrued expenses</b>	<b>90,551</b>	<b>74,818</b>
Revenue Received in Advance	189,118	176,370
	2023	2022

## 5. Property, Plant and Equipment

<b>Furniture and Fittings</b>		
Furniture and fittings owned	30,933	42,110
Accumulated depreciation - furniture and fittings owned	(17,510)	(23,289)
<b>Total Furniture and Fittings</b>	<b>13,422</b>	<b>18,821</b>
<b>Other Fixed Assets</b>		
Fixed assets	75,113	68,262
Accumulated depreciation - fixed assets owned	(56,987)	(49,601)
<b>Total Other Fixed Assets</b>	<b>18,126</b>	<b>18,661</b>
<b>Total Property, Plant and Equipment</b>	<b>31,548</b>	<b>37,482</b>



	2023	2022
<b>6. Accumulated Funds</b>		
<b>Accumulated Funds</b>		
Opening Balance	1,751,849	1,922,080
Accumulated surpluses or (deficits)	97,416	(170,231)
<b>Total Accumulated Funds</b>	<b>1,849,265</b>	<b>1,751,849</b>
<b>Total Accumulated Funds</b>	<b>1,849,265</b>	<b>1,751,849</b>

	2023	2022
<b>7. Commitments</b>		
<b>Commitments to lease or rent assets</b>		
Less than one year	46,700	44,960
One to five years	57,528	52,453
<b>Total Commitments to lease or rent assets</b>	<b>104,228</b>	<b>97,413</b>

## 8. Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees as at 30 June 2023 (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. 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 did not pay any grants to The Asthma and Respiratory Foundation (2022: \$149,805).
- Kia Manawanui Charitable Trust paid \$5,750 to The Asthma and Respiratory Foundation as a reimbursement for a payment made to the University of Otago for a randomized study around vaping (2022: \$nil).



# Directory

## Patron

Her Excellency The Rt Hon Dame Cindy Kiro

## 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  
Ms Betty Poot  
Mrs Zoe Manderson  
Mrs Nicole Corna  
Dr Adrien Trenholme  
Dr Lucy Telfar-Barnard  
Ms Joanna Turner  
Ms Letitia Harding

## Registered charity

CC53035

## Staff

**Chief Executive:** Letitia Harding  
**Deputy Chief Executive and Education and Development Manager:** Joanna Turner  
**Grants and Fundraising Executive:** Pam Francombe  
**PR and Comms Marketing Manager:** Chloe Bradwell  
**Marketing and Communications Advisor:** Sam Treseder  
**Corporate Sponsorship and Engagement Advisor:** Amy-Rose Todd  
**Māori Community Liaison:** Sharon Pihema  
**Office and Donor Appeal Administrator:** Christina Goss  
**Marketing Assistant:** Jack Perris

A special mention to Charlotte Lee-Smith, Harriet Duncan and Dunia Cullingford who were also part of the Foundation team during this reporting period.

## Solicitors

Tuia Group

## 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/asthmafoundation

# Te Hā Ora

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

Asthma and Respiratory  
Foundation, 2023

Registered Charity  
#CC53035