

**HEART FOUNDATION TASMANIA / MENZIES INSTITUTE  
FOR MEDICAL RESEARCH PRESENTATIONS  
REMARKS BY  
HER EXCELLENCY PROFESSOR THE HONOURABLE KATE WARNER AC  
GOVERNOR OF TASMANIA, TUESDAY 6 NOVEMBER 2018**

Good morning and welcome to the 2018 Heart Foundation and Menzies Institute for Medical Research Honours Scholarship; Diamond Award; and Red Pin presentations.

I begin by paying my respects to the traditional and original owners of this land— the Mouheneener people. I acknowledge the contemporary Tasmanian Aboriginal community, who have survived invasion and dispossession, and continue to maintain their identity, culture and Indigenous rights.

Each year at Government House we take this opportunity to warmly acknowledge the contribution made by supporters of the Heart Foundation, so thank you very much for coming along this morning.

And it is my honour as your Patron to present the Heart Foundation and Menzies Institute for Medical Research Honours Scholarship.

Now in its 10<sup>th</sup> year, the scholarship program recognises gifted young University of Tasmania students who have been given an opportunity to undertake a project on cardiovascular health at the Menzies Institute.

The Scholarships gifted by the Heart Foundation are worth \$5000 each, and this sum is matched by the Menzies Institute – for a total of \$10,000 – which I'm sure represents a wonderful boost for someone with a challenging year of study ahead.

Heart disease remains the single biggest killer of Australians; nearly one-quarter of the Tasmanian population lives with heart disease. The causes are well known: smoking, obesity, high blood pressure, lack of physical activity and high cholesterol.

But knowing the causes does not mean the solution is at hand. Hence the importance of the Foundation's work in supporting research, and promoting healthy, active lifestyles and healthy eating.

Last year and for the first half of this year the Heart Foundation ran the LiveLighter campaign, encouraging everyone with a 'grabbable gut' to choose healthier options.

The Foundation has also continued the push for people in our community to learn CPR and called for more registered defibrillators in businesses and our public places.

Furthermore the Heart Foundation has recently boosted its capacity in advocating for active living and a healthier built environment, in particular through contributions to the Hobart City Council and RACT's Mobility Vision for Greater Hobart.

More and more Tasmanians and indeed people across Australia have turned to the Heart Foundation website and Helpline for resources, support and information on heart health.

And programs like Heart Foundation Walking and Jump Rope for Heart are engaging community members of all ages and promoting the message that physical activity is the key to good health.

At the core of all this effort is, of course, the underpinning research into how best to fight heart disease. My understanding is that every dollar spent on cardiovascular research saves about eight dollars, through improved health benefits and less reliance on medical intervention.

That statistic alone makes your financial support of the Heart Foundation incredibly valuable.

Indeed, the Heart Foundation is the largest non-government funder of cardiovascular research in Australia, and this is because of your ongoing support – for which we thank you very much.