

Kia ora, kia orana, malo e lelei, talofa lava, bula, namaste, salam alaykum, hello!

AN INVITATION TO PARTICIPATE IN A FOCUS GROUP ABOUT HEART DISEASE RISK

Te Whatu Ora is developing improvements to its Cardiovascular Disease Risk Assessment (CVDRA) and Heart Health Plan risk management services to support decision making and care planning, and to strengthen the way heart health risk is discussed with patients.

If you are aged between 30–74 years of age, do not have cardiovascular disease and are of Māori, Pacific or South Asian origin, we would like to hear from you.

This work involves showing you what your heart health looks like, finding out about ways to reduce your risk, and empowering you to manage your heart health and make achievable lifestyle changes.

Te Whatu Ora, in association with [Health Navigator Charitable Trust](#), are to hold focus groups to hear your perspectives on the planned options, and whether the changes are helpful, meaningful and easy to understand. Listening and acting on what you have to say will ensure the final products are appropriate.

As mentioned above, we invite people within the age range of 30-74, who are at risk of, but do **NOT** have, cardiovascular disease (ie, coronary heart disease, cerebrovascular disease, peripheral artery disease, rheumatic heart disease, congenital heart disease, blood clots – deep vein thrombosis and pulmonary

embolism) to participate. We particularly want to hear from those who are from the following priority populations:

- Māori
- Pasifika
- South Asian
- People with moderate to severe mental illness, or their whānau.

The focus groups will be held online in November 2023. The groups will have approximately 6–12 people each, with sessions taking about 90 minutes. Once we have the number of people we are looking for, we will establish confirmed times and dates for the focus group sessions.

If you are interested in taking part please email the following details to garynsutcliffe@gmail.com by 5pm, 14 November, 2023.

Name:

Age:

Ethnicity:

Contact details:

You will be contacted and asked some health questions to see if you meet the criteria to take part. There will be a small koha for attendance at the focus groups.

Ngā mihi,

Gary Sutcliffe

[Whānau Ora Voices of Experience Network](#) (WOVEN)

Health Navigator Charitable Trust