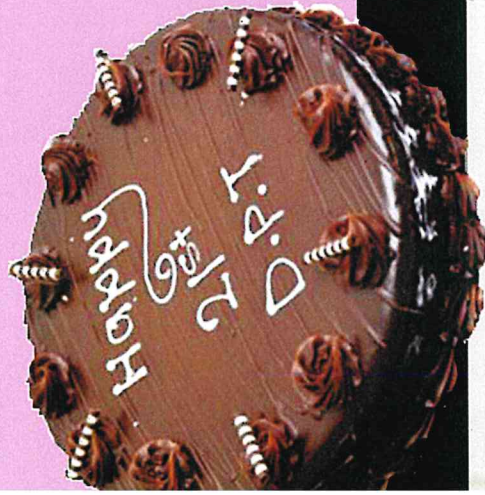


# Diabetes Projects Trust 21 Years in 2013

## He Tangata, He Tangata, He Tangata





*He aha te kai o te Rangitira? He Korero, he korero, he korero.  
What is the food of the leader? It is knowledge, it is communication.*

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Acknowledgements



*The Diabetes Projects Trust has always aimed to work towards reducing the incidence of diabetes and its tissue damage.*

*Diabetes Projects Trust recognises that success is dependent on a partnership between local Maori, Pacific Island people, European, other ethnic groups, health professionals, special interest group/organisations and the local and national health and education services. The knowledge and skills gained will be offered to assist other areas of New Zealand to control or prevent diabetes.*

## Background – from previous reports

The Diabetes Projects Trust (DPT) is an independent Charitable Trust and in 2013 celebrated 21 years of operation. DPT continues its history of designing and running meaningful, successful projects and programmes relating to diabetes and complication prevention. Historically Diabetes Projects Trust was called the "South Auckland Diabetes Project". Today's Diabetes Projects Trust has its activities directed by a dedicated board of Trustees who meet 4 times per year and an executive group from the board which provides advice and development support to the DPT Manager with 1-2 monthly meetings from which recommendations are made for the wider Board.

*The Trust is currently involved in:*

- (1) Establishing and evaluating new methods for supporting and educating patients with diabetes and their families.
- (2) New methods for supporting community based initiatives for diabetes awareness/prevention through lifestyle change with particular emphasis on young people
- (3) Developing methods for co-ordination of those involved with diabetes care, prevention or support.
- (4) Support of research



## From the Board Chair

It is with pleasure that I present the annual Chairperson's report to the board. The year was a busy one as the Trust headed into it's 21st birthday year. It seems not so long ago since the Trust was established. On reflection of the intervening years so much has been accomplished. It was hard work establishing the Trust, proving it's value and gaining the support of the MOH and the DHB in particular. Long and hard, but well worth it! A lot of people have invested time and energy into getting the Trust where it is today. The staff and managers over the years have been an important component in that development and deserve equal recognition and acclaim for all their efforts.

The Trust now has a well established, and well deserved reputation for providing high quality, reliable and professional services. Their role is an important one in the local community and beyond. The Trust has truly 'grown up and matured' and is well placed to take on the next challenges.

The day of the celebration was one of memories, laughter and a wonderful opportunity to celebrate those years with old friends, and new. It was a typical DPT celebration! Twelve former staff, 20 current staff, and 13 guests from other organisations attended. It was wonderful to see so many familiar and never to be forgotten faces. The history of the DPT was there for all to see in those faces and hear in so many stories.

The founder and the architect of the Trust 21 years ago, Prof David Simmons, flew in as the special guest of the day and gave a wonderful presentation and slide show highlighting some of the key events over his tenure on the board and as director of the Trust.

The DPT staff had done their planning and guests were entertained with songs, exercises, stories, photos and.... by Trish, the DPT 'baby'. Her laughter, tears and great sense of fun were enjoyed by us all. She was the perfect MC. It was a day we will all remember fondly and a memorable start to the next 21 years! Well done all and sincere thanks from the board for all the planning and work behind the scenes that ensured that the day was a success.



In addition to reaching a milestone birthday the Trust achievements this past year included the development of the GDM (Gestational Diabetes Mellitus) registry. This is a significant new project that will help to reduce the impact of diabetes in pregnant women and babies. It is an important addition to the work and programs already under the umbrella of the DPT. DPT staff have also attended and presented at conferences both nationally and internationally. Their commitment to excellence and high levels of achievement are well recognized.



*Jennie receives well deserved thanks from Henry and Pam*

I would like to take this opportunity to thank Karen and her team and to congratulate them all on another very successful year. Their enthusiasm, commitment to excellence and dedication are vital to the success of the Trust. I would like to also thank Jennie Leatham – our 'behind the scenes administrator'. Jennie does a fabulous job but stays very much out of the limelight. I am sure that Karen would agree that the DPT would not be able to run so smoothly without her financial skills, and guiding hands. Thank you Jennie for all you do.

I would like to thank my fellow board members. The board meetings manage to be both fun and work. A rare combination but one to be valued. Your support ensures that the work of the DPT can continue. Kaumatua William (Bill) Wiki also continues to provide his invaluable support, thank you Bill for being such an important part of the DPT over the years. Thank you all again and very best wishes for the coming year.

*Pamela Tregonning,  
Chairperson*





## Diabetes Projects Trust – PEOPLE

### DPT Board Members as at March 2013

Chairperson	Pamela Tregonning	Executive Director, Middlemore Foundation
Vice-Chair	Henry van der Heijden	Director, Patient representative
Trustees	John Baker	Endocrinologist, General Manager/Clinical Director CCRep
	Caran Barratt-Boyes	Community Co-ordinator Diabetes/Maori Health CMDHB
	Richard Cooper	Self Management Educator, Master Trainer CMDHB
	Lita Foliaki	Planning and Funding, WDHB
	Tom Robinson	Public Health Physician, WDHB

### DCSS Executive Group - Clinical leadership DCSS Audit

John Baker	Endocrinologist, General Manager/Clinical Director CCRep
Rick Cutfield	Diabetologist, Clinical Head Diabetes - WDHB
Eileen Howard	Auditor/Resource Nurse - DPT
Timothy Kenealy	Associate Professor Integrated Care, University of Auckland, GP
Sara Morton	DCSS Audit Co-ordinator - DPT
Brandon Orr-Walker	Clinical Head Endocrinology and Diabetes, CMDHB
Faye Clark	Contract GP Advisor - DPT

### DPT Advisor

Bill Wiki – JP, QSM

### Diabetes Projects Trust – Team

- Diana Anderson – Cook'n Kiwi Co-ordinator
- Heidi Baxter – GDM Project Co-ordinator
- Briar Bennett – Workplaces Co-ordinator
- Faye Clark – Contracted GP Advisor
- Patricia Harry – Audit Project Worker
- Helen Hegley – DCSS Auditor
- Eileen Howard – Auditor/Resource Nurse
- Sherin Johny – IT/Project Worker
- Jennifer Leatham – Administration Officer
- Meryl McEnery – DCSS Auditor
- Richard Main – G4H Project Manager
- Sara Morton – DCSS Audit Co-ordinator
- Hari Naryan - Gardens4Health Facilitator
- Karen Pickering – General Manager
- Lama Saga – Healthy Schools Facilitator
- Kate Smallman – Clinical Projects Manager/DNS
- Angela Tsang – Healthy Schools Co-ordinator
- Malaki Vitale - Project Worker
- Isileli Vunileva – Project Worker
- Danying Wang – Health Promotion Co-ordinator
- Homer Xu – Gardens4Health Facilitator
- Renin Yousif – Project Worker

## Diabetes Projects Trust – Main Activities

**DPT Lifestyle** - There are a range of projects described under the DPT Lifestyle programme heading:

- **'Train the Trainers' to Prevent Diabetes** – These 5 hour long sessions are delivered to groups which have a role in diabetes prevention or management are delivered by Nurse Specialist and prescriber Kate Smallman in the community. Four sessions were delivered in the year period and this exceeded the contract requirement.
- **Exercise Groups** – Two specialty exercise groups run each for individuals who have or are at risk of health issues, particularly diabetes. One session is in Otara and the other in Mangere and they remain well attended.
- **Support Groups** – Monthly DPT funded support groups run in Otara and Mangere and complement the exercise groups. Specialty speakers are chosen for their relevance to the group participants, and support the determinants of health approach where it is recognised that health doesn't stand alone, it is influenced by what else is going on in life. Included among speakers from a range of organisations including Mangere Health Trust, Blind Foundation, Community Law, and Diabetes Projects Trust on topics including diabetes and complications, eye screening, smoking cessation, nutrition and community gardening.

**Healthy Workplaces** - Briar Bennett runs the DPT Healthy Workplace programme and has worked hard to develop new relationships with new business where a difference can be made. She is currently working in eight workplaces, and providing a range of activities including screening. An abstract has been submitted to the NZSSD conference in May describing an evaluation which carried out in 2013 by Yvonne Williamson and Hereni Marshall, finalised and revised and to be presented by Briar.





**Healthy Schools – GetWize2Health/WizeEnvironment Tuckshop** - Angela Tsang with Lama Saga run the Healthy Schools programme in secondary schools across Auckland. GetWize2Health kits are provided, teachers are trained in their use, and support is provided by the DPT team. Special training days are run as well as onsite sessions. Support is also provided in Tuckshops to help improve the environment for students as they make difficult health related choices.

**Cook'n Kiwi** - Diana and Trish, and more recently Danying, have delivered more than 20 Train the Trainer into different venues. This well received programme provides the knowledge and resources needed for those who work with people in the community at higher risk of lifestyle related health issues to be able to educate and support their clients.

**Gardens4Health** - There are now 56 linked G4H community garden and food initiatives in Auckland with 2000 people currently involved in community food initiatives. Participation includes Pacific people 47%, Maori 24%, South Asian 7%, Asian 11% other ethnic groups 11%. Six new community gardens launched between April 2013 and March 2014. In addition 10 schools have sought guidance and advice for 'curriculum' gardens.

**DCSS Audit** - The DCSS Quality improvement audit is carried out in GP practices in the Counties Manukau DHB area. It is well received by GPs who appreciate the input provided onsite by the trained Auditors, Helen, Meryl and Eileen, the feedback sessions with Faye, and the specially tailored reports put together by Sara, Trish, Malaki and Isileli.

**Gestational Diabetes Mellitus (GDM) Project** - Health Psychologist Heidi has successfully trialled special motivational interview based groups with women who have had GDM. Work has also been carried out on a collaborative project between NIHI at University of Auckland, CMDHB and Diabetes Projects Trust for the construction of a Registry to help with the follow-up of women who have had GDM.



Shekhar Sehgal



Danying Wang

**Research** - Research Fellow Shekhar Sehgal spent six months working in a shared position between Diabetes Projects Trust and CMDHB. He undertook research into women with Gestational diabetes, particularly around the rates of conversion to type 2 diabetes. He has also been part of the GDM Registry development group. Danying Wang who works with Cook'n Kiwi and Healthy Workplaces is also planning some research later in the year with Chinese women who have had Gestational Diabetes.

## Manager Conclusion

I feel like I don't need to say much this year. It was of course a year of hard work by the members of the different teams and services, and a year where new projects have been developed, particularly the Gestational Diabetes Project and an updated website. Probably the 2013-2014 year can be remembered most however for the celebration of 21 years of the Diabetes Projects Trust. So many people were involved, both within the DPT team and outside. Among those needing special thanks were the organising committee (Angela, Trish, Heidi and Jennie) and Hereni for the superbly delivered Mihi Whakatau. Of course there are Sherin and Renin who worked tirelessly behind the scenes as they do every day, turning something imagined (eg, personalised DPT thank you gifts) into something real. There was also Eva for her patient instruction with the Karakia to welcome guests, a worthy effort.

The opportunity to reflect on where we have come from and having the evidence of just some of the hard work carried out over the years brought together in one room with many of the people involved was extraordinary. The warm wishes from those who couldn't be there to celebrate in person was just as special. Unfortunately our long time advisor Bill Wiki was unable to be present however he was not left out of festivities with a personal visit carried out by Chair Pam Tregonning, founder David Simmons, myself and Kate. I can really only reiterate what others have said, thank you to our wonderful Board and team members past and present. Thank you to supporters, families, funders and those we work with and for... and let the following team reports and attached photos speak for themselves.

*Karen Pickering – General Manager*





## From DPT Team Members

Diana Anderson – Cook'nKiwi Co-ordinator - We have had a busy year presenting the Cook'n Kiwi programme across Auckland to a variety of organisations including mental health and addiction, sport and literacy providers, Pacific and Asian organisations, early childhood education centres, budgeting services, Marae, HIPPY, nurses and dietitians. Most of the organisations are using the programme to do weekly presentations for their clients. Feedback indicates the material is user friendly and has great impact. Many of our participants are an inspiration to work with given their resilience to overcome many obstacles.



Trish has joined the Auditing team. Thank you Trish for all the valuable support you gave Cook'n Kiwi. Danying Wang who has joined the Cook'n Kiwi team as co-presenter – great to have you on board.

Heidi Baxter – GDM Project Co-ordinator - The last year has seen a lot of work progressing for the GDM projects. A health psychology service was trialled in the CMDHB Diabetes in Pregnancy Service. The service showed positive benefits for women who were referred. A motivational group was designed and piloted for women with a history of gestational diabetes 3-12 months post-partum. The results indicated a range of improvements in physical activity levels and dietary habits. Furthermore, it gave women a place to reflect on and process their experience of having gestational diabetes. A Facebook page called 'Healthy mums n' bubs' was started. This page has motivational tips, information on recent research findings, relevant community activities, and a space for women to ask any questions that they have about life after gestational diabetes. A lot of recruiting occurred for a research project on the risk factors and conversion rates of gestational diabetes to type 2 diabetes. Shekhar has started to analyse the results and plans to publish them. Finally, the GDM Registry has been under development and the pilot database will be ready later in 2014.



Briar Bennett – Workplace Co-ordinator - Hereni finished working at DPT at the end of January. Since then relationships and communication with all of the previously supported workplaces were maintained. Six new workplaces were recruited into the workplace health programme and relationships with two workplaces that had been previously supported by DPT were re-established. Another two workplaces were given one-off support from the programme. Diabetes screenings of employees was often used as a way to set up meetings and gain confidence in the DPT workplace programme, followed by an agreement of minimum three monthly health promotion activities.



Patricia Harry, Malaki Vitale, Isi Vunileva - Well another busy year nearly gone and what an amazing year it has been. Exercise groups in Otara and Mangere still going strong. Few referrals from Green Prescription as well from other organisations, referring patients to attend our free exercise classes. Participants have been showing enthusiasm and commitment for improving their health.

Our Diabetes Support groups still going strong and we've had a few new speakers this year as well as our other faithful organisations who come and support and share new information, Epilepsy Foundation, Community Law from Otara and Mangere, Blind Foundation, Gardens4Health team teaching the group about Bokashi (food recycling), also from the Mangere Community Health Trust with their team – Smoking Cessation, Dietitians, Photo screening team, Cooking demonstrations and also Home Insulation team from Middlemore Hospital and many more. Lots of information shared and also handed out. Other visits we have had from Dietetic student carrying out a Food Nutritional questionnaire – finding out sugar intake in Pacific Peoples diets. All valuable information.



Helen Hegley – DCSS Auditor - As I embark on my third year working at Diabetes Project Trust, I am enjoying the opportunity to spread the word about the fantastic work all the DPT staff do within the community. I have been welcomed into many clinics over the past year some new and there are some who are participating in their 10th round of diabetic audits. What astounds me is the number of diabetic patients classified within our community. The world-wide epidemic is certainly not understated. Although it is great to see some steps clinics are putting into place to help and educate their diabetic patients.



I am enjoying working within the audit team, and am learning a lot from my fellow diabetic auditors. I look forward to the audit returns with Dr Faye Clark, her words of wisdom and knowledge she imparts to clinics seem well received and she is a fount of knowledge.



Some highlights for me during the last year include the National conference at Napier, an interesting and insightful week, with great discussions taking place, with some exceptional speakers involved. Also the DPT's 21st birthday celebration was an amazing event, one which I feel very fortunate to have been involved with. Thank you to all the staff both past and present who made this day possible.



**Eileen Howard – DCSS Auditor and Resource Nurse** - I have managed to work on quite a few activities this past year, in spite of working reduced hours. Sara found some small audits, not too far from the West, that I was able to complete on my own during 2013, and I also helped Meryl out with a much larger audit in 2014. On completion of the audits, returning the data with Dr Faye Clark is a great experience. It completes the cycle, and is a great learning opportunity on both sides. I completed cross-audits with the other audit nurses, which helps us all to maintain consistency with each other. I continue to attend the DCSS Executive meetings, which I find very stimulating. The discussions are always lively, and I am grateful that the members take the time to attend in spite of their busy schedules. I also accompanied Hereni on a number of workplace screening events. It's interesting to listen to the conversations going on around us at these events, as our presence really gets the people involved thinking about their health and welfare.

The highlight of the year was celebrating DPT's 21st birthday in December. The audit team worked together to produce a poster for the event, as did all other teams, and they were all great. The posters made a wonderful display on the day. It was wonderful to see and catch up with all our friends and ex-colleagues from many years past at the birthday. A successful and enjoyable day, over too soon.

I have completed 12 years with DPT now, and although my input has reduced markedly in the past couple of years, I am constantly in awe of the work, dedication and enthusiasm all my DPT colleagues put into their projects.



**Jennie Leatham – Administration Officer** - We celebrated our 21st with a party in December, and it was just awesome. It was wonderful to catch up with ex staff members. I realised that many of them seemed like "old friends" rather than just 'work colleagues'. It was brilliant that so many of them had taken time from their busy schedules and had come to join in the festivities with us (from overseas even!). We had some great speeches and presentations, an exercise session to get us all moving, and all current staff and Trust Board members were presented with a commemorative 21st present. We ended the day with the cutting of our 21st cake and having lunch together. Lots of laughs were had, and a few tears.

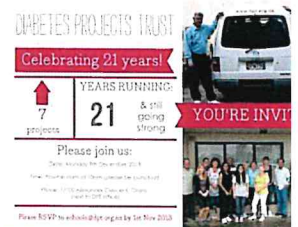
Thanks to our awesome manager, Karen, for your understanding and support. And to all of the team at DPT for making our office the wonderful workplace that it is, I am extremely grateful.

**Richard Main - Gardens4Health Project Manager** - Over the past 12 months the G4H programme has supported targeted populations to 'work out' in edible gardens, apply cultural food practices, enjoy the socialization aspects of gardening, grow and eat organic food, seek food security for families, reflect on mental and spiritual wellbeing and connect with mother nature.

David Avery shared his food growing expertise with community groups in the CMDHB region until his departure in July 2013 for opportunities in Southland. Hari Narayan joining the G4H team in August 2013 bringing his own style to mentoring in the south of Auckland. Homer Xu has supported a surge of interest in edible garden action out west, in east, north and central Auckland, with a notable increase in the Asian participants.



There were many memorable projects that stood out in 2013. In particular, in collaboration with Refugees as Survivors DPT G4H ran a series of five Sky City Community Trust and Auckland Council funded practical workshops ; "Growing A Better Future" with a focus on growing food in Auckland conditions and "Waste Wise Action" demonstrating four waste solutions for 197 Afghani, Burmese, Iraqi, Kurdish, Iranian, Congolese, Burundian, Somali and Sudanese refugees. There was also work hosting and providing logistical support for the Earthcare Education Aotearoa Project, Localised Food documentary, filming Auckland food initiatives during April 2013. The





DPT team has also made key presentations at the Auckland Council sponsored 'Thriving Neighbourhoods in Action' showcase, Soil and Health and Tree Crops meetings and Rotary in Howick and Botany.

Growing food is very much about life experiences making good stories, including a 100 year old gardener at Selwyn Village who loves to nurture herbs, flowers and leafy greens and make strong recommendations on garden best practice to other senior gardeners. A Tongan plant propagator sought G4H advice on making liquid fertilizer to grow his seedlings and now collects seaweed from Auckland beaches after storms to make a liquid brew. He has since shared his new knowledge with Radio Tonga listeners and been invited to mentor Tongan plantation farmers on using liquid seaweed.



Meryl McEnergy - DCSS Auditor - It has been a productive year with new clinics coming on board. We have had 3 in on the outskirts of South Auckland with one clinic having 16 doctors to audit. This has been a mammoth task but luckily they have been able to offer us two computers to use, so two audit nurses can audit at a time. One new clinic in has 10 doctors, but has only been able to offer initially 1 day a week with a few occasional days scattered in between. This audit is taking much longer and is quite daunting, but we are finally seeing the light at the end of the tunnel. There is still some confusion amongst the doctors as to when a patient is to be diagnosed as having pre-diabetes. It is frightening to see how many people there are with pre-diabetes in the community.

Dr Faye Clarke continues to return the audits results with us and it will be interesting to see if her words of wisdom have taken seed now that it is her second term, hopefully improvements will show, although there are many clinics that are doing exceptional work and are very pro-active when it comes to diabetes.

We had a fabulous DPT 21st birthday celebration and I am very grateful for the gift given to me by the board. Thank you.



Sara Morton – DCSS Audit Co-ordinator - The DCSS Diabetes audit is continuing to provide a valued service to the General Practices in South Auckland. It has been a busy year with three new very large practices requesting audits for the first time. There has been a significant rise in the number of patients with pre-diabetes in the past year; we provide a partial audit for these patients, which have increased the work involved for the auditors to complete an audit.

I started using a standing desk in July which has been a huge change from sitting down all day! I reinjured my neck in October which resulted in me having most of the rest of the year off on ACC and returning to work in the New Year on restricted hours. I was able to attend the DPT 21st birthday in

December. Congratulations and Happy Birthday DPT!

Kate Smallman – Clinical Projects Manager/DSN - It has been another busy year. The lifestyle team has been very stable, and it was great to see Hereni move on to her role of becoming a mother for the second time. We had two new staff members join the team, Briar is a dietitian and taken over as workplace co-ordinator and Danying who is a Chinese qualified nurse working in the Cook'n Kiwi course and on the workplace project. It was a great year of celebration with the Trust celebrating 21 years of service. It was good to see some old staff members and recap all the great work that has been done over the last 21 years. I qualified as a designated nurse prescriber and able to prescribe diabetes related medication to my patients that I see in primary care. This has enabled me to have more medication knowledge and better support staff here at the DPT.



Angela Tsang – Schools Co-ordinator - It's been another awesome year with DPT! The GetWise2Health programme is going well and schools are always thrilled to receive any resources they can use in their curriculum. A highlight of my year has been going in to Papatoetoe High School and having Cameron Petley from MasterChef NZ do a cooking demonstration. The students came away with some added inspiration and insight into the hospitality industry and also find out a bit about what it is like to be on a show like MasterChef.



The other highlight of my year was being involved with organising the DPT 21 year celebration. It has been really fun and fascinating to learn about DPT's history and how the organisation has grown and progressed over 21 years. I feel really proud to be part of the DPT family and to be able to play a part in the growth of the organisation.

Lama Saga - GW2H

## Acknowledgements

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