



Diabetes Foundation Aotearoa is a Charitable Trust in operation since 1994.

It designs and delivers diabetes and diabetes complication prevention related activities, advocacy, and specialty research services into the Auckland community and further afield.

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WHAKATAUKI

He aha te kai o te Rangatira?
He Korero, he korero, he korero.

What is the food of the leader?
It is knowledge, it is communication.

Board Members as at March 2020

John Baker (Chairperson) – Hospital Specialist, CMH,
Clinical Director Middlemore Clinical Trials

Corina Grey – Public Health Physician, Waitemata DHB

Pat Spellman - Marketing Manager, RSM

Gerhard Sundborn – Epidemiologist, University of Auckland

Kate Vennell – Business Consultant

Team members

Diana Anderson - Co-ordinator Healthy Workplaces

Patricia Harry - Lifestyle Programme/research support

Joanna Bunt - Co-ordinator Cook'nKiwi

Kim Esau - Co-ordinator Tuckshops

Jennifer Leatham - Administration Officer

Richard Main - Project Manager Gardens4Health

Hari Narayan - Facilitator Gardens4Health

Rosie Lee - Co-ordinator Healthy Schools

Karen Pickering - General Manager

Kate Smallman - Clinical Project Manager/Specialist Diabetes
Nurse

From the Board Chair

The Diabetes Foundation Aotearoa trust continues to perform well under the able leadership of Manager, Karen Pickering. Financial reserves remain strong despite the shadow of COVID 19 that enveloped us all towards the end of the last financial year. The main reason for the strong financial performances is our project team that continues to provide work of the highest standard. Historically, the Foundation has always had a lifestyle intervention focus. These are Ministry of Health and Auckland Council funded projects that provide the backbone of our service. They include Healthy Workplaces, Cook'n Kiwi, GetWise2Health, Healthy Tuckshops, and Gardens4Health. It is pleasing to see that the efforts of our team are appreciated and contracts for these projects have been renewed for a further year. There are also a range of activities reflecting new strategic directions for the trust. The trust assisted Associate Professor Rinki Murphy from the Maurice Wilkins Centre, University of Auckland by recruiting more than 100 participants for the WORTH study. This was mainly through the outstanding efforts of Kate Smallman who proved to be a most able clinical investigator. The WORTH study was an HRC funded clinical trial of different diabetes medications in 350 predominantly Maori and Pacifica patients with type 2 diabetes



The Foundation also supported an evaluation by Professor David Simmons of DCSS audit of diabetes management in primary care in South Auckland. The audit encompassed more than 45,000 patients with type 2 diabetes and 660 GPs over the past 25 years. Findings were presented to stakeholders at a Diabetes Summit held at the Waipuna Lodge on 31st July 2019. Illustrious visitors included Associate Minister of Health, the Hon Peeni Henare and CEO of Counties Manukau Health Fepulea'i Margie Apa. Finally, we would like to acknowledge the contribution of Tom Robinson who retired from the Diabetes Foundation Aotearoa trust board after more than 20 years of service and Deirdre Mellamphy who was on our trust board just a short time. The Board of Trustees also wishes to acknowledge the outstanding contribution and loyalty of those team members who have worked with us a very long time: Trish Harry (26 years); Jennie Leatham (21 years); Kate Smallman (20 years); and Karen Pickering (20 years).

It is fitting to end with a quote from Steve Jobs.

“Great things in business are never done by one person; they’re done by a team of people”.

Dr John Baker

Main Activities in the 2019-20 year

RESEARCH AND EVALUATION

We are well on the way with the WORTH medication trial with the community based approach doing very well. We are also working on a special pilot study aimed at improving the outcomes for youth with pre-diabetes or type 2. Data has been collected for evaluation of the Gardens4Health community gardening programme, a followup to previous evaluation carried out 5 years ago. The first presentation of analysis of DCSS data was also delivered by Professor David Simmons to an appreciative audience at the first Diabetes Foundation Aotearoa Summit in July.



HEALTHY WORKPLACES

This Ministry of Health funded programme provides guidance and motivation to between seven and nine workplaces each year to help make the environment more supportive of healthy lifestyle behaviours. Examples of activities include education sessions, challenges, displays, health assessments, environmental scan, cafeteria advice. We work closely with other organisations delivering health promotion and health education in the community and have had another successful year supporting workplaces as they improve the environment to enable their workers to make the healthy choice the easy choice.

COOK'N KIWI

This programme is designed to prove that healthy eating doesn't have to be expensive, despite what the media tends to present. More than 24 healthy eating on a budget programmes are delivered annually to a range of groups and venues in the community to provide better knowledge and skills to promote healthier, more economical food and food preparation choices. Particular focus is on families and young people, but inexpensive healthy eating benefits all ages.

A Train the Trainer version of this programme is available, supported by a resource toolkit.



GARDENS4HEALTH

This team delivers the community garden programme which provides benefits ranging from increasing availability of fresh, healthy food, to beautifying the environment and promoting physical activity and healthy social context. Community gatherings are arranged and have excellent attendance and G4H works with over 75 food related projects across Auckland. Additional funding comes from Auckland Council and particular Local Boards to support facilitator wages for this popular programme.



SCHOOLS

GetWize2Health and Healthy Tuckshops provided support to more than 30 secondary schools across Auckland and 20 tuckshops to improve the health of the campus environment and encourage students to make healthier choices. In total, around 80 schools a year have some level of contact maintained.

RESOURCE & PROGRAMME DEVELOPMENT

The Diabetes Foundation Aotearoa team have long experience in these areas. Updates have been made to the popular fat and sugar displays, the GetWize2Health toolkit (major revamp to come), and a range of posters have been updated or produced. A range of leaflets are available for print on the website. We have worked with several organisations to design programmes to meet their need for self delivery in the past 12 months.

Student support and capacity building - The Diabetes Foundation Aotearoa has long worked to encourage development of knowledge, skills, and importantly confidence and enthusiasm in members of and those working in the local communities. We have had a range of students spend time with us, from nurses, through to dietetics, and public health. We also work alongside and with organisations across Auckland, either modifying our programmes to meet their needs, participating in shared activities, consulting or mentoring.

Manager Conclusion

It's been a busy and productive year, which puts us in a good position to weather the uncertainty being generated in the environment as Covid-19 starts making its impact. As our main contracts are July to June and this report is April to March, we do expect an impact on our delivery for the remainder of some of our required outputs to be described in the next Annual report. I can report though that financially there are reserves put aside, and the Board has spent time monitoring the strategy set in several meetings specifically for that purpose over the last year.

Changes to Board make-up as described by the Board Chair herald exciting growth, supported by facilitated strategic planning. We are very appreciative of the skills and drive of the Board, the changes made in the last year with name change, updating of activities, and drive towards the new or re-focused areas of advocacy and research have certainly upped the ante and generated plenty of enthusiasm on the part of the team.

An example of this is the success of the Diabetes Summit held in July where Professor David Simmons presented evaluation work based on the DCSS Audit which finished in 2018 after 25 years of providing quality improvement Audit activity in Primary care. Follow up is planned for mid 2020.



The Diabetes Foundation Aotearoa team itself has had new members come on board who are making excellent progress and putting their own unique 'stamps' on their areas of responsibility and bringing fresh perspectives to our work. We were very pleased to welcome Kim (Tuckshops), Rosie (Schools) and Joanne (Cook'n Kiwi)

Finally, we said farewell to long time contract manager with the Ministry of Health, Barbara Lusk in this reporting year. She was an amazing supporter of health promotion activities in the community and we were very sad to see her finally retire after a working relationship of nearly 20 years. We wish her and her family all the best for the future.

What will the rest of 2020 bring, that is certainly unclear in the current rapidly changing environment with all signs that the virus Covid-19 is gaining hold overseas. All I can say is that never has it been more important for efforts to stem the development of diabetes and its complications to continue, and to reduce inequities in relation to risk, treatment and outcome. This is particularly vital in light of information emerging around the vulnerability of those with such chronic conditions such as diabetes to consequences of the arising pandemic.

Karen Pickering

Acknowledgements

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Information on finances available in separate doc