



Diabetes

Foundation Aotearoa

Te Tumu Matehuka o Aotearoa

**Annual Activity
Report**
April 2023-March 2024

WHAKATAUKI

Ehara tāku toa i te toa takitahi, engari he toa takitini.
“My success is not mine alone, it is the success of the collective”.

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About The Foundation

Diabetes Foundation Aotearoa is an Otara based Charitable Trust and has been in operation since 1993.

The Foundation aims to prevent and reverse diabetes - its prevalence and its damage - for Aotearoa New Zealand's most high risk communities

To prevent diabetes, we seek:

- To influence factors in our systems which increase the risk of diabetes
- To prevent or delay progression to diabetes for people at risk
- To prevent the worst manifestation of diabetes and risk of tissue damage for people with diabetes

To reverse diabetes we seek:

- To achieve significant long term improvement in insulin sensitivity and to normalise the levels of glucose in the blood for people with diabetes



Who We Are

OUR BOARD OF TRUSTEES


John Baker (Chairperson)
Kate Vennell (Deputy Chair)
Graham King
Henry Kozak
Fale Lesa
Ruby McGill
Gerhard Sundborn

OUR PATRON


Distinguished Professor David Simmons

OUR TEAM

Diana Anderson - Co-ordinator Healthy Workplaces
Tania Bromley - Facilitator Gardens4Health
Marie Glapiak - Lifestyle Programme Facilitator
Patricia Harry - Lifestyle Programme/research support
Jennifer Leatham - Administration Officer
Hari Narayan - Facilitator Gardens4Health
Ali Nicholls - Gardens4Health Leader
Kanchana Perera - PhD Candidate
Karen Pickering - General Manager
Cassie Slade - Co-ordinator GetWize2Health Schools
Kate Smallman - Clinical Director/Mātanga Tapuhi (Nurse Practitioner)

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Seasonal Pānui
MARCH 25TH 2024
HEADWAY HOUSE


Gardens4Health Autumn Hui and Pānui
March 25th 2024
The Gardens4Health seasonal hui are an opportunity for our community of gardeners and

[Read more](#)




Celebrating cultural diversity in Manurewa
March 25th 2024
Diabetes Foundation Aotearoa was proud to be part of the fantastic free community event, Whakanui

[Read more](#)




January 2024...how are we going for Climate Action?
January 24th 2024
January, in health promotion in the community it's a time of reporting for contracts, getting

[Read more](#)



Hauora Day
November 27th 2023
Excellent day spent by team members Irish and Cassie, promoting health with other

[Read more](#)



Announcement of Clinical Director Appointment
November 27th 2023
We are excited to announce the appointment of Mātanga Tapuhi (Nurse Practitioner), Kate

[Read more](#)

From the Board Chair

Finance - Diabetes Foundation Aotearoa has had a good year April 2023 to March 2024. We continue to maintain good financial reserves and a healthy balance sheet. Our core business remains community projects including Healthy Workplaces, Cook'n Kiwi, GetWize2Health Schools, and the Gardens4Health projects and these continue to be funded by grants from Te Whatu Ora/Ministry of Health. Gardens4Health had additional funding from Auckland Council and Local Boards..

Research - The Adolescent Bariatric Surgery study enters its third year. By year end, seven participants had completed follow-up, and six participants had a bariatric procedure some with up to 40% individual weight loss. Most had reversal of diabetes and other obesity related stigmas. These outstanding outcomes reflect the quality of our team's work; personal nutrition advice from Diana Anderson, diabetes support from Nurse Practitioner Kate Smallman, and friendship and cultural support from Trish Harry. The team are grateful to the Freemason Foundation Potter Trust and Perpetual Guardian Trust for continuing to fund this valuable project.

Advocacy - We reached out to Tainui and attended the Tainui AGM, at Ngaruawahia in July 2023. Diabetes Foundation Aotearoa had a stand alongside other health organisations and distributed diabetes education materials. We also supported Patient Voice Aotearoa led by Malcolm Mulholland in their billboard and roadshow campaign along with many other cancer and rare disorders NGOs. Malcolm has long-argued for better funding and availability of modern pharmaceuticals in Aotearoa New Zealand. This is a position that we support. Diabetes Foundation Aotearoa presented the diabetes perspective at the Election Leaders debate moderated by Guyon Espiner at the University of Auckland in September 2023.

Publications and presentations - Our Patron, Distinguished Professor David Simmons of the University of West Sydney, continues to analyse data from the 25-year DCSS audit of diabetes management in primary care in South Auckland. David has published several new manuscripts throughout the year. These publications were prepared in collaboration with an international team of scientists and help achieve the aim of Diabetes Foundation Aotearoa to be an organisation providing useful research. PhD research student Kanchana Perera and other members of the team presented posters and research papers at the NZSSD scientific meeting in Wellington in May 2023.

Staffing and succession - We acknowledge Karen Pickering and her team who once again pulled above their weight in an increasingly competitive research and health education environment. The Foundation is well-known and respected in our local community for the work we do. The Board of Trustees is delighted to welcome Kate Smallman (nurse practitioner) who is promoted to the Clinical Director role. Kate now attends board meetings and advises on diabetes-related clinical issues.

Governance - Finally, I'd like to acknowledge the contribution of our long-serving Trustees to governance and strategic direction. Our Trustees bring passion and commitment to meetings. Graham King (Ngāti Tai) provides patient perspective and acts as media spokesperson, Kate Vennell gives governance and finance expertise, Gerhard Sundborn provides Pacific perspective and academic support, Henry Kozak brings a patient perspective and extensive experience in marketing and communications and Fale Lesa contributes Pacific perspective and strong governance experience. We welcomed Ruby McGill (Te Atiawa) to the board in July 2023. Ruby has extensive experience in diabetes education and health advocacy roles. She also brings the perspective of a young mother and living with type 1 diabetes.

John Baker - Board Chair

Main Activities 2024

Research - In the 2023-2024 year we are in the concluding stages of the Adolescent Bariatric research project in conjunction with Counties Manukau Health. The last participant is expected to be finished in 2025. See Also 'Advocacy' and 'Student support' below.

Healthy Workplaces – This Te Whatu Ora funded programme continues to deliver health promotion/education services into a range of workplaces. Face to face and online activity provides the workplace with practical guidance and support across Auckland. Workplaces continue to value the input, with recognition of the importance of promoting the health of their employees, understanding that healthy, well supported team members are more productive and lead to a better work environment.

Gardens4Health – Funded by Health NZ/Te Whatu Ora, Auckland Council, individual Local Boards, and other supporters with additional or in-kind support. The Gardens4Health team works alongside community gardens and other food related enterprises across Tamaki Makaurau, providing support to set up, maintain, fund and extend efforts to produce fresh and healthy food for community members. Other advantages include, beautification and protection of the environment, promotion of increased physical activity, improved mental health, and healthy social context. Additional advantages of having well planned and productive community gardens include alignment with waste reduction, carbon emission reduction, improved soil quality, and water/flood management which is even more important given experience from flooding in recent times.

GetWize2Health Schools – Schools continues to develop under the stewardship of Cassie Slade who commenced with the organisation in the first half of 2023. As has been the case for a number of years, teachers and school staff remained under pressure in the classroom. Telephone and online delivery of support and training to teachers is offered in the use of the GetWize2Health resource as well as highly valued face to face sessions. Resource re-development is well underway.

Cook'nKiwi - Healthy Eating on a Budget. This Health NZ/Te Whatu Ora funded programme continues to offer flexible, tailored approaches and resources to meet the needs of the community. The ongoing focus on hands on, practical and flexible approaches ensures it's ongoing popularity and benefit to the participants who may be hardest to reach in an increasingly online world. Cook'nKiwi complements other programmes, including Gardens4Health. A train the trainer model is also delivered to help build capacity in groups and organisations who may benefit from ongoing ability to deliver their own education

Resource & programme development – We continue to revise and use co-design principles to develop resources and programmes. An interactive education tool for nutrition has been developed and is being tested for wider usability.

Student support and capacity building - Diabetes Foundation Aotearoa have provided work experience and support to students from a range of disciplines and professions. We continue to deliver Train The Trainer where possible to build community health promotion/health education capacity.

PhD candidate Kanchana Perera continues to carry out her research work which includes analysis of DCSS data, the Bariatric project, and use of historical blood samples.

Advocacy - Work with Patient Voice Aotearoa and other advocacy groups has been undertaken in the 12 month period. Diabetes Foundation Aotearoa is proud to add it's voice to improve care provided to people at risk of or with diabetes.



Manager Conclusion

I'm delighted to report on another very productive year. The Foundation continues to develop under the guidance of our excellent Board of Trustees, and through the mahi of our team on the ground. Our blog, which now numbers in the 200+ entries covering a range of historical content through to current day activity, shows that a lot has happened in the 2023-24 year.

In addition to our normal activities, it's been a very successful year of contributing to the 'greater knowledge pool', including multiple journal publications from the DCSS audit data thanks to Professor Simmons and his team. An article was published in the NZ Medical Journal described the community advocacy project carried out in 2021 looking at promoting improved access to medications thanks to Gerhard Sundborn, and there were multiple posters and some presentations at various conferences, including an award for PhD candidate Kanchana Perera.

In terms of advocacy, the support of the MyLifeMatters campaign for medication funding was on a number of levels from social media posting, to our Board Chair John Baker presenting at different forums. Diabetes Foundation Aotearoa have also put their efforts, alongside other organisations, behind promoting the ongoing funding for CGM/technology for people with type 1 diabetes and members have commented on other topical issues including medication shortage.

We've seen new resources developed, old resources being redeveloped, expo activity, collaborative efforts, and participation in groups and panels in support of other initiatives. Our new updated Logo with Te Reo is being rolled out across all of our resources and documents.

In our team, we acknowledged at the end of 2023 seven out of nine team members with long service awards, the total of 140 years of service, or an average of more than 15 years per person. Our Board chair Dr Baker was surprised with an award for 25 years with the Foundation, as a Board member and now Chairperson.

We have also seen some others changes in the last year, with the resignation of Richard Main after 13 years. Richard left with a 'This is Your Life' presentation receiving videos from people who worked with him, and a presentation Album which was put together by Jennie. In Gardens4Health Ali Nicholls has brought her enthusiasm and experience in gardening, tutoring and designing to the team and the programme continues to thrive under her leadership. In the Lifestyle team we now have Cassie Slade working in the schools area. Within the team there has been other changes, Diana Anderson moved into a leadership role in the Lifestyle Programme, and Nurse Practitioner Kate Smallman is the new Clinical Director. On the Board we welcomed Ruby McGill, she has brought her amazing skills and experience to help out including plans to attend the NZSSD conference in May this year.

Some historical milestones, it's more than 30 years since the first South Auckland Community Diabetes Educator Course, and for our team we fondly remember our participated in the Special K women's Triathlon 20 years ago.

Finally, time for thank you's. Thank you to our amazing team, Board members, Board Chair, Patron, Clinical Director, advisors, funders, and last but NOT least, all those who have worked with us, alongside us, or welcomed us into their spaces to share knowledge or participated in projects and research.. We look forward to more great things in the 2024-2025 year

Karen Pickering - General Manager

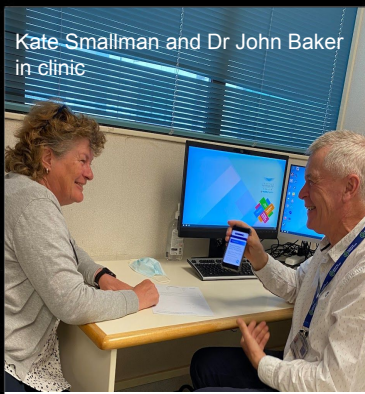
From the team



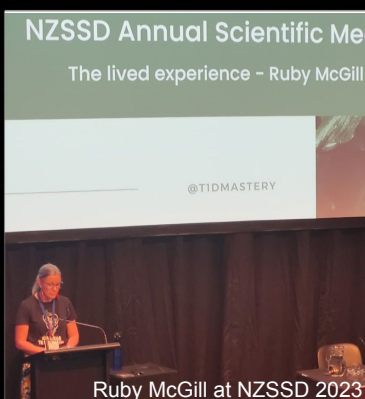
Diana Anderson



Diana and Richard Main World Diabetes Day 2023



Kate Smallman and Dr John Baker in clinic



Ruby McGill at NZSSD 2023

Diana Anderson - Lifestyle Coordinator/Workplaces - I have enjoyed the opportunity to work with the lifestyle team in providing education and resources to people with Diabetes. The Lifestyle team has developed a wider net of contacts to better support people with diabetes through collaboration with other organisations including the PHO's, Healthy Families Waitakere, Auckland Council, Middlemore Foundation and organisations supporting clients with vision loss.

Working in the diabetes self management space has improved our reach targeting people with people with prediabetes and type 2 diabetes. We have also had the opportunity to kaupapa with Gardens4Health.

Patricia Harry - Research Assistant/Lifestyle - This has been a busy year. First of all I will start with being on the Adolescent Teen study. Our Teen study has been running for more than 3 years and it has been a great experience for me in working with the teens and whanau as well. Our teens are doing well, some are enrolling in courses, workforce, getting experience but most of all enjoying life to the fullest.

Keeping in contact with the teens is always an experience, working together to support them in their challenges and to guide them through their journey. Also has definitely taught me a lot about teenagers and their challenges.

As for Lifestyle Team, it certainly has been mega busy with Cook'n Kiwi, being out in the community it has been full on busy, out in the community and sharing information and life experiences. A few new groups wanting our services, meeting new people and building relationships.

When in the office, updating resources and working on new ones has kept me busy and working with Canva has been really awesome to learn a new program and navigate around it.

Fakaue lahi for all the support and love that has been given to me and as always very grateful.



Jennie proving the 'office in a box' never goes out of style



Special K team 25 year anniversary



John Baker at MyLifeMatters meeting



Dr David Scott congratulates Trish at the first Health Educator courses 30 years ago.



Cassie with new GetWize2Health resource

Jennifer Leatham - Administration - Administration is going along well, with another busy year behind us. Times are quieter in the office these days - the team is small in numbers and they are all very busy out there in the community with their focus on getting our important mahi done.

Changes have been made with the Charities Amendment Act 2023 – following a five-year long process. Charities must review their governance procedures every 3 years. This gives our Trustees an opportunity to ensure that our founding documents (and other policy documents) are still supporting us to meet our enduring purpose: *to focus on preventing diabetes and its complications.*

New reporting standards are required for the filing of our Annual Financial Performance Report. We intend to make a start to meet the new format with this year's accounts, (ended 31Mar24) so that we are ready for the complete transition with our March 2025 Performance Report.

Our premises have had a great spruce up – lovely new paint – soon to be followed with new carpeting. While this was being done, we took the chance to have a big clear out of old furniture, retired resources, and even moving old paper resources online.

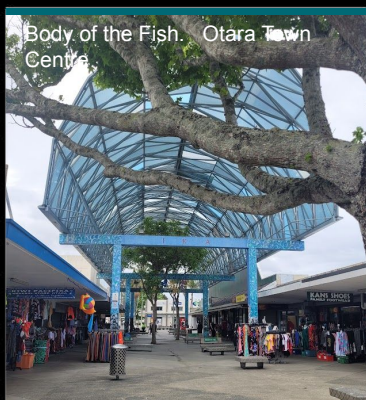
Marie Glapiak - Lifestyle Facilitator - After graduating with a degree in dietetics from Germany, I returned to New Zealand in November. I recently joined the lifestyle team and feel very fortunate to work in the field of nutrition, focusing on prevention rather than intervention.

I'm thoroughly enjoying my time with our Cook'nKiwi programme as it allows me to interact with people from diverse backgrounds and countries. It's an amazing opportunity to immerse myself in New Zealand's cultures and eating habits through hands-on experiences with different individuals. As I share advice during our presentations, I find that I'm learning just as much from them.

Working at the Diabetes Foundation, I dedicated myself to creating engaging and visual materials to make information more accessible. I'm truly excited about the opportunity to further engage with the GetWize2Health program in the coming months, ensuring that our youngest members receive the necessary information for a bright and healthy future.



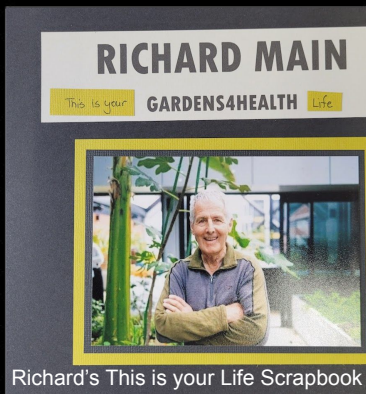
Ali Nichols - Gardens4Health



Body of the Fish - Otara Town Centre



Kanchana Perera presents at NZSSD



Richard's This is your Life Scrapbook



Marie Glapiak

Ali Nicholls - Gardens4Health Team Leader -

Favourable weather has blessed Tāmaki Makaurau this year, and gardeners across the isthmus have been hard at work making the most of it. Having made it through Cyclone Gabrielle, and in anticipation of a dry, hot summer in 2024/25, gardeners are adopting regenerative strategies that are designed to thrive in uncertain environmental times. Banana swales, sponge gardens, food forests, native pollinator pathways, and hugelkulturs are just some of the strategies gardeners are practising to make their gardens as abundant, adaptable, and alive as possible. The result is a community of growers and gardens across the city humming with excitement about the future of our kai and te taiao. It is a huge honour for our team to work alongside them.

One hundred and eleven community gardens and 43 community organisations now share their wisdom and curiosity with Gardens4Health, with over half of the māra kai in our network operating out of South, West, and North Auckland. Gardens4Health has responded to the call for more safety and security support for gardens, collaborating with Neighborhood Support and Community Patrols to ensure all gardeners feel safe and prepared at the māra. We were privileged to attend He Whenua Rongo, a three day soil seed and food sovereignty symposium, and have been sharing our learnings about kai motuhake and matauranga māori with our network. And we have been working closely with Auckland Council and the Community Innovation Team to ensure gardeners across the city have access to support, funding, and space to achieve their goals of growing exceptional kai for their communities. We are grateful to have passionate and skilled collaborators in all areas of our mahi, and look forward to another year of abundance and good health! Mauri ora!

Tania Bromley - Gardens4Health Facilitator - It's been a wonderful year in the North and West Auckland gardens! Fabulous to have a few new ones join our network this year, with a couple more on their way in the near future too. It has been great to see the strong recovery after the floods and the support of community with volunteer numbers at many gardens rising again.

We still have strong support from Living Herbs and Bunnings, donating plants and supplies through our connection with them.

Great to have Ali on board who has certainly taken over the management of our team with energy and commitment second to none. Looking forward to another fabulous year ahead!



Tania Bromley, Gardens4Health



Hari Narayan with Richard



Kate Smallman - Clinical Director



Trish in her role as research assistant

Hari Narayan - Gardens4Health Facilitator - "making plants grow and watching them grow gives you a mighty satisfaction." Love my gardening mahi and making garden friends who call me green fingers.

Cassie Slade - Lifestyle/Schools - The 2023-2024 year has been another great year working at Diabetes Foundation Aotearoa. The team has been amazing as I have balanced work and study and I have felt incredibly supported, a huge thank you to my wonderful colleagues.

The year started off with an overhaul and update of the GetWise2Health Manual and a new print run ready for the upcoming workshops. We have had several successful GetWise2Health workshops, each one a little different from the rest as we adapt to the needs of the particular school communities. We have also been involved in numerous activities in schools themselves from being part of school health expos, to holding pop-up lunchtime health and wellbeing education sessions, to classroom nutrition education and cooking skills workshops. The students are always eager to try the often novel foods we offer and learn more about nutrition, health and wellbeing.

We have worked collaboratively with several community groups, for example, the Lue Programme and Middlemore Foundation, to deliver nutrition expertise and to learn how to better serve the needs of our communities. The team has also updated our schools contacts list to make sure what we offer is being seen by the right people. I am looking forward to another busy and exciting year ahead.

Kate Smallman - Clinical Director/Nurse Practitioner - Another year has gone and what a busy year it has been. I was very excited and proud to become Clinical Director of the Diabetes Foundation Aotearoa. I have worked here for 24 years and have been involved in all the projects that we have done and its been a great pleasure to be able to contribute at this level.

My work with Pharmac has continued and we are working towards the CGM (Continuous Glucose Monitors) to be made available for all people with type 1 diabetes. Also looking at insulin pumps being more available for people with type 1 diabetes.

The youth bariatric project is continuing with another year to go. Great working with all the wonderful young people and seeing them grow into lovely capable adults. I have presented this project at NZSSD conference and also the Nurse Practitioner conference.

Acknowledgements

Sincere thanks to the following for your support:

Ministry of Health/Health New Zealand/Te Whatu Ora
Auckland Council
Local Boards
The Trusts Community Foundation
Boehringer Ingelheim NZ Ltd

In-Kind supporters of Gardens4Health (see FB page)
Freemason Foundation Potter Trust
Perpetual Guardians Trust
Rocketspark (website/hosting)
The Renew Room (website design)
Elaine Johnson (Landlady - building renovation)

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Facebook: www.facebook.com/DiabetesFoundationAotearoa

YouTube: <https://www.youtube.com/@DiabetesFoundationAotearoa>

Link to Fundraising page:

<https://www.gofundraise.co.nz/beneficiary/diabetesfoundationaotearoa>



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