



# Performance Report 2019



**Diabetes Foundation  
Aotearoa (formerly  
Diabetes Projects Trust)  
is a Charitable Trust which  
has been in operation  
for more than 25 years.**

It provides diabetes, and  
diabetes complication  
prevention related activities  
into the Auckland community  
and further afield.

#### Physical Address and Contact Details

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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 2019

**John Baker**  
**(Chairperson)**  
 Hospital Specialist,  
 Medical Officer  
 CMH, General  
 Manager/Clinical  
 Director Middlemore  
 Clinical Trials Unit

**Tom Robinson**  
 Public Health Physician, Waitemata DHB

**Deirdre Mellamphy**  
 Financial and Project Management Consultant

**Gerhard Sundborn**  
 Epidemiologist

## Team members

**Diana Anderson**  
**Patricia Harry**  
**Bani Ichhpuniani**  
**Jennifer Leatham**  
**Richard Main**  
**Hari Narayan**  
**Catherine Pask**  
**Karen Pickering**  
**Kate Smallman**

Co-ordinator Healthy Workplaces  
 Lifestyle Programme/research support  
 Co-ordinator Cook'nKiwi  
 Administration Officer  
 Project Manager Gardens4Health  
 Facilitator Gardens4Health  
 Co-ordinator Healthy Schools  
 Manager  
 Clinical Project Manager/  
 Specialist Diabetes Nurse  
 Facilitator Gardens4Health

**Homer Xu**

## From the Board Chair

This was another good year for the trust. Our financial statements show that we continue to be in a strong position.

This reflects the financial management skills of our General Manager, Karen Pickering, and the hard work of our entire team in identifying diabetes projects that benefit our patient population, and executing them to the highest quality standards.

This good financial performance is despite the final close out of the Diabetes Care Support Service (DCSS) audit of primary care in December 2018. The DCSS audit was funded by CMDHB and it had operated since 1993.

We would like to acknowledge the **Middlemore Foundation** who provided a grant to conduct an evaluation of the DCSS audit. The evaluation is being conducted by Dr David Simmons, who is now Professor of Medicine at West Sydney University. Professor Simmons had set up the original DCSS audit in 1993 when he was a Senior Lecturer in the Division of Medicine, University of Auckland. David has continued to be a Special Adviser to the trust over the years and it is only appropriate that he should have the opportunity to analyse the data and present the outcomes.

Results are to be presented at a Diabetes Summit of stakeholders in Auckland in July 2019.

After extensive internal consultation, the Diabetes Projects Trust was officially renamed the Diabetes Foundation Aotearoa in January 2019. This name change reflects the continuing focus of the trust on diabetes-related projects, our recognition of Maori and Pacific peoples health inequalities, and our desire to “make a difference” by promoting the interests of our constituency, people with diabetes in South Auckland. The Diabetes Foundation Aotearoa continues to operate from premises in Alexander Crescent, Otara.

This year, we wanted to increase our involvement in clinical research studies. Planning and staff training was underway for our participation as a community site for the HRC funded WORTH clinical trial. The

WORTH trial aims to recruit 300 predominantly Maori and Pacific patients with type 2 diabetes and suboptimal control and evaluates two different tablet treatments. The principal investigator is Associate Professor Rinki Murphy from the Maurice Wilkins Centre at the University of Auckland. Kate Smallman is our lead local investigator.

We continue to explore new ways to deploy our resources for the greatest benefit. We are excited by a number of new directions we could take. In everything we do, we first consider what is best for the patients who reside in Counties Manukau, and how can we best grow our research culture.

We thank you for your continued support.

Yours sincerely,

*Dr John Baker*

## Main Activities in the 2018-2019 year

### RESEARCH AND EVALUATION

We have in the past carried out research, either as internally funded projects or on behalf of other organisations. The renewed focus on this by the Board means greater use of the skills of the team and we are looking forward to commencing recruiting for the WORTH medication trial. Also coming is an evaluation of the Gardens4Health community gardening programme, a followup to previous evaluation carried out 5 years ago.



### 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 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

We are on the countdown to the next decade, with 2020 looming on the horizon. We have in the last year gained a new name and a new logo, and with the new identity comes an updated Trust deed to help keep the organisation and its activities relevant and sustainable into the future.

The well received health promotion/health education programmes continue to be delivered, however in some ways the Trust has moved back towards its original roots by taking on more research again. It is an excellent opportunity to continue to make a difference, bringing our unique community based perspective to such things as recruiting and supporting trials and studies. The first is about to start, the WORTH study from Auckland University with Associate Professor Rinki Murphy, which looks at the use of two medications in people with diabetes.

As has been the situation with many other small health related organisations, the last couple of years have been a time of change and challenge. Our amazing team have stepped up to deliver what was required of them with their usual grace and enthusiasm. Not just new projects or required changes to how we deliver existing programmes, but in farewelling long standing team members (average of 15 years) and taking on close-down activities from the DCSS Quality Improvement audit in Primary Care which was discontinued in 2018. Work is now underway for the use of the 25 years of data collected, with analysis by Professor David Simmons.

I'm pleased to say that the organisation is in a strong position, and guided by our volunteer Board which has some new members and some with a long history with us, we are well set to take on whatever comes in the new year. We all look forward to going forward under the new banner of 'Diabetes Foundation Aotearoa' and would like to express our appreciation to the Board members, past and present, who give their time and energy to make it possible for our small organisation to achieve what it does. It's also a time to reflect on the hard work and commitment of staff and volunteers and supporters, past and present.

*Karen Dickering*

## Acknowledgements

### **Contracts for service delivery:**

Ministry of Health, Auckland Council and Local Boards,  
Counties Manukau Health

### **Sponsorship/Grants:**

Middlemore Foundation (via Middlemore Clinical Trials Service),  
The Nutrition Foundation, The Trusts Community Foundation

*Information on finances available in separate document.*