

2011-2012



ANNUAL ACTIVITY REPORT

Diabetes Projects Trust - Background

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- Other activities

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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, Europeans, 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 established in 1992. It was originally called the "South Auckland Diabetes Project". Its activities are directed by a 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

I am delighted to be once again submitting an annual report on the work and achievements of the Diabetes Projects Trust. The past year, as in years before, under the careful stewardship of Karen Pickering, has been very successful. The Trust continues its excellent work in the community with a focus on health promotion and the clinical support of GP's. This work is complimented by the Gardens4Health programme, the school and workplace programmes, the Cook'nKiwi and Train the Trainer initiatives. In addition the local exercise and support groups continue to be popular with the community.

Sky City Community Trust funded the DPT to run a one off programme in association with the Refugee Centre. New families were taught how to grow their own vegetables. Participants in the programme received seeds, tools and some plants to take with them when they left the Refugee Centre to go to their own homes.

The DPT has previously funded a research project and report on Gestational Diabetes at CMDHB. This report was presented at the Dept of Medicine's Grand Rounds at CMDHB and then presented again in Nelson at the NZSSD conference. The report made some excellent recommendations but it was felt that more work needed to be done on the topic. Dr John Baker, a long standing DPT trustee, is continuing to guide and support the work started by Dr. Sasini Wijaratnya.

An evaluation of the Gardens4health programme gave the garden team some very positive results and feedback. Richard, Homer, David and Jayne now help with over 40 gardens across Auckland. The rest of the DPT were equally busy. Many of the staff are completing post graduate studies in areas such as nursing, public health and nutrition. Eileen, Faye, Kate, Diana and Richard also presented at conferences and events both within NZ and Australia. It is exciting to hear of their many successes at board meeting throughout the year.

The highly efficient team of Kate and Karen took on an Ironman event this year. This time to raise funds for Christchurch's diabetes services. They were somewhat thwarted in their attempts by inclement weather that forced the cancellation of the main event but they still managed to complete another half Ironman.

Long service awards were presented this year to: Meryl McEnery and Sara Morton for over 5 years of service, Kate Smallman and Karen Pickering for over 10 years of service, Trish Harry and Isileli Vunileva for over 15 years of service. On behalf of the board I would like to thank and congratulate all of these staff members for their continued work and efforts on behalf of the Diabetes Projects Trust. The Trust continues to thrive and grow thanks to your long standing commitment and support.

The Trust board this year farewelled Dr Faye Clark. Faye has been a long time trustee and her thoughtful insight and guidance assisted the planning and development of many projects over the years. Faye took up a role with the Ministry of Health and still continues in her role with the DPT as contracted GP Advisor. Our sincere thanks to Faye for all her work as a board member. We are very grateful that she has agreed to continue her excellent work with the DCSS audit service.

As Chairperson I would like to thank all the staff at the DPT for their outstanding work. It is a real pleasure for me to hear of the work of the DPT and the high praise it receives in various community settings. I am sure that board will join me in extending our thanks to each and every staff member for their exemplary work and achievements over the past year.

I would also like to take this opportunity to thank Jennie Leatham. Jennie is the unsung hero of the DPT. Not often seen out and about but always there to answer queries and follow up on requests, which she does efficiently and cheerfully. Her role is also incredibly important to the success of the DPT in ensuring that the accounts are organised and well managed. The financial reputation of the DPT sits safely in her hands.



Finally, my sincere thanks to Karen. Her skills, insight and boundless energy ensures that the DPT continues to move from strength to strength. On behalf of the Board I would like to thank Karen for her continuing enthusiasm for her role and the work of the DPT.

Pam Tregonning, Chairperson

DPT Board Members as at March 2012

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|---|---------------------|--|
| Chairperson | | Pamela Tregonning |
| Executive Director, South Auckland Health Foundation (SAHF) | | |
| Vice-Chair person | | Henry van der Heijden Director, |
| Patient representative | | |
| Trustees | John Baker | Endocrinologist, Clinical Director CCRep |
| | Caran Barratt-Boyes | Community Co-ordinator Diabetes/Maori Health CMDHB |
| | Richard Cooper | Self Management Educator, Master Trainer CMDHB |
| | Tom Robinson | Public Health Physician, WDHB |

DCSS Executive Group - Clinical leadership DCSS Audit

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

DPT Advisor

Bill Wiki – JP, QSM

Diabetes Projects Trust – Team

- Diana Anderson – Cook'n Kiwi Co-ordinator
- David Avery - Gardens4Health Facilitator - South
- Diane Bermingham – Lifestyle Co-ordinator/ DNS
- Jayne Bright – Gardens4Health contractor
- Faye Clark – GP Advisor
- Patricia Harry – Projects Support Co-ordinator
- Helen Hegley – DCSS Auditor - CMDHB
- Eileen Howard – Resource Nurse
- Sherin Johny – Project Worker
- Glenn Knight – Contract IT support
- Jennifer Leatham – Administration Officer
- Meryl McEnery – Audit Nurse CMDHB area
- Lindsey McGregor – Contract Dietitian
- Richard Main – Gardens4Health Project Manager
- Hereni Marshall – Workplaces Co-ordinator
- Sara Morton – DCSS Audit Co-ordinator
- 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
- Homer Xu – Gardens4Health Facilitator – Auckland
- Renin Yousif – Project Worker

Diabetes Projects Trust – Main Activities

DPT Lifestyle

There have been ongoing modifications to our contracts as we identify different ways of doing things, and as the requirements change at our funder level. MOH continues to provide funding for our long running projects which come under the umbrella of 'DPT Lifestyle'. We remain appreciative of the level of support we have received over the years from the MOH and other funders and supporters who allow our work to continue.

- **Healthy Workplaces Programme** – Work continues with Hereni Marshall working intensively with six to seven workplaces across the Auckland area and providing one off support to others on request. This programme continues to be modified to meet the needs of a range of workplaces, with Hereni running training, screening, and lifestyle related challenges at workplaces. One of the most important keys to success includes early buy in from management, and the ability to call in other DPT services to help.



- **'Train the Trainers' to Prevent Diabetes** – Diane and Kate continue to deliver sessions to those working with people with diabetes, ranging from health professionals, to community workers. 4 sessions were delivered in the year period and participants have reported making changes in their practice or areas of work as a result.
- **Exercise Groups** – The long term Otara and Mangere exercise groups still have ongoing support from community members. These groups fill a gap in by providing services suitable for people with health conditions or at risk of health conditions.
- **Support Groups** – Funding from MOH for these Diabetes Support groups finished in 2011 and DPT continues to fund and run monthly groups for people with diabetes, and their families. The two community venues in Otara and Mangere continue to be well attended.

Healthy Schools – GetWize2Health/WizeEnvironment Tuckshop



Angela Tsang has been with the DPT for nearly a year working with Lama Saga to take the GetWize2Health toolkit into secondary schools and train teachers how to use it, and also to work with tuck-shops to improve the food available on campus. The GetWize2Health kit is still popular with teachers and continues to be updated, having been in use in one version or another since 2003, it has changed considerably over time. The new Tuckshop award is also beneficial and well received

Work has been done with Student Health Councils and support has been provided to a variety of school or health council initiatives over the year.

Cook'n Kiwi

This programme is funded by the MOH and had it's beginnings with the CMDHB Lets Beat Diabetes project. Diana and Trish with help from Lindsey and Sherin train those who work with the 'at risk' in the community to talk with confidence and teach about healthy eating on a budget. This programme is delivered across Auckland and comes with a kit of resources to help participants to teach their clients independently. Either a followup teaching session is provided to the group, or one-on-one mentoring support is provided to some participants.

Gardens4Health

Much has changed since the CMDHB Lets Beat Diabetes pilot gardening programme came under the auspices of the DPT back in 2009 (then called 'Gardening for Health and Sustainability'). Gardens4Health has since covered the whole of Auckland and now works with over 50 community gardens and food initiatives. Gardens4Health helps with the set-up of community gardens, most especially providing guidance and support for groups to do the work themselves to get started then maintain thriving gardens producing fruit and vegetables for the local community.



The Programme receives funding from MOH, CMDHB, ADHB and WDHB and an evaluation carried out at the end of 2011 reported that there were substantial benefits in terms of health and wellbeing, sense of community, knowledge and skill and environment.

DCSS Audit

The Diabetes Care Support Service Audit has been carried out since 1994 and is currently focused in the Counties Manukau DHB area. This service has also changed considerably over the years, the DCSS Auditors still identify patients with diabetes (or pre-diabetes) in practices, collect key information about the care provided, but the systems used continue to change and become more sophisticated, there are now very few relying on the old system of paper notes. The information returns to the DPT where it is entered into the stand-alone database and Sara analyses it and generates specialist reports. Our GP Advisor Faye Clark and the Auditors then take the reports back to GP Practices to help GP's make improvements in the care they provide to people with diabetes.

The service receives excellent feedback from those participating, and an external audit of the contract carried out by Health & Disability Auditing NZ in December 2012 gave a positive report back to the funding DHB.

Gestational Diabetes Mellitus Project (GDM)

Gestational Diabetes has been identified by the DPT Board as being an area of concern and in 2011 Research Fellow Sasini Wijayaratna produced a report into Gestational Diabetes in the CMDHB area. There were a range of recommendations in this report (copies available from DPT) and further research is now being carried out, including

statistical analysis of more data, and a Qualitative study into the experience of the woman with GDM. Preliminary findings were presented in a poster at the NZSSD conference in Nelson, a poster was taken to the Australian Diabetes conference in Perth and Sasini presented to clinicians at Middlemore Hospital.

Other DPT Activities

- Staff Training April 2011 to March 2012: DV Abuse and Recognition (Faye Clark), ANA conference (Asian, Forum, Pacific), TADS training, NZSSD (Nelson & Auckland), Food Safety, Health Literacy (Workbase), Privacy Code training, Diabetes CME unit, Sciencefest, Payroll and Personnel training, Permaculture series, Nutrition lecture series Auckland Uni, Nursing University papers, Public Health University papers, Nutrition University papers.
- DPT Staff Sports Club – team members have used the DPT sports club funding (\$1 from the DPT for every \$1 put aside weekly by staff) to purchase such things as running shoes, pay for registrations, and memberships costs.
- Research Information Database – Administration Officer Jennie Leatham manages this database which serves as a receptacle for relevant and interesting research and reports relating to diabetes with particular emphasis on local material.
- Community Organisations for Diabetes Action (CODA) – DPT continues to facilitate this communication/networking group on a semi-regular basis for interested parties in the community.
- Distribution of DPT resources – our popular range of printed resources are getting upgraded to 'one page' downloadable versions, with three new languages added. The Shop for your Life DVD continues to be in demand with more being copied for distribution.

Manager Conclusion

Another great year, and our team as usual have achieved some terrific successes with all their hard work. Reading the following reports from team members serves to remind me just how very much work they do. Usually I drop the hint that anyone who takes too long getting their report in for this document will get the worst photo I have on file of them, probably stretched sideways, not the case this year! As usual I can only say that everyone has done their usual excellent job at a time when things are difficult in the community, and let the following pages speak for themselves.

Education remains very important to the team, and most have participated in conferences and/or training over the year. 6 staff have been carrying out post-graduate studies which is an amazing demonstration of commitment for such a small organisation. All training is important, but of particular note this year was Hereni Marshall completing her Masters in Public Health, very well done. Maintaining an understanding of what we all do is also very important for the team so Lama put together a team activity where we all had to research and present back what other team members did. It was a very interesting experience and everyone came away with a renewed appreciation for the scope and nature of the work everyone does, and how we can better complement each other's various activities.

I am always especially proud to attend a conference where the effort has been made by our team members to submit an abstract, write a presentation or design a poster, and then present it to the conference audience, a quite daunting prospect for some. Congratulations to everyone who took up this challenge, some doing it more than once and one person in particular so enjoying the experience she is planning the next one. It is also excellent when presentations made by individuals outside our organisation refer to for example DCSS audit data, Sara was kept busy providing material for this.

It was a sad moment when we lost our coveted Golden Croc to the Mangere Eye Clinic as a result of our challenge for the ADHB Feetbeat activity in 2011. Unfortunately we were no longer allowed to count other exercises like cycling, running and swimming as part of our activities which did cut down the number of points we were able to collect, there is always the next year however. Well done to the Eye Clinic for picking up the challenge...and soundly defeating us!



Kate presents the golden croc to members of the Eye screening team.

On the topic of exercise, Kate and myself had an amazing journey getting to Ironman in February 2012, the team got used to our strange schedules and fixation with training in the year-long leadup. Disappointingly, on the day, the Ironman was downgraded to a half Ironman because of bad weather, but we plan on continuing our fundraising efforts for diabetes services in Christchurch by undertaking Ironman 2013.

It has been a tricky time for organisations working in the community, funding has been tight and it is obvious that many of the usual sources have become more strict with their criteria. We are very appreciative of the ongoing support of our funders, the MOH and DHB's and on occasion other trusts or funding bodies. It was terrific to get a grant from the Sky City Community Trust in 2011 for Gardens4Health to carry out a special project in conjunction with Refugees as Survivors. Together they helped set up over 90 new immigrant families to grow their own fruit and vegetables in their new homes. There was some lovely feedback from this very worthwhile project.

Thank you as usual to the DPT's fabulous board, your ongoing support of the organisation helps keep it at the forefront when it comes to identifying important issues where a difference can be made. Your time and effort and guidance is very much appreciated.

Karen Pickering

From DPT Team Members

Diana Anderson – Cook'n Kiwi Co-ordinator - The Cook'n Kiwi Train the Trainer programme continues to be well received by community organizations with follow up including cookery demonstrations and training for clients, as well as updates, newsletters and recipe cards. Development of resources to practically apply the information taught has included further recipe development, our Budget Board game as well as further fat and sugar display posters.



I had the opportunity to present a poster at the Joint Annual scientific Meeting of the Nutrition Society of New Zealand and the Nutrition Society of Australia. This poster outlined the Cook'n Kiwi programme and its principles and also provided feedback on evaluation outcomes. A paper was submitted to be published in the proceedings of the Nutrition Society of New Zealand and Australia and the online Australian Medical Journal.

This year the focus has been on sharing resources with various organizations. These have included Nestle who are trialling their cookery programme "Cook for Life" which will run in South Auckland. We have swapped resources with the Centre of Physical Activity and Nutrition Research at Deakin University in Melbourne who have done some research on disadvantaged socioeconomic communities and diet. They have developed a series of eight newsletters, recipes and goal setting sheets to educate people in the community which we will trial in Auckland. We will also be working with the Manaia PHO from Whangarei together with Gardens4Health to see how we can support them. The opportunity to collaborate with other organizations in the promotion of a healthy lifestyle ensures Cook'n Kiwi evolves to meet the needs of the community.

David Avery – Gardens4Health Facilitator – I come from a horticultural background that includes working in Botanic gardens as well as some of the most beautiful historic properties in England and Scotland. It has been quite a change therefore, to work in a different country and a completely different role, albeit still within gardening.



The change though has been quietly refreshing and stimulating. I have taught before, but never in the arena of community gardens and it is my contact with the people as much as the gardens themselves that has made my first 6 months so interesting.

I believe that people are at their best in a garden. The people I have met these last 6 months, coming as they do from all walks of life have been a delight. There are challenges for sure, but I am always encouraged by the determination and dedication of this select band of people, working hard to improve the health and social cohesion of the communities in which they live.

Faye Clark – GP Advisor - Attending the Mahinga kai project in South Auckland at a Papakura Primary School in April was a great eye-opening experience – the difference in children's behaviour, engagement and learning has by all accounts been remarkable in this low decile area with numerous challenges. The Gardens project has seen parents become much more confident to be involved with the school as well and gardens have been started in many homes. Children eat the produce and take it home. They learn skills and the model has been used in other schools secondary to its success in this institution. We were warmly welcomed and eventually accompanied by an eager child each who

showed us with great pride, around their extensive plantings. DPT's involvement has been greatly valued and has been a positive part of improved nutrition and skills growth for children and the principal has appreciated the support.

A fair amount of time was spent along with other staff in preparing presentations for the NZSSD conference in Nelson in May. This was a new experience for me and I enjoyed the opportunity to use data to look at a variety of parameters suggested by the DCSS group in relation to medications, hypertension, HbA1c and obesity, renal function and gender and ethnicity, using data from general practice audits in the DPT data base. There were some surprises and the presentation was well received and led to an unexpected outcome detailed later.

I presented a teaching session on partner abuse and family violence to staff in May – this was a 4 hour program and evaluations were positive. The topic is a sensitive one but the issue hugely impacts health of adults and children and has implications for learning, mental health, employment and chronic disease as well as lifestyle choices of diet, tobacco use and alcohol use. The cost to society as whole in NZ is enormous (more than \$8B p.a.) and the health budget is part of that. Screening in primary health is recommended, and is being implemented in secondary care as well as other community providers such as family planning, midwifery and Plunket services.



14 Audit return visits were completed over the 12 months period, to a variety of practices – from single doctor high risk populations to established and achieving group practices. Some changes to format and reporting were trialled – including some additions, (eg, flu vaccination, uric acid levels), putting patient results on a spreadsheet with colour coding for parameters reaching target and needing action, and eliminating individual patient reports. The audit results are now bound and copies of key practice results also given to practice nurses along with patient spreadsheets copies. These changes have been appreciated as more efficient, less paper intensive and tidier. Towards the end of this period (March 2012) some changes were made to reporting allowing some summary “collegial” comments in the audit to be included for the record both of GP and DPT. Great work by the auditors is very much appreciated and commented on by the practices – the level of detective work needed at times is exhaustive and I am also impressed by their efforts and that of Sara co-ordinating and designing the returns. Accurate transcription is also part of the process so everyone on the team has important input.

I was privileged to attend the ADS & ADEA Annual Scientific Conference in Perth in September along with Karen and Kate. There was a lot of information to absorb over 3 very full days, and the update was beneficial – providing as always, an opportunity to measure what we are presently doing in NZ with research and practice internationally. We are not doing too badly! Karen and Kate's posters were efforts of which DPT may be proud. It was also a pleasure to attend Sasini's presentation of her GDM work at the CMDHB Grand rounds. Further work on analysis continues and a qualitative section remains to be completed.

My contract with DPT was reviewed, adjusted and renewed in November/December for a further 12 months – and in the interests of clear lines of responsibility I resigned from the Board after a number of very enjoyable years. Dr Baker continues to provide sage supervision which is much appreciated and my involvement as a staff member is a pleasure. Staff meetings have been attended – and in particular the presentation on Health Literacy in October was a useful and timely topic, provoking some critical thinking on pamphlet design.

In the July 2011 I was approached by the Ministry of Health to join them on a 12 month contract providing some insight on Diabetes in Primary Care as a National Advisor. This was subsequent to the NZSSD presentation in May – and after some negotiation and thought I accepted the 0.2 FTE position commencing November which allowed some fruitful input, PHO support and liaison with Dr Orr-Walker, the National Champion for Diabetes. I was also seconded on to the national Advisory Diabetes Improvement Group for 2 years.

The DPT Audit contract was itself audited in December and a lot of preparation work by Karen and Sara and other staff allowed that to be a very smooth and successful process – and so congratulations are in order for a job very professionally done by our organisation.

For the first time that I can remember I missed the Christmas party this year, and hope that will not happen again – it is always a happy event and great way to recognise the hard work and commitment of every staff member. Karen's leadership and oversight of the Trust's work as manager remains a strength of the organisation and both she and Kate are both great healthy lifestyle role models.

Patricia Harry – Programme Support Co-ordinator - Otara and Mangere exercises are still going strong in South Auckland. Classes are running four times a week and attendance still grows with new faces. Seeing people attend and enjoy exercise is always a great pleasure. They do their best and always put in that great effort all the time. I love seeing them be happy and it makes me feel good as their Instructor.



The Support groups still run monthly and at each session guest speakers/organisations attend and present about their organisation. Last year was really great especially at Christmas time, where I created a DPT Calendar for each individual who attended exercise and support groups. I created it with the help of other DPT members and as well using photos, it was an awesome present for all and they all thought so too. Recent events with support groups, we've had our DPT garden team take us on a tour of some of the community gardens, and as well other new guest speakers who we've hadn't before or in a while. Members from our support groups thoroughly enjoy the talks, and it's also about getting together and sharing each others life experiences etc.

Eileen Howard – Nurse Advisor - I started the year preparing for my first ever presentation at an NZSSD Annual Scientific Meeting, which was held in Nelson in May 2011. At the conference I delivered a talk on IGT, its incidence and relative neglect in General Practice, based on data from the DCSS Audit. It was an interesting experience, and I was gratified that it went well, thanks to lots of preparation and rehearsal, and support from my colleagues. Later in the year I was asked to present the same talk to GPs and Practice Nurses at Diabetes Auckland.

Soon after the NZSSD conference I flew to Europe, and spent two months on holiday, mostly in Bulgaria; a fascinating cultural experience, and a lovely continental summer.

Although I only work ten hours per week, I have had a great variety in my work. I attended two workshops: one on Health Literacy, and one on Abuse Recognition. I did a few sessions of health screening; with Hereni at a workplace, on World Diabetes day at Otara, and for the Otara and Mangere support groups. Along with my colleagues, I spent an interesting afternoon visiting gardens developed and supervised by our Garden Team.



I spent some time helping to update the Audit Manual, and on reviewing Auditor Certification. When our new Auditor, Helen, was employed, I helped in her training, with auditing and Query Builders. One audit needed finishing in Otara, which I undertook in December. I found I was a bit slow initially after a year of not auditing, but soon got up to speed again. I continue to attend DCSS Executive

meetings quarterly.

At the beginning of 2012 I started work on two abstracts for submission to the NZSSD Conference. The first one, based on the DCSS audit, looked at the care of Type 1 diabetes patients in General Practice. The second was in collaboration with the Mangere Retinal Screening service, looking at the 20% of diabetes patients without Retinal Screening, and the reasons behind their non-attendance. The unexpected finding was that a sizeable percentage of eligible patients had not been referred by their GP. Both abstracts were accepted for the Conference to be held in Auckland in May 2012. I am especially grateful to Sara Morton for her work in data extraction, and her patience and willingness with my continual requests for information, as I couldn't do anything without her help. My gratitude also goes to Karen Pickering for her faith in my ability to do things I never thought I could do, and assisting me along the way. I enjoy being part of such a vibrant team at DPT.

Jennifer Leatham – Administration Officer - We have just had another busy and fabulous year here at work. There are plenty of accounts and general office work to keep me busy, along with many requests for our DVD and leaflets.



In September I attended a Payroll and Personnel training course. It is great to be able to extend my understanding and learn new information in the areas where I work, but also it is reassuring to confirm that I am doing okay and following the right processes. Another bonus is spending a couple of days with other people who are fascinated and enchanted with the world of average daily pay versus ordinary pay, deduction clauses, the Wages Protection or Holidays Act.

I have followed, with great interest, the blog by Karen and Kate documenting their journey to completing the Taupo Ironman whilst fundraising for Diabetes in Christchurch. I really felt for them when the event was “condensed” and look forward to their completion by this time next year. (Thanks for the entertaining reading along the way ‘tho).

Grateful thanks to Karen and the Board for the opportunity to attend training and to all my work colleagues for making the DPT my happy place!

Meryl McEnery - Diabetes Auditor, RN - Once again another busy year. An audit was carried out in Manukau last year which had not been done for 6 years due to various reasons on their part. A follow up return visit by Faye and myself proved to be very productive and they are keen to continue with us visiting them on a regular basis now. I did an audit in Papatoetoe that had not been done for the last 4 years due to many changes within the clinic, so it was good to get back and also audit a new doctor that was unaware that this service was offered and one to which he was keen to partake in.

The office was contacted by a doctor who had been audited at a different clinic in the past, but felt the need to have an audit at her new clinic, which then allowed us to audit the whole practice. This also once again proved to be a valuable and informative session on returning and speaking to the doctors.

I have attended many screening sessions at various factories and support groups, which allowed me not only to discuss blood pressure and blood glucose levels, but to educate the workers on diabetes and complications as well.



Dr Faye Clark and myself continue to return all completed audits to the clinics around east and south Auckland. The doctors are finding this level of service invaluable and many questions and suggestions are given and having the input from Faye has been truly beneficial to the doctors and staff alike.

I have also attended the NZSSD conference this year in Auckland and found it to be very informative. We did an exercise at work where we had to educate ourselves on the role of our colleagues and as Auditors we had to find out as much as possible on the role Cook'n Kiwi played within the Diabetes Projects Trust. I attended an outing to a company to find out more about it and was fascinated at the level of work that goes into providing this service to the community and various health workers.

I have watched and listened to our gardeners and the amazing work that they do in the community. I have learnt some valuable tips for my own garden. We, as Auditors continue to cross audit each other in order to maintain consistency.

I do the Feetbeat challenge each year and try and keep up the steps while hoping to keep down the weight!!

Richard Main, David Avery, Jane Bright, Homer Xu – Gardens4Health Team The Garden4Health team of Jayne Bright , Homer Xu, David Avery and Richard Main have been very busy serving the needs of diverse populations with existing and new edible garden projects across the Auckland Isthmus.

Jayne stepped down as facilitator for South Auckland, taking the opportunity to manage Earthtalk with her husband. She made a significant contribution to building relations and guiding garden groups since March 2010, she continues to do part-time for us as a contractor.



David Avery, took on the position in September 2011. Homer has championed the growth of community garden action in the ADHB and WDHB regions, including running workshops in Mandarin and Cantonese. Both David and Homer have teamed up to create concept plans for community gardens.

The year has seen a trend upwards in requests from schools including preschool, (Kohanga Reo), primary and social service providers, for planning advice and implementation support through workshop and working bees, with stronger dialogue and liaison with Auckland Council to support community garden policy , process and action. A Gardens4Health partner network submission was presented to Auckland Councillors in November to inform the Draft Auckland Plan.

There are now 55 linked G4H community garden and food initiatives in Auckland. Levels of community garden participation have reached 2,370, with at least 500 people engaged in home gardening. An additional ten projects are in the planning phase. Pacific people make up 53%, Maori 29%, South Asian 4%, other ethnic groups 14%.

A significant highlight for the team was the roll out of the Garden4Health/ Refugees as Survivors Garden Kit from October 2011 to April 2012. This outreach project enabled 93 refugee families including Afghani, Burmese, Iraqi, Kurdish, Arabian, Congolese, Burundian, Somali, Ethiopian, Sudanese and Eritrean refugee families to start backyard gardens.

Colin Dale has continued to chair partner meetings and champion the project with stakeholder partner meetings held on five occasions at regional venues, with the nature of meetings changing to a format of round table feedback, a garden experience and guest presentation to reflect the needs of partners. A Central West fieldtrip to three community gardens was organized for twenty five mentors and garden coordinators in December.

An evaluation of the Gardens4Health initiative has been completed for the MOH, a University of Otago researcher completed a thesis on Community gardening in the Auckland region, and a University of Auckland Masters student is undertaking her thesis on two south Auckland community gardens.

The team were active with the Heart Beat Challenge, Richard walked in two Sri Chimnoy Peace events, Jane trains for Xterra running events and David builds up cardio capacity on the treadmill and Homer composts DPT food waste!

Hereni Marshall – Workplace Coordinator - I have been working with the trust for 1 year in April. In that time I have introduced changes to the workplace health programme. Workplaces who contact DPT for healthy eating support are now required to complete an audit of their workplace environment. This audit allows for better tailoring of services to suit the needs of the workplaces. The focus of the workplace programme has also changed to offer more intensive support with fewer workplaces. I have been active in pursuing relationships with other workplace health providers and have been working closely with Auckland Regional Public Health and the Heart Foundation. Two new fun workplace challenges have been developed and trialled in workplaces, one is a fruit and vegetable challenge and the other a breakfast challenge. Both challenges are encouraging employees to try new behaviours. During the year a nutrition student Annelies Grimshaw played a key role in developing the fruit and vegetable challenge. I submitted my Masters in Public Health in February, I am grateful for the support provided by the DPT to assist me to complete my Masters thesis.



Sara Morton – DCSS Audit Co-ordinator - I started the 2011 year by supplying Eileen and Faye with lots and lots of numbers for their presentations at the NZSSD Conference in Nelson. The conference was great and the presentations went very well.



Unfortunately Lynette resigned from her position as Audit Nurse to become a fulltime Research Nurse at Middlemore Hospital. Lynette brought a varied set of skills to the audit team and we have missed her. We were very pleased to welcome Helen Hegley to the audit team as our new Auditor. Helen joined the DPT team in August and was soon underway with the audits in South Auckland.

The DPT GP advisor Faye Clark has made a huge difference to the DCSS Audit and to the Auditors. Faye accompanies the Auditor when the Audit Reports are returned to the GP; she provides great support to the Auditors and is a great resource for the GP's.

The recording of the HbA1c values changed this year which caused minor changes within the database and the reports generated for the GP's.

We had an external audit completed by Health and Disability Auditing NZ (HDANZ) relating to the DCSS Audit. This was completed on the 21 of December 2011. We received the HDANZ report early in 2012 which highlighted 2 minor area's that we needed to address. Though it was a stressful end to the year it was great to get the good feedback from the HDANZ audit.

Lama Saga – GetWize2Health Facilitator - This year has been a fantastic year for the schools programme. Angela has joined the team and her knowledge has been of great value to the trust. The GetWize2Health teaching resource is in

more than 80 schools within Auckland and continues to be in hot demand within New Zealand. To meet these demands in Auckland, teachers have the opportunity to attend 1 of the 4 workshops which are facilitated in the West, East, North and South of Auckland. These workshops are greatly appreciated, and this is evident through the numbers attending the workshop.



We have about 20 school tuck shops registered with a Cool Canteen Award. These operators are trying their best to ensure students are offered healthy food and drinks. One particular tuck shop company is now phasing out pies within schools in term 3. As you can imagine a patient process but one worth waiting for if we are to make a positive and significant change in school environments.

Youth Health Councils have gained huge interest, approximately 17 schools within South Auckland now have one. Youthline are in charge of driving this initiative but DPT are key stakeholders in making this happen. Once again an awesome year and I look forward to another fun and busy year.

Kate Smallman – Clinical Projects manager - Where do all these years go? I've been working at the trust for 11 years and it has changed and grown in that time. This year has been busy with new staff and old. The projects are the same but are always developing and changing. We took a group of staff to Nelson to the NZSSD and had several presentations and poster presentations. We also took posters to Perth ADEA conference, these were slightly different from the norm, and were electronic posters.

I have been working on the accreditation review for NZNO diabetes Nurse group. This has been a challenge but also a great learning experience other diabetes nurse specialists from around the country. I have finished 2 postgraduate papers to help towards diabetes nurse prescribing. I am also the NZSSD executive committee.



Specialist working with working on

This year saw the re-development of our diabetes leaflets. This work was done with the ADHB refugee co-ordinator. Looking at the leaflets being more adult focused and ethnically appropriate. We now have 2 new leaflets and in 3 new languages. CODA is also continuing to be a service in the community. It brings together health workers working in health promotion in the diabetes field.

Angela Tsang – Healthy Schools Co-ordinator – Wow, I can't believe it but I have nearly been working at DPT for a year now! Although I still think of myself as one of the newbies on the team, everyone has been very supportive, welcoming and helpful as I have been finding my feet within the Trust. I have been working as the Healthy Schools Co-ordinator alongside Lama, who has pretty much shown me the ropes and given me invaluable insight into health promotion initiatives within schools. This year has flown by and I have thoroughly enjoyed working with teachers, nurses, students and fellow health promotion organizations in the common goal of creating a healthier environment in schools.



The GetWize2Health workshops have been a highlight of my year, it is fantastic to see teachers coming together from different schools and feeding off each others' enthusiasm and passion and sharing ideas and experiences together. This year we have been working closely with the manager of a major tuckshop contractor in 16 schools Auckland-wide. One of the great successes this year has been the gradual phasing out of pies being sold at these tuckshops, which has been a significant step in the direction of creating a healthier tuckshop environment. I am looking forward to the year ahead and I feel truly blessed to be able to be a part of the DPT family.

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