



**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.**

Diabetes Projects Trust is a Charitable Trust which has been in operation for more than 23 years. It provides diabetes, and diabetes complication prevention related activities into the Auckland community and further afield.

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DPT Board Members as at March 2016

- Pamela Tregonning (Chairperson) - Executive Director, Middlemore Foundation
- Henry van der Heijden (Vice-Chair) - Director, Patient representative
- John Baker – Hospital Specialist, Medical Officer, General Manager/Clinical Director Middlemore Clinical Trials Unit
- Caran Barratt-Boyes - Community Co-ordinator Diabetes /Maori Health Counties Manukau Health
- Sneha Shetty – Improvement Advisor - Ko Awatea
- Tom Robinson - Public Health Physician, Waitemata DHB

DCSS Executive Group - Clinical leadership DCSS Audit

- John Baker – Hospital Specialist, Medical Officer, General Manager/Clinical Director, Middlemore Clinical Trials
- Rick Cutfield - Diabetologist, Clinical Head Diabetes - WDHB
- Timothy Kenealy - Associate Professor Integrated Care, University of Auckland, GP
- Brandon Orr-Walker Clinical Head Endocrinology and Diabetes, Counties Manukau Health

DPT Team members

- Diana Anderson – Cook’nKiwi
- Briar Bennett – Healthy Workplaces
- Patricia Harry – DCSS Audit and Lifestyle
- Helen Hegley – DCSS Audit
- Sherin Johny – DCSS Audit/IT
- Jennifer Leatham – Administration Officer
- Richard Main – Gardens4Health Project Manager
- Meryl McEnery – DCSS Audit
- Hari Narayan – Gardens4Health Facilitator
- Karen Pickering – General Manager
- Arysbeth Pineda-Santana – Support worker
- Guy Pringle – Gardens4Health Facilitator
- Kate Smallman – Clinical Projects Manager/Specialist Nurse
- Angela Tsang – GetWize2Health Schools Co-ordinator
- Malaki Vitale – DCSS Audit/Project Worker
- Danying Wang – Project Support
- Homer Xu – Gardens4Health Facilitator

Diabetes Projects Trust – Main Activities

DPT Diabetes Prevention Train the Trainers – Five hours of professional development delivered by Nurse Specialist and prescriber Kate Smallman to groups that have a role in diabetes prevention or management.

Healthy Workplaces - Briar Bennett and Arysbeth Santana deliver the DPT Healthy Workplace programme providing support to seven workplaces

Cook’n Kiwi – Diana Anderson and Danying Wang deliver Train the Trainer sessions into a range of community organisations and venues so that clients can be encouraged to eat a healthy diet at low cost.

Lifestyle – Changes have been made to this service which is no longer funded by the Ministry of Health. Diabetes Projects Trust continues to fund one Support Group which meets monthly, and a weekly exercise group. Long time DPT staff member Patricia Harry with help from the DPT team continues to run these.

Gardens4Health – Support delivered to more than 50 community gardens, schools, early childhood facilities and into garden related enterprises (eg, seedling production) across the whole of Auckland.

Healthy Schools – GetWize2Health/WizeEnvironment Tuckshop - Angela Tsang delivers services into Secondary schools across the whole of Auckland, both with the GetWize2Health toolkit for teachers, providing training and support in it’s use, but also helping tuck-shops to improve the food provided on campus.

DCSS Audit - The DCSS Quality improvement audit, supported by it’s Executive group, helps GP’s to monitor and improve the care they provide to their patients with diabetes in the Counties Manukau Health area. DCSS has provided a full and continuously improving audit service, with personalised reports, statistics and targeted feedback, since 1994. The team consists of Patricia Harry, Helen Hegley, Meryl McEnery, Malaki Vitale and Sherin Johny with Kate Smallman providing feedback sessions to the Practice.

Resource design – DPT designs, consults on and produces quality resources where there is an identified need.

Manager Conclusion

The last year has seen a number of changes to ensure sustainability of the organisation in the constantly changing health promotion environment. Funding obviously is a key issue for all community organisations, particularly charitable trusts, and the proliferation of worthy causes requiring resources to do their work has meant careful consideration of current and future expenditure and income sources. It’s pleasing to report that the DPT remains in a healthy position, with adequate reserves.

Our ever patient team of staff have worked hard to operate within changed service specifications, and to help ensure DPT continues to operate as effectively as it has in this different environment. I can only express my appreciation of their efforts and whole hearted enthusiasm for the important work that they do. The careful oversight of the volunteer DPT Board is also very important, as they navigate the myriad of information presented to them regularly to ensure safety of the business, keep an eye on the way forward, and monitor the quality of trust performance.

From DPT Team Members

Diana Anderson – Cook'n Kiwi Co-ordinator - Arysbeth Pineda joined the Cook'n Kiwi team as a volunteer in May last year and has been helping Danying and I revamp the Training manual and other resources we distribute as part of the programme. Arysbeth then joined DPT as a part time staff member assisting with programme presentation and designing and making resources including meal plans and menus with recipes. Our Cook'n Kiwi participants are more knowledgeable in terms of nutrition than they were a few years ago but continue to look at specific nutrients such as fat and carbohydrates instead of portion size as key to a healthy diet. People on a limited budget look for value for money or more food for their dollars instead of nutrient density and eating more vegetables for the protective antioxidants. While a meal plan can be seen as fitting within participants food budget, total trolley cost is often prohibitive especially in South Auckland where many people don't have a basic pantry to cook with.



Briar Bennett – Workplace Co-ordinator - It has been a very busy year for the workplace project! In total, 17 workplaces were supported with the potential to influence over 9,200 employers. This year was full of cooking demonstrations, presentations, resource development and other activities on health topics that were tailored to the workplaces' needs and culture. These activities were aimed to be activity, skill or education-based and promoted health in a fun and motivating way. Ensuring our support was continual and sustainable, as well as using a multi-focus approach to health promotion in workplaces, were the key focuses of this year. Feedback from workplaces has always been very positive and our support is highly valued. Other highlights of this year include presenting the Healthy Workplace Programme at the ANA's 6th National Nutrition and Physical Activity Conference and supervising multiple students from different disciplines. I'm looking forward to seeing what the coming year has in store!

Patricia Harry, Malaki Vitale – DCSS Audit and Lifestyle - Exercise is going well and numbers are a regular of 12 to 15 people. We have the one class now which Mangere group has joined Otara group for our Monday class. Thankful for those who still attend. Fitness level is steady and good and at a good pace. It's awesome to see people get off that couch come to class to have fun. The

Diabetes Support group still runs every second Monday of the month, and use in house DPT staff to do sessions. Diana, Arysbeth and Dan Ying, cooked three healthy dishes showed participants importance of what to use in season and within budget. Hari did Microgreen session as well as bokashi – using food waste for gardening, Briar did Label reading and portion sizes and I did foot care – importance of looking after your feet. Also watched important documentaries such as The Sugar film and DPT DVDs such as Stay in touch and Shop for your life which is a handy tool for reading labels and shopping better for whanau. Diana



Helen Hegley – DCSS Auditor – This year has continued to be busy, returning to many clinics for a repeat audit and with a number of new clinics participating. It has been great to meet staff at these clinics and see their eagerness for the information we provide. We look forward to returning in a few years to see how their hard work improves results.

Always fun working with the staff at DPT, a few changes this year however the ship has continued to sail smoothly. Looking forward to another year!

Jennie Leatham – Administration Officer - Another busy 12 months has just passed for the DPT. This year, significant work was required on changing the format of our Annual Financial Statements. After many years of the same type of layout and reporting, we had to meet new standards set by the DIA/Charities Commission. I found it an interesting challenge, but with great support from our Auditor we got things sorted and filed as required. Phew!

As always, grateful thanks to our awesome manager for making the DPT a wonderful work place, and also to the rest of the DPT team for working so hard at making our



"Skilled enough to become an Administrator – Crazy enough to love it!"

world a better place. It is an absolute pleasure to work in the office alongside such a remarkable team!

Richard Main - Gardens4Health Project Manager – The Gardens4Health team have increasingly worked in sub regions, managing their food garden portfolios from near home base, to maximise edible garden action from the ground UP. Hari covers South Auckland, Homer covers North, west and Asian demands Auckland wide, and Guy Pringle operates in Central and East Auckland while Richard works across the Auckland isthmus.



The year has been characterised by ongoing demand for G4H expanding tool kit including a 'Recipe for Garden Success', applied garden skills workshops and connection community food initiatives. The Gardens4Health team focus on advocacy, dialogue and a best organic practice approach, engaging with multi-cultural groups and championing young and old to grow food locally in community settings to feed families. Trends include an increase in Asian gardeners, women leading the evolution of community gardens, demand from disability and mental health providers for edible garden guidance and an upsurge in garden activity within the central local board areas.

Some of the constraints edible gardens have experienced include council restructuring, contaminated land, land grab for property development, diminishing funds and budgets, changes in priorities away from gardens by organisations, reliance on volunteer base and transient population due to house prices and rents impacting on participation numbers.

Another exhilarating action packed year thanks to the mahi of Homer, Hari and Guy with support from the great team at DPT.

Meryl McEneaney - DCSS Auditor - A very busy period of auditing in the last year. Clinics are still very appreciative of all the work involved when we audit the clinic and are grateful for the feedback. Kate, our Diabetes Nurse Specialist returns most of the audit data back to the clinic with us and answers the many questions. A clinic that has declined our request to audit them, has asked us back after 12 years in order to see where they can improve.

Kate Smallman – Clinical Projects Manager/DSN - This has been a busy year with the Audit returns taking on a bigger role. The Audit team works hard on producing an amazing book of information for each of the Gp's that have been audited. I then have the pleasure of reporting back the results. It is always interesting to see the amount of work that has been done in each of the practices. The facts are always interesting. Is the group of patients younger and Larger? Do they then have higher HbA1c? what is the medication usage like. All the audits have stories to tell, and I enjoy reading them and relaying the information back to the health care teams.

My other role is helping to manage the team who do all the work in the different projects. Each time I get their reports it is lovely to see the huge amount of work that has been done in the community. The message about diabetes and prevention is getting out and spread amongst the community. Well done to them all.

Angela Tsang – Schools Co-ordinator - This had been a year of milestones, firstly I have been working at DPT now for 5 years! It has been a fantastic journey and I have grown so much over this time and learned so much from all the supportive team members at DPT. Secondly, I have completed my Postgraduate Diploma in Human Nutrition at Massey University! It has taken me 4 years of part time study to complete but it was definitely worth it in the end. Thirdly, this year I have become a New Zealand Registered Nutritionist!



And finally, the Countdown MasterClass project was selected as a finalist in the Community Health and Wellbeing section of the ADHB Health Excellence awards. It was really awesome to see the project get recognition for the work being done in helping to encourage more kids to cook at home and learn essential life skills of cooking simple, healthy and affordable meals.

Acknowledgements

Thank you to: Ministry of Health, Counties Manukau Health, NZSSD, Novo Nordisk, Auckland Council, ANZ Staff Foundation Advisory Board, Kelston Community Trust, The Trusts Community Foundation, ASB Community Trust, Auckland Council, Countdown, Gardens4Health sponsors per DPT website,