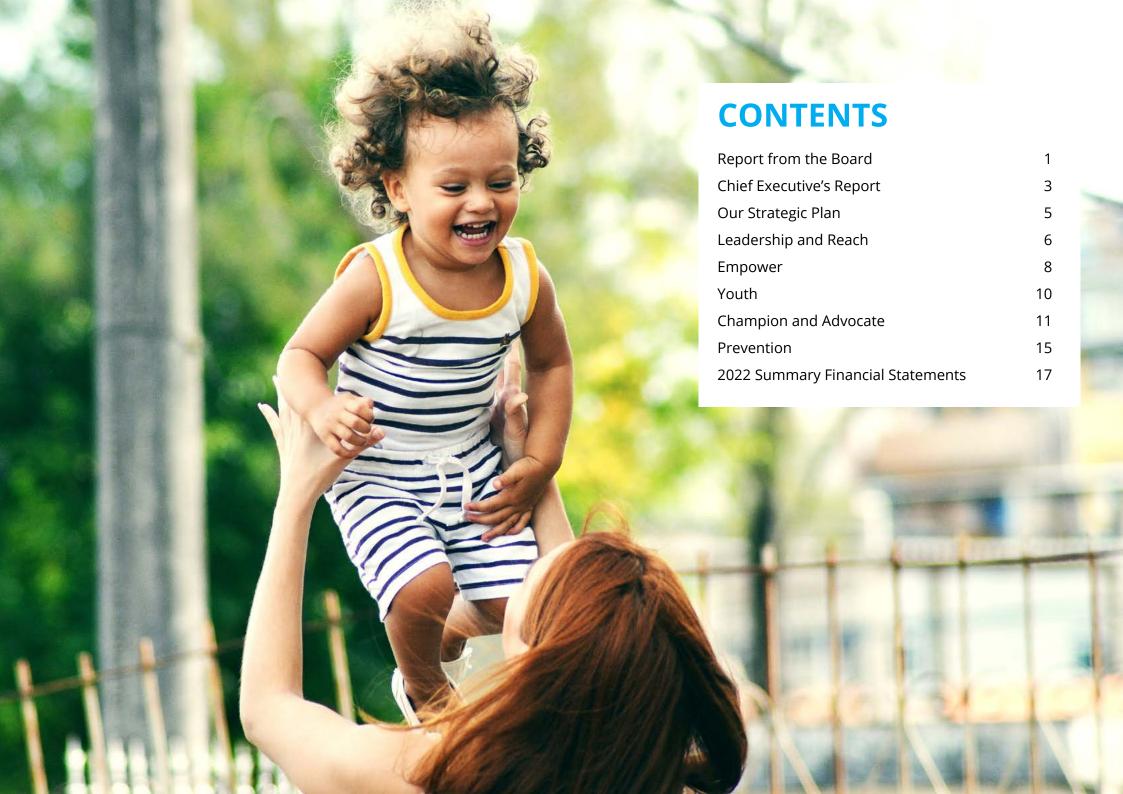
Annual Review 2022







Report from the Board

The Board has continued to develop and refine its strategy and approach to supporting people with diabetes in New Zealand.

For those who have type 1 diabetes we have campaigned for the funding of blood monitoring devices that will help manage diabetes before complications set in and will significantly reduce the cost of interventions further down the line. The #CGMFORALL social media campaign in March 2022 was a continuation of the advocacy work started with Diabetes New Zealand's petition to Parliament in 2019. That campaign reached 113,000 on our social media platforms and increased national awareness of the lifechanging benefits of the new technologies.

For people with type 2 diabetes, we have focussed on ensuring our programmes and activities are community-based and reflect the needs of the local community. We know we are most successful if support comes from within communities rather from outside: be it Māori working with Māori or Pacific peoples working with Pacific peoples. This approach is woven into our successful Diabetes Community Coordinator/Hauora Kaimahi roles, Diabetes Self-Management Programmes, and prevention programmes such as our Mobile Awareness Van and

HOPE, which are providing support to individuals and communities most affected by diabetes.

This strategy has been developed against a backdrop of change in the health sector with the establishment of Te Whatu Ora Health New Zealand and Te Aka Whai Ora (Māori Health Authority) from 1 July 2022. Te Whatu Ora replaced the 20 District Health Boards and manages all health services, including hospital and specialist services, and primary and community care in partnership with Te Aka Whai Ora. With an increased focus on the local needs of communities Diabetes New Zealand's strategy of growing the number and location of our Diabetes Community Coordinators is well aligned with the direction Te Whatu Ora is taking. Co-locating our Coordinators in Primary Health Care facilities working alongside other health professionals at a local level has resulted in receiving greater support and funding.

At the same time, provision of useful and relevant information for all people with diabetes through not only our website, but also all other social media channels has been a focus for the Board. Our social media reach is increasing month on month. Ensuring this information is accessible in

languages other than English reflecting the multi-cultural society in which we live is ongoing.

Trustees are proud of the progress that has been made in these areas and in particular the increase in the profile of Diabetes New Zealand as a credible provider of support services.

At a governance level, trustees decided to partner with the former New Zealand Diabetes Foundation and establish the Diabetes New Zealand Research Foundation. Funds held by Diabetes New Zealand for research purposes were transferred to the Research Foundation to create a larger investment base and so increase the opportunities to become more active in the diabetes research field. Sir Ralph Norris has kindly agreed to chair the Research Foundation. A new website is being developed and in partnership with other diabetes research related organisations such as the New Zealand Society for the Study of Diabetes, Edgar National Centre for Diabetes and Obesity Research and Healthier Lives- He Oranga Hauora National Science Challenge the objective is to increase the funding of grants for diabetes research.

Trustees are supported by a team of

committed employees ably led by our Chief Executive Heather Verry. COVID-19 has continued to impact on the delivery of services and the Board acknowledges the willingness of staff to respond and react to the changing circumstances. We thank them for their dedication and hard work.

2022/23 beckons with more to be done to support all people with diabetes in New Zealand.

Catherine Taylor



Catherine TaylorDiabetes NZ Board Chair

Chief Executive's Report

This year our Annual Review has become our Statement of Performance (SSP) which outlines our objectives for the year and our achievements in relation to these objectives. The four objectives set are in line with Diabetes NZ's Trust Deed rules:

- Leadership & Reach
- Empower
- Champion and Advocate
- Prevention

The detail that follows for each of these objectives reflects the growth of our organisation over the year due to changes to our service delivery through partnerships and collaboration to increase our reach into all communities. Through the changes, we remain focussed on equitable access and the best healthcare outcomes for all.

Over and above the stated objectives in our SSP, we have achieved a number of other initiatives which cannot be measured year on year, but should form part of this Report:

We launched "My Diabetes Journey App" in November 2021 as part of Diabetes Action Month. It is designed to act as a 'friend in the pocket'; helping users to stay on top of their diabetes. The interactive features of the new app are key, providing a place to keep track of daily exercise, food intake, emotional wellbeing and any health changes. Within a short space of time there were 1,320 downloads.

We continued with our **CGM Advocacy with** a social media campaign "#CGMforall". Digital only, the campaign ran throughout the month and received more engagement than any other activity in the past year.

We supported two submissions to the Ministry of Education:

April 2022 - Highest Needs Review - with five recommendations:

- 1. That a nationwide framework be developed to improve equity of care for children with type 1 diabetes in schools.
- 2. That quarterly meetings are reduced to annual meetings for children over the age of 11 and bi-annual for children under 11.
- 3. That teacher aid funding be extended for all type 1 children under 6 attending early childhood education centres.
- 4. That teacher aid funding continues until the child can self-manage their diabetes, at least to the end of year 8.
- 5. That support be fast tracked when a child is first diagnosed with type 1 diabetes. Especially primary aged school children.

June 2022 – Health Food and Drinks in Schools

Diabetes NZ supported the removal of sugary drinks from primary schools, but emphasised that the proposed changes to legislation did not go far enough. Diabetes NZ strongly encouraged the Ministry of Education to consider applying the same legislation change to secondary schools as well as adopting a healthy food only stance.

In May, over two weeks, we ran our fifth **Fitbit MoveMeant Challenge**. It is an event designed to promote the value of exercise and a healthy diet in reducing the risk of developing type 2 diabetes. Influential kiwis were called upon to join the Fitbit MoveMeant Challenge and try to "outstep" their opponents, raising awareness by sharing their efforts on their social media platforms. Participants collectively completed 3,284,400 steps or 2,502 kms.

As always, we remain grateful to the many people who donate to our organisation each year, and to those who have been generous with their time in supporting our many activities.

Our branches continue to be well supported by their local funders and nationally we are grateful to the ongoing funding from Ministry of Health, the New Zealand Lotteries Commission and Pub Charity Ltd. This funding enables us to provide free resources and information for people who are newly diagnosed; supports our Diabetes Action Month campaign; and increases the impact of our community initiatives that help people with diabetes manage their health and wellbeing.

I look forward to the future while at the same time acknowledging the work that has been done this year, especially by the staff and volunteers. I also acknowledge and thank the Board and Advisory Council for their ongoing support.

Nāku iti noa, nā **Heather Verry**



Heather Verry

Diabetes NZ Chief Executive

OUR STRATEGIC PLAN

Our Vision

Life free of diabetes and all its complications and burdens.

Our Mission

Lead, champion and advocate for change to reduce the incidence of diabetes, improved diabetes health care, and empower those affected by or at risk of diabetes to lead healthy, active lives.

Our Purpose

Turn the Tide on a health condition that is placing an increasing burden on individuals, whānau, and the health system.



Leadership and Reach

0800 Calls & Info/Email Enquiries/Resources

The Helpline and Info email is used mainly by individuals, GPs, pharmacists, health, wellness and sporting organisations, schools and workplaces. The questions cover a wide range of topics. The majority of callers are NZ European (74%), with Māori (12%), Pacific (8%) and Indian and South Asian (6%).

Diabetes NZ has a contract with Ministry of Health to produce and deliver a range of information pamphlets. The pamphlets developed follow the principles of Rauemi Atawhai; involve engagement with consumers – especially Māori, Pacific and low income; and include consultation with the Ministry of Health. Diabetes NZ distributes pamphlets to medical centres and DHBs, health and wellness organisations, sporting organisations and individuals.

CALLS TO 0800 LINE AND RESOURCES DISTRIBUTED

Referrals to health professionals

2020-2021

2021-2022

560

650

Nutrition/lifestyle or self-management advice

2020-2021

2021-2022

610

975

General information

2020-2021

2021-2022

1380

1300

0800 Line Emails

2020-2021

2021-2022

2200

2313

Pamphlets distributed

2020-2021

2021-2022

111,596

72,635



Diabetes Community Coordinators/Hauora Kaimahi

Diabetes NZ, working in localities with Primary Health Organisations (PHOs), has established the Hauora Kaimahi model; a successful community-based model, within the current health model and the Long-Term Conditions framework, to support those with diabetes and improve equity in accessing the healthcare system. The heart of the model is the Diabetes Community Coordinator (DCC), a role which connects people with diabetes with education and clinical support. The DCC works alongside primary healthcare clinicians to enable access to healthcare, improve equity and provide psychosocial support to patients.

DIABETES COMMUNITY COORDINATORS/ HAUORA KAIMAHI

2020-2021

2021-2022

1

3

Referrals

2020-2021

2021-2022

42

410

Collaborative partners, eg, Māori health providers, Kura, community groups

2020-2021

2021-2022

11

78





A huge challenge for whānau is having their consultations at the clinics and not understanding the clinical language used about Diabetes and medication. They can leave their consultations in the clinics confused, not understanding the short-term and long-term management of their Diabetes. In this role, we're able to support people to understand their condition and help the clinical teams to understand some of the challenges faced by the patients, especially for Māori and Pacific people. Because the role Hauora Kaimahi assists with these challenges head on, trust is being built with whānau, they understand we are there for them and they are opening up.

 Diabetes Community Coordinator/ Hauora Kaimahi

Just touching base with you to express our upmost gratitude for the work you have been doing and continue to do for diabetes within our community and medical centre. I have worked in the Te Kuiti Medical Centre (rural General Practice) for 10 years and within the Te Kuiti community for 20 years, I have never seen our HbA1c numbers, as a whole this low, nor have I seen the patients so engaged and ready to learn about diabetes.

- Email from a Practice Nurse





Empower

Delivering DSME – "Diabetes: Your Life Your Journey"

A new initiative for Diabetes New Zealand is delivering an evidencebased programme created by Capital and Coast DHB in partnership with University of Otaog and Tū Ora Compass Health PHO. This programme is designed to provide people living with type 2 diabetes the tools to start self-managing their diabetes, by attending a sixweek programme, two hours per week. Participants throughout the course, learn about all aspects of type 2 diabetes. The success for the participants is focused on their personal goal setting and increased self-management of diabetes to achieve good blood glucose control. The programme has recently been introduced and has been impacted by COVID.

DSME PARTICIPANTS

Starting

2020-2021

2021-2022 18

8

Completing

2020-2021

2021-2022

ı

% Completing

2020-2021

2021-2022

11

61%



Community Support Groups

Peer support groups are a real benefit to those with diabetes or pre-diabetes and their family. They enable a place to meet, share and learn about effective self-management to prevent diabetes related complications and encourage each other. COVID has impacted on the number of face-to-face meetings and number of people attending.

COMMUNITY GROUPS

Groups

2020-2021 2021-2022

30 32

Total attending monthly

2020-2021 2021-2022

359 433

Youth

Type 1 Resources

Diabetes NZ provides free Newly Diagnosed Packs to every child under 16 years that is diagnosed with type 1 diabetes. Each pack contains resources to help the whole whānau adjust to living with type 1 diabetes. A diagnosis can be an extremely overwhelming time for the whole family. The packs are distributed by the diabetic team when a child is first diagnosed. They are used during their initial training and are an important reference tool when they return home.

The "Jerry the Bear" packs for children with type 1 aged between four and 10 years are provided free of charge. Jerry the Bear helps children feel less alone and they can also learn to selfmanage their diabetes. Jerry also has type 1 diabetes, and with the help of the Jerry the Bear App, children living with type 1 diabetes discover how they can still play with their friends, take part in sport and live life to the full.



YOUTH RESOURCES DISTRIBUTED

Newly Diagnosed Packs

2020-2021 365 2021-2022

5 279

"Jerry the Bear"

2020-2021

2021-2022

103

79

Live Brave Mana Ora Activities

The Live Brave Mana Ora programme is for children and youth with diabetes which supports them and their families by building confidence, independence and providing inspiration. Activities include daytime events and camps for both families and teens. COVID has impacted on the number of camps and activities held.



LIVE BRAVE MANA ORA

Camps

2020-2021

2021-2022

5

2

Total attending camps

2020-2021

2021-2022

183

71

Activities

2020-2021

2021-2022

17

20

Total attending activities

2020-2021

2021-2022

551

428

Champion and Advocate

Diabetes Action Month

A public education campaign each November is undertaken to raise awareness of the realities of living with diabetes and encourage action for New Zealand's largest and fastest growing health condition. Each campaign includes influencers who are prepared to be part of videos; partnerships with specialist services and experts who provide information and advice; community participation in regional events; and community digital engagement.

19 November 2021 marked Diabetes NZ's inaugural Sneaker Friday fundraising campaign designed to give people a chance to step up for New Zealand's largest and fastest growing health crisis by wearing sneakers to work and fundraising for diabetes. New Zealanders raised over \$10,000 for Diabetes NZ.











2020-2021 LOVE DON'T JUDGE FOCUS - EMOTIONAL WELLBEING

PUBLICITY CAMPAIGN

238,000

Social & digital reach

7,486

Website views

450,000

Video views

FOUR FACEBOOK LIVE SESSIONS

Diabetes distress
COVID-19 and diabetes
Diabetes and whānau
Diabetes and emotional health

CAMPAIGNS

Diabetes and emotional wellbeing research and resource Mr Vintage resources Love Don't Judge video 2021–2022
STEP UP FOR
DIABETES
FOCUS – FOOT HEALTH

PUBLICITY CAMPAIGN

347,667

Social & digital reach

5,117

Website views

700,000

Video views

TWO FACEBOOK LIVE SESSIONS

Foot Care & Diabetes 100 years of Insulin

CAMPAIGNS

Sneaker Friday Health literacy video Fitbit 250 Challenge Mr Vintage resources

DIABETES WELLNESS MAGAZINE

Printed

2020-2021 2021-2022

19,490 14,927

Online digital magazine impressions via Issuu

2020-2021

2021-2022

37,000 58,777

FACEBOOK

Facebook reach

2020-2021 2021-2022 230,010 353,027

DIABETES.ORG.NZ

Actual visits

2020-2021 2021-2022

259,048 274,144

Unique visits

2020-2021 2021-2022

200,879 213,538

Website page views

2020-2021 2021-2022

576,450 561,739

CONNECT

Subscribers

2020-2021 2021-2022

9,800 11,250

Open rate

2020-2021 2021-2022

40% 42%

Click through rate

2020-2021 2021-2022

10% 8%

YOUTH CONNECT

Subscribers

2020-2021 2021-2022

- 447

Open rate

2020-2021 2021-2022

- 43%

Click through rate

2020-2021 2021-2022

- 14%

Communication

Regular communication includes:

DIABETES WELLNESS

Diabetes Wellness is a quarterly magazine which is a trusted source of health and lifestyle information for people with diabetes, their families and health professionals.

CONNECT

Connect is a monthly electronic newsletter which includes a selection of news, personal stories, blogs and recipes which all link to the Diabetes NZ website.

DIABETES.ORG.NZ

The website provides Diabetes NZ the opportunity to create content where we honour and embrace the principles of Te Tiriti o Waitangi, and we honour and embrace the enduring cultural values that bind Pacific peoples, and the Yavu foundations of Pacific engagement. The website has been critical to our nationwide support for all people living with diabetes especially during the Covid-19 pandemic, providing updated information over the course of the year.





Prevention

HOPE (Healthy Options Positive Eating) Programme - Auckland Based

The aim of the HOPE programme, a culturally appropriate family-centred course, is to foster healthier lifestyles amongst those most at risk of diabetes, leading to a reduction in the incidence of diabetes and diabetes complications. The HOPE courses are run over four weeks in community settings and online through closed Facebook groups (HOPE@Home) by trained volunteer HOPE Champions. The sessions are followed by one month and three month follow-ups. The HOPE programme has been proven to create social value across different aspects of people's lives with proven lifestyle changes. A recent report by Impact Lab has shown a 1:12 Societal Return on Investment.

HOPE

Programmes delivered – Auckland

2020-2021

2021-2022

20

17

Direct beneficiaries (participants)

2020-2021

2021-2022

388

310

Indirect beneficiaries (participants' whānau)

2020-2021

2021-2022

823

620

Mobile Van - Auckland based

The Mobile Diabetes Awareness Service is a detection and prevention service that removes the time, cost and cultural barriers that prevent people from visiting their GP by taking free diabetes education and testing into communities at times and places that 'high risk' people gather. Capturing those at risk of diabetes early will lead to a reduction in the number of people being diagnosed with pre-diabetes and diabetes; a reduction in future complications from diabetes; and people establishing new healthier lifestyles and sharing that help to encourage others.

A 40-minute appointment may include: risk assessment, testing, health navigation and joining the kickstart challenge.

The 'Kickstart Challenge' is designed to halt the progression to diabetes for people whose test results show 'pre-diabetes'. Participants receive automated SMS messages over 12 weeks with health-related information, reminders to live healthily and motivation to change their habits. They are encouraged to return to the Service or go to their GP after the 12 weeks for a follow-up health check to measure their progress.

COVID has impacted on the level of community engagement in Auckland.

MOBILE SERVICE - AUCKLAND

Diabetes education resources given to people engaged

2020-2021

2021-2022

1506

1402

HbA1c tested (blood glucose test)

2020-2021

2021-2022

726

563

Reported risk assessment (higher than Level 6)

2020-2021

2021-2022

1218

869

Abnormal detection

2020-2021

2021-2022

183

190

GP referrals

2020-2021

2021-2022

151

144

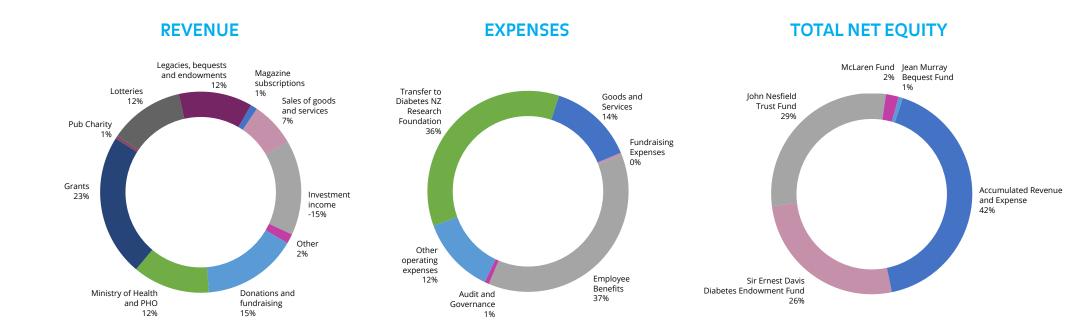


2022 SUMMARY FINANCIAL STATEMENTS

Diabetes New Zealand (DNZ) is a charitable trust registered under the Charities Act 2005 on 25 October 2007, registration number CC11432.

DNZ supports a National Office and has regional offices throughout New Zealand.

The financial statements for the year ended 30 June 2022 and the accompanying notes consolidate and summarise the financial results of activities carried out by DNZ and The Sir Ernest Davis Diabetes (Auckland) Endowment Fund and The John Nesfield Trust.



Diabetes New Zealand Consolidated Statement of Comprehensive Revenue and Expense For the Year Ended 30 June 2022

	2022 \$	2021 \$
REVENUE		
Revenue from Exchange Transactions		
Magazine subscriptions	39,602	46,721
Sales of goods and services	214,591	208,151
Rendering of services	44,385	97,397
Interest received	81,295	73,808
Dividends received	111,263	111,068
Rent received	43,578	40,456
Other exchange revenue	11,728	42,700
Total Revenue from Exchange Transactions	546,442	620,301
Revenue from Non-exchange Transactions		
Grants	1,270,860	1,193,467
Fundraising	148,976	906,354
Other fundraising from the public	80,214	56,651
Rendering of services – Manatū Hauora Ministry of Health and PHO	445,879	288,789
Donations	318,246	200,216
Legacies, bequests and endowments	424,657	208,517
Total Revenue from Non-exchange Transactions	2,688,832	2,853,994
	2,000,002	2,000,004
Total Revenue	3,235,274	3,474,295

	2022 \$	2021 \$
EXPENSES		
Expenses Associated with Revenue Generation		
Costs of sale of goods and services	327,130	301,753
Service delivery expenses	436,358	472,883
Fundraising expenses	17,940	244,297
Grants and donations	0	61,333
Total Expenses Associated with Revenue Generation	781,428	1,080,266
Operating Expenses		
Employee benefits	1,673,423	1,530,398
Board of Trustees honoraria	5,000	11,250
Audit Fees	29,062	27,606
Depreciation and amortisation	51,113	29,797
Other operating expenses	539,199	670,658
Total Operating Expenses	2,297,797	2,269,709
Total Expenses	3,079,225	3,349,975
Total Comprehensive Revenue and Expense for the year	156,049	124,320

Diabetes New Zealand Consolidated Statement of Comprehensive Revenue and Expense (continued) For the Year Ended 30 June 2022

	2022 \$	2021 \$
Surplus for the year from Continuing Operations (brought forward)	156,049	124,320
Non-Operating Activities		
Gain on sale of shares and held to maturity bonds	0	2,803
(Loss)/Gain on revaluation of investments	(740,368)	655,850
Transfers to Diabetes New Zealand Research Foundation from:		
Thomas Edward Dawson Bequest	235,073	0
Mack Estate Research Fund	1,048,174	0
Sir Don Beaven Fund	416,179	0
Total (Deficit)/Surplus from Non-Operations Activities	(2,439,794)	658,653
Total Comprehensive Revenue and Expense for the year	(2,283,745)	782,973

The Diabetes New Zealand Consolidated financial reports were approved by the Diabetes New Zealand (DNZ) Board of Trustees on 20 September 2022. The summary statements cannot be expected to provide as complete an understanding as provided by the full financial reports. A copy of the full financial reports can be accessed by visiting the DNZ website at www.diabetes.org.nz. The auditor BDO has issued an unqualified opinion. These financial statements have been approved for issue by the Audit and Finance Committee.

Diabetes New Zealand Consolidated Statement of Financial Position As at 30 June 2022

	2022	2021 \$
ASSETS		
Current Assets		
Cash and cash equivalents	1,511,097	2,155,886
Receivables (from exchange transactions)	40,590	110,818
Prepayments	15,048	18,407
Inventories	55,193	38,537
GST Receivable	38,605	17,073
Investments	254,741	487,107
Total Current Assets	1,915,274	2,827,828
Non-Current Assets		
Property, plant and equipment	163,172	85,076
Intangible assets	48,520	18,273
Investments	5,582,939	7,115,538
Total Non-Current Assets	5,794,631	7,218,887
Total Assets	7,709,905	10,046,715
LIABILITIES		
Current Liabilities		
Payables (from exchange transactions)	347,935	384,628
Deferred exchange revenue	49,116	22,226
Deferred non-exchange revenue	440,640	502,237
Total Current Liabilities	837,691	909,091
TOTAL NET ASSETS / EQUITY	6,872,214	9,137,624



Thank you.

Diabetes NZ is grateful for the wonderful support we receive from our Champion sponsors, donors, grant funders, fundraisers and supporters enabling our offices and volunteers to support and advocate for people with diabetes and their families/whānau.

CHAMPION SPONSOR



DIABETES ACTION MONTH SPONSORS FOR 2021







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DIABETES ACTION MONTH PARTNERS FOR 2021









GRANTS AND MAJOR DONATIONS





























LIVE BRAVE MANA ORA PROGRAMME SPONSORS AND PARTNERS













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Air Rescue and Community Services print
ANZ Staff Foundation
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Community Trust South
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Gallagher Charitable Trust
Guy Anson Waddel Charitable Trust
– managed by Perpetual Guardian

ILT Trust
Kiwi Gaming trust
Lakeland Disabilities Support Trust
Lois Dalley Charitable Trust
Māngere-Ōtāhuhu Local Board - Auckland City
Council
Nelson City Council
Network Tasman Charitable Trust
Nora Howell Charitable Trust
NZCT
Otago Community Trust
Otago Southland Diabetes Trust.

Ötara-Papatoetoe Local Board – Auckland City Council Rano Foundation Rătă Foundation Rotorua Trust Royston Health Trust Sir Ernest Davis and Ted & Mollie Carr – managed by Perpetual Guardian SkyCity Hamilton Community Trust Sunrise Rotary Sutherland Self-Help Trust Tasman District council The NZ Lottery Grants Board
Toc H New Zealand – Bowerbank Charitable Trust.
Toi Foundation
Trust Waikato
Vernon Hall Trust – managed by Perpetual Guardian
W Duncan Bickley Trust Fund – managed by
Perpetual Guardian
Waikato WDFF Karamu Trust
Waipā District Council



ILT Foundation

Last but not least, thank you from the bottom of our hearts for your support. There are too many of you to mention individually but without your grassroots support in the community we would not be able to raise awareness about diabetes the way we do.

