



Diabetes New Zealand Annual Review – Arotake ā-tau 2023

Annual Review 2023

Report from the Board Chair and Chief Executive Officer

Continuing to grow Diabetes New Zealand (DNZ) and expand our reach to support more people with diabetes has been a focus over the last 12 months. We are still a small charity and know we have a lot more to do to make a difference, but we are pushing hard to lift our game and be more relevant and supportive. The work we do is even more important now in the context of a health system that is being challenged with funding and resourcing issues right across the sector.

Over the last 12 months Diabetes Wellington Youth, Diabetes Canterbury Youth and Diabetes Hawkes Bay ceased to exist as separate organisations and joined DNZ, pooling their resources and allowing us to expand the network of areas we support. Diabetes Marlborough also joined DNZ after the end of June. We welcome these regions and groups knowing that as we strengthen our numbers, we can increase our voice and provide better services.

In other regions various committees and groups also assist us to grow our reach and add more value. We are committed to continue to grow as funding allows, whilst at the same time ensuring prudent and careful management of our reserves.

We are pleased to report on some of our achievements through the Statement of Service Performance which forms the basis of this Annual Review. However, there are achievements which cannot be measured year on year but should form part of this Report.

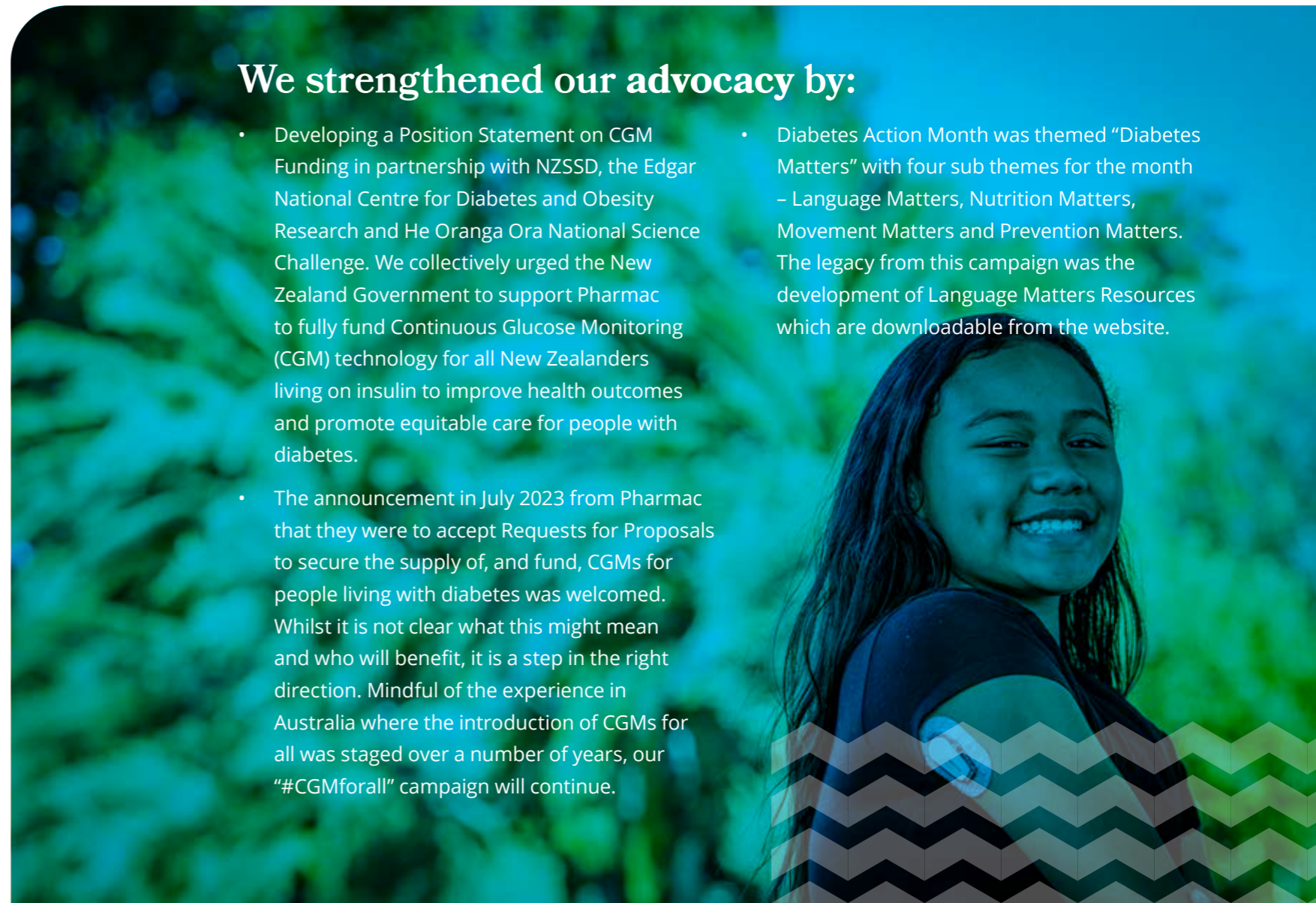
We strengthened our partnerships with:

- the New Zealand Society for the Study of Diabetes (NZSSD) – the clinical team supporting people with diabetes across the country. We are working more closely with clinicians to ensure we speak with one voice about diabetes.
- the Diabetes New Zealand Research Foundation (DNZRF) - who has now established a website with information about its objectives and the summer student grant programme it supported over the summer period last year. Check out the website at dnzrf.org.nz. While DNZRF is still in start-up mode, it has plans to grow its capital base to have more grant funding available for diabetes research relevant to New Zealand conditions and our context.

- primary and community health providers, including iwi and pacific providers, to strengthen and grow our Diabetes Community Coordinator roles. We now have a presence in nine regions of New Zealand working alongside primary health care workers to support people with diabetes to access health services and better manage their diabetes. Our Coordinators have also delivered Diabetes Self-Management Programmes with the support of local health professionals. The Coordinators working in the different regions pivot their support to align with local needs. The majority of our Coordinators are either Māori or Pasifika peoples.
- the Edgar National Centre for Diabetes and Obesity Research and He Oranga Ora National Science Challenge who supported Diabetes Action Month by holding a Symposium *Transforming Lives – 100 years of Insulin* which was held at Parliament in November 2022.

We strengthened our advocacy by:

- Developing a Position Statement on CGM Funding in partnership with NZSSD, the Edgar National Centre for Diabetes and Obesity Research and He Oranga Ora National Science Challenge. We collectively urged the New Zealand Government to support Pharmac to fully fund Continuous Glucose Monitoring (CGM) technology for all New Zealanders living on insulin to improve health outcomes and promote equitable care for people with diabetes.
- The announcement in July 2023 from Pharmac that they were to accept Requests for Proposals to secure the supply of, and fund, CGMs for people living with diabetes was welcomed. Whilst it is not clear what this might mean and who will benefit, it is a step in the right direction. Mindful of the experience in Australia where the introduction of CGMs for all was staged over a number of years, our “#CGMforall” campaign will continue.
- Diabetes Action Month was themed “Diabetes Matters” with four sub themes for the month – Language Matters, Nutrition Matters, Movement Matters and Prevention Matters. The legacy from this campaign was the development of Language Matters Resources which are downloadable from the website.





There were changes to our Board of Trustees over the year:

- Andy Archer and John Denton resigned as trustees. They became trustees at the time we merged the Auckland branch committee with the Trust so we could build better working relationships and greater consistency in the delivery of services across the country. We thank them for their contribution during this period of transition and acknowledge Andy Archer’s contribution over many years to ‘things diabetes’ such as his report advocating for a sugar tax to be levied in New Zealand. It is still used as a reference document when Diabetes New Zealand is asked to comment on healthy food choices.
- Recognising that our trustees did not reflect the multi-cultural society in which we live we appointed Bev Gibson (Te Atiawa, Ngaruahine, Te Arawa) and Erolia Rooney (Pacific peoples - Samoa) as trustees and Tio Taiaki (Te Ātiawa ki Whakarongotai, Ngāti Tūwharetoa, Āti Hau Nui-ā-Pāpārangi) as a Special Advisor to the Trust.

There is always more we could be doing, and we are only limited by the resources available to us, so we are incredibly grateful for the support we receive from our donors, grant funders, sponsors, and the contracts we have with Te Whatu Ora.

We look forward to the year ahead and delivering on our purpose – to reduce the impact of type 1 diabetes and incidence of other types of diabetes in Aotearoa New Zealand.



Catherine Taylor
Catherine Taylor
Chair







Heather Verry
Heather Verry
Chief Executive

Our Values

- › Whānau-centred — Whānaungatanga
- › Inclusiveness — Kotahitanga
- › Integrity — Tapatahi
- › Respect — Manaakitanga
- › Empathy — Arohatanga
- › Agility — Urutaunga



Where we are

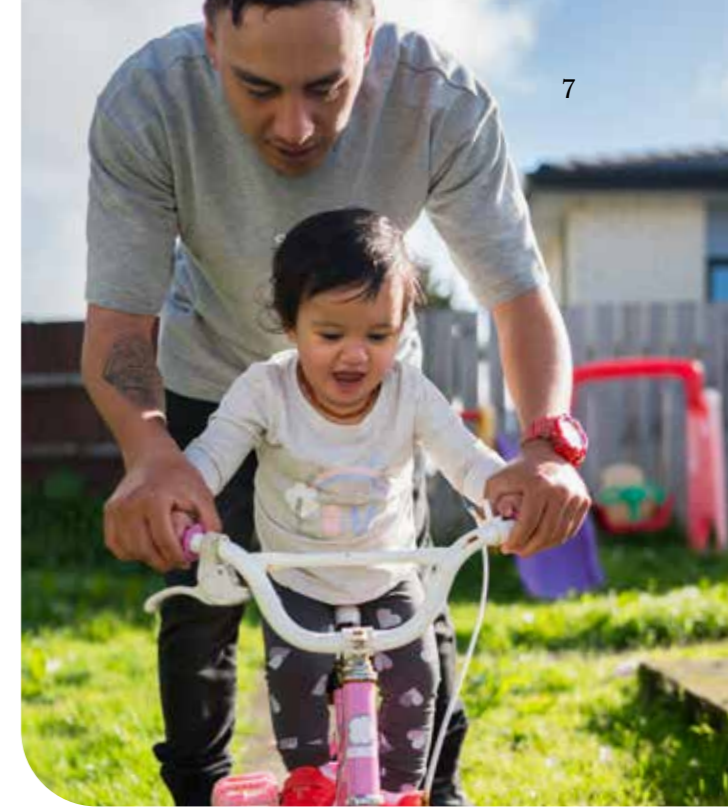
-  National Office
-  Community teams
-  Community Coordinators
Kaiāwhina Mate Huka
-  Live Brave Mana Ora
Youth Services



Core Objectives

Ā mātou whāinga matua

- Individuals
- Whānau
- Government
- Health Support Networks



Leadership & Reach

Provide essential leadership for all New Zealanders affected by diabetes, delivering impactful change and converting burdens to freedom for healthy, active and fulfilling lives.

Champion & Advocate

Represent and champion the needs of all people with, or at risk of diabetes, to reduce the incidence complications and burdens of this long-term health condition.

Empower

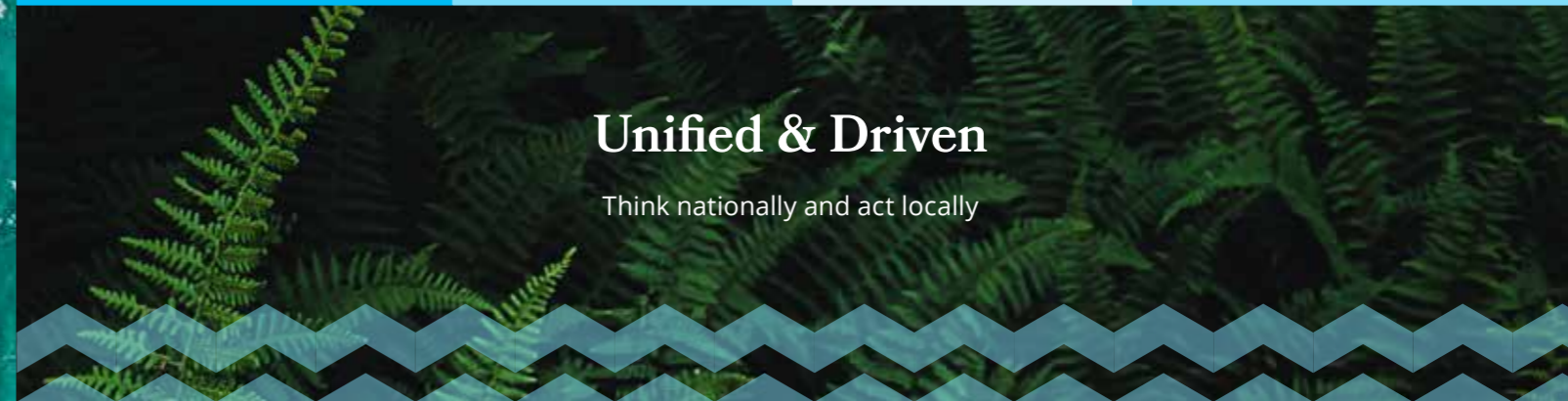
Deliver innovative, high-impact services that prevent diabetes and empower people with diabetes and their whānau to self-manage with confidence and live well.

Prevention

Through partnerships, applied research and community-partnered programmes, lift early detection rates and *Turn the Tide* on the incidence of diabetes.

Unified & Driven

Think nationally and act locally



Diabetes New Zealand wants to:

- Empower people with diabetes to live their best lives and become experts in their own condition.
- Champion improved health opportunities and outcomes for those at risk of, or living with diabetes.
- Collaborate and partner with health professionals, kaupapa Māori services and community group networks to extend our reach.
- Reach all people with diabetes or pre-diabetes, or at risk of diabetes providing access to the best resources, information, and support.
- Achieve equitable treatment and outcomes for Māori, Pacific and Asian people, who have a greater prevalence of Type 2 diabetes and its complications.
- Focus on whānau who are the central source of strength and support for people with, or at risk of, diabetes.
- Work closely with government and its health agencies to promote more appropriate investment in its treatment and prevention.
- Hold government to account.
- Connect, partner, and work with those who provide health education and support to people with or at risk of diabetes.

Our Purpose

**Tō mātou koronga mō
Aotearoa whānui**

Reduce the impact of type 1 diabetes and incidence of other types of diabetes in Aotearoa New Zealand.



Our Mission

Tō mātou whakatakanga mō Aotearoa whānui

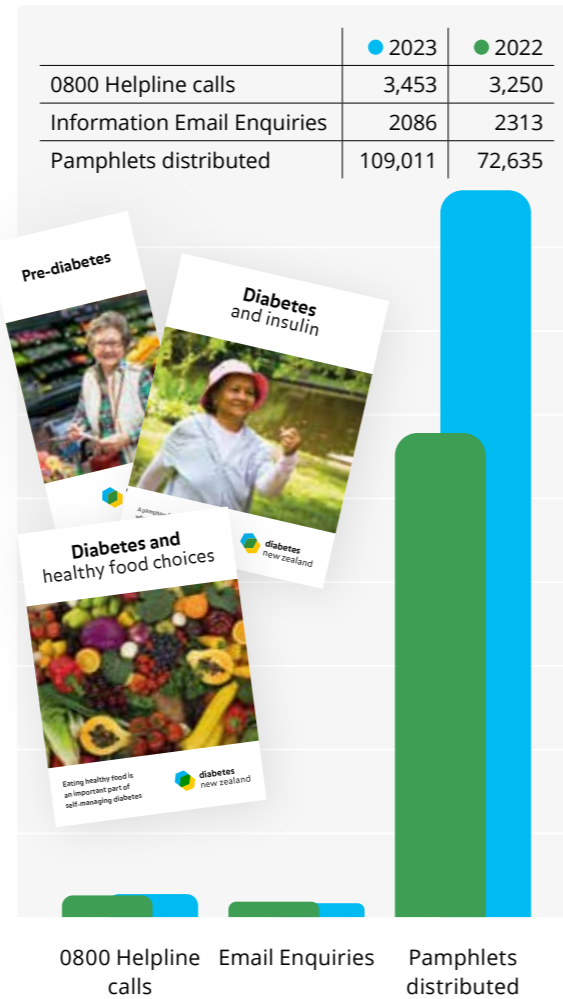
Ensure every person living in Aotearoa New Zealand with diabetes or at risk of diabetes has equitable access to affordable, quality diabetes care and education.

Leadership & Reach

0800 Calls & Info/Email Enquiries/Resources

The Helpline and Info email is used mainly by individuals, GPs, pharmacists, health and wellness organisations, 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 Te Whatu Ora 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 Te Whatu Ora. Diabetes NZ distributes pamphlets to medical centres, health and wellness organisations, sporting organisations and individuals.



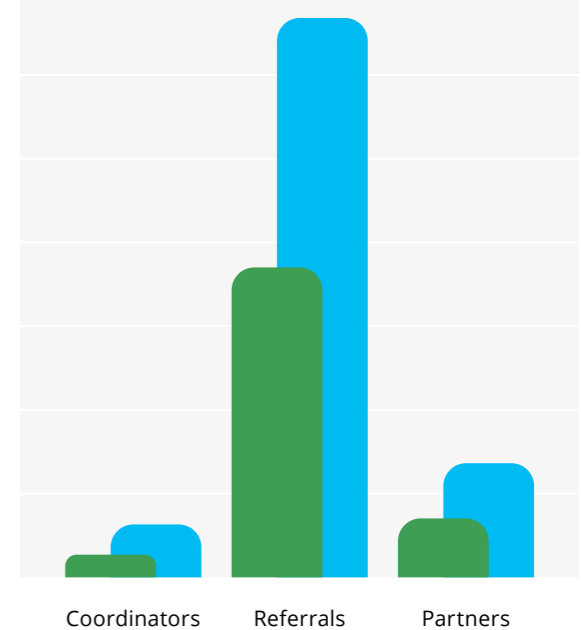
Diabetes Community Coordinators

Diabetes NZ, working in localities with Primary Health Organisations (PHOs), iwi and Pacific Health Providers has established the Diabetes Community Coordinator 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 Coordinators work alongside primary healthcare clinicians to enable access to healthcare, improve equity and provide psychosocial support to patients.



	● 2023	● 2022
Number of Coordinators	7	3
Number of Referrals	774	410
Number of Partners e.g. Māori health providers, Kura, community groups	151	78



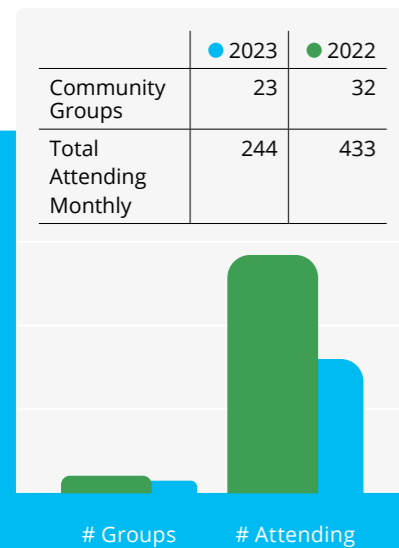
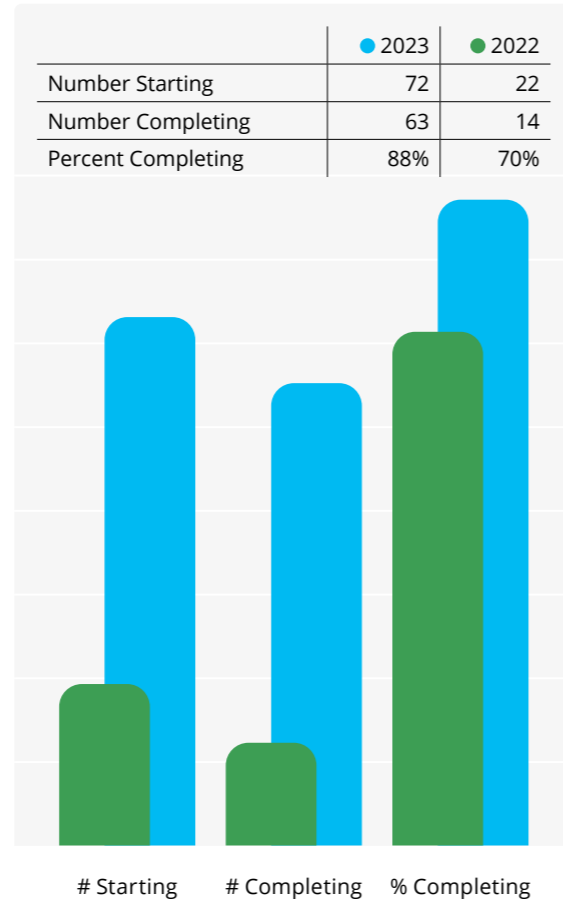
Empower

Delivering DSME – “Diabetes: Your Life Your Journey”

Diabetes New Zealand is delivering an evidence-based programme created by Capital and Coast District Health Board in partnership with University of Otago.

This programme is designed to provide people living with Type 2 Diabetes the tools to start self-managing their diabetes, by attending a six-week programme. 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.



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.



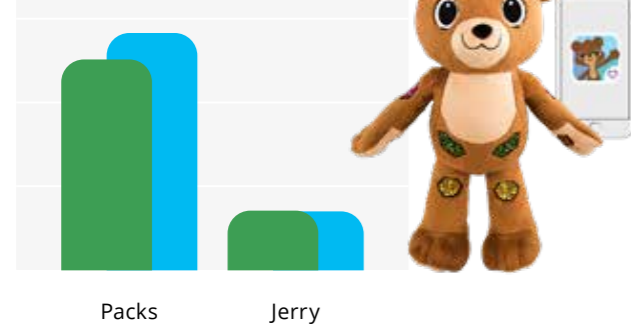
Youth

Type 1 Resources

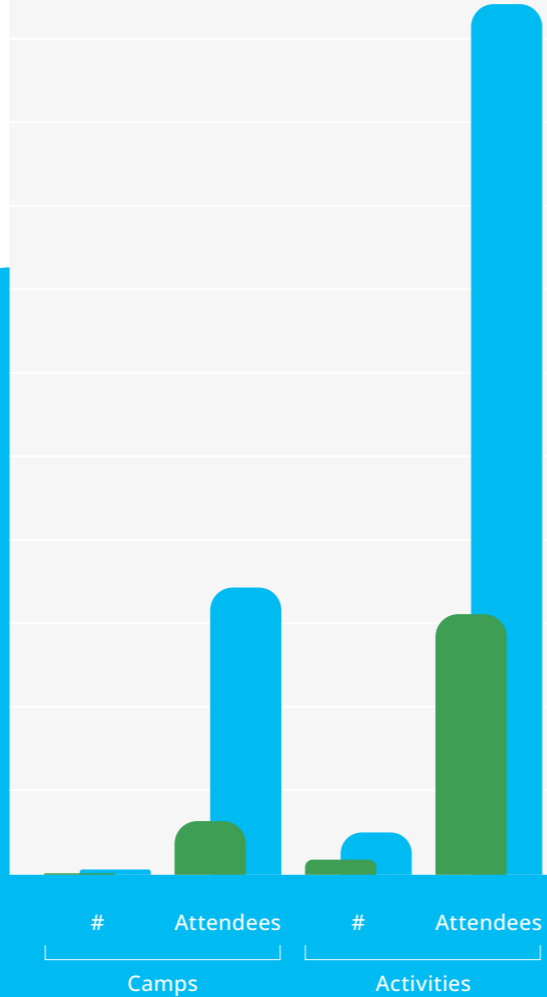
Diabetes NZ provides free **Newly Diagnosed Packs** to every child under 18 years that is diagnosed with Type 1 diabetes. Each pack contains resources to help the whole whānau adjust to living with Type 1 diabetes. A diagnosis can be an extremely overwhelming time for the whole family. The packs are distributed by the diabetic team when a child is first admitted to hospital. They are used during their initial training and are an important reference tool at home.

The **“Jerry the Bear”** packs for children with Type 1 aged between 4-10 years are provided free of charge. Jerry the Bear helps children feel less alone and they can also learn to self manage their diabetes. Jerry also has Type 1 diabetes, and with the help of the Jerry the Bear App, children with Type 1 diabetes discover how they can still play with their friends, take part in sport and live life to the full.

	● 2023	● 2022
Packs	314	279
Jerry	78	79



	● 2023		● 2022	
	No.	Attendees	No.	Attendees
Camps	7	380	2	71
Activities	56	1437	20	428



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 impacted on the number of camps and activities held in 2022.



Champion and Advocate

Diabetes Action Month (DAM)

OBJECTIVE

A public education campaign 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; community digital engagement.

ACHIEVEMENTS

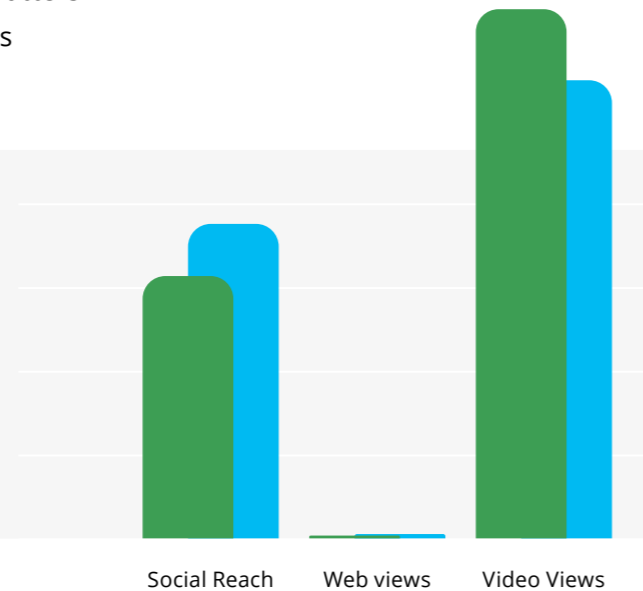
2022 – Diabetes Matters

- Focus:** Language, Nutrition, Movement & Prevention
- Facebook live:**
 - Session 1: Nutrition
 - Session 2: Prevention
- Campaigns:**
 - Sneaker Friday
 - Health Literacy Videos
 - Language Matters resource
 - National Survey on Language Matters
 - Diabetes Matters podcast series

2021 – Step Up for Diabetes

- Focus:** Foot health
- Facebook live:**
 - Session 1: Footcare and Diabetes
 - Session 2: 100 years of Insulin
- Campaigns:**
 - Sneaker Friday
 - Health Literacy Video
 - Fitbit 250 Challenge
 - Mr Vintage Resources

Publicity Campaign:	2023	2022
Social + Digital reach	416,393	347,667
DAM Website views	3,795	5,711
Video views	606,402	700,000

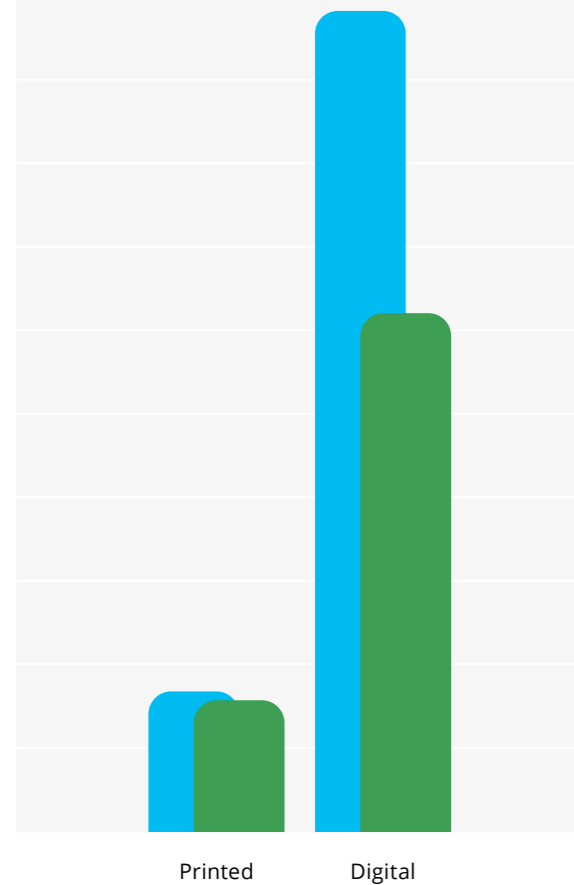


Communication

Regular communication includes:

- Wellness – a quarterly magazine which is a trusted source of health and lifestyle information for people with diabetes, their families and health professionals.
- CONNECT - a monthly electronic newsletter which includes a selection of news, personal stories, blogs and recipes which all link to the Diabetes NZ website.

	● 2023	● 2022
Wellness Magazine – printed	15,910	14,927
Well Magazine via Issuu (online impressions)	92,970	58,777



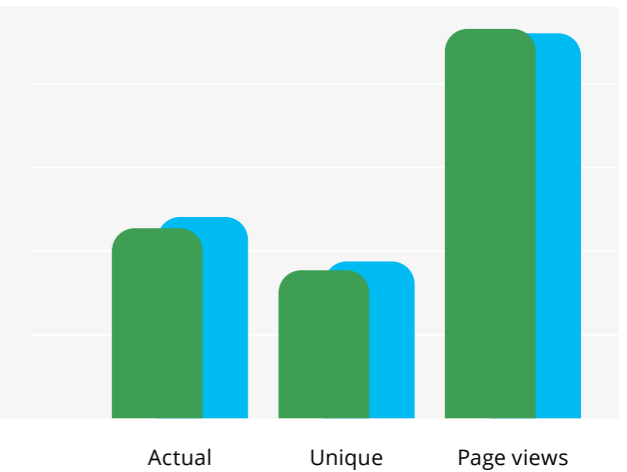
Website

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.

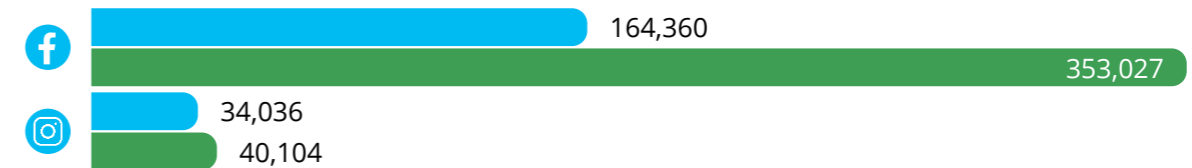


WEBSITE ENGAGEMENT

	● 2023	● 2022
Actual Visits	15,910	14,927
Unique Visits	92,970	58,777
Website Page Views	555,347	561,739



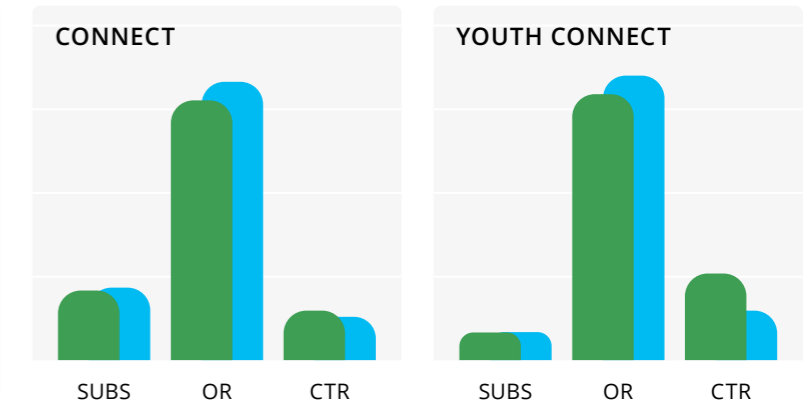
Social Reach



Email

CONNECT	● 2023	● 2022
Subscribers	11,725	11,250
Open rate	45%	42%
Click through rate	7%	8%

YOUTH CONNECT	● 2023	● 2022
Subscribers	453	447
Open rate	46%	43%
Click through rate	8%	14%



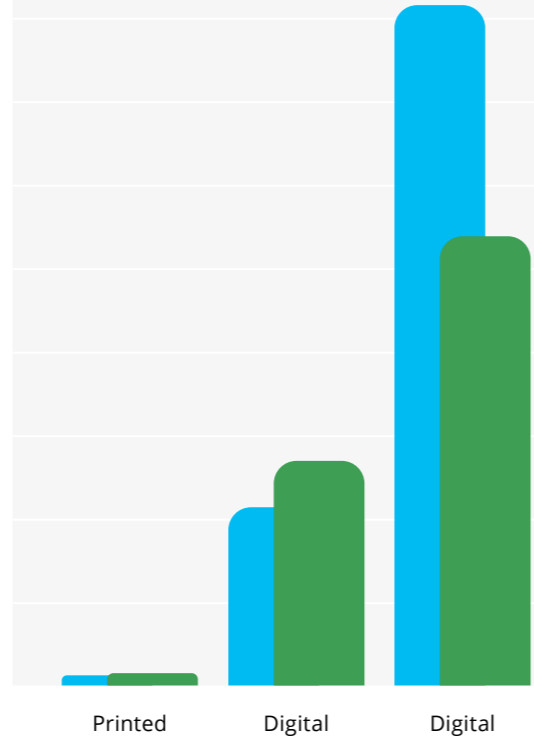
Prevention

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, 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.

	● 2023	● 2022
Programmes delivered	14	17
Direct beneficiaries (participants)	246	310
Indirect beneficiaries (participants' whānau)	939	620

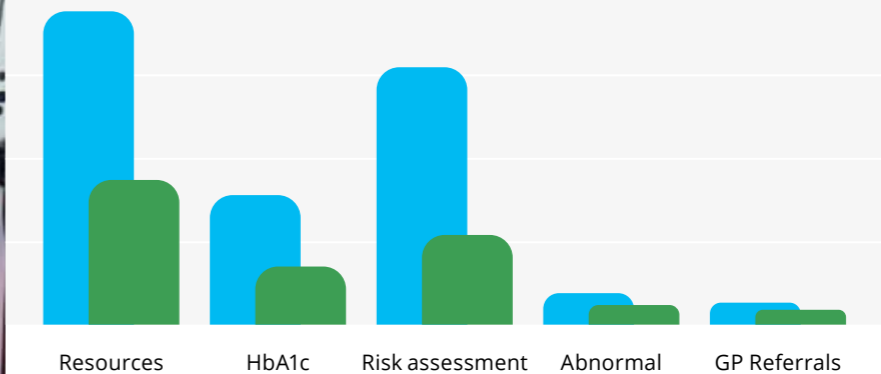


Mobile Van AUCKLAND BASED

The Mobile Diabetes Awareness Service is a 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.



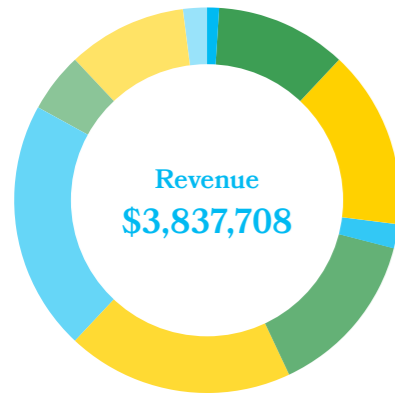
	● 2023	● 2022
Diabetes education resources given to people engaged	3036	1402
HbA1c tested (blood glucose test)	1255	563
Reported risk assessment (higher than Level 6)	2494	869
Abnormal detection	305	190
GP referrals	213	144



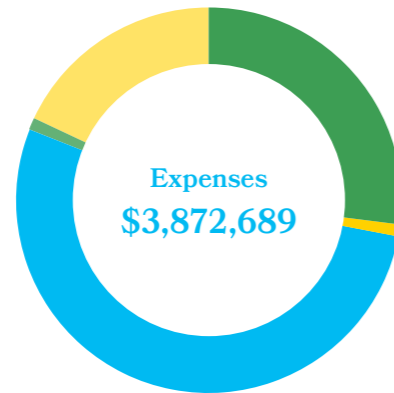
2023 Summary Financial Statements

Diabetes New Zealand (DNZ) is a charitable trust registered under the Charities Act 2005 on 25 October 2007, registration number CC11432. Diabetes NZ supports a National Office and has regional offices throughout New Zealand.

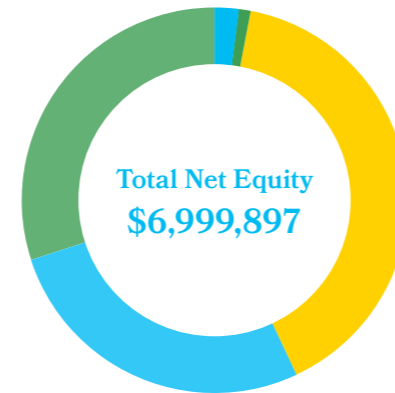
The financial statements for the year ended 30 June 2023 and the accompanying notes consolidate and summarise the financial results of activities carried out by DNZ and The Sir Ernest Davis Diabetes (Auckland) Endowment Fund and The John Nesfield Trust.



Magazine subs	34,115	1%
Sales of goods and services	418,571	11%
Investment Income	585,363	15%
Other	78,065	2%
Donations and Fundraising	536,104	14%
Te Whatu Ora Health NZ and PHO	728,422	19%
Grants	835,026	22%
Pub Charity	180,000	5%
Lotteries	375,000	10%
Legacies, bequests and endowments	67,042	2%



Goods and services	1,038,237	27%
Fundraising expenses	31,204	1%
Employee benefits	2,039,916	53%
Audit and Governance	47,892	1%
Other expenses	715,440	18%



Accumulated Revenue and Expense	2,818,006	2%
Sir Ernest Davis Diabetes Endowment Fund	1,893,775	1%
John Nesfield Trust Fund	2,092,946	40%
McLaren Fund	146,463	27%
Jean Murray Bequest Fund	48,707	30%



Consolidated Statement of Comprehensive Revenue and Expense FOR THE YEAR ENDED 30 JUNE 2023

Note	2023	2022
	\$	\$
Revenue		
REVENUE FROM EXCHANGE TRANSACTIONS		
Magazine subscriptions	34,115	39,602
Sales of goods and services	285,373	214,591
Rendering of services	133,198	44,385
Interest received	115,278	81,295
Dividends received	106,887	111,263
Rent received	42,817	43,578
Other exchange revenue	35,248	11,728
Total Revenue from Exchange Transactions	752,916	546,442
REVENUE FROM NON-EXCHANGE TRANSACTIONS		
Grants	1,390,026	1,270,860
Fundraising	285,975	148,976
Other fundraising from the public	62,109	80,214
Rendering of services – Te Whatu Ora Health New Zealand and PHO	728,422	445,879
Donations	188,020	318,246
Legacies, bequests and endowments	67,042	424,657
Total Revenue from Non-exchange Transactions	2,721,594	2,688,832
Total Revenue	3,474,510	3,235,274
Expenses		
EXPENSES ASSOCIATED WITH REVENUE GENERATION		
Costs of sale of goods and services	421,221	327,130
Service delivery expenses	617,016	436,358
Fundraising expenses	31,204	17,940
Total Expenses Associated with Revenue Generation	1,069,441	781,428
OPERATING EXPENSES		
Employee benefits	2,039,916	1,673,423
Board of Trustees honoraria	12,500	5,000
Audit fees	35,392	29,062
Depreciation and amortisation	74,649	51,113
Other operating expenses	640,791	539,199
Total Operating Expenses	2,803,248	2,297,797
Total Expenses	3,872,689	3,079,225
(Deficit)/Surplus for the year from Continuing Operations	(398,179)	156,049

Consolidated Statement of Comprehensive Revenue and Expense CONTINUED

	Note	2023 \$	2022 \$
(Deficit)/Surplus for the year from Continuing Operations (Brought forward)		(398,179)	156,049
Non-Operating Activities			
Gain/(Loss) on revaluation of investments		363,198	(740,368)
Transfers to Diabetes New Zealand Research Foundation from:			
Thomas Edward Dawson Estate		0	235,073
Graeme Douglas Mack Estate		0	1,048,174
Sir Don Beaven Fund		0	416,179
Total Surplus/(Deficit) from Non-Operations Activities		363,198	(2,439,794)
Total (Deficit) for the year		(34,981)	(2,283,745)

The Diabetes New Zealand Consolidated financial reports were approved by the Diabetes New Zealand Board of Trustees on 22 September 2023. 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 Diabetes NZ website at diabetes.org.nz. The auditor BDO has issued an unqualified opinion. These financial statements have been approved by the Audit, Investment and Risk Committee.

Consolidated Statement of Financial Position AS AT 30 JUNE 2023

	Note	2023 \$	2022 \$
Assets			
CURRENT ASSETS			
Cash and cash equivalents	10	1,261,624	1,511,097
Receivables (from exchange transactions)	11	134,891	40,590
Prepayments		25,019	15,048
Inventories		20,832	55,193
GST Receivable		0	38,605
Investments	12	401,879	254,741
Total Current Assets		1,844,245	1,915,274
NON-CURRENT ASSETS			
Property, plant and equipment	13	105,769	163,172
Intangible assets	14	21,667	48,520
Investments	12	5,848,443	5,582,939
Total Non-Current Assets		5,975,879	5,794,631
TOTAL ASSETS		7,820,124	7,709,905
Liabilities			
CURRENT LIABILITIES			
Payables (from exchange transactions)	15	376,196	347,935
GST payable		16,252	0
Deferred exchange revenue		28,644	49,116
Deferred non-exchange revenue	17	399,135	440,640
Total Current Liabilities		820,227	837,691
TOTAL NET ASSETS / EQUITY		6,999,897	6,872,214
Net Assets / Equity			
Total Accumulated Revenue and Expense	19	2,818,006	2,872,368
SPECIAL PURPOSE RESERVES			
Defined Funds			
- McLaren Fund	19	146,463	141,427
- Jean Murray Bequest Fund	19	48,707	45,626
- Sir Ernest Davis Diabetes (Auckland) Endowment Fund	19	1,893,775	1,801,769
- John Nesfield Trust Fund	19	2,092,946	2,011,024
Total Special Purpose Reserves		4,181,891	3,999,846
TOTAL NET ASSETS / EQUITY		6,999,897	6,872,214

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 Sponsors



Diabetes Action Month 2022

SPONSORS



PARTNERS



Grants and Major Donations



Live Brave Mana Ora Programme Sponsors And Partners



- Advance Ashburton Community Foundation
- Air Rescue and Community Services
- Auckland Airport Community Trust
- Bendigo Valley Sports & Charity Foundation
- BlueSky Community Trust
- Christchurch Airport Community Fund
- Christchurch Casinos Charitable Community Trust
- Community Trust South
- D V Bryant Trust - Public Trust
- David Levene Foundation
- Dragon Community Trust
- Dunedin Casino Charitable Trust
- Dunedin City Council
- Eastern & Central Community Trust

- First Light Foundation
- Gallagher Charitable Trust
- Giltrap Community Trust
- Grassroots Trust
- Grassroots Trust Central
- Guy Anson Waddel Charitable Trust, proudly managed by Perpetual Guardian
- Hamilton City Council
- Hutt Mana Charitable Trust
- ILT Foundation
- ILT Trust
- J A Redwood Charitable Trust, proudly managed by Perpetual Guardian
- Kiwi Gaming Trust
- Lois Dalley Charitable Trust

- Louisa and Patrick Emmett Murphy Foundation - Public Trust
- Milestone Foundation
- Nelson City Council
- NH Taylor Charitable Trust, proudly managed by Perpetual Guardian
- Nora Howell Trust
- NR & JH Thomson Charitable Trust, proudly managed by Perpetual Guardian
- NZCT Community Trust
- Page Trust - Public Trust
- Rano Community Trust
- Rātā Foundation
- Rotorua Trust
- Roy Owen Dixey Charitable Trust - Public Trust
- Royston Health Trust
- Tasman District Council – Youth
- Taupō District Council
- TECT (Tauranga Energy Consumer Trust)
- The Estate of Ernest Hyam Davis & The Ted and Mollie Carr Endowment Trust, proudly managed by Perpetual Guardian
- The Trusts Community Foundation
- Toi Foundation
- Top of the South Community Foundation
- Trust Tairāwhiti
- Trust Waikato
- Vernon Hall Trust, proudly managed by Perpetual Guardian
- W Duncan Bickley Trust Fund, proudly managed by Perpetual Guardian
- Waipā District Council

To our Fundraisers

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.





diabetes
new zealand

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