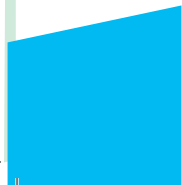
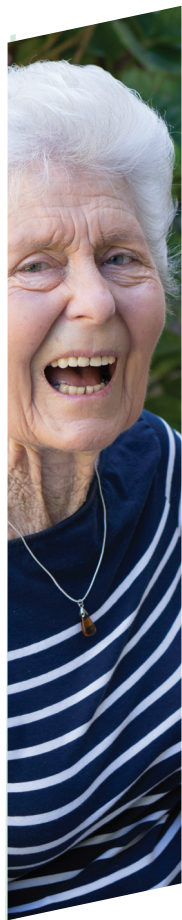
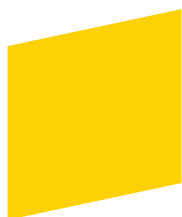




diabetes
new zealand

Annual Review 2018





diabetes
new zealand

OUR VISION

New Zealand's
leading organisation
supporting people
affected by diabetes.

OUR MISSION

Every person in New
Zealand affected by,
or at risk of diabetes
has access to the
information and
support needed to
manage their health
and well-being.

OUR GUIDING PRINCIPLES

We care about people with
diabetes – their health and
well-being.

We partner with others to
achieve our strategic goals.

We make a difference by
sharing information, leading,
and advocating for people
with diabetes.



REPORT FROM THE BOARD



CATHERINE TAYLOR
CHAIR, DIABETES NEW ZEALAND BOARD

Overview

Members of the Board and Advisory Council have agreed that we need to take Diabetes New Zealand in a new direction to ensure the organisation is fit for purpose. We would like to be able to provide information and support to every New Zealander living with diabetes, not just members. This will require us to be brave and bold as we move forward and build a stronger future for Diabetes NZ.

This has been a challenging 12 months for the organisation, which celebrated its 56th birthday in 2018. We saw the closure of more branches, while a declining membership put pressure on resources. At the same time more Kiwis than ever are living with diagnosed diabetes – more than 260,000 – and many more have diabetes without realising it.

As part of our Destination Unity review, the Board prepared a consultation document and sent it to branches for feedback and comment. Together with Heather Verry, our new Chief Executive, we visited a number of branches to discuss the document and bring forward a proposal for change. This was my first opportunity, as Board Chair, to meet with branches and see their activity and enthusiasm for supporting people with diabetes. It was humbling and very informative and I'd like to acknowledge the tireless work of our members in many regions across the country.

The feedback from the Destination Unity review was clear. In summary it found that branches want a truly national organisation that:

- has a high public profile
- has a clear purpose
- has strong leadership and guidance
- advocates powerfully for people with diabetes
- publicly takes a stand on key issues relating to diabetes
- supports its members and branches to provide local services
- provides information and education
- uses effective communication channels.

This Annual General Meeting will consider the results of this process and will hopefully confirm a new direction for Diabetes NZ.

We are recommending a major change to the organisation's structure and governance. Diabetes NZ is currently set up as an Incorporated Society made up of members governed by a group of elected or appointed Board representatives, alongside three independent directors. We propose to move to a Charitable Trust model led by a team of trustees selected on the basis of their skills. This will ensure a range of experience that will provide strong support for a health-related organisation operating in the not-for-profit sector.

It is time to think about the future – the way people communicate is changing, the external environment is changing, and Diabetes NZ needs to become more agile and flexible so it can respond to these changes and advocate on behalf of all people with diabetes.

Funding

By any measure we are still a small organisation with just two full-time and

four part-time staff in national office, and a further 11 employees working at branch level. The branches that function most effectively all have paid staff that are able to administer and coordinate activities on behalf of the many volunteers that continue to work tirelessly for people in their local area.

Our challenge is to grow Diabetes NZ's funding to provide more services at a local level, so we can strongly advocate nationally and provide information and education to everyone who wants to actively manage their diabetes and look after their long-term health.

Attracting corporate sponsorship is difficult given our reach is 4,000 members out of more than a quarter of a million people with diabetes. If, however, we could attract regular donations from people with diabetes and their whānau, we would be in a better position to achieve all those things that members stated they want. Currently we have just 11 regular donors.

People

Board members

Pat Waite has served as a Board Member for the last six years and his term ends at the AGM. For five years he has been the Chair of the board and he also acted as Chief Executive for one year. Pat's contribution is well recognised by his fellow board members and we thank him for his commitment over the years.

The Board has advertised for an independent director to replace Pat, and it is expected that this appointment will be announced at the AGM.

Alastair McKenzie joined the board after last year's AGM as an independent director. He has made a strong contribution to the development of a strategy for Diabetes NZ.

The Advisory Council appoints four members of the Board and I acknowledge the contribution of Deb Connor (President of Diabetes NZ), Karen Reed, Pete Sleeman,

and Craig Sumpton. Deb, Karen and Craig will be stepping down from their positions on the Advisory Council at the AGM and the Advisory Council will make new appointments to the Board shortly.

Chief Executive

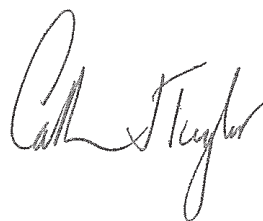
Heather Verry took up her appointment on 27 November 2017 and the energy and commitment she has brought to the position is starting to position Diabetes NZ as the leading support group for everyone living with diabetes. Many of you may have met Heather as she has visited most branches over the last year. Her efforts to raise the profile of Diabetes NZ and enhance the ways in which we communicate with people with diabetes is now beginning to put the organisation on the map.

The Board thanks Heather for her significant contribution.

Conclusion

For Diabetes NZ to survive and provide meaningful support for all people with diabetes we must be brave and bold. We need to expand our supporter base and grow our revenue so we can do all the things you ask of us. We must also ensure the right people are in the right place providing leadership and oversight of the organisation.

Continuing doing what we have always done will not get us there.



Catherine Taylor

Diabetes NZ Board Chair

PRESIDENT'S REPORT



DEB CONNOR
PRESIDENT, DIABETES NEW ZEALAND

The year 2018 has been another busy one with some significant progress made under the guidance of our new Board Chair Catherine Taylor, and new Chief Executive Heather Verry.

As I write this report, we are finalising the Destination Unity consultation process that has seen Catherine and Heather visiting branches across New Zealand to discuss some significant organisational changes recommended by the Board. The aim is to ensure we remain sustainable and relevant into the future. To do this we need to have a structure that builds on the strengths of local support networks and activities, and also allows the organisation to respond to the needs of all people with diabetes across the country.

I believe we are all in agreement that change is needed. As you consider the future strategic direction of Diabetes NZ, I challenge you to be as forward thinking as our Board has been in developing the recommendations currently before you.

At this AGM, we farewell six Board and Advisory Council members. Pat Waite has completed his term and can be very proud of what has been achieved during his tenure. Both Karen Reed and I are also completing our term as Vice-President and President respectively, sitting on the Board and also the Advisory Council. Craig Sumpton is also completing his term on the Board and Advisory Council. We say goodbye to Patricia Bent, elected representative on the Advisory Council since its establishment, and Steph Mills, who was Diabetes NZ's youth representative on the Advisory Council.

Craig, Patricia and Steph have given a huge amount of their time and energy to Diabetes NZ and I am truly thankful for their dedication, input and support.

Patrons

In May we mourned the death of our long-serving patron, Lady Norma Beattie. With her passing Diabetes NZ has lost a true champion and friend. Norma served the organisation for 30 years and was incredibly generous with her time and support. Her contribution will be missed by us all. Our other Patron Sir Eion Edgar will continue in the role for Diabetes NZ during 2019. Over the past year Sir Eion has provided sage advice and considerable support for a range of fundraising initiatives, including the Fitbit MoveMeant challenge that raised \$74,000. We acknowledge his continuing commitment and thank him for his efforts on our behalf.

Branches

Diabetes NZ currently has 14 Branches and we acknowledge the branch committees for their commitment and dedication supporting people with diabetes in their local areas.

Advocacy

Diabetes NZ has made a number of submissions during 2018, including:

- A sugar tax submission to the Tax Working Group
- A funding submission to PHARMAC on new diabetes medications and meters
- A submission to the Ministry of Health on the Diabetes Self Management Education proposal.

In 2017 we agreed to work on a joint advocacy strategy with the New Zealand Society for the Study of Diabetes (NZSSD). This is still a work in progress as we continue to ensure our submissions fully align with NZSSD to strengthen the diabetes sector's voice.

Representation

Diabetes NZ is a member of the following important national groups:

- The National Diabetes Leadership Group (formerly the National Diabetes Service Improvement Group). This group meets quarterly and is a Ministry of Health advisory group.
- NZSSD (New Zealand Society for the Study of Diabetes).
- Healthy Lives National Science Challenge – diabetes researchers were given a large part of the second tranche of Healthy Lives funding and there are a number of pieces of research underway. In August 2017 we signed a Collaboration Agreement with the Director of the Healthy Lives Science Challenge, Professor Jim Mann, agreeing to work together, as appropriate to promote and communicate the Science Challenge work.

Diabetes NZ Youth

It has been pleasing to see the youth arm of Diabetes NZ settle and grow under the guidance of the Diabetes NZ Youth committee and Diabetes Youth Manager Ruby McGill. Newly Diagnosed Packs have been standardised and distribution is now managed out of National Office. The #1 Pack and Jerry the Bear has proved very popular and the relationship with Beyond Type 1 has strengthened. The Board has ensured the future of the John McLaren Award by bolstering this fund, and I offer my congratulations to this year's deserving recipients.

Diabetes NZ Website/Connect/ Diabetes Wellness Magazine

The website has undergone a transformation during 2018 and is looking fantastic and the new-look *Connect* e-newsletter is proving

to be a great way of communicating to our members who have provided email addresses. The *Diabetes Wellness* magazine is getting better and better and is something we can be proud of. Thanks must go to the editor Caroline Wood for ensuring a quality product every time.

Diabetes Action Month

The theme for the 2017 campaign was "Know the Difference" which offered us an opportunity to educate New Zealanders about different types of diabetes, what symptoms to look out for, and how to get tested. The introduction of the #1 Pack with Jerry the Bear as a free resource for children newly diagnosed with type 1 successfully achieved national TV and radio coverage. This has resulted in a wave of orders and challenged our National Office distribution processes. Diabetes Action Month is a successful initiative that generates lots of publicity around diabetes and creates opportunities for Diabetes NZ to have its say on this important health issue as well as raise funds.

As this will be my last report as President I would like to thank the members of the Advisory Council and Board for their perseverance and dedication over the past year. We have faced significant challenges and the odd disagreement but have shown each other nothing but respect and honesty throughout. I value the friendships we have made and hope these will continue in the future.

I would also like to acknowledge the fantastic work of the National Office staff and thank you for your support and can-do attitude. It truly amazes me how much you achieve with so few people.



Deb Connor
Diabetes NZ President

CHIEF EXECUTIVE'S REPORT



HEATHER VERRY
CHIEF EXECUTIVE, DIABETES NEW ZEALAND

The focus this year was on analysing our business model and determining how effectively and efficiently we operate. As with any member-based organisation, evolving and changing to meet the needs of our membership is vital to maximise our impact and credibility. At the same time we need to be mindful of the need to be sustainable in order to achieve our goals. The proposed changes to our structure will allow us to make operational changes that will enable our branches to be better resourced to extend their reach into their local communities and the estimated 260,000 New Zealanders living with diabetes in every part of the country.

It is an exciting time to be part of Diabetes New Zealand and as the new "CEO on the block" I have enjoyed travelling New Zealand meeting staff and the many volunteers who are passionate supporters of our organisation. I have enjoyed working with the Board and Advisory Council and thank them for their support and guidance during my first year.

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 Patron Sir Eion Edgar has been especially generous, actively participating in awareness-raising activities, fundraising and extending Diabetes NZ's reach into the community. We also acknowledge the wonderful support of our Champion Sponsors, Anytime Fitness, Equal, Fitbit, Pita Pit and Sanofi, all have been involved in the many events that we have covered in this review.

Our branches are 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 2019 while at the same time acknowledging the work that has been done this year. In particular, I'm pleased to report we have improved our digital reach enabling us to connect with more Diabetes NZ members across Aotearoa and advocate on their behalf. At branch level, we have introduced new services and activities that are clearly well received, as their following reports show:

Ngā mihi nui

Heather Verry
Diabetes NZ Chief Executive



Hamish Walker, MP for Clutha-Southland, receives his award as winner of the 2018 Fitbit MoveMeant Challenge from Diabetes NZ Chief Executive Heather Verry.

- Social media recipe posts
- Use of Diabetes NZ Choice logo on full product range



OCTOBER 2017

Dress Diabolical

Dress Diabolical is a fun-raising, mufti day event designed to increase the awareness and impact of type 1 diabetes. Since its launch in 2016 the event has been supported by The Warehouse Group who have donated a portion of their fun dress-up wig sales during the month of October, as well as hosted a Halloween **Dress Diabolical** event at head office for employees and their families.



Dress Diabolical events have raised over \$11,000 for Diabetes New Zealand in total \$5,500 of which was in 2017. This has funded projects and branch activities focused around our youngest members who are living with diabetes.

Beyond Type 1 – DKA print campaign

In October 2017, in partnership with Beyond Type 1 and the New Zealand Society for the Study of Diabetes New Zealand, over 1,100 general practitioners received DKA campaign posters. Each poster highlighted the warning signs of type 1 diabetes and action to take to avoid Diabetic ketoacidosis. The posters were created in English and Te Reo and each practice was asked to display the posters in their waiting rooms. A DKA campaign insert was also included in the *NZ Doctor* magazine for their 2,700 subscribers.

A donation from a generous New Zealand donor to Beyond Type 1 covered the printing and postage costs, making this campaign possible.

warning signs of type 1 diabetes

- EXCESSIVE THIRST
- FREQUENT URINATION
- BEDWETTING OR HEAVY NAPPY
- VISION CHANGE + HEADACHES
- RAPID WEIGHT LOSS
- INCREASED APPETITE
- IRRITABILITY + MOOD CHANGES
- FATIGUE + WEAKNESS
- STOMACH PAIN, NAUSEA + VOMITING
- FRUITY BREATH ODOUR
- RAPID, HEAVY BREATHING

MISTAKEN FOR

- UPSET STOMACH OR VIRUS
- STREP THROAT
- GROWTH SPURT
- URINARY TRACT INFECTION

ask your doctor if this could be type 1 diabetes

BEYONDTYPE1.ORG

NZSSD

diabetes new zealand

Ngā tohu mō te Matehuka tuatahi

- NGĀ TOHU MŌ TE MATEHUKA TUATAHI
- TINO HIAWAI UNU
- TINO MIMI
- MIMI KI TE PŌ + KOPE TAIMAHA
- MATAREHU + KOTIURU
- TINO TŪOI RAWA
- TINO HIAKAI
- HĪRAWERAWE + AURONGO
- TINO NGENGE + TINO NGOIKORE
- MATEPUKU + PAIPAIRUAKI
- HAUNGA A WAHA
- HĀHOROHORO

KA PŌHĒHĒ MŌ TE

- REWHAREWHA A PUKU + HUAKETO
- KOROKORO STREP
- NGARURU
- MATE ROMA MIMI

Patai ki to Takuta me he mate tuatahi tenei huka

BEYONDTYPE1.ORG

NZSSD

diabetes new zealand

NOVEMBER 2017

Diabetes Action Month

Diabetes Action Month's focus is about raising awareness and educating Kiwis about diabetes.

In 2017 the theme was *Know the Difference* with a strong emphasis on trying to help the public understand the difference between type 1 & 2, as well as a focus on trying to clarify some of the common misconceptions around diabetes.

A Diabetes NZ's *Know Your Risk* test was promoted online and the popular *Take Control Toolkit* became an app.

One of the highlights of Diabetes Action Month was the introduction of Jerry the Bear as part of the new #1 kit – a care package for children newly diagnosed with type 1 diabetes. Jerry the Bear is a teaching tool as well as a source of comfort. By the end of this financial year 209 Jerry's had been sent out.



Fitbit Fridays was a social media initiative to encourage people to Join the MoveMeant and get moving. People shared information, actions and healthy choices on their Facebook or Instagram pages using the hashtag #fitbitfriday. On each of the four Fridays one lucky participant won a brand new Fitbit.

JANUARY 2018

Anytime Fitness

In January we were delighted to announce a new partnership with top global franchise, Anytime Fitness. Chief Executive Richard Ball shared his passion for the cause by kicking off the gym's first national fundraiser in July – Cardio KMs for Diabetes – with the aim of devising a challenge that engaged as many Anytime Fitness members and staff as possible, while strongly emphasising the importance of regular cardiovascular exercise in the management and prevention of type 2 diabetes.



Participants could do any form of cardiovascular exercise including walking, running, cycling and rowing with their kilometres achieved either inside or outside the gym. Each Anytime Fitness gym recorded the final tallies of the participants.

The aim was to reach 250,000 cardio-kilometres in one month, representing 1km for every New Zealander living with diabetes.

FEBRUARY 2018

Fitbit

The Fitbit MoveMeant Challenge, which took place in February 2018, was another success as celebrities, business leaders and politicians took up the challenge to raise awareness that exercise can help manage or prevent diabetes. Collectively the participants managed over 2.7 million steps, covering approximately the same distance as walking from Auckland to Sydney. Sir Eion Edgar tapped many a shoulder and raised nearly \$74,000 through his Givealittle page, taking the grand total raised by all the competitors to more than \$81,000. The overall champion was Hamish Walker, MP for Clutha-Southland, who racked up an impressive 294,124 steps proving that having type 1 diabetes doesn't hold him back.



JUNE 2018

Men's Health Week

In June Diabetes NZ was invited to add their name and voice to Men's Health week, an international awareness campaign that encourages men to think about their health. 2018's focus would be diabetes and the health of men in rural areas where issues are tackled in more isolated and less resourced areas. We agreed without hesitation and invited Brett Renall to be the face of Diabetes NZ. Brett is a small business owner who creates signs for farms and other businesses. He has a trusted social media profile in New Zealand, he plays rugby, touch and enjoys many other outdoor pursuits so in many ways he's a typical Kiwi bloke, but he also lives with type 1 diabetes. He understands the importance of investing in his health and successfully managing his well-being, so we felt the partnership was perfect.

Brett appeared on TV3's *The Café* show where he explained the key to maintaining his own good health with type 1 diabetes and shared his mantra "Your health is your wealth". He encouraged men to take the Accuro *What's Your Score?* health check test developed for Men's Health Week 2018 and encouraged them to have regular check-ups at the GP.

During the week, Jo Chapman, Business Development Coordinator for Diabetes New Zealand, also attended the National Agricultural Fieldays at Mystery Creek. Jo handed out brochures and spoke to visitors about prediabetes, diabetes and the prevention and management of it. With a recorded attendance of over 125,000 visitors we were pleased to have been invited.



Diabetes Youth New Zealand Merger

This year, Diabetes Youth New Zealand (DYNZ) joined forces with Diabetes New Zealand and subsequently wound up as a separate entity. Without a membership structure, its volunteer organisers were finding it increasingly challenging to maintain high levels of engagement and reach nationwide, while juggling the growing number of administrative and financial tasks required to operate smoothly.

The DYNZ executive committee joined the newly established Diabetes Youth advisory committee, which sits within Diabetes NZ's influential advisory council. This is a fantastic outcome that ensures the legacy of DYNZ's experience, advocacy, expertise and passion continues.

In conjunction with the merge, we reviewed the Newly Diagnosed pack process previously distributed by DYNZ. A newly diagnosed pack is full of resources to support the training provided when someone is first diagnosed with type 1 diabetes and admitted to hospital. Each pack becomes a fantastic reference tool for young people with diabetes and their families when they return home.

The Newly Diagnosed Packs are now being distributed from Diabetes NZ's National Office in Wellington and ordered via the Diabetes NZ website. A new online ordering system and a central location for distribution ensures Newly Diagnosed Packs are quickly dispatched directly to paediatric wards around the country – where they are needed the most!



BRANCH ROUNDUP

Auckland

During the year the Auckland branch connected with over 20,000 people through face-to-face services (Mobile Awareness, HOPE programme, Community and Gx Awareness Talks, Support Groups, volunteers and DYA activities) as well as through digital channels, Facebook, website and fundraising activities.



Mobile Awareness Service

The Mobile van sets up each day to provide free testing for diabetes in high-risk populations. They have engaged with 4,286 people with 1 in 10 people detected as having diabetes or pre-diabetes). The van has also been involved in testing for diabetes in workplaces who view it as part of their Health & Safety compliance.

HOPE Programme

During the year HOPE celebrated its 10th year anniversary. HOPE programmes continue to be in demand within the community with two GPs in the Indian community recommending the course. However, a lack of funding meant only 14 courses were completed during the financial year. The participants were aged between 13-78 years.



HOPE participants learning to cook healthy meals



HOPE course participants learning family-friendly exercises

Round the Bays 2018

One highlight of the year was Ports of Auckland Round the Bays with 147 people joining Team Diabetes – a mix of staff and Board members from Diabetes Auckland, Sanofi, Pacific Media Network, HOPE champions, LavaLava Movement members and individuals who had a connection to diabetes.



America's Cup Luncheon

The inaugural America's Cup Luncheon was November 2017, with Emirates Team New Zealand cyclers – Andy Maloney and Josh Junior, and Sean Reagan, the head boat builder. Guest speakers, along with MC Peter Montgomery, enthralled the audience with their first-hand experience of ETNZ's capsized.



Diabetes NZ – Auckland Board Deputy Chair – Rod Slater, Josh Junior (ETNZ cyclist), Madeline Lorde (Type 1, speaker), Amelia Lorde, Andy Maloney (ETNZ cyclist), Sean Reagan, Dame Denise L'Estrange-Corbet (Diabetes NZ – Auckland Ambassador)

Diabetes NZ – Support Groups

Across Auckland there are 11 support groups to connect people.

Celebrations during the year:

- North Shore morning support group celebrated 28 years
- Helensville support group celebrated 10 years



Volunteer Morning tea with members of the North Shore Support Group members with North Shore Co-ordinator Sue Pearson, Sir Peter Leitch (ex Patron) and Sheena Duffy Vakatale (Branch Manager)

Silver Medal Club

23 years ago Diabetes NZ – Auckland Branch took over from Eli Lilly the recognition of people who have been using insulin therapy for 50 plus years. Each year in November the branch has a luncheon to celebrate with the 'Silver Medal Club' and welcome new members, who have clocked 50 years into the fold. This year Patron, Dr Rick Cutfield spoke.



Silver Medal Club Members, Patron and Branch Manager

Waikato

Another busy year for the branch with key Diabetes Action Month activities being:

- World Diabetes Day ("Diabetes and Women") – Lions assisted the branch to provide diabetes information outside three Hamilton supermarkets with a focus on gestational diabetes and the long term impact this can have on women's health
- Displays at libraries and pharmacies
- Media activity included a Community Radio promotion in conjunction with Age Concern; features in the Hamilton Press and Seasons magazine
- Youth Committee held a Teddy Bears Picnic with Jerry the Bear
- Round the Bridges event which raised funds for the 2018 children's camp

Youth Activities included:

- Activity Day at Rainbows End
- A successful camp for 30 children with type 1 diabetes (including 6 from Bay of Plenty).

The branch continues to provide information, education and support to its members and has developed good links with pharmacies and medical centres. The branch has participated in various health events throughout the Waikato such as the Men's Health Expo in Cambridge and the Wellbeing Waikato Show. There are a number of support groups that meet monthly – Hamilton, Te Awamutu, Putaruru-Tirau, Huntly, Thames-Hauraki, Waihi and Mercury Bay. A new initiative has been the Pump Users support group which meets every two months in Hamilton.

The Branch moved premises in April from Te Aroha Street to the Life Unlimited Building at 20 Palmerston Street, Hamilton. In conjunction with the shift, the Branch is now limiting its products on sale to diabetes related products only.



Rotorua

The highlight for this year was the opportunity to employ a Branch Manager through a successful funding application. This has been key to the growth of the Branch resulting in new support services and activities being introduced and a revamp of the existing:

- weekly morning teas with a wide range of guest speakers
- monthly cooking sessions
- six week carb awareness courses for type 2s
- pre-diabetes courses
- monthly coffee club for type 1s on Saturday mornings.



Diabetes Action Month in November 2017 was well supported with:

- Teddy Bears picnic – Emily Wilson visited on World Diabetes Day and brought Jerry the Bear; there was good media coverage of the event.
- Something For Everyone raffle.
- BBQ at Bunnings.
- Two primary schools and two pre-schools took part in Dress Diabolical.
- Fundraiser by Rotary Clubs in Rotorua with the “Long Lunch”.

Gisborne

The branch has continued with its month meetings which have included some enlightened speakers such as Caroline Callow from Gisborne Stroke Support, Steve Stenerson of Stenerson and Cain Opticians and Cheryl Morley from Alzheimers. Meetings that did not have guest speakers were equally as well received as it gave members the opportunity to discuss their own experiences with the medical fraternity, or other afflictions.

Taranaki

The branch has undertaken a number of major projects during the year, despite the continued lack of volunteers and decreasing membership.

The activities undertaken during Diabetes Action Month included:

- Family Week-end Camp.
- Round the Mountain Road Race Taranaki Diabetes Youth Relay Team.
- Taranaki Medical Foundation Education Evening.
- Jax Hamilton Celebrity Cook Show. Over 300 people attended the event at the Theatre Royal.

The branch also participated this year in the Taranaki DHB Diabetes Quality Standards Review. This was an internal assessment of the diabetes services against the Standards to enable the implementation of the Living with Diabetes 20 Quality Standards for the optimal management of diabetes in Taranaki. As a result of the review, the Taranaki DHB has formed a working group to review and endorse/amend the recommendations developed following this stocktake exercise and has invited the branch to participate as a consumer representative.

Wanganui

Wanganui still holds a Sunday afternoon “social” meeting most months and is involved with all the activities of Diabetes Youth – in conjunction with Andrea Bell, Youth Co-ordinator from the Manawatu Diabetes Trust. A key event in Diabetes Action Month was the yearly raft race on the Wanganui River, which raised funds and community profile.

Horowhenua

The Branch continues to host monthly meetings with speakers from all health and wellbeing groups as well as organisations who provide interesting useful subjects, such as Public Trust and Horizons Regional Council.



The Branch is very active with advocacy initiatives that take them outside their jurisdiction due to their professional set up and competency. The seminars they attended included the Lions Convention in Upper Hutt, classes at the Kapiti Aquatic Centre, the Foxton Spring Fling, Easter Fair in Foxton, Manakau Medieval Market in Levin and the Otaki Expo.

Wairarapa

The branch has continued to hold morning tea meetings each month with speakers ranging from Sport Wellington talking about the Green Prescription, to The Foot Clinic about foot care and the Carterton Pharmacy testing members’ glucose meters and showing them how to download data. One meeting with a difference was the Laughing Yoga session.

Activities included:

- The Wairarapa and Masterton A&P Show and Age Concern event with diabetes nurses from Wairarapa DHB undertaking glucose blood sugar testing.
- A cooking demonstration during Diabetes Action Month with Brett McGregor, followed by a lunch with Ray Woolf who spoke about his life with type 1 diabetes. Ray then performed with music from the Rodger Fox band.
- Presenting to Howard Sims the Sir Charles Burns Memorial Award for 50 years as a type 1 diabetic on insulin.



Nelson Youth

Highlights from the Nelson Youth Branch included:

- Vertical Limits Indoor Climbing Wall – Family Event – 1st June 2017.
- Quiz Night Fundraiser for branch and social event at the Speights Ale House – 16 October 2017.
- Wear Blue Day at Hampden St School. Fundraiser event and raising awareness about type 1 Diabetes – World Diabetes Day, 14 November 2017.
- FlipOut Trampoline Arena – Family Event, 26 November 2017.

- Annual Family Camp at Bridge Valley Adventure Centre, March 2018.
- Information table display at Well-Being Cafe at Tahunanui Community Centre Tenpin bowling and inflatable world family event – June 2018.
- Action Indoor Centre – Tenpin Bowling and Inflatable World – Family Event, 24 June 2018.
- Provided Nelson Hospital paediatric's ward with medical ID bracelets, Soft Clic finger prickers for newly diagnosed T1 children/teens.
- Supplied a 'Goodie Box' for children to pick a treat from when they attend clinic at the hospital.

Otago

Diabetes Otago continues to have a very good presence in the local community with many speaking engagements, health and wellness expos and information days. The addition of a new part-time staff member provides more opportunity for these engagements and allows them to attend events such as the Great Kiwi Home Show, where the Branch had an exhibit in the health and wellbeing zone. A blood glucose testing station was set up with a team of practice nurses there to test people and assist where needed. Several hundred goodie bags containing free samples and diabetes related brochures were given out.



Other activities include:

Diabetes Camps – In conjunction with the Southern District Health Board the Branch organised two camps, one in the summer for 8-12 year olds and a ski/snowboard camp in Winter for high school aged students.

World Diabetes Day

- A Pak n Save event in conjunction with Otago and Southland Diabetes Research Trust and Well South. Nurses from Well South, Ari Te Uru and local medical centres performed Blood Glucose testing and information packs were given out to those wanting more information for themselves or for family members.
- Local schools in Dunedin took part in "Do Blue Mufti Day" for World Diabetes Day by wearing something blue. Each school was provided with stickers and a collection bucket for a gold coin donation, with all proceeds going to Diabetes Youth Otago.
- Diabetes Otago also provided several school libraries with the "Medikidz Super Hero Adventure" book explaining type 1 diabetes. This was a great way to raise awareness of diabetes in schools and the wider community.

Southland

The Drop in Centre continues to be popular despite a drop in membership. The Branch has been invited to several Lions and Rotary Meetings to make presentations which have been well received. A new initiative has been to purchase Emergency CPR Voice Prompt Cards which were distributed to city members.

ADVOCACY

Submission to the Tax Working Group – Sugar Tax

In June 2018, Diabetes New Zealand tendered its 30 page submission, endorsed by Sir Eion Edgar and Lady Beattie, to the parliamentary select committee for Taxation, seeking a tax on (SSBs) sugar sweetened drinks.

Some points from that submission are:

The scale of the problem is now too great to ignore and sharper measures in the form of a sugar tax are essential if the country is serious about promoting the good health and welfare of New Zealanders. There is a growing trend and precedents are being set around the world by other countries introducing some form of Sugar Tax as they increasingly become concerned for the health of their citizens. One such nation is the United Kingdom and Ireland who recently introduced a Soft Drinks Industry Levy.

The then Chancellor of the Exchequer, George Osborne, stated in his budget announcing the Soft Drinks Levy – *"I am not prepared to look back on my time here in this Parliament, doing my job and say to my children's generation I'm sorry. We knew there was a problem with sugary drinks. We knew it caused disease. But we ducked the difficult decisions and we did nothing."*

The move to introduce a Sugar Tax by the United Kingdom and some 29 other jurisdictions around the world gives credence to the fact that no amount of education or news stories about the damage sugary drinks can do, will impact the nation the way a price increase will. DNZ believes this exemplifies what is necessary in New Zealand, whether it be at point of sale or at the manufacturer or distributor level.



NZ's stop smoking campaign is a perfect example of how a fiscal policy change can have a meaningful impact and change consumer behaviours on health poor products.

SSBs have been identified as the single biggest contributor to obesity and type 2 diabetes so it seems clear that these should be targeted by way of a rifle-shot taxation approach. Diabetes New Zealand in conjunction with the World Health Organisation recommended a price increase of at least 20% be imposed to be effective in changing buying behaviours and materially reducing SSB consumption. Diabetes NZ went one step further however also recommending that the price increase happens in conjunction with a small subsidy to reduce the price of healthy alternatives such as water, in effect proposing a dual approach that doubles the buyers influence for greater impact.

The complex nature of diabetes requires a comprehensive and sustained approach across many fronts to turn the rising tide. DNZ advocates the need for multi-faceted actions across a wide range of initiatives, however the gap in New Zealand's arsenal for combatting type 2 diabetes and the obesity epidemic is a Sugar Tax.

As a no cost, revenue positive, initiative for Government, Diabetes New Zealand's submission left little room for argument that a sugar tax isn't a good idea.

SOCIAL MEDIA

e-Newsletter

Connect is a monthly e-Newsletter and is emailed to 5,000 contacts, which is growing at around 2% per month. Around 36% are unique readers who currently don't receive a hard copy of our magazine.

In 2018 we refreshed the look of *Connect*, to be in-line with the website and took the opportunity to re-visit the content as well. Now this vibrant resource includes a selection of personal stories or blogs that have previously featured in the *Diabetes Wellness* magazine, all of which link to our website. The engagement from the first to the last quarter increased by a staggering 19,328 hits.

Connect receives great engagement and the statistics speak for themselves. Currently the Not-for-profit industry's average open rate is 19.9%* while *Connect's* open rate is 37.7%. Readers are following the articles and advertisements with a 15% click rate.

*source Mailchimp



FaceBook

Over the last year we made a conscious decision to be more proactive on our Facebook page by publicising events throughout the year. Material was drawn from a range of sources such as our website, the Take-control toolkit and past articles from the *Diabetes Wellness* magazine. As a result, we are happy to report greater interest in our community with an increased engagement of approximately 110 people per month. At 30 June 2018 we had 4701 members in our online community.

Highlights and areas of interest included:

- Diabetes Action Month – over 600 more people joined our community.
- The Freestyle Libre competitions Christmas 2017 and Mother's Day 2018 had over 680 entries.
- Fitbit February MoveMeant challenge – attracted 200 more people. The highest engagement post being the ones that Hamish Walker featured in. He was incredible utilising social media platforms to assist in our awareness.

Medicine or device changes from Pharmac are always topical and create some interesting discussion points,

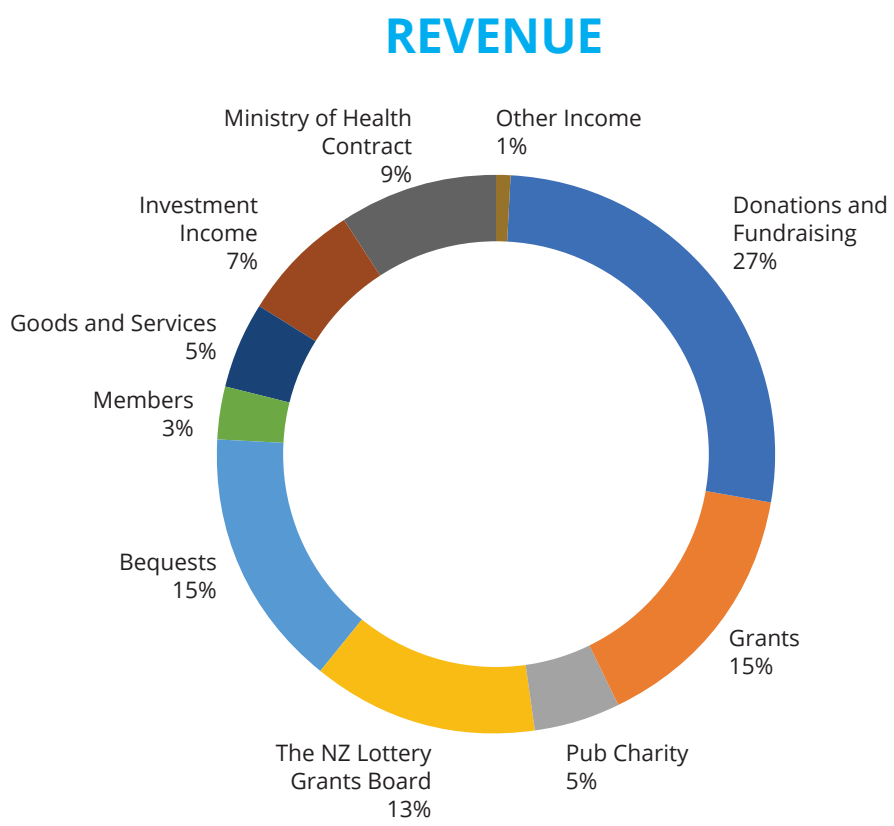
Ruby McGill has an incredible reach and respect from the T1D community – blogs and information from her perspective gains great accolades.

2018 SUMMARY FINANCIAL STATEMENTS

The summary financial statements for the year ended 30 June 2018 consolidate the financial results of activities carried out by Diabetes NZ Incorporated and its 16 branches including The Sir Ernest Davis Diabetes (Auckland) Endowment Fund and The John Nesfield Trust.

The Sir Ernest Davis Diabetes (Auckland) Endowment Fund (\$1.7m) is an endowment fund with the purpose of assisting Diabetes NZ Auckland Branch (Diabetes Auckland). Diabetes Auckland has the right to appoint 4 out of 5 of the Trustees of the Fund and therefore has control over the Fund.

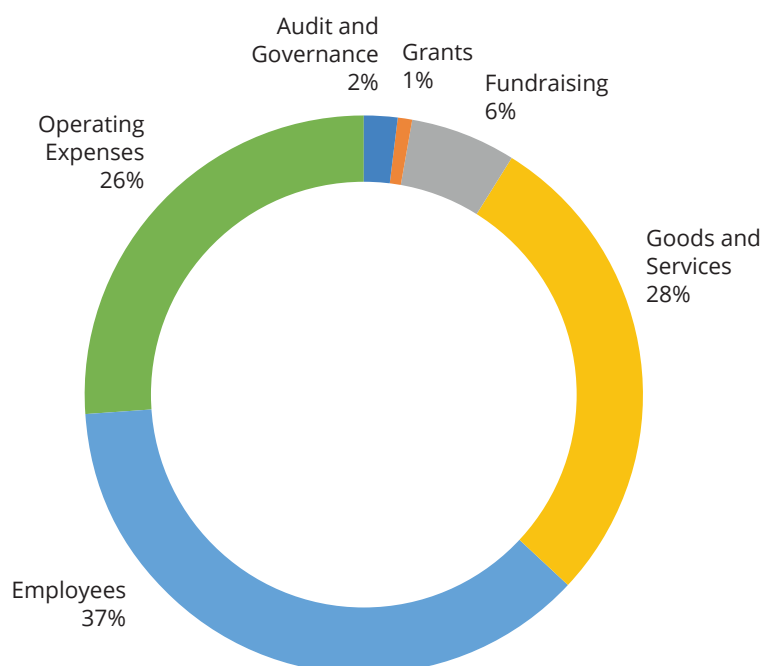
The John Nesfield Trust (\$2.15m) is a charitable trust which has been set up to assist Diabetes Auckland to deal with, and manage, matters relating to land and buildings which the Branch may acquire, lease or possess. Diabetes Auckland has the right to appoint 3 out of 4 of the Trustees and therefore has control over the Trust.



Total revenue increased due to donations and bequests.

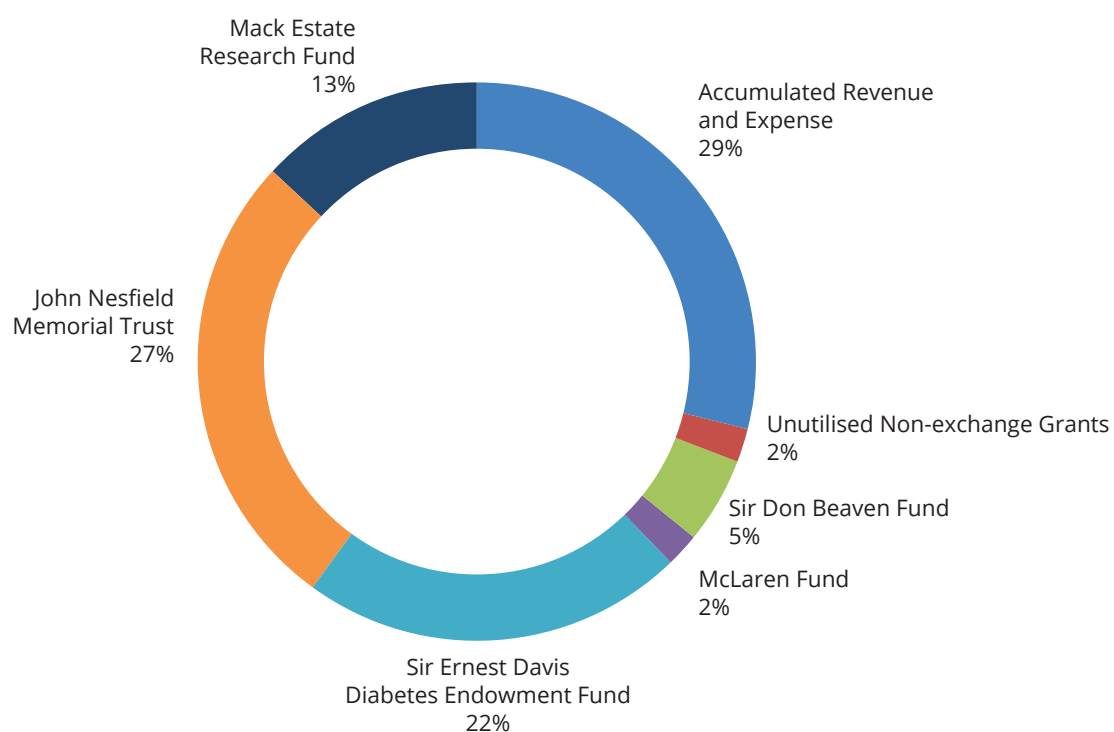
On 15 October 2018 following endorsement by the Audit and Risk Committee, the Board approved the signing of the 2018 Financial Statements. The auditor, BDO Wellington, has issued an unmodified audit opinion over the DNZ Consolidated Financial Statements.

EXPENDITURE



Expenses have been contained due to strong cost management.

TOTAL NET EQUITY



Total Net Assets/Equity is \$7,832,282, however as illustrated 70% (\$5,565,572) is held in reserve funds and may only be spent on the specified projects.

Diabetes New Zealand Incorporated
Consolidated Statement of Comprehensive Revenue and Expense
For the Year Ended 30 June 2018

| | 2018 | 2017 |
|---|------------------|------------------|
| | \$ | \$ |
| REVENUE | | |
| Revenue from Exchange Transactions | | |
| Membership fees and subscriptions | 95,587 | 129,504 |
| Sales of goods and services | 105,406 | 126,223 |
| Rendering of services | 55,213 | 91,458 |
| Interest received | 119,903 | 129,051 |
| Dividends received | 100,793 | 106,387 |
| Rent received | 33,913 | 19,854 |
| Gain on sale of held-to-maturity bonds | - | 2,415 |
| Gain on revaluation of investments | 243,684 | 165,263 |
| Other exchange revenue | 69 | 4,062 |
| Total Revenue from Exchange Transactions | 754,568 | 774,217 |
| Revenue from Non-exchange Transactions | | |
| Donations | 439,100 | 153,277 |
| Fundraising | 257,558 | 224,289 |
| Other fundraising from the public | 123,410 | 69,739 |
| Rendering of services – Ministry of Health | 270,000 | 270,000 |
| Grants | 1,033,540 | 955,044 |
| Legacies, bequests and endowments | 463,250 | 104,367 |
| Total Revenue from Non-exchange Transactions | 2,586,858 | 1,776,716 |
| Total Revenue | 3,341,426 | 2,550,933 |
| EXPENSES | | |
| Expenses Associated with Revenue Generation | | |
| Costs of sale of goods and services | 349,274 | 337,114 |
| Service delivery expenses | 422,798 | 488,642 |
| Fundraising expenses | 162,139 | 142,976 |
| Grants for research | 25,799 | 56,750 |
| Total Expenses Associated with Revenue Generation | 960,010 | 1,025,482 |
| Operating Expenses | | |
| Employee benefits | 998,776 | 922,208 |
| Board member honoraria | 30,600 | 30,733 |
| Audit Fees | 34,722 | 39,081 |
| Depreciation and amortisation | 51,375 | 64,412 |
| Other operating expenses | 640,071 | 562,585 |
| Total Operating Expenses | 1,755,544 | 1,619,019 |
| Total Expenses | 2,715,554 | 2,644,501 |
| TOTAL COMPREHENSIVE REVENUE AND EXPENSE FOR THE YEAR | 625,872 | (93,568) |

Diabetes New Zealand Incorporated
Consolidated Statement of Financial Position
As at 30 June 2018

| | 2018 | 2017 |
|--|------------------|------------------|
| | \$ | \$ |
| ASSETS | | |
| Current Assets | | |
| Cash and cash equivalents | 2,125,935 | 2,418,966 |
| Receivables (from exchange transactions) | 81,840 | 101,608 |
| Prepayments | 35,008 | 3,923 |
| Inventories | 43,318 | 33,171 |
| GST Receivable | 22,225 | 7,345 |
| Investments | 1,765,891 | 1,075,621 |
| Total Current Assets | 4,074,217 | 3,640,634 |
| Non-Current Assets | | |
| Property, plant and equipment | 110,882 | 149,262 |
| Intangible assets | 22,343 | 5,763 |
| Investments | 4,096,880 | 3,815,980 |
| Total Non-Current Assets | 4,230,105 | 3,971,005 |
| TOTAL ASSETS | 8,304,322 | 7,611,639 |
| LIABILITIES | | |
| Current Liabilities | | |
| Payables (from exchange transactions) | 203,096 | 175,091 |
| Deferred exchange revenue | 30,601 | 37,620 |
| Deferred non-exchange revenue | 238,343 | 192,518 |
| Total Current Liabilities | 472,040 | 405,229 |
| TOTAL NET ASSETS / EQUITY | 7,832,282 | 7,206,410 |

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 news and events (56th Annual General Meeting November 2018 documents) section of the DNZ website at www.diabetes.org.nz. The auditor BDO has issued a qualified opinion on the basis that control over Other Fundraising from the Public income prior to being recorded is limited, and there are no practical audit procedures to determine the effect of this limited control. These financial statements have been approved for issue by the Audit and Risk Committee.

DIABETES NEW ZEALAND IS PROUD TO PARTNER WITH





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