

Annual Review 2020



diabetes
new zealand



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REPORT FROM THE BOARD

Our first year of operation as a charitable trust has continued to focus on the transition to a more efficient and effective charity supporting all people with diabetes. It has been challenging as we consider new ways of working towards a truly national organisation supporting people with diabetes at a local level.

Trustees have considered our purpose in some detail... why do we exist and what are we here for? After a number of workshops we have landed on the following:

Educate *people with diabetes, their whānau and all New Zealanders*

Advocate *on behalf of people with diabetes*

- *Better support services*
- *Better technologies*
- *Better medicines*
- *Equitable outcomes for Māori and Pasifika*

Prevent *New Zealanders developing diabetes and/or pre-diabetes*

- *Those that have pre-diabetes from developing diabetes*
- *Those with diabetes from developing long-term complications*
- *Those with diabetes complications from further regression*

Turn The Tide *of a health condition that is in danger of overwhelming the health system right now and for generations to come*

These four key themes will underpin our planning for the future – recognising that if we are going to make a difference we need to be tightly focused on where we can add the most value.

What have we been doing?

Educate

The need to provide up-to-date and relevant information to people with diabetes via our website during the Alert Level 4 Covid-19 lockdown became a priority for the team. As we consider options for improving how we can reach a wider group of people, the global pandemic has taught us that we need to make broader use of digital tools to make contact with people with diabetes to provide them with relevant information and support.

Our Auckland team developed new ways of providing our successful Healthy Options Positive Eating (HOPE) by developing an online option so the programme could keep running. The normal four-month course was shortened to two months but with the use of a closed Facebook page, there

was greater involvement with participants communicating daily as they worked through the programme.

Advocate

To support our advocacy objective, Diabetes NZ commissioned a study to influence Government policy towards more effective and equitable diabetes prevention and management interventions for people with type 2 diabetes. With the support of The Edgar Diabetes and Obesity Research Centre, the Healthier Lives National Science Challenge, and the New Zealand Society for the Study of Diabetes, PricewaterhouseCoopers were commissioned to complete this study. Supported by an Expert Advisory group, this study is to be released early next year. This study will underpin future advocacy initiatives by Diabetes NZ.

We also presented a petition to Parliament urging PHARMAC to support a broader range of medications for people with type 2 diabetes and to fund Continuous/Flash Glucose monitoring systems for people with type 1 diabetes. Some progress has been made with PHARMAC recently advising it will fund a broader range of medications.

Prevent

There are many aspects to this objective that are challenging our thinking particularly as there is over-representation of type 2 diabetes in the Māori, Pasifika and Asian populations in New Zealand. There is growing evidence that if there is early intervention for people with type 2 diabetes, the condition can be reversed or at least managed better to reduce complications.

Diabetes NZ is continuing to work through how it can better support people to eat well and exercise regularly leading to a healthier lifestyle. We have developed partnerships with other health charities so that we can work together and grow our reach. Local activities across the country run by our small team of employees and volunteers are focused on providing support in this space. Their contribution is vital to improving outcomes for all people with diabetes.

Turn the Tide

This is our biggest challenge in a world that is at the moment focused on managing a pandemic. This pandemic has shown us that PEOPLE matter – their health and wellbeing is a fundamental component of living. Diabetes NZ is committed to Turning the Tide.

Thank you

We cannot do what we do without the support of our employees, volunteers, branch committee members, supporters and partners. They have all made a valuable contribution to supporting people with diabetes and I thank them for their time, energy and commitment. I would also particularly like to acknowledge the Chief Executive, Heather Verry, who has worked tirelessly for the organisation.

As well, I acknowledge the commitment and support of my fellow trustees. During the year, Selah Hart joined the board. She is the Chief Executive of Hāpai Te Hauora, a Māori Public Health organisation based in Auckland. She brings greater diversity to the board and connections to Māori health that had been identified as a weakness at a governance level.

Trustees also welcomed Lyndal Ludlow in her role as Advisory Council Chair after Pete Sleeman resigned given his significant work commitments. Also, it was with regret that trustees accepted the resignation of Maurice Trapp after the end of the financial year. There are currently two vacancies at board level, and we are currently considering the appropriate skill mix before we fill these positions.



A handwritten signature in black ink that reads 'Catherine Taylor'.

Catherine Taylor
Diabetes NZ Board Chair

CHIEF EXECUTIVE'S REPORT

This has been another busy year for the organisation as we complete our first year as a Trust and bed in the centralisation of our administration and finances. The year has not been without its challenges for National Office and the branches as they adapt to new processes and procedures. The result has been a more effective and efficient organisation with reduced fragmentation and enhanced reach to all people with diabetes.

However, the most significant challenge for us all was Covid-19. The pandemic introduced new levels of stress for people, especially those with diabetes. We needed to be agile and quick to respond to the significant increase in requests for information during this time. We built a Covid-19 portal on our website within the first few days, which was updated on a daily basis as new information was disseminated and calls to our helpline ensured we remained relevant to the impact of Covid-19 on people with diabetes. We developed new online services throughout the organisation which may well become permanent adjuncts to our traditional face-to-face support networks but will not replace them.

Our organisation, as with other like organisations, have been aware that the Ministry of Health focus has been consumed

with Covid-19, and unfortunately diabetes has taken a backward step. We are concerned that current models of care and funding do not provide for the holistic support required for people with chronic conditions, especially when they are adversely affected by large scale public health emergencies which we have experienced this year. The impacts are most likely to fall disproportionately on those already at risk of poorer outcomes and can generate stress levels that have the potential to affect self-management routines and quality of life.

Advocacy therefore remains a key focus for our organisation and we are very fortunate in the number of community influencers that are prepared to support our organisation. Diabetes Action Month in November is an important campaign for educating and raising awareness about diabetes as a health issue that affects many New Zealanders. The theme "It's About Time" was chosen to focus on the staggering number of people undiagnosed with type 2 diabetes with the aim of encouraging kiwis to take action and get tested for diabetes. We were yet again grateful for the significant media support for our campaign.

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. Once again, our Patron Sir Eion Edgar actively participated in our Fitbit MoveMeant Campaign raising an extraordinary amount of money through the generosity of himself and his wider network. We also acknowledge the wonderful support of our Champion Sponsors, Anytime Fitness, Equal, and Fitbit who contribute in so many ways to our organisation.

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.

Under the new Trust Deed, the Advisory Council has become responsible for providing advice to myself and the Board that ensures advocacy and projects stay connected to the people that the outcomes will affect. Their input into articles and submissions has been invaluable as we draw down on their sector

knowledge and experience and I thank them for their commitment to Diabetes NZ.

I look forward to 2021 while at the same time acknowledging the work that has been done this year, especially by the staff and committees who have met the challenges this year with dedication and commitment to people with diabetes. I also acknowledge and thank the Board for their unwavering support of me and National Office.

Nāku iti noa, nā

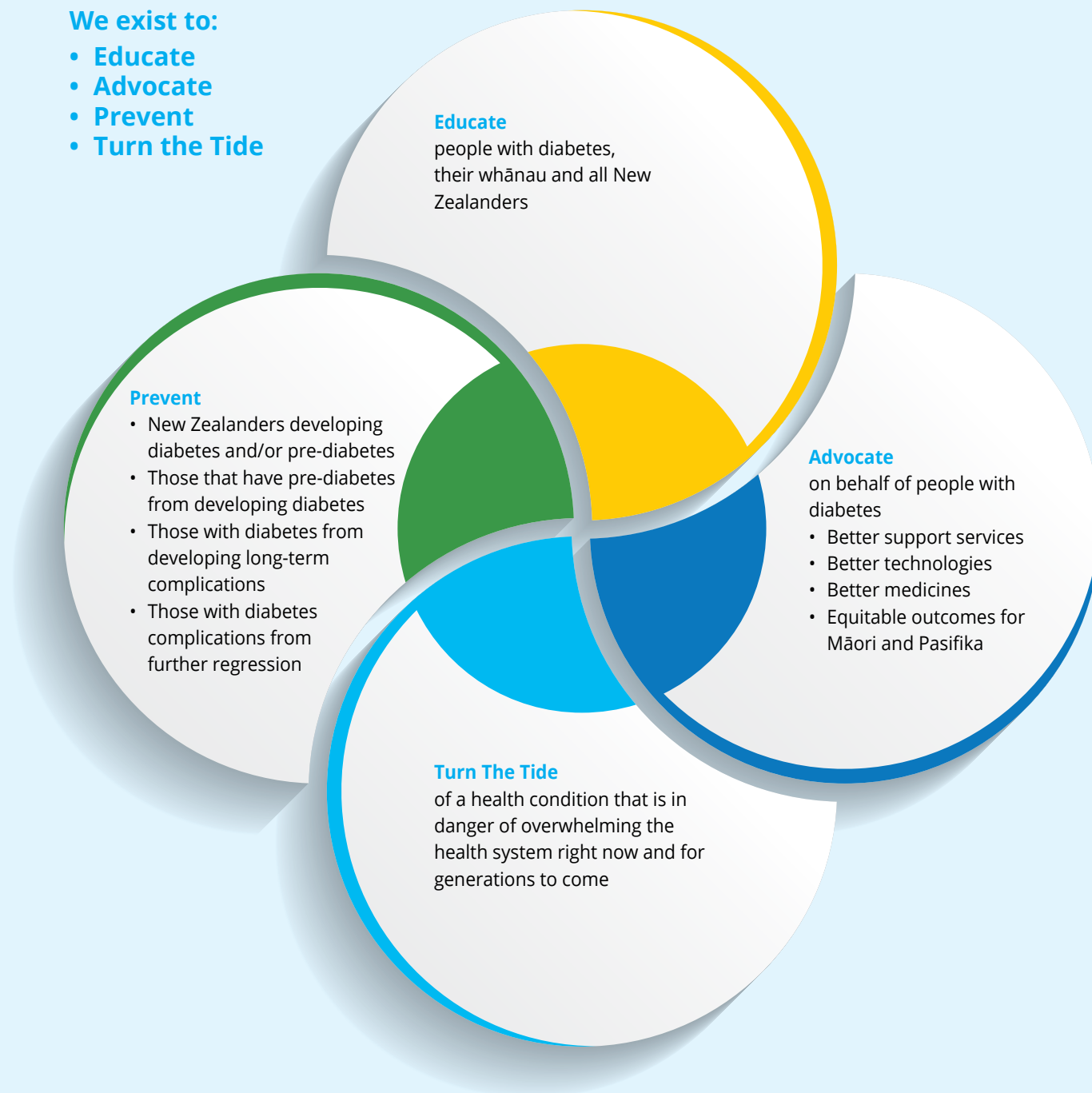


Heather Verry
Diabetes NZ Chief Executive

Our Strategic Plan 2020

We exist to:

- **Educate**
- **Advocate**
- **Prevent**
- **Turn the Tide**



We will:

- Raise the organisation's profile so people with diabetes and health sector stakeholders' value the relevant timely support and information we provide
- Promote diabetes awareness and prevention
- Advocate for better services and support for all people with diabetes
- Support the delivery of services at a regional level
- Grow our funding base using a wide range of channels
- Expand our reach by partnering to deliver programmes
- Introduce co-design programmes that target Māori, Pasifika or other ethnicities based on an ethnicity to ethnicity approach
- Develop innovative ways to deliver diabetes self-management education programmes to New Zealanders when newly diagnosed with diabetes

Our audience:**Individuals**

We want to reach all people with diabetes, those with pre-diabetes and at risk of diabetes, so we can provide the information and support they need.

Whānau

Whānau have an important role to play in supporting people with diabetes. We want to focus on being there at time of diagnosis to ensure they also have the right information and support.

Government

Diabetes is a silent condition that places a significant burden on the health system especially if complications develop. We want government to provide greater assistance so together we can turn the tide.

Health Professionals

Health professionals guide people with diabetes towards self-management. We want to work alongside them to deliver programmes that emphasise lifestyles and aid self-management so we can turn the tide.

Other charities and community organisations

The underlying cause of poor health outcomes is often related to life-style. We want to expand our reach and reduce fragmentation by working collaboratively with like-minded charities and communities to improve lifestyles.



OUR YEAR AT A GLANCE



327 support group meetings held



4,348 people reached through Auckland's mobile van service



284 free newly diagnosed packs distributed to NZ hospitals



86 free Jerry the bears distributed to type 1 children



2,067 phone calls received via our 0800 number



2,474 enquiries to our admin email



95,000 pamphlets distributed



47,000 *Diabetes Wellness* magazine readership



4 New partnerships



BRANCH COMMENTARIES

Auckland

Diabetes NZ Auckland branch has faced a challenging twelve months. The last quarter was particularly difficult with the Covid-19 pandemic having a massive impact on the delivery of our services, programmes and events within our communities in Auckland. The funding landscape was also deeply impacted. The Auckland branch was forced to rethink and reprioritise our service delivery model to a remote, digital solution. Ingenuity, collaborations, and a foundation of successful community services and programmes enabled the transition to occur reasonably quickly.

The branch is extremely grateful to the 144 volunteers who are key to the successful delivery of our programmes and events throughout the Auckland region. These

volunteers committed over 4,600 hours to facilitate support groups, deliver Hope courses, provide healthcare assistance and leadership skills at DYA camps, provide expert governance, oversight and financial expertise, as well as fundraising skills and event assistance.

Diabetes Action Month included two Diabetes Awareness and Wānau Fun Days designed to raise awareness of, and educate, our high risk populations (Māori, Pacific and South Asian) about diabetes. These events were attended by over 450 people and were complemented by radio interviews which reached at least 10,000 people. Key messaging included the fact that type 2 diabetes is not inevitable with age, that it can be prevented and managed through healthy eating and exercise habits.

Our mobile awareness service (van) attended 12 events during the month. A risk assessment was taken by 170 people of whom 86 were identified as having a high risk of diabetes. Following discussions regarding medical history and receiving consent, 52 tests were performed on 'high risk' people of whom 33% were found to have abnormal results. All were referred to their GPs for follow ups.

Throughout the year we hosted 520 youth and parents at camps and day events, held 14 HOPE courses in the community and across our 10 support groups each held between 4 –10 meetings. Fundraising activities prior to March 2020 raised a total net amount of \$82,774.



Waikato

Our branch held new events and increased our engagement with the community, evidenced by increased Facebook engagement, support group attendance and other activities. Our Field Officer developed good relationships with pharmacists, practice nurses and health practitioners.

We established a new support group for parents of newly diagnosed children which meets monthly, and had a very successful teen activity day which included exploring the Waitomo Caves and ziplining. The event helped the children learn how to manage their blood glucose when balancing food, insulin and physical activity, and although there was some initial anxiety, everyone had an excellent time. Participants have

continued to stay in touch with one another, and barriers were broken down between the healthcare teams and young people attending their clinics. The event was run in conjunction with the Waikato Regional Diabetes Service.

Other noteworthy events during the year included our Youth Camp attended by 32 children, the Tainui Games where we had a table in the Kaumatua tent where we saw approximately 600 people over 2 days, and the Blokes Can Cook event held in conjunction with Age Concern. The latter event was aimed at teaching older men how to cook and eat well. Our Field Officer and Branch Chair participated in the cooking demonstrations and gave out information on nutrition and healthy eating.

Taranaki Youth

Taranaki Youth's big event of the year is the Round the Mountain relay and 2019 was no exception as we entered our largest team to date. Our team of 21 consisted of 14 children and teenagers with type 1, six adults with type 1 and a parent of a child with type 1. All children under 16 were supported by family members who either ran or walked with them so our final numbers were above 30 which was fantastic.

Brett and Angel Renall joined us once again to help promote the event and attract media coverage. Steph McKenzie, type 1 ambassador and international cyclist, joined us for the third year running, and Dorothee (Dot) Boudelot also joined us from the Manawatu region where she is developing youth events.



This event is a great opportunity for our type 1 role models to demonstrate that having type 1 diabetes does not have to be an obstacle to being active. The children look up to Brett and Steph who serve as inspirational examples of what they can achieve. Most of our participants from 2018 returned to join the 2019 team with some setting more ambitious goals. The dynamic of a group relay helps to spur the participants on to push themselves and encourage others to give their best.

After the relay we had an increase in attendance across our youth support group meetings and more engagement on our Facebook page. We recruited three new volunteers for the committee and a further volunteer to help with team planning for next year, and we met new families who intend to participate in the relay in 2020.

Rotorua

Our branch has had a tumultuous year with numerous ups and downs and uncertainty. In November we were to host our very popular Teddy Bear's Picnic as part of Rotorua's Whānau Day but due to bad weather this event was postponed until March. In March it became another casualty of Covid-19 and was cancelled.

A new initiative that did take place in November was our Regional Day. We invited people from Taupo and the Eastern Bay of

Plenty for a fun-filled day at our community diabetes centre. The day included a cooking workshop, lunch, giveaways, quizzes, spot prizes, raffle and a guest speaker. We were proud to be able to demonstrate to visitors how we operate and work to inform, educate and support people with diabetes. During Diabetes Action Month we also ran a diabetes awareness and blood glucose testing day in Kawerau where we engaged with approximately 25 individuals and increased their awareness of diabetes and healthy lifestyle choices.

Our business, as usual, included several speaking engagements, an attendance at the Murupara Health Expo, eight supermarket tours and eight cooking workshops. We facilitated and hosted three pre-diabetes courses and hosted six DESMOND (Diabetes Education Self Management and Ongoing Diabetes) courses. Our support groups went digital during the Covid-19 lockdown with little impact in attendance numbers.

Gisborne

Gisborne branch has had a difficult year. We have an aging and dwindling membership but we continue to operate and have monthly meetings with an average attendance of between 12 and 18 people. Where possible we have a guest speaker. Distributing *Diabetes Wellness* magazines to our local hospital, medical centres and rest

homes is a good opportunity to check in with those in our networks and remind them that the Gisborne branch is available to support, educate and share information.

Tauranga

The 2019/20 year saw the formation of the Tauranga branch following the winding down of the independent charitable trust Diabetes Help Tauranga. Diabetes Help Tauranga supported the amalgamation to Diabetes NZ as a way to better future proof services for people and families with diabetes. For the first six months following the change on 1 October 2019, the emphasis was on completing legal requirements, instituting new administrative systems and consolidating an expanded Tauranga branch committee.

The administrative work involved with the change to become a Diabetes NZ branch did nothing to hinder our output or impact in the community. Over the year we ran support groups, hosted numerous health promotion and education events for type 1s and type 2s and built relationships with the local Lions club at two events: Lions Diabetes Day Breakfast and Lions Lap the Map Diabetes Awareness fun walking event. We also attended two Active Aging Workshops in Katikati and Te Puke where we were able to raise awareness of the new Diabetes NZ branch based in Tauranga.

Youth, family and teen events held over the year included Catch Up at the Park, Picnic in the Park, Animal Petting Farm Family event, Rocktopia Youth Event, Inflatable World Youth Event and Adrenalin Forest. Youth activities give our families the opportunity to meet and connect with other families living with type 1 diabetes. The parents enjoy sharing personal experiences including information about diabetes devices such as CGMs and pumps. These events are particularly valuable for newly diagnosed children and families.

Wanganui

The position of Committee Chair is currently vacant. While we look for a permanent replacement the solution has been to rotate the role on a roster system which keeps the branch functioning. When possible, we take every opportunity to attend community events to raise diabetes awareness and education.

During Diabetes Action Month 2019 we were out in the community doing a range of things including fundraising (we raised \$3,892 through a raffle and \$779 from a street appeal collection). We facilitated an education workshop with speakers from providers who focused on the Freestyle Libre Blood Glucose System, an optometrist, and Sport Manawatu who spoke about their Whānau Fit Programme.

It was great to see new members of the diabetes youth community grow in confidence after they had the opportunity to learn first-hand from others using the same diabetes devices.

We attended the Wanganui Home and Lifestyle Show and Marton's Market Day where we engaged with over 600 people. Education was provided to many, but we also sold jams, sauces, socks and cookbooks. Further to this, we delivered a presentation to the ladies of the Freemasons' United Lodge of Wanganui and supported a range of youth activities co-ordinated by the Diabetes Trust who are contracted by the Wanganui DHB to provide youth services. Activities targeted youth participants up to seven years, teenagers and young adults, and included family events.

In addition to Diabetes Action Month we also attended the Whānau Day in Marton and Wanganui Christmas Riverside Market Day. Over the course of the year we have had some stimulating guest speakers attend our monthly support group meetings talking about independent living, personal security, health alarms, physiotherapy services and a health advocacy service. Our Marton Support Group followed suit with speakers from a wide range of backgrounds including some on more light-hearted topics such as soap recycling.

Wairarapa

The 2019/2020 Wairarapa branch calendar looked very similar to the previous year until Covid-19 appeared in New Zealand. We started the financial year with our regular monthly morning teas which were well attended and during Diabetes Action Month we had our usual stall at the Wairarapa A&P Show in Carterton. With us on the stall we had a nurse from the local DHB who performed blood glucose and blood pressure testing. This service helped to attract those who were curious to know more about their health and gave us the opportunity to talk about pre-diabetes and prevention and management of diabetes.

The highlight of Diabetes Action Month in the Wairarapa was without a doubt our event held at the Carterton Club. For a \$10 entry fee, attendees got to enjoy a cooking demonstration from Tim Reid, winner of season 6 of NZ Masterchef which was followed by a buffet lunch and after that everyone enjoyed a concert from Ray Woolf and the Roger Fox band. After the concert, Mr Woolf shared stories about how he manages his diabetes while travelling and took questions from the audience. It was a fabulous day enjoyed by all who attended.

After the New Year period our morning teas commenced again in late January but were stymied by the level 4 lockdown. In lieu of being able to meet physically we

kept our membership up to date by sharing information from the Diabetes NZ website on our Facebook page and by sending out hard copy newsletters to those who don't use digital technology.

Nelson Youth

Diabetes Nelson Youth branch had a successful 2019/2020 year. Nine new families connected with the branch via referrals from the paediatrics diabetes team at the Nelson Marlborough District Health Board, including two referrals from the Marlborough region.

Among the 2019/20 park events, of particular note was Emily Wilson's inspiring talk to an audience of 45 about her adventurous life and how she lives with type 1 diabetes. Emily's positive message gave others insight into the complexities of exercising and managing diabetes well.

On World Diabetes Day, eight schools from Nelson, the wider Tasman region and

Blenheim held a 'wear blue day' to raise awareness and fundraise for our branch. Interviews published in print media and radio helped raise awareness of the number of children and teens living with type 1 diabetes in the community and assisted others by educating them about how they can better support this vulnerable group.

We participated in the Nelson Parent and Child Expo, hosted fun family support activities at Flipout trampoline park and Vortex Wind Karting and held our annual family camp for 78 people. Our fun day events were ideal environments for families to form a wider support network and gain the confidence to attend our annual weekend family camp. Our camp included fun outdoor activities along with education sessions run by diabetes health professionals from the Nelson Marlborough District Health Board. Lifelong friendships are made at these camps and connections between families and the health professionals are strengthened.

Otago

The Diabetes Otago branch continues to go from strength to strength. Not only are we seeing an increase in the numbers of people attending our clinics, but the face-to-face interactions with people coming into our office and information centre is also steadily growing, with approximately 30 people visiting per week.

Once a month, Diabetes Otago holds a Diabetes Wellness Clinic where a long-term conditions nurse from Well South attends. The nurse can offer onsite HbA1c testing, blood pressure checks and provides information on how to maintain a healthy lifestyle for people with diabetes. A Pharmaco representative also attends this clinic to assist people with issues or questions regarding their blood glucose meters and is able to show them how to download their blood glucose readings onto software which can be passed on to their health care providers.



Our Podiatry Clinic offers an affordable service to those in need. Held on the first Tuesday and Wednesday of the month, a total of 20 patients can be seen.

We have a strong relationship with our DHB, PHO and other social support agencies which is something we work hard on maintaining and due to this we are now getting referrals from GP practices to our clinics. We are seen as a reputable branch and organisation.

Two youth camps were held this year. Our winter camp at Coronet Peak was attended by 27 young people and our summer camp hosted 17 children along with 10 medical professionals. As family members do not attend these camps, it gives the youths a sense of independence in self managing their diabetes, along with giving families a much-needed rest from the day-to-day care of their diabetic child. These camps build positive friendships between our diabetes youth and the medical staff who they would normally only see at clinics.

A new initiative held during Diabetes Action Month involved blood glucose testing at Dunedin City Council. Over 59 staff were tested with many of the staff never having had this test performed before. Goodie bags filled with brochures and free samples were handed out to all staff receiving a test on the day.

By accessing this large workplace it has provided Diabetes Otago with exposure to the services we offer.

Southland

Diabetes NZ Southland branch employs a registered nurse part time and we have a very small committee. Over the last financial year we took every opportunity to attend community events.

During Diabetes Action Month we had a stand at the Takitimu Community Health Day alongside our local St John who were performing blood pressure testing and SIT trainee nurses were doing finger pricking. The day gave people an opportunity to gain more information on health issues and available services. Some were just wanting information and reassurance. Our nurse and Committee Chair also attended the Eastern Southland Support Group Annual Luncheon in Gore and had a presence at the weekly Saturday Morning five kilometre Fun Run held in Queens Park where we offered blood glucose tests either before or after the run. One of the competitors was advised to see her GP for further tests.

In addition to Diabetes Action Month, we attended the Annual Health Expo held at Ascot Park Hotel, Te Anau Health Expo and our nurse attended the Wahine Day at the Awarua Social Services rooms. This was the first time Diabetes Southland had been

invited to the Wahine Day so it was a great opportunity to meet the women, share and talk about diabetes.

Our weekly Friday drop-in centre continues to be popular with an average of seven people coming through each day for blood glucose testing and information. We were closed to the public during Covid19 lockdown and reopened when it was safe to do so.

South Otago

Our branch, which includes the towns of Balclutha and Milton, is operated by a small but very passionate team of volunteers. We endeavor to meet face to face on a monthly basis but when this is not possible we phone our members to check in and see how they are doing. With the event of Covid-19, members have preferred to stay at home.

As a branch of volunteers, our role is to focus on providing information and support. We ensure that our community is aware of the resources available by visiting our local GP practices with the most up-to-date Diabetes NZ resources and make sure they know where to go if they want to access more. When people have specific requirements or questions about their diabetes we are able to provide guidance navigating them towards the most appropriate service provider.

NATIONAL CAMPAIGNS

Anytime Fitness 28-Day Winter Kick-Start Programme – July 2019

In July, Anytime Fitness NZ and Diabetes NZ joined forces to help Kiwis get active through Winter and beyond. Anytime Fitness NZ's 28-Day Winter Kick-Start Programme eBook was a gym-based workout programme which could be accessed on any electronic device in any gym. It contained safe, easy-to-follow instructions with photos and videos to guide people through the workout. It was packed with nutrition, lifestyle and motivation tips to help people develop the habit of enjoyable, regular exercise.

Priced at just \$19, the programme represented excellent value for those that joined and all proceeds of the campaign were donated to Diabetes NZ. More than 400 copies were sold across the country which raised \$8,500 towards supporting people with or at risk of diabetes. As well as raising much-needed funds, the campaign was successful in raising awareness of, and interest in, diabetes and Diabetes NZ as an organisation. We were grateful to Māori TV and The AM Show for the opportunity to share the campaign with a wider audience.

Ricky Winikerei, our campaign champion, who lives with type 1, committed to completing the programme in the hope of inspiring those around him to make positive lifestyle changes. Ricky shared his story and progress on social media throughout the campaign and we were inspired by his efforts to drive important conversations among his family and friends.

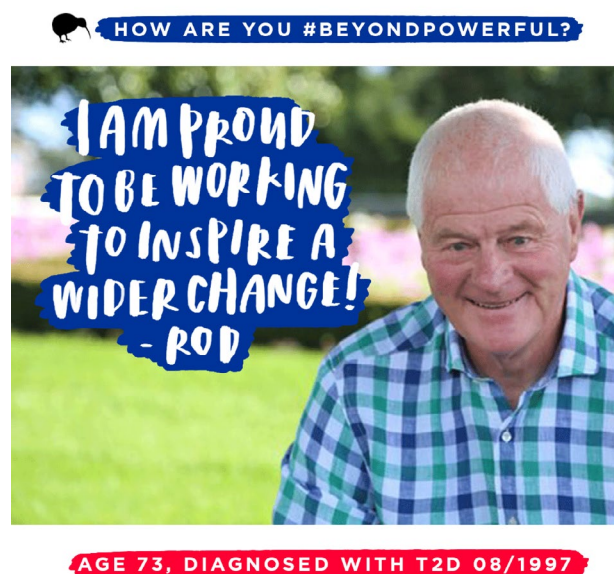


Kiwi Takeover – August 2019

In 2019, we put the call out to Kiwis once again, inviting them to share their diabetes stories with the world via Beyond Type 1 and the newly established Beyond Type 2 social media channels.

Our Kiwi Takeover campaign showcased incredible people living beyond their conditions to a global audience of over 1,285 million followers through Instagram and Facebook channels in over 70 countries.

This campaign leverages the power of social media and technology changing what it means to live with a chronic disease, while creating global type 1 and type 2 diabetes communities.



Diabetes Action Month – November 2019

Diabetes Action Month grows from strength to strength and 2019's campaign was testament to that.

Our theme “It’s about time” focused our campaign on the importance of getting tested if a person falls into a high risk category or if they recognise they have symptoms of type 2 diabetes by completing a Diabetes NZ Know Your Risk test. With a focus on finding the staggering number of people estimated to be undiagnosed with type 2 diabetes “Find the 100,000” became our catch-cry for much of the campaign. A group of well-known Kiwis helped share this important message by featuring in a moving and powerful video seen by more than 100,000 people through Facebook, YouTube, the Diabetes NZ website, TV3 and NZ Herald online.

www.youtube.com/watch?v=K1pnRLqpEOQ&t=12s

Diabetes NZ CEO Heather Verry appeared on TV3's *The Café* and *The AM Show* where she talked about diabetes and the need for Kiwis to get tested. She also addressed the difference between type 2 and type 1 diabetes.

Diabetes NZ branches held a variety of wonderful events to raise awareness, educate and encourage diabetes testing in their areas. Events included “Do Blue” fancy dress days, Round the Mountain relay in Taranaki, health expos, Round the Bridges in Waikato, cooking demonstration by Tim Reid, Ray Wolfe and the Roger Fox band in Carterton, street collections, family/whānau days, Adrenalin Forest, Lap the Map with Lions in Tauranga, and blood glucose testing.



Diabetes NZ Petition

In November, we marched on Parliament to present a petition of nearly 28,000 signatures asking that the House of Representatives urge Pharmac to fund Continuous Glucose Monitors (CGMs) and a variety of other modern-day diabetes medicines that would be life changing for thousands of New Zealanders.

Currently in New Zealand, there are only three medications freely available – Metformin, sulphonylurea such as Glipizide, and insulin. This is an approach to treatment that has been recommended by the American Diabetes Association and the European Association for the Study of Diabetes for third world countries and is a sad indictment of New Zealand's underfunded health care system and the "ambulance at the bottom of the cliff" mentality.

If people in New Zealand had access to affordable modern-day medicines chronic complications from diabetes including kidney failure, nerve damage, amputation, retinopathy, heart attack and stroke would be significantly reduced.

We continue to advocate for much-needed life-changing technology and medications, encouraging people to write to their local members of parliament to support our call for more funding.



Diabetes NZ Fitbit MoveMeant Challenge – March 2020

The Diabetes NZ Fitbit MoveMeant challenge was first launched 2015 as part of our Diabetes Action Month. Over the years, it has evolved and in March 2020 the challenge took on yet another incarnation by engaging with the wider community to get as many people involved as possible. We recruited 18 challengers considered to be influencers in their fields including business, radio, social media, lifestyle bloggers and leaders in their community to participate over two weeks.

Challengers shared their successes, hurdles and sometimes frustrations on their social media accounts (Instagram and Facebook), and for some the competition became workplace banter shared with the nation on air. (Since the challenge's inception the hashtag #JointheMoveMeant has been the tagline for this event and gives our challengers global exposure on Instagram.)



Collectively, our challenges achieved an impressive 3,437,701 steps (the equivalent of 2619.53km) and raised more than \$65,000 for Diabetes NZ.

Our top 5 challengers were:

1st place – Maurice Trapp (Founder of Maurice Trapp group and DNZ Board member) with 406,940 steps

2nd place – Ruby McGill (Business owner and Type 1 blogger) with 354,110 steps

3rd place – Rachel Grunwell (Wellness coach and author) with 291,660

4th place – Beth Morris (Mum and lifestyle blogger) with 281,783

5th place – Jess Blair (Nutritionist, Naturopath and wife of professional rugby league player Adam Blair) with 231,435

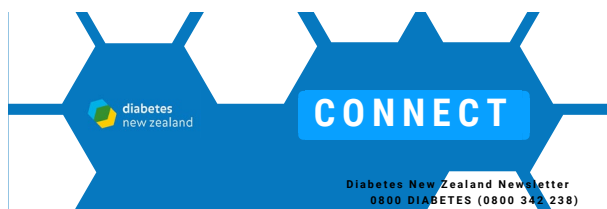
SOCIAL MEDIA AND DIABETES WELLNESS MAGAZINE



Engagement on Facebook has increased significantly with a growth of 20% of followers. During lockdown, we focused on keeping our followers motivated and supported by sharing tips and advice from wellbeing, exercise and recipes.



Instagram in a similar way to Facebook had a growth in followers of 28%.



Both the engagement of our monthly eNewsletter *Connect* and its readers grew in this financial year. Over 54% of a total readership of 7,800 people regularly open and read the articles. During the height of the Covid pandemic, the frequency of the distribution of *Connect* was increased to a weekly issue. We returned to the monthly copies in May.



The website is proving a valuable resource for people living with diabetes. Developments to the website included the full integration of our branches and the inclusion of a page for the promotion of opportunities for people to be involved in diabetes research.

During the early stages of Covid-19 in New Zealand, we worked hard to ensure our website provided the most up-to-date and accurate information possible to ensure our community was well informed. In some cases this meant twice-daily updates. Over the first weekend in March 2020 we received 10,000 visits to our site. Over the year we had 499,451 page views from 222,563 unique visits.



From 1 July 2019, Diabetes NZ's status as a charitable trust came into effect. As a consequence of the transition, our *Diabetes Wellness* magazine went from being a benefit of the membership to a subscription. At a cost of just \$28 per year for four issues, delivered quarterly, we are proud to be able to offer such excellent value. Every issue of our flagship publication will contain delicious recipes, updates on technology and research, exercise tips, health advice and stories from the community. We always strive to make sure our publications are relevant and welcome feedback from our readers.



2020 SUMMARY FINANCIAL STATEMENTS

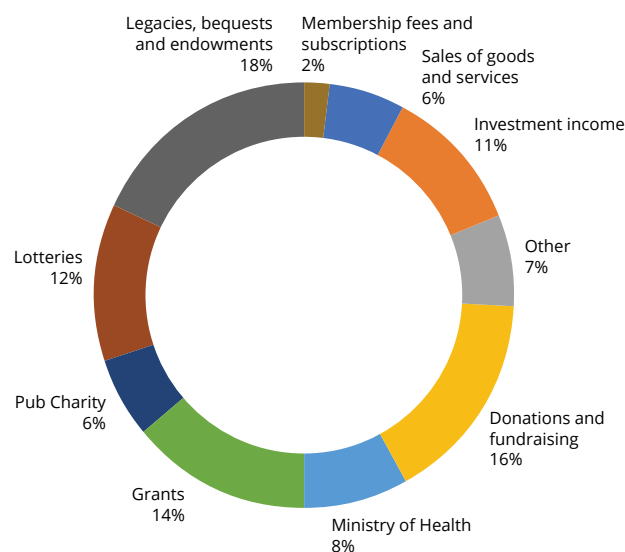
At the Annual General Meeting of Diabetes NZ Incorporated held on 17 November 2018, the members resolved that the best way to further the charitable purposes of the organisation, both now and into the future, would be to restructure as a charitable trust. On 1 July 2019, the assets and liabilities of Diabetes NZ Incorporated were transferred

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

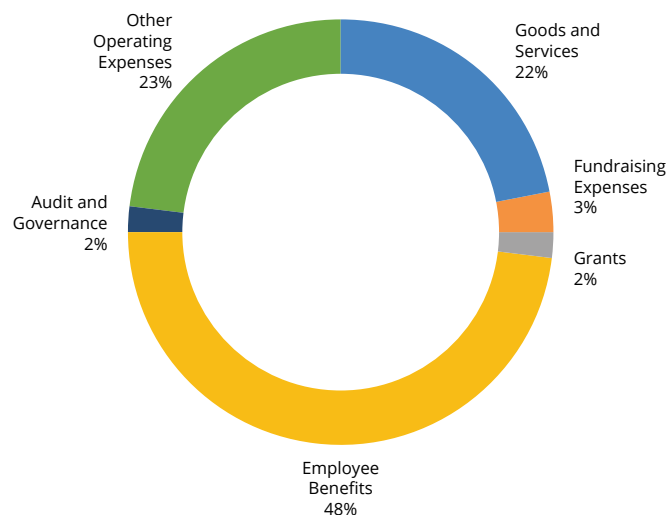
DNZ consists of a National Office and 14 branches spread throughout New Zealand.

The financial statements for the year ended 30 June 2020 and the accompanying notes consolidate and summarise the financial results of activities carried out by DNZ and its 14 branches.

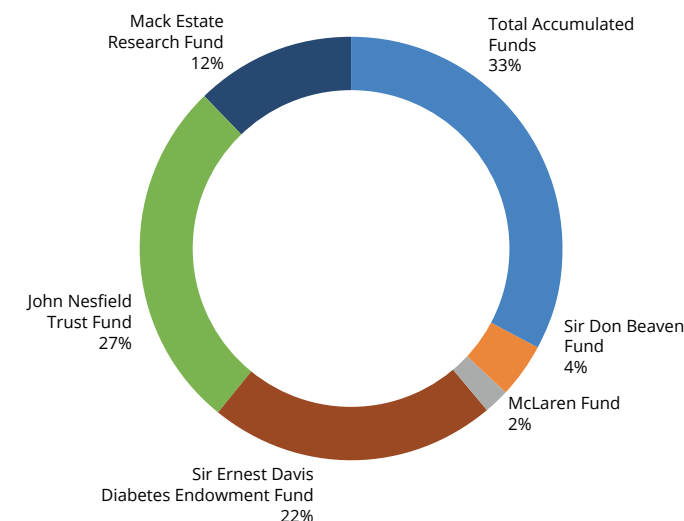
REVENUE



EXPENSES



TOTAL NET EQUITY



Diabetes New Zealand
Consolidated Statement of Comprehensive Revenue and Expense
For the Year Ended 30 June 2020

	2020 \$	2019 \$
REVENUE		
Revenue from Exchange Transactions		
Magazine subscriptions and membership fees	52,803	87,759
Sales of goods and services	142,739	148,846
Rendering of services	48,293	87,122
Interest received	128,652	136,840
Dividends received	103,881	102,223
Rent received	39,602	40,340
Gain/(Loss) on sale of held to maturity bonds	(3,890)	-
Gain on revaluation of investments	118,343	177,178
Other exchange revenue	60,664	3,122
Total Revenue from Exchange Transactions	691,087	783,430
Revenue from Non-exchange Transactions		
Donations	111,752	187,181
Fundraising	402,249	359,464
Other fundraising from the public	26,103	41,531
Rendering of services – Ministry of Health	270,000	270,000
Grants	1,073,487	1,065,215
Legacies, bequests and endowments	602,852	99,020
Other non-exchange revenue	137,674	-
Total Revenue from Non-exchange Transactions	2,624,117	2,022,411
Total Revenue	3,315,204	2,805,841

	2020 \$	2019 \$
EXPENSES		
Expenses Associated with Revenue Generation		
Costs of sale of goods and services	252,951	248,901
Service delivery expenses	402,385	471,565
Fundraising expenses	80,035	43,602
Grants and donations	60,000	15,581
Total Expenses Associated with Revenue Generation	795,371	779,649
Operating Expenses		
Employee benefits	1,424,227	1,307,027
Board member honoraria	15,000	21,262
Audit Fees	34,059	30,200
Depreciation and amortisation	30,703	38,368
Other operating expenses	637,272	586,799
Total Operating Expenses	2,141,261	1,983,656
Total Expenses	2,936,632	2,763,305
Total Comprehensive Revenue and Expense for the year	378,572	42,536

Diabetes New Zealand
Consolidated Statement of Financial Position
As at 30 June 2020

	2020 \$	2019 \$
ASSETS		
Current Assets		
Cash and cash equivalents	4,384,119	2,671,203
Receivables (from exchange transactions)	112,131	41,526
Prepayments	19,729	44,212
Inventories	48,465	42,476
GST Receivable	25,354	9,221
Investments	213,239	1,578,447
Total Current Assets	4,803,037	4,387,085
Non-Current Assets		
Property, plant and equipment	100,990	77,982
Intangible assets	9,206	10,596
Investments	4,012,354	3,985,469
Total Non-Current Assets	4,122,550	4,074,047
Total Assets	8,925,587	8,461,132
LIABILITIES		
Current Liabilities		
Payables (from exchange transactions)	317,082	197,735
Deferred exchange revenue	41,442	28,245
Deferred non-exchange revenue	212,412	368,978
Total Current Liabilities	570,936	594,958
TOTAL NET ASSETS / EQUITY	8,354,651	7,866,174

The Diabetes New Zealand Consolidated financial reports were approved by the Board of Diabetes New Zealand (DNZ) on 15 September 2020. 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 Risk Committee.

THANK YOU

Diabetes NZ is grateful for the wonderful support we receive from our champion sponsors, donors, grant providers and supporters enabling our branches and volunteers to support and advocate for people with diabetes and their families.

CHAMPION SPONSORS



DIABETES NZ YOUTH PARTNERS



GRANTS



ANZ Staff Foundation
Auckland Council – Mangere-Otahuhu Local Board
Auckland Council – Otara-Papatoetoe Local Board
Blue Sky Trust
Dragon Trust
DV Bryant Trust
Estate of Ernest Hyam Davis & The Ted and Mollie Carr
Endowment Trust administered by Perpetual Guardian
Gallagher Trust
Glenice & John Gallagher Foundation
Hamilton City Council
Infinity Foundation
Invercargill Licensing Foundation
Invercargill Licensing Trust
JBS Dudding Trust

John Ilott Trust Grant
Lakeland Disabilities Grant
Len Reynolds Trust
Lions Club of Nelson Host
Lions Club of Remuera
Lottery Minister's Discretionary Fund
Maurice Paykel Charitable Trust
Ministry of Social Development
Mt Wellington Foundation
NH Taylor Charitable Trust administered by Perpetual Guardian
NR & JH Thomson Charitable Trust administered by Perpetual Guardian
Norah Howell Trust
One Foundation Ltd
Perpetual Guardian Trust

Rangitikei District Council
Rotorua Energy Trust
Sutherland Self Help Trust
Tasman District Council
TECT (Tauranga Energy Consumer Trust)
TG Macarthy Trust
The June Gray Charitable Trust
The Southern Trust
Trust Waikato
UBP Limited
Waikato Health Trust
Waikato WDFK Karamu Trust
Waipa District Council
Z Energy