



# A YEAR OF IMPACT.

ANNUAL REPORT 2023-24

**UNITE FOR CHANGE.**



We are **Diabetes Australia**.

We want a **future** where diabetes can do no harm.

We are **leading** the fight against Australia's biggest health crisis.

People with diabetes are at the **heart** of everything we do.

We amplify their **voice** – we fiercely advocate with people with diabetes, and on their behalf, to reduce the impact of diabetes on their lives.

We want to **prevent** people from developing type 2 diabetes.

We want to **support** people with diabetes to **live long and live well**.

We want to **reduce the impact of diabetes** on people living with or at risk of diabetes, on health systems, and on society.

We want to find a **cure** for all types of diabetes.

Let's **unite in the fight for change**.

# Acknowledgment of Country

Diabetes Australia acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of this Country. We recognise their connection to land, waters, winds and culture. We pay the utmost respect to them, their cultures and to their Elders, past and present. We recognise that Australia is made up of hundreds of different Aboriginal and Torres Strait Islander groups, each with their own histories, culture, language and belief systems. Their relationship with Country remains of utmost importance as it is the foundation for culture, family and kinships, song lines and languages. We are committed to improving health outcomes for all Aboriginal and Torres Strait Islander people affected by diabetes and those at risk.





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# Chair Foreword



With an estimated two million Australians now living with all types of diabetes and over 300 new diagnoses every day, Diabetes Australia remains focused on its efforts to reduce the impact of diabetes on individuals, communities and the health system.

This year we saw an unprecedented national focus on Australia's diabetes epidemic. The financial year was shaped by two landmark initiatives: Australia's first Parliamentary Inquiry into Diabetes, and the release of Diabetes Australia's *State of the Nation 2024* report.

The Parliamentary Inquiry into Diabetes represented the most wide-ranging, national investigation into the impact of diabetes that Australia has ever seen. The creation of the Inquiry was the result of effective advocacy from Diabetes Australia, and we made a strong contribution to its findings. The 23 recommendations contained in the report reflect many of the issues Diabetes Australia advocated for, with the support of our members.

Our *State of the Nation 2024* report, released in June, highlighted the sobering reality that diabetes in Australia has reached a crisis level. It showed an alarming rise in diagnoses among young people that will place a heavy burden on individuals, the healthcare system, and the broader Australian economy. In the report's recommendations, Diabetes Australia has called for urgent action to prioritise diabetes prevention to change the trajectory of this national epidemic.



**As the national peak body for all Australians living with diabetes, we are more resolved than ever to ensure we direct our resources to where we can achieve the biggest impact to improve people's lives.**

We are more resolved than ever to expand our service delivery reach and impact, both nationally and locally, to support more Australians to live well across the country.

And we are more resolved than ever to enable world-class research in Australia so that we might find a cure for diabetes.

To enable us to deliver on our resolve, we continue to transform as an organisation and to strengthen our governance.

Our financial result for 2023-24 was a pleasing operating surplus of \$7,139,859. This marks a strong turnaround from the deficit results of recent years driven by our investment to integrate and unify diabetes consumer, health professional and research entities. This strong financial performance in 2023-24 is important as we look to grow and transform in the coming years.

I'd like to thank my fellow directors and acknowledge the contribution of my predecessor Dr Michael Stanford AM who completed his time on the Board in November 2023. I'd also like to thank our Group CEO, Justine Cain, for her leadership and drive, and our dedicated staff for their unwavering commitment to our mission.



**We have a bold ambition for a future that sees the impact of diabetes significantly reduced. As we grow and transform as an organisation, we must partner with other organisations to expand our reach and impact. We must strengthen our efforts through better community engagement and more impactful services and support to ensure we are making a difference to the lives of all Australians impacted by diabetes.**

**Andrew Rutherford**  
President and Board Chair  
Diabetes Australia

# Group CEO Foreword



Over the past 12 months, Diabetes Australia positively impacted the lives of all Australians living with diabetes and those at risk. We led significant advocacy efforts to drive the national conversation and effect change at a Federal Government level, a State Government level and to drive large scale community awareness. We delivered support, care and education to approximately 1.5 million Australians living with diabetes. This included national diabetes self-management services, clinical outreach in remote regions, support programs to connect kids with type 1 diabetes, and education to support our most vulnerable communities. Through our health coaching and prevention programs, we supported nearly 30,000 Australians to transform their lives and reduce their risk of developing type 2 diabetes. We also continued our unification focus to build and scale a sustainable national organisation that can deliver maximum impact for the diabetes community.

Across the globe, our *Life for a Child* program continued to provide life-saving support, education and insulin to more than 57,000 children and young people with diabetes in 48 developing countries.



**Our organisation exists to make life better for people with diabetes. Listening to and advocating with the community is a pivotal part of what we do. During the year we expanded our advocacy efforts to engage more with the diabetes community and to be more effective in our fight for change.**

We launched the Spark Change platform to amplify the voices of the diabetes community and to highlight the concerns of our members with key opinion leaders and policy makers. We initiated a national conversation across Australia, as part of National Diabetes Week in July, to discuss the big issues affecting people's lives. This consultation helped us in our efforts to advocate for, and shape the priorities of, the Parliamentary Inquiry into Diabetes which concluded in June 2024. Thanks to the collective efforts of the diabetes community, we saw the Inquiry recommend 23 key strategies, spanning investment in diabetes technology, prevention and research that, if implemented, will substantially curb the impact of the diabetes epidemic in Australia.

Diabetes Australia expanded its service delivery, locally, nationally and internationally during Financial Year 2023-24. Now in its fourth decade, Diabetes Australia continued its bi-partisan partnership with the Australian Government to deliver the *National Diabetes Services Scheme* (NDSS). Through this vital scheme,

we supported more than 1.5 million Australians with self-management services, education and products.

We expanded delivery of our type 2 diabetes prevention services, supporting Tasmanians at risk of chronic disease through our *COACH Program*. We also supported nearly 16,000 people to get healthy in the first year of delivering the *Get Healthy Service* on behalf of NSW Health. On average, participants have seen a reduction in weight of 2.5kg. Evidence shows that losing 2kgs, and keeping the weight off, can prevent a third of people with pre-diabetes developing type 2 diabetes. We received a 12-month extension to continue our highly successful chronic disease prevention program, *My health for life*, in Queensland. More than 30,000 Queenslanders have now participated in the program with 98% of participants motivated to improve their health in the future. More than three quarters of participants are now meeting fruit consumption recommendations, and around 60% have achieved a reduced waistline.

We expanded our efforts in diabetes research, appointing a new Director of Research, Professor Grant Brinkworth, to enhance our leadership of the national research agenda. We continued to invest in world-class research through the Diabetes Australia Research Program, building on the \$40 million that Diabetes Australia has invested in more than 500 research initiatives for more than a decade. As the national peak body, we led the fight for increased investment in diabetes research and continued our highly successful collaboration with unifying partners, the Australian Diabetes Society and the Australian Diabetes Educators Association.

During 2023-24 we continued our efforts to build a more sustainable organisation that can have greater impact in the community. This included continuing to invest in our people and organisational culture, and to improve our financial performance, achieving a strong operating surplus, to enable future success.

I'd like to thank our community of members who supported each other and engaged with the range of benefits that Diabetes Australia provides, designed to help people live well with diabetes.

I would like to also thank our Board for their commitment and leadership during 2023-24, and our staff located across Australia who deliver for the diabetes community on a daily basis.

In addition, I would like to thank our valuable partners and generous supporters. Without them we simply could not do what we do. Their contribution is detailed in the pages of this report, and we are grateful for their support.

As we look towards 2024-25 and beyond, I am excited about what the future holds for Diabetes Australia as we continue to grow and transform, expanding our impact on the lives of people living with and at risk of diabetes. They are at the heart of everything we do and our determination to improve the future for them is unwavering. We are deeply committed to achieving a future where diabetes can do no harm.

**Justine Cain**

Group CEO  
Diabetes Australia

# A WORLD FREE FROM DIABETES

## Who we are

People living with, or at risk of, diabetes are at the heart of everything we do.

### Our Vision

A world free from diabetes.

### Our Purpose

We are dedicated to reducing the incidence and impact of diabetes on people, health systems and society.

### Our Mission

We work with people living with, or at risk of diabetes, their families and carers, health professionals, researchers, funders, other diabetes organisations and the community to positively change people's lives.

### Our Priorities

- To champion the cause and fight for change.
- To focus on what will have the biggest impact changing lives.
- To connect and partner to do more.
- To care and support to help people more.
- To fund more research for prevention and treatments, and eventually, a cure.

### Our Values

#### Compassion

We are passionate about, committed to, and respect people across Australia who are living with, or at risk of developing, diabetes. Their lived experience drives us because it is at the heart of everything we do.

#### Commitment

We are dedicated to our work, colleagues and the diabetes community.

#### Accountability

We have the courage to initiate, perform, reflect, adapt and grow.

#### Authenticity

We act with honesty, transparency, and integrity to foster trust and open communication.

#### Collaboration

We engage, support, and listen effectively to each other to achieve a collective purpose.

# Why we exist

Diabetes impacts the lives of millions of Australians.

Our *State of the Nation 2024* report revealed a worsening diabetes epidemic in Australia. Over the past decade (2013–2023), the number of people living with diabetes has risen by 32%, with type 2 diabetes tripling between 1990 and 2019. Every day, more than 300 Australians are diagnosed, and an estimated 2 million now live with diabetes.

The reality of these numbers is that more people are facing heightened risks of severe complications, and our healthcare system and economy are placed under greater strain. If current trends persist, up to 3.6 million people could be diagnosed by 2050.

Behind these numbers are real people who are living with diabetes, and living with a very real concern for their health, the risk of complications, and their future quality of life. We are committed to changing the future for them and the generations to come.



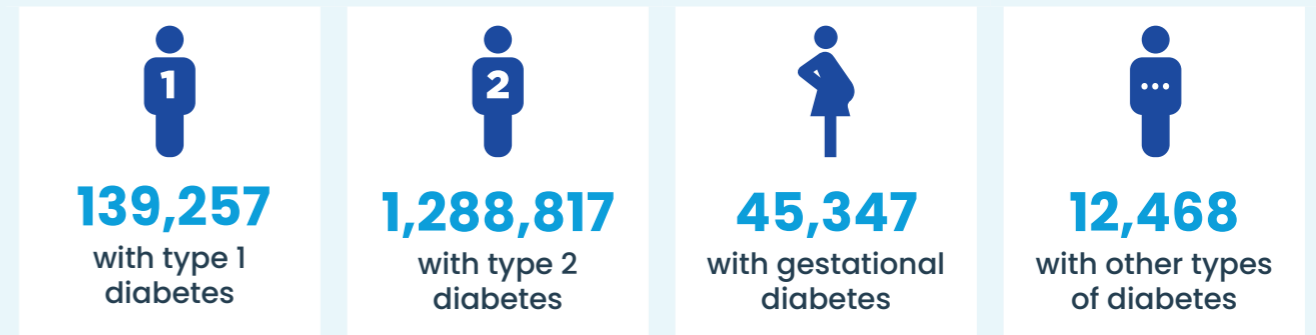
Living with diabetes has a relentless day-to-day toll on one's physical and mental health. There is no downtime and it impacts everything in your life. There are so many variables to manage and even when you think you have a grip on them, they can change from day-to-day for no evident reason."

- Person living with type 1 diabetes

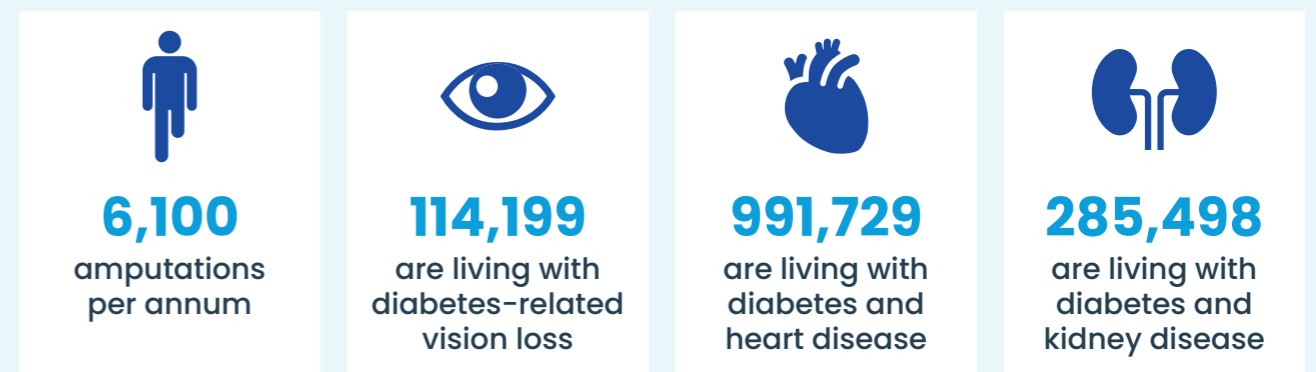
## Diabetes in Australia

As of 30 June 2024, there were **1,485,889** people with diabetes registered with the National Diabetes Services Scheme (NDSS).

### Impact on people



### Impact on health



### Impact on communities







## Our impact: The year in numbers

**~1.5M**

Australians supported through the NDSS



**88,000+**

People participated in NDSS education programs nationally – in person, virtually or online

**150,000**

New KeepSight participants



**100M**

Campaigns and media audience reach



**70,000**

Diabetes in Schools training sessions completed across all states and territories



**1,460**

Credentialed diabetes educator (CDE) consultations delivered in outback Queensland

**291**

The COACH Program participants in Tasmania



**15,915**

Get Healthy Service referrals in NSW



**2,650**

My health for life program commencements in Queensland



**1,000**

Kids with type 1 connecting via DiaBuddies



**2,000**

Submissions via Spark Change platform



**2.7M+**

Daily digest and emails opened by members



**38,230**

General members



**57,741**

Children and young people supported by Life for a Child across the world

**18**

Diabetes Australia Research Program (DARP) grants awarded



# 2023 Snapshot

## JULY

- National Diabetes Week: 'The Great Debate' campaign
- Commenced delivery of NSW Department of Health's Get Healthy Service
- Release of Diabetes Australia Group Strategic Plan 2023-27
- Launch of Spark Change platform to drive grassroots advocacy



## NOVEMBER

- Launched Diabetes Research Changes Lives campaign
- Diabetes Australia Research Program (DARP) grant recipients announced
- Convened airport security roundtable

## SEPTEMBER

- Submitted evidence to the Parliamentary Inquiry into Diabetes
- Successfully fought to keep Fiasp on the Pharmaceutical Benefits Scheme (PBS)



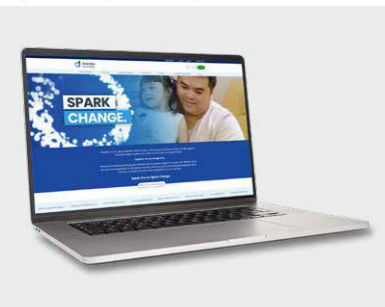
## DECEMBER

- Appointed inaugural Director of Research
- Appointed inaugural Elder Advocate



## AUGUST

- Drove community engagement with the global pledge to end diabetes stigma
- Hosted discussions on type 2 diabetes prevention and remission at Australasian Diabetes Congress
- Submissions made to the Parliamentary Inquiry into Diabetes



# 2024 Snapshot

## MARCH

- Appointed inaugural Chief Medical Officer
- Launched partnership with Defeat Diabetes



My health for life

## JANUARY

- Australasian Diabetes in Pregnancy Society (ADIPS) becomes Associate Member
- Queensland's My health for life program received an extension of funding for another year



## MAY

- KeepSight 4-year agreement reached
- Australian Digital Health Agency 4-year partnership began
- Unite in the Fight for Tech National Consultation

## APRIL

- Launched Unite in the Fight for Tech campaign



## FEBRUARY

- Celebrated KeepSight's 400,000th participant (increasing to 470K+ at 30 June)
- Advocated to Federal Parliament about diabetes research funding

**UNITE IN THE FIGHT FOR TECH.**

For Australians living with all types of diabetes

NATIONAL DIABETES WEEK 2024 | diabetes australia | diabetesaustralia.com.au/ndw

## JUNE

- Launched inaugural NSW Parliamentary Friends of Diabetes Group
- Released State of the Nation 2024 report

# Advocacy and leadership

Amplifying the voices of the diabetes community and championing the diabetes cause to drive change.



## Landmark Parliamentary Inquiry into Diabetes comes at pivotal time

Following strong advocacy by Diabetes Australia, the Australian Government announced an Inquiry into Diabetes in May 2023.

Chaired by Dr Mike Freelander MP, the Inquiry received evidence from people living with diabetes, advocacy groups, healthcare professionals, and researchers. More than 450 submissions were received by the Committee.

Diabetes Australia, along with the Australian Diabetes Society (ADS) and the Australian Diabetes Educators Association (ADEA), actively engaged with the Parliamentary Committee making six submissions and providing evidence at several public hearings.

Our submissions reflected the views of the diabetes community, gathered through extensive consultation conducted via the Great Debates series (National Diabetes Week 2023), national community surveys, our Spark Change platform, as well as input and advice from many health professionals and experts in diabetes research, care and support. Through our submissions and appearances at public hearings we shared the concerns of people living with diabetes, and the change they want to see.

As 2023-24 drew to a close, we welcomed the Inquiry findings and release of the report *The State of Diabetes Mellitus in Australia in 2024*. The report outlined 23 key recommendations, providing a roadmap to minimise the impact of diabetes across Australia.

Many of the recommendations reflected key measures that Diabetes Australia has advocated for. We look forward to working with the government as it responds to the Committee's recommendations.



Diabetes impacts everything about my day-to-day life. Majority of nights I don't sleep through the night because my levels either go low and I need to fix my glucose levels or they go high and I feel sick. Due to having hypos my body is often tired when I wake up in the morning meaning I then don't get to work out because mentally and physically I'm exhausted. During the day as my job is physically demanding I am having to make sure that my levels are not dropping too low as I care for young children. I am having to eat when I don't want to, to ensure my levels stay as consistent as possible and then there is also the injections of insulin which are physically, mentally and emotionally draining."

- National community consultation survey respondent



## National survey reveals key concerns

During National Diabetes Week 2023, we launched a national community consultation survey to better understand the needs of the diabetes community and inform our advocacy efforts. More than 3,000 people completed the survey, providing rich insights into key issues and concerns.

The views shared by the diabetes community through the national survey shaped Diabetes Australia's submissions to the Parliamentary Inquiry into Diabetes, ensuring the Inquiry focused on the big issues for our community.

These big issues have also shaped Diabetes Australia's advocacy efforts during 2023-24. Affordable access to medicines, health care services and diabetes technology were the major challenges for people living with diabetes. In response, Diabetes Australia:

- Fought to keep Fiasp on the PBS
- Advocated to ensure priority access to medicines impacted by supply shortages for people living with diabetes
- Highlighted major challenges accessing health care services due to cost and geography
- Developed a policy platform to advocate for subsidised access to diabetes technologies.

### By the numbers:

Only **56%** are satisfied with the healthcare services and support available to them

Only **39%** are confident that Australia's healthcare system will meet their needs in the future

**72%** feel confident managing diabetes on a day-to-day basis

### Biggest challenges managing diabetes:

**35%** said their biggest challenge was getting an appointment with their GP and other healthcare professionals, with cost being the biggest barrier to access

**35%** said their biggest challenge was access to medicines and technology, with cost also being the biggest barrier to access

# National Diabetes Week sparks important national conversation

National Diabetes Week in July 2023 was the ideal platform to kick-start a national conversation and amplify the voices of the diabetes community.

We held five Great Debates, in five different locations, over five days. Group CEO Justine Cain co-chaired the debates with award winning broadcaster Dr Norman Swan AM, and the debates were live-streamed so people could participate from anywhere in the country.

The debates stimulated conversation and discussion on key diabetes issues including access to medicines and technology, research, the obesity epidemic and type 2 diabetes prevention and remission. More than 2,500 people participated in the debates in person or online, and the broader campaign achieved reach in excess of five million people.



**Over my 40-year journey with type 1 diabetes, the cost of living with the condition has been and still is extremely stressful: it's both emotionally and financially draining. More needs to be done to support people living with diabetes. I'm thankful for the changes that have already happened; however, more needs to be done. Take away some of the stress, especially for people like me, who work full time to fund my diabetes journey."**

- Great Debate attendee



## Spark Change strengthens advocacy

In July, we launched a new initiative to amplify the voices of the diabetes community and foster engagement in advocacy. The Spark Change platform provides a vehicle for the community to share their views and concerns. More than 2,000 submissions were made via Spark Change in 2023-24.

Spark Change has become a powerful tool for people to share their stories on the issues that matter most to them. These stories serve to amplify our collective voice to government, driving change on the priorities that will have the biggest impact.



## Diabetes community unites in the fight for access to medicines

The availability of diabetes medicines remained a key concern for the diabetes community in 2023-24. The announced withdrawal of Fiasp from the Pharmaceutical Benefits Scheme (PBS) and the prolonged global shortage of Ozempic, were major issues impacting the community.

A survey of Diabetes Australia members found that 86% of respondents had been affected by a medicine shortage.

Following significant advocacy by Diabetes Australia and other health organisations, the Federal Government announced that Fiasp would continue to be available via the PBS. This brought significant relief for the 15,000 Australians living with diabetes who use Fiasp.

Global supply chain issues and the availability of Ozempic had an ongoing impact on people living with diabetes. Diabetes Australia continued to consult closely with the Australian Government, the Royal Australian College of General Practitioners, and health professionals to ensure the prioritisation of Ozempic for people living with type 2 diabetes. Concerted advocacy efforts led the Australian Government to strengthen the requirements to ensure Ozempic was prioritised for people living with diabetes.

## State of the Nation 2024 report reveals crisis point for diabetes in Australia

The release of our *State of the Nation 2024* report came at a pivotal moment ahead of the findings from the Parliamentary Inquiry into Diabetes.

The report revealed that diabetes in Australia has reached a crisis level, with an alarming rise in diagnoses among young people. It painted a sobering picture, revealing diabetes will continue to place an unprecedented burden on individuals, the healthcare system, and the broader Australian economy.

Over the past decade, the number of people diagnosed with diabetes between the ages of 21–39 has increased by 44%, while diagnoses before the age of 20 have risen by 17%. Aboriginal and Torres Strait Islander communities are experiencing the world's highest rates of youth-onset type 2 diabetes, with the prevalence in 15 to 24-year-olds doubling over the past five years.

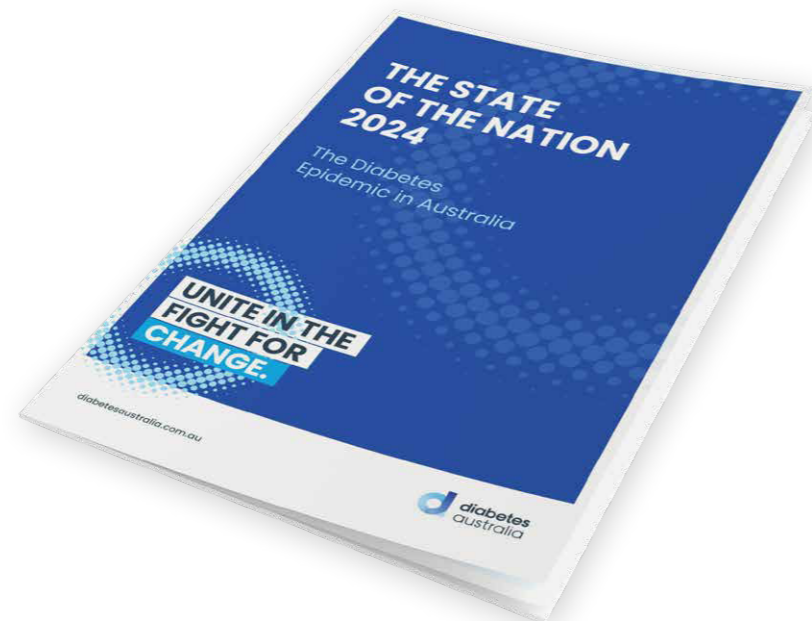
The report called for urgent action to prioritise diabetes prevention, and the prevention of diabetes complications.

It outlines 25 recommendations addressing prevention, treatment, increased support for vulnerable communities, and greater investment in research.



**We must act decisively, innovatively, and collectively to confront this challenge head on."**

– Justine Cain  
Group CEO, Diabetes Australia



## Airport security concerns spark action

In 2023–24 we saw an increasing number of Australians living with diabetes experience distress getting through airport security screening.

Responding to these concerns, we quickly convened an airport security roundtable, which brought together people with lived experience, airport security experts, health professionals and device manufacturers to combat this issue. We undertook further engagement with industry, including participating in an accessibility working group convened by Melbourne Airport.

We provided clear recommendations to the Parliamentary Inquiry into Diabetes and provided advice to Federal Ministers who took this issue up within the government.

We will continue to engage all stakeholders and lead efforts to drive action on this issue, including delivering training and resources for airport security staff to respond more appropriately to people living with diabetes.



**I have travelled extensively to over 40 countries and Australia is by far the worst when it comes to screening and our medical devices. At one airport I had a screener pull my insulin out of the tray and throw it into another tray. At another airport they attempted to bully me into removing my insulin pump by making me wait for 20 minutes for someone to come and pat me down after the metal detectors went off. I have significantly reduced my travel because it is too stressful and I am sick of being bullied."**

– Rebecca





## World Diabetes Day focus on research

To mark World Diabetes Day 2023, we launched the Diabetes Research Changes Lives campaign, together with the ADS and the ADEA, to emphasise the critical role research plays in saving and improving lives, and the urgent need for more funding.

Diabetes research in Australia has slumped 35% over the past 10 years, yet there has been a 32% increase in people living with diabetes over the same period.

The campaign called for community members to support a petition seeking more Government funding for research.

It also encouraged people to support diabetes research by making a donation.



**My hope is that diabetes will not stop anyone from living their dream. It certainly hasn't stopped me."**

**Dr Steven James**  
Diabetes researcher,  
lives with type 1 diabetes



## Community rallies around pledge to end diabetes stigma



Around four in five people with diabetes experience stigma, which greatly impacts their emotional wellbeing, physical health and quality of life, as well as their social and professional lives.

In 2023-24, we were part of the global movement to End Diabetes Stigma and Discrimination and rallied the community to take the pledge.

On World Diabetes Day we took part in the global launch of the international consensus and pledge. The pledge includes seven actionable commitments, such as advocating for respectful language, avoiding stigmatising imagery, and supporting initiatives, policies, and laws that foster equity for all individuals living with diabetes.

## NSW Parliamentarians show their support

Diabetes Australia worked with New South Wales Parliamentarians to form a new Parliamentary Friends of Diabetes group in June 2023. With more than 452,000 people in New South Wales living with diabetes, the group will play an important role in helping elected representatives understand the challenges of the condition.

The group has been co-convened by Charishma Kalivanda MP and Emily Suvaal MLC, who both live with type 1 diabetes and bring their passion and lived experience to this work.

Advocating to government is a key part of our work and increasing the support of Parliamentarians helps us grow our impact.



Emily Suvaal MLC speaking at the launch of NSW Parliamentary Friends of Diabetes.

## National consultation kicks off fight for tech access

In April 2024, we commenced a three-month national conversation on the issue of fair and equitable access to diabetes technologies.

The consultation brought together people living with all types of diabetes, industry, health professionals, researchers, and private health insurers to generate real solutions to this very real problem, and develop the best platform to take to government.

This consultation culminated in the release of the Position Statement: *Equitable Access to Diabetes Technology*. The Position Statement calls on the Federal Government to invest \$200 million over four years in increased subsidies.



Our *Unite in the Fight for Tech* campaign continues in 2024-25.

## Thought leadership and awareness raising

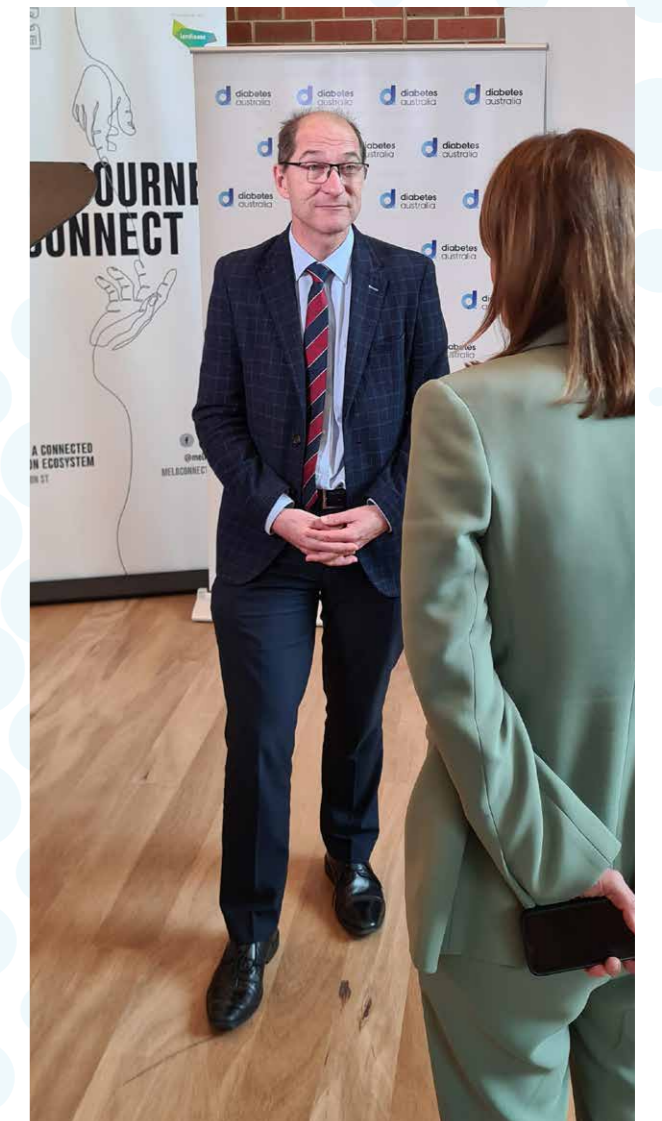
Throughout 2023-24 we continued to raise awareness of diabetes in the community and with opinion leaders to amplify understanding and support for the cause.

Our awareness campaigns reached a cumulative audience of 100 million people, as we drove media coverage of key issues, influenced policy and continued to raise awareness across the broader community.

Our thought leadership and influence included engagement on key issues including chronic disease prevention, the review of Health Technology Assessments, access to primary care, and medicine shortages and safety issues in consultation with the Therapeutic Goods Administration.



Mark Butler MP, Minister for Health and Aged Care



Professor Tony Russell



# Diabetes support and care

Providing trusted diabetes services, support, and coordinated care, locally and nationally, to change people's lives.



## Timely, affordable access to products and services through the NDSS

Diabetes Australia has successfully administered the *National Diabetes Services Scheme* (NDSS) on behalf of the Australian Government since 1987. We continued to provide universal and timely access to vital diabetes self-management information, services, and subsidised products in 2023-24 to support people to live well with diabetes.

The Living Well with Diabetes online program won Best Health Event and Best Event at the 2024 Asia Pacific Eventeer awards, which is a testament to the quality of programs delivered by Diabetes Australia and funded through the NDSS.



**I now order glucose sensors at minimal cost that arrive the next day. Affordable access to this is life changing."**

- NDSS registrant living with type 1 diabetes

2023-24 saw a focus on digital expansion to ensure the best access to services, as well as investment in support for Aboriginal and Torres Strait Islanders, culturally and linguistically diverse (CALD) communities, young people and other vulnerable groups.

In 2023-24 we launched new diabetes self-management programs and support services targeted to the needs of people living with diabetes and to support them to live well. These included the *Diabetes Yarning* program for Aboriginal and Torres Strait Islander people, Culturally and Linguistically Diverse (CALD) Living Well programs, online Diabetes Youth Zone, expansion pilots for the *Diabetes in Schools* program, new websites for people with type 1 diabetes and gestational diabetes, and a quarterly digital newsletter.

### By the numbers: NDSS impact in 2023-24

**~1.5M** Australians supported

An average of 317 people newly registered with the NDSS every day

**2,500+** NDSS information sessions and programs delivered nationally

**88,000+** people participated in NDSS education programs nationally – in person, virtually or online

**74** average net promoter score of NDSS face-to-face programs (industry benchmark – 58)

**2.5M** unique visits to the NDSS website as a key source for diabetes support and information services

**14M+** digital communications sent

**756,000+** NDSS registrants accessed subsidised products

# Kids with type 1 diabetes dream big at school

Funded through the NDSS, the *Diabetes in Schools* program continued to grow and expand in 2023-24, supporting more children with type 1 diabetes to learn, achieve and be the best they can be.

In 2023-24, 70,000 training sessions were completed across all states and territories, with a 14% increase in Level 3 training sessions delivered compared to the previous year.



**This training session was great because it was personalised to the student that we have in our school."**

- Participant in the Diabetes in Schools training

Level 3 training commenced via Hobart and Canberra hospitals in 2023-24 and expansion pilots were delivered across Mackay, Townsville, Gold Coast, Sunshine Coast, Armidale, Taree, Tamworth, Melbourne and Canberra. These expansion pilots will support future growth, ensuring the program can have an even greater impact.

**By the numbers:**  
**Diabetes in Schools impact**  
(since establishment)

**258,628** training Levels completed

**5,943** participating schools

**1,547,975** individual training modules completed



**Please keep regular training happening for staff in schools so we can maintain confidence in administering health care plans and supporting students with type 1 diabetes."**

- Participant in the Diabetes in Schools training



## COOPER'S STORY

### Diabetes in Schools program helps Cooper thrive



Alyson and Greg Lucas from Sydney are the proud parents of four boys, two of whom live with type 1 diabetes.

"Our eldest son, Oliver, is 18 now," Alyson said.

"When he first started school, Oliver's kindergarten teacher was only young and she told me how worried she was about simple things like Oliver going

to the toilet: what if his diabetes levels went low, why was he taking so long?

"She said what we already knew. She wanted to look after Oliver, but the anxiety took a toll on her.

"The experience of my youngest son, Cooper, 6, starting school after staff were trained by the *Diabetes in Schools* program made for a completely different experience for all of us.

"It's so reassuring to know Cooper's teachers and school staff know about diabetes and it helps them to understand how to support him.

"When it comes to supporting a child living with type 1 diabetes, all knowledge is power."

## Devoted educators enhance access in outback Queensland

Through a partnership with Western Queensland PHN, we continued to deliver vital credentialled diabetes educator (CDE) services to communities in outback Queensland during 2023-24. Services provided to people living with and at risk of diabetes include individual consultations and group education. Our CDEs also make a vital contribution to training/upskilling other healthcare professionals, increasing the capacity of Aboriginal and Torres Strait Islander health services, and enhancing liaison between general practices, local allied health in the community, outpatient, and acute hospital services to support appropriate diabetes-related referrals and care.

We know from our 2023 community consultation survey that access to a person's GP and other health professionals ranks as a significant concern for people living outside of metro areas.

The 1,460 individual consultations delivered by our CDEs in 2023-24 are critical to supporting diabetes management and selfcare to enhance quality of life and reduce the risks of diabetes-related complications in the communities they serve.

# Tailored programs to support vulnerable communities

## New Diabetes Yarning program launched

The new NDSS *Diabetes Yarning* program for Aboriginal and Torres Strait Islander people was successfully launched and implemented nationally.

More than 110 *Diabetes Yarning* and Yarning Facilitator sessions were run during the year, reaching more than 1,300 Aboriginal and Torres Strait Islander people and specialist health workers to support people to manage their condition.



### By the numbers: Diabetes impact on Aboriginal and Torres Islander people

**7.9%** estimated to be living with diabetes

**40%** of Aboriginal adults estimated to be living with diabetes in remote areas of central Australia

World's highest rates of youth-onset type 2 diabetes

Preventable hospitalisations for complications associated with type 2 diabetes is **5.2 times** higher

Diabetes associated death rates are estimated to be **4.4 times** higher among Aboriginal and Torres Strait Islander people compared to other Australians



## NAIDOC Week builds community connections

NAIDOC Week 2023, with the theme *For our Elders*, was an opportunity to get out and about, have a yarn, and honour and recognise the contributions of First Nations elders. It was also a chance to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Our team in Queensland celebrated NAIDOC Week at the 2023 Logan NAIDOC Family Fun Day organised by the Logan District Aboriginal and Torres Strait Islander Corporation of Elders. Despite the wet weather, over 1,500 people turned up to the celebrations. The team also visited the 2023 Ipswich NAIDOC Family and Cultural Celebration, and the Musgrove Park Family Fun Day. In New South Wales our team took part in the Kimberwalli community event and Glebe Public School's Community Celebrations.

Building connections and listening to community is central to our resolve for better outcomes and experiences for Aboriginal and Torres Strait Islander people living with diabetes, and underpins our drive to improve access to tailored programs, support and care services.



## Partnership provides support to culturally and linguistically diverse communities in NSW

During 2023-24 we continued to provide diabetes education sessions in collaboration with multicultural communities through partnerships with Primary Health Networks (PHNs) across NSW.

The diabetes education in pregnancy program was delivered in Mandarin, Nepali and Bengali to over 120 women in community groups across the Central and Eastern Sydney PHN.

General diabetes education sessions were delivered to people from the Arabic, Bengali, Cantonese, Greek, Indonesian, Mandarin, Nepali, and Vietnamese speaking communities within the Central and Eastern Sydney PHN regions.

In Western Sydney PHN (WentWest partnership), the Looking After Your Health program continued to provide diabetes education to over 150 people in multicultural communities across the region. Programs were delivered in Mandarin, Cantonese, Hindi, Turkish, Arabic and Tagalog.

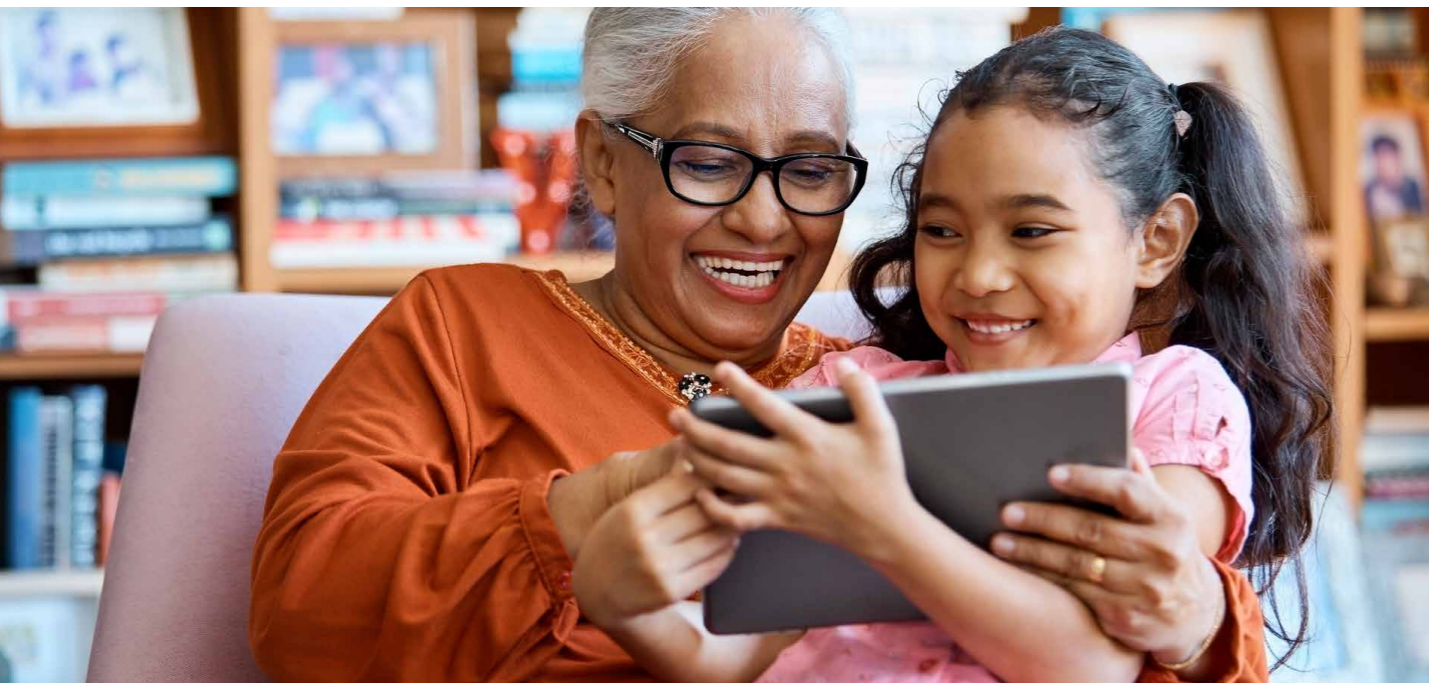
At the end of 2023-24, we secured a new collaboration in regional NSW with the Murrumbidgee PHN to deliver diabetes education to multicultural communities in the Griffith region in 2024-25. This program will target Pasifika and Italian communities in the region.

## Culturally and linguistically diverse (CALD) communities living well with new program

In 2023-24 we launched the new NDSS CALD Living Well program with 25 sessions delivered nationally, reaching over 1,550 people from Arabic, Cantonese, Greek, Hindi, Italian, Mandarin, and Vietnamese backgrounds.

In Queensland, with the support of an interpreting service, sessions were delivered in English and translated in real-time into Mandarin and Vietnamese.

In Tasmania, Living Well sessions were delivered for the Greek and Italian communities. Our team in Tasmania also hosted Community Information Sessions in collaboration with the Australian Red Cross. Delivered through their Bicultural Community Health Program, the sessions supported the Nepali, Farsi, Hindi, Urdu, Mandarin, Karen, Amharic, Oromo, and Tigrinya communities.



## Dedicated complications prevention programs and services

### KeepSight impact grows

Since 2019, Diabetes Australia's *KeepSight* program has been supporting people living with diabetes to prevent eye problems by having regular eye checks.

The impact of *KeepSight* continued to grow with 150,000 new participants joining the program in 2023-24, bringing the total to 470,000 participants. Importantly, *KeepSight* is reaching people at risk of eye problems, with 34% of new participants needing an eye check immediately.

With the support of the eye care sector and the Australian Government, thousands of people are now receiving reminders when it's time to have a diabetes eye check, and 141,000 reminder notifications were sent in 2023-24.

**By the numbers:**  
**KeepSight impact**  
(since establishment)

**470,000+** total participants

**60%+** considered at higher risk

**1M+** eye tests performed

**1M+** reminders sent

KeepSight increases the return-rate of people with diabetes by **20%**



STORIES: IDWER, JESS AND EBONY

## Importance of KeepSight seen in the stories of Idwer, Jess and Ebony



*KeepSight* is having a vital impact for people living with diabetes and the importance is seen in the stories of people like Idwer, Jess and Ebony.

Idwer, who lives with type 2 diabetes and has experienced eye problems, knows first-hand the importance of preventative eye care.

"I have had bleeding and other symptoms in my eyes," Idwer said.

"Since then, I have undergone various treatments including lasers, injections, and surgery, but I still have symptoms and bleeding. *KeepSight* is a valuable program because it reminds you when you're due for a diabetes eye check. Preventive eye care is very important."

Jess suffered vision loss in 2018 shortly after the birth of her son.

"I went to the optometrist and they told me the damage was quite extensive," Jess said.

"I remember looking down at my son and I lost it, I started crying straight away. I regretted not getting an eye test done, like most people say 'you don't expect it to happen to you', I was still

quite young. If I had been to any of my appointments beforehand they would have noticed the changes in my eyes. I may have only needed to have some laser treatment, it was that simple."

Ebony's story is particularly frightening, waking up one morning at the age of 26 and not being able to see. An emergency appointment with an ophthalmologist the next day confirmed the worst, Ebony was blind in one eye and had potentially irreversible damage in the other.

"Dr Clarke told me that we had to start treatment immediately and that I had to quit university and give up driving. He told me not to make any plans for the next year," remembers Ebony.

"It was horrible because I went from being this sociable, independent woman to questioning what I was going to do with my life. Would I be able to work? Would I be able to be a mum? I was petrified. The most frightening thing of all was that I was so young. I was only 26 years old and I wasn't going to be able to drive anymore - I just couldn't fathom that. I knew from that day that my life had changed forever. I can't stress how important it is to keep looking after yourself and getting your eyes checked."

During the early stages of diabetic retinopathy, there are often no symptoms, which is why it's so important for people living with diabetes to keep up with regular eye checks - *KeepSight* makes this easier.

## Vital program helps people put their best Foot Forward

The *Foot Forward* program, funded through the NDSS, helps people living with diabetes to identify and seek early treatment for potential foot issues. The program delivers online information, educational resources, and self-care guides that helps people to navigate diabetes-related foot health support. *Foot Forward* also includes education for health professionals in diabetes foot care.

In 2023-24, over two million *Foot Forward* digital health reminder communications were sent to encourage people living with diabetes to have regular foot checks to prevent diabetes-related foot complications.

Health professional resources continued to be widely adopted, benefiting a diverse



range of healthcare professionals. The Integrated Diabetes Foot Care Pathways decision-support tools have become indispensable resources in health clinics, podiatry practices, and high-risk foot services nationwide. The visual guides support early identification and treatment of foot problems, facilitating timely specialist referrals.

## Awareness campaign encourages heart-to-heart conversations

Now in its fifth year, our partnership with the Boehringer Ingelheim and Eli Lilly Alliance continued to raise awareness of the link between type 2 diabetes and heart disease. The *Take Diabetes 2 Heart* campaign encourages people to have a heart-to-heart with their loved ones about their risks, see their GP, and take practical steps to better heart health.

In 2023-24, the campaign achieved over three million touchpoints engaging both people living with diabetes and health professionals.

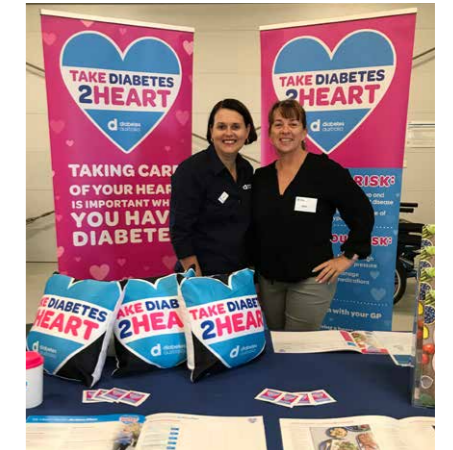
The 2023-24 campaign included an awareness and engagement activation in Queensland's Wide Bay region with



pop-up health check events, engagement with community groups, local stakeholders and primary care providers, a strong local media presence and a multi-channel communications campaign.



Bundaberg, QLD



NIHAL'S STORY

## Nihal takes diabetes to heart



Eighty-year-old Nihal was diagnosed with type 2 diabetes over 20 years ago. He has always been able to manage his condition with tablets, diet and exercise. However, Nihal did not know about the link between heart disease and diabetes until he was rushed to hospital following a fall while gardening.

The paramedics were so concerned about his ECG readings that he was immediately transferred to hospital where he was referred to a cardiologist for a coronary CT scan, followed by an angiogram. The angiogram showed two blockages in his main artery and Nihal was quickly admitted for heart bypass surgery.

The operation was successful, and Nihal has since made a great recovery. He is now back to playing tennis once a week, walking regularly, and enjoying overseas travel.

While Nihal was aware there was a strong history of heart disease in his family, he did not know that living with diabetes further increased that risk. Nihal now urges others living with type 2 diabetes to learn more about the link between diabetes and heart disease and their own individual risk.

Nihal remains extremely grateful to the emergency services and health professionals who saved his life that day, but he would like to say a special thank you to his wife who has supported him throughout the years.

"Since I was diagnosed with diabetes, she has been very particular about my diet and after the heart surgery, is even more concerned about my diet. I am very grateful to her for that.

"We always have home cooked meals," he adds, with a smile.

# Type 2 diabetes prevention

Providing prevention and support programs to people who might be at risk of developing type 2 diabetes.



## Helping Queenslanders create healthier habits with My health for life

*My health for life* is a lifestyle behaviour change initiative for Queenslanders 18 years and over who are at risk of chronic conditions, including type 2 diabetes, heart disease and stroke. The program supports positive behaviour change and helps participants plan and action small lifestyle changes that have long term health benefits.

During 2023-24, 11,374 Queenslanders completed the health risk assessment and 2,650 commenced the program.

A new version of the online health risk assessment tool was launched in 2023-24, significantly enhancing the user experience and making it easier and quicker for people to complete an assessment and become eligible for the initiative.

*My health for life* is funded by the Queensland Government through Health and Wellbeing Queensland and delivered by Diabetes Australia in partnership with the Healthier Queensland Alliance.



The program is amazing, I feel lucky that I was part of it and it helped me very much, gave me everything I needed to change myself. I was missing something and could never have found the way without the program.”

- Mary

### By the numbers: My health for life impact (since establishment)

**30,000+** eligible Queenslanders have joined the initiative

**98%** are motivated to improve their health more into the future

**88%** feel the initiative has had a positive impact on their health and wellbeing

**~60%** have reduced their waistline



## JASON'S STORY

## My health for life helps Jason turn his life around



Jason admits that his health was 'heading for disaster'.

"I wasn't massively overweight, so I got a bit of a shock to be honest. A real wake up call."

"I was assigned a personal health coach and worked through my eating habits and how some gradual changes could make a big difference."

"I'm less of a stress head and I have trimmed down a bit and I definitely feel better and more motivated. My cholesterol went down to five in just three months and my blood pressure is better."

"The changes were gradual and the knowledge I gained was great. I was steadfast from the beginning and while it's been a big change it's been worth it."

"I want to make sure I'm healthy to be here for my mum and dad."

## Celebrating one year of delivering the Get Healthy Service

The *Get Healthy Service* is a free, NSW government funded, evidence-based phone and online health coaching service supporting people over 16 years of age living in NSW.

We are proud to be delivering the *Get Healthy Service* on behalf of NSW Health. In our first year as the service provider we have added new interactive features, made the Service more tailored to participants, and made it easier for priority populations to use the Service. These are groups who face the greatest challenges to access health coaching.

Participants now have more ways to connect with the Service and flexibility in how they receive health coaching. In addition, we have improved accessibility and cultural responsiveness by hiring Aboriginal and bilingual coaches, coaches who work across NSW, interpreters, and through the use of the National Relay Service.

On average, participants who have completed the *Get Healthy Service* have:

- seen a **reduction** in weight of 2.5kg
- **increased** their physical activity per week by almost 10%
- **increased** their vegetable intake by almost 52%
- **cut** the amount of sugary drinks consumed by 38.2%
- consumed 23% **more water**.

### By the numbers: Get Healthy Service

**15,915** referrals

**98%** participant satisfaction rating

**6%** Aboriginal and Torres Strait Islander participants

**11%** culturally and linguistically diverse (CALD) participants

**28%** regional / rural / remote areas



Get Healthy Service







## Reducing chronic disease risk for Tasmanians

*The COACH Program* is a free, Tasmanian government funded telephone health coaching service available to Tasmanians with, or at risk, of type 2 diabetes and heart disease. It is a structured coaching program delivered by highly trained health professionals over a six-month period. The Program has been proven to help people with chronic disease live longer, reduce anxiety, better understand their disease risk factors and improve general health, mood and fitness.

Building on success over many years, we continued to deliver *The COACH Program* locally in Tasmania in 2023-24, with 291 participants across the year. 45% of graduates were from the most disadvantaged communities in Tasmania.

### By the numbers: The COACH Program impact in 2023-24

**9%** reduction in average HbA1c

**21%** reduction in average LDL cholesterol

**38%** reduction in diabetes distress

**20%** increase in physical activity



# Community building

Supporting community and connection to improve wellbeing.



## Community, connection and care helps our members thrive

In 2023-24 we had 38,230 members of Diabetes Australia accessing a range of benefits designed to help them live well with diabetes.

During the year we held seven Diabetes Australia Presents webinars with keynote speakers, including:



Dr Helena Popovic



Dr Sandro Demaio



Prof Roy Taylor



Ray Kelly



Dr Peter Brukner

All of these were well attended online by members and have been added as recordings for future viewings on our member community platform, Diabetes Connect.

Our online member community platform was upgraded in March 2024 to deliver a better experience for members with new features. The platform has continued to grow in popularity, with over 2.7 million daily digest emails opened and read by our members. The platform continues to maintain an A+ rating on the Higher Logic Benchmark engagement scoring.

Our community webinars are a popular offering with members. They provide an interactive opportunity for members to listen to experts in their field and ask questions on topics such as eye health, food, diet and hearing.

**By the numbers:**  
**Our member community support in 2023-24**

**38,230** General Members of Diabetes Australia

**2.7m+** daily digest emails opened and read

**267,060** copies of Circle magazine

# Circle

HEALTHIER LIVING

34 • WINTER 2023

Is it the winter blues or B12 deficiency?

**KEEPING HEART HEALTHY**

Comfort foods for winter

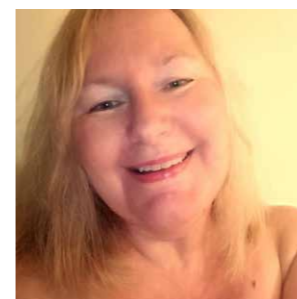


## Ambassadors play vital role to champion the diabetes cause

Our Ambassadors play a vital role in the work that we do, helping to champion the diabetes cause. In 2023-24, our Ambassadors amplified awareness and advocacy campaigns, appeared in media interviews, and took part in events. We have exciting plans for our Ambassador program in 2024-25 and beyond. A big thank you to all our Ambassadors for their contribution.

### Our Ambassadors include:

- Yvonne Appleby (pictured)
- Lisa Bath
- Warren Bingham (pictured)
- Jorja Buckingham
- Lee Chinprahust (pictured)
- Steve Clarke (pictured)
- Bridget Foley
- Lisa Harris (pictured)
- Sebastian Harris
- Drew Harrisberg (pictured)
- Alyssa Hodges
- Isabella Magee (pictured)
- Tommy Neller
- Dominic Speranza (pictured)



Yvonne Appleby



Warren Bingham



Lee Chinprahust



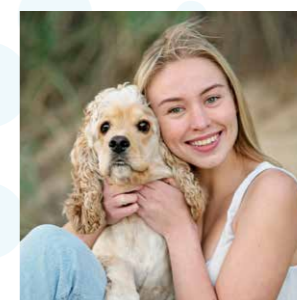
Steve Clarke



Lisa Harris



Drew Harrisberg



Isabella Magee



Dominic Speranza

# DiaBuddies – 10 years of helping kids with type 1 diabetes connect

In 2023-24 we were thrilled to celebrate 10 years of *DiaBuddies*, our flagship program for children living with type 1 diabetes. *Diabuddies* events, made possible by the **generous support of FGX**, offer fun games and practical activities to help children better understand their condition, enjoy themselves, and connect with others who share their experience. Families also have the chance to engage, exchange tips, and offer support to one another.

“The connections we have made by meeting other families have had a positive impact on our family. We have stayed in touch and now catch up socially outside of events and the kids share their diabetes together by staying in touch. This has helped my daughter get back to using a pump after her friend started using one too.” - Parent of *DiaBuddies* participant.

Almost 1,000 children attended events across NSW, the ACT, Queensland, Tasmania and online during the year, enjoying everything from rock climbing to trampolining, art to computer gaming.

## ARI'S STORY

### DiaBuddies Day the turning point for Ari



Following his diagnosis in 2020, the adjustment to life with type 1 diabetes was difficult for Ari and his family but an invitation to attend their first *DiaBuddies Day* was a turning point.

According to Ari's mum, Elfrida, Ari's anxiety began to settle and he became more confident after attending his first *DiaBuddies* event.

“I think the *DiaBuddies* program is vital for kids' mental health. It helps them

realise they're not alone and that they're part of a community that understands what they're going through,” says Elfrida.

“It's also a space for parents to share stories, tips and feel understood. Newly diagnosed families can see other families laughing and smiling, which gives them hope that they'll regain happiness too, even if life is a bit less spontaneous now.

“*DiaBuddies Days* really help us carve out much needed social connection, fun and laughter as well as showing them that with a little planning and support they can tackle all sorts of adventures. *DiaBuddies* has shown Ari and his friends they can do anything - from playing golf, to swimming with dolphins.

“They only get one childhood, and every positive moment helps build the resilience they'll need to thrive.”

# Inaugural group of DiaBuddies Youth Leaders graduate

With support from Generation Thrive we launched the inaugural *DiaBuddies* Youth Leadership Program in July 2023. Fifteen scholarships were awarded to young people living with type 1 diabetes looking to develop their own personal leadership skills and become inspirational role models for younger children living with diabetes.

During the six-month scholarship period Generation Thrive delivered a 12-week online leadership training program where, upon completion, the successful candidates graduated as *DiaBuddies* Youth Leaders. Each graduating leader prepared a short speech discussing the tools and strategies from the leadership training they found most useful, ways in which they have grown and changed, and their outlook on their future.



I want children to think of type 1 diabetes as a super power and to remember that if anyone bullies them, it is just because they wish they were you. We have something cool and unique and we can use that super power for good.”

- Carolyn, *DiaBuddies* Youth Leader





CAROLYN'S STORY

Carolyn inspires kids to believe in their super power



"I applied to become a *DiaBuddies* Youth Leader because I want to help the younger generation of children and young adults living with type 1 diabetes and show that having the condition isn't going to stop you doing what you want to do in your life.

"I want to be the person I wish I had when I was young and growing up. If I can grow up and follow my dreams, so can they.

"I want people to know to never let diabetes control you. You control IT! You have the power to be whoever you want to be. If you can take control over your condition you can follow your dreams and not let it affect where and who you want to be.

"Growing up there were times where I wanted to give up and thought it was too hard. Having an auto immune condition like type 1 diabetes is incredibly difficult, but the difficult times make you a better person."

Kellion Victory Medal Scheme

We continue to host Kellion Victory Award events in honour of community members who have lived with diabetes for 50 years or more.

These awards are an opportunity to highlight the challenges that people living with diabetes negotiate each day, and pay tribute to their endurance.



# International reach

Connecting and delivering programs internationally to expand impact.



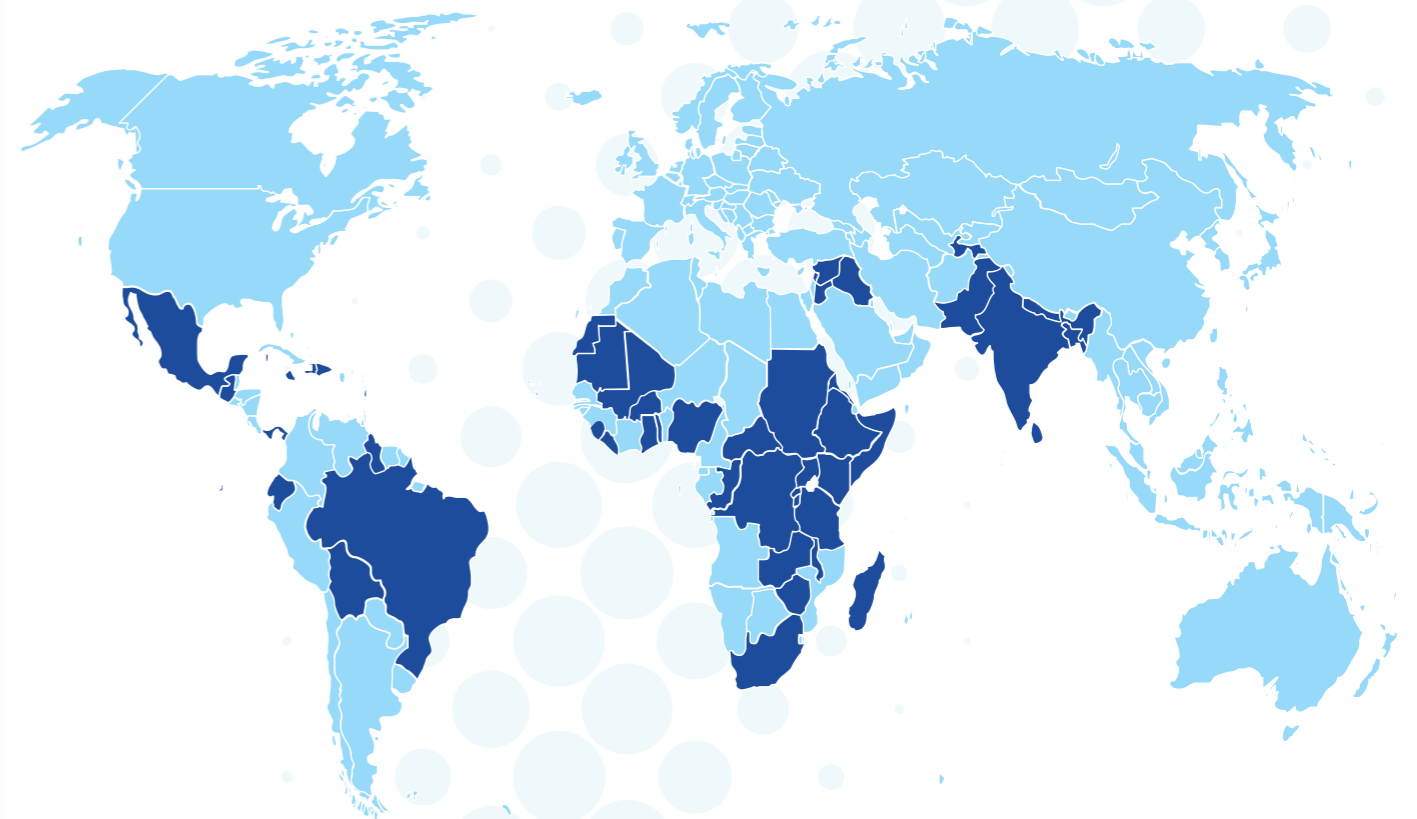
## Support for children in under-resourced communities expands through Life for a Child

*Life for a Child* is a global program delivered by Diabetes Australia, supporting children and young people living with diabetes in countries with limited resources, where access to care can be scarce.

In 2023-24, *Life for a Child* reached over 57,741 children and young people through 94 local partners across 48 countries. We expanded the geographic reach of the program to have greater impact, improved the quality of care delivered, and provided vital supplies, including insulin, syringes,

insulin pens, and blood glucose monitoring supplies. Our accessible education materials reached children, families, and healthcare workers, and we continued to develop the skills of local medical professionals.

Through *Life for a Child*, we advocate for positive change underpinned by research. In 2023-24, the *Life for a Child* team was involved in publishing seven research papers in journals such as *The Lancet Diabetes & Endocrinology* and the *British Medical Journal*.



## Our Life for a Child team



### SANJIDA'S STORY

## Life for a Child helps Sanjida achieve her dream



Sanjida, one of the young people we support through *Life for a Child* in Bangladesh, was diagnosed with type 1 diabetes at the age of 10.

Today, she's a 20-year-old nursing student passionate about anatomy and physiology.

"I am not afraid of diabetes. I have not stopped because of fear; I have learned to live a normal life. It was my dream to study nursing, and now I am studying it. I like to serve people, so I want to take nursing as a profession."

Through *Life for a Child* we are committed to ensuring that every young person, like Sanjida, has the resources and support they need to live a full and healthy life.

## Collaboration on foot care helps Fiji



Through a collaboration with the International Diabetes Federation, we contributed to global discussions about reducing diabetes-related foot complications in Fiji. Organisations including the ADS, Diabetes Fiji, the Fiji Ministry of Health, and D-Foot International came together with the IDF for important discussions about a range of issues

including the prevalence of diabetes and its foot complications in Fiji; concerns in the local community regarding retaining trained diabetes health professionals; and the need for further support in this area. Through collaborations like this, we are able to bring Diabetes Australia's expertise and global connections to the table, to support areas of significant need.

## Combined 2026 Congress planning kicks off

In 2023-24 we were excited to kick off planning for the combined 2026 Australasian Diabetes Congress and IDF Western Pacific Region Congress in Melbourne.

The event, to be hosted at the Melbourne Convention Centre, will bring together

lived experience, health professionals and researchers from across the region to connect, collaborate and learn.

We look forward to a wonderful occasion showcasing the strength of the diabetes community in Australia.



# Diabetes research

Leading the agenda, growing funding for and commissioning research to prevent, treat and cure diabetes.



## Investment in new research with 2024 Diabetes Australia Research Program grants

Through the Diabetes Australia Research Program (DARP) we support and develop outstanding diabetes research in Australia. We do this by funding a range of grants across the full spectrum of diabetes research through a merit based, competitive, peer review process. Three major awards, a Kellion research award, and multiple general awards are given each year.

Diabetes Australia has invested more than \$48 million between 2008 and 2024 in supporting more than 450 critical research initiatives across all types of diabetes.

The 2024 grant recipients are undertaking research projects across a range of diabetes related areas including treatments for diabetic ketoacidosis, healing of foot ulcers, and kidney disease.

Diabetes Australia acknowledges the strong commitment to research and vital funding contribution of Diabetes Victoria in previous years. In particular, to fund the Charles Campbell Coghlan OAM Emerging Researcher Award.



**Diabetes research is pivotal. It can reduce and defer complications, improve quality of life, save lives and moreover, create hope."**

- Dr Steven James, lives with type 1 diabetes and recipient of the 2024 Charles Campbell Coghlan OAM Emerging Researcher Award

RESEARCHER	INSTITUTE	PROJECT TITLE
<b>Charles Campbell Coghlan OAM Emerging Researcher Award</b>		
Dr Steven James	University of the Sunshine Coast	The TREE study – Type 1 diabetes acRoss thE lifEspan
<b>Millennium Type 1 Diabetes Award</b>		
Professor Anthony Russell	Monash University	A randomised controlled trial of plasmalyte versus normal saline as resuscitation and maintenance fluid therapy for patients presenting with diabetic ketoacidosis
<b>Millennium Type 2 Diabetes Award</b>		
Dr Chengxue (Helena) Qin	Monash University	A novel approach to treat diabetic kidney disease





## General Grants

RESEARCHER	INSTITUTE	PROJECT TITLE
Professor Karen Jones	University of Adelaide	Utilising novel molecular imaging to quantify portal glucagon-like peptide-1 (GLP-1) receptor density in type 2 diabetes
Professor Glenn Wadley	Deakin University	Vitamin C treatment to aid the healing of foot ulcers in people with diabetes: a randomised, placebo-controlled double-blind trial
Distinguished Professor Tracy Levett-Jones	University of Technology Sydney	Enhancing healthcare professionals' empathy skills in the provision of care for people living with or at risk of diabetes
Professor Toby Coates	The University of Adelaide	The Development of Chimeric Antigen Receptor (CAR) T regulatory Cells as a Novel Therapy for Type 1 Diabetes
Dr Sarah Turpin-Nolan	Monash University	Targeting gut ceramides – a new way to improve systemic insulin sensitivity
Dr Miles De Blasio	Monash Institute of Pharmaceutical Sciences (MIPS), Monash University	Mitochondrial-targeted therapies to limit the structural and functional changes in diabetic cardiomyopathy
Associate Professor Jonathan Oakhill	St. Vincent's Institute of Medical Research	A smart, muscle-targeted drug-delivery system to combat type 2 diabetes
Dr Andrew Fleetwood	Baker Heart & Diabetes Institute	Interferon-alpha links clonal haematopoiesis and atherosclerosis in diabetes
Dr Karen Alt	Monash University	Translational Kidney Fibrosis Imaging in Diabetes
Associate Professor Christina Bursill	South Australian Health and Medical Research Institute	Plaque-targeted Nrf2 activation to prevent diabetes-accelerated atherosclerosis using a novel switchable fumarate drug
Dr Mahesh Umapathysivam	The University of Adelaide	Do carriers of type 2 diabetes risk alleles in PAM have accelerated gastric emptying?
Professor Leonie Heilbronn	The University of Adelaide	A randomised controlled trial comparing caloric restriction and meal timing on the circadian regulation of immune cells in individuals at high risk of type 2 diabetes.
Dr Cong Xie	The University of Adelaide	Development of a novel bile acid-based therapy to optimise postprandial glycaemic control in type 2 diabetes
Dr Patricia Rusu	Monash University	Deciphering the Nutritional and Neuronal Drivers of Protein Satiety
Dr Phillip Kantharidis	Monash University	Targeting kidney macrophages as a novel treatment for diabetic kidney disease

## Collaboration strengthens research investment

In addition to DARP-funded research, we continued to partner on a number of other research initiatives in 2023-24.

### RACGP Foundation – Diabetes Australia Research Grants



Each year we proudly co-fund with the Royal Australian College of General Practitioners (RACGP) Foundation a \$60,000 grant to support practising and academic GPs and GP registrars to undertake research in their communities to build an evidence base to inform and improve practice and patient outcomes. In 2023-24, the grant was awarded to Professor Nigel Stocks.

The grant will support important research to look at how care provided in mainstream general practice to Aboriginal and Torres Strait Islander people living with diabetes could be improved.



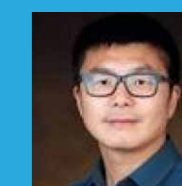
**Our results will inform interventions that would help to reduce the impact of diabetes on health outcomes for a group who have higher rates of heart disease compared to other Australians. General practice and primary care are the cornerstone of health care in Australia... prevention and treatment of diabetes starts in the community."**



- Professor Nigel Stocks



**The support from Diabetes Australia has boosted my research career, developed my leadership skills and allowed me to gain international recognition. The novel findings achieved have underpinned successful grant applications and will form the basis for future grant applications. It has also provided critical support to early career researchers in my group, leading to major success such as oral presentations at major international diabetes meetings, and awards of research fellowships to develop independent research careers."**



- Tongzhi Wu, recipient of six DARP grants since 2017

## RACP – Diabetes Australia Research Establishment Fellowship

Through a co-funded arrangement, each year we fund an Establishment Fellowship for Fellows and advanced trainees from the Royal Australasian College of Physicians (RACP) who want to establish a research career. The 2023-24 Fellowship was awarded to Dr Danielle Longmore.

Dr Longmore's project 'Wellmet' will see her work directly with young people living with type 2 diabetes to co-design major future research.



**The young people involved in this project will help us to set crucial goals and improve our understanding of the condition and pave the way for accessible and stigma-free medical care."**

- Dr Danielle Longmore

## Appointment of inaugural Director of Research strengthens diabetes research leadership

During the year we were thrilled to appoint Professor Grant Brinkworth, a distinguished leader in nutrition, health, and medical research, as Diabetes Australia's inaugural Director of Research. The appointment provides an exciting boost to our focus on diabetes research.



Professor Brinkworth's expertise encompasses diabetes, obesity, cardiometabolic health and mental and physical performance. He brings to the role extensive experience leading clinical trials and multidisciplinary research teams, and he has a proven track record in building external collaborative partnerships across the health system including academia, health services and industry both in Australia and Internationally.



**The appointment of Professor Brinkworth to this new role demonstrates our strong commitment to providing leadership and support to the diabetes research community and to driving the investment into research that is needed to combat the diabetes epidemic."**

- Justine Cain  
Group CEO, Diabetes Australia

### TANYA'S STORY

## Tanya shares the impact of diabetes research on her life



For Tanya, diabetes research means hope for the future. Not just for her but also for her daughter.

Diagnosed with type 1 diabetes when she was 12 years old, she vividly remembers being told she would have to inject needles every day for the rest of her life. A difficult concept to comprehend for a young girl entering her teens. Tanya immediately began questioning how this would impact her friendships and her school life and whether she would be treated differently.

Tanya experienced great anxiety when injecting in public, and her stomach and the side of her legs were often covered in bruises. The physical, mental, and emotional adjustments of her diagnosis were enormous.

Now 33, Tanya has been living with type 1 diabetes for over two decades. Advancements in research and development mean Tanya now has access to life changing technology.

"Today, I currently have an insulin pump and continuous glucose monitor. I manage my food by carb counting and enter them in my pump.

"The changes have been incredible and made my quality of life skyrocket from what it was back in 2002. I can have a life supported by technology rather than a life limited by the condition."

With her diabetes management supported by an insulin pump and continuous glucose monitor, Tanya no longer needs daily injections. These developments in technology coupled with improvements in diabetes management through research afforded Tanya a healthy pregnancy, resulting in her "greatest achievement to date", her two-year-old daughter.

"For me personally, without the research and technology, it may have been questionable if I could have a child and thus, I would be without my daughter.

"Pregnancy in general was challenging to keep my blood glucose levels as best as possible; however, the technology and understanding of diabetes and pregnancy meant I had a successful pregnancy with no complications caused by diabetes."



#### CASE STUDY

## Diabetes Australia funded study reveals the research topics that matter most to people living with diabetes

To identify the research priorities of people living with diabetes, we funded a study called Diabetes Research Matters, to gather insights from five different groups.

Study results showed the top research priority for people living with type 1 diabetes was how technologies can be improved to make management easier, more effective, more accessible, better integrated and more environmentally

friendly. The second priority was whether type 1 diabetes could be prevented or delayed.

For those with type 2 diabetes the top priority was whether insulin resistance could be reversed. Followed by how to identify the most effective diet and exercise plans, how to prevent complications, and the long-term effect of diabetes medications on the body.



# Partnerships and capacity building

Connecting people with lived experience of diabetes, health and other care professionals, with research and evidence, to support change.



## Unification strengthens collaboration and impact

2023-24 saw us continue to forge stronger ties with our unified health professional partner organisations, the ADS and the ADEA. Our unification is delivering stronger collaboration and impact, combining the voices of people living with diabetes, health professionals and researchers to drive change.

Key areas of collaboration included:

- Consultation on technology advocacy
- Joint submissions to the Parliamentary Inquiry into Diabetes
- Joint pre-budget submissions
- Advocating for increased investment in research funding
- Advocating for improved access to medicines, including prioritising access for Aboriginal communities in rural and remote areas, and the fight for Fiasp.

## New partnership boosts support for diabetes in pregnancy

In 2023-24 we formally joined forces with the Australasian Diabetes in Pregnancy Society (ADIPS), the peak society for diabetes in pregnancy.

The move helps us to forge a stronger alliance to address the diabetes epidemic and strengthen support and advocacy for pregnant women with diabetes to deliver better outcomes.

ADIPS is committed to advancing clinical and scientific knowledge of diabetes in pregnancy and its effect on the child, mother, and wider family. Associate membership of Diabetes Australia will significantly contribute to that work.

### By the numbers: Gestational diabetes (GDM) impact in Australia

Fastest growing type of diabetes in Australia

Doubling of GDM diagnoses over the past decade.

**45,000+** women diagnosed with GDM in 2023-24

Gestational diabetes affects about one in six pregnancies

## Partnership increases awareness of digital health tools

In 2023-24 we continued our partnership with the Australian Digital Health Agency to increase awareness and uptake of important digital health tools to support diabetes management.

Technology and digital tools play an increasingly important role in supporting self-management in people living with diabetes.

Our partnership helps to raise awareness and uptake of technologies such as My Health Record, my health app, electronic prescriptions, and Active Script Lists.

In 2023-24 we were also proud to collaborate with the Australian Digital Health Agency in shaping the National Digital Health Strategy and Strategy Delivery Roadmap as a critical step in improving health outcomes for people living with diabetes.

### ERIL'S STORY

#### Digital health tools make life easier for Eril



Eril, at 76, is an early adopter of digital health tools. She has accessed My Health Record via my health app on her phone since it first came out.

The app has become an integral part of her healthcare routine. Whether it's preparing for an upcoming appointment, or specialist visits, Eril finds the my health app extremely useful for quickly referencing her medical history.

Recently, when preparing for a specialist appointment, she was asked to provide details about her previous CT scan. Thanks to the app, she could swiftly flick through her records and provide the needed information instantly.

"In terms of my diabetes management, I find keeping track of all my bloods the most useful," Eril Said.

Having access to her results at the same time as her doctor has transformed her interactions with her GP as it allows her to ask more informed questions during appointments.

"You've only got 10 minutes, you know, so you get more value out of your 10 minutes if you go in already knowing half the answers and then just extrapolating from those results.

"I have the app open at the same time as my GP is looking at my results, so we're all on the same page," she notes.

One of Eril's favourite digital health tools is electronic prescriptions. Being an avid traveller, with family in Melbourne and trips to other states, she says the convenience of having her prescriptions on her phone is invaluable.

Eril enjoys the portability of electronic prescriptions. "I just find it so convenient that when I'm not in my own suburb I can just go to any chemist. It's really handy to have that on my phone. It just makes life easier."

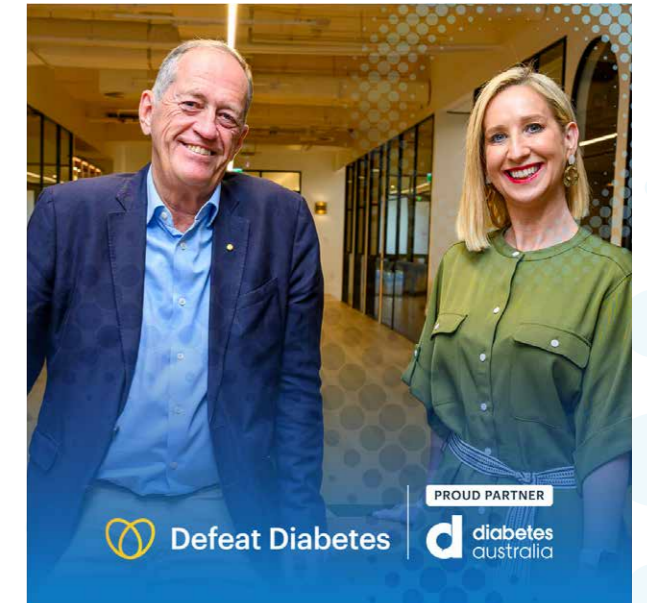
## Defeat Diabetes partnership promotes pathways for type 2 diabetes remission

In March 2024, we kicked off a partnership with Defeat Diabetes to support people living with, and at risk of developing, type 2 diabetes.

Defeat Diabetes is a program that supports people who want to manage their body weight and glucose levels, and work towards remission of type 2 diabetes by adopting a low carb diet.

We are committed to supporting people to choose options for attempting weight loss and remission, based on individual needs and the advice of their health professionals.

This new partnership with Defeat Diabetes is an important next step in promoting pathways to remission and supporting people who want to manage their condition through lifestyle changes.

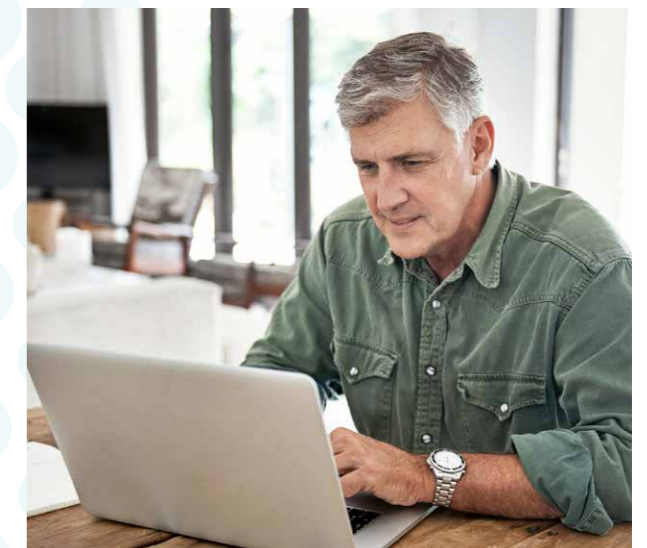


## Online diabetes education builds care workforce capacity

In 2023-24, we continued to provide online diabetes education for health professionals and care workers through our training arm, Diabetes Qualified.

More than 18,000 learners have enrolled in our courses, equipping them with the knowledge and tools they need to deliver effective care and, ultimately, support improved health outcomes for people living with diabetes.

In 2023-24, Diabetes Qualified news and resources reached approximately 40,000 health professionals and support workers through channels such as our Diabetes Link eNewsletter.



# Strengthening our capability

During 2023-24, we undertook a number of initiatives and activities to strengthen our capability and, ultimately, our impact to deliver more for the diabetes community.



## Continuing our reconciliation journey

In 2023, we embarked upon a reconciliation journey to develop stronger relationships with Aboriginal and Torres Strait Islander communities, to better understand their cultures, achievements, and histories.

The launch of the *Reflect Reconciliation Action Plan* (RAP) in 2023-24 is a milestone for Diabetes Australia. Our commitment to reconciliation goes beyond a statement, it is a proactive effort to address the serious health disparities affecting Aboriginal and Torres Strait Islander communities, particularly the disproportionate impact of diabetes. Building on years of collaboration, our RAP aims to deepen our engagement and increase our impact to improve health outcomes.

### Steps in our Reflect RAP journey to date include:

- Establishing an Aboriginal and Torres Strait Islander Expert Reference Group to provide us with cultural advice relating to First Nations communities
- Designing a series of training packages to help educate and inform health professionals about Aboriginal and Torres Strait Islander health
- Hosting an annual National Gathering of Aboriginal and Torres Strait Islander staff since 2020
- Partnering with Aboriginal and Torres Strait Islander communities and organisations to develop culturally appropriate diabetes education programs and services.

Our goal is to work together to foster cultural strength within our organisation to support Aboriginal and Torres Strait Islander communities. In the longer term, our journey will see us using our influence to advance national reconciliation activities and empower First Nations communities to achieve health equity for all Australians.



# Key appointments strengthen leadership



## Inaugural Elder Advocate appointed

In December 2023, widely-respected Kamilaroi-Yuwaalaraay diabetes educator Grace Ward was appointed to the position of Elder Advocate at Diabetes Australia.

The newly established leadership and advocacy position provides cultural advice and guidance directly to the executive and leadership team, as well as across the organisation.

Grace's previous experience at the Menzies School of Health Research and Diabetes Queensland, has equipped her with a wealth of knowledge in facilitating innovative culturally-appropriate First Nations diabetes education programs.

The new Elder Advocate role is critical in Diabetes Australia's efforts to embed Aboriginal and Torres Strait Islander culture across the organisation and engage Aboriginal and Torres Strait Islander people across Australia.

## Inaugural Chief Medical Officer appointed

In 2023-24 we announced the appointment of Professor David Simmons as the organisation's inaugural Chief Medical Officer.

As a distinguished Professor of Medicine at the Western Sydney University Macarthur Clinical School, and Head of the Campbelltown Hospital Endocrinology Department, Professor Simmons brings considerable knowledge and experience to the national peak body.

Professor Simmons has extensive experience in the diabetes community, including in his role as the current President of the Australasian Diabetes in Pregnancy Society and previously, as the lead diabetes consultant at Cambridge University Hospitals NHS Foundation Trust (UK) and Foundation Chair in Rural Health at the University of Melbourne.



## Staff Community Days build culture



## ISO 27001 & 9001 certification

In February 2024 we were proud to achieve, for the first time, certification in ISO 27001 (Information Security Management Systems), following a rigorous six-month process. This followed our re-certification to ISO 9001 (Quality Management Systems) in October 2023. The new certification against ISO 27001 demonstrates our commitment to the confidentiality and security of all personal information we handle. Our recertification to ISO 9001 demonstrates our ongoing commitment to quality and organisational efficiency.

## Top 20 RepTrak result

In 2023, we achieved a 7-place improvement in the RepTrak® Charity Reputation Program – Benchmark 40 Charities Ratings. The improved score and ranking of 19 demonstrates an excellent level of trust, admiration, good feeling and respect, and reflects our commitment to growing our impact.

# Supporters and partners

The work that we do would not be possible without the generous support of those who share our commitment to driving change. We thank them for their incredible support.



## Community fundraising highlights

### City to Surf

In August, over 70 people donned their Diabetes Australia singlet and completed the 14km City to Surf, raising \$11,844. The sun shone as thousands of participants set out from Sydney's Hyde Park to the finish line at Bondi Beach.



### Bridge to Brisbane

More than a walk or run, the 2023 Bridge to Brisbane was a powerful demonstration of community spirit and generosity. More than 30 dedicated fundraisers took part for Diabetes Australia, raising nearly \$10,000 to support essential programs.



### Griffith Sport Toohey Trail Run

2023-24 marked another successful year in our long-standing partnership with the Griffith Sport Toohey Trail Run. The event raises important funds for Diabetes Australia and awareness of the work we do. Over 900 participants hit the trails this year, raising more than \$7,000.



### Schools Triathlon Challenge

The Schools Triathlon Challenge has had 65,000 participants since starting in 2008. Each year, thousands of kids take part in the Devonport and Hobart events, raising funds to support our youth programs locally in Tasmania.





## SEBASTIAN'S STORY

## Honouring Sebastian's Journey



In April 2024, in the NSW Southern Highlands, 13 cyclists rode into a bustling park to a chorus of cheers. They had just completed Sebastian's Journey, a gruelling 130km ride from Sydney to Bowral (with 1,600m of climbing). The ride was in honour of 32-year-old Sebastian who had lived with type 1 diabetes and tragically passed away in September 2023 from diabetic ketoacidosis. Sebastian was loved for his humour, warmth, charm, and kindness.

Following his death, friends of Sebastian's family, Jano and Paul Yousseph (JPY Group), created Sebastian's Journey to increase awareness of type 1 diabetes and the impact the condition may have on mental health.

Sebastian's Journey raised an incredible \$45,000 for Diabetes Australia and JDRF.

We thank Jano and Paul, the riders, event volunteers, and donors, along with Sebastian's parents, Richard and Belinda, for their remarkable commitment and generosity.

"Crossing the finish line into the embrace of family and friends who had gathered from all over Australia to cheer us on was like nothing I have ever experienced," said Jano.

## Corporate Partners

Support from industry partners enabled the delivery of key campaigns and awareness initiatives in 2023-24.



## CASE STUDY

## Celebrating a decade of outstanding support from Future Generation Australia



Future Generation Australia is one of our most generous supporters. The ASX-listed investment company has donated \$2 million to our Diabetes Kids

Fund over the past 10 years, allowing us to run critical programs including our ground-breaking *DiaBuddies Days*, the innovative Youth Leaders Program, and our Nurturing Parents and Carers program.

A decade of funding has enabled over 100 *DiaBuddies Days*, the launch of a program to build leadership skills in young people, and many other courses and programs to support parents, carers and the community.

## Significant bequests

<b>Joe White Bequest</b>	Diabetes Australia
<b>The Les &amp; Gladys Blatchford Foundation</b>	Diabetes Australia
<b>Caroline Anne Needham</b>	Diabetes Australia
<b>Nancy Mary Baldwin</b>	Diabetes Australia
<b>Elizabeth Ann Hardie</b>	Diabetes Australia
<b>Mr Joseph Marcoleone</b>	Diabetes Australia
<b>Sarah Burns Leggat</b>	Diabetes Australia
<b>Heather Russell</b>	Diabetes Australia
<b>Warren John Haskins</b>	Diabetes Australia in QLD
<b>Margaret Anne Carr</b>	Diabetes Australia Research Trust
<b>Gina Burke</b>	Diabetes Australia in NSW
<b>Brenda Joy Wyatt</b>	Diabetes Australia
<b>Fay Mary Hewitt</b>	Diabetes Australia in QLD
<b>Mr Ernest Perry</b>	Diabetes Australia in NSW
<b>Mrs Annette Margaret Goble</b>	Diabetes Australia in NSW

## Trusts and foundations

<b>Rodwell Foundation</b>	Diabetes Australia Research Trust
<b>Maple-Brown Family Foundation</b>	Diabetes Australia Research Trust
<b>Richard &amp; Ruth Wilson Charitable Foundation</b>	Diabetes Australia Research Trust
<b>Ben &amp; Gloria Sharma Foundation</b>	Diabetes Australia Research Trust
<b>Perini Foundation</b>	Diabetes Australia
<b>The Select Foundation</b>	Diabetes Australia in TAS
<b>Booth Foundation</b>	DiaBuddies program in QLD
<b>Creaton Trust</b>	Diabetes Australia

## Our Patrons

Thank you to our Patrons who are dedicated to raising awareness of diabetes and the work that we do.

<b>Her Excellency the Honourable Sam Mostyn AC</b> Governor-General of the Commonwealth of Australia
<b>Her Excellency the Honourable Margaret Beazley AC KC</b> Governor of New South Wales
<b>Her Excellency the Honourable Dr Jeannette Young AC PSM</b> Governor of Queensland
<b>Her Excellency the Honourable Barbara Baker AC</b> Governor of Tasmania



# Governance

Diabetes Australia is a not-for-profit public company limited by guarantee governed by a Board of Directors. The Board is supported by four Board Committees including a People & Culture Committee, Finance & Investment Committee and a Risk, Quality & Compliance Committee. During 2023-24, a Social Impact Committee was added with a national focus on advocacy, research and community engagement for people living with diabetes.

The Constitution specifies the number of Directors to be not less than five and not more than 10. At least half of the Board are to be Independent Directors. As at 30 June 2024 there were nine Directors: six Independent Directors including the Chair / President; two Health Professional

Directors; and a Nominee Director appointed by a State Member Organisation. Diabetes Australia remains committed to governance unification for the benefit of all Australians living with diabetes.

Diabetes Australia is a charity registered with the Australian Charities and Not-for-profits Commission (ACNC) and has over 30,000 members. Diabetes Australia files an Annual Financial Report for the Diabetes Australia Group with ACNC. A copy is also available on our website.

Diabetes Australia reports annually under the Workplace Gender Equality Act 2012. Reporting is available from the Workplace Gender Equality Agency.

# Leadership – Our Board

Directors as at 30 June 2024



## Andrew Rutherford

B Comm, MBA, GAICD, FCPA, SFFin, FGIA

Andrew was appointed to the Board of Directors in September 2023 and is Chair and President. He brings a wealth of experience from a variety of both executive leadership and non-executive roles across finance, telecommunications and management including various COO/ CFO roles across a number of countries. Andrew currently holds a number of non-executive director positions including ASX listed company LiveHire Ltd, and and BT Funds Management Group.



## Steve Goldsworthy

BCOMM, CA, GAICD

Steve was appointed to the Board of Directors in November 2023 and is Chair of the Finance & Investment Committee. Steve is a qualified chartered accountant with a 20-year executive career in senior executive roles for St John of God Health Care, Austal Ltd, Cliffs Natural Resources and Schlumberger both in Australia and Canada. He was a Non-Executive Director on the Board of Diabetes WA from 2021 to 2023. Steve is the founder and Managing Director of Buttercups Childcare.



## Craig Beyers

BEng (Environmental Engineering), GradCert Bus (Philan & Nonprofit), MAAS

Craig was appointed to the Board of Directors in 2015 and is Chair of the Social Impact Committee. Craig is Managing Director at Assured Environmental Pty Ltd. He has extensive experience working on local, national, regional and international level projects. Craig is Past President of Diabetes Queensland and has lived with type 1 diabetes for more than 30 years.



## Zena Burgess

PhD (Organisational Psychology), MBA, Master Education, FAICD

Dr Burgess was appointed to the Board of Directors in 2021 and is Chair of the People & Culture Committee. She is a highly experienced Non-Executive Director and Chief Executive Officer, who has contributed to public, private and social enterprises in health, education, emergency services regulatory bodies and agriculture. She was CEO of the Royal Australian College of General Practitioners (RACGP) for over 10 years and has strong experience of government funding and policy in primary care and mental health. She is currently CEO of the Australian Psychological Society while serving on a number of Boards.



## Brett Fenton

BN, RN, Grad Cert DiabEd

Brett was appointed to the Board of Directors in 2018, is Chair of the Risk, Quality & Compliance Committee and is a nominated Health Professional Director. He is Manager of Diabetes Services at Central Coast Local Health District in New South Wales. Brett is a Credentialed Diabetes Educator and has lived with type 1 diabetes for 30 years. Brett is a member of the New South Wales Agency for Clinical Innovation (ACI) – Diabetes Taskforce and is a Past President of the Australian Diabetes Educators Association.



## Kathryn Arndt

BBus (HRM), Grad Dip (Bus) MAICD

Kathryn was appointed to the Board of Directors in June 2022 and is the Nominee Director for Member Organisation Diabetes Victoria, also serving as director of Diabetes Victoria. Kathryn has over twenty years of diverse leadership experience including as a CEO, senior executive and a non-executive director across a number of sectors. She is the CEO of the Victorian Local Governance Association and a member of the Victorian Government's Department of Jobs, Precincts and Regions' Gender Equality Advisory Committee.



### Gordon Bunyan

BA, LLB

Gordon was appointed to the Board of Directors in June 2021. He has been a respected and committed advocate for the diabetes community for forty years serving in many national and state governance roles. Gordon is a past Director and Vice President of the International Diabetes Federation, past Governor of the Kellion Diabetes Foundation and is currently on the Board of the Diabetes Australia Research Trust.



### Arthur Koumoukelis

GAICD, LLM, LLB, B Com, Notary, FTIA, Grad Dip (Wills & Estates)

Arthur was appointed to the Board of Directors in April 2020. He is a Past President of Diabetes NSW & ACT and currently serves on the board of Diabetes Qualified. Arthur is a partner of Thomson Geer law firm, and formerly a partner of Gadens Lawyers Australia, with a focus on health and aged care and retirement village industries.



### Glynis Ross

MBBS FRACP

Associate Professor Ross was appointed to the Board of Directors in 2016 and is a nominated Health Professional Director. She is a past President of the Australian Diabetes Society (ADS) and is Chair of the ADS Education Advisory Committee. She was previously President of the Australasian Diabetes in Pregnancy Society. Glynis is a Senior Endocrinologist, including Lead Endocrinologist for Diabetes and Pregnancy services, at Royal Prince Alfred Hospital. She provides rural outreach diabetes service to Central NSW and is involved in national and state advisory groups in diabetes.

## Group Executive



### Justine Cain

Group Chief Executive Officer

Justine Cain commenced in the newly created role of Group Chief Executive Officer in November 2021.

Justine has held senior executive and Board roles with listed, privately owned, private equity backed and not-for-profit organisations in the health, human services and general insurance sectors. Justine is currently on the Boards of UnitingCare Queensland and Diabetes Australia Research Ltd.

Justine's expertise spans transformational leadership roles, strategy development and execution, customer-centric leadership, largescale operational delivery, government relations, advocacy and complex stakeholder management.

Justine has a strong understanding of the broad health, human services and aged care sectors and is committed to achieving equity in access to health services, population health improvement and judicious use of funding. Justine holds a Bachelor of Laws and a Bachelor of Science from the Australian National University.

## Group Executive Team



**Karen Adamedes**  
Chief Performance & Transformation Officer



**Taryn Black**  
Chief Strategy Officer



**Rowan Clifford**  
Group Executive, Health Service Operations



**Hayley Gould**  
Chief People Officer



**Penny Palmer**  
Chief Governance & Legal Officer



**Jan Ridd**  
Group Executive, National Diabetes Services Scheme (NDSS) & International Programs



**Emily Wooden**  
Chief Corporate Services

# Financial performance

## Operating result 2023–24

The Diabetes Australia Group consolidated result for the year was an operating surplus of \$7,139,859 (2022-23: deficit of \$1,639,287).

The strong surplus result was principally driven by:

- Investment income of \$3.8 million due to above expected returns on investments and interest earned
- Generous support from bequests and donations of \$9.9 million.

## Revenue

Total revenue of \$99,460,531 comprised tied and untied income. Funding from the Australian Government to administer the NDSS accounted for \$47,790,898 of our total revenue, and funding from State Government grants, *Life for a Child* and other grants totalled \$22,095,536. The remaining revenue was generated from fundraising, membership, philanthropy and other business activities.

## Expenses

Our main expenditure of \$33,961,398 was on employee benefits expense. The total number of employees at the end of the financial year was 321 in full-time and part-time employment.

## Assets

Assets total \$77,941,963. This comprises in the main cash and cash equivalents, trade and other receivables, term deposits, and property, plant and equipment.

## Summary

**Total revenue:** \$99,460,531

**Total expenses:** \$92,320,672

**Net surplus (deficit):** \$7,139,859

**Total assets:** \$77,941,963

**Total liabilities:** \$14,817,455

**Net assets:** \$63,124,508

**Total equity:** \$63,124,508

The full audited financial report of Diabetes Australia Ltd and its Controlled Entities is available on our website.

**DIABETES AUSTRALIA**

Phone: +61 2 6232 3800

E-mail: [info@diabetesaustralia.com.au](mailto:info@diabetesaustralia.com.au)

Website: [diabetesaustralia.com.au](http://diabetesaustralia.com.au)

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