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I M P A C T

R E P O R T

Who we are

Since 1953, Diabetes Victoria has been the leading charity and peak consumer body working to reduce the impact of diabetes in the Victorian community.



280k

The National Diabetes Services Scheme (NDSS) Helpline answered more than 280,000 phone calls last year.



160

160 people work for Diabetes Victoria.



37k

37,000 plus members.

3x

Aboriginal and Torres Strait Islander people are over three times more likely to develop type 2 diabetes compared to non-Aboriginal Australians.



Diabetes is the leading cause of preventable blindness.



15x

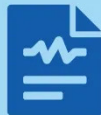
Amputations are 15 times more common in people with diabetes.

Why we do it



90

90 Victorians develop diabetes every day.



125k

Victorians have undiagnosed (silent) type 2 diabetes.



7x

Women with gestational diabetes are seven times more likely to develop type 2 diabetes later in life.



374k

374,000 Victorians living with diabetes are registered with the NDSS.



750k

750,000 Victorians are at risk of developing diabetes.



4x

People with diabetes are up to four times more likely to have a heart attack or stroke.

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Report from the President and CEO

We are proud to share some of the highlights of the 2022/23 financial year. During the last 12 months, our organisation celebrated some significant milestones. We honoured our past while taking action to create a brighter future for people living with diabetes, in partnership with the diabetes community.

We would like to first extend our sincere gratitude to our two departing Board Directors, for their considerable impact, service and guidance.

Associate Professor Mark Kennedy served selflessly and generously for five years as a Board Director. He was also a valued member of our Programs and Services and Clinical Advisory Committees.

Malcolm Gray AM retired as a Director of our Board after 30 years. He was also a valued member of our Commercial Committee.

Diabetes Victoria is endlessly grateful for the time, effort, energy and wisdom Malcolm has imparted over many eras of this organisation. We have a proud history of contribution to diabetes research, including \$27M to the Diabetes Australia Research Program over the past 23 years, and this is due in no small part to Malcolm's strong advocacy and astute financial and real-estate advice.

In March 2023 we celebrated our 70th anniversary – seven decades of advocating for people affected by diabetes. We are incredibly proud of this legacy.

We wouldn't be here without 70 years of support from our community – so thank you. We'll continue to be here to advocate for you until the happy day a cure is found for all types of diabetes.

Over the past year, we delivered many programs, courses, events and campaigns and we continued to build our connection with our diverse communities, and we were there when you needed us via the NDSS Helpline.

We remain focused on being here for you, to advocate on your behalf, to support you to live well with diabetes and to amplify your voice in the community.

We hope you'll enjoy the stories of impact in the pages that follow.

With thanks to the Board, staff, volunteers, donors, advisors and many partners of Diabetes Victoria for your tireless commitment to our mission.

With kind regards,



Glen Noonan
CEO



Richard Loveridge
President



Education

Making Sense

The Making Sense program was developed to help people living with diabetes improve the way they use their glucose sensing devices.

The group program is delivered to eight participants and is led by a peer facilitator, (someone who is living with type 1 diabetes and who has completed a one-day training workshop) and a Credentialed Diabetes Educator (who has also completed the training workshop).

The content of the program reflects findings from the Empowering Us: Design and Use of Technology for Type 1 Diabetes survey, which was conducted in 2021 during a collaboration between Diabetes Victoria and St Vincent's Diabetes Technology Research Group. The survey received over 4000 responses from adults living with type 1 diabetes.

The Making Sense Program is currently being piloted with funding from The Australian Centre for Accelerating Diabetes Innovations.

Outstanding contributions honoured

Congratulations to Dr Susan Alberti AC and Cheryl Steele for making a difference to the lives of people living with, or affected by, diabetes.

At the Diabetes Victoria Thank You Event in December 2022, we were delighted to award Susan Alberti with the 2022 Diabetes Victoria Outstanding Contribution Award, and Cheryl Steele with the Outstanding Contribution - Lived Experience with Diabetes Award.



Since 2007, Diabetes Victoria has been presenting the Outstanding Contribution Award to acknowledge individuals who have made substantial and meaningful contributions to improving the lives of Victorians affected by, or at risk of, diabetes.

Read the full story on our Impact Hub:

[Outstanding contributions honoured](#)



Prevention

Life! GDM pilot

Tailored Life! program: post-Gestational Diabetes

The *Life!* program has been available for women with a history of gestational diabetes (GDM) since it began. A new dedicated stream of the program was developed as a pilot in 2022/2023, to better meet the specific needs of these women.

The *Life!* program helps people live a healthier life and reduce their risk of type 2 diabetes, heart disease and stroke by making small changes in daily habits to achieve long term goals. The *Life!* program is delivered all over Victoria through group courses and telephone health coaching. The program was adapted after consultation with women with a history of GDM, and with several experts across fields such as sleep psychology, health behaviour change, exercise physiology and dietetics.

Changes made to the program include:

- Increased messaging about GDM health screening
- Weight loss goals adjusted based on prepregnancy weight
- Emphasis placed on stress and sleep earlier in the program
- Information for breastfeeding women
- Specific and relatable examples for the activities
- Modified physical activity information



The program is also offered in an online group setting, with participation restricted to people with a history of GDM, based on feedback from the community and health professionals.

Diabetes Victoria is grateful for the support of Monash Health in the promotion and implementation of the pilot to date. The pilot program will be evaluated in 2024.

Over 12,000 Victorian women were diagnosed with GDM in the last year, at rates that are double what they were a decade ago. Women diagnosed with GDM are eight times more likely to be diagnosed with type 2 diabetes.

Find out more about Eliza's journey:

[GDM Life! program](#)



The *Life!* program is supported by the Victorian Government

Research

Diabetes Victoria has a long-standing commitment to research. We fund the Diabetes Australia Research Program (DARP), and in partnership with Deakin University we support The Australian Centre for Behavioural Research in Diabetes (ACBRD).

Over the past 10 years we have contributed a total of \$22.6 million to research.

Gwen Scott grant program

The Gwen Scott grant program provides professional development grants to health professional members of Diabetes Victoria. The program aims to support health professionals to increase or update their knowledge and understanding of diabetes, management, and related health promotion strategies.

This year, applicants were asked to provide a statement explaining the value of their chosen activity to their own professional development, and the value of the activity to improving the health and quality of life of people affected by diabetes in Victoria. This information guided the grant panel's decision.

Read more about the eight successful applicants in 2023 here:

[Gwen Scott grant program](#)



The research topics that matter most to Australians affected by diabetes

A report released by the ACBRD highlights the research that matters most to Australians living with diabetes. The Diabetes Research Matters project amplifies the voices of Australians living with diabetes, and the valuable insights can be used to inform future diabetes research.

While researchers and funding bodies typically decide on the topics that need to be researched, in this study Australians affected by all types of diabetes were asked what research they believe is most important to improve their health and quality of life. The project team included people with lived experience of diabetes, who guided how the research was completed.

More than 650 people with type 1, type 2, gestational, less common types of diabetes and family members participated in this comprehensive national project.

[The research topics that matter most to Australians affected by diabetes](#)



Victorian researchers secure new funding for pivotal diabetes research

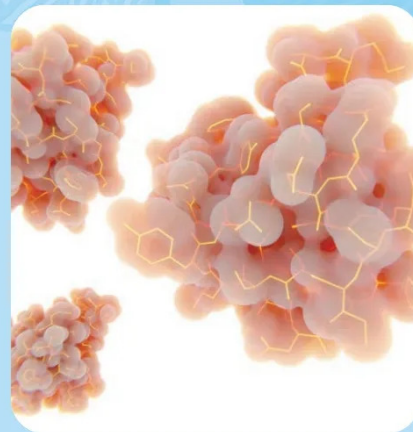
Victorian diabetes researchers have secured funding for 14 innovative research projects representing 40 percent of the 2023 DARP grants.

Diabetes Victoria is delighted the projects focus on all types of diabetes – including prevention, management and the search for a cure – all seeking to bring to an end the often devastating complications of this chronic condition.

Among the researchers to receive funding in 2023 is Dr John Karas. His study is seeking to develop a new oral form of insulin.

Another DARP funded project is led by Dr Elizabeth Holmes-Truscott from Deakin University and the ACBRD.

Dr Holmes-Truscott seeks to investigate how negative perceptions around diabetes and diabetes stigma affect women with gestational diabetes. This type of diabetes is growing at a considerable rate, affecting one in six pregnancies.



Dr Holmes-Truscott's work has already shown that stigma substantially adds to the burden of living with type 1 and type 2 diabetes. Now, with this new funding, she will be able to examine how it affects the emotional wellbeing, self-care and outcomes of women with gestational diabetes.

The Victorian recipients of the 2023 DARP grants come from many of Melbourne's most well-known institutions including Monash University, the University of Melbourne, Deakin University, St Vincent's Institute of Medical Research and Baker Heart & Diabetes Institute.

[Victorian researchers secure new funding for pivotal diabetes research](#)



Community

Peer support network

Diabetes Victoria has built, together with our community, a strong peer support network, with around 80 groups across the state. Peer support groups offer a welcoming space to share experiences, gain insights from expert speakers, and build lasting connections.

Led by community members or healthcare professionals, Diabetes Victoria provides insurance, small annual grants and ongoing support and resources to all peer support groups. In return, peer support groups provide their local communities with safe and friendly environments to meet and support other community members living with diabetes, while helping to raise awareness and funds for Diabetes Victoria.





A 50-year legacy: Albury Wodonga Diabetes Support Group

A Christmas in July event was a vibrant, joyful celebration of the Albury Wodonga Diabetes Support Group's 50th year.

The occasion commemorated five decades of mutual support and an unwavering commitment to reducing the impact of diabetes in the Albury Wodonga region. The group was founded half a century ago under the leadership of Diabetes Nurse Educator Dot Franks, a pivotal figure in the community.

The 50th year celebrations brought together past and present members to share their unique journeys, highlighting the crucial role of peer support in their lives. The stories they shared epitomised the spirit of the Albury Wodonga Diabetes Support Group.

[A 50-year legacy: Albury Wodonga Diabetes Support Group](#)



Campers back in business

Good things take time, great things take a little longer – this saying certainly captures the smiles on all faces, big and small, when 49 campers plus 42 volunteers and health professionals set up Senior Camp during the September 2022 school holidays.

It was the first overnight camp Diabetes Victoria could deliver since the COVID-19 pandemic changed our lives almost three years before.

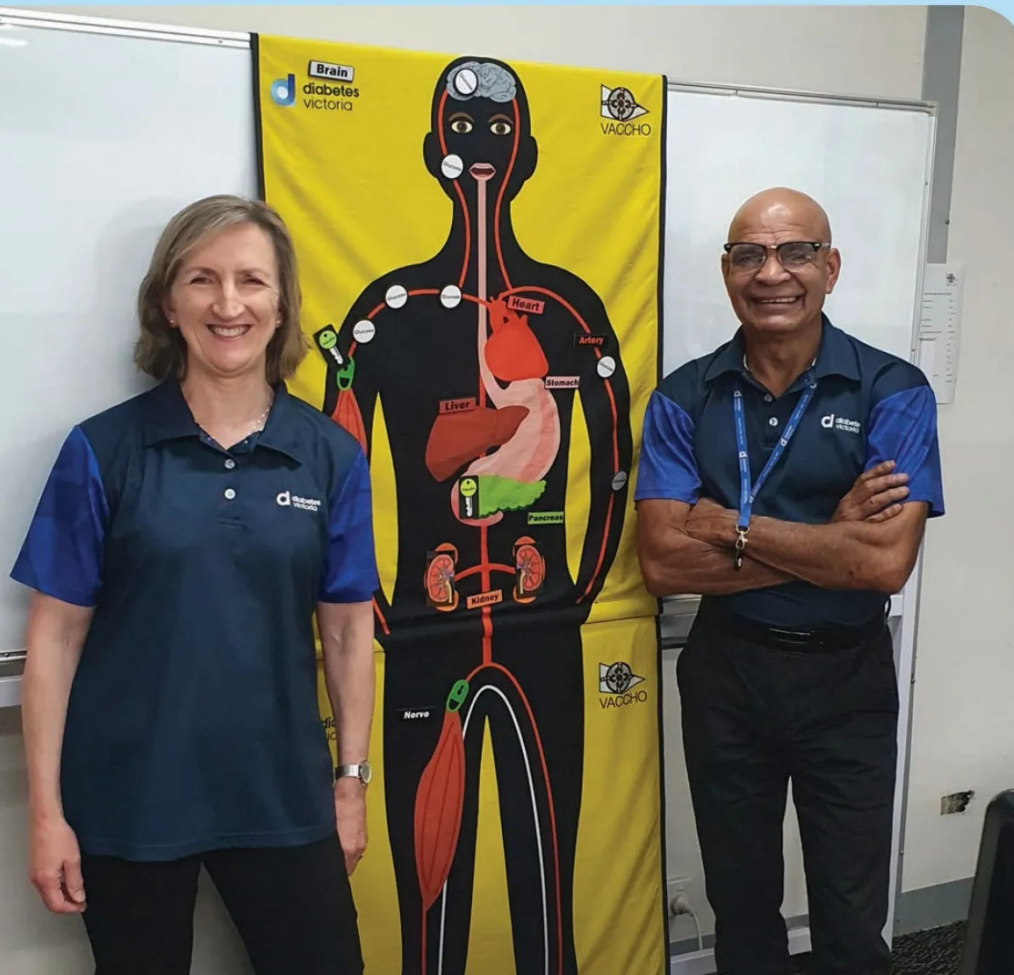
Held at YMCA Camp Manyung in Mt Eliza, campers aged 12 to 15 years were busy catching up after the long, unexpected break. They participated in a range of fun activities, including the giant swing, archery, high ropes, flying fox and a trivia night.

Read the full story on our Impact Hub:

[Campers back in business](#)



Access and Equity



Engaging with Aboriginal communities in Victoria

The Aboriginal team has been out and about, raising diabetes awareness and engaging with the Aboriginal health workforce and communities in Victoria, including Feltman® and Feltmum® training, attending community events and type 2 awareness sessions for community members. Diabetes Victoria's emphasis is on ensuring that our programs are culturally appropriate, tailored and accessible for Aboriginal communities across Victoria.

The Aboriginal Community Controlled Organisations (ACCOs) across Victoria we have visited include, Bendigo and District Aboriginal Cooperative, Ballarat and District Aboriginal Cooperative, Rumbalara Aboriginal Cooperative, Wathaurong Aboriginal Cooperative, Mungabareena Aboriginal Corporation, Dandenong and District Aborigines Co-operative, and Sunbury Aboriginal Corporation. Across 15 events, we have reached 161 people.

Find out more about the Aboriginal program:

[Aboriginal Torres Strait Islander](#)

Email us: culturaldiversity@diabetesvic.org.au



Arnold Castillo on the importance of connecting with CALD communities

“People with diabetes go on different journeys. We share the same condition, but we have many different experiences,” says Arnold Castillo, who lives with type 1 diabetes.

“What we have in common is the support we get from Diabetes Victoria.”

Arnold says Diabetes Victoria plays a pivotal role in educating people about the condition and campaigning to reduce diabetes stigma and dispel misinformation.

He praises the way Diabetes Victoria connects with culturally and linguistically diverse (CALD) communities especially.

[Arnold Castillo on the importance of connecting with CALD communities](#)



“In the Philippines, diabetes was seen as an early death sentence because you didn’t have access to diabetes medicine, technology or the support Diabetes Victoria provides,” he explains.

“The resources Diabetes Victoria provides and the way they deliver that information to different cultures helped my extended family to understand that I could live a normal life.”

70 Years of Diabetes Victoria

On Tuesday 24 March in 1953, the first meeting of the Victorian Diabetics Association (VDA) was held at Melbourne Town Hall – this was the first members meeting of what we now call Diabetes Victoria.

In 2023, we celebrated 70 years of advocating for people affected by, or at risk of, diabetes – a legacy we're incredibly proud of. Seven decades ago, the knowledge and understanding of diabetes by the medical profession and the community was not well informed. The VDA was established because people with diabetes wanted ownership of their condition, taking an active role in everyday self-management.

From the beginning, the motto of the VDA was: "Self-help, not self-pity." Aiming to improve the lives of people with diabetes through practical guidance and public education, the VDA was set up as a solely philanthropic body, run by people with diabetes and their friends.

So much has happened since 1953. The treatment and management of diabetes has made staggering progress and research developments continue improving the quality of life of people living with diabetes. We are proud of the role we have played in pursuing this agenda. Yet, we wouldn't be here without 70 years of support from our community – so thank you! We'll continue to be here to serve you until the happy day a cure is found for all types of diabetes.



DIABETES VICTORIA



Campaigning

Diabetes.

Testing times.

Election Priorities 2022

In November 2022, Diabetes Victoria called on the Victorian Government to recognise and collaborate on five key priorities to support all Victorians affected by, or at risk of, diabetes. These priorities are based on the lived experiences of over 374,000 people across Victoria who are currently living with diabetes.

The five priorities to improve the health and quality of life of thousands of Victorians with diabetes are: Innovation in Diabetes Care, Diabetes and Mental Health, Diabetes in Hospitals, Diabetes and Equity and Prevention and Remission of Type 2 Diabetes.

[Diabetes. Testing Times.](#)



Open letter to Government

November 2022

To: Premier Andrews
Minister for Health
Minister for Education
Minister for Mental Health

Cc: All MPs

RE: Community Call for a Victorian Diabetes Plan

On behalf of the more than 374,000 Victorians living with diabetes and their families, we call upon the government to make an election commitment to develop a Victorian Diabetes Plan to prioritise support for Victorians living with diabetes.

Diabetes is an extremely serious and complex set of conditions that require daily self-care. Currently, there is no cure for any type of diabetes. All types of diabetes have long-term health implications, which can reduce both quality and length of life.

The Victorian Government knows that one in four people in Victoria's hospitals has diabetes. It has identified the need to reduce hospital admissions among people with diabetes. But it currently has no clear plan on how to achieve this.

We need a plan – an ambitious Victorian Diabetes Plan – focused on the urgent need to improve both the health and quality of life of all Victorians affected by, or at risk of, diabetes.

A Victorian Diabetes Plan would identify the key priorities affecting Victoria's healthcare system and economy.

It would set goals for achieving short, medium and long-term targets. Such a plan would empower health systems, health professionals and researchers to realise and address the priorities, and aim for and meet the targets.

In the past two years, we have all been acutely aware of the COVID-19 pandemic. But we must not ignore the other pandemic: diabetes. One in five COVID-19 deaths has been among people with pre-existing diabetes. People with diabetes have been far more likely than the general population to be hospitalised, and experience very serious complications.

This request is critical because diabetes is increasing at a faster rate than any other chronic condition and remains one of the biggest challenges confronting our health system. Unlike many other similarly serious conditions, diabetes has an image problem, so it does not receive the funding or attention it deserves. Now is the time to remedy this situation.

In the lead up to World Diabetes Day on 14th November 2022, there is a timely opportunity to announce a commitment to a Victorian Diabetes Plan, as one of your government's key election commitments for health.

We request your urgent attention to this matter. All Members of Parliament need to consider the health and well-being of all people with, or affected by, diabetes in Victoria – they represent over one million Victorians, one fifth of the electorate.

This letter is signed and supported by Victoria's leaders in diabetes, who are deeply concerned by the lack of prioritisation of diabetes in Victoria over many years. They include specialists in endocrinology, diabetes education, primary care, public health, epidemiology, psychology, as well as philanthropy, the leaders of professional associations, and universities.

Together, we are united to support, empower and campaign for people living with, or at risk of, diabetes.

We call on you to commit to working with us to bring to fruition a Victorian Diabetes Plan.

Yours sincerely



Glen Noonan
Chief Executive Officer: Diabetes Victoria
Adjunct Professor: Deakin University

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Minister for Education Minister for Mental Health
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Yours sincerely

Glen Noonan



Chief Executive Officer: Diabetes Victoria Adjunct Professor: Deakin University

Social Enterprise and Fundraising

The seriousness of diabetes and our vision, purpose, and goals align with the development of our portfolio of social enterprise businesses. Each business was established to diversify income streams and help us make a bigger impact in fulfilling our goals.

Savers

Savers

Making an impact through our successful Collection Business by building a sustainable community.

Our Collection Business has been operating since 1997 and Diabetes Victoria is the main charity supplying pre-loved clothing, small household miscellaneous items and books to seven Savers retail stores in Victoria.

The partnership is an important source of revenue which enables us to support people living with diabetes through programs, services and research, while keeping pre-loved clothing and household items away from landfill.



For Purpose Commercial Solutions

For Purpose Commercial Solutions

For Purpose Commercial Solutions (FPCS) is an extension of the shared services and technology capabilities offered within Diabetes Victoria.

FPCS provides a unique range of shared services and technology capabilities ideally suited to supporting for-purpose organisations.

Beginning in 2011, Diabetes Victoria transformed our technology from disparate and legacy business systems and databases to current day, best-of-breed and integrated cloud technology solutions.

The team at Diabetes Victoria is now providing expertise to other organisations to deliver similar solutions and has grown to be one of the largest Salesforce adopters in the for-purpose organisations sector within Australia.



Fundraising

In 2022/23 we raised a total of \$2.21M thanks to the generosity of our donor community, supporting Victoria's world-leading diabetes researchers to make crucial breakthroughs.

Other areas of donor impact include vital programs and our impactful advocacy services. Our programs give people the knowledge and confidence they need to manage all types of diabetes, while our advocacy services provide personalised support and advice to people and families affected by diabetes.

Members and donors were given the opportunity to share feedback on our organisation, why they donate and what's important to them in our 2022 Donor Survey, which received 940 responses.

These insights from our donor community have been invaluable, and their feedback has been implemented into a fundraising strategy to help improve our work.

"The timely response has always made me feel that no matter how small the donation, it is appreciated."

"I want Diabetes Victoria to continue the good work they are doing. Thank you."

"My nephew was diagnosed age 13 with Type 1 which was devastating. Having first-hand knowledge now, I feel making a donation is the least I can do."

"I recycle household goods and clothes through Diabetes (Victoria) and love that service!"



Financial Snapshot

Financial Snapshot 2022/23

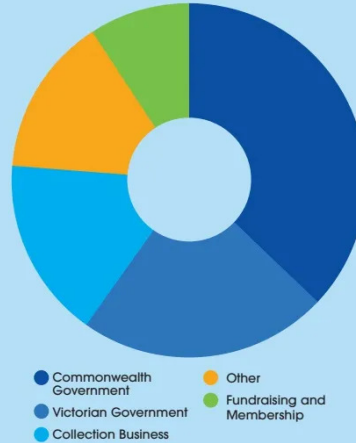
Diabetes Victoria recorded an operating surplus of \$1.8 million before research. This surplus was largely attributed to our Commercial Operations, coupled with the unrealised gain from the revaluation of our investment portfolio.

We paid \$2.9 million to the Diabetes Australia Research Trust in November and this funded researchers through the 2023 Diabetes Australia Research Program.

Our contribution to the Australian Centre for Behavioural Research in Diabetes was \$396K.

The audit of our FY 22/23 financial statements was completed and unqualified, with no issues of concern raised by our auditors.

Streams of Revenue



	FY2022/23	FY2021/22
Total Revenue	21,922	20,194
Total Expenses	20,810	20,302
Net surplus / (deficit) before research and gain/loss on financial assets	1,112	(108)
Net gain / (loss) on financial assets	732	(1,114)
Net surplus / (deficit) before research	1,844	(1,222)
Donations to diabetes research	396	405
Net surplus / (deficit) after research donations	1,448	(1,627)
Total assets	37,084	37,362
Total liabilities	9,660	11,387
Net Assets	27,424	25,975
Total equity	27,424	25,975

Thank you

Partners

- Abbott
- Ascensia Diabetes Care
- ASIC in the Community
- Askra Consulting
- Australian Diabetes Educators Association
- Australian Women's Weekly
- Baker Heart and Diabetes Institute
- Be Fit Food
- Damien Greer Lawyers
- Deakin University
- Department of Veteran's Affairs
- Diabetes Australia
- Diabetes Shop
- Exercise for Rehabilitation and Health
- Gras Foundation Trust
- HypoActive
- Ian Reid Vendor Advocates
- Legalife
- Lions Australia
- Lord Mayor's Charitable Foundation
- Monash Children's Hospital
- Pharmaco
- Royal Children's Hospital
- Sanofi
- Savers
- The Happy Snack Company
- VicHealth
- Victorian Aboriginal Community Controlled Health Organisation
- Ypsomed

Legacy Gifts

- Estate of Anthony Aufgang
- Estate of Austin Webster Gaylard
- Estate of Bernard Otto Ernst Heid
- Estate of Bryan Gerald Cannan
- Estate of Carl Joseph Fackler
- Estate of Dorothy May Taylor
- Estate of Judith Elizabeth Clarke
- Estate of Michael Sholim Herman
- Estate of Monica Mary Coldicott
- Estate of Nance Elizabeth Creaton
- Estate of Patricia Lynette Dunning
- Estate of Rainer Naehner
- Estate of Raymond John Cook
- Estate of Robert Colin Leviston
- Estate of S.T.A.F Bruce Leslie Powell
- Estate of S.T.A.F. Phyllis Holman
- Estate of Shirley Jean Gleeson
- The Maxwell and Gweneth Digby Memorial Fund



Community fundraising/Major gifts

- John C Reid
- Leah and Michael McGinniss
- National Retail Group Pty Ltd Chemist Warehouse
- Pamela Diestel in loving memory of Emily Anne Diestel 1977-2017
- Ritchies
- William Hunter



Karen Healthy Eating Pictorial Guide.



Xavier D'Aprano, Community Fundraiser,
with his father Andrew.

Diabetes Victoria / Life! / ACBRD

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