



The Time For Action

Diabetes Victoria Strategy 2024-30





Acknowledgement of Country

Diabetes Victoria acknowledges the Traditional Custodians of our lands and pays respect to their Elders, past and present. We strive to reduce the impact of diabetes on Aboriginal and Torres Strait Islander people living in Victoria.





Contents

Message from our President and CEO	2
Who we are	3
Our Vision and Ambitions	4
Our Purpose	6
Now is the time for action	8
Our Commitments	10
Our Goals	12
Goal 1	14
Goal 2	16
Goal 3	18
Goal 4	20
Goal 5	22
Goal 6	24
Our Values	26
Our view of the future is bright	28
The time for action is now	31
References	32

Message from our President and CEO

Diabetes is one of the biggest health challenges confronting our state.

90 Victorians are diagnosed with diabetes every day¹ – that's more than 32,000 people every year. Gestational diabetes affects 1 in 6 pregnancies,² while 1 in 4 people in Victoria's hospitals have diabetes^{3,4}.

Diabetes remains the leading cause of preventable blindness in adults and accounts for 40% of kidney failure³. People with diabetes are four times more likely to have a heart attack or stroke⁹. However, diabetes can be managed well, and the people affected can live long, healthy, and happy lives.

The onset and progression of all types of diabetes are shaped by many factors. These include genetic, biological, social, environmental and behavioural drivers. Yet, there is a stigma surrounding diabetes, which means that it does not receive the support it deserves.

Diabetes Victoria understands the **urgent need** to change this reality.

Our strategy builds on the successful history of our organisation as the peak consumer body supporting people with diabetes in Victoria for over 70 years.

We see a future where people with diabetes live well and longer, and where there is a cure for, or **prevention** of, all types of diabetes. A future where people with diabetes will benefit from more research breakthroughs. They will have better **access** to quality healthcare, treatments and technologies. People living with diabetes will be **empowered** to manage their condition their way, **free from stigma** and discrimination. They will live free from the **harmful impacts of complications**.

Achieving this brighter future requires significant change. We need to change how diabetes is viewed, understood and how it is managed. We need to recognise the emotional and mental burden of living with diabetes '24/7'. We also need to change how diabetes care is provided within the health system, and how it is funded by government. We want our environments to make **'health for all'** a reality. A world in which diabetes can do no harm.

Our partnerships and collaboration with research institutes foster community-led **research**. We will continue to drive this, as we want the perspectives of people with lived experience to inform and be embedded in all research.

We will strengthen our advocacy on behalf of Victorians living with or at risk of diabetes. We recognise that the challenges are complex but together we are stronger. We will partner with community, government, healthcare professionals, research institutes, and industry on a range of initiatives to **transform** the health and well-being of all Victorians affected by diabetes. We will support, educate and upskill more people. We will fund more research to improve treatments and find a cure.

Our strategy is ambitious. Because *all* people affected by diabetes are worthy of **a future where diabetes can do no harm**. With you, our vision can become a reality.



Glen Noonan
Chief Executive Officer



Richard Loveridge
President

Who we are



Since 1953, Diabetes Victoria has been the leading peak body dedicated to reducing the impact of all types of diabetes on people, families, communities and health systems across Victoria. Diabetes Victoria was established when Victorians living with diabetes expressed the need to have ownership of their condition.

Diabetes Victoria is the Victorian Agent of the National Diabetes Services Scheme (NDSS), which is an initiative of the Australian Government, administered by Diabetes Australia.

Our Vision and Ambitions

Our Vision

A world in which diabetes can do no harm.

Our Ambitions

At the heart of our vision are two ambitions, which drive our work every day:

- People with diabetes of all types will live well and longer.
- There will be a cure for, or prevention of, all types of diabetes.

Our ambitions are big but the opportunities for action have never been so great. So many lives depend on our work, now and into the future.





Our Purpose

We are dedicated to reducing the impact of all types of diabetes on people, families, communities and health systems across Victoria.

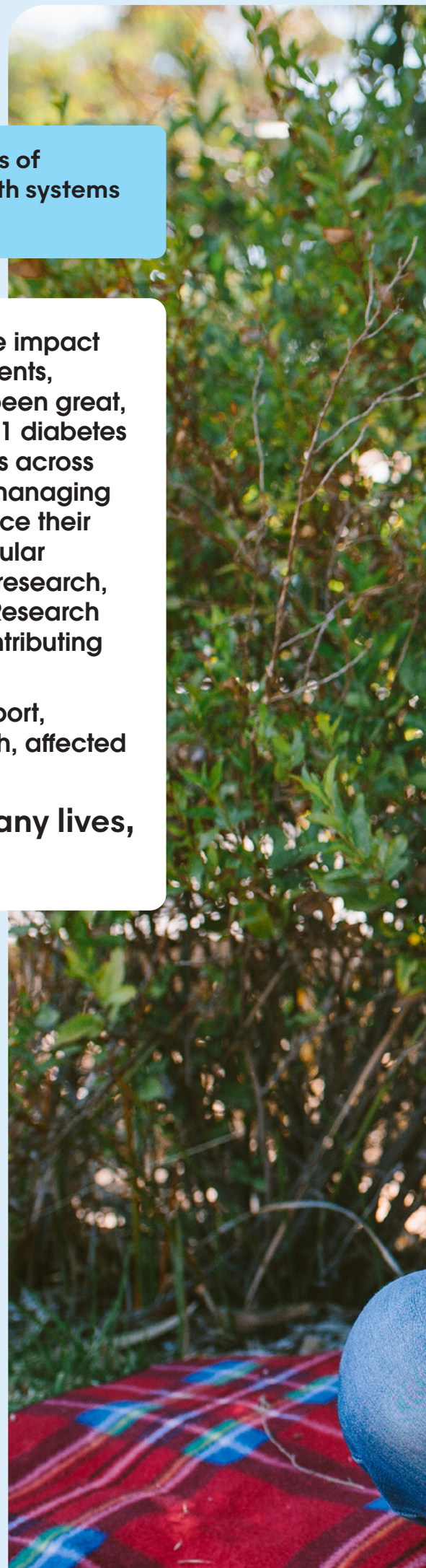
Diabetes Victoria has a rich history creating positive impact for people affected by diabetes. Our accomplishments, achieved with our community and partners, have been great, whether it's delivering camps for children with type 1 diabetes for 70 years, supporting over 80 peer support groups across Victoria, leading diabetes education programs or managing the *Life!* program, which supports Victorians to reduce their risks of developing type 2 diabetes and cardiovascular disease. We have consistently been a supporter of research, co-founding the Australian Centre for Behavioural Research in Diabetes (ACBRD) with Deakin University and contributing millions to breakthrough diabetes research.

Our purpose continues to drive us today as we support, empower and campaign for all Victorians living with, affected by, or at risk of, diabetes.

We have already positively impacted many lives, but there is more work to be done.

"People with diabetes go on different journeys. We share the same condition, but we have many different experiences. What we have in common is the support we get from Diabetes Victoria."

Arnold, who lives with type 1 diabetes





Now is the time for action

Almost 400,000 Victorians are living with diabetes today⁴. That's enough people to fill the Melbourne Cricket Ground four times over.

All types of diabetes are growing at an unprecedented rate. Around 90 people are diagnosed with diabetes every day in Victoria, making it the fastest-growing chronic condition in our state. Most people know someone with diabetes.

All types of diabetes are serious and can cause further health complications.

Impact on individuals

BLINDNESS
Diabetes is the leading cause of preventable blindness in adults⁵.



DEMENTIA
Diabetes doubles a person's risk of dementia.⁶

STROKE
People with diabetes are two times more likely to experience a stroke.⁸



DIABETES DISTRESS
Diabetes related distress, anxiety and depression affect more than 30 percent of all people with diabetes.⁷

HEART ATTACK
People with diabetes are four times more likely to experience a heart attack.⁹



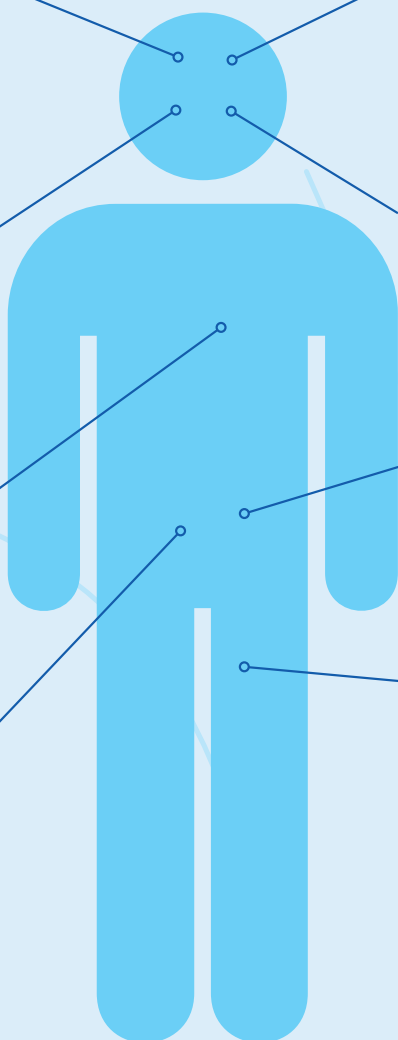
KIDNEY FAILURE
Diabetes accounts for 40% of kidney failure.³



AMPUTATIONS
Diabetes is a leading cause of amputations.¹⁰



IMPACT ON MOTHERS
Women with gestational diabetes are 7 times more likely to develop type 2 diabetes later in life.¹¹
Gestational diabetes affects 1 in 6 pregnancies.²



The magnitude and severity of diabetes means we must move fast.

We have seen how the power of community can create change, be it creating more research dollars through fundraising, influencing leaders and decision-makers, or listening and learning from all voices in our diverse community.

Together, we can change the narrative and transform lives.

We cannot wait. *The time for action is now.*

Impact on our community and state



COMMUNITY IMPACT

Aboriginal and Torres Strait Islander Victorians are three times more likely to develop type 2 diabetes than non-Aboriginal and Torres Strait Islander Victorians.¹²

Almost 400,000 Victorians are living with diabetes.¹⁹

125,000 have undiagnosed type 2 diabetes.²⁰

750,000 are at risk of developing type 2 diabetes.²¹

32,000 Victorians are diagnosed with diabetes every year.¹³

1 in 4 patients in Victorian hospitals have diabetes.¹⁴

40% of diabetes expenditure in Australia is on hospital services.¹⁸

1 in 3 people with diabetes have experienced discrimination due to their diabetes.¹⁷

Approximately 60% of cases of type 2 diabetes can be delayed or prevented.¹⁵

Diabetes is at least twice as common among those living in regional/remote areas or living in households with the lowest incomes.¹⁶

Our Commitments

The path to success is not only defined by the goals we set, but by the commitments we make to achieve them and how we go about our work.

To achieve our ambitions and see our vision come to life, we are committed to:

Valuing the lived experience

Valuing the lived experience of all people affected by diabetes, amplifying their voices, and advocating together.

There is no evidence more important, when speaking about diabetes, than the voices of those affected.

Improving health outcomes

Improving health outcomes for all Victorians affected by diabetes, ensuring there is fair and equitable access to services and support, and recognising the diverse needs of the community.

We are committed to seeing advances in health and healthcare achieved with equity for all so that no one is left behind. No single group alone can make the changes needed in improving the health outcomes for Victorians, we must stand together.



Collaborating across the community

We will work with people with lived experience of diabetes and those supporting them.

This will take the passion, skills, expertise and determination of the entire diabetes community. Our collaborations will provide the foundation to build and grow important connections to achieve impact. We will focus on issues that have the most significant impact across all areas of healthcare, including research that matters most to people affected by diabetes.

Creating urgency with compassion

Creating urgency with compassion, identifying and advocating for unmet needs, and creating solutions, with empathy for those living with or affected by diabetes.

Driving change for impact

Driving change for impact, scaling up what works and stopping what doesn't, increasing reach across Victoria, setting up and strengthening partnerships, advocating for individuals and for system changes, innovating and using evidence to inform all areas of our work. We will create new partnerships and strengthen established partnerships across Victorian organisations and systems including healthcare, education, workplaces, business and government.

Our Goals

Over the coming years, our ambitions, purpose and commitments will lay the foundation for achieving six goals.

Our work in advocacy, policy, programs and services, research, and fundraising will be structured and focused on achieving these goals.

We will keep advocating for initiatives that matter most to the community in a considered and compassionate way. We cannot wait any longer - the time for action is now.

We will work together with the community, government, health professionals, researchers, donors, industry, and other key bodies to achieve our goals. Together we can achieve outcomes the diabetes community needs and wants.

Goal 1

Prevention

Fewer people will develop diabetes.

Goal 4

Stigma

People will live free from diabetes stigma and discrimination.



Goal 2

Access

More people affected by diabetes will have access to a timely diagnosis, and the quality healthcare, education, treatments and technologies they need.

Goal 3

Empowerment

More people with diabetes will be empowered to self-manage their condition, their way, with confidence.

Goal 5

Complications

People with diabetes will live free from the harmful impacts of complications.

Goal 6

Research

More people will benefit from research breakthroughs to prevent, manage or cure diabetes.

Goal 1

Fewer people will develop diabetes.

All Victorians deserve to be in good health for as long as possible. Prevention needs to be a priority for all types of diabetes, even after a cure is found.

Diabetes poses a significant risk to physical and mental health. It places a burden on people, their families, communities, and the healthcare system.

Currently there is no way to prevent or cure type 1 diabetes. The latest research provides hope about the possibility of delaying type 1 diabetes, but more work is needed to explore this.

There are many factors that affect a person's risk of developing type 2 diabetes. Not all can be modified. For example, genetics, age, ethnic background and family history cannot be modified, however research has shown that it is possible to prevent or delay type 2 diabetes in up to 60 percent of cases. We are proud of our role in leading one of the world's largest type 2 diabetes prevention programs, *Life!*. We will continue to build on this strong foundation and work with partners to help reduce every Victorian's risk of type 2 diabetes.

Like type 2 diabetes, there are many factors affecting risk for gestational diabetes. The impact of gestational diabetes continues to have ongoing effects long after pregnancy. Gestational diabetes increases the risk of type 2 diabetes later in life for mothers and children. Managing health and risk factors are pivotal before, during and after pregnancy. This creates the best outcomes in the short and longer term.

Environments that encourage healthy habits reduce health risks and help all of us to live well. Healthy public policy is key to achieving social, economic and commercial environments that promote health and wellbeing. Climate change poses many challenges for both our physical and mental health. Public policy needs to promote sustainability and initiatives to support action on climate change.

All Victorians deserve access to healthcare, support and skills to manage their health. A focus on preventative healthcare services reduces costs for people and the government. Let's work together to build a healthier future for all.

A brighter future

Prevention will be valued and there will be greater investment in prevention. There will be better integration of prevention across the Victorian healthcare system. The environments in which Victorians work, play and live will actively promote and support healthy habits.

There will be greater awareness of all types of diabetes, and their risk factors. Greater awareness of, and access to, programs will support people to reduce their risk of type 2 or gestational diabetes.

It will be possible to prevent type 1 diabetes.

All Victorians will have equitable access to high quality, evidence-based information and resources to live well with diabetes. Resources will be easy to understand and used across each stage of life. Communities will be central to developing solutions to improve their health and wellbeing.

Focus Areas



Zoë was diagnosed with gestational diabetes when she was pregnant with her son. “I was studying for a PhD, working for myself, and parenting – all of this meant I wasn’t looking after myself very well,” she says. “I decided to join the *Life!* program because I knew I was at higher risk of developing type 2 diabetes, and I wanted to stay well and be a healthy mum in the future. This program is amazing! It helped me more than I expected. Over time, the small changes add up and I have learnt so much.”

- ✓ Continue to deliver the *Life!* program, one of the world’s leading type 2 diabetes prevention programs.
- ✓ Build capacity to expand diabetes prevention in the health system, including integrating the *Life!* program into existing services and care pathways.
- ✓ Increase awareness and reach of diabetes and prevention opportunities to help more people understand their risks and take action to live well.
- ✓ Partner with health and community organisations to advocate for healthier environments.
- ✓ Strengthen and enhance healthy pregnancy initiatives and follow-up preventive care.
- ✓ Focus on health equity and provide tailored services so priority populations can achieve good health and wellbeing.
- ✓ Invest in and support research to prevent and/or delay the onset of all types of diabetes.

Goal 2

More people affected by diabetes will have access to a timely diagnosis, and the quality healthcare, education, treatments and technologies they need.

People can live with type 2 diabetes without experiencing symptoms. Some people live with the condition for up to seven years before being diagnosed. One in four people with type 2 diabetes already have a diabetes-related complication by the time they are diagnosed.

Around one in five adults with type 1 diabetes are misdiagnosed with type 2 diabetes²². Delays in an accurate diagnosis also mean a delay in accessing the most effective treatments, increasing the risk of complications.

Up to 30% of children with type 1 diabetes have life-threatening symptoms of Diabetic Ketoacidosis (DKA) at diagnosis²³. We support efforts to establish a national program to screen all children for type 1 diabetes.

Diabetes has an unequal impact on our community. Aboriginal and Torres Strait Islander people are three times as likely to have type 2 diabetes as compared to non-Aboriginal and Torres Strait Islander people¹². Diabetes is at least twice as common among those living in regional/remote areas or living in households with the lowest incomes¹⁶.

Healthcare costs are rising. Access to specialist diabetes expertise varies, especially for those living in remote or regional areas. These barriers are ongoing stressors in the lives of Victorians affected by diabetes. These and other factors must be addressed. Everyone living with diabetes deserves access to the care, education, treatments and technologies they need to live long and healthy lives.

Subsidised access to continuous glucose monitoring for people with type 1 diabetes has been life changing – for those eligible to access it. However, Australia has not kept pace with other countries in approving and subsidising advanced diabetes technologies. We will only realise the full benefits of research when everyone is able to access these advancements.

Improving access to effective treatments and technology will positively impact the physical and mental health of all Victorians living with diabetes. This will ultimately reduce downstream health costs and have positive impacts on the wider economy.

A brighter future

Everyone will have access to affordable diabetes care, treatment and technologies.

Processes will be in place to ensure the early diagnosis of all types of diabetes. This will reduce the risk of complications and provide people with the treatment, information and support they need.

All people with diabetes will have access to affordable, effective diabetes care, education, treatment and technologies, and support, regardless of their age, gender, ability, location, cultural or linguistic diversity. Culturally appropriate programs and support will be easily accessible.

Aboriginal and Torres Strait Islander people will no longer be disproportionately affected by diabetes.

All people with diabetes will have tailored care plans to ensure comprehensive diabetes management, including primary care, endocrinology, nursing, nutrition and mental health support.

We will listen to communities. Their priorities will inform Diabetes Victoria's campaigning for policy and health priorities. We will work with all partners and communities to see this happen.



The Diabetes Victoria Clinic was established to address the community's need for better access to diabetes specialists. Many people face long wait times or have difficulty seeing health professionals as often as they'd like. At the Clinic, individuals living with diabetes are recognised as experts in their own care. Our specialised health professionals listen to their experiences, respect their knowledge, and provide personalised advice and support, helping people manage their condition in their own way.

Focus areas

- ✓ Collaborate with health organisations and government to deliver initiatives that encourage timely diagnosis of all types of diabetes.
- ✓ Advocate for equitable, affordable access to effective medicines and technologies, including continuous glucose monitoring and automated insulin delivery systems.
- ✓ Enable greater access to culturally appropriate support and resources for Aboriginal and Torres Strait Islander people affected by diabetes.
- ✓ Enhance the availability of quality diabetes care, including accessible information, telehealth services, tailored education programs, and mental health support to all Victorians living with diabetes, with an emphasis on inclusion, regardless of age, gender, ability, location, cultural or linguistic diversity.

Goal 3

More people with diabetes will be empowered to self-manage their condition, their way, with confidence.

People living with diabetes know their condition better than everyone else – they manage their condition 24/7. Diabetes is primarily self-managed, and people living with diabetes are the experts in their own care, including what works and does not work for them. This is why access to reliable and reputable information is critical.

While people with diabetes have a similar shared experience, every individual's experience is unique. We value and celebrate diversity in the diabetes community.

Managing diabetes is complex. What works for one person may not work for another. Some people prefer set routines, while others prefer flexibility in the way they manage their condition. Weight management might be a priority for some, others may prefer a weight neutral approach. For some people living with type 2 diabetes, remission may be their goal. Others prefer to take medication to manage their glucose levels.

These are all personal choices based on the specific circumstances of individuals which may change over time.

Empowering means recognising that everyone has ownership of their own health and the right to self-manage their diabetes in a way that suits them and their circumstances. Through our diabetes education programs, we have trained thousands of Victorians in the skills they need to adjust insulin doses to match their food choices and reduce diabetes distress and manage physical activity.

Our workforce is passionate about delivering these life-changing programs proven to support, empower and connect people affected by diabetes. This is their fundamental right. Everyone deserves access to the tools and support they need to self-manage their condition, their way, with confidence.

A brighter future

Every person living with diabetes will understand the different ways they can self-manage their condition. The latest recommendations will be widely accessible, regardless of where a person lives or what language they speak. This will enable people with diabetes to make informed decisions about their health. People living with diabetes will be heard and empowered to manage their condition, their way, with confidence, to achieve their personal health goals, without compromising their life goals. People affected by diabetes will feel supported along every step of their journey.



Diabetes Camps Victoria

Diabetes Camps Victoria changed Brittany's life. Her experience at camps inspired Brittany to get involved as a leader and she has now volunteered at 19 diabetes camps.

"Camps changed my life, so I keep coming back to help all the kids that maybe feel like me, because (living with diabetes) can be really hard,"
"Most of these kids have never met another person with type 1 diabetes and camps help them to feel less isolated and realise they are not alone."

Brittany, camps participant and volunteer



“OzDAFNE was sensational! I had given up hope and almost on life. This has given me a new and powerful start. I felt more support than I have ever felt. And knowing exactly what is happening to me and how to treat it has lifted such an enormous weight.”

OzDAFNE participant

Focus areas

- ✓ Amplify the voices of people affected by diabetes, creating safe spaces for them to express their unmet needs.
- ✓ Deliver proven programs that empower and connect people affected by diabetes.
- ✓ Prioritise diabetes education for all and collaborate with diverse communities to develop culturally relevant programs.
- ✓ Enable people with diabetes to make informed decisions about their use of diabetes technologies and treatments.
- ✓ Upskill the workforce to empower people affected by diabetes to self-manage their condition.

“I have so much to learn from other members, not only their knowledge but also their outlook on life and how they navigate their condition. I feel peer support is an essential service for anyone who has diabetes, as it makes you feel less alone and helps with mental health and hope for the future.”

Michael, peer support group member

Goal 4

People will live free from diabetes stigma and discrimination.

Diabetes stigma and discrimination negatively impact people's health, wellbeing, professional and social lives.

Some people hide their condition from others or avoid managing it in public, because of other people's judgements or negative comments. This can delay essential glucose monitoring or insulin doses, which may lead to long-term health problems. All people living with all types of diabetes deserve respect, and to live free from diabetes stigma and discrimination.

Up to one in three people with diabetes have experienced discrimination (i.e. unfair or prejudicial treatment) due to their diabetes¹⁷.

Diabetes discrimination can take place in all areas of a person's life, including education, work and recreation. For example, some schools turn away children with diabetes, or don't allow them to attend school excursions with their classmates.

The perception of diabetes as less serious or less worthy than other conditions has a negative impact on public and government funding for diabetes research, prevention, clinical care and treatments. We cannot afford for this continue, as it stifles much-needed advancements.

Diabetes stigma and discrimination are harmful, unacceptable and unethical.



A brighter future

All people affected by diabetes will feel respected. They will live without fear of judgement or discrimination due to their condition. All people with all types of diabetes will feel comfortable managing their condition in public. They can speak freely about their personal journey and experiences of living with diabetes. People will call out diabetes stigma and discrimination when they see, hear or experience it.

People and organisations will be aware of what it takes to be inclusive, and compassionate to the needs of people living with diabetes. People with diabetes will not miss out on opportunities or experiences due to their condition.

People with diabetes will freely access the resources and support they need to live well with their condition. Accurate, respectful, inclusive, and non-judgemental language and imagery will be used when communicating with or about people with diabetes. Fear-based messaging and imagery will be a thing of the past.

Bringing an end to diabetes stigma and discrimination starts with a collective commitment from all sectors of the diabetes community to challenge the status quo – the negative judgements, stereotypes, and prejudices that are all around us, influencing discussions and decision-making about diabetes.



Focus areas

- ✓ Work with community, partners, and organisations to create a more compassionate world for people affected by diabetes.
- ✓ Support and advocate for people who experience discrimination due to diabetes, including in education settings and workplaces.
- ✓ Recognise and reduce diabetes stigma, by challenging unfair representations of diabetes, and fear-based messaging and imagery and encouraging initiatives, policies and laws that promote equity for all people with diabetes.
- ✓ Enable people affected by diabetes to recognise diabetes stigma and discrimination as unfair, and feel empowered to expect support, respect and fair treatment.
- ✓ Use accurate, inclusive, non-judgemental and strengths-based language, messaging and imagery in all communications.



International Consensus calls for an end to diabetes discrimination

The international consensus and global pledge to end diabetes stigma and discrimination was launched in Melbourne. The pledge is a collective commitment from all sectors of the diabetes community to challenge negative judgements and stereotypes that influence discussions and decision-making about diabetes. 51 experts from 18 countries achieved the unanimous consensus, which has been endorsed by leading diabetes organisations worldwide.

Goal 5

People with diabetes will live free from the harmful impacts of complications.

Diabetes is complex and its daily and long-term impacts are greatly underestimated. All types of diabetes are serious and can cause further health complications. Anyone living with diabetes may experience complications through no fault of their own. While the risk of complications from diabetes can be reduced, living free from complications cannot be guaranteed.

Many people living with diabetes also live with other health conditions. They may need specialised support that is not widely available, and greater access to care and targeted treatment to minimise the risk of further complications. An estimated 1 in 5 Australians live with more than one health condition.²⁴

Almost 1.3 million hospitalisations are associated with diabetes. This represents 11% of all hospitalisations in Australia.²⁵ The annual direct costs for people with diabetes-related complications are more than double the costs for people with diabetes without such complications.

While the risk of complications related to diabetes can be reduced, we still do not know exactly why some people develop harmful complications and others do not. More research is needed into early indicators, monitoring, and risk factors of complications. A deeper understanding will ensure resources are used more efficiently for those at risk of complications and will help discover new ways to prevent or treat them.

A brighter future

All people with diabetes will have access to the resources and support they need to live well with diabetes. People will have access to screening for early detection of changes that could lead to health problems. Early detection will enable targeted treatments, that are easily accessible for all who need them. Fewer hospitalisations will be related to diabetes.

Diabetes will be better understood in every healthcare setting. If complications do arise, they will be treated effectively to prevent escalation. All health professionals will have access to relevant training on the advancements in managing diabetes. They will have the skills and confidence they need to support all people with or affected by diabetes.

Aboriginal and Torres Strait Islander people will no longer be disproportionately affected by diabetes-related complications.

The overall financial costs of diabetes will decline for individuals with diabetes, their families, and the healthcare system.

“Nobody asks for diabetes complications – early detection is everything. If you do experience diabetes complications, it is not the end. You can live a happy and productive life even with complications.”

Jane, who lives with type 1 diabetes



Focus areas

- ✓ Collaborate with stakeholders to develop innovative treatment options to improve and simplify diabetes management.
- ✓ Work with government and other stakeholders to make the necessary healthcare system changes to enhance and improve access to quality care and timely treatment for complications when they arise.
- ✓ Collaborate with healthcare services and professionals to identify service gaps, informing specialised training and education for health professionals.
- ✓ Work with hospitals, governments and researchers to monitor and improve the safety and experiences of people with diabetes in hospitals.
- ✓ Ensure a holistic approach to healthcare, including support for emotional and mental health, to achieve better physical and mental health for all people affected by diabetes.
- ✓ Work with researchers and key stakeholders to monitor and reduce the rate of diabetes-related complications in Victoria.

Annual cycle of care

We want all Victorians living with all types of diabetes to have access to quality care, including regular screenings for:

Blood pressure – important for reducing risk of most diabetes-related health problems

Blood glucose levels including HbA1c – important for reducing small blood vessel complications, e.g. eyes, nerves, damage to the feet

Cholesterol and triglycerides – important for reducing risk of heart disease

Kidney health checks – important to identify early changes in kidney function, such as protein in the urine

Eye health checks – important to identify early changes in the small vessels at the back of the eyes

Foot health checks – important to identify early changes in blood supply and sensation

Emotional health – important to access support early if feeling anxious, depressed or distressed

Goal 6

More people will benefit from research breakthroughs to prevent, manage or cure diabetes.

Research is essential to prevent or find a cure for all types of diabetes. Research will improve how we manage diabetes, and how to best support people affected by diabetes. In recent decades, many advances have been made in diabetes technologies, treatments and screening. However, more work is needed.

Diabetes has an image problem. It is often perceived as being less serious or worthy than other health conditions. Research has shown that public and government support for diabetes is affected by the stigma surrounding diabetes. Over the past 10 years, funding for diabetes research in Australia has declined by 35% while there has been a 32% increase in people living with diabetes.²⁷ Insufficient investment is stifling much-needed advancements in diabetes research.

Victoria is home to numerous world-class diabetes researchers, research centres and institutes. Victoria has grown to become a global hub for diabetes research excellence. However, the lack of investment in diabetes research is holding back their ability to make progress to support the diabetes community.

The translation of research into treatments and approaches that improve diabetes care and outcomes can take many years to benefit people living with diabetes. Adoption of the latest research findings into health policy and clinical practice needs to be quicker to have greater impact on health outcomes.

People affected by diabetes have clear views about the research that matters most to them. The voices of people affected by diabetes should always be at the forefront of research priorities, the design of research programs, and should inform future diabetes research.

Importantly, every \$1 invested in health and medical research generates \$3.90 of activity in the wider economy.²⁶

A brighter future

More funding for diabetes research will lead to research breakthroughs in all aspects of the prevention and management of diabetes, and in the search for a cure.

Research will be co-led by people with lived experience, accelerating advances that meet the needs of people affected by diabetes.

Better prevention strategies will lead to fewer people being diagnosed with diabetes and never having to live with the burden of managing this condition. New or improved treatments and technologies, psychosocial support and behavioural innovations will lead to better health and quality of life for all people currently living with diabetes.

For people living with diabetes, research breakthroughs will provide optimism for a future in which diabetes can do no harm, while researchers work towards the ultimate goal of a cure.

Diabetes Victoria has consistently been a major funder of research which aims to lead to advancements in diabetes, including possible cures, prevention, and improved management and care.



Research Partnerships

Since 2010, Diabetes Victoria and Deakin University have been in partnership to establish and fund the Australian Centre for Behavioural Research in Diabetes (ACBRD). It is the only national research centre in the world dedicated to the under-researched areas of psychological, social and behavioural aspects of diabetes.



To learn more about the centre's research and its impact, visit: acbrd.org.au

Key focus areas

- ✓ Increase the funding available for diabetes research to strengthen Victoria as a world-class centre of diabetes research excellence.
- ✓ Enable people with lived experience of diabetes to co-lead, co-design and/or engage in research initiatives, to drive meaningful research advancements that meet the needs of community.
- ✓ Continue to invest in, build, and prioritise research into the behavioural, psychological and social aspects of diabetes.
- ✓ Enhance collaboration and integration between community, research institutions, healthcare organisations, health policy, industry and government to translate research into innovative treatments and practices.
- ✓ Ensure that diabetes research breakthroughs are adopted efficiently into health policy and clinical practice, to reach those that need them in a fair and equitable manner.

Our Values

Our organisational values outline ‘how’ we go about our work to achieve our strategic priorities.

Our organisational values draw on three key elements to affect positive change – innovative thinking (our heads), courage (our hearts) and positive impact (our hands). These components make our choices clearer, our contributions more impactful, and our engagement more rewarding.

We apply **innovative** thinking

- Our open-mindedness sparks creativity; new ideas are welcomed and encouraged,
- Our curiosity fuels exploration of new solutions,
- Our collaboration enhances our effectiveness, and
- Our persistence drives progress towards a brighter future.

We are **courageous**

- Our boldness in advocating for change amplifies our voice,
- Our willingness to challenge the status quo with conviction drives positive change, and
- Our dedication to delivering on our commitments inspires others to do the same.

We create **positive impact**

- Our ability to lead by example builds community,
- Our deliberate actions create a ripple effect, inspiring and transforming communities,
- Our focus on sustainable outcomes drives lasting change, and
- Our embedded continuous improvement processes ensure high quality outcomes.

Innovative thinking

We are committed to innovation as we build sustainable social enterprise ventures to generate funds to future-proof our strategy. This includes our pioneering approach in establishing and operating our clothing collection business with our long-term partner, Savers, who accept pre-loved clothing and household items as donations on behalf of Diabetes Victoria. Funds raised through these ventures have a positive impact by supporting diabetes programs, services, and research.





Our view of the future is bright

Our ambitions are bold but the opportunities for change have never been so great. So many lives depend on our work, now and into the future.

Together, we can work towards a brighter future for all Victorians affected by or at risk of diabetes.

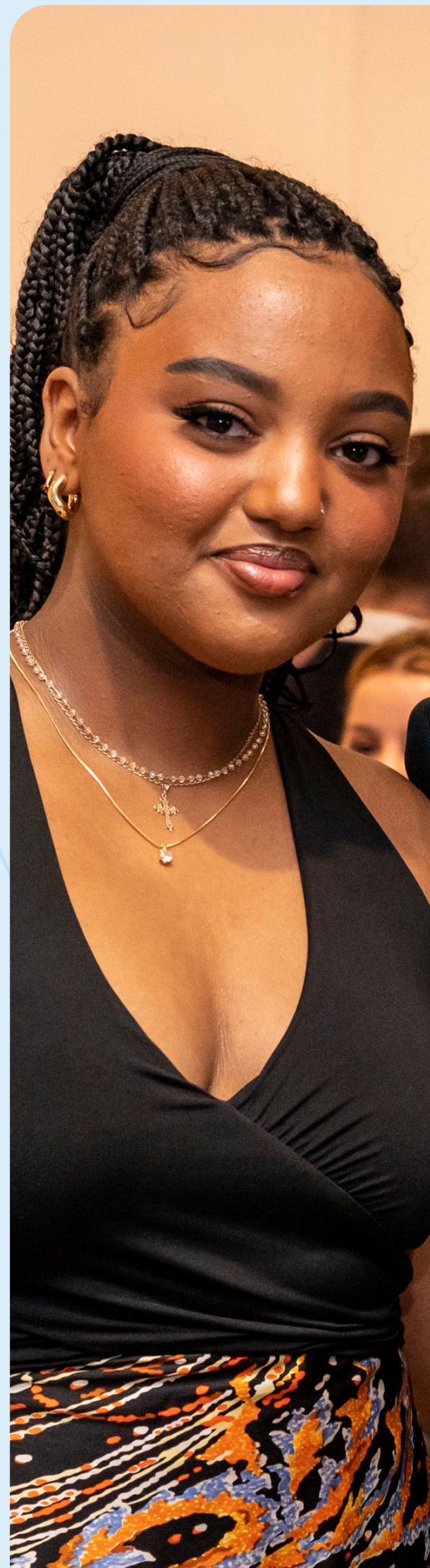
We are determined to achieve our ambitions. Those living with, and at risk of diabetes, deserve nothing less.

We see a future where people with diabetes live well and longer, and where there is a cure, or prevention, for all types of diabetes. This drives our work every day.

We see a future with more research breakthroughs and better access to quality healthcare, treatments and technologies, where people are empowered to manage their diabetes their way, free from stigma and discrimination and where they live free from the harmful impacts of complications.

“Through the Future Leaders program, I met likeminded, strong, and positive young people who all have their own passions and goals in life, none of which have been impacted by our diagnosis.”

Chege, Future Leaders graduate.









The time for action is now

The next six years are critical. Our ambition is bigger than ever before because the challenges and opportunities demand it. We know we can reach our goals, but we can only get there by working together.

There has to be a massive step change in how diabetes is understood and managed by government, health professionals, communities and individuals.

It will take the passion, skills and expertise of the entire diabetes community - people affected by diabetes, health professionals, researchers, donors, volunteers, industry and government.

We are more determined and committed than ever before to make this a reality. And with you, we can do it.

Join us. As a volunteer, member, donor, partner, researcher, clinician or campaigner. Together, we can make the changes needed to create a world in which diabetes can do no harm.

**Call Diabetes Victoria 1300 437 386
Email us at mail@diabetesvic.org.au
or visit diabetesvic.org.au/connect**

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Wurundjeri Woi-wurrung Country
Suite G01, 15-31 Pelham Street
Carlton VIC 3053
PO BOX 206D Melbourne VIC 3001

Diabetes Victoria Helpline 1300 437 386
mail@diabetesvic.org.au
diabetesvic.org.au

