

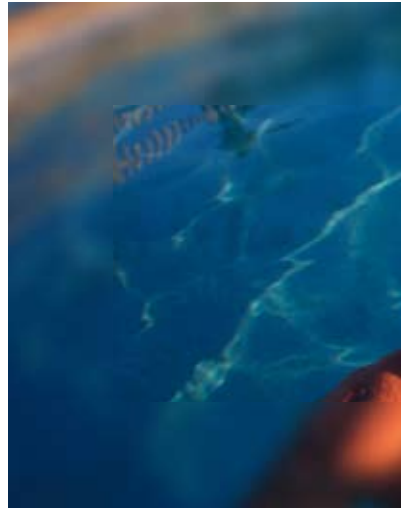


**Turning diabetes around**



# Diabetes

A U S T R A L I A



## Diabetes Australia

Diabetes Australia represents a federation of 12 consumer, health professional and research organisations. Diabetes Australia is a not-for-profit organisation that relies on support from the community and the Australian Government.

As Australia's national peak body for diabetes,

Diabetes Australia:

- lobbies and advocates
- provides support to people with diabetes
- forges national partnerships
- raises awareness of diabetes
- supports research into a cure for diabetes
- provides information resources online.

Diabetes Australia is turning diabetes around by focusing on the five key areas below.

turning  
diabetes  
around

Focus	Objective
<b>Awareness</b>	To raise awareness of the seriousness of all types of diabetes.
<b>Prevention</b>	To reduce incidence of all types of diabetes.
<b>Detection</b>	To increase early diagnosis of all types of diabetes.
<b>Management</b>	To maximise capacity to manage and care for all types of diabetes.
<b>Cure</b>	To support and promote research for a cure for all types of diabetes.



## What is Diabetes?

**There are three main types of diabetes.**

### Type 1 Diabetes

Type 1 diabetes is an auto-immune disease that occurs when the pancreas cannot produce enough insulin, because the cells that make the insulin have been destroyed by the body's own immune system. The 'missing' insulin has to be replaced, resulting in life-long daily injections.

While type 1 diabetes can and does occur at any age, it usually develops in childhood and affects 10-15% of all people with diabetes. The exact cause of type 1 diabetes is not yet known, but we do know that it is not caused by a poor diet or lack of physical activity. Presently nothing can be done to prevent or cure type 1 diabetes.

### Type 2 Diabetes

With type 2 diabetes the pancreas makes insulin, but it does not work as well as it should and upsets the balance of glucose in the body. Type 2 is the most common form of diabetes representing approximately 85-90% of people with diabetes in Australia.

Type 2 diabetes is the result of a combination of both genetic and environmental factors. Type 2 diabetes can be delayed and even prevented in up to 60% of cases by adopting a healthy and active lifestyle and diet.

### Gestational Diabetes

Gestational diabetes is diagnosed when higher than normal blood glucose levels appear for the first time during pregnancy. While maternal blood glucose levels usually return to normal after the birth of the baby, there is a known increased risk for type 2 diabetes in the future for the mother and baby.

**Other rarer types of diabetes also exist.**

The Diabetes Australia logo supports its key message of 'turning diabetes around through awareness, prevention, detection, management and a cure'.

It also represents the personal journey of someone who has been diagnosed with diabetes – from uncertainty when diagnosed, conveyed by the scribble end of the arrow, to regaining control and moving forward with a confident outcome. Diabetes Australia is committed to supporting and assisting people with diabetes along all stages of their journey.



## Impact of Diabetes

Diabetes is the world's fastest growing chronic disease. It currently affects 246 million people worldwide and this number is expected to rise to 380 million by 2025.

In Australia the number of new cases of diabetes each year would fill the Melbourne Cricket Ground: approximately 275 people develop diabetes every day.

It is currently estimated that 1.5 million Australians are living with diabetes – with half of these being cases of undiagnosed type 2 diabetes. By 2031 it is

estimated that 3.3 million Australians will have type 2 diabetes.

The cost of diabetes to the Australian community and the individuals affected is significant – government health budgets are impacted to the extent of an estimated \$6 billion each year, while people living with diabetes are hit with greatly increased personal health costs.



awareness  
prevention  
detection  
management  
cure

The health complications of diabetes can be serious. People with diabetes are at an increased risk of cardiovascular disease, foot complications, blindness, dental problems, kidney failure and amputations. However, good management of diabetes and maintaining good blood glucose control can greatly reduce the risk of these problems occurring.

## Turning Diabetes Around

### Lobbying & Advocating

Diabetes Australia represents the interests of all people affected by diabetes by advocating and lobbying the Australian Government for better standards of care and on other issues of national concern.

Lobbying and advocating operates at two levels.

Firstly by addressing and providing solutions for national issues which are raised by individual people with diabetes or their families. Secondly by identifying the needs of, and working towards improvements in the quality of life for, all people with diabetes.

Diabetes Australia has established effective relationships within the Federal Government, its Departments, other health and private national bodies, to advocate on issues such as insurance inequities, better access to pharmaceuticals, driver's licence standards, and discrimination in the workplace or in everyday life.

Diabetes Australia is also supported in its

endeavours at a Federal level by the Parliamentary Diabetes Support Group, an energetic non-partisan group of parliamentarians with a particular focus of helping people with diabetes.

### **The NDSS**

The National Diabetes Services Scheme (NDSS) delivers subsidised products, information and support services to Australians diagnosed with diabetes. Diabetes Australia has administered the Scheme on behalf of the Australian Government since it was established in 1987.

People who are registered with the NDSS can access a range of products to assist in the management of diabetes, including subsidised testing strips for checking blood glucose levels, free insulin syringes and pen needles and subsidised insulin pump consumables for eligible Registrants.

NDSS Registrants are also entitled to a range of free information and support services.

The Government's continued commitment to the Scheme demonstrates, in a tangible way, how

it is also working to turn diabetes around to improve the health outcomes of people with diabetes.

### **Partnerships**

Diabetes Australia has implemented a national partnerships strategy to advance the national diabetes agenda. National partnerships are established to: increase revenue available for research, enhance relationships with pharmaceutical companies and provide a national focus for corporate organisations, while working with stakeholders to ensure value for all.

Diabetes Australia is proud to have a number of sponsors who work with us to increase our funds for research and we thank them for their ongoing support.

### **Our partners:**



### **Raising Awareness**

Diabetes Australia undertakes national awareness campaigns that raise community awareness of the seriousness of diabetes and the preventable risk factors for type 2 diabetes.

Diabetes Australia also publishes magazines for health professionals and people with diabetes, providing the latest information on research, treatment and management.

### **Diabetes Australia Research Trust**

Diabetes Australia invests over \$3.5 million in research each year through the Diabetes Australia Research Trust (DART). DART, the research arm of Diabetes Australia, was established in 1987 to support Australian research into prevention, management and ultimately a cure for diabetes. DART funds more than 50 grants each year to Australian researchers.

DART relies on support from corporations and individuals. To donate to DART and help in the search for a cure, go to [diabetesaustralia.com.au](http://diabetesaustralia.com.au) or call 02 6232 3800.



## Rediscover Diabetes Online

Diabetes Australia has unveiled new-look websites for Diabetes Australia and the NDSS. The new sites were developed after consulting with people with diabetes, health professionals and the general community to find out exactly what was needed in online information.

**diabetesaustralia.com.au** provides a range of useful information for everyone. For people with diabetes, there are healthy eating ideas and FAQs. For the general community there is information to encourage an improved understanding of diabetes and how

people can get involved with finding a cure. Health professionals have a unique area to easily access research and resources.

**ndss.com.au** is a one-stop-shop for the NDSS, with information on how people with diabetes can access the Scheme, product updates, general information for people with diabetes and a number of resources for health professionals.

So turn to **diabetesaustralia.com.au** or **ndss.com.au** for diabetes information.

**diabetesaustralia.com.au**

## Contact Diabetes Australia

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