diabetes australia

A HEALTHIER FUTURE FOR EVERYONE

ANNUAL REPORT 2025-26

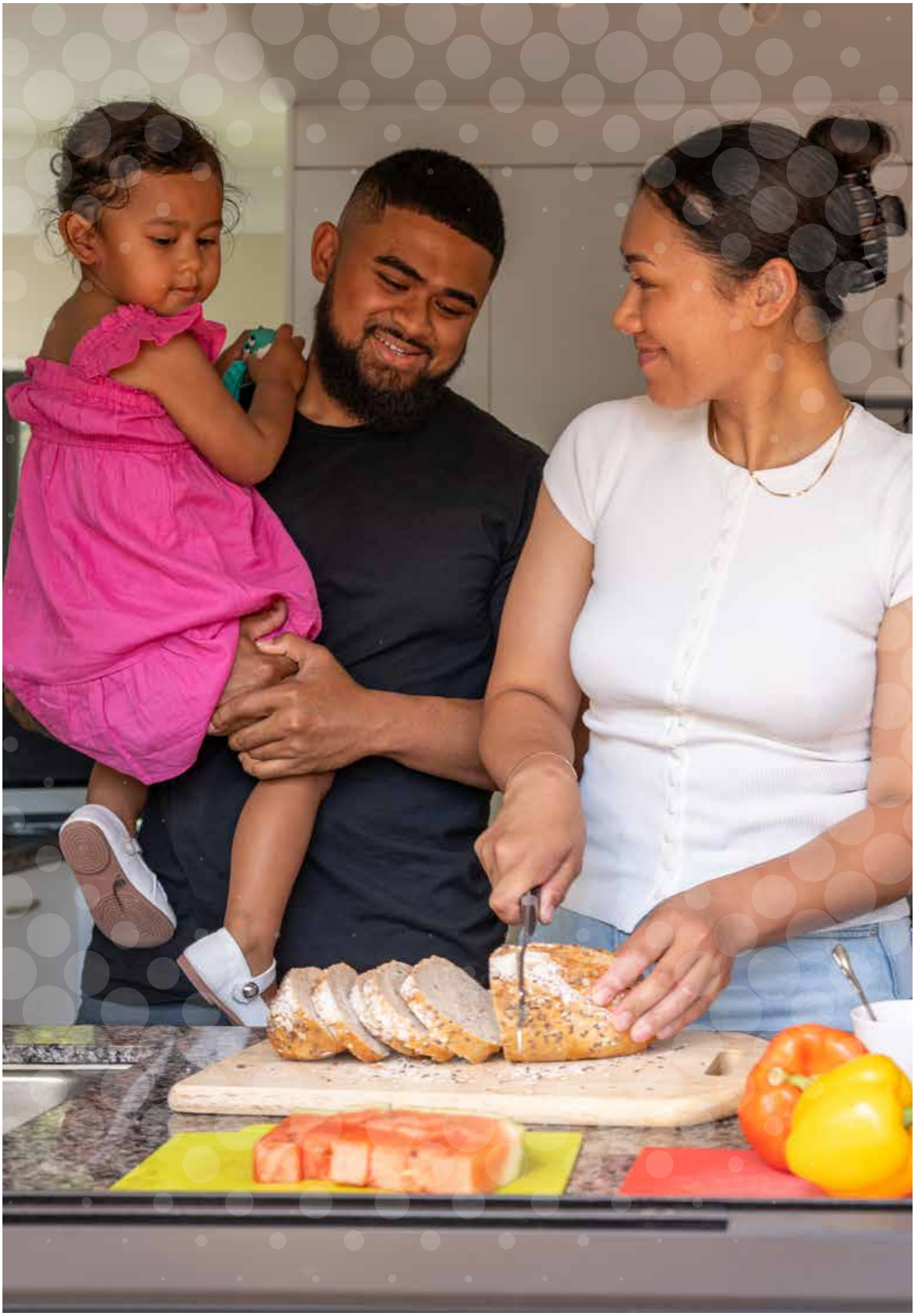


Acknowledgement of Country

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, kinship, 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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> “No one chooses a diabetes diagnosis. Yet every day, Australians living with diabetes demonstrate extraordinary resilience in managing the condition and its impact on their lives.”
>
> – Andrew Rutherford, Board Chair

Chair foreword

Diabetes continues to affect the lives of millions of Australians, making Diabetes Australia’s role as the national peak body for people living with this condition more important than ever. Throughout 2025-26, we strengthened our focus, amplified our community’s voices, and continued to advocate for the policy, funding, and system changes needed to improve health outcomes for people living with diabetes and those at risk.

During the year, Diabetes Australia held an Extraordinary General Meeting of members to approve a new constitution. This change was not simply a revision of our governing document. It laid out a clear and focused purpose that unambiguously and unapologetically places people living with diabetes, their carers, and those at significant risk of diagnosis at the centre of our mission.

While this has always been part of our purpose, it is now our sole purpose.

This renewed clarity strengthens our ability to campaign, advocate, and engage on the issues that matter most to people living with diabetes. While others share our passion, Diabetes Australia remains the only national organisation focused solely on people affected by this chronic condition.

With this important focus in mind, one of the highlights of the year for me was attending a Kellion Victory Medal event in Sydney. Diabetes Australia’s roving Kellion Ambassador and fellow Director, Gordon Bunyan, connected deeply with everyone in the audience through his reflections on 50 years of living with diabetes. Gordon embodies Diabetes Australia’s long history of commitment to diabetes care and community.

The event was also a powerful reminder of both the progress that has been made and the work that remains ahead. Medal recipients and their carers shared stories of resilience and determination

in navigating life with diabetes. Their experiences highlighted the practical barriers that still exist, including access to diabetes technologies and medications. They reinforced the importance of keeping people living with diabetes at the centre of policy and funding decisions.

These conversations also underscored an important challenge in improving public understanding of diabetes. Greater awareness and knowledge across the community are essential to change perceptions, reduce stigma, and build support for the investment needed to improve outcomes. Diabetes, like many serious chronic health conditions, is complex and influenced by a range of factors including genetics, age, environment, cultural background, and lifestyle.

No one chooses a diabetes diagnosis. Yet every day, Australians living with diabetes demonstrate extraordinary resilience in managing the condition and its impact on their lives.

Diabetes Australia's role is to ensure those lived experiences inform both public debate and government policy. We work to create partnerships across healthcare providers, governments, private health insurers, researchers, technology developers, and the pharmaceutical sector to deliver better outcomes for our community.

We also have an important role in identifying and championing innovation. Prevention, early diagnosis, proactive management, and education remain essential to improving health outcomes and reducing the costly burden of complications such as heart disease, kidney disease, and vision loss. Emerging technologies, including artificial intelligence, have the potential to transform the lived experience of diabetes through personalised care, real-time support, and new approaches to management.

The opportunities ahead are significant. However, innovation is most valuable when people living with diabetes are at its heart.

That is why Diabetes Australia remains firmly focused on real-world impact, both now and into the future.

In 2027, we will continue to amplify all voices and advocate for meaningful change. We will remain committed to the highest standards of governance and professionalism, recognising that credibility and trust are essential to effective advocacy. We will continue to collaborate with partners across the health sector and work constructively with governments as they balance competing priorities and budget pressures.

Rather than 'or', our mantra is increasingly 'and'. Better diabetes prevention, care, and management are essential to improving health outcomes *and* equally important to Australia's long-term economic prosperity because a nation's health and its economic wellbeing go hand in hand.

In closing, I would like to thank all of my colleagues on the Diabetes Australia Board, the executive team led capably and passionately by Group CEO Justine Cain, and the many people who support us in our mission. 2026 has been a significant year, and we are excited about what we can achieve together in 2027.



Andrew Rutherford
President and Board Chair
Diabetes Australia



> "As we look ahead, we remain unwavering in our commitment to support people living with diabetes and those at risk. This year has reinforced what is possible when communities unite behind a shared purpose. Together, we will continue to shape a healthier future for everyone."
>
> - Justine Cain, Group CEO

Group CEO foreword

At Diabetes Australia, our vision is simple but powerful: to eliminate the impact of diabetes on Australians. As our Board Chair stated, Diabetes Australia is 100 per cent focused on real-world impact. This work is guided by four ambitious goals: to cure diabetes, prevent diabetes, eliminate diabetes-related complications, and reduce the financial burden of diabetes. Every day, we work alongside individuals, families, communities, healthcare professionals, and partners to ensure Australians affected by diabetes can access the information, care, and support they need to live well.

At the heart of our organisation is a growing community of more than 500,000 Australians connected through Diabetes YOUnited, representing people from every corner of our nation.

Diabetes touches every community, every family, and every stage of life. Throughout the year, whether speaking with parents navigating a new type 1 diabetes diagnosis, people working to reduce their risk of type 2 diabetes, a woman diagnosed with gestational diabetes, or older Australians managing multiple health conditions, the message has been consistent. People want practical support, equitable access to care, and confidence that their voices are being heard.

Those perspectives continue to shape everything we do.

One of the achievements I am most proud of this year was launching the Blue Circle Collective. This national community empowers people with lived experience to shape advocacy, influence policy, and drive meaningful change. The insights shared by people with lived experience continue to guide our work.

This year also marked the commencement of a two-year partnership with Southern Cross Austereo through the SCA Embrace program. Education and awareness remain critical to reducing stigma and improving understanding of all types of diabetes.

We continued to advocate for policies and investments that improve outcomes for people living with diabetes. This included releasing our diabetes prevention paper, which outlines recommendations to reduce risk, prevent complications, and address health inequities. We also worked alongside diabetes organisations across the country to advocate for more affordable access to life-changing insulin pumps and continuous glucose monitors.

A highlight of the year was Diabetes Australia's leadership in convening the 2026 National Diabetes Summit. Bringing together people with lived experience, clinicians, researchers, policymakers, and sector leaders, the Summit provided an opportunity to discuss the future of diabetes prevention, care, and treatment in Australia. We were honoured to welcome the Hon Mark Butler MP, Minister for Health and Ageing, as the keynote speaker, and to keep lived experience at the centre of policy conversations.

Our commitment to improving outcomes for Aboriginal and Torres Strait Islander people remains unwavering. Throughout the year, we continued to listen, learn, and work alongside communities to elevate First Nations' voices and support community-led approaches that build on cultural strengths, knowledge, and self-determination.

We continued to deliver critical programs to help people better manage their health. Through the National Diabetes Services Scheme (NDSS), funded by the Australian Government, KeepSight, funded by a public/private partnership, and state-based programs including My health for life, the Get Healthy Service, and COACH, thousands of people accessed education and support.

This year also demonstrated the power of partnerships to create meaningful impact.

A significant milestone was the launch of 1800PREVENT (type 2 diabetes), a free national service designed to help Australians understand their risk of type 2 diabetes and access practical support to improve their health. Prevention remains one of our greatest opportunities to address Australia's growing diabetes challenge, and this service helps people take action earlier.

Through partnerships with Priceline Pharmacy, Target Australia, SiSU Health, and the Shane Warne Legacy, we delivered thousands of health checks and engaged Australians in conversations about their health.

Collaborations with Youfoodz, nib foundation, GroAus, Medibank, Chemist2U, and Myopharm helped improve health outcomes, support research and innovation, and amplify our impact.

Internationally, we were proud to celebrate the 25th anniversary of Life for a Child. What began as a vision to support children living with type 1 diabetes in under-resourced communities now reaches young people in 54 countries. This milestone is a powerful reminder that when people come together around a shared purpose, the impact can extend far beyond borders.

While we celebrate this year's achievements, significant challenges remain. Diabetes continues to affect millions of Australians, and many still face barriers to care and support. Health inequities persist, particularly for Aboriginal and Torres Strait Islander peoples, people experiencing financial hardship, and those living in rural and remote communities. These challenges strengthen our resolve to advocate for change.

I would like to thank our members, staff, volunteers, donors, partners, healthcare professionals, researchers, advocates, and the Diabetes Australia Board for their dedication and support. Most importantly, I thank the people living with diabetes who continue to share their experiences and inspire our work.

As we look ahead, we remain unwavering in our commitment to support people living with diabetes and those at risk. Together, we will continue to shape a healthier future.



Justine Cain
Group CEO
Diabetes Australia

Who we are

Our vision

To eliminate the impact of diabetes on Australians.

Our purpose

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

Our mission

We collaborate with people living with or at risk of diabetes, their families and carers, health professionals, researchers, funders, diabetes organisations, and the community to create meaningful change in people's lives.

Our ambitious goals

Diabetes Australia will engage with Australians impacted by diabetes, partners, and governments to:

1. Cure diabetes through groundbreaking research and innovation
2. Drive to eliminate the medical and psychosocial complications caused by diabetes
3. Prevent diabetes
4. Reduce the financial burden of diabetes for individuals and the health system



Diabetes in Australia

As of 30 June 2026, there were **1,529,402** people with diabetes registered with the National Diabetes Services Scheme (NDSS). Estimates suggest a further **500,000** people are living with silent, undiagnosed type 2 diabetes.

IMPACT ON PEOPLE

146,787
with type 1 diabetes

1,336,780
with type 2 diabetes

31,838
with gestational diabetes

13,997
with other types of diabetes

IMPACT ON HEALTH

232,667
living with cardiovascular disease linked to diabetes

106,910
living with mental health conditions linked to diabetes

112,394
living with diabetes-related eye disease

233,208
living with chronic kidney disease linked to diabetes

IMPACT ON COMMUNITIES

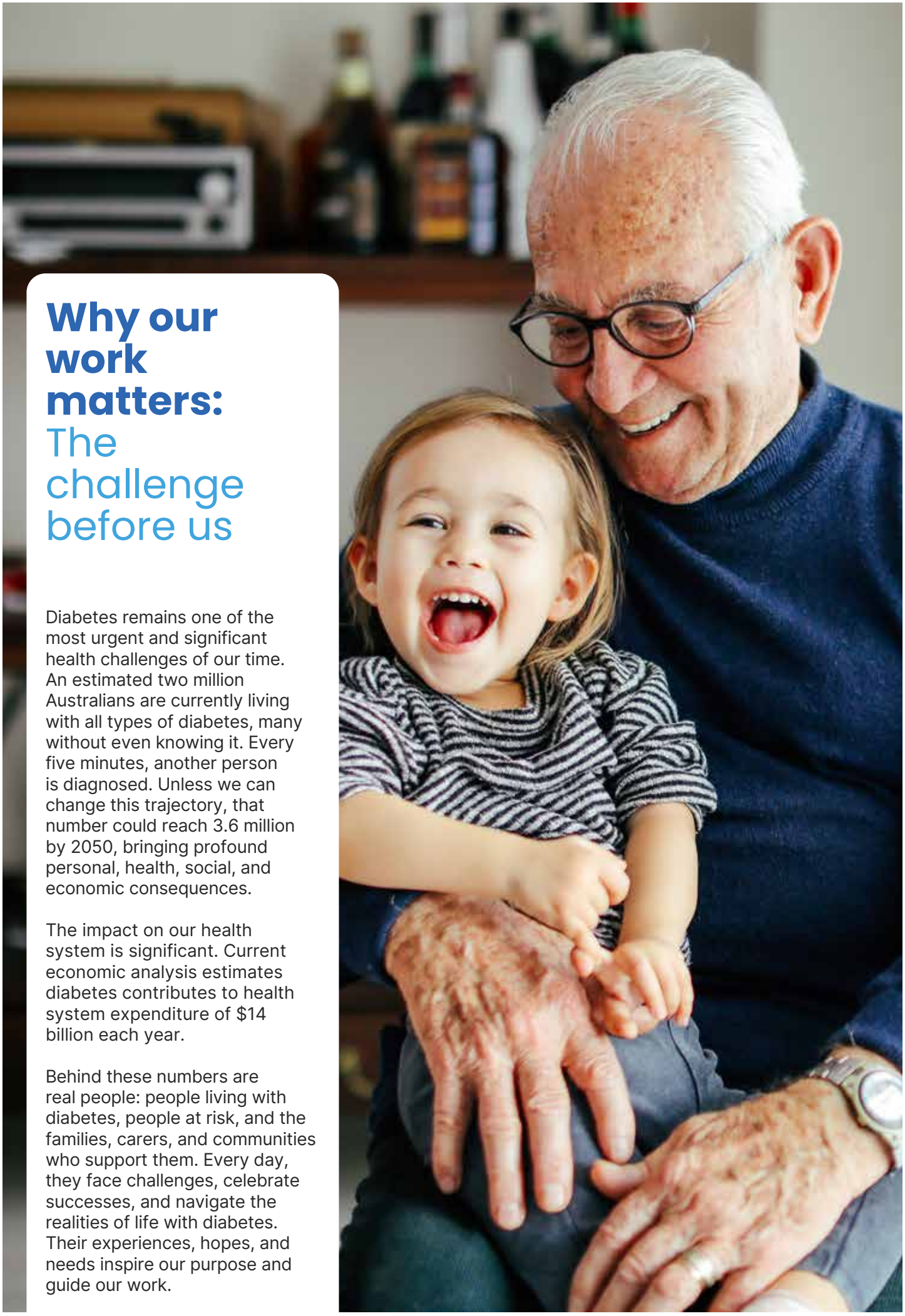
$14.2B
Total healthcare cost associated with diabetes per annum

1.4M
hospitalisations associated with diabetes per annum

22,336
premature deaths associated with diabetes per annum

1 in 5
hospital beds support someone with diabetes per annum

The statistics presented are estimates derived from a combination of NDSS registrant data, ABS National Health Survey, AIHW Hospitalisations Admitted Patient Care data, ABS Health Expenditure data, and published literature, prepared by the Diabetes Australia health economics team.



Why our work matters: The challenge before us

Diabetes remains one of the most urgent and significant health challenges of our time. An estimated two million Australians are currently living with all types of diabetes, many without even knowing it. Every five minutes, another person is diagnosed. Unless we can change this trajectory, that number could reach 3.6 million by 2050, bringing profound personal, health, social, and economic consequences.

The impact on our health system is significant. Current economic analysis estimates diabetes contributes to health system expenditure of $14 billion each year.

Behind these numbers are real people: people living with diabetes, people at risk, and the families, carers, and communities who support them. Every day, they face challenges, celebrate successes, and navigate the realities of life with diabetes. Their experiences, hopes, and needs inspire our purpose and guide our work.

Our impact: A year of progress

503,000
Diabetes YOUnited members

664,000
KeepSight participants

2,500
diabetes clinical consultations

$1.9M
funding for 19 new research projects across Australia

149,666
free Shane Warne Legacy Health Checks completed

71,043
children and young people supported by Life for a Child

91%
increase in fundraising income against 2024-25

26,000
people accessed content on prevention and 1800PREVENT (type 2 diabetes)

908
parents and children connected through DiaBuddies

158M
media reach

15,967
referrals to the Get Healthy Service

114,700
Diabetes in Schools training sessions completed

150
Kellion Victory Medals awarded

13,981
people completed a My health for life Health Check

3,500
Diabetes Qualified courses and webinar enrolments

1.53M
people registered with the NDSS

83%
of The COACH Program participants graduated

171
disability support workers trained in diabetes care and insulin administration



JULY 2025

- Published prevention policy paper to reduce diabetes risk and improve care
- Celebrated National Diabetes Week 2025 by highlighting diabetes prevention
- Launched Youfoodz partnership with dietitian-approved meals



AUGUST 2025

- Published the Diabetes Australia Research Strategy 2025–2030
- Partnered with Medibank to co-fund a $200,000 research award



SEPTEMBER 2025

- Launched 1800PREVENT (type 2 diabetes), a free type 2 diabetes prevention service
- Partnered with Myopharm to co-fund research supporting vulnerable populations



OCTOBER 2025

- Partnered with Chemist2U to support medication access while raising funds
- Honoured South Australians living with type 1 diabetes for more than 50 years at the Kellion Victory Medal ceremony in Adelaide



NOVEMBER 2025

- Engaged with Parliamentary Friends of Diabetes and key policymakers in Canberra
- Life for a Child marked 25 years of helping young people living with type 1 diabetes in under-resourced countries
- Hosted a youth event at Luna Park, Sydney for World Diabetes Day
- Celebrated over 150 Kellion Victory Medal recipients, in Sydney, Brisbane, and Hobart



DECEMBER 2025

- Delivered 7,431 Shane Warne Legacy Health Checks at the Boxing Day Test
- Launched the inaugural Diabetes Australia Grand Innovation Challenge

JANUARY 2026



- Established a two-year partnership with Southern Cross Austereo

FEBRUARY 2026



- Launched a refreshed online Diabetes Shop
- Awarded almost $2 million to 19 diabetes research projects

MARCH 2026



- Raised more than $57,000 through PolliePedal for Tasmanian services
- Established and delivered the National Diabetes Summit
- Led national advocacy with diabetes organisations to improve access to subsidised insulin pumps and CGMs

APRIL 2026



- Launched the Blue Circle Collective, a national lived experience movement to help shape policy and advocacy

MAY 2026



- Partnered with Target Australia to deliver free in-store health checks
- Opened a new purpose-built office in Brisbane
- Co-hosted the NDSS Aboriginal and Torres Strait Islander National Gathering with Diabetes South Australia

JUNE 2026



- Diabetes YOUnited community reached more than 500,000 members
- Voted to appprove a new constitution
- Launched season 2 of *Life on the Level* podcast

ADVOCACY AND LEADERSHIP



Achieving a healthier future for everyone requires leadership that unites people around a shared vision for progress. Effective advocacy translates evidence, lived experience, and community needs into policies and investments that reduce inequities, improve access to care, and deliver better outcomes for all people affected by diabetes.

Throughout the year, Diabetes Australia strengthened its national influence through major initiatives. This included the inaugural National Diabetes Summit at Parliament House, national advocacy campaigns during National Diabetes Week and World Diabetes Day, and evidence-based policy proposals to improve access to diabetes technologies and preventive health services. This leadership united governments, health professionals, researchers, community organisations, and people living with diabetes around priorities that matter most to the community.

Through strategic partnerships, policy leadership, and public awareness campaigns, Diabetes Australia influenced systems, services, and decisions that affect people at every stage of their diabetes journey. Diabetes Australia accelerated efforts to improve equitable access to care, strengthened prevention efforts, elevated lived experience, and advanced action to reduce the impact of diabetes on individuals, communities, and the broader health system.



> “Lifting investment in preventive health to five per cent of national healthcare spending will save lives, reduce complications from chronic conditions like diabetes, and help keep our health system financially sustainable.”
>
> – Justine Cain, Group CEO

Uniting leaders at the Parliamentary Summit

Diabetes Australia hosted the inaugural National Diabetes Summit on 31 March 2026 at Parliament House, bringing together more than 250 people from across the diabetes sector.

The event featured a keynote address from the Honourable Mark Butler MP, Minister for Health, Disability and Ageing, and opening remarks from Duncan McIntyre, First Assistant Secretary, Department of Health, Disability and Ageing.

The Summit provided a national forum to discuss the future of diabetes prevention, treatment, and care. Five expert panels brought together people with lived experience, clinicians, researchers, and sector partners to explore Australia's diabetes landscape, First Nations models of care, prevention, emerging therapies and technologies, and integrated approaches to care. These discussions identified opportunities to strengthen outcomes through greater innovation and investment.

The first panel examined the national diabetes picture, highlighting fragmentation across prevention, diagnosis, and long-term care. Discussion focused on better aligning policy, research, services, and lived experience, alongside continued investment in innovation and community-led action.

Focusing on First Nations perspectives of diabetes care, the second panel emphasised culturally safe, community-led models of care. Priorities included strengthening local workforces, expanding roles such as Aboriginal health coaches and care coordinators, improving continuity of care, and aligning policies to support equitable access and outcomes.

The third panel discussed prevention, highlighting its importance for long-term health system sustainability. Participants called for sustainable funding, stronger data collection and sharing, and greater investment in community-led initiatives supported by healthier environments.



Hon. Mark Butler MP, Minister for Disability and the National Disability

Policy readiness for emerging diabetes therapies and technologies was considered during the fourth panel, emphasising the need for health systems, workforce capability, and models of care to keep pace with innovation. Participants emphasised the importance of embedding lived experience in the design and delivery of future services.

The final panel explored integrated models of care, identifying opportunities to improve outcomes through better coordination of services, data, and funding. Priorities included integrated electronic health records, person-centred funding approaches, and greater use of national data to support planning and better health outcomes.

Following the Summit, the Parliamentary Friends Group for the Prevention of Diabetes supported an Exhibition and Networking Event in the Mural Hall. Interactive health checks and continuous glucose monitoring demonstrations showcased the practical impact of these technologies, while attendees connected with stakeholders across the diabetes community.

A key highlight was the launch of Diabetes Australia's updated Deloitte Access Economics report, *Unveiling the Value of KeepSight*, which underscored the program's national reach, impact, and economic value in preventing diabetes-related vision loss. The program also reflects the strength of partnerships, with special thanks to the Australian Government and founding partner Specsavers, as well as support from Oculo, Vision 2020 Australia, the Centre for Eye Research Australia (CERA), and the broader eye health sector.

The event attracted strong participation from Members of Parliament, sponsors, partners, and exhibitors, creating valuable opportunities to strengthen connections and advance discussions on diabetes prevention and care. Led by Parliamentary Friends Co-Chairs Ms Marion Scrymgour MP and Ms Melissa McIntosh MP, with contributions from Dr Mike Freelander MP and Senator Anne Ruston, the event reinforced strong bipartisan commitment to improving outcomes for Australians affected by diabetes.



Natalie Wischer OAM, CEO of the National Association of Diabetes Centres; Dr Konrad Kangru, Queensland Health and Health Professional Advisory Committee member; Dr Amira Howari, optometrist and Blue Circle Collective Community Advocate; and Melanie Gates, CEO of Diabetes WA

Parliamentary Friends lunch: Advancing diabetes care

On 26 March 2026, Diabetes Australia hosted the Parliamentary Friends 'Strengthen Support for Diabetes' lunch at NSW Parliament House, bringing together Members of Parliament, sector leaders, and Diabetes Australia representatives to discuss the impact of diabetes and opportunities to improve support for people living with the condition across New South Wales.

Co-hosted by Mr Justin Clancy MP, Member for Albury, and Ms Charishma Kaliyanda MP, Member for Liverpool, the event highlighted the importance of bipartisan collaboration in addressing the growing impact of diabetes.

A key focus was the role of diabetes technologies such as continuous glucose monitoring and insulin pump therapy in improving health outcomes, reducing complications, and enhancing quality of life.

Attendees heard from Blue Circle Collective advocate Alya Manji and Carolien Koreneff, a credentialled diabetes educator and member of Diabetes Australia's NDSS Health Services Team. Alya shared her experience of living with type 1 diabetes since childhood and the challenges of accessing specialist care while growing up in regional New South Wales. She spoke about the transformative impact of diabetes technology on her life, health, and confidence.

Drawing on more than 30 years of experience, Carolien provided clinical insights into the importance of education and personalised support to help people use these technologies effectively.

The event reinforced the value of lived experience in shaping policy and highlighted the need to expand equitable access to diabetes technology across New South Wales.



Justin Clancy MP, Parliamentary Friends Co-chair; Emily Geering, State General Manager, Diabetes Australia; Charishma Kaliyanda MP, Parliamentary Friends Co-chair; Emma Craig, Diabetes Australia Group Executive, Impact and Engagement



Federal Budget submissions: Campaigning for better access

Diabetes Australia developed a pre-budget submission on access to technology for people living with diabetes. The submission focused on two key recommendations to expand equitable access to diabetes technologies through the NDSS:

Automated Insulin Delivery (AID)

Subsidise insulin pumps to increase access to AID for approximately 38,000 people with type 1 diabetes at a cost of $298.95 million over four years (2027 to 2030). The initial priority groups include children and young adults under 21, people with socio-economic disadvantage, Aboriginal and Torres Strait Islander peoples, and people who are planning pregnancy or are pregnant.

Continuous Glucose Monitoring (CGM)

Subsidise CGM for an eligible population of 16,000 people with type 2 diabetes and other forms of diabetes, at a cost of $106.48 million over four years from 2027. The initial priority groups include people with type 3c and other forms of diabetes using a basal-bolus insulin regime, healthcare card holders with type 2 diabetes requiring a basal bolus regimen, Aboriginal and Torres Strait Islander peoples with type 2 diabetes requiring a basal-bolus regimen, under 21s with type 2 diabetes requiring a basal-bolus regimen, and women with type 2 diabetes planning pregnancy through to six months postpartum.

Diabetes Australia undertook significant economic modelling, drawing on international evidence, to inform proposals aimed at expanding access to diabetes technologies. The work was developed in collaboration with a national consortium comprising the Australian Diabetes Society (ADS), Australian Diabetes Educators Association (ADEA), Australian Diabetes in Pregnancy Society (AdIPS), Diabetes WA, Diabetes SA, Healthy Living NT, Diabetes Victoria, Breakthrough T1D (BT1D), and the Australia and New Zealand Society for Pediatric Endocrinology and Diabetes (ANZSPED).

National Diabetes Week: Supporting a healthier future for everyone

National Diabetes Week 2025 helped thousands of people better understand their risk of diabetes and take practical steps towards prevention, early intervention, and self-management through the campaign, 'A Healthier Future – For Everyone'.

As the prevalence of diabetes and related complications continues to grow, the campaign encouraged people to understand their risk and take action promptly, while supporting those already living with diabetes to access the care, information, and connections needed to manage their health and reduce the risk of complications.

Campaign messages reached millions of Australians nationwide, increasing awareness of diabetes prevention, risk reduction, and the importance of early action.

Campaign impact highlights

- Approximately 2.3 million people saw the National Diabetes Week messages through billboard advertising nationwide
- National Diabetes Week stories and prevention messages reached an estimated six million people through television, radio, print, and online news coverage
- Campaign content generated more than 6.5 million opportunities for Australians to engage with information about diabetes prevention and management across social media and digital advertising platforms
- More than 106,000 people visited the National Diabetes Week campaign website seeking further information and support

Importantly, the campaign translated awareness into action.

Through a partnership with Priceline Pharmacy, 9,072 people completed a free health check during National Diabetes Week, helping them better understand their cardiovascular and metabolic health and take action to reduce their risk of future complications. Delivered through SiSU health stations in more than 300 pharmacies, the checks provided immediate insights and encouraged people to take proactive steps towards better health.

The campaign drove a significant increase in participation, with health checks rising 16 per cent from the previous week and 18 per cent above the six-week average. For those unable to access a pharmacy, Diabetes Australia promoted the online Diabetes Risk Calculator, with more than 5,300 people completing an assessment during the week. Together, these initiatives helped more Australians understand their risk, access trusted information and screening, and take positive steps to improve their health and wellbeing.





Publications calling for national action

National Diabetes Week also provided a platform for Diabetes Australia to advocate for stronger national action on diabetes prevention and complication reduction. Two major publications highlighted both the scale of the challenge and the opportunities to improve health outcomes.

The policy paper, *A Healthier Future: Reducing the Impact of Diabetes Through Prevention*, called on the Australian Government to more than double its investment in preventive health, lifting it to 5 per cent of total health expenditure by 2030.

A second report, *Unveiling the Value of KeepSight: Enhancing Diabetes-Related Vision Care and Preventing Vision Loss*, demonstrated the value of prevention programs, showing that more than 560,000 Australians are reducing their risk of diabetes-related blindness through the KeepSight eye check reminder program.

Together, the campaign and accompanying reports reinforced the need for coordinated national action to prevent type 2 diabetes, reduce complications, and ensure all Australians have access to the support they need to achieve a healthier future.

CASE STUDY: EARLY INTERVENTION CHANGES LIVES


Lee Chinprahust

Five years ago, Sydney-based security analyst Lee Chinprahust visited his GP after experiencing persistent fatigue. A routine blood test revealed type 2 diabetes, as well as high blood pressure and high cholesterol, conditions that may have gone undetected without early intervention.

“I wasn’t expecting it,” Lee said. “But catching it early gave me the chance to take control before things became more serious.”

Now 34, Lee is a strong advocate for prevention and early intervention. He manages his condition through medication, healthy eating, and regular exercise.

“It’s all about the choices you make once you know what you’re dealing with,” he said. “But first, you need to know.”

Lee joined Diabetes Australia at the launch of National Diabetes Week 2025 to encourage Australians to understand their risk and seek health checks early.

World Diabetes Day: More than numbers

World Diabetes Day on 14 November 2025, built on the momentum of National Diabetes Week, raising awareness of diabetes prevention and encouraging Australians to understand their risk of type 2 diabetes. This dual campaign also celebrated the strength and resilience of people living with diabetes through a range of community engagement activities.

Diabetes Australia's prevention activity reached millions of at-risk people and was viewed more than 5.4 million times. This exposure drove over 67,000 visitors to the 1800PREVENT (type 2 diabetes) webpage and was seen by an estimated 1.2 million people through news coverage. This prevention campaign showcased updated prevention resources and the Risk Calculator, helping people better understand that up to 58 per cent of type 2 diabetes cases may be prevented or delayed through early action.

To celebrate that the diabetes community is more than just a number, Diabetes Australia welcomed more than 200 families of children living with type 1 diabetes for a fun-filled day at Luna Park Sydney.

The event's impact was further amplified through Miguel Maestre's appearance on *The Today Show*, which highlighted the Diabetes Australia membership program and drove a 360 per cent increase in sign-ups compared to the daily average.







Families enjoying the DiaBuddies event at Luna Park on World Diabetes Day



By embracing prevention and encouraging open dialogue, we help people feel seen, supported and empowered to live fully without fear or discrimination.

Australian Indigenous HealthInfoNet Roundtable: Collaboration for better health outcomes

In May 2025, leaders from Diabetes Australia's Aboriginal and Torres Strait Islander Engagement team represented the organisation at the Australian Indigenous HealthInfoNet Roundtable in Brisbane. Diabetes Australia's Group Executive of Aboriginal and Torres Strait Island Engagement, Adjunct Associate Professor Deanne Minniecon joined representatives from the Institute for Urban Indigenous Health (IUIH) and the Queensland Network of Alcohol and Other Drug Agencies (QNADA), for a panel discussion on advocacy, programs, partnerships, and community engagement initiatives supporting Aboriginal and Torres Strait Islander people living with or at risk of diabetes.

The roundtable provided an important opportunity to strengthen relationships across the Aboriginal and Torres Strait Islander health sector, share emerging priorities, and contribute to discussions on community-led approaches to diabetes prevention, management, and care. Discussions reinforced the importance of culturally safe services, Aboriginal and Torres Strait Islander leadership, and collaborative partnerships in improving health outcomes. Insights gained through the roundtable continue to inform Diabetes Australia's engagement approach and advocacy priorities, ensuring work remains aligned with the needs of Aboriginal and Torres Strait Islander communities.



Rebecca Lang, CEO, QNADA; Professor Bep Uink, Director, Indigenous HealthInfoNet; A/Assoc Professor Deanne Minniecon, Group Executive, Aboriginal and Torres Strait Islander Engagement, and Wayne Ah Boo, CEO, Institute for Urban Indigenous Health



Nutrition Society of Australia annual scientific meeting: Supporting healthier communities through food

Building on conversations about community-led solutions, Diabetes Australia also contributed to national discussions on the role of food systems in improving health outcomes for Aboriginal and Torres Strait Islander peoples.

In December 2025, Adjunct Associate Professor Deanne Minniecon, participated in a panel discussion on Indigenous Food Sovereignty at the Nutrition Society of Australia Annual Scientific Meeting. Alongside researchers from Queensland University of Technology (QUT), the panel explored findings on the role of Indigenous food systems in improving the health and wellbeing of Aboriginal and Torres Strait Islander peoples.

The discussion highlighted the critical relationship between food sovereignty, food security, and diabetes prevention and management. Access to affordable, nutritious, and culturally appropriate food remains a significant challenge for many communities and contributes to higher rates of type 2 diabetes and other chronic conditions. The session reinforced the importance of Aboriginal and Torres Strait Islander-led approaches that strengthen access to traditional foods, build local food systems, promote self-determination, and address the broader social determinants of health. Together, these approaches can help reduce diabetes risk, support healthy lifestyles, and improve long-term health and wellbeing.

PARTNERSHIPS AND IMPACT MULTIPLIERS



Progress towards a healthier future requires strong partnerships, shared expertise, and collective action. By combining resources and experience, partnerships expand reach and deliver solutions with lasting impact for people affected by diabetes.

Throughout the year, Diabetes Australia worked alongside a diverse network of organisations to improve health outcomes and reduce inequities. Through collaborations with the Diabetes Alliance, Australasian Diabetes Congress, Shane Warne Legacy, Southern Cross Austereo, Target Australia and SiSU Health, and the nib foundation, Diabetes Australia expanded access to care and prevention services and increased community awareness and engagement.

These partnerships translated evidence into action, expanded the reach of diabetes education and support, and connected more Australians with the services they need. By investing in collaboration and impact multipliers, Diabetes Australia is creating stronger systems of care, empowering health professionals and support workers, and enabling more people to build healthier futures.


Proudly supporting the Shane Warne Legacy Health Check
FREE HEALTH TEST
COMPLETE IN 4 MINUTES

The Diabetes Alliance: Driving national diabetes reform

The Diabetes Alliance brings together leading organisations across Australia's diabetes sector, including Diabetes Australia, the Australian Diabetes Society (ADS), the Australian Diabetes Educators Association (ADEA), the Australian Diabetes in Pregnancy Society (ADIPS), Breakthrough T1D (BT1D), and the Australia and New Zealand Society for Pediatric Endocrinology and Diabetes (ANZSPED).

In 2025–26, the Alliance focused on expanding equitable access to life-changing diabetes technologies. The sector united with state-based diabetes organisations to deliver joint pre-budget submissions to the Australian Government, calling for expanded subsidies for automated insulin delivery systems and continuous glucose monitoring devices for people at highest risk of diabetes complications. The Alliance also supported progress on access to medicines through the Pharmaceutical Benefits Advisory Committee and contributed to national reform through a submission to the National Health and Medical Research Strategy, alongside engagement with the Government's response to the Parliamentary Inquiry into Diabetes.

By bringing together the expertise, evidence, and advocacy of Australia's leading diabetes organisations, the Alliance increased the sector's collective influence on government policy, funding decisions, and national reform initiatives. These efforts demonstrate the strength of a unified sector for people living with diabetes.

The Australasian Diabetes Congress: Turning research into impact

The Australasian Diabetes Congress (ADC) 2025 brought together diabetes health professionals, researchers, educators, and people with lived experience from across Australia and the surrounding region to share the latest advances in diabetes care, prevention, and research. As a major contributor to the Congress, Diabetes Australia showcased its leadership in advocacy, prevention, research, and service delivery and strengthened collaboration across the diabetes sector.

A key focus was the launch and promotion of the Diabetes Australia Research Strategy 2025–2030, which sets out a transformative vision to accelerate research that delivers real-world impact for people affected by diabetes. Diabetes Australia also highlighted its prevention agenda, policy priorities, National Diabetes Services Scheme (NDSS) activities, and the importance of lived experience in shaping better outcomes.

ADC 2025 reinforced the importance of collaboration in creating a healthier future for everyone affected by diabetes. By bringing together leaders in research, healthcare, policy, and lived experience, the Congress facilitated the exchange of knowledge and ideas that underpin better prevention, earlier diagnosis, improved treatment, and stronger support systems. The conversations and partnerships forged at the event continue to shape diabetes care and research beyond the Congress.



Salvation Army: Delivering accessible diabetes care

Diabetes Australia continues to fund and deliver a drop-in diabetes clinic at Magpie's Nest Café at the Salvation Army on Bourke St, Melbourne. The clinic provides education and support to vulnerable people, including those experiencing or at risk of homelessness.

A new reporting tool showed that between 1 January and 30 June 2026, Diabetes Australia's registered nurse and credentialled diabetes educator engaged with 64 clients on 109 occasions. Of these clients, 45 per cent lived with type 2 diabetes, and 37 per cent were at high risk of developing the condition.

Clients with type 2 diabetes attended more frequently and were more likely to present with high blood glucose levels (>10 mmol/L), highlighting opportunities to improve diabetes management and reduce the risk of complications.

The diabetes educator provided self-management education and referred clients to GPs, social support services, optometry, and mental health services where needed.

The clinic provides a safe, trusted, and consistent point of care where people can access diabetes support without time or cost barriers. Through accessible, continuous care, it helps reduce the burden of diabetes and the risk of complications among vulnerable members of the community.

Diabetes Qualified: Improving care through education

Creating a healthier future for everyone means ensuring the people who support those living with diabetes have the knowledge and confidence to provide safe, effective care.

During the year, Diabetes Qualified received more than 3,500 course and webinar enrolments, enabling health professionals and care workers to build the skills and confidence needed to support people living with diabetes across health, aged care, disability, and community settings.

Diabetes Qualified also significantly expanded its reach in 2025-26. Almost 99,000 users accessed its education, news, and resources, nearly double the previous financial year, while the Diabetes Link eNewsletter connected with around 19,000 health professionals and care workers each month.

Diabetes Qualified was named a finalist in the 2026 AUSactive National Awards for CPD Provider of the Year. In a year that attracted a record number of entries, this recognition highlighted the quality and impact of its education programs.

99,000 users accessed the Diabetes Qualified website in 2025-26, with over 3,500 course and webinar enrolments.



Drop-in diabetes clinic at Magpie's Nest Café





nib foundation: Empowering better care at home

With support from a nib foundation grant, Diabetes Australia is helping provide training to disability care workers to enhance knowledge and confidence in care for people living with both a disability and insulin-requiring diabetes. Through this grant, more people with diabetes and disability receive safer, more confident care at home. Through this partnership, disability support workers across New South Wales are accessing fully funded or subsidised training in diabetes care and insulin administration, building the practical skills needed to support people with complex health needs safely, consistently, and with dignity.

Since commencing in March 2025, the program has educated 171 support workers across five disability organisations, with 12 courses delivered to date. Together, these organisations support more than 20 clients with diabetes, including more than eight clients who require insulin. For these clients, having trained support workers available can make the difference between remaining in a familiar home environment and needing alternative care arrangements. It also gives families, providers, and clients greater confidence that diabetes support is delivered safely and in line with individual care plans.

Early evaluation results show that this investment is translating into measurable change. Participants in the *Safely Injecting Insulin* course reported a 36 per cent improvement across comparable knowledge, skills, and confidence measures, with the strongest gains in insulin injection technique, understanding Diabetes Management Plans, and diabetes care knowledge. Participants in *Practical Diabetes for Support Workers* reported a 19 per cent improvement, including stronger understanding of hypoglycaemia, hyperglycaemia, and day-to-day diabetes support.

The benefits are also being felt at an organisational level. Providers report improved staff confidence, safer insulin practices, stronger blood glucose monitoring, updated procedures, and better rostering to ensure trained staff are available when needed. Most importantly, early feedback points to improved stability, confidence, and safety for people receiving support. While longer-term clinical outcomes will continue to be monitored, the partnership is already demonstrating clear value: strengthening the disability workforce, reducing preventable risks, and helping people with diabetes and disability live with greater independence, continuity, and quality of life.

The program has reached **171** support workers across five disability organisations since March 2025.

Shane Warne Legacy: Promoting early detection

The successful partnership with the Shane Warne Legacy, launched in 2024, continued to deliver impact in 2025-26. Working alongside the Shane Warne Legacy and founding partner Latrobe Health Services, Diabetes Australia has expanded access to free screenings and encouraged Australians to take earlier action on preventable chronic health conditions, including type 2 diabetes.

Established in honour of Shane Warne's commitment to helping others, the initiative provides free community-based screenings that help Australians better understand their health and take steps to reduce their risk of chronic disease.

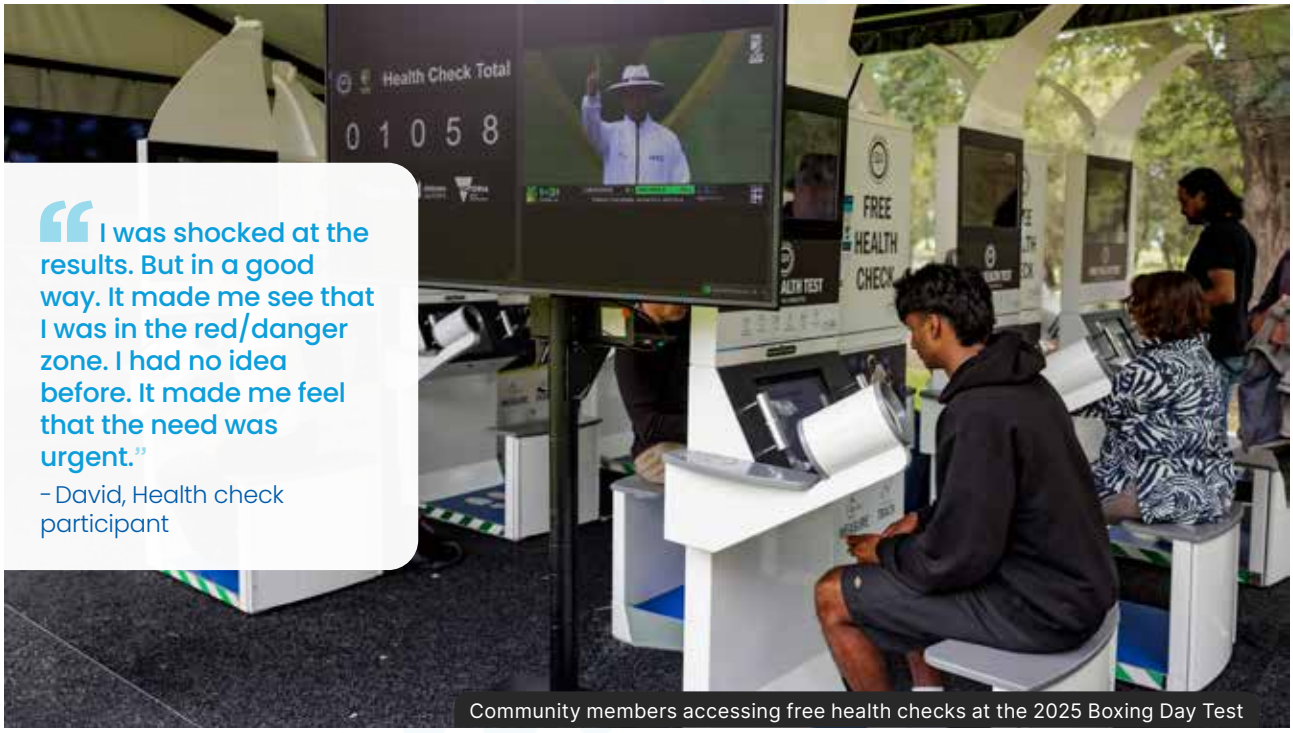
In 2025-26, the program delivered 149,666 free screenings nationwide, providing thousands of Australians with valuable insights into their health and prompting earlier intervention. The screenings offer a quick, accessible assessment of key risk factors for conditions including type 2 diabetes and cardiovascular disease, while encouraging follow-up with healthcare professionals where appropriate.

At the 2025 Boxing Day Test at the Melbourne Cricket Ground, more than 7,400 screenings were delivered in only two days. The results prompted more than one-third of participants to follow up with their GP, with type 2 diabetes risk factors accounting for more than one quarter of those referrals. Follow-up surveys found that most respondents had made, or planned to make, positive lifestyle changes after receiving their results.

The initiative also reached new audiences through events including the Royal Geelong Show and the Boost Mobile Gold Coast 500, where more than 2,280 people accessed free health checks.

By reducing barriers to health screening and increasing awareness of type 2 diabetes risk, the Shane Warne Legacy partnership continues to demonstrate the power of prevention and early intervention.

149,666 free Shane Warne Legacy Health Checks were completed across Australia during 2025-26.



> "I was shocked at the results. But in a good way. It made me see that I was in the red/danger zone. I had no idea before. It made me feel that the need was urgent."
>
> - David, Health check participant

Community members accessing free health checks at the 2025 Boxing Day Test

SCA Embrace: Leading the conversation on diabetes

In January 2026, Diabetes Australia commenced a landmark partnership with Southern Cross Austereo (SCA) through the Embrace program to build national awareness and understanding of diabetes. As one of SCA's flagship community partnerships, the highly competitive program supports charities that make a meaningful difference in the lives of Australians. Diabetes Australia was proud to be selected as a partner.

Through this content-led collaboration, Diabetes Australia is challenging misinformation, reducing stigma and discrimination, increasing awareness of diabetes risk factors and warning signs, and further consolidating its position as the trusted national voice on diabetes. By combining evidence-based information, lived experience, and education, the campaign is helping more Australians recognise their risk of type 2 diabetes and take action.

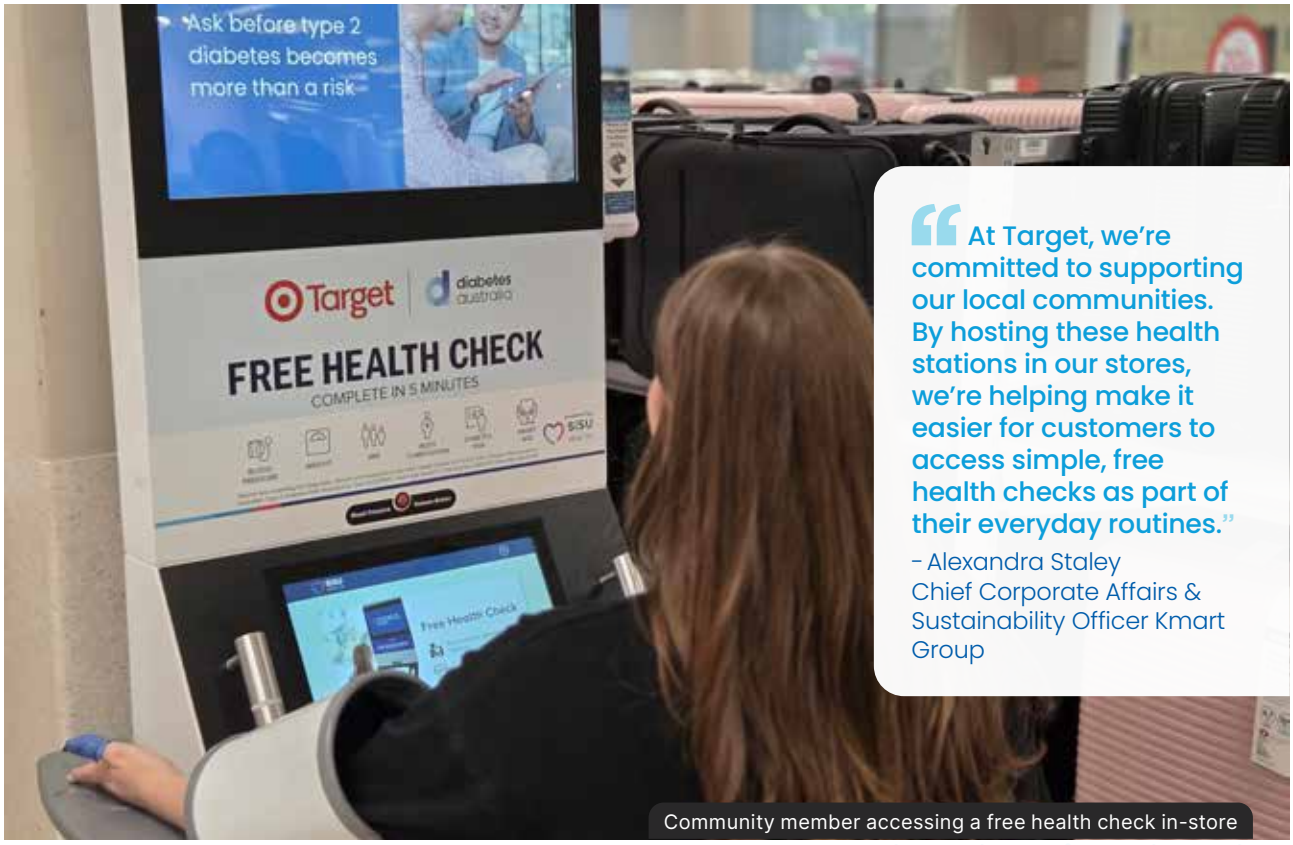
A key focus during the year was raising awareness of the health impacts associated with ultra-processed foods. Through integrated radio and digital content, Diabetes Australia contributed to the national conversation on nutrition, chronic disease prevention, and healthier food environments, highlighting research showing that regular consumption of ultra-processed foods may increase the risk of developing type 2 diabetes by 53 per cent.

The partnership delivered unprecedented media exposure during its first six months, generating more than $10.7 million in media value through in-kind advertising across radio, digital audio, and news platforms. SCA delivered 4.5 million advertising placements, including more than 177,000 radio spots and 64,000 news credits, helping Diabetes Australia reach an average of 7.7 million unique listeners each month.

The strategic partnership significantly expanded Diabetes Australia's reach across regional and remote communities. More than 111,000 regional placements, valued at over $5.6 million, helped deliver trusted health information to communities where diabetes prevalence and health inequities are often greatest.

By increasing awareness of risk factors, prevention, early diagnosis, and the lived experience of diabetes, the partnership is helping advance Diabetes Australia's mission to reduce the impact of diabetes. As the partnership continues into 2027, Diabetes Australia will further leverage the reach of the SCA network to engage millions of Australians with trusted information about diabetes prevention, management, and care.





> "At Target, we're committed to supporting our local communities. By hosting these health stations in our stores, we're helping make it easier for customers to access simple, free health checks as part of their everyday routines."
>
> – Alexandra Staley
> Chief Corporate Affairs & Sustainability Officer Kmart Group

Community member accessing a free health check in-store

Target Australia and SiSU: Bringing preventive health into everyday communities

17,000 free health checks completed in just three months (13 April - 30 June 2026).

In April 2026, Diabetes Australia partnered with Target Australia and SiSU Health to launch a 12-month pilot delivering free health checks at 20 Target stores across South Australia and Queensland. The initiative aims to make preventive healthcare more accessible by bringing trusted health screening into everyday community settings.

Using SiSU Health Stations, shoppers can complete a free five-minute health check that assesses key indicators, including blood pressure, body mass index (BMI), heart rate, and the risk of developing type 2 diabetes.

Within the first 90 days alone, shoppers completed more than 17,000 health checks, and the results prompted approximately one-third of participants to speak with their GP about identified health risk factors.

Importantly, the pilot is reaching people who may not routinely engage with healthcare services. Nearly 70 per cent of participants had not checked their blood pressure in the previous 12 months, while strong participation from lower socioeconomic communities is demonstrating the value of providing health checks in accessible, everyday locations.

Almost half of participants identified at elevated risk of type 2 diabetes opted to receive follow-up information, including referral pathways to Diabetes Australia's 1800PREVENT (type 2 diabetes) service. These early results highlight the potential for community-based screening to support earlier intervention and inform future opportunities to expand access to preventive health initiatives.

COMMUNITY AND CONNECTION



No one should face diabetes alone. Building a healthier future for everyone means creating opportunities for people to connect and access support that empowers them. It means access to trusted information, meaningful relationships, and opportunities to share experiences that can make a lasting difference to health and wellbeing.

Throughout the year, Diabetes Australia strengthened connections through dedicated programs including Diabetes YOUnited, which now supports more than 500,000 members nationwide, the Blue Circle Collective, which amplifies lived experience in advocacy and decision-making, and DiaBuddies, which helps children and families build confidence and friendships through shared experiences. We also celebrated resilience through the Kellion Victory Medal Scheme and elevated community voices through programs such as *Life on the Level* and the IDF Young Leaders in Diabetes programme.

These programs helped reduce isolation and create opportunities for those affected by diabetes to connect, lead, and contribute. By creating supportive communities where individuals feel valued and heard, Diabetes Australia is helping lessen the psychosocial impacts of diabetes and build confidence, resilience, and self-management skills.



Diabetes YOUnited: Building an active and connected community

Membership grew to more than **500,000** people nationwide.

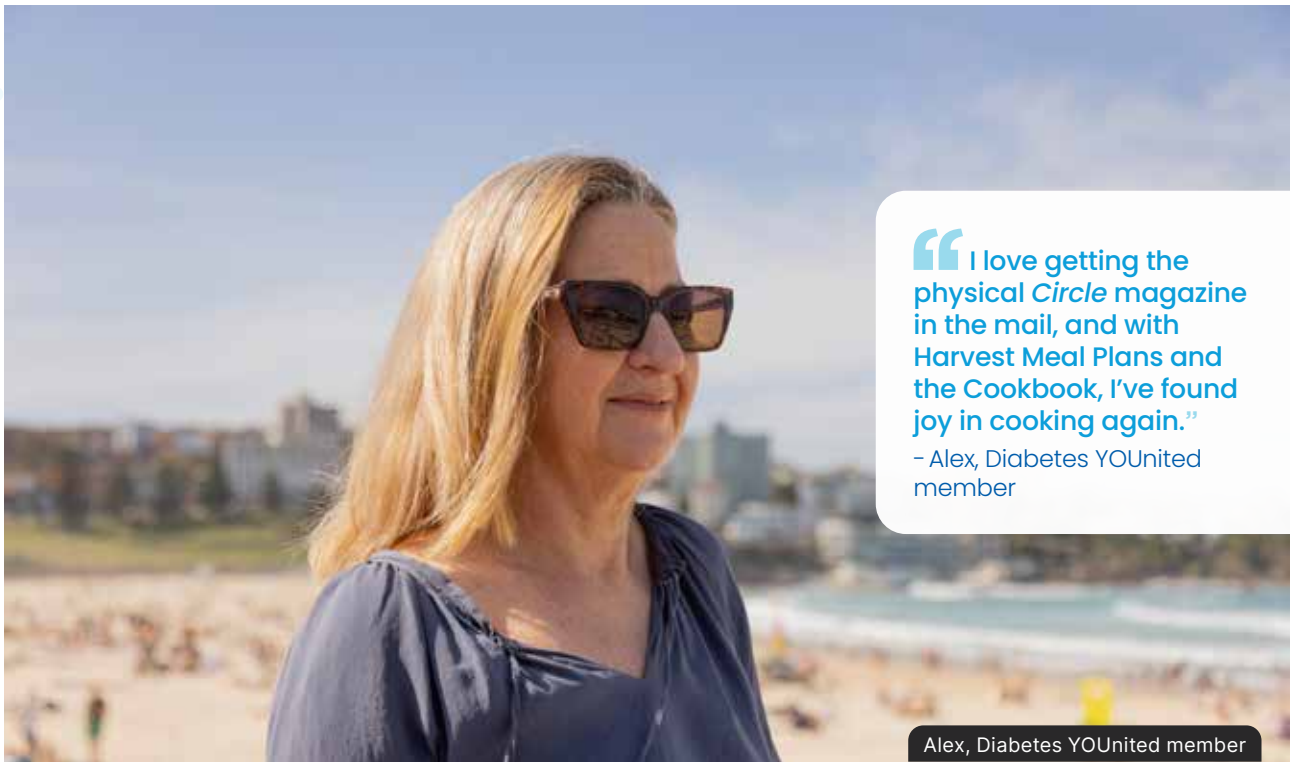
Following the successful launch of Diabetes YOUnited in November 2024, the 2025-26 period has focused on understanding the community, deepening real connection, and expanding trusted support for members across Australia.

Designed to support people living with diabetes, those at risk, and their families, carers, and supporters, Diabetes YOUnited continues to play an important role in improving access to reliable information, practical tools, and a sense of community. By June 2026, membership grew to more than 500,000 people nationwide, strengthening its impact as a connected, inclusive community, regardless of location or circumstance.

This growth means more people have access to the information, support, and connection needed to better manage their health and wellbeing, contributing to a healthier future for all Australians living with diabetes and those at risk.

As the community has grown, so too has its impact. Through regular communication, trusted content, and opportunities to connect, members report feeling more informed, more confident, and better supported in managing their diabetes. Average diabetes self-empowerment scores also rose 3 per cent after 12 months, indicating a modest but positive improvement in members' confidence and capability to manage their diabetes over time. Importantly, the accessibility of Diabetes YOUnited, through digital engagement, free membership options, and nationwide reach, helps reduce barriers to information and support, particularly for those who may otherwise feel isolated or live where access to health care is limited.

Webinars remained a key driver of member value, connecting people directly with health professionals, peer support, and lived experience. These sessions turn complex



"I love getting the physical *Circle* magazine in the mail, and with Harvest Meal Plans and the Cookbook, I've found joy in cooking again."

– Alex, Diabetes YOUnited member

Alex, Diabetes YOUnited member

health information into practical, easy-to-understand, and relevant guidance that helps members make informed decisions and build confidence in managing their diabetes.

The Diabetes YOUnited membership levels — YOUnited Essential (the free membership level), YOUnited PLUS, and YOUnited Legacy — continued to offer members flexible, accessible options. The model ensures everyone can access free trusted information regardless of their circumstances, while also providing additional value and opportunities for those seeking deeper engagement. It also supports both individual member outcomes and the sustainability of Diabetes Australia's broader work in research, advocacy, and services.

Connection remained at the heart of Diabetes YOUnited. Members continued to engage through online community forums, webinars, and shared experiences, reinforcing the importance of peer support and belonging. Member feedback continues to highlight the value of feeling supported, informed, and part of a wider community that understands the realities of living with diabetes.

To support continued growth and engagement, a new acquisition campaign featuring real members and their stories brought to life what it means to be part of Diabetes YOUnited. These authentic voices highlighted the personal impact of connection, reinforcing the importance of community in improving everyday experiences and long-term outcomes.

In 2027, Diabetes Australia will continue to strengthen the membership program in response to member feedback. By listening to and responding to their needs, Diabetes Australia will deepen its person-centred approach, ensuring members receive information, support, and opportunities relevant to their unique diabetes journeys. Through this ongoing commitment, Diabetes Australia is building a community where every voice is heard, valued, and acted upon, while creating Australia's largest and most inclusive support network for people living with all types of diabetes.



Rob, Diabetes YOUnited member

Blue Circle Collective: Driving change through the experience of people living with diabetes

In 2025–26, Diabetes Australia deepened its commitment to embedding lived experience at the centre of its work. Through the Blue Circle Collective, people living with diabetes, those at risk of diabetes, and carers helped shape advocacy, policy, programs, events, media, and decision-making at Diabetes Australia. Their voices brought authenticity and insight to national conversations, demonstrating how diverse experiences can drive more inclusive and effective responses to diabetes.

The Blue Circle Collective now includes 100 engaged Ambassadors, Community Advocates, Youth Advocates, and Advisers representing a broad range of diabetes types, ages, communities, and lived experiences. This includes First Nations peoples, culturally and linguistically diverse communities, regional and remote communities, people living with diabetes-related complications, carers, and young people. This diversity strengthened Diabetes Australia's understanding of the challenges people face and the changes needed to improve prevention, care, access, and support.

Throughout the year, Blue Circle Collective voices united to amplify the cause, raise awareness, and drive meaningful change in how diabetes is understood, supported, and addressed, reaching more than one million Australians through print, online, social media, television, radio, and newsletters.

A major milestone was the National Diabetes Summit at Parliament House, Canberra, where Ambassadors, Community Advocates, and Community Advisory Council Advisers were represented across all six panels.



> "I believe that lived experience is possibly the richest and most motivating way to help others living with diabetes. If I can help anyone with their motivation and understanding of how they can help themselves to live better quality lives, then I'm happy."
>
> – Warren Bingham, Blue Circle Collective Ambassador

Warren Bingham, Blue Circle Collective Ambassador

The Blue Circle Collective's impact was evident in the incredible leadership of its Ambassadors. Warren Bingham, living with type 2 diabetes, drew on his experience and health technology leadership to advocate for improved prevention, care, and support.

Community and Youth Advocates highlighted the importance of diverse voices. James Griffiths, a proud Wangaaypuwan man living with type 2 diabetes and profound vision loss from diabetes-related complications, advocated for early diagnosis, education, and equitable access to care, particularly for Aboriginal and Torres Strait Islander peoples and people in rural and remote communities. Emma Bond, a Youth Advocate living with type 1 diabetes, brought valuable peer connection and regional perspectives to her work, noting, "When we start sharing our individual experiences, people connect more and can relate a lot more."

Within the Adviser pillar of the Blue Circle Collective, the Community Advisory Council brought lived experience to strategy and governance activity, providing Diabetes Australia's Board and management with direct community advice. During the year, the Council strengthened its representation with youth voices, culturally and linguistically diverse perspectives, and voices from regional and remote areas, helping ensure its advice reflected a broader range of community experiences. Council Advisers helped guide priorities, strengthen engagement, and ground organisational decisions in the realities of people living with diabetes. Their contributions strengthened the quality and relevance of Diabetes Australia's decision-making, helping ensure policies, programs, and advocacy efforts better reflect the needs and experiences of communities affected by diabetes.



Emma Bond, Blue Circle Collective Youth Advocate

IDF Young Leaders in Diabetes Programme: Developing future leaders

As Australia's member organisation of the International Diabetes Federation (IDF), Diabetes Australia remained committed to developing the next generation of diabetes advocates and leaders.

Through the IDF Young Leaders in Diabetes Programme, young Australians with lived experience gained the skills, networks, and practical experience to design and deliver community-led initiatives that improve the lives of people living with diabetes.

By supporting emerging leaders, including Isabella Magee and Bastijian de Ruijter, Diabetes Australia helped build a pipeline of future advocates who can drive change, strengthen community leadership, and ensure lived experience continues to shape the future of diabetes advocacy in Australia.

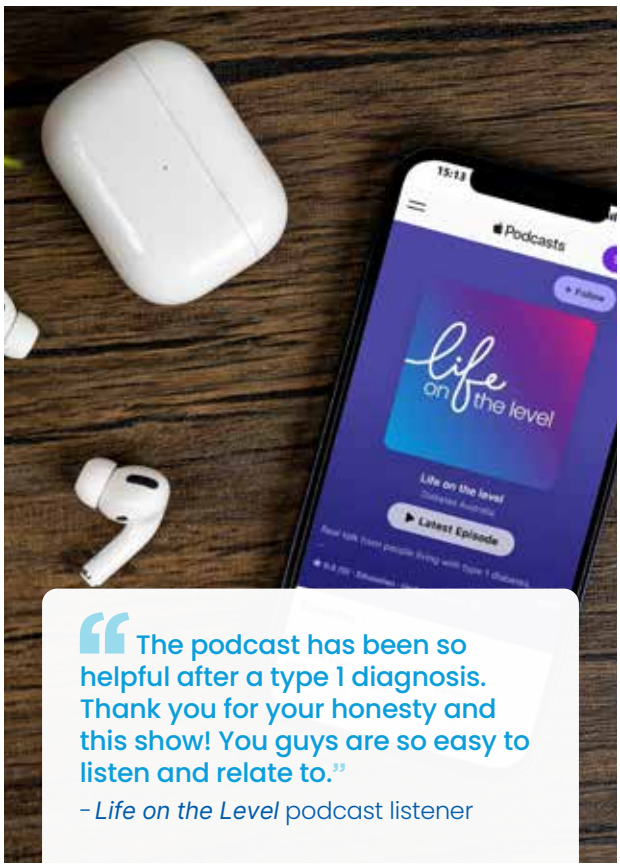


> "This has provided the opportunity to connect with passionate advocates from around the world and learn about the diverse ways people are driving change in their communities."
>
> – Bastijian de Ruijter, Young IDF Leader

Life on the Level podcast: Empowering voices, changing lives

Life on the Level is Diabetes Australia's podcast for people living with type 1 diabetes, created to share lived experience and foster connection through honest, peer-led storytelling. Hosted by two young Australians living with type 1 diabetes, Isabella Magee and Sebastian Harris, the podcast gives guests a platform to share their stories and build confidence and skills as Blue Circle Collective Advocates.

This year, Season 2 launched with a refreshed brand identity and a new digital hub that pairs each episode with a written feature, enabling audiences to engage more deeply with guest stories. Exploring topics such as diagnosis, daily life, mental health, relationships, sport, food, work, and advocacy, *Life on the Level* helps people feel seen, supported, and connected while elevating diverse voices from across the type 1 diabetes community, creating opportunities for people to learn from others navigating similar challenges and reducing feelings of isolation.



> "The podcast has been so helpful after a type 1 diagnosis. Thank you for your honesty and this show! You guys are so easy to listen and relate to."
>
> – *Life on the Level* podcast listener



> "The kids' activities are an absolute highlight of the year for our son. Getting to meet and make friends with other kids with T1D superpowers. Similarly, it's so great for parents/carers to meet other parents/carers of T1D kids."
>
> - Parent of a DiaBuddies participant

Kids enjoying a Diabuddies day at Erina

DiaBuddies: Strengthening support for children and families

DiaBuddies continued to bring together children living with type 1 diabetes and their families to learn, connect, and support one another, with funding from Future Generation Australia (FGX) and Diabetes Australia.

In 2025-26, the program delivered 18 events across New South Wales, Queensland, Tasmania, and the Australian Capital Territory, reaching 908 participants. Families shared experiences, built friendships, reduced feelings of isolation, and gained confidence in managing diabetes.

The program delivered strong outcomes, with 98 per cent of families reporting that the events helped their child feel better about living with diabetes. More than half of participants returned for additional events, demonstrating strong engagement and the ongoing value of peer support. Families also reported improved coping strategies and greater confidence in living with diabetes.

DiaBuddies' online community grew to more than 1,300 members and provided access to educational resources, peer support opportunities, and a series of wellbeing-focused videos that support the mental health of children and young people living with type 1 diabetes and their families. This growth highlighted that there is an ongoing need for accessible peer connection and mental health support.

Sixteen teens completed the DiaBuddies Youth Leadership Program developing their leadership skills, confidence, and mentoring capabilities to become role models and peer supporters within the diabetes community.

Feedback and insights from the program identified a need for more personalised support for teenagers, informing the development of an enhanced mentoring model.

Kellion Victory Medal Scheme: Celebrating 50 years and beyond

The Kellion Victory Medal Scheme honours Australians who have lived with diabetes for 50 years or more. Since its establishment in 1984, more than 2,500 Australians have received a Kellion Victory Medal in recognition of their resilience, self-management, determination, and commitment to living full and rewarding lives despite the challenges of diabetes. The scheme also honours the invaluable contributions of family members, loved ones, and carers through the Kellion Supporters Award. In 2025, more than 150 Kellion Victory Medals were awarded at seven ceremonies in Perth, Hobart, Adelaide, Melbourne, Canberra, Sydney, and Brisbane, bringing together recipients, supporters, and healthcare professionals to celebrate these remarkable milestones.

The ceremonies highlighted the profound changes in diabetes management over recent decades. Many recipients reflected on earlier treatment practices, including glass syringes, urine testing kits, and manually sharpened needles, and contrasted them with today's life-changing technologies. Their stories demonstrated not only advances in diabetes care but also the relentless nature of diabetes and the determination, adaptability, and optimism that have enabled them to live long, fulfilling lives.

A common theme across all events was the importance of support networks. Recipients spoke of the vital role loved ones, families, carers, friends, and health professionals played throughout their diabetes journey, reinforcing that living well with diabetes is often a shared achievement. Through the Kellion Victory Medal Scheme, Diabetes Australia continues to honour these inspiring individuals while preserving a unique legacy that connects lived experience, community, and research.

The Kellion Victory Medal Scheme's impact extends beyond the medal itself. By celebrating people who have successfully navigated decades of life with diabetes, the program encourages and gives hope to others living with the condition, while highlighting the importance of ongoing advances in research, treatment, education, and support. These celebrations honour both the extraordinary individual achievements and the collective support, progress, and sense of community that help people with diabetes thrive.

Since its establishment in 1984, more than **2,500** Australians have received a Kellion Victory Medal.



Brisbane Kellion Victory Medal Award Ceremony

> **“Living a long and full life with diabetes is something to be celebrated. Each Kellion Victory Medal recipient has a unique story to tell, and each of those stories is an inspiration to the community, and recognition of their hard work to live well with diabetes.”**
>
> – Gordon Bunyan, Diabetes Australia Board Member and Kellion Advisory Council Chair, Kellion Victory Medal Ambassador



Gordon Bunyan, Fay Goody, QLD 70-year medal recipient, and Justine Cain, Group CEO

RESEARCH



Research plays a critical role in creating a healthier future for everyone. By turning discoveries into practical solutions, research helps prevent diabetes, reduce complications, improve equity, and support better outcomes for people affected by diabetes.

Over the year, Diabetes Australia strengthened its national research leadership by launching a bold new Research Strategy, committing to invest $40 million in diabetes research over the next decade, and establishing the Diabetes Australia Research Impact Hub. Diabetes Australia also invested $1.9 million in 19 research projects, launched the inaugural Grand Innovation Challenge, and expanded partnerships to accelerate the translation of research into real-world impact.

Importantly, people with lived experience remained at the centre of Diabetes Australia's approach, helping shape research priorities and investments that reflect community needs. By bringing together researchers, clinicians, industry, government, donors, and the diabetes community, Diabetes Australia is driving innovation and creating lasting change for people living with or at risk of diabetes.



Diabetes Australia has committed to investing **$40 million** in diabetes research over the next decade.

New research strategy: Shaping the future of diabetes research

In August 2025, Diabetes Australia launched its Research Strategy 2025–2030, setting a bold new direction for diabetes research in Australia. The framework positions Diabetes Australia not only as a research funder but also as a national catalyst for community-informed discovery, innovation, and translation that improves lives sooner.

The Strategy places lived experience at the centre of research decision-making, from priority setting and funding allocation through to co-design, implementation, and translation. It also strengthens the focus on practical, evidence-based solutions that address the unmet needs of people living with diabetes and those at risk.

Underpinned by scientific excellence, the approach brings together expertise across research, clinical care, health systems, industry, government, and community. Through these multidisciplinary partnerships, Diabetes Australia is tackling the nation's most pressing diabetes challenges.

Research investment is focused on work aligned with Diabetes Australia's four audacious goals: curing diabetes, preventing diabetes, eliminating complications, and reducing the financial burden of diabetes. It additionally prioritises research that addresses community-identified needs and improves outcomes for populations at greater risk of diabetes and related complications.

A further priority is strengthening the capability, capacity, and competitiveness of the diabetes research sector by supporting the next generation of researchers and innovators to drive advances in discovery, translation, and impact.

Central to this work is the Diabetes Australia Research Impact Hub, Australia's national diabetes innovation catalyst.



Backed by a $40 million commitment to research investment over the next 10 years, the Hub connects researchers, funders, partners, health professionals, and people with lived experience to strengthen collaboration, accelerate translation, and amplify the impact of diabetes research locally and internationally.

The Hub will support the Strategy's delivery by providing platforms that amplify high-quality, impactful research. These include an expanded Lived Experience Research Portal, national priority-setting platforms, and a dedicated community research channel that enables people living with diabetes to actively shape research, connect with opportunities, and receive updates on breakthroughs and outcomes.

The research funding programs platform will offer a range of fit-for-purpose funding mechanisms across the innovation lifecycle. This approach will address critical knowledge gaps, promote co-design and community involvement, advance equity, and support strategic partnerships that tackle large-scale challenges or identified priority areas of community need.

One example is Diabetes Australia's strategic research partnership with the University of Tasmania to establish the International Consortium for Rural Diabetes Research, which is building a global collaborative network dedicated to improving diabetes care and health equity in rural and remote regions.

Diabetes Australia's research investment is made possible by the generosity of donors and partners who entrust Diabetes Australia to support initiatives that respond to the diabetes community's priority unmet needs and deliver meaningful improvements in people's lives.



Diabetes Australia exhibition booth at the 2025 Australasian Diabetes Congress



Research program grants: Funding a healthier future

Diabetes Australia committed $1.9 million through the Diabetes Australia Research Trust to support 19 innovative research projects commencing in 2026 across Australia. These grants are accelerating scientific discovery and practical solutions to improve prevention, treatment, care, and cure pathways for people living with diabetes and those at risk.

Funding for **19** innovative research projects commenced in 2026.

The funded projects reflect the ambition of the Diabetes Australia Research Strategy 2025–2030 and its commitment to invest $40 million in diabetes research over 10 years. They span fundamental, clinical, health systems and services, and public health research, with a strong focus on innovation, equity, translation, and community impact.

A defining feature of this funding round was the investment in the next generation of diabetes research leaders. Early- and mid-career researchers represented 79 per cent of awardees, strengthening Australia's diabetes research pipeline and supporting emerging leaders to pursue bold ideas, build evidence, and translate discoveries into better pathways for prevention, treatment, care, and cure.

People living with and at risk of diabetes were central to the funding process. The assessment process prioritised projects that addressed unmet community needs, embedded meaningful lived experience involvement, supported co-designed solutions, and had the potential to deliver measurable impact for priority communities, including Aboriginal and Torres Strait Islander peoples.

The grants will support work across critical areas including diabetes prevention, reducing complications, advancing cure-focused research, using artificial intelligence and new technologies, and developing solutions that can be activated in real-world settings. This funding round demonstrates Diabetes Australia's role in shaping a national research ecosystem that is community-informed, impact-focused, and built to accelerate change.

Medibank and Diabetes Australia Research Award: Investing in prevention research

In partnership with the Medibank Better Health Research Hub, Diabetes Australia co-funded a new $200,000, two-year research award to fast-track evidence-based interventions to help prevent type 2 diabetes in high-risk and underserved communities.

Following a rigorous national selection process that included people with lived experience, the award will support a Monash University research team led by Dr Stephanie Cowan. The project focuses on primary prevention of type 2 diabetes in polyendocrine metabolic ovarian syndrome (PMOS) across primary care. PMOS affects approximately 13 per cent of reproductive-aged women, who are at four times the risk of developing type 2 diabetes but often receive inconsistent preventive care.

With input from women living with PMOS and health professionals, Dr Cowan's team will co-design and pilot digital decision-support tools that integrate referral pathways for structured lifestyle intervention. The aim is to help general practices streamline screening and prevention within routine workflows, including referrals to specialists and to evidence-based prevention programs such as the Get Healthy Service administered by Diabetes Australia.



> "This funding gives us the opportunity to move beyond knowing what good care looks like for women with PMOS and actually build the systems and tools that make it possible in everyday practice."
> - Dr Stephanie Cowan

Cystic Fibrosis Research Limited: Shaping research investment around community needs

Cystic fibrosis-related diabetes affects around 12 per cent of adolescents and approximately **55 per cent** of adults living with cystic fibrosis.

Diabetes Australia has partnered with Cystic Fibrosis Research Limited to support a national research priority-setting project focused on cystic fibrosis-related diabetes (CFRD), ensuring that community needs guide future research investment.

Led by Dr Shanal Kumar, an endocrinologist at the Adult Cystic Fibrosis Centre at The Prince Charles Hospital in Brisbane, the project will bring together people living with CFRD, clinicians, researchers, and other stakeholders to identify the research questions that matter most.

CFRD becomes increasingly common with age, affecting around 12 per cent of adolescents and approximately 55 per cent of adults living with cystic fibrosis. It can significantly affect lung function, nutritional status, mental health, and treatment burden, while increasing the risk of diabetes-related complications.

Using a co-designed approach, the project will identify unmet needs and priority areas across the CFRD community. The findings will guide future research investment and projects to support the discovery, development, and delivery of evidence-based solutions that address the problems that matter most to people living with the condition.

This research was made possible by the generous bequest from Annette Goble to Diabetes Australia. It is one of many examples of how the kindness of supporters drives discoveries, advances better treatments, and delivers practical solutions that improve the lives of people living with diabetes.

RACGP / RACP Partnership awards: Advancing research and care

Diabetes Australia's partnerships with the Royal Australian College of General Practitioners (RACGP) and the Royal Australian College of Physicians (RACP) continue to strengthen Australia's diabetes research capability and support translating evidence into improved patient care. Through co-funded research awards, we invest in projects that address key clinical challenges and improve outcomes for people living with diabetes.

In 2025, the RACGP and Diabetes Australia Research Grant supported a project exploring how general practice can better address the social determinants of diabetes, helping primary care teams respond to the social and economic factors that influence health outcomes. In 2026, the RACP and Diabetes Australia Research Establishment Fellowship was awarded to Dr Bernadette Prentice to investigate the impact of breakthrough cystic fibrosis therapies on cystic fibrosis-related diabetes. These partnerships support patient-centred research and help ensure new knowledge translates into better prevention, treatment, and care.



> "For many families, CFRD adds a layer of complexity to an already demanding chronic condition."
>
> – Dr Bernadette Prentice, 2026 RACP and Diabetes Australia Research Establishment Fellow



> "This gives me the opportunity to explore an innovative non-pharmacological approach that I hope will expand treatment options for women with gestational diabetes."
> - Claudia Marzulli, scholarship recipient

Industry PhD awards: Building future research leaders

Through the generosity of Sheila Woodcock, Diabetes Australia established the Sheila Woodcock Industry PhD Scholarship Program to support the next generation of diabetes researchers and to accelerate the translation of research into real-world impact.

Sheila, who passed away in 2018 at the age of 87, left an extraordinary legacy of $14 million to 15 community organisations and charities. Diabetes Australia was honoured to receive one of these gifts.

The scholarship program supports early-career researchers to pursue innovative projects aligned with the priorities and needs of the diabetes community. By embedding scholars across health, industry, and research settings, it strengthens translational research capability, fosters collaboration, and helps fast-track evidence-based solutions to reduce the impact on individuals, health systems, and society.

The inaugural scholarships were awarded in partnership with Western Sydney University. Scholarship recipient, Rabiul Karim, will examine the economic costs of diabetes in Australia to inform policy and guide strategic investment. With co-funding from Myopharm, Claudia Marzulli will explore innovative non-pharmacological approaches to glucose management in diabetes and pregnancy.

Diabetes Australia looks forward to supporting additional PhD scholars through this program, helping to build the capacity of Australia's diabetes research sector to improve the lives of people living with and at risk of diabetes.

NHMRC PhD partnership awards: Investing in the next generation

Diabetes Australia continues its partnership with the National Health and Medical Research Council (NHMRC) to strengthen Australia's future diabetes research workforce. Through this initiative, NHMRC-awarded postgraduate scholarship recipients received an additional $20,000 per year for three years, supporting outstanding emerging researchers to pursue work addressing some of the most pressing challenges in diabetes.

In 2025–26, two scholarship top-up awards were provided to researchers focused on reducing health inequities and improving outcomes for populations at greater risk of diabetes and its complications. Caroline Deen from the University of Sydney is developing culturally appropriate household food security indicators for Aboriginal and Torres Strait Islander peoples, helping address an important social determinant of type 2 diabetes. Dr Beryl Lin from the Baker Heart and Diabetes Institute is investigating how evidence-based diabetes therapies are used in practice and their impact on cardiometabolic outcomes, focusing on improving equitable access to treatments that protect heart and kidney health.

These scholarships build the next generation of diabetes research leaders while generating evidence to improve health outcomes for communities most affected by diabetes.



The Diabetes Australia Grand Innovation Challenge expert judging panel

Grand Innovation Challenge: Accelerating breakthrough solutions

Launched in December 2025, the inaugural Diabetes Australia Grand Innovation Challenge is fast-tracking promising technologies and solutions with the potential to reduce the impact of diabetes sooner.

Generously supported by the Charles Campbell Coghlan OAM estate, the Challenge is a flagship initiative of the Diabetes Australia Research Strategy 2025–2030. It complements existing research investment by accelerating the translation and commercialisation of breakthrough medical devices, digital health tools, therapies, and other innovations that can help prevent, treat, and ultimately cure diabetes.

With six research commercialisation grants totalling $500,000, the Challenge attracted more than 50 applications from startups, entrepreneurs, research teams, private sector businesses, and healthcare providers across Australia. An expert judging panel assessed each proposal for its potential to deliver scalable, accessible, and equitable solutions to real-world problems identified by people living with diabetes.

People with lived experience of diabetes were central to the process, helping ensure the selected innovations were person-centred, practical, and focused on meaningful impact. An expert judging panel, including people living with diabetes, reviewed the strongest concepts and prototypes for their readiness to progress towards tangible benefits for the diabetes community.

Ten finalist teams and companies pitched at a feature showcase event at the IDF-WPR 2026 Congress at the Melbourne Convention and Exhibition Centre, with six funded awards supporting the next stage of development.

Delivered in partnership with MedTech Compass by the Medical Technology Association of Australia (MTAA), the finalists will also receive complimentary membership, pitch training, networking, and mentoring with industry experts, strengthening pathways from promising ideas to real-world impact.

Health economics: Uncovering the full impact of diabetes

Diabetes Australia is leading the Counting the Cost research project in response to the Federal Inquiry recommendations, addressing major national evidence gaps on the true impact of diabetes.

The project will build one of Australia's most comprehensive pictures of diabetes' impact, examining effects on individuals, households, communities, the health system, and the economy. It will look beyond healthcare costs to consider employment, household finances, wellbeing, and informal care, helping identify where action can have the greatest impact.

We are delivering the work through sector-wide partnerships, including a PhD scholarship with Western Sydney University, access to strategic datasets through the Baker Heart and Diabetes Institute, and guidance from clinical, diabetes, and health economics experts.

The project is also being shaped by the valuable contributions of people with lived experience, researchers, clinicians, and government representatives, ensuring the evidence reflects both economic impact and the realities of living with diabetes.

These collaborations will strengthen Australia's understanding of the real cost of diabetes and provide evidence to inform future decision-making, investment, and support that can reduce its burden across society.





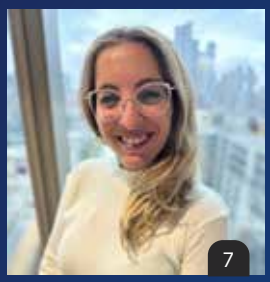




















> **“Using large Australian and global health datasets, my research examines the real-world impact of diabetes medications”**
>
> – Dr Beryl Lin, PhD student and endocrinology registrar



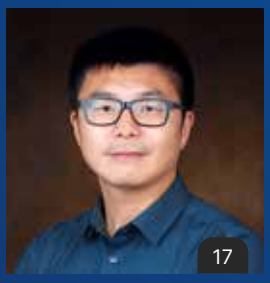


















2026 Diabetes Australia Research Program Grants

1. **A/Prof Behnam Akhavan**
   University of Newcastle
   Engineering a needle-free saliva test for type 2 diabetes: A low-cost glucose sensor for rural and socioeconomically disadvantaged communities

2. **Dr Bernard Asiamah-Asare**
   Deakin University
   Shifting the curve: Modelling the case for earlier intervention in type 2 diabetes

3. **Dr Julie Ayre**
   University of Sydney
   Clear words, better care project: Evaluating AI-generated, patient friendly summaries for people with diabetes

4. **Dr Richard Bright**
   Flinders University
   Improving outcomes with ankle fracture fixation devices in T2DM patients

5. **Dr Kaley Butten**
   CSIRO
   Your health, your summary: Supporting postpartum care with a digital discharge summary

6. **Dr Paddy Dempsey**
   Deakin University
   SMART-T2D: Adapting and co-designing a next-generation AI-powered digital ecosystem to support personalised self-care for type 2 diabetes

7. **Miss Mariam Hachem**
   University of Melbourne
   The ICO-CGM trial for Aboriginal and Torres Strait Islander people with type 2 diabetes

8. **Dr Jay Jha**
   Monash University
   Decoding NOX5: A novel non-invasive biomarker for early detection of kidney dysfunction in obesity and diabetes

9. **Dr Xuyu (Johnny) Liu**
   Heart Research Institute
   Microengineered digital vessel twins for personalised antithrombotic screening and diet planning to reduce the risk of strokes and thrombotic complications in diabetes

10. **Dr Diana MacKay**
    Menzies School of Health Research
    Enhancing Ngarnduma women's story sharing: Further development of culturally resonant health promotion messages and health education activities in the Maningrida Healthy Women's Project

11. **Dr Olumuyiwa Omonaiye**
    Deakin University
    Improving care and outcomes of Aboriginal and Torres Strait Islander Peoples with type 2 diabetes mellitus in eastern Melbourne

12. **Dr Jacqueline Schiesser**
    Murdoch Children's Research Institute
    Defining a stem cell derived beta cell replacement therapy for the treatment of type 1 diabetes

13. **Dr Mitchell Sullivan**
    University of the Sunshine Coast
    Glycogen structural dysregulation as a novel driver of liver injury in diabetes-associated MASLD

14. **A/Prof Ryu Takechi**
    Curtin University
    Maintaining healthy brain in diabetes patients: Novel insights through ApoE4 genotype

15. **Dr Mary White**
    Murdoch Children's Research Institute
    DIRECT-T1DM: Decision-support for real-time evaluation and clinical management of new onset type 1 diabetes mellitus in the primary care setting

16. **Dr Ziyu Wang**
    University of Sydney
    A hydrogel dressing regulator of temporal inflammation to accelerate diabetic wound healing

17. **A/Prof Tongzhi Wu**
    Adelaide University
    A novel renal pathway for non-nutritive sweetener risk in prediabetes

18. **Dr Belinda Yau**
    University of Sydney
    Using insulin granule proteomics to uncover new biomarkers for type 1 diabetes

Kellion Research Award

19. **Dr Kevin Chemello**
    University of New South Wales
    Preservation and restoration of β-Cell function in type 1 diabetes using a novel peptide-immunomodulatory combination therapy

NHMRC – Diabetes Australia Postgraduate Award

20. **Ms Caroline Deen**
    University of Sydney
    Development of culturally appropriate household food security indicators for Aboriginal and Torres Strait Islander people

21. **Dr Beryl Lin**
    Baker Heart and Diabetes Institute
    Improving cardiorenal outcomes in type 2 diabetes: real-world implementation and population-level impact of SGLT2 inhibitors and GLP-1 receptor agonists

DIABETES SUPPORT AND CARE



A healthier future for everyone depends on access to the right care, information, and support at the right time. For people living with or at risk of diabetes, equitable access to trusted services can improve health outcomes and empower them to live well, regardless of where they live or their circumstances.

Throughout the year, Diabetes Australia delivered support across every stage of the diabetes journey through the National Diabetes Services Scheme (NDSS), specialist clinical services, culturally responsive education programs, and community-led initiatives. From helping more than 111,000 people access education through the NDSS, to expanding KeepSight's reach to prevent diabetes-related vision loss, delivering specialist care in rural and remote communities, and supporting school-aged children, Diabetes Australia's work reflects a commitment to reducing inequities and improving outcomes for all.



National Diabetes Services Scheme

Delivering the National Diabetes Services Scheme: Trusted support for every journey

Throughout 2025-26, the National Diabetes Services Scheme (NDSS), administered by Diabetes Australia, continued to provide trusted information, practical support, and meaningful connections to people living with diabetes. With more than 1.5 million people registered with the NDSS, the Scheme supported people across the country to build the confidence, knowledge, and skills to manage their diabetes and improve their wellbeing. Support was delivered through a combination of community programs, education resources, subsidised product access, and digital engagement.

The NDSS delivered support where and how people needed it, with programs offered both face-to-face and online to ensure accessibility regardless of location, circumstance, or stage of life. During the year, 1,269 community education events engaged more than 32,900 participants nationwide, with almost one-third of all activities delivered in regional communities. These events brought practical, evidence-based diabetes information closer to home and provided opportunities for people to learn, ask questions, and connect with others experiencing similar challenges.

Culturally responsive diabetes support: Events

A key focus throughout the year was ensuring support remained inclusive and culturally responsive. Through the culturally and linguistically diverse (CALD) program, the NDSS delivered 171 tailored events, reaching more than 6,000 people living with diabetes, along with their family members and carers. Almost 5,000 participants attended in-language Community Information Sessions delivered in Arabic, Cantonese, Greek, Hindi, and Vietnamese. The program also expanded engagement with emerging communities and people from refugee backgrounds, including those who speak Dari, Khmer, Karen, Burmese, Farsi, and Rohingya.

Strong partnerships with government, local councils, settlement services, community organisations, charities, education providers, and health services helped extend the reach of culturally appropriate diabetes information and support. Participation in community events such as Seniors Week, Multicultural Health Week, and Refugee Week further strengthened awareness of the NDSS and improved access to trusted diabetes resources, education, and referral pathways.



Aboriginal and Torres Strait Islander engagement: Strengthening community-led diabetes care

Supporting Aboriginal and Torres Strait Islander peoples remained a priority throughout the year. In May 2026, Diabetes Australia and Diabetes South Australia co-hosted the NDSS Aboriginal and Torres Strait Islander National Gathering on Kaurna Country, bringing together health professionals, diabetes Agents, facilitators, and stakeholders from across Australia. The Gathering reinforced the value of culturally safe, community-led approaches to diabetes prevention and management, while identifying opportunities to strengthen Aboriginal and Torres Strait Islander leadership, workforce development, partnerships with Aboriginal Community Controlled Health Organisations, and access to digital resources.

The impact of these principles can be seen through programs such as Diabetes Yarning. Throughout the year a strong partnership with Gidgee Healing in Mount Isa and Normanton supported a monthly Diabetes Yarning healthy lifestyle session where participants gained practical skills in diabetes management while connecting with others in a culturally safe and supportive environment. By combining diabetes education with healthy cooking experiences and community connection, the program has helped strengthen confidence, knowledge, and wellbeing for individuals, families, and communities.

Health professional education: Building capability in diabetes care

The NDSS also continued to invest in the capability of the health workforce to deliver high-quality diabetes care. Working in partnership with the Australian Diabetes Education Association and the Australian Diabetes Society, the NDSS updated a range of resources and e-learning modules covering emotional health, person-centred care, health literacy, blood glucose monitoring, continuous glucose monitoring, and HbA1c guidelines. More than 1,600 health professionals and healthcare workers completed free NDSS online learning during the year, enhancing their skills in diabetes management, pre-pregnancy planning, and complication prevention. Programs designed specifically for Aboriginal health workers remained particularly popular, while the NDSS Diabetes Stigma and Discrimination module gained international recognition through its presentation at a global conference.



The Aboriginal and Torres Strait Islander Engagement team and NDSS Agents with Diabetes Australia staff at Diabetes Australia's Aboriginal and Torres Strait Islander National Gathering

Youth activities: Building confidence through connection

Young people and families also benefitted from a range of youth engagement activities designed to build confidence, independence, and peer support. Across Australia, 25 youth events engaged 685 participants through Family Day Out programs, day events, and camps tailored to different age groups. These initiatives provided safe and supportive environments where children and young people living with type 1 diabetes could develop self-management skills and connect with peers who shared similar experiences. Supported by diabetes health professionals, participants strengthened both their practical diabetes management skills and their confidence to live well with diabetes.

Diabetes in schools: Empowering school communities

Supporting children and young people remained an important part of the NDSS commitment to improving diabetes outcomes. The Diabetes in Schools program continued to provide nationally consistent information and training for families, educators, school leaders, health professionals, and support staff, helping school communities better understand and manage type 1 diabetes. Through improved knowledge and confidence, schools are better equipped to support the health, safety, and wellbeing of students living with diabetes.

Together, these initiatives demonstrate the breadth and impact of the NDSS in supporting Australians across every stage of the diabetes journey. By providing trusted information, culturally responsive programs, opportunities for connection, and a skilled health workforce, the NDSS continues to empower individuals, strengthen communities and improve health outcomes for people affected by diabetes across Australia.



> "I really appreciated the level of detail and the strong attention to care the instructor provided during the session. The training was thorough and practical, and it helped build my confidence in supporting the student safely and appropriately."
>
> - Diabetes in Schools program participant

Diabetes management

Culturally responsive diabetes support: Education

Throughout 2025-26, Diabetes Australia continued to strengthen diabetes management and complication reduction through a range of targeted education, clinical, and support services. Working alongside primary health networks, government, healthcare providers, and community partners, Diabetes Australia delivered culturally responsive education, specialist clinical care, and preventive health initiatives designed to support self-management and reduce the long-term impact of diabetes.

A strong focus remained on reaching communities at greatest risk of poor health outcomes. Through funding and collaboration with the Central and Eastern Sydney Primary Health Network (CESPHN), Diabetes Australia delivered the Community Diabetes Education Program and the Diabetes Education in Pregnancy Program for culturally and linguistically diverse communities across the region. More than 550 participants accessed education delivered in over 12 languages, including Arabic, Bengali, Cantonese, Dari, Greek, Hindi, Indonesian, Mandarin, Nepalese, Serbian, Tagalog, Urdu, and Vietnamese.

By providing culturally adapted, translated, and interactive education in community settings, these programs reduced language and access barriers for people at increased risk of type 2 diabetes and gestational diabetes. Participants developed greater understanding of diabetes prevention and management, while gaining practical skills and confidence to make informed decisions about their health. The programs played an important role in improving equitable access to trusted health information and ensuring diabetes education was delivered in ways that reflected the needs, preferences, and lived experiences of diverse communities.

KeepSight: Saving sight through early detection

Protecting vision remained a key focus during 2025-26. KeepSight, Australia's national diabetes eye screening reminder program, continued to help people living with diabetes through regular eye checks and early detection of diabetes-related eye disease. Delivered in partnership with the Australian Government and founding partners including Specsavers, with



Specsavers optometrist Rafael with a community member

support from Vision 2020 Australia, the Centre for Eye Research Australia, and the broader eye care sector, KeepSight surpassed 664,000 registrations during the year and delivered more than 2.7 million reminder communications.

Currently, more than one-third of Australians living with diabetes are engaged in preventive eye care through KeepSight. The program continues to play a critical role in connecting people with eye health services, promoting regular screening, and supporting the early detection and treatment of diabetes-related eye disease before vision loss occurs.

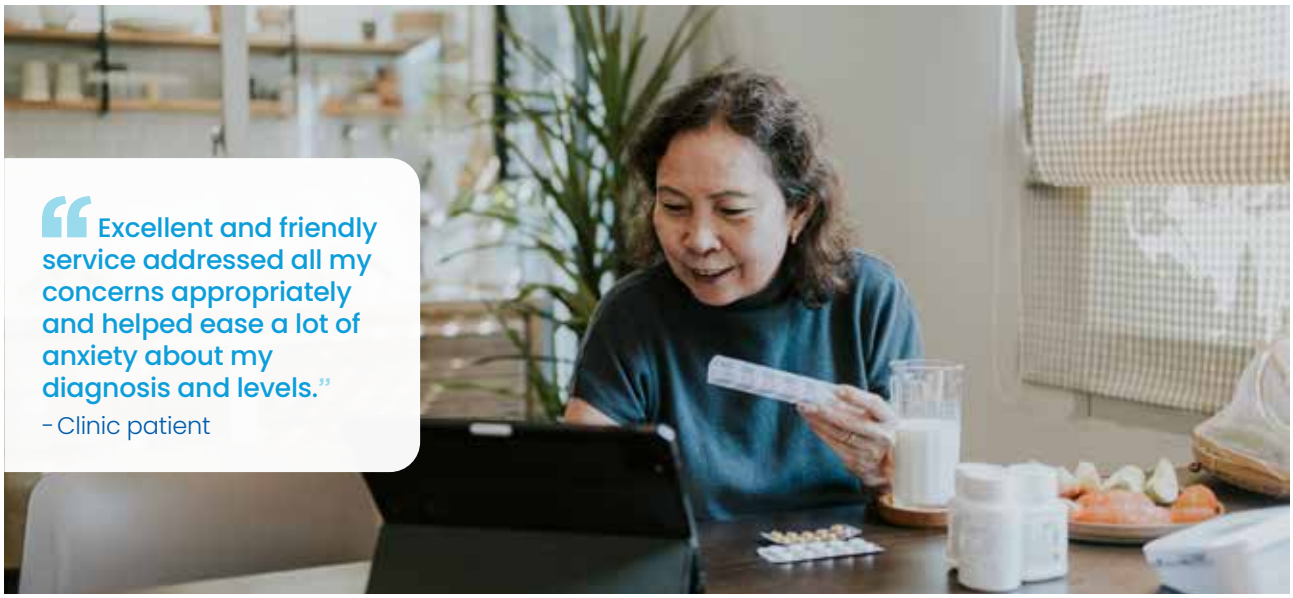
During 2025-26, KeepSight expanded its impact beyond screening reminders to provide support for people already living with diabetes-related eye conditions. Through a new partnership with Macular Disease Foundation Australia, people diagnosed with diabetic retinopathy and diabetic macular oedema can access tailored information, practical lifestyle advice, emotional support, and ongoing connection through phone, email, and printed resources. This expanded model recognises that effective prevention extends beyond screening and includes supporting people to navigate diagnosis and long-term condition management. At the same time, program data and insights continue to inform policy development, service planning, and investment in preventive healthcare, helping strengthen care pathways and improve outcomes across the system.

Clinics: Bringing care closer to communities

Access to specialist diabetes care was also expanded through Diabetes Australia Clinics, which delivered more than 2,500 consultations across Queensland, New South Wales, the Australian Capital Territory, and Tasmania. Through Medicare-funded appointments and partnerships with Primary Health Networks, people living with diabetes were able to access high-quality, person-centred care through both face-to-face and telehealth services.

Existing partnerships with Primary Health Tasmania, Capital Health Network, and Western Queensland Primary Health Network continued to support service delivery, while work commenced with Central and Eastern Sydney PHN to establish a new funded service expected to begin operating in 2026-27. The introduction of a national one-clinic model improved consistency, operational efficiency, and service sustainability, while enhancements including online bookings, secure GP messaging, and improved clinical systems helped create a more connected care experience.

Consumer satisfaction remained consistently high, with feedback highlighting the professionalism of diabetes educators, ease of access to services, and the practical support provided to help people better manage their diabetes. These results reinforce the important role Diabetes Australia Clinics play in delivering accessible care and support to help people achieve better health outcomes.



Rural and remote care: Expanding access to specialist diabetes support

Improving access to specialist diabetes support in rural and remote Australia remained a key commitment throughout the year. Through partnerships with Western Queensland Primary Health Network and CheckUP, Diabetes Australia delivered over 1,400 Credentialled Diabetes Educator consultations through a combination of fly-in fly-out and telehealth services to communities across remote western Queensland.

These services provide vital access to specialist diabetes expertise in locations where healthcare resources can be limited, helping individuals better manage their condition while supporting local healthcare providers. Building on this success, planning commenced for a new multidisciplinary diabetes program that will bring together a broader range of health professionals to deliver culturally responsive, geographically accessible care. The initiative will focus on strengthening community connections, improving access to diabetes technologies and supporting sustainable health outcomes for people living with diabetes in some of Australia's most remote communities.

Together, these initiatives demonstrate our commitment to improving diabetes outcomes through prevention, education, early intervention, and clinical care. By delivering culturally responsive programs, expanding access to specialist services, and supporting the prevention of diabetes-related complications, Diabetes Australia continues to help people live well with diabetes while strengthening health outcomes for communities across Australia.

Life for a Child: 25 years of global impact

70,000 children and young people supported in 54 under-resourced countries during 2025-26.

This year marks the 25th anniversary of Life for a Child, a quarter-century of helping children and young people living with type 1 diabetes in 54 under-resourced countries.

In many countries, families face impossible choices. For some, buying insulin means sacrificing a child's education. Life for a Child works to ensure no child or young person is left without the care they need. Through local diabetes centres, the program provides insulin, glucose monitoring supplies, diagnostics, and diabetes education to help healthcare teams deliver quality diabetes care.

Over the past year, in addition to providing essential supplies, Life for a Child worked with local partners to develop culturally appropriate educational resources, published research in leading journals, including *The Lancet Diabetes & Endocrinology*, supported mentorship for healthcare professionals, and invested in locally led diabetes education programs.



> "Over 25 years, we have built a global thread of care connecting young people, families, clinicians, and supporters through one shared belief: No child should die of diabetes."
>
> - Dr Graham Ogle, General Manager, Life for a Child, Adjunct Professor, University of Sydney

TYPE 2 DIABETES PREVENTION



Preventing type 2 diabetes is one of the most effective ways to create a healthier future for everyone. Helping people understand their risk and make positive lifestyle changes early improves health outcomes and reduces the burden of chronic disease across the community.

Throughout the year, Diabetes Australia focused on expanding access to evidence-based prevention programs that empower people to make informed choices and adopt healthier lifestyles. Through initiatives including 1800PREVENT (type 2 diabetes), My health for life, the Get Healthy Service, and The COACH Program, thousands of Australians received personalised health coaching and culturally appropriate guidance to build healthier habits and reduce their risk of chronic disease.

A strong focus on equitable access ensured that prevention support reached people in priority communities, including Aboriginal and Torres Strait Islander peoples, culturally and linguistically diverse communities, and people living in rural and remote areas. By removing barriers and connecting people with practical tools and guidance, Diabetes Australia helped more Australians manage their health and move towards a healthier future for everyone.



1800PREVENT (type 2 diabetes): Turning risk awareness into action

Research shows that up to 58 per cent of type 2 diabetes cases may be delayed or prevented with simple lifestyle changes, yet many Australians at risk are unsure where to begin. 1800PREVENT (type 2 diabetes) was established to address this gap, providing a free, national phone and digital service that helps people understand their risk and connect with appropriate support.

As a trusted entry point for diabetes prevention, the service guides individuals through the Australian type 2 diabetes risk assessment tool, provides evidence-based prevention information, and connects them to free lifestyle modification programs delivered by national and state partners, including the Get Healthy Service in NSW, My health for life in Queensland and The COACH Program in Tasmania. The digital-first model makes it easier to access information and support in a way that suits them, while phone-based support offers personalised guidance for those who need additional help to understand their risk and next steps.

A national launch during National Diabetes Week (July 2025) helped raise awareness of type 2 diabetes risk. It connected thousands of Australians with trusted prevention information, with content viewed more than 650,000 times and driving 26,000 visits to Diabetes Australia's prevention resources. Targeted engagement with health professionals, including GPs, practice nurses, and pharmacists, helped establish sustainable referral pathways so people at risk could be identified earlier and connected with appropriate support.

Early results showed the service is reaching people who benefit from type 2 diabetes prevention support. Most users were aged 45–74, while 66 per cent were identified as being at high risk or living with prediabetes. About 60 per cent of callers were referred to a prevention program, connecting them with practical support to make lifestyle changes and reduce their risk of developing type 2 diabetes. By simplifying access to information and support, 1800PREVENT (type 2 diabetes) is helping more Australians take action to reduce their risk of type 2 diabetes.



My health for life: Building healthier habits for life

My health for life (MH4L) is proudly funded by the Queensland Government through Health and Wellbeing Queensland (HWQ) and delivered by Diabetes Australia in partnership with the Ethnic Communities Council of Queensland (ECCQ), Stroke Foundation, and Queensland Aboriginal and Islander Health Council (QAIHC). In 2025-26, MH4L continued to help Queenslanders aged 18 and over to improve their health and wellbeing and reduce their risk of developing chronic conditions, including type 2 diabetes.

During 2025-26, 3,053 Queenslanders commenced telephone or group-based coaching, with 26 per cent of participants from regional, rural, and remote communities, demonstrating the program's reach across the state. Strong engagement was reflected in a 70 per cent program completion rate and a 98 per cent satisfaction rating.

Participants achieved meaningful improvements in key health behaviours and risk factors. Among those who were not meeting guidelines or recommendations at baseline, 64 per cent reduced their waist circumference, 49 per cent met physical activity guidelines, and 17 per cent achieved weight loss of more than five per cent. These outcomes demonstrate the program's effectiveness in supporting sustainable lifestyle changes.

During the year, MH4L further strengthened its reach and impact through several initiatives. Eligibility was expanded to include people at moderate risk of type 2 diabetes, enabling earlier intervention. A community-led Aboriginal and Torres Strait Islander Health Coaching Pilot enhanced cultural safety, while a modernised coaching model increased program capacity by 50 per cent. Tailored group-based delivery also improved engagement among men, workplaces, and culturally and linguistically diverse communities. This means the program is being delivered in a more equitable and accessible way so more Queenslanders are supported to improve their health and wellbeing.

In addition, MH4L transitioned to a toll-free number, removing cost barriers and improving accessibility, making it easier for people across Queensland to connect with and benefit from the program.

CASE STUDY: SAMATER'S JOURNEY



My health for life participant, Samater

Samater, 46, joined MH4L seeking guidance to improve his wellbeing and build a healthier future. Originally from Ethiopia and a Somali speaker, he struggled to access health information that aligned with his culture and daily life. Before the program, he described his understanding of health as limited, with sugary drinks and unbalanced meals a regular part of his routine.

Through culturally responsive support, Samater learned to make healthier choices without giving up the foods and traditions that were important to him. With guidance from his MH4L Health Coach at ECCQ, he developed practical skills and confidence in managing his health.

Today, Samater feels empowered, informed, and better equipped to maintain his health, demonstrating how culturally inclusive approaches can reduce barriers and support more equitable health outcomes. When Samater reflects on his MH4L journey, he puts it simply: "I did not know anything. Now I know everything."



Get Healthy Service stand at the Merrylands Seniors Festival Week

Get Healthy Service: Personalised support for better health

GHS participants saw an average weight loss of **3 kilograms** and a 3.8-centimetre reduction in waist circumference.

Funded by NSW Health, Diabetes Australia delivers the Get Healthy Service (GHS), a free, phone and online coaching program for New South Wales residents aged 16 years and over. Qualified health professionals and Aboriginal health workers use behaviour change coaching and motivational interviewing to support participants to achieve personalised health goals. Support is available across a range of areas, including making healthier food choices, physical activity, healthy ageing, alcohol reduction, achieving and maintaining a healthy weight, supporting healthy weight during pregnancy, preventing and managing diabetes, and accessing support to quit smoking and vaping.

By supporting healthier lifestyle choices, the program helps reduce the risk of developing chronic conditions, including type 2 diabetes.

Notable achievements among participants included an average weight loss of three kilograms and an average reduction in waist circumference of 3.8 centimetres among participants. Those engaged in both the Get Healthy Service and Get Healthy in Pregnancy programs also demonstrated increased fruit and vegetable consumption, reduced intake of sugary drinks and takeaway meals, increased water consumption, and higher levels of walking and strength-based physical activity.

Increased engagement with Aboriginal and Torres Strait Islander communities, culturally and linguistically diverse communities, and people in rural and remote areas remains a priority. Strong enrolment and graduation rates across these groups demonstrate growing trust in the program and its ability to deliver meaningful health outcomes.

Diabetes Australia has achieved year-on-year growth in enrolments, reflecting the program's expanding reach. Combined with a participant satisfaction rate of 98 per cent over the past three years, these outcomes demonstrate Diabetes Australia's commitment to delivering high-quality health coaching services for the people of NSW.



The COACH Program: Award-winning health coaching program

Now in its 17th year, The COACH Program provides telephone health coaching to Tasmanians to help prevent or better manage type 2 diabetes and heart disease.

Since July 2025, the program has expanded to support people at risk of stroke through a research pilot with the Menzies Institute for Medical Research at the University of Tasmania. The pilot is evaluating the feasibility of referring people who have experienced a transient ischaemic attack to The COACH Program as part of secondary stroke prevention.

In 2025–26, the program achieved an 83 per cent graduation rate, with more than half of graduates (53 per cent) living in Tasmania's most disadvantaged communities. Participants living with type 2 diabetes also recorded significant improvements in key health measures, including an average 8 per cent reduction in HbA1c, a 16 per cent reduction in LDL cholesterol, and a 23 per cent increase in physical activity.

CASE STUDY: ANDREW'S JOURNEY

Andrew* was diagnosed with type 2 diabetes in early 2023 and referred by his doctor to The COACH Program delivered by Diabetes Australia.

Through regular coaching calls, he developed a stronger understanding of his condition and the practical steps he could take to improve his health. With support from his coach, Andrew made a range of lifestyle changes, including reducing portion sizes, increasing his intake of vegetables and salad, cutting back on desserts and snacks, and incorporating regular walks into his routine.

His wife also played an important role in his journey, helping him access reliable information about healthy eating and diabetes management. While the program's guidance and support were invaluable, Andrew recognised that lasting change depended on his own commitment and consistency.

Over time, these healthy habits became part of his daily life and contributed to significant improvements in his health. By the end of 2025, his pathology results had returned to the normal range, and his type 2 diabetes was in remission.

Andrew credits The COACH Program with helping him build the knowledge, confidence and motivation to take control of his health, and encourages others facing a similar diagnosis to seek support early.

*For privacy reasons, this person's name has been changed.

STRENGTHENING ORGANISATIONAL CAPABILITY



Throughout the year, Diabetes Australia invested in its organisational foundations through initiatives that enhanced cultural capability, employee engagement, brand performance, and digital transformation. From advancing the Reconciliation Action Plan (RAP) and deepening its commitment to Aboriginal and Torres Strait Islander communities, to investing in new technology and building workforce capability, Diabetes Australia continued to strengthen the systems and culture that enable its work.

These investments are enhancing Diabetes Australia's ability to support people living with or at risk of diabetes. By improving how teams work together, engage with communities, and deliver services, these initiatives are helping more people access trusted information, support, and advocacy while building a stronger foundation for the future.


5 YEAR
SERVICE AWARD
GRACE WARD
2025
5 YEAR
SERVICE AWARD
ELIZABETH JEFFERY
2025
5 YEAR
SERVICE AWARD
SARAH MULLER
2025

Leading with clinical excellence: Driving governance and leadership

People living with or at risk of diabetes rely on Diabetes Australia for trusted information, advocacy, and support. Strong clinical governance helped ensure the best available evidence informs every program, resource, and policy position, with a clear focus on improving health outcomes. A significant milestone was the appointment of Brett Fenton as Diabetes Australia's inaugural Chief Health Officer, a dedicated executive role created to strengthen clinical governance, enhance clinical leadership, and oversee quality and safety across the organisation.

Clinical governance was more than a framework. It underpinned everything Diabetes Australia did as Australia's national diabetes peak body, ensuring advocacy, programs, services, education, research, and policy work were informed by the best available evidence, guided by consumer needs, and delivered with a strong focus on safety, quality, and accountability. As part of Diabetes Australia's ongoing governance maturity journey, Diabetes Australia continued to strengthen systems, processes, and partnerships that supported continuous improvement and contributed to better outcomes for the diabetes community.

Strong clinical leadership enabled Diabetes Australia to drive national reform, support integrated models of care, and strengthen confidence among consumers, health professionals, governments, and partners. Most importantly, it helped ensure that people affected by diabetes remained at the centre of decisions influencing their health and wellbeing.

Staff Community Days: Celebrating connection and impact

Diabetes Australia's twice-yearly employee Community Days are a cornerstone of internal culture, celebrating employee achievements, building connections, and strengthening team spirit. Community Days bring organisational values to life, strengthen employee connections, foster a sense of belonging, and reinforce a shared commitment to improving the lives of people affected by diabetes.

They also offer an opportunity to strengthen community connections, with special guest speakers, including people with lived experience, sharing their stories. By hearing directly from people with lived experience, employees gain a deeper understanding of the challenges and opportunities people affected by diabetes face, and the difference their work makes every day.



Community day; Sydney



Community day; Brisbane



Diabetes Australia staff in Tasmania celebrating National Reconciliation Week

Diabetes Australia's Reflect Reconciliation Action Plan (RAP): Advancing reconciliation and health equity

Diabetes Australia is committed to strengthening relationships with Aboriginal and Torres Strait Islander communities and addressing the disproportionate impact of diabetes on First Nations peoples. Through the implementation of its Reflect Reconciliation Action Plan (RAP) 2024-2026, Diabetes Australia has achieved several significant milestones, including the development of an Aboriginal and Torres Strait Islander Engagement Partnership Framework and comprehensive cultural protocols.

The organisation has further strengthened cultural awareness and safety across its operations, recognised and celebrated culturally significant days, continued delivery of Diabetes Yarning, and advanced national advocacy efforts, including subsidised access to diabetes technology for Aboriginal and Torres Strait Islander people.

As implementation of the Reflect RAP continues, Diabetes Australia will focus on embedding cultural awareness and inclusion across everyday practice, strengthening staff engagement with reconciliation initiatives, and deepening partnerships and relationships with Aboriginal and Torres Strait Islander communities. This work will help ensure greater cultural safety and more equitable access to information, services, and support.

YouGov: Measuring brand health

In 2025-26, Diabetes Australia strengthened its profile among Australians, according to the nationally recognised YouGov CharityIndex, which tracks perceptions of 38 leading charities. Awareness of Diabetes Australia increased from 49.9 per cent in 2024 to 51.6 per cent in 2025, making it one of the few charities to record growth during a year when awareness declined across much of the sector.

Diabetes Australia also ranked 11th out of 38 charities on the Net Brand Health Index for overall brand health among people familiar with the organisation, placing it in the top third of the sector. Public perceptions remained strong, with two-thirds of people who had engaged with Diabetes Australia describing their experience as positive, and many recommending or speaking positively about the organisation to others.

Support from donors also continued to grow, with the number of current donors increasing by 35 per cent compared to the previous year. Advertising and awareness campaigns reached more Australians, particularly people under 55, helping Diabetes Australia connect with new audiences and build support for its advocacy and community work.

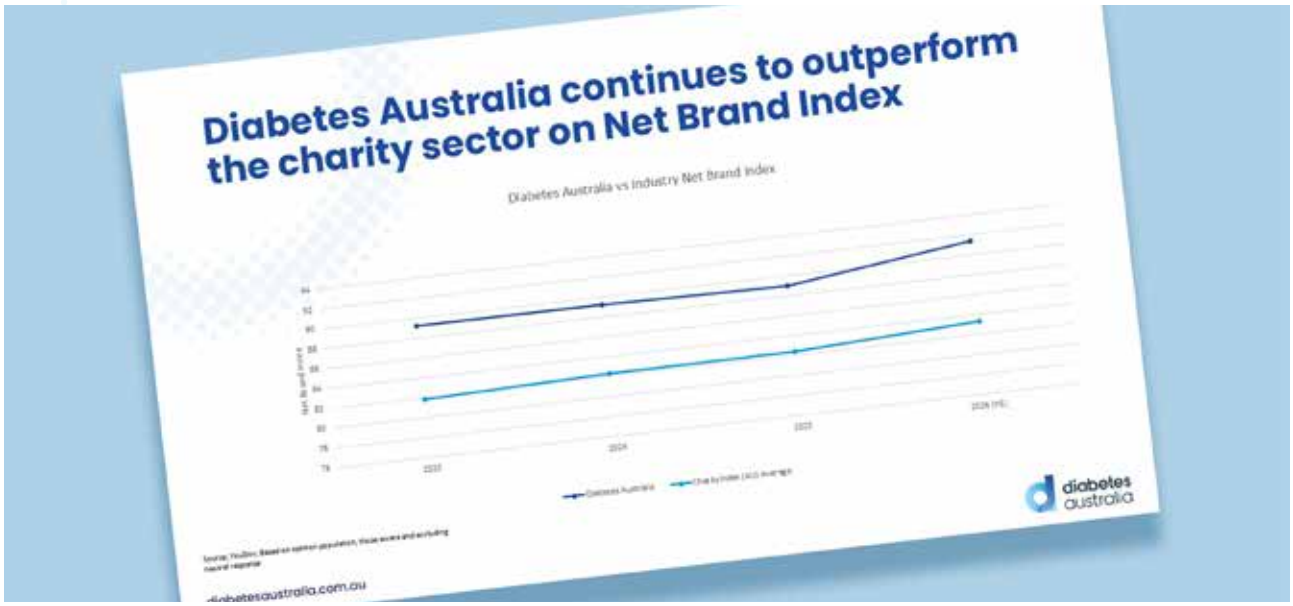
These results reflected the success of Diabetes Australia's efforts to raise awareness, engage the community, communicate, and deliver for the diabetes community.

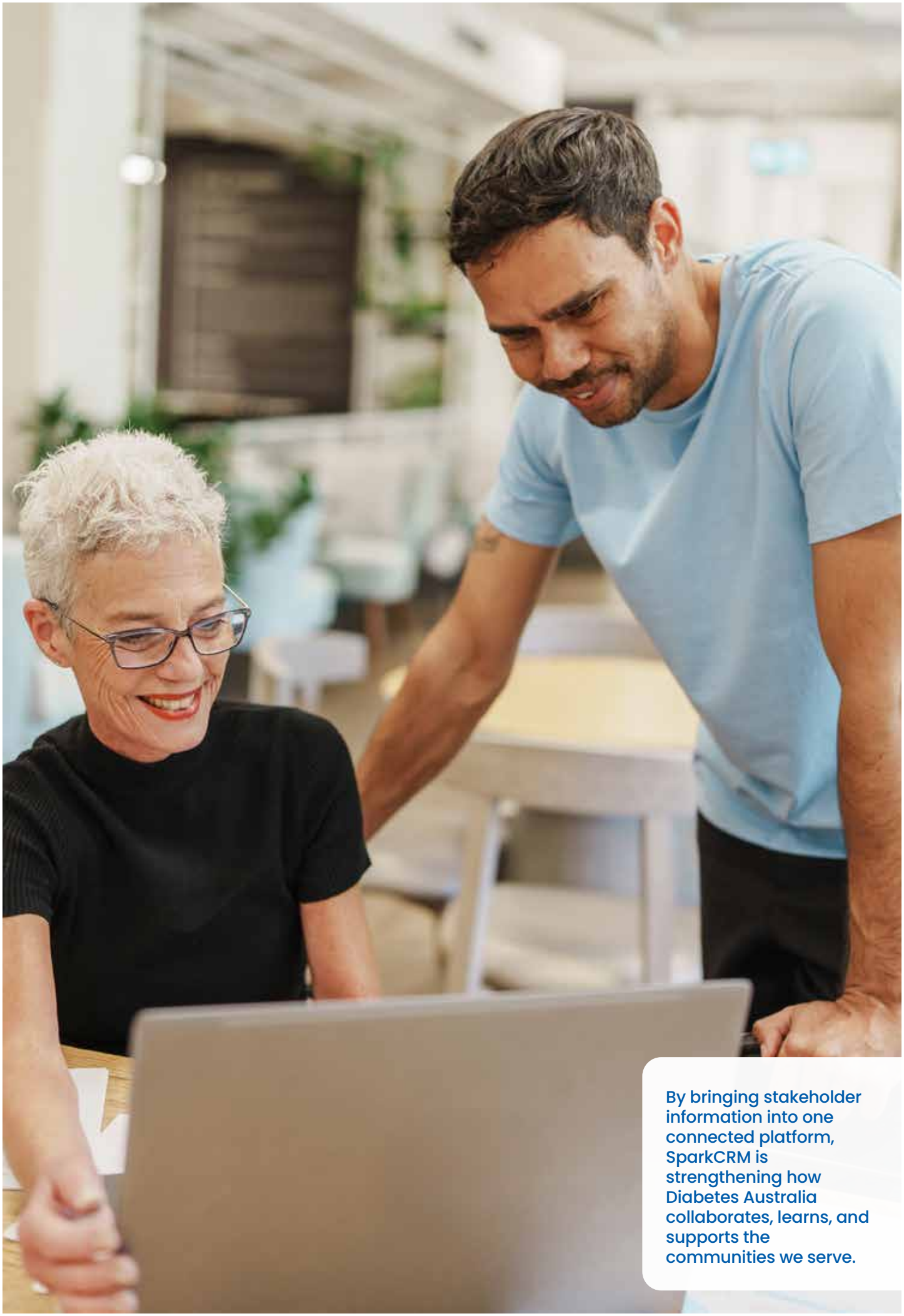
CRM transformation: Investing in a digital future

Throughout the year, Diabetes Australia continued to invest in digital transformation, including the implementation of a new Customer Relationship Management (CRM) platform and other improvements to core systems and processes. These initiatives improved efficiency, strengthened collaboration, and supported more connected and consistent engagement with stakeholders.

Alongside these technology improvements, a strong focus was placed on building organisational capability and supporting people through change. Cross-functional networks, knowledge sharing initiatives, and targeted learning opportunities helped employees adopt new ways of working and build confidence in using new tools and systems.

Investments in learning and development also supported the growth of digital skills across the organisation to ensure teams were well equipped to take advantage of new technologies. Together, these initiatives strengthened organisational capability and laid the foundation for future innovation and growth.





By bringing stakeholder information into one connected platform, SparkCRM is strengthening how Diabetes Australia collaborates, learns, and supports the communities we serve.

CORPORATE AND COMMUNITY SUPPORTERS



The generosity and commitment of Diabetes Australia's supporters are helping create a healthier future for all Australians. Through donations, partnerships, community fundraising, and gifts in Wills, they make it possible to deliver vital programs and services, fund research, advocate for change, and improve outcomes for people living with or at risk of diabetes.

Support from organisations including Youfoodz, Priceline Pharmacy, Specsavers, nib foundation, and Medibank, alongside community-led fundraising efforts, helped expand access to prevention initiatives, education, technology, research, and care across Australia. Together, these contributions improved access to essential services, and helped reduce the burden of diabetes on individuals, families, and the broader health system.


2026
SCOTT

Fundraising: Turning generosity into impact

Fundraising through corporate and community support is vital to strengthening Diabetes Australia's work with people living with diabetes, those at risk, and their families. Thanks to the generosity of individuals, major donors, bequestors, community fundraisers, corporate partners, and supporters across Australia, Diabetes Australia can continue to deliver trusted information, advocacy, education, research support, and practical programs.

Every gift, large or small, helps more people access the support, information, and resources they need to live well with diabetes. Diabetes Australia is deeply grateful to everyone who supported us throughout the year. Their kindness, commitment, and belief in the organisation's mission are driving meaningful change and improving lives across Australia.

Diabetes Australia gratefully acknowledges its Impact Circle regular donors. Their ongoing monthly support provides a reliable funding stream that sustains essential services, advances research, and ensures people affected by diabetes receive the support they need.

Donation appeals: Every gift makes a difference

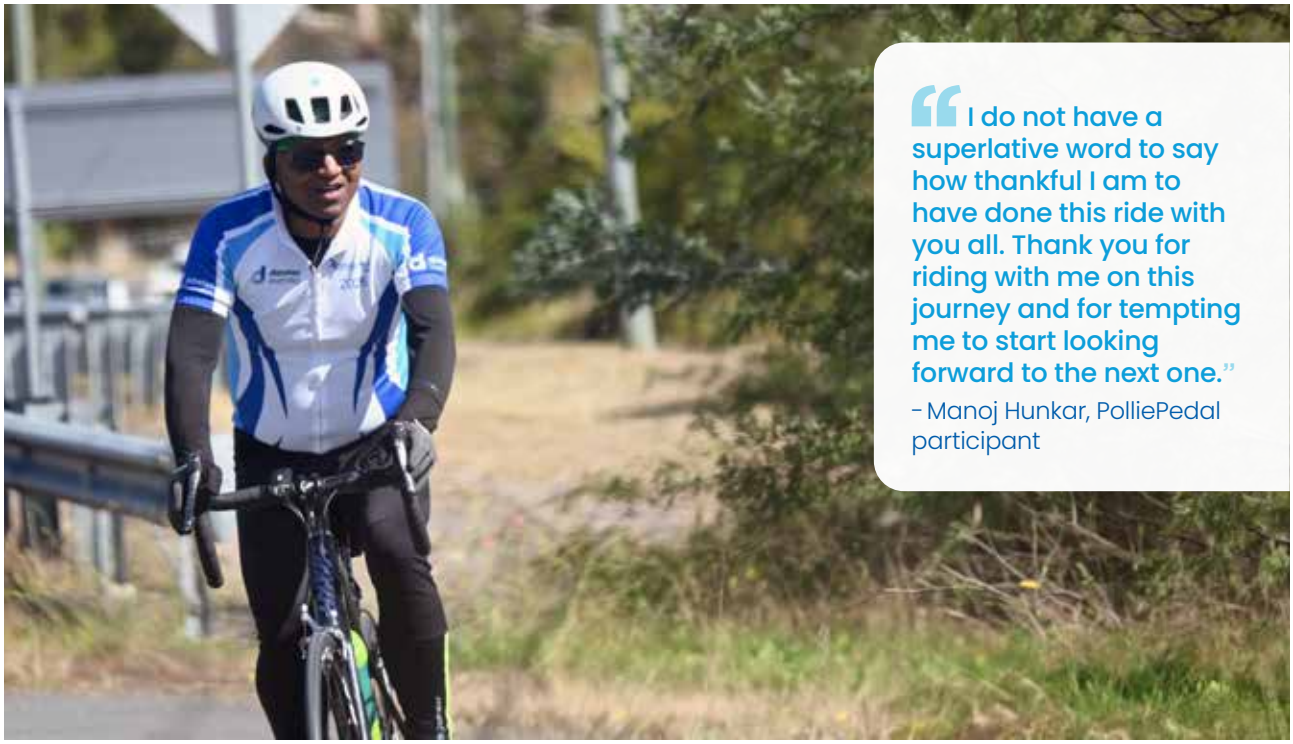
Diabetes Australia's Christmas and Tax Appeals raised more than **$550,000** in 2025-26.

Appeals bring the community together while raising funds and awareness for people living with or at risk of diabetes. Diabetes Australia appreciates the many generous donors who are supporting the vision of a world free from diabetes. Thanks to their kindness, the Christmas Appeal 2025 raised $134,894, helping create more connections and care across the community.

The funds raised through the Tax Appeal 2026, totalling more than $420,000, will enable Diabetes Australia to help more people access diabetes education and support research that improves prevention, treatment, and care. These contributions are strengthening efforts to reduce the impact of diabetes and create a healthier future for people affected by the condition. Through the generosity of its supporters, Diabetes Australia continues to expand access to support, advance research, and improve health outcomes across Australia.



Justine Cain, Group CEO; Lara McSpadden, WNBL champion and Blue Circle Collective Ambassador; and Professor Fergus Cameron, Director of Endocrinology and Diabetes at the Melbourne Children's Hospital



> "I do not have a superlative word to say how thankful I am to have done this ride with you all. Thank you for riding with me on this journey and for tempting me to start looking forward to the next one."
> - Manoj Hunkar, PolliePedal participant

Community fundraising: Making a difference together

Over **$650,000** was raised by community fundraisers in 2025-26.

During 2025-26, community fundraising was a significant driver of income, awareness, and engagement, raising more than $650,000 to support Diabetes Australia's mission and create meaningful impact for people living with and at risk of diabetes.

This success was made possible through the incredible generosity and commitment of community fundraisers, donors, and partners. Signature events, including Our Journey to Cure T1D, united families and supporters, while a record number of riders, including many who live with diabetes, took part in PolliePedal Tasmania. The ongoing partnership with Griffith Sport delivered another successful Toohey Trail Run, and the Brisbane Markets Golf Day once again brought together corporate and community supporters to raise vital funds.

Diabetes Australia is also grateful for the generous contribution from the Leppington Bowls Club, reflecting the strong local support that continues to strengthen fundraising efforts. Throughout the year, individuals, schools, workplaces, and community groups organised events and initiatives that expanded reach, deepened community connections, and inspired new supporters. These efforts have accelerated progress towards a future free from diabetes while building a stronger, more engaged fundraising community.

Major donors: Creating lasting impact

Major donors play a critical role in advancing Diabetes Australia's mission and accelerating outcomes. Their generous support enables Diabetes Australia to invest in long-term initiatives that strengthen advocacy, expand education, support research, and improve outcomes for people affected by diabetes.

Beyond financial contributions, major donors are valued partners in creating lasting change. Their commitment reflects a shared belief that every Australian affected by diabetes deserves access to trusted information, effective support, and better health outcomes. Diabetes Australia values the trust its major donors place in the organisation and acknowledges their commitment to creating lasting change for people affected by diabetes.

Bequests:
A gift for future generations

A gift in a Will is a deeply personal way to create lasting change for future generations. Diabetes Australia warmly acknowledges and thanks those whose enduring legacies help ensure continued progress towards a future where diabetes can do no harm.

These legacy gifts reflect care, foresight, and hope, enabling Diabetes Australia to continue its work for generations to come. They sustain vital advocacy, education, research, and practical programs that improve lives across the community. Diabetes Australia is profoundly grateful to everyone who has chosen to leave a bequest, and to those considering this meaningful act of generosity, for creating an enduring legacy of support, compassion, and change.

Diabetes Australia

P J M Adair

A T B Ablong

T K Anderson

D B Anstey

E M Avery

M A S Barnard

M E Bender

S J Bellenger

D M Biggs

I K Bruggemann

S D Coatsworth

J S Cole

E M Dale

H Deighton

B Dumesny

C E Ebner

A C Mercer Evans

E P Fraser

R M Gawne

S M Gillespie

K T Gowdie

A L Grimmett

I J Hambly

Y S Harland

A G Hider

H V Holloway

F Horwill

N Jarvis

H C Johnston

J A Lawrence

J Langdon

M I Lewis

D J Lye

N M Matthews

R M Mason

F McGuiness

M Nicholas

T A Rayner

B J Reynolds

L D Russell

F J Sperrink

R Streifler

A M Tasseron

F A Waddell

W T Watterson

C K Webber

Diabetes Australia Research Trust

J M Brennan

R K Britt

J D Dundas

A H Muir

K M Read

B J Simon

Youfoodz:
Making healthy eating easier

1.1 million Diabetes Australia-endorsed meals were sold across Australia in the first year of our Youfoodz partnership.

In July 2025, Diabetes Australia announced a national partnership with Youfoodz, part of the HelloFresh Group, with a shared ambition to make healthy eating easier and more accessible for people affected by diabetes.

At the heart of the partnership is the Diabetes Australia endorsed range, a selection of ready-made meals curated in collaboration with Diabetes Australia and developed to strict nutritional guidelines. Each meal is built around low-GI carbohydrates for sustained energy, a higher protein content to support satiety, controlled portions, reduced sodium, and reduced added sugars. For people managing diabetes or prediabetes, and for those simply seeking healthier choices, the range takes the guesswork out of everyday eating. The meals offer the confidence of dietitian-reviewed nutrition without compromising on convenience or flavour.

Good nutrition is one of the most powerful tools available for preventing type 2 diabetes and managing all types of diabetes. Yet for many people, the daily effort of planning, label-reading, and portioning meals is a genuine barrier to consistent healthy eating. This partnership directly addresses that barrier, translating evidence-based nutrition guidance into practical, affordable options available in supermarket freezers and delivered to homes across the country.

The partnership has delivered strong national impact in its first year, with approximately 1.1 million Diabetes Australia-endorsed meals sold across Australia, demonstrating clear evidence of consumer demand for trusted, healthier meal options. A portion of every Youfoodz meal purchased from the Diabetes Australia-endorsed range goes towards supporting people living with or at risk of diabetes across the country.

In May 2026, the partnership reached a significant milestone, with five Diabetes Australia-endorsed meals available across Coles supermarkets nationwide. This made healthier ready-made meal options more accessible to Australians across metropolitan, regional, and rural areas.

Community feedback has affirmed Diabetes Australia-endorsed meals were flavoursome, well-portioned, and helped them manage mealtimes with greater confidence. Looking ahead, the next phase of the partnership will explore extending the range into healthcare, aged care, and other care settings, supporting people who face additional barriers to accessing nutritious meals. By improving access to trusted meal options and setting a stronger standard for healthier convenience, Diabetes Australia and Youfoodz are taking practical steps towards a healthier future for everyone.



Corporate partners: Collaborating for healthier futures

Partnerships played an important role in expanding access to information and technology for people affected by diabetes.

Through its ongoing partnership with the Australian Digital Health Agency (ADHA), Diabetes Australia helped connect Australians with trusted, accessible information to navigate their health digitally.

Priceline Pharmacy delivered free digital health checks across more than 300 pharmacies nationwide. During National Diabetes Week alone, 9,072 checks were completed, helping thousands of Australians understand their risk of type 2 diabetes.

A partnership with Chemist2U improved access to medications through convenient home delivery and raised funds for diabetes education, advocacy, and support.

Alongside AMSL Dexcom and Abbott Australasia, Diabetes Australia raised awareness of continuous glucose monitoring technology among the member community through educational and information channels.

With Sanofi's support, Diabetes Australia delivered a World Diabetes Day event at Luna Park, bringing children living with type 1 diabetes and their families together to connect and celebrate. Sanofi also supported the 4Ts campaign, helping raise awareness of the early warning signs of type 1 diabetes: Thirst, Toilet, Tired, and Thinner, to promote earlier diagnosis and safer outcomes for children and families.

These partnerships amplified Diabetes Australia's impact by helping more people access information, checks, technology, and support to manage diabetes with confidence.





Philanthropic partners: Investing in better health outcomes

Philanthropic investment helps Diabetes Australia turn strategy into measurable impact for people living with or at risk of diabetes. It supports evidence-based research, policy translation, and practical initiatives that reduce the economic burden of diabetes and help more people live well.

Strategic philanthropic funding is helping Diabetes Australia build partnerships that accelerate innovation and improve health outcomes. Through the partnership with nib foundation, the Safely Injecting Insulin program is strengthening support for people living with diabetes and disability. To date, the program has reached 171 disability support workers across five disability organisations, helping build a more skilled and confident workforce. Participants reported a 36 per cent improvement in diabetes knowledge, skills, and confidence, including stronger capability in insulin administration, diabetes management planning, and recognising diabetes-related complications.

Other partnerships expanded this work across research and care. Diabetes Australia partnered with Myopharm to co-fund a PhD scholarship and clinical research focused on improving diabetes prevention and management, including better outcomes for women with gestational diabetes.

Philanthropic investment continued to support progress in research and education. By funding innovation and practical solutions, these partnerships helped improve outcomes for people affected by diabetes and supported the sector's ability to respond to future needs.

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: a People & Culture Committee, a Finance & Investment Committee, a Risk, Quality & Compliance Committee, and a Social Impact Committee.

Diabetes Australia's constitution specifies that the number of Directors must be at least five and no more than nine. As at 30 June 2026, there were eight Directors. Diabetes Australia remains committed to strong, effective governance 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) with close to 30,000 voting members as well as non-voting community members. The Diabetes Australia Group's annual Financial Report is lodged with the ACNC each year. A copy is also available on Diabetes Australia's website diabetesaustralia.com.au/about-us/annual-reports.

Diabetes Australia reports annually under the *Workplace Gender Equality Act 2012*. Reports are available from the Workplace Gender Equality Agency.



Our Board:
Directors as at 30 June 2026

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 Chief Operating Officer and Chief Financial Officer roles across several countries. Andrew is a Non-Executive Director of BT Funds Management Group.

Craig Beyers



BEng (Environ Eng), GradCert Bus (Philan & Nonprofit), MBA (Dist), GAICD, 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, and brings ESG leadership capability to the Board, having completed the Environmental, Social and Governance Leadership program at Cambridge Judge Business School. Craig is also a Director of Workways, a national employment services organisation. He is past Chair of Diabetes Queensland and has lived with type 1 diabetes for more than 40 years.

Zena Burgess



PhD (Organisational Psychology), MBA, Master of 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 Chief Executive Officer of the Royal Australian College of General Practitioners (RACGP) for over 10 years and has strong experience in government funding and policy in primary care and mental health. She is currently Chief Executive Officer of the Australian Psychological Society while serving on several boards.

Paul Flynn



GAICD, FUniSA, FFIA, SF Fin

Paul was appointed to the Board of Directors in 2025 and is Chair of the Risk, Quality & Compliance Committee. He is Chief Executive Officer of The Hospital Research Foundation Group and a Professorial Fellow at Flinders University College of Business, Government and Law, and a University Fellow at the University of South Australia. He has been awarded the Ernst & Young Social Entrepreneur of the Year in South Australia/Northern Territory and the Equity Trustees Australian Not for Profit CEO Award for Innovation. He holds several Non-Executive Director positions in corporate, health, and community services, including BiomeBank Pty Ltd and North Eastern Community Hospital Inc.

Steve Goldsworthy

B Comm, CA, GAICD



Steve was appointed to the Board of Directors in November 2023 and is Chair of the Finance & Investment Committee. Steve has 25 years' experience as an Executive and Entrepreneur. Steve founded and is Managing Director of Buttercups Childcare, one of the largest childcare operators in Western Australia. Prior to this, Steve had a 20-year career with senior executive roles for St John of God Health Care, Austal Ltd, Cliffs Natural Resources, and Schlumberger, both in Australia and Canada. Steve has lived experience as a parent of a child living with type 1 diabetes.

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 40 years, serving in many international, regional, national, and state governance roles. Gordon is a past Director and Vice President of the International Diabetes Federation, past Chair of the IDF Western Pacific Region Council, past Director of Diabetes Australia Research Trust, Governor of the Kellion Diabetes Foundation, and in 2025 was appointed as Kellion Victory Medal Ambassador. He has lived with type 1 diabetes for 51 years.

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 Vice President of Diabetes NSW & ACT, holding the position of Director with that State Member Organisation since 2007. Arthur is Principal of Faculti Lawyers and formerly a partner of Thomson Geer and 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. 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 services to Central NSW. Glynis has particular interests in diabetes and pregnancy, diabetes technology, diabetes inpatient care, diabetes education, and advocacy. She is involved in multiple national and state advisory groups in diabetes.

Our Group CEO



Justine Cain
Group Chief Executive Officer

Justine Cain has led Diabetes Australia as Group Chief Executive Officer since 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 Board of UnitingCare Queensland.

Justine's expertise spans transformational leadership roles, strategy development and execution, customer-centric leadership, large-scale operational delivery, government relations, advocacy, and complex stakeholder management. Justine 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. Justine has undertaken executive education at both Harvard and INSEAD and is a member of Chief Executive Women and the Australian Institute of Company Directors.

Executive Leadership Team



Brett Fenton
Chief Health Officer



Penny Palmer
Chief of Governance, Legal and Risk



Laura Fisher
Chief of Staff



Craig Sedgman
Chief Operating Officer



Hayley Gould
Chief Community Officer



Emily Wooden
Chief of Corporate Services and Chief Financial Officer



Nicole McMahon
Chief of Impact and Innovation

Our leadership team: As at time of publication

Financial performance:
Operating result 2025-26

The Diabetes Australia Group recorded a deficit of $2,721,710 for the 2025–26 financial year. The result reaffirms the Group's strong financial position, reflecting the organisation's commitment to delivering national programs and investing in long-term transformation.

Key factors influencing the result included:

- **Investment income of $7 million**, supporting ongoing programs and organisational sustainability
- **Generous support from bequests and fundraising of $5.7 million**, enabling the Group to continue its mission and community impact
- **Strategic investment in systems**, to drive future engagement, efficiency and improved supporter experience
- **Continued investment in diabetes research, with $3.2 million** in research including grants to support innovation, strengthen the evidence base and improve outcomes for people living with or at risk of diabetes

Revenue
Total revenue and other income was **$105,039,837**. The majority of revenue was generated through government funding, including NDSS, State Government and non-government grants, supported by investment income, fundraising, commercial income, and other revenue sources.

Expenses
Total expenses were **$107,761,547**. The Group continued to invest in program delivery, systems, and capability to support people living with diabetes. With **$3.2 million** in research including grants, supporting vital research aimed at improving outcomes for people living with diabetes.

Assets
Total assets were **$89,502,341** comprising cash and cash equivalents, receivables, investments, and property, plant, and equipment.

Summary FY26

Total revenue and other income	$105,039,837
Total expenses	$107,761,547
Net deficit	($2,721,710)
Total assets	$89,502,341
Total liabilities	$31,491,903
Net assets / equity	$58,010,438

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

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Website: diabetesaustralia.com.au

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