

President's Report, July 2007

The Type 1 Diabetes Network Inc.

formerly Reality Check Young Adults with Diabetes Inc

I am pleased to present an update for members on the recent activities of the Association.

This report is presented in confidence to members of the Association, and is not intended for wider or public dissemination.

1. Change of Name

After acceptance of the special resolution at the 2006 Annual General Meeting, the Association changed its name from Reality Check young adults with diabetes Inc. to The Type 1 Diabetes Network Inc. Change of name has been registered with Consumer Affairs Victoria (part of the Victorian Government's Department of Justice) which regulates incorporated associations; the Australian Tax Office, bank accounts (Westpac) and other relevant bodies.

The web address www.d1.org.au has been registered and is used as the official address for the Association - it currently shadows (it, and all its subsidiary pages automatically redirect to) www.realitycheck.org.au.



A logo for The Type 1 Diabetes Network Inc. has been produced and is being used on official documents such as invoices, and is pictured here.

Members of the Reality Check online community were informed of the change through an announcement on the forum and no negative feedback was received.

2. Charity status

The Association submitted an application for Donor Gift Recipient (DGR) Status to the Australian Tax Office on 24th May 2007. A response was received on 22nd June requesting 11 points of further information by 20th July. The President and Treasurer are preparing the necessary response.

A successful application would allow us to accept tax-deductible donations from individuals as well as being eligible for a broader range of Trusts and Foundations' grants where DGR Status is a requirement.

3. Starter Kit for Adults with Type 1 Diabetes

Abbott Diabetes Care have provided in-kind support to allow the continued production and distribution in 2006 and 2007.

A second print run under this arrangement was done in May 2007 of 2,500 Kits which means the stocks are plentiful.

To date, the Starter Kit has been distributed as follows:

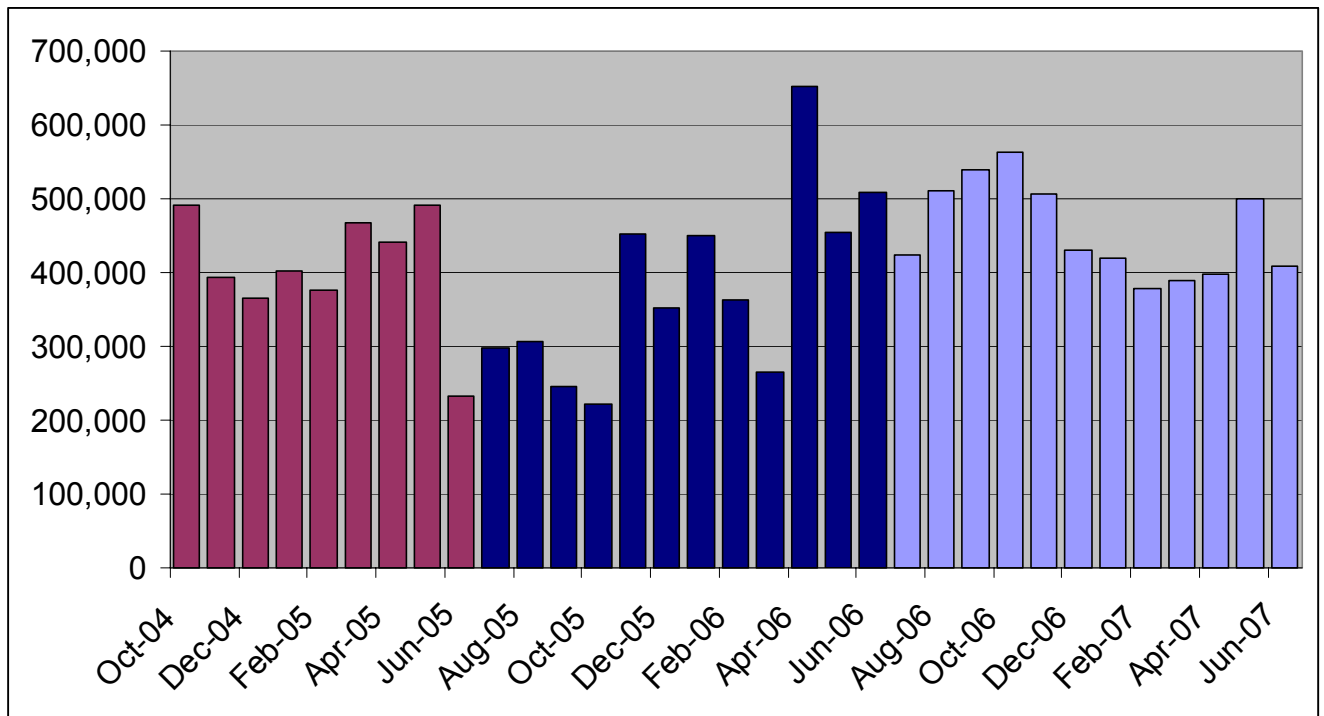
Total to September 2006 (as reported in President's Report 2006)	Total to June 2007
1,796 Kits distributed	3,266 Kits distributed
181 Diabetes Centres	246 Diabetes Centres

4. Reality Check website

Total number of hits on the Reality Check website increased considerably, despite the lack of a huge one-off surge that we experienced in April 2006. Traffic to the website appears to have risen and also stabilized.

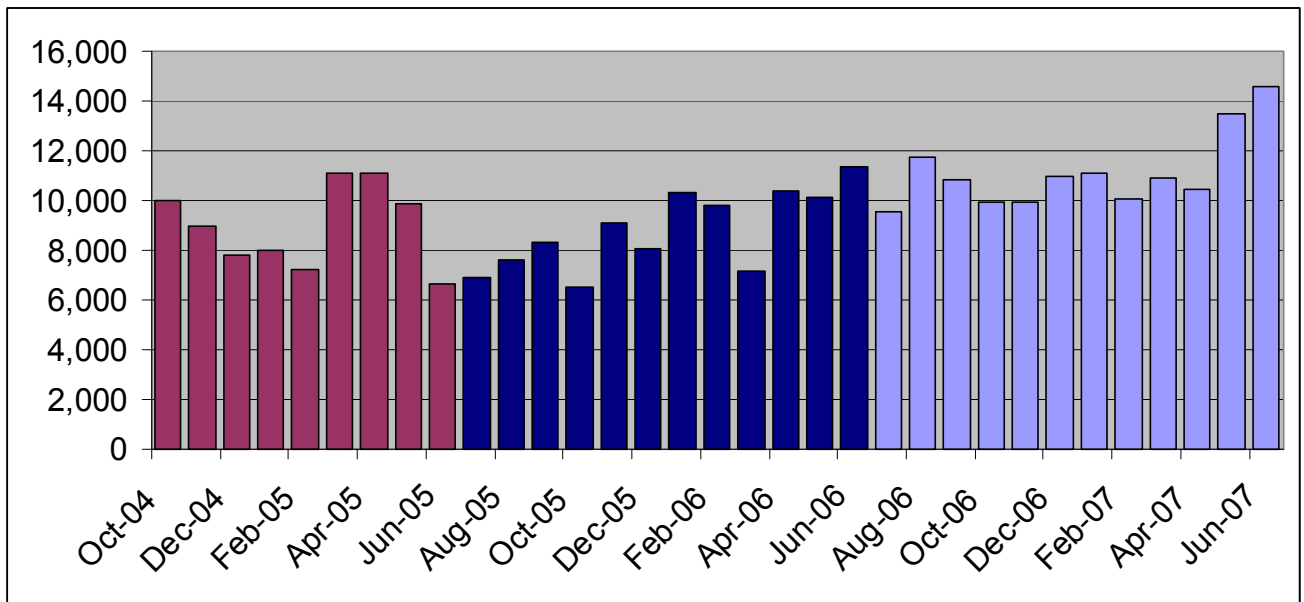
	2005-06	2006-07
Lowest monthly hits	220,921	377,876
Highest monthly hits	651,287	562,865
Total hits for year	4.57 million	5.47 million

Number of hits (clicks)



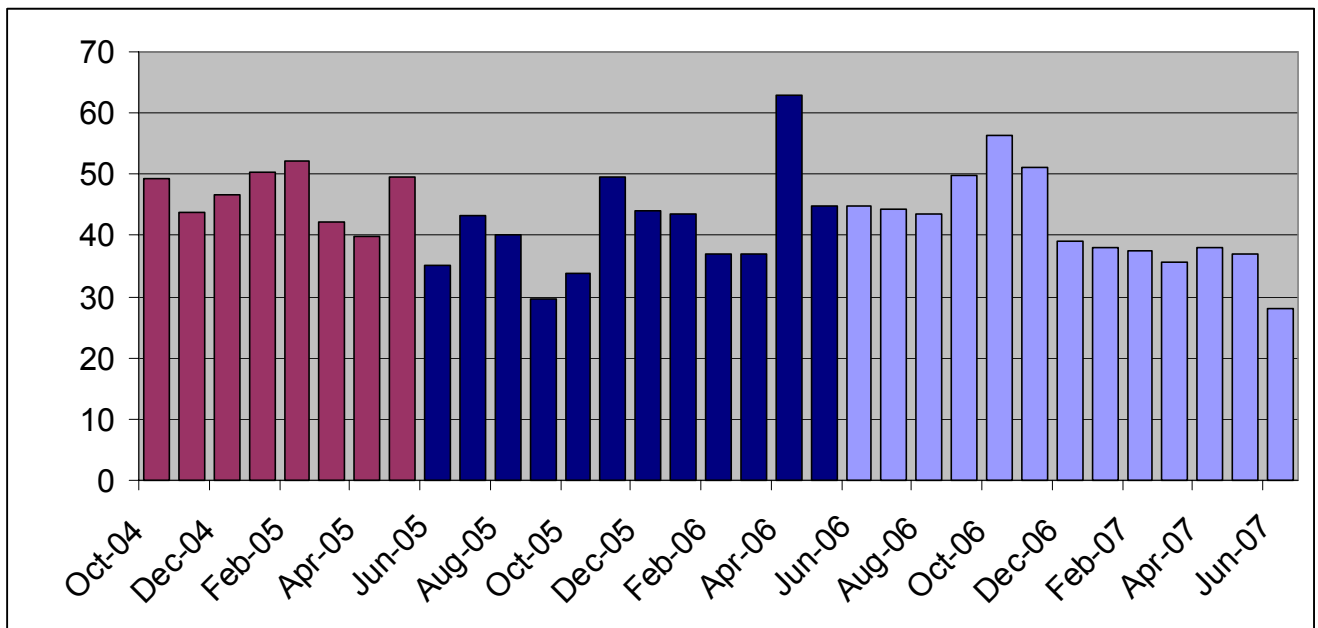
Number of discrete visits to the site

This is an indicator of the number of individuals and/or the frequency that individuals visit the site.



Number of hits per visit

(an estimate of the amount of time individuals are spending on the site each time they visit)



The most popular component of the website remains the online community, which has 766 active members.

A number of original articles have been authored and published on the website this year, including but not limited to:

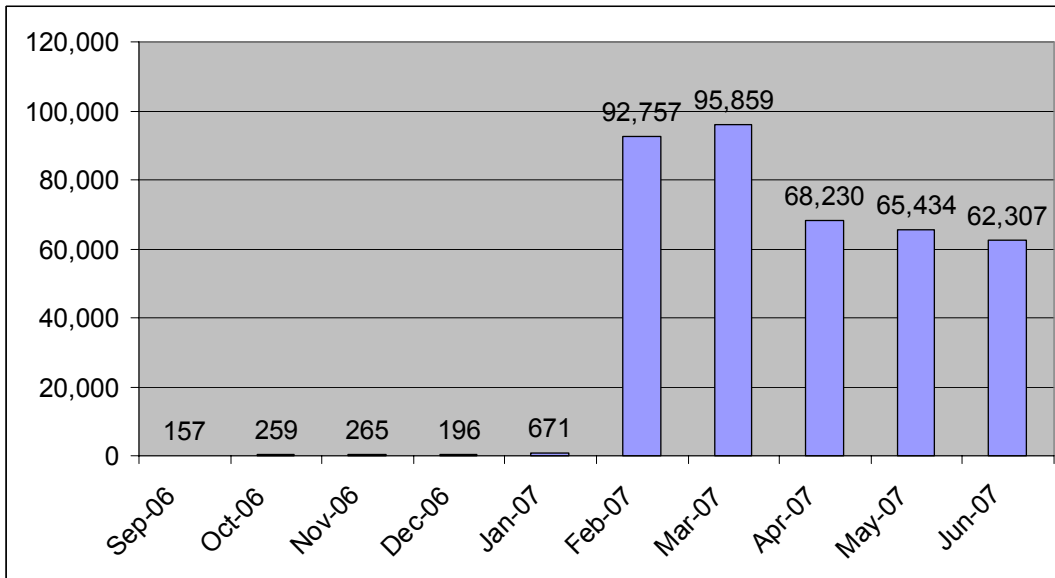
- Psyching up for diabetes – new Medicare items
- Medical expenses and tax time
- Guide to Living with Diabetes in the UK
- Going for the Flatline – Continuous Glucose Monitors Revealed
- Report from the World Diabetes Congress

5. New website – Munted Pancreas

This year the association has trialed the introduction of an online community for parents of children with diabetes, which is facilitated by Shelley Campbell.

The forum currently has 78 registered members.

Website hits



6. Email newsletter

We have continued to use the Constant Contact web-based subscription system to send our monthly-ish emails which also allows us to a) track clicks in the newsletter to gauge the popularity of different articles, and b) have an automated, online subscription function which requires minimal manual management.

There are currently 2,800 subscribers to the newsletter, a net increase of approximately 500 in the last 12 months.

7. New income streams

As reported in detail through the Treasurer's report, the Association has identified and grown several income streams this year:

- Advertising in email newsletter Yada Yada
- Contracts to undertake consumer research
- Private donations – sought at Christmas in association with Kris Kringle, using the resources of www.ourcommunity.com.au
- Sale of resources – using a low-cost PayPal online store at www.d1.org.au/store.htm

8. Academic presentations and publications

In the past 12 months, several abstracts have been presented to academic conferences around Australia and internationally.

The following paper was presented to the Australian Diabetes Educators Association's conference in August 2006.

Gilbert, K., Millard, R. (2006). **The benefits of collaboration as demonstrated through the development of a Starter Kit for Adults with Type 1 diabetes** (Abstract). Paper presented at the Australian Diabetes Educators Association Conference, Gold Coast, Australia.

The President attended the conference, with financial support from two corporate sponsors, to present this paper in a 20 minute presentation to approximately 400 diabetes nurse educators.

A paper was presented to the Australasian Diabetes in Pregnancy Society's 2006 conference (held in conjunction with the ADEA conference in August):

Gilbert, K., Scibilia, R., Lagstrom, J., Parry, A. (2006). **Evaluating a consumer resource about pregnancy for women with pre-existing diabetes, and investigating further information needs.** Paper presented at the Australasian Diabetes in Pregnancy Society Conference, Gold Coast, Australia, 2006.

The President's presentation at the Australian Diabetes in Pregnancy Society conference in August 2006 was awarded best presentation in the society's educational research category, and subsequently featured in the ADIPS newsletter.

In December 2006, the President, with the support of an International Diabetes Federation Travel Grant, presented the following abstract as a 10 minute oral presentation:

Gilbert, K., Thornley, S., Kilmartin, G., Kilmartin, J. **Non-adherence to the 'traditional model' of medical management in Australian adults with type 1 diabetes mellitus and its impact on complication screening and self-management** (Abstract). Paper presented at 19th World Diabetes Congress, Capetown, South Africa.

In addition, the following abstract was presented as a poster at the World Diabetes Congress:

Gilbert, K. **Perceived and actual information needs of adults at diagnosis with type 1 diabetes** (Abstract). Paper presented at 19th World Diabetes Congress, Capetown, South Africa.

These abstracts are all published at www.d1.org.au/resources.htm#abstracts

Dr Bodil Rasmussen was supported by the association several years ago to recruit participants for her research into 'transitions' for young women with diabetes. In recent months, results of her research have been published in two highly regarded journals and both articles explore the role that the Reality Check online community and network of young adults has played in the lives of young women.

Rasmussen, B., et al. (2007) Young Women with Type 1 Diabetes' Management of Turning Points and Transitions, Qualitative Health Research.

Rasmussen, B., Dunning, T. (2007) Young women with diabetes: using Internet communication to create stability during life transitions, J. Clinical Nursing, 16(3a):17-24.

The following abstract was submitted to the 5th Health Services & Policy Research Conference (Auckland, December 2007) in July 2007 and response is awaited:

Gilbert, K., Seed, M., Australasian adolescents' transition from paediatric to adult diabetes services: a complex picture of choice and access.

9. Update on collaborations with Diabetes Australia

In 2006, we reported on (and prominently involved our membership in) projects underway in collaboration with Diabetes Australia: development of an eating disorders resource and distribution of the Diabetes and pregnancy resource to all women of childbearing age registered on the NDSS.

Both of these projects stalled, and the association formally wrote to the NDSS National Program Manager in February 2007 to request an update on both projects. A response was received on 21st June 2007 and the latest advice is as follows:

"I received approval yesterday from DOHA for the Diabetes and Eating Disorders booklet (SDG Project 55) and am now planning the printing and distribution of this resource.

I can also advise that contracts have been issued to DA Vic for Projects 110 – Diabetes & Pregnancy booklet and 111- Diabetes in Pregnancy DVD. My apologies for the delay in issuing these contracts but I understand they were caught up in the signing of the new agreement with the Commonwealth government."

AMANDA BEEHAG | NDSS NATIONAL PROGRAM MANAGER | Diabetes AUSTRALIA

We have also pursued a significant collaboration with DA-Victoria to present the Diabetes Burnout event on 28th July 2007. The event reached capacity quickly and 220 people are expected to attend.

Finally, a finding of the evaluation of the diabetes and pregnancy resource in 2006 was that online access to the information was highly desired and we are working with the partners on the printed resource (DA-Vic and Australian Diabetes in Pregnancy Society) to seek funds (\$2,500 required) to convert the booklet to a mini-website.

10. National transition resource project

The association entered into a Research Services Agreement with Eli Lilly Australasia in June 2007 to undertake an online survey to inform Lilly's development of a national resource for young people 'transitioning' from children's to adult diabetes services, in collaboration with Diabetes Australia and other groups.

The report was submitted and accepted, and permission has been received to circulate the report through the Yada Yada newsletter in July-August 2007. The initial payment for this work was received in 2006-07 financial year and the final payment has been invoiced and is awaiting payment.

The President of the association has also been sitting on the Reference Group for this project.

11. Volunteer support

The Association remains entirely dependent on the support of a small number of volunteers.

Melinda Seed, Treasurer and Sydney co-ordinator of the Association continues to provide a tremendous contribution to both the strategic direction and the day-to-day running of the Association.

George Valiotis has stepped down from his role as Adelaide co-ordinator and co-moderator of the online community as a result of a change in commitments and overseas relocation.

We have welcomed 3 new moderators to assist with monitoring the online community: Adrian Connard, Natasha Broughton and Tony Bernauer joining Kate Gilbert (President) and Melinda Seed (Treasurer). We are currently operating on a roster system with one of the 5 moderators on duty each week. Melinda and Kate published a brief guide to moderating the website to support the new moderators and we have established a private forum for the moderators to discuss issues – email communication is also used. We are grateful to our new moderators for their support, and look forward to continuing increasing confidence in moderating the site and managing the increasing demands of the popular website.

Shelley Campbell has put tremendous energy and commitment into the establishment of Munted Pancreas.

12. Future plans

The Association's Management Committee remains committed to the Association's objective which was agreed upon when the committee and members met in Melbourne in May 2003, to:

Create opportunities for people with Type 1 diabetes to share knowledge and experiences in order to attain an optimum quality of life.

12.1 10th Anniversary

The end of January 2008 will mark 10 years since the first 'Reality Check' event, a dinner of 20 people in Melbourne. Suggestions and support are sought for an appropriate way to mark the occasion. No plans have been made to date.

12.2 Annual Diabetes Health Professionals' Conference

In 2008, the combined Australian Diabetes Educators Association, Australian Diabetes Society and Australasian Diabetes in Pregnancy Society conferences will be held in Melbourne.

In early 2007 the association approached the organising committee to propose a consumer forum to run as part of this event, and take advantage of all the leaders in the field being in one place. We will continue to advocate for and support as possible this proposal.

Furthermore, the association is pursuing an opportunity to undertake a piece of research into education and support requirements associated with insulin pump initiation and ongoing review with the view to present at this conference.

12.3 Fundraising

If the association is successful in achieving DGR status as discussed earlier, we will proceed to develop a fundraising and donations strategy which is appropriate for our membership.

I would be more than pleased to take questions and expand upon any of the information provided in this report at the AGM or other times as members wish.

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July 2007