



Diabetes
SA Support
Always

annual report

2024/25

Advocate

Detect

Prevent

Manage

Research



The Association

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Patron: Her Excellency The Honourable Frances Adamson AC
Governor of South Australia

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From our President

The past year has been one of significant change for Diabetes SA.



David Scotland
President

After more than 20 years of dedicated service, our CEO, Angelique Pasalidis, concluded her time with the organisation. Angelique's commitment and contribution over this period have been instrumental in shaping Diabetes SA into the values-driven, community-focused organisation it is today. The Board of Diabetes SA expresses its sincere thanks for her service and wishes her all the best for the future.

Recruitment of a new Chief Executive Officer has been a key focus, and following an exhaustive recruitment process, we were pleased to announce the appointment of Catherine Hughes in October 2025.

Catherine brings a wealth of experience as a leader in the healthcare sector, including pharmacy, community health, aged care, and the public and private hospital systems. The Board is confident that Catherine's deep understanding of strategic reform, health policy, funding and regulatory environments, and extensive networks across the South Australian and national health landscape will be put to good use in service of our members, stakeholders and the broader community.

I also acknowledge Gary Neave and Leanne Babic's departure from the Board this year. Gary served as President, Vice-President and Chair of the Building

Development Committee and Leanne as Deputy Chair of the Research Advisory. The Board is deeply grateful for their contributions to Diabetes SA.

We have continued to strengthen our advocacy efforts to good effect. Through ongoing engagement with the South Australian Government and Preventive Health SA, the organisation secured a three-year Preventive Health SA grant, working with communities to address Type 2 diabetes risk factors and promoting health checks and early detection in Culturally & Linguistically Diverse (CALD) and Aboriginal communities.

We have also worked closely with Diabetes Victoria to establish the Diabetes Essential online shop, further expanding our online retail offering and attracting new customers from Diabetes Victoria's member base and beyond. While still in its infancy, the Diabetes Essential shop is seeing promising patronage and provides a new source of revenue for Diabetes SA.

The organisation has faced challenges this year in the form of significant cuts to National Diabetes Service Scheme (NDSS) funding for State Agents. We were informed of these cuts in early 2025 and have since worked diligently alongside other State diabetes bodies to lobby for funding to be reinstated.

The Federal Department of Health, Disability & Ageing has been receptive to these calls and, at the time of writing, we are in the final stages of negotiating restoration of NDSS funding to State Agents. Through this process, we have bolstered relationships and ensured that a South Australian voice has been heard at the national level.

Our staff are integral to everything that Diabetes SA does and I want to extend my sincere thanks to them for their hard work and dedication over the course of the last year.

I particularly want to acknowledge the Health and Research team for their work in securing new partnerships and grant funding while continuing to provide frontline programs and services. This work is central to our mission.

I also want to acknowledge the Member Services & Retail Operations team who have delivered several major projects this year, namely our website redevelopment and the Diabetes Essential online shop. These are significant achievements that provide us with a refreshed public interface, and further progress financial diversification for the organisation.

On behalf of the Board, I extend sincere thanks to Raj Singh for stepping in as Acting Chief Executive Officer during Diabetes SA's transition to new leadership. Raj's extensive financial, human resources and governance experience has helped to manage transformation and ensure a smooth handover to Catherine.

Finally, I thank fellow Board members for their steadfast commitment, considered guidance, and collaborative spirit throughout the year. Your expertise and diverse perspectives have been instrumental in ensuring strong governance and shaping Diabetes SA's future direction. It is a great privilege to serve alongside you.

We will continue to adapt, innovate and advocate on behalf of our members and the broader community to ensure that South Australians impacted by diabetes have the support, resources and representation they need.

From our Acting CEO



Rajanbir Singh
Acting CEO

This year has been a year of transition, renewal and forward momentum for Diabetes SA.

This year has been a year of transition, renewal and forward momentum for Diabetes SA. As Acting CEO, I am proud to reflect on the organisation's achievements during the last year.

We began the year by strengthening our financial foundations and embedding greater rigour in our systems and reporting. Through disciplined budgeting, improved financial processes and proactive management of our investments, we have positioned the organisation on a more sustainable footing.

While the NDSS funding reductions early in 2025 presented short-term challenges, we responded swiftly and strategically. Our financial outlook remains positive, supported by ongoing diversification of income streams and growth in membership and retail revenue.

A major highlight of the year was the expansion of our preventive health work through successful grant partnerships. Following our 2025–26 State Budget submission, Diabetes SA secured a three-year grant from Preventive Health SA to deliver culturally tailored screening and education programs across priority Culturally and Linguistically Diverse (CALD) and First Nations communities. This initiative builds on our well-established community partnerships and reflects our commitment to equity, early detection and culturally appropriate care.

Our collaboration with Flinders University on the AUS2PREVENT trial has continued to yield valuable insights into type 2 diabetes prevention. Together with our longstanding partners in Country SA PHN, Freemasons SA & NT and other community groups, we are advancing innovative models that embed preventive health into everyday community life.

Across the year, we strengthened stakeholder engagement at every level. Our partnerships with State and Federal governments, the NDSS, Preventive Health SA and other peak bodies have ensured that South Australians continue to have a strong voice in national diabetes discussions.

Transformation has also been a defining feature of this period. In-line with our commitment to providing members with a more contemporary, accessible and engaging experience, we have invested in our digital capability, including an extensive website upgrade. We have also deepened our collaboration with Diabetes Victoria through the launch of the Diabetes Essentials online shop, an important step in diversifying income and extending our reach.

We continue to listen and respond to the needs of our members and the broader community. Insights from our Your Voice Matters survey have helped shape new and enhanced member benefits, including our

partnerships with hearing and podiatry solutions that expands access to expert foot and hearing care for our members. We remain focused on ensuring that everyone in our community, particularly those most vulnerable, can access the information, support and care they need for early detection, prevention and ongoing management.

Much of the work conducted this year was built of strong foundations. As such, I wish to express my gratitude to former CEO Angelique Pasalidis for her more than 20 years of dedicated service. I would also like to thank the Board for their guidance and support during this interim period.

In addition, I would like to acknowledge our members, volunteers, donors, supporters whose time, generosity and goodwill make our work possible. Together, they play an essential role in improving the health and wellbeing of South Australians affected by diabetes.

As I conclude my time as Acting CEO, I look forward to supporting a smooth transition to our incoming CEO as they lead Diabetes SA into its next exciting chapter. Together with government, our partners and our community, we will continue to advocate, prevent, detect, manage and research to reduce the impact and incidence of diabetes across South Australia.

Our achievements this year would not have been possible without the commitment and dedication of the Diabetes SA team. I extend my sincere thanks to our staff for their professionalism, adaptability and care during this period of transition. Their collective resilience and focus have been a source of pride and confidence for the organisation.

The State of Diabetes

Here is a quick glance of the state of Diabetes in Australia as at the end of June 2025.

1,521,653 

People in Australia are registered with the NDSS



New registrants for the last 12 months = **6,671**
18 people diagnosed every day.
Compared to **7,707** South Australians last year.

122,842 

People living with diabetes in SA. These people registered as:

10,392 Type 1

108,321 Type 2

3,284 Gestational diabetes

845 Other diabetes

 **52% males**

 **47.5% females**

1,521,653

120,519

Last FY **120,519**
That is an increase of **2,323** people over the past year.

1,653



2,842



Collaboration and Partnering

A major highlight of the year was the expansion of our preventive health work through successful grant partnerships.

Heading to be supplied

Preventive Health SA

Following a successful pre-budget submission, Diabetes SA has partnered with Preventive Health SA to reduce type 2 diabetes among priority populations in South Australia. Supported by a three-year grant, the initiative will work with stakeholders from CALD and Aboriginal communities to address barriers to healthcare. The goal is to raise awareness using culturally tailored education on risk factors, enabling health checks and early detection. This partnership reflects a commitment to health equity and community-led solutions for vulnerable communities facing chronic conditions like type 2 diabetes.

Freemasons SA/NT

The partnership between Diabetes SA and the Freemasons SA & NT has been instrumental in reshaping how community health promotion is delivered across South Australia. By embedding diabetes awareness and screening into familiar, trusted environments like Men's Sheds, the initiative has successfully reached populations often underserved by traditional healthcare systems—particularly older men in regional and rural areas. This collaboration has enabled Diabetes SA to

deliver culturally sensitive, evidence-based interventions that foster genuine engagement, empower individuals with knowledge, and promote early detection and prevention of type 2 diabetes. The program's informal, community-led approach has proven to be a sustainable and impactful model for reducing barriers to care and encouraging proactive health behaviours.

Country SA PHN

In 2025, Diabetes SA partnered with Country SA PHN with a shared commitment to improving health outcomes in rural South Australia. Backed by targeted funding, the collaboration delivered five new Type 2 Diabetes Awareness and Detection events across some of the state's most vulnerable country communities. Building on a longstanding relationship, this initiative reflects a strategic alignment in tackling high rates of undiagnosed pre-diabetes and Type 2 diabetes, while empowering rural South Australians through grassroots engagement and a deep, ongoing commitment to better health.

Chronic Conditions Collaborative

The Collaborative aims to amplify consumer and community voices and boldy champion care that supports people with multiple chronic conditions to thrive.

Diabetes SA CEO, Angelique Pasalidis has worked with the Collaborative members from other leading organisations to improve the lives of people living with chronic conditions.

South Australian Aboriginal Eye Health Working Group

Diabetes SA is a member of the Working Group who share an interest and drive to improve eye health and vision for Aboriginal people in South Australia. The Aboriginal Health Council of SA leads the group, bringing together members from government and non-government organisations.

Walk Tall, Walk Strong Program (formerly the South Australian Aboriginal Diabetes-related Foot Disease Program)

Diabetes SA is pleased to join with The South Australian Health and Medical Research Institute through a working committee, to provide input into the Walk Tall, Walk Strong Program (formerly the South Australian Aboriginal Diabetes-related Foot Disease Program). The program aims to improve the prevention and management of diabetes-related foot disease and amputation for Aboriginal people in rural and remote South Australia.

Flinders University

We have continued to build on our partnership with Flinders University which commenced in earnest in 2019 through collaborating on the Diabetes SA **AUS2PREVENT** trial. The cost health economic analysis of the Trial is well underway, and we are looking forward to a final result late in 2025.

Student Placements

At Diabetes SA, we are incredibly proud to support student placements from Flinders University and Deakin Universities. This initiative provides an invaluable opportunity for students to understand the role and functions of our organisation, gaining firsthand experience and insight into our crucial work, all while enriching their academic journey.

Our Patron

Diabetes SA is honoured to have the Governor of South Australia, Her Excellency the Honourable Frances Adamson as our patron, with the aim to raise awareness of the burden and impact of diabetes in our state.



Strategic Priorities

Our mission is to reduce the risk and impact of diabetes in our community and to support people living with diabetes.

We have three priorities and goals:

Priority 1

Reduce the incidence

Goal 1: Empower people to live a healthy life free of diabetes.

Priority 2

Reduce the impact of diabetes

Goal 2: Empower people affected by diabetes to maintain optimum health.

Priority 3

Financial sustainability

Goal 3: Ensure the financial stability and sustainability of Diabetes SA. Maximise assets to support growth and impact.



Advocate

Advocate and drive change.

Amplify the voice of people living with or at risk of diabetes to drive the case for greater support and funding.

Raise awareness of diabetes and its impact.

Strengthen awareness of the organisation and its services.

Engage with government and corporate bodies to increase diabetes funding.

Detect

Detect diabetes earlier.

Embed diabetes awareness in the South Australian community for all types of diabetes.

Expand the type 2 diabetes screening and awareness program.

Establish strategic relationships to achieve greater levels of funding, scale, and impact.



Prevent

Prevent people from developing type 2 diabetes.

Establish evidence-based lifestyle-change diabetes prevention program/s.

Establish strategic relationships to achieve greater levels of funding, scale, and impact.

Collaborate and partner with priority groups to develop diabetes prevention programs.

Manage

Empower people for diabetes self-management.

Improve access and extend reach of diabetes self-management education and services.

Build capacity and capability of the health workforce and referral pathways.

Utilise technologies to support best practice diabetes care.

Establish strategic relationships to achieve greater levels of funding, scale, and impact.

Research

Accelerate diabetes research & knowledge.

Strengthen strategic partnerships and develop new partnerships for greater impact.

Elevate recognition of Diabetes SA as a credible partner in research.

Grow funding to support research.

Build the evidence base to inform investment in research and solutions.

Advocate

We advocate to:

- Amplify the voice of lived experience.
- Raise awareness of diabetes and its impact.
- Strengthen awareness of the organisation and its services.
- Increase funding for diabetes.

Diabetes SA Advocacy

Pre-Budget Submission 2025-2026

In November 2024, Diabetes SA submitted Diabetes SA's South Australian Pre-Budget Submission for 2025-2026 to State Government.

This submission was aimed at securing funding for a targeted project focused on type 2 diabetes awareness and screening within high-risk Culturally and Linguistically Diverse (CALD) communities. This initiative is crucial as it addresses the disproportionate and rising prevalence of type 2 diabetes among these populations, which now represent approximately 25% of South Australia's population.

The submission was successful, and further information is included in page 14.

Advocating for Easier Travel

Diabetes SA have had discussions with the Adelaide Airport over a number of years relating to issues people with diabetes experience when passing through security, wearing a device to manage their diabetes (insulin pumps and continuous glucose monitors).

As a part of an ongoing dialogue, Adelaide Airport reached out to Diabetes SA about the formation of a new committee, and we were delighted to nominate our passionate Member Sandra Williams.

We were very pleased to advise that her nomination was accepted as a consumer representative (living with type 1 diabetes) on the Adelaide Airport Access and Inclusion Community Reference Group.

We are confident that Sandra will provide a balanced, constructive view and is keen to represent all people with diabetes.

Preventative Health Bill 2024

In December 20-24, the draft Preventive Health SA Bill 2024 passed the Legislative Council with no amendments, completing its passing through Parliament.

This is a significant milestone for preventive health policy and action in our State, ensuring perpetuity of this important agenda and supporting collaborative evidence-informed, innovative, and integrated action to prevent and reduce the burden of non-communicable health conditions and improved health equity for all South Australians.

Diabetes SA was proud to support the Bill by providing feedback during the consultation process in 2024.

Diabetes SA reaffirmed our commitment to working collectively with Preventive Health SA to improve the health and wellbeing of all South Australians.

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Detect

Early detection of type 2 diabetes is important:

We deliver type 2 diabetes detection and screening programs that raise awareness of diabetes risk factors, identify those at high risk and provide information and referral for the prevention or management of the condition.

Diabetes Detection

Early detection of type 2 diabetes is critical, yet around one in 4 adults aged 25+ years remain undiagnosed. Further, only about 55% of adults are screened for type 2 diabetes by their GPs, but the screening rates are even lower for men, for people living in rural and remote communities, especially for those from Culturally and Linguistically Diverse (CALD) as well as Aboriginal and Torres Strait Islander backgrounds.

Diabetes SA remains committed to increasing public awareness about the risk factors related to all forms of diabetes and screening high-risk populations for undiagnosed type 2 diabetes (including prediabetes).

Impact from three major Type 2 Awareness and Screening Programs run in this strategic area over FY24/25 are highlighted over the next few pages.



Staff were very helpful.
Convenient access.
Thank you for the service.”

Screening participant

Improving Health Equity and Early Detection of Type 2 Diabetes in Priority Populations - Supported by funding from Preventive Health SA

Following successful pre-budget submissions to the South Australian Government in FY24/25 and FY25/26, Diabetes SA secured \$330,000 from Preventive Health SA to work collaboratively with other government and non-government agencies to reduce the incidence and impact of type 2 diabetes among several priority populations in South Australia.

People from many Culturally and Linguistically Diverse (CALD) and Aboriginal and Torres Strait Islander communities are two or more times more likely to develop chronic conditions such as type 2 diabetes. South Australian communities at high-risk of type 2 diabetes, include Asian, Southern-European, Middle Eastern, African, Pacific Islander, and Aboriginal populations. Each population face disparities in accessing health care, including diabetes education, screening, and management, leading to poor health outcomes. Barriers such as language, cultural differences, limited health literacy, community acceptance, generational trauma and stigma can contribute to these disparities.

Over the next three years, Diabetes SA will be working alongside stakeholders to co-develop and implement culturally sensitive type 2 diabetes risk awareness and screening events in areas with high rates of type 2 diabetes and high numbers of people from different CALD backgrounds. The target locations where events will be run include Onkaparinga, Port Adelaide Enfield, Salisbury, Murray Bridge, Yorke Peninsula, Port Lincoln, and Coober Pedy. Ethnic communities with high representation in these areas include Chinese, Philippines, Vietnam, India, Iran, Iraq, Afghanistan, Italy, Greece, South Africa, as well as Aboriginal and Torres Strait Islanders.

Community consultation remains central to this initiative. By engaging local champions and listening to people with lived experiences, Diabetes SA is developing culturally relevant messages and resources to encourage health checks and small but impactful lifestyle changes.

This partnership will build trust between all stakeholder groups and ensure the initiative delivers long-lasting impact to these communities. It reflects a shared commitment by Diabetes SA and Preventive Health SA to health equity and community-led solutions, supporting people to take control of their health and reduce chronic disease risk.

Type 2 Diabetes Awareness and Detection in Men Sheds

Supported by funding from the Freemasons SA & NT Health Promotion Fund

The Men's Shed screening initiative has proven to be a highly effective model for community-based health promotion. By meeting men where they are both physically and socially active - the program overcame traditional barriers to healthcare access and delivered meaningful health and wellbeing outcomes for men who have engaged.

Thanks to initial support from the Masonic Charities Trust and additional funding in 2025 from the Freemasons SA & NT Health Promotion Fund, this initiative has attracted close to \$600,000 in total investment.

Between February to June 2025, our health professional team revisited ten of the initial Men's sheds and Masonic Lodges from 3 years ago, bringing the total number of awareness and screening events since 2020 to 92. Sixty-seven events were run in country, and 25 were run in metropolitan, areas of SA.

These results speak to the power of early detection, education, and integrated care. Diabetes SA remains committed to expanding this work and continuing to reduce the burden of type 2 diabetes across SA.

Highlights

Over the past five years:

a total **1,648 people** (mainly men) have participated in the events.

1,019 people were screened using the type 2 diabetes risk assessment tool.

815 people had an AUSDRISK score of 12 or more, and of those.

approximately 17% of the men screened (139 in total) had a HbA1c participants were determined to have prediabetes or undiagnosed type 2 diabetes.



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Highlights

569 people were screened.

69.4% had an AUSDRISK score of 12+, indicating high-risk of type 2 diabetes.

390 high-risk individuals received a Point of Care HbA1c blood test.

16% had a HbA1c values indicating prediabetes or undiagnosed diabetes.

Prediabetes was more common at the rural shows (**11.5%**) than at the prisons (**7.8%**).

Undiagnosed type 2 diabetes was more common in the prisons (**11.8%**) than at the rural shows (**3.5%**).

Lessons from Diabetes SA's Type 2 Awareness and Screening Project

Supported by funding from Country SA Primary Health Network

Between April to June 2025, Diabetes SA conducted five type 2 diabetes risk awareness and screening events supported by a grant of \$118,000 from the 'Country SA Primary Health Network (PHN)'. These areas have a higher prevalence of diagnosed type 2 diabetes - 1.5 to 4 times above state (6.4%) and national (5.4%) averages - and often experience delayed diagnosis.

Three events were conducted at regional shows and festivals in Lucindale/Naracoorte, Karoonda, and Mannum and Murray Bridge reaching predominantly Australia-born rural populations. Two additional events were held at Mobilong and Port Augusta Prisons, targeting culturally and linguistically diverse (mainly Vietnamese and African) and Aboriginal & Torres Strait Islander populations.

Prevent

Prevention of Type 2 Diabetes

Over the last 5 years, the organisation's focus in the strategic area of Diabetes Prevention has been to trial the Diabetes SA's AUS2PREVENT lifestyle change program.

The AUS2PREVENT trial aimed to demonstrate that the AUS2PREVENT program is feasible, acceptable and effective for preventing or delaying the onset of type 2 diabetes in South Australians at risk of or living with prediabetes.

Know the risk factors for type 2 diabetes:

The vast majority of type 2 diabetes cases can be delayed or prevented, giving people the opportunity to live longer and healthier lives, reducing the significant burden on the health system.

Data collection from participants in the AUS2PREVENT trial was completed in March and by December 2025 all data analyses- including the cost-benefit analysis- will be completed.

The trial has provided valuable lessons that will guide the future design and implementation of preventive health initiatives.

We will use these insights to support both non-government community organisations like ours and government agencies in addressing the rising rates of type 2 diabetes in South Australia.

“

I can tell a lot of effort has gone into planning the sessions and thought it was great that we had even been provided public transport options for people.”

Participant - AUS2PREVENT program group

“

I'm thankful to Diabetes SA for promoting the trial as I knew I was at risk and it prompted me to do something about it.”

Participant - Usual Care group

Highlights

Several findings from our preliminary analysis have shown:

Around **66% completion rates** for both the AUS2PREVENT and Usual Care groups.

More participants in the **AUS2PREVENT** group than in Usual Care group reported setting goals to improve their nutrition, physical activity, stress and sleep habits.

Greater satisfaction in the trial was reported for the AUS2PREVENT intervention than for Usual Care.

A scientific article - **Recruitment of individuals into a type 2 diabetes prevention program**: key barriers and enablers identified from the randomised control trial testing an Australian Lifestyle Change Program (AUS2PREVENT) - is under peer review and is available as a preprint. Scan QR code below:



To get more information about the scientific article: Recruitment of individuals into a type 2 diabetes prevention program scan the QR code.

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Manage

Management Empowerment

We empower individuals to self-manage their diabetes through providing access to person centred, evidence-based self-management education programs to improve quality of life and reduce the risk of diabetes complications.

Through provision of education programs and resources we also build capacity and capability amongst the health workforce and those supporting people living with diabetes.

Across 2024/25 we delivered a diverse range of programs and services to people living with diabetes, across a range of priority areas, and to health professionals, support workers, aged care staff, workplaces, teachers and school staff, and the general community.

The needs of people with diabetes are at the heart of everything we do. Our programs are underpinned by current evidence and are continuously evaluated to guide ongoing improvements and program development.

We empower individuals to self-manage their diabetes:

We provide access to person centred self-management education programs to people living with diabetes, and building capacity and capability amongst the health workforce and those supporting people living with diabetes.

Programs

Diabetes SA provides one-on-one consultations for people living with and at risk of diabetes. Clients can access individualised support from a Credentialed Diabetes Educator, Accredited Practising Dietitian, or an Accredited Exercise Physiologist. Telehealth consultations are also on offer, though face-to-face consultations remain the most popular choice. 467 one-on-one consultations were undertaken.

Our flagship nutrition program launched in March 2025 with four programs delivered in FY24/25 for a total of 25 participants. The four-week program guides people living with type 2 diabetes to select and implement one of the four evidence-based eating patterns, Low carbohydrate, Low Glycaemic Index (GI), Plant-based or Mediterranean. Feedback was overwhelmingly positive with 100% of participants indicating they were satisfied with the program and found the resources useful.

Diabetes SA Members are able to access free group education programs including the Expert Speaker Series, Supermarket tour and Central Market tour. A total of 241 people attended these programs in 2024/25, covering topics including carbohydrate counting, stress management, research, gut health, eating out, eye health, nutrition throughout menopause, diabetes technology, medications, and metabolic health.

Our free Member webinars are released fortnightly, providing 15-20 minutes of snackable content to keep up to date with the latest diabetes information. Webinars can also be viewed on demand. 22 webinars were released on a range of topics including exercise, diabetes myths, key nutrients, stress management, diabetes complications, travel, managing at work, eating out, sick day management and understanding the role of the healthcare team. Webinars had a total of 891 views.



Absolutely life changing and potentially curing my type 2 diabetes, very practical advice."

Meal Masters participant

Highlights

Programs also focus on key priority areas including Aboriginal and Torres Strait Islander people, Culturally and Linguistically Diverse communities, young people, and those in regional and remote communities.

Education programs were delivered in regional areas of South Australia including Mount Barker, Murray Bridge, Port Pirie, Port Augusta, Whyalla, Port Lincoln, Gawler, Victor Harbor, Renmark, Mount Gambier, Naracoorte, Ceduna and Coober Pedy.

Education programs were delivered to communities speaking Hindi, Greek, Italian, Arabic, Dari, Vietnamese, Chinese, Cambodian, Mandarin and German.

Diabetes SA administers the National Diabetes Services Scheme (NDSS) in South Australia, providing group diabetes education across South Australia, and supporting health professionals and community access points (pharmacies) in supporting people living with diabetes in SA.

Funded under the NDSS, the Diabetes in Schools program is administered by Diabetes SA in South Australia, supporting the Women's and Children's Hospital diabetes team in their delivery of the Level 3 Individualised Skills training. The Level 3 training had a reach of 1,546 teachers and school staff in 2024/25.

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Management Highlights



7992

People living with or at risk of diabetes, engaged in one of our education support services (including one-on-one, group, or digital offerings).

2,531

People engaged in education and support services for people supporting those living with diabetes, including health professionals, support workers, aged care staff, pharmacy staff, and teachers and school staff.

26%

Of group education programs were delivered in regional areas of South Australia, 35% of programs were delivered in Hilton and surrounding suburbs in Western Adelaide, 17% in Southern Adelaide, 19% in the Northern Adelaide area and 3% in the Eastern Adelaide.



467

People living with or at risk of diabetes attended a one-on-one consultation with a Diabetes SA health professional.

233

Group education programs were held for people living with or at risk of diabetes.

10

Visits to regional Aboriginal Health Services to provide Credentialed Diabetes Educator consults to the local community.

236

Group education programs were held for people supporting those living with diabetes including health professionals, support workers, aged care staff, and teachers and school staff.

3

Camps or Activity Days were held for children living with type 1 diabetes.

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Research

Research Grants Program

Since 2018, Diabetes SA has provided \$1,070,750 to eleven South Australian researchers through the Diabetes SA Research Grants Program.





Dr Cher-Rin Chong
Grant Recipient 2020

Final report

Novel strategy for cardiovascular protection in Type 2 diabetes.

People with diabetes have increased risks of developing heart failure. Investigations in humans are difficult, as it is often complicated by other risk factors, such as high blood pressure or previous heart attacks. Therefore, we developed a model of diabetic heart failure.

In this model, we demonstrated that damage to the innermost lining of blood vessels, or glycocalyx, was the earliest signs of abnormalities. We showed that cardiac damage is also closely associated with damage of this layer in the microvessels. Therefore, “repairing” this lining could represent a new treatment target. Furthermore, using a drug that targets an overactive protein in diabetic heart, we showed that some (although not all) abnormalities seen in diabetic heart failure can be ameliorated.

We also demonstrated that the selective improvement in heart function is associated with certain components of the glycocalyx. This suggests, for the first time, that there may be specific role(s) played by each component of the glycocalyx. By identifying the underlying causes of these conditions and molecular disruptions that may drive the conditions, the research we are conducting can pave the way for more effective interventions and therapies to prevent or treat heart failure in people living with diabetes.



Associate Professor Richard Young
Grant Recipient 2022

Final report

Blocking intestinal sweet taste for better glycaemic control in type 2 diabetes.

Our study on lactisole, a compound that blocks sweet taste, examined its potential to help manage blood sugar in 34 people with type 2 diabetes.

The participants took lactisole capsules with their meals for a month. The results showed that lactisole didn’t improve how the body processed sugar from an oral glucose drink. It also had no effect on gut hormones which help control insulin and blood sugar. This suggests that blocking sweet sensing in the gut may not be an effective strategy for managing blood sugar levels in people with T2D.

Interestingly, the study found a couple of unexpected effects. Lactisole appeared to modestly increase insulin and C-peptide levels, which are both related to insulin production. It also led to more glucose being cleared through the urine.

These findings are being investigated further to understand if lactisole has a direct effect on the pancreas and how it might help the body get rid of excess glucose. In summary, while lactisole didn’t improve overall blood sugar tolerance as hoped, it did show some promising, albeit unexpected, effects that warrant more research.



Dr Lisa Nicholas
Grant Recipient 2022

Status report

Defining the contribution of epigenetics to the intergenerational cycle of type 2 diabetes in Aboriginal people.

We have commenced generating DNA methylation data. To maximise the amount and quality of sequencing data generated, we have collaborated with SAGC to trial a new sequencing methodology. This is the first time this new methodology is being trialled in Australia.

The results are promising, and we are using the improved methodology to sequence the rest of the samples.

Funds are being used as planned for the sequencing of DNA from whole blood and Guthrie cards to determine changes in DNA methylation. Cleaning, normalisation and analysis of the data will commence once all DNA methylation data has been generated i.e. from both whole blood and Guthrie cards. We do not anticipate delays in the final analysis as our collaborators have developed a pipeline for the analysis, which has been tried and tested. The project is progressing as planned. We have also recently been awarded additional funding which will enable us to determine how diabetes in pregnancy impacts the blood epigenome of male offspring. This will extend the knowledge and insights gained from this grant and enable us to determine the sex-specific impact of exposure.



Dr Jantina Manning
Grant Recipient 2024

Final report

A potential new player in blood glucose control and diabetic nephropathy.

Our research has discovered a new gene (called NEDD4L or NEDD4-2) that is implicated in diabetic nephropathy.

In this study, we found that samples from people living with diabetic nephropathy have increased levels of vesicles that shed in urine, and lower levels of NEDD4L protein. These factors have the potential to be used as future biomarkers for disease.

We have also discovered a role for this protein in the action of the anti-diabetic drug metformin. Importantly, we have discovered that metformin reduces NEDD4L levels, which suggests that varied levels of the NEDD4L gene in patients may affect treatment responses.

This work has paved the way for further studies to investigate the clinical relevance of this finding.



Dr Stephen Kidd
Grant Recipient 2024

Status report

Improving health outcomes for patients with diabetes by novel bacterial identification and treatment to prevent continuing foot infections.

Patients with diabetes often have foot ulcers and infections that can progress into the bone. Furthermore, because a small number of bacterial cells within an infection can adopt an alternative cell type that evades antibiotics, treatment is often incomplete, and infections become chronic.

The project to date has shown that these different cell types are present even early in pathology. We have also shown that there is a population of cell-types in an isolate with small set having altered responses to antibiotics. Also, in unique time-dependent conditions mimicking disease, these cell types adapt to dominate the population. It has been suggested that combinations of antibiotics could remove these cell types. Our initial research in this project has shown this is not the case. The next steps will be to define the basis for the formation of these cells and find ways to remove them from infected sites in the body.



Rebecca Thomson
Grant Recipient 2024

Status report

When is the critical window to intervene in early life to reduce the impact of overweight on the risk of type 1 diabetes?

My research investigates how a child's risk of developing type 1 diabetes is connected to their parents' weight, their own growth in early life, and their own and mother's diet and bacteria in their gut.

We have started analysing the first aim of the project, which looks at how a mother's diet during pregnancy impacts both her and her child's gut bacteria. Preliminary findings show that the amount of processed food mothers had during pregnancy can impact the amount of certain short chain fatty acids in their stool samples and also their child's.

Later this year we will expand this to also look at the mother and child's gut bacteria and how a mother's diet and gut bacteria affect her baby's gut bacteria. We will also explore the impact of parent's weight and the child's growth on their risk of type 1 diabetes.

Diabetes SA Membership

Membership at Diabetes SA is designed to help individuals manage their diabetes effectively.

Membership at Diabetes SA provides access to a wide range of support services, education programs, and exclusive discounts designed to help individuals manage their diabetes effectively while staying informed about the latest health information and diabetes-related news. Whether someone has been recently diagnosed with diabetes, including pre-diabetes or is at risk, or has been living with diabetes for some time—including those who care for someone with diabetes—Diabetes SA is here to support every step of the journey.

At its core, membership is not just about benefits; it's about belonging to a community dedicated to empowering individuals through expert knowledge, personalised support, and trusted products. This year, we proudly welcomed Audika as a new partner, expanding our commitment to holistic health. Through this partnership, members now enjoy free hearing checks at Diabetes SA or at any of Audika's 34 clinics across South Australia for individuals aged 26 and over. Members also receive 20 percent off select hearing aids, with monthly hearing clinics held at Diabetes SA and access to expert speaker events focused on hearing health and its connection to diabetes management.

In June, we sought feedback from our members, lapsed members, and non-members through our Your Voice Matters survey. The goal was to better understand the needs of our community, assess the perceived value of our membership benefits, and identify opportunities for improvement. The insights gathered will directly inform

future planning and service delivery, helping us enhance the relevance, accessibility, and impact of our offerings. This feedback will also shape how we communicate member value and ensure our programs continue to meet the evolving needs of people living with or affected by diabetes.

Looking ahead, we were excited to launch our new website in September, marking a significant milestone in our digital transformation. The new site has been designed to offer a greatly improved experience for our members while streamlining internal pathways for our teams. It features a fresh and vibrant design aligned with our strategic direction, showcasing real images of our members and the diverse communities we proudly support. Navigation has been simplified to ensure easier access to resources, services, and support. The online shop has been enhanced for smoother browsing and purchasing, and the sign-in and renewal process has been streamlined to remove common pain points and barriers previously faced by our members.

As we continue to grow and evolve, our focus remains on delivering meaningful value through personalised care, expanded partnerships, and improved digital access. Every initiative is guided by our commitment to ensuring that people living with or at risk of diabetes in South Australia feel informed, supported, and empowered to live well.

“

Diabetes SA provides exceptional care. Every step—from joining to educator support and product access—was seamless. Everyone with diabetes should be referred without hesitation.”

Jehan

Highlights

New Members Welcomed **> 1,490**

Total Members **> 17,189**

Calls Serviced **> 9,491**

Online Chats Answered **> 420**

Members over 10 years **> 59%**

Philanthropy

Together we can reduce the impact of diabetes. Of every type. For every person. Every day.

South Australians Making a Difference

Everything we've achieved so far and all that is yet to come, is thanks to your generosity. Right here in South Australia, your support is helping change the impact of diabetes for individuals, families, and communities. Together, we're making a real, lasting difference.

As a proudly South Australian Member-based organisation, Diabetes SA relies on the generosity of our local donors to continue delivering vital services, programs, and research that support our Members and the broader community.



This year, a major focus has been the development of a brand-new website, designed to make it easier for South Australians to access support, education, retail products, and fundraising opportunities. Thanks to your support, we're looking forward to launching this improved platform in September 2025.

In another exciting milestone, we shared the first edition of our Major Donor Newsletter. This new communication celebrates the impact your donations are having right here at home. From just seven generous contributions, we raised \$10,335, with more pledged for the year ahead. We are so grateful for this early and meaningful support.

Our regular fundraising Appeals, at Christmas, for Research, and at Tax time, were once again strongly supported, with each campaign seeing consistent support and an increase in online engagement. Our 2024 Christmas Appeal was especially surprising, with a 17% increase in giving compared to the previous year. A wonderful reflection of South Australians looking out for each other.

Because of your continued generosity, through one-off donations, regular giving, major fundraisers and Gifts in Wills, we've been able to expand our services and grow the Diabetes SA Research Grants Program. These efforts are already making a difference and will continue to benefit South Australians living with diabetes for years to come.

We're also working closely with several Executors to finalise further bequests, which will help strengthen our work in the 2025/26 financial year.

From the bottom of our hearts - thank you. Your support means everything to us and to the thousands of South Australians living with or affected by diabetes. Together, we are building a supported future for people living with or at risk of diabetes.

Thank YOU!

Fundraising Appeals

Christmas Appeal	\$42,944.00
Tax Appeal	\$20,985.00
Research Appeal	\$67,670.00
Major Appeal	\$10,335.00
Total:	\$141,934.00

Bequests Received

M.E. Erskine	\$1,000.00
Estate of Greenwood	\$389,834.15
D.L. Boehm	\$63,701.60
M. Brown	\$991.47
B. Stenson	\$8,333.33
B.J. Serle	\$45,372.55
B. Stenson	\$5,000.00
Total:	\$514,233.10

Donnors over \$500

Mr TG Porter	\$5,000.00
Mr R McLean	\$1,000.00
Mr B McFarlane AM	\$1,000.00
Mr P Barlow	\$2,000.00
Mr M Browne	\$1,000.00
Mrs JR Hearfield	\$1,000.00
Mrs J Richards	\$2,000.00
S Marinis	\$4,200.00
Port Augusta Trotting Club	\$5,000.00
Mr T Bradey	\$2,000.00
Mr G Goldsworthy	\$1,000.00
K Benveniste	\$1,000.00
Mr P Day	\$1,000.00
Lions Club of Cowell	\$1,500.00
P & M Emery	\$1,000.00
Mr P Barlow	\$2,000.00
Mrs G Koop	\$1,000.00
Mr B McFarlane AM	\$1,000.00
G Stankevicius	\$1,000.00
R Flitter	\$2,000.00
Molinara Cultural & Community Club Inc	\$12,713.00
R Menechella	\$5,000.00
M Paynter	\$2,000.00
Pedare Christian College	\$2,000.00
Total:	\$58,413.00

In Memory of Joe Menechella

Joe's dream came to fruition on August 18, 2024, when an extraordinary lunch hosting nearly 300 people was held for Joe's fundraising event.

Joe Menechella lived with many of the challenges of diabetes presented and passed away in 2023 before he could fulfil his dream of hosting a fundraiser for Diabetes SA.

His daughter Sonia and John (the President of the Molinara Club), worked tirelessly with the family and a group of dedicated volunteers to bring Joe's wish to life.



This fundraiser will change lives with Joe having a legacy in his honour for now and always at Diabetes SA.

Joe Menechella came to Australia from Naples, Italy with his parents and six siblings in 1961 and he went on to live the life his parents dreamed of.

He joined the family business, Menechella Joinery and Construction after leaving school. Joe found his calling on the jobsite - managing projects, organising tradesman and doing the finances.

Soon after starting work, Joe met the love of his life, Silvana. The value of family for Joe was the most important aspect of his life but this was closely followed by his sense of belonging to the community and for Joe this was through the Molinara Community Club. Joe was one of the original executive committee members, and on many occasions if you could not find Joe at home or the factory, he was most likely at the club. He took pride in what the club had achieved, whilst always looking for ways to improve the facilities to ensure that the club would be in a strong financial position for the future, including the many charities that he worked hard to support.

Joe's dream came to fruition on August 18, 2024, when an extraordinary lunch hosting nearly 300 people was held for Joe's fundraising event. It was all put together with the hard work and commitment of some truly wonderful people and raised an extraordinary \$26,008!

The Molinara Club was at capacity, and with sharing food, buying raffle tickets, auctions and lucky square fundraisers, the generosity was overwhelming. The community spirit and desire to support Joe's dream was evident at every table.

Diabetes SA are so very grateful to Joe for his dream and for what the organisers and his family achieved to fulfill this, all in the effort to support people living with diabetes through support services and research.

EVERYONE who donated is deeply appreciated and made the grand total so absolutely amazing.

Thank you !

Joe's Wife Silvana and family Sonia, Riccardo and Roberto.

Molinara Club John Baldino and Committee.

Committee members
Nick and Lucy Menechella.

Tony and Joe Emanuele from Northeast Isuzu

Natasha, Peter and Lina from Frank J Siebert
for giving so generously

Rick Flitter from BTR Excavation, and Mathew Paynter from Equipped Civil for the generous donation of \$2,000 each.

Total: **\$26,008**

Board Members

The Board of Diabetes SA are leaders in their professional fields and provide strategic direction for the organisation.

Each Board Member has a personal association with diabetes – either living with diabetes themselves or a close family member who has diabetes.

Their knowledge, compassion and expertise help ensure that Diabetes SA can best represent the interests of our Members and all people living with or at risk of diabetes.

Sincere appreciation must be extended to the Board who volunteer their time each month and give of their vast experience and knowledge.





David Scotland
President

Appointed in casual vacancy from
23 April until 28 October 2025.
Vice President from 24 October until 23 April 2025
Appointed to the Board 25 October 2022
Chair of Advocacy & Communications Committee
Member of Finance & Audit Committee



Lynn Bonython
Vice President

Vice President since 22 November 2022
Appointed to the Board 27 October 2020
Chair of the Corporate Governance Committee
Chair of Research Advisory Committee



Linzi Carr
Treasurer & Public Officer

Treasurer & Public Officer since 27 June 2023
Appointed to the Board 26 October 2023
Chair of Finance & Audit Committee
Member of the Corporate Governance Committee
Member of Building Development Committee



Rajanbir Singh
Board Member

Appointed to the Board 26 October 2023
Member of Finance & Audit Committee
Member of Building Development Committee



Claire Dollard
Board Member

Appointed to the Board 26 October 2023
Member of Advocacy & Communications Committee
Deputy Chair Research Advisory Committee



Christine Bell
Board Member

Board Member from 23 April 2025
Board Member from 27 October 2020 until 14 May 2023
Past Chair Corporate Governance Committee

Board Committee

Diabetes SA Board Committees provide assistance and assurance to the Board in fulfilling its corporate governance and oversight responsibilities.

Research Advisory Committee (RAC)

Research Advisory Committee aims to advance the research agenda of Diabetes SA by ensuring that research has a real impact on people living with or at risk of diabetes and, more broadly, the health and wellbeing of the South Australian community.

Finance & Audit Committee (F&AC)

Finance & Audit Committee has responsibility for the oversight of, advice and recommendations to the Board in relation to financial management and internal and external audit functions.

Corporate Governance Committee (CGC)

Corporate Governance Committee oversees all matters concerning corporate governance, remuneration, Board nominations and the hiring of the CEO.

Building Development Committee (BDC)

Building Development Committee has responsibility for the building and future building development opportunities that increases the long-term value of the assets held by the Association.

Advocacy & Communications Committee (A&CC)

Advocacy & Communications Committee provides strategic oversight, advice, and guidance on external advocacy, communications, stakeholder engagement, and media management relevant to the strategic objectives of Diabetes SA.





“

I appreciated the opportunity to unravel the confusion. I had confidence in the educator, a strong sense that the educator is listening without judgment and understands some of the confusion.”

CLIENT AFTER ATTENDING A ONE-ON-ONE CONSULTATION

The Diabetes SA Shop

Our focus this year: deeper member value, smarter operations, and strategic growth partnerships that strengthen our mission.

The Diabetes SA Shop delivers South Australia's largest range of diabetes management products with a customer-centric approach that combines expert advice, tailored solutions, and convenient access in store, online, and over the phone. Our members receive 25% off all products, free postage, and complimentary in-store sharps disposal, reinforcing our commitment to value and care.

Our focus this year: deeper member value, smarter operations, and strategic growth partnerships that strengthen our mission.

Guided by member feedback and supplier engagement, we expanded our range to include portion-control products, additional hypo treatments, and alternative cooling solutions for temperature-sensitive medications. All items are continually reviewed to meet defined quality and safety standards. As the only state with a physical diabetes store on Sir Donald Bradman Drive, we make essential products easily accessible for our community.

This year we strengthened our reach through strategic partnerships. Diabetes Victoria approached us to co-develop Diabetes Essentials, an online shop that provides their Members with a new benefit: 20% off all products and free postage on orders over \$100, with revenue directly supporting our mission. We also listed our core range on Chooze Shop to better serve NDIS participants and support workers, increasing brand visibility and enabling purchases under NDIS plans.

To improve fulfilment, we integrated Interparcel into Diabetes Essentials. With every product weighed and measured and smart-boxing logic applied, customers receive real-time shipping options—including Express Post—and orders placed before 2 pm on business days are dispatched the same day, boosting speed and reliability.

Looking ahead, we will launch a dedicated ecommerce platform in September as part of our website redevelopment. The new store will enhance loyalty and sales through a clearer layout, a streamlined checkout flow, diversified payment options, and SEO-optimised content—making shopping simpler and more effective for all customers and members while sustainably advancing our mission.

Meanwhile, a comprehensive review of our product range and supplier pricing will ensure we maintain competitive pricing and uphold high-quality products across our range.

Highlights

Number of orders Diabetes SA & Essentials **> 6,972**

Number of products sold **> 23,812**

Percentage of Members purchasing **19.5%**

Number of Customers **3,613**

Number of Interstate orders **496**

Number of Online Orders **1,679**



“

I probably would not have done a test if Diabetes SA had not been here.”

ANONYMOUS PARTICIPANT

Diabetes SA Support Always

159 Sir Donald Bradman Drive,
Hilton SA 5033
GPO Box 1930,
Adelaide SA 5001
08 8234 1977
diabetessa.com.au

Support Line 1300 198 204

 /diabetesSA

 @diabetes_sa

 /diabetes_SA

 @diabetessa

Advocate

Detect

Prevent

Manage

Research

