

2002 - 2003

Annual Report

**International Diabetes Institute
ANNUAL REPORT 2002/2003**

Table of Contents

OUR MISSION	2
OUR VISION	2
OUR VALUES	2
PRESIDENT'S REPORT	3
REPORT FROM THE DIRECTOR	5
REPORT FROM THE GENERAL MANAGER	7
CORPORATE AND ORGANISATIONAL STRUCTURE	9
Board of Directors	9
DEPARTMENTAL REPORTS	11
Epidemiology	11
Clinical Research	12
Genetics Research	13
Business Development Report	15
Service Development Division	17
Medical Services	21
Corporate Services	23
Finance & Administration/Human Resources	25
Information Technology	26
PUBLICATIONS AND PRESENTATIONS	27
DONORS - 1 JULY 2002 TO 30 JUNE 2003	31

Our mission

To excel as a leading national and international centre for diabetes research, education and care.

We provide diabetes industry leadership and excellence through our:

- commitment to innovative research
- provision and promotion of expert care coupled with clinical research
- provision of leadership in education, training and consultancy, and the
- promotion of healthy lifestyles.

Our vision

To develop the capacity to cure and prevent diabetes and its complications through integrated research, education and care and to find a cure for diabetes and contribute to its worldwide prevention.

Our values

Services provided by the Institute reflect our values and commitment to:

- a dedicated consumer focus
- integrity
- teamwork
- professional development
- leadership
- astute business orientation
- retention of highly qualified staff
- acknowledgement and promotion of corporate and individual excellence

President's Report

The year under review confronted the Australian and international medical and health care fraternities with a variety of critical issues including SARS, the Bali bombings, the medical indemnity crisis, the burgeoning costs of health care and the growing diabetes epidemic.

Within this environment, the focus of the Board and management team was to meet the challenges of funding and operating an independent medical research institute and providing excellent care for the 8,000 patients who are treated in our medical clinics and rely on our education services.

The highlight of the year was our success in gaining a \$2.6 million Program Grant from the NH&MRC to conduct a follow up of the people involved in the AusDiab study. This research, known as the Australian Prospective Diabetes Study (APDS), will provide important epidemiological data for health planning.

I was delighted to have been appointed President in December 2002 and wish to thank Dr Joanne Wilkinson for standing in as Acting President when Helen Maxwell-Wright stood aside during the selection process. It is also appropriate that I thank Helen for the service she gave to the Institute over many years, first as a volunteer and then as a Director, Treasurer and President.

After a competitive search and selection process, Helen was appointed as our General Manager on October 1. She brings to the role her management expertise, a considerable understanding of the Institute and a proven commitment to making a difference for people with diabetes. She made an immediate difference to the atmosphere and culture of the Institute with her sunny nature and her 'can do' attitude. Staff are walking tall and the new energy and focus are already bringing rewards.

I also wish to thank Malcolm Kinloch for the four years he spent with us as Chief Executive Officer. Malcolm left behind an Institute that is better structured and has policies and procedures in place which give us every reason to look to the future with confidence. We hope that he and his wife Susan will enjoy their retirement.

During the year we were delighted to appoint three new Directors to the Board:

Genevieve Overell	19/02/2003
Shane Tanner	28/05/2003
Dr David Thurin	18/06/2003

A fourth new Director, David Gilmour, joined the Board on 13/08/2003, as the new financial year got underway.

A pleasing aspect of FY 2002/2003 was that we were able to turn the previous year's operating loss into a surplus. This turnaround is an essential step forward if we are to excel as a leading national and international centre

for diabetes research, education and care and fulfill our vision of curing and preventing diabetes and its complications.

The year also saw the Board and senior management take part in a workshop to update the Institute's strategic plan which focuses on five areas: Model Centre, Research, Advocacy and Media, Structure and Leadership, and Money. Updating the strategic plan involved key stakeholder groups and staff, and the board received regular feedback on progress.

One of the Board's initiatives that flowed from the strategic plan was the preparatory work for establishing a diabetes research fund to build a solid foundation for current and future research. I am delighted that our founder, Professor Paul Zimmet, agreed to attach his name to the Fund which will be known as the Paul Zimmet Diabetes Research Fund. While this is a source of embarrassment to Paul, it is a fitting recognition of his vision and tireless efforts in setting up the Institute and making it a world class organisation. Board member, David Gilmour has taken on the chairmanship of this Fund which was launched by the Federal Treasurer, the Hon Peter Costello MP, on July 10 in front of 400 special guests at Crown. The evening was a fitting tribute to the work of Professor Zimmet and the Institute, and saw the Fund raise more than \$500,000. My thanks to those companies and individuals who so generously supported the occasion, and to those staff and volunteers on the organizing committee. It was a splendid evening.

I would like to thank my executive - The Hon Neil Batt, Fiona Bennett, and Dr Joanne Wilkinson - for their support of me and for their tireless work for the Institute. My thanks also to Professor Zimmet, Malcolm Kinloch and Helen Maxwell-Wright for their dedication and hard work.

H Neil Hewitt OAM
President

Report from the Director

When I wrote to you at this time last year, I spoke of the important contribution we made by conducting the landmark AusDiab study and of our frustration at the NH&MRC's failure to proceed with the type 2 Diabetes partnership grant. Despite this, we held together the magnificent consortia of organisations which we had put together for the partnership grant and, while vigorously appealing the NH&MRC's decision, made a second application, this time for a NH&MRC project grant. I am delighted to report that the project grant application was successful and the NH&MRC has funded the Australian Prospective Diabetes Study over 4 years (2003-2007) for \$2.6 million.

This funding, together with that collected from the consortia partners, will be used to follow up the participants of the landmark AusDiab project. Simultaneously, the NH&MRC awarded a substantial project grant to Professors Joan Cunningham and Kerin O'Dea, of which I am also a Chief Investigator, to fund a similar study in the Darwin Indigenous community. This will be the largest ever study of its kind in the Australian Indigenous population. The year also saw some changes at the Institute. In September 2002, we farewelled Malcolm Kinloch who retired as our Chief Executive Officer after four years' service. Malcolm joined us at a time when the Institute was growing rapidly and the Board wished to free me from management/executive responsibilities so that I could concentrate on medical care and research. Malcolm made a fine contribution to the Institute by developing policies and procedures, improving our financial management, enhancing our structure and governance, and establishing task-oriented Board sub committees. Malcolm and his wife Susan have retired to their winery at Mansfield in the High Country. We wish them well for the future.

Helen Maxwell-Wright joined the Institute on October 1 as General Manager. Helen is well known to staff and friends of the Institute as a former Board member and President. I am delighted that she is now part of the executive team. Her enthusiasm, dedication and strong commitment in the past has now been translated into a vigorous, inspirational and rejuvenating role as the General Manager. I look forward to a long term partnership with her in taking the Institute to new heights.

It was a great embarrassment to me and my family that the Board wanted to name the Diabetes Research Fund after me! I did not seek this recognition and agreed only after being convinced that the Board believed that my name would make a positive difference to the amount of money raised. The launch function, held on July 11th, was a great success. We were delighted that our dear friends Professor Sir George Alberti, Professor Stephanie Amiel and Mr Jim Nolan were able to travel to Australia for the function. The Federal Treasurer, Mr Peter Costello and his wife, Tanya, were very special guests and Mr Costello launched the Fund with a most generous and gracious speech. Despite the school holidays and the mid winter timing, the Palladium ballroom was full of friends and colleagues from the worlds of science and business. My thanks to each and every one for attending and for being prepared to support our research projects and to make a difference for people with diabetes.

This has been an exceptionally exciting year in our research activities and you will read about this elsewhere in this report. In particular, our collaboration with AGT Biosciences (formerly Autogen Ltd) has continued to result in exciting new gene discoveries in the diabetes and obesity areas. We also have had great support from Cardia Limited for other research projects in the area of type 2 diabetes therapy and the causation of Type 1 diabetes.

I would also like to acknowledge the wonderful contributions of the key members of our management team, Matthew Cohen, Jonathan Shaw, Virginia Hagger, Gary Layton, Arthur Walmsley and Jeremy Jowett as well as my personal assistant, Mrs Lesley Anderson.

Finally, I wish to thank the President of our Board, Mr Neil Hewitt OAM; our Vice-President, The Hon Neil Batt AO; our Treasurer, Ms Fiona Bennett, and our Board of Directors for their advice and support to the Institute. Our Board members are busy and talented people who readily accept the extra burdens of what can be a thankless task. Their dedication is greatly appreciated. In addition, we have had an injection of exciting new blood into the existing dedicated and talented Board.

Paul Zimmet AO
MB, BS, MRACP, PhD, FRACP, FAIID, FACN, FACE, MD, FAFPHM,
FRCP (UK) Doctor Honoris Causa (Spain)
Director

Report from the General Manager

This is my first report in my capacity as the Institute's General Manager. I have written to you previously as Treasurer and as President, and it is with both humility and delight that I now serve the Institute as an employee.

The year under review has been one of considerable achievement both on the strategic plan and in terms of the operating result. Our successes are detailed in this annual report by the department heads but, in summary, include:

- Winning 'the largest ever' NH&MRC grant for the Australian Prospective Diabetes Study (APDS)
- Winning competitive tenders from the Australian Institutes of Health and Welfare, and the Victorian Department of Human Services
- Recruiting and appointing three new Board members and a fourth early in 2003/04, each with impressive credentials
- Conducting market research and initiating a direct mail program with General Practitioners
- Officially launching our glycemic index testing service
- Formulating plans to launch the Paul Zimmet Diabetes Research Fund
- Gaining 'quality' accreditation under QICSA
- Gaining NATA accreditation for our pathology laboratory
- Commercializing our Lift for Life™ physical activity program
- Launching "Primary Fightback" - a program for schools
- Forging a new collaborative relationship with Diabetes Australia Victoria (DAV).
- Delivering an operating surplus of \$303,448 (which translated into a net overall accounting surplus of \$122,164)

It has certainly been a busy and productive year.

I would like to thank Malcolm Kinloch, my predecessor with whom I very much enjoyed working during my time as Treasurer and then as President. Malcolm left the Institute in good shape.

One of my first jobs as General Manager was to present the Institute's strategic plan to staff and stakeholders, including DAV. Feedback from those presentations has been presented to our Board and we have been spending part of each Board meeting reviewing progress on how the strategic plan is being implemented.

We were delighted during the year to welcome DAV's Dr Peter Little and Mr Greg Johnston to a Board meeting. We are keen to forge closer links with Diabetes Australia for the benefit of people with diabetes.

Our operating result for the fiscal year 2002/03 was excellent. Project accounting means that we account for every dollar spent, project by project!

This is particularly important when it is public money that one is spending, whether it comes from the government (taxpayers' money) or directly from donors and sponsors. We are adept at making a dollar go a long way! I guess that is because diabetes has been the 'Cinderella' disease for so long and has not attracted the research or education dollars that it needs – so we have become used to stretching it. Our new Research Fund, named by the Board in honor of our founder, Professor Paul Zimmet, aims to raise \$15 million for diabetes research. This is for current projects and as an endowment fund for future research. My thanks to all those who have worked so hard to get that Fund up and running.

Particular thanks to Faye Kirkwood and the team at the Diabetes Support Association, the auxiliary that supports the Institute. This team of volunteers works tirelessly and their dedication is inspirational.

So many people make a marvelous contribution to our mission. They include our active volunteers in the Op Shop and the One Stop Shop, those who help in the Information Centre, those who sell and buy raffle tickets, and our very generous donors and sponsors who always respond to our calls for help. Thank you. You sustain us all as we strive to make a difference for people with diabetes.

Lastly, my thanks to Professor Zimmet, the management team and the wonderfully dedicated staff of the Institute. Thank you for welcoming me, for orientating me and for making it easy for me to do my job. Together, we are achieving great things and will continue to do so. It is a great privilege to work with each and every one of you. To the President, Board Executive and Directors, thank you also. The governance of the Institute is in fine hands.

Helen Maxwell-Wright
General Manager

Corporate and Organisational Structure

Board of Directors

Mr H Neil Hewitt OAM – President
Hon Neil Batt AO – Vice President
Ms Fiona Bennett – Treasurer
Professor Robert Atkins AM
Hon Geoffrey Connard AM
Mr Ian Davis
Mr Gavan Disney
Mr David Gilmour
Ms Helen Maxwell-Wright (to September 2002)
Ms Sue Natrass AO
Ms Genevieve Overell
Mr Shane Tanner
Dr David Thurin
Dr Joanne Wilkinson

Auditors

MGI Meyrick Webster

Solicitors

Deacons

Senior Staff

Professor/Director

Professor Paul Zimmet AO
MB, BS, MD, PhD, FRACP, FRCP (UK), FACN, FACE, FAFPHM,
Doctor Honoris Causa (Complutense University, Madrid)

Chief Executive Officer/General Manager

Mr Malcolm Kinloch (to 30 September 2002)
Ms Helen Maxwell-Wright (from 1 October 2002)

Director Service Development

Mrs Virginia Hagger

Director Medical Services

Dr Matthew Cohen

Manager Business Development

Mr Gary Layton

Director Of Clinical Research

Dr Jonathan Shaw

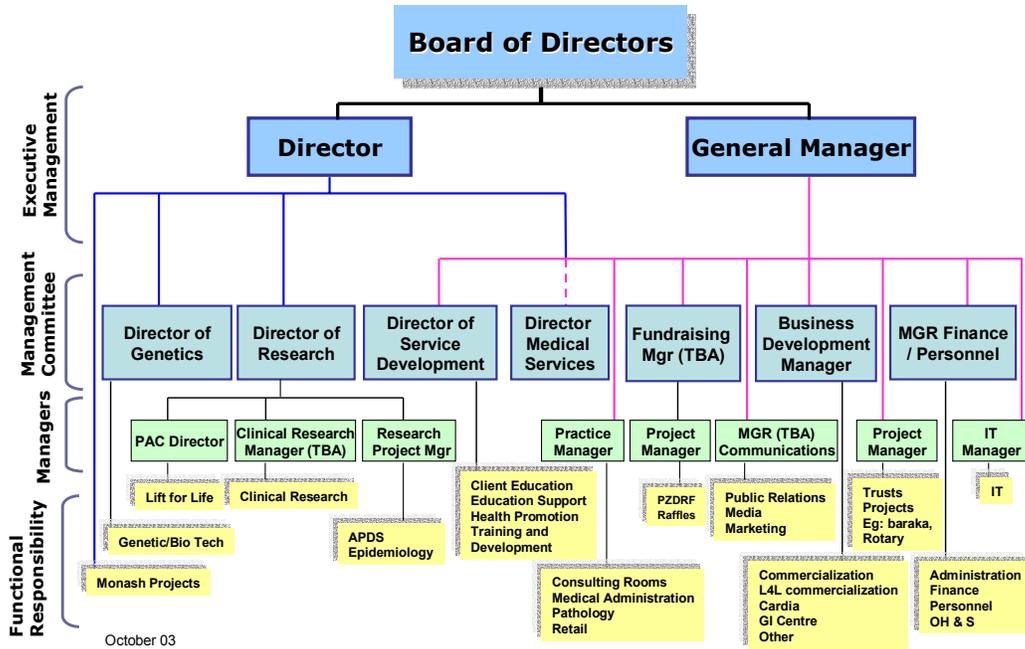
Director of Genetics Research

Dr Jeremy Jowett

Manager Finance/Human Resources

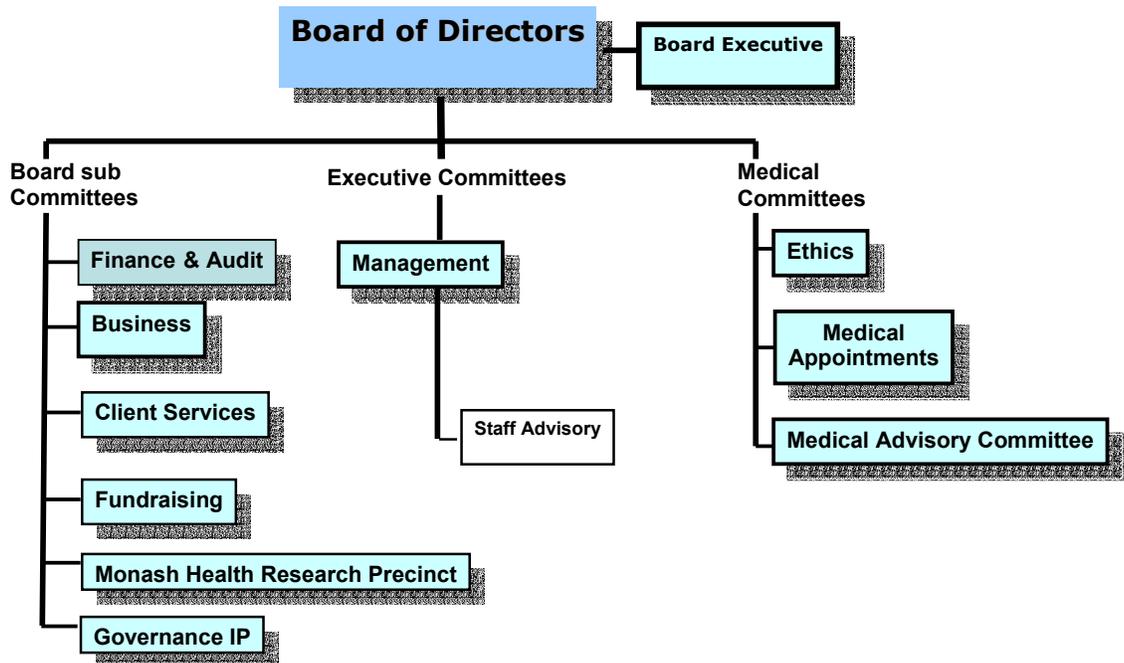
Mr Arthur Walmsley

Organisation Chart



October 03

Committee Structure



October 03

Departmental Reports

Epidemiology

The Team

Professor Paul Zimmet AO

Dr Jonathan Shaw

Mr Adrian Cameron

Dr David Dunstan

Mr Adam Meehan

Mrs Shirley Murray

Dr Richard Sicree

Dr Ravinder Singh

Mr Ray Spark

Ms Robyn Tapp

Support staff

Ms Lesley Anderson

Mrs Sue Fournel

The epidemiology team has been tracking the diabetes and obesity epidemics on both a national and a global scale. The *Diabetes Atlas* is a publication of the International Diabetes Federation, and one of its key components is estimates of the number of people with diabetes worldwide, which we provide. Richard Sicree compiled data from around the world to determine the numbers of people in each country who have diabetes, and to predict the numbers expected for the year 2025. The global tally is believed to be approximately 194 million, and will rise to 333 million by the year 2025! In addition to the estimates of the numbers with diabetes, a global assessment of the burden of complications of diabetes (heart, kidney, eye and foot disease) was provided by Robyn Tapp, while Ravinder Singh compiled a detailed report on the emerging problem of type 2 diabetes in the young. The *Diabetes Atlas* was launched in Paris earlier this year, and is becoming one of the most important sources of diabetes information, and a crucial tool with which to lobby governments around the world.

With a more local focal focus, Adrian Cameron and David Dunstan have used the wealth of information collected in our national, AusDiab, study to further our understanding of the extent and mechanisms of the obesity and diabetes epidemics in Australia. In an important publication in the *Medical Journal of Australia*, we showed that 60% of Australian adults are obese or overweight, and that lack of exercise and watching too much television are strongly linked with the problem. In addition, we confirmed that exercise and TV viewing time are linked to high blood sugar levels and diabetes. Diabetes is the leading cause of visual loss in people of working age, and AusDiab has provided information for us to describe the impact of diabetes on eye disease.

The future of AusDiab has now been secured, with a grant for \$2.7 million from the National Health and Medical Research Council (NHMRC). This will allow us to re-survey the participants 5 years after their original inclusion in the study, and determine, among other things, how many people have developed diabetes during the 5 years, and how to best identify those at risk. The award of what is one of the largest single project grants ever given

by the NHMRC is recognition of the significance of this project to Australia. A related project, with collaborators in Darwin, looking at diabetes in the Indigenous population was also funded by the NHMRC

In other activities this year, the epidemiology department conducted an important pilot study for the Federal government, looking at methods of conducting a new national health study, and in collaboration with the IDI's Education team, produced an extensive report on the prevention of diabetes for the Victorian government.

Clinical Research

The Team

Professor Paul Zimmet AO

Dr Jonathan Shaw

Dr Neale Cohen

Dr Carol Delaney

Mrs Maria Lawton

Mrs Libby Prior

The clinical research department's testing of new treatments for diabetes continued throughout the year. This role is generally performed in conjunction with other leading diabetes centres in Australia and overseas. The new drugs tested were for neuropathy (diabetic nerve damage), the treatment of type 2 diabetes, and the prevention of diabetes and heart disease in those at risk of type 2 diabetes. Our involvement in testing new drugs keeps us at the forefront of developments in diabetes and gives our patients access to the most up to date treatments.

The recent computerization of our medical records provided further opportunities for research into the impact diabetes has on our patients – a project that is now being taken on by Dr. Neale Cohen.

Dr Jonathan Shaw MD, MRCP (UK)

Director of Clinical Research

Genetics Research

The Team

Dr Jeremy Jowett
Dr Kate Elliott
Dr Joanne Curran
Dr Jianmin Wang
Ms Kristi Gluschenko
Ms Kiymet Bozaoglu
Mrs Hoki Beckham-Sionetali

Our genetics research program aims to provide a better understanding of the disease causation process by identifying participating genes, their products, how those products interact with other elements in the cell and how the cell's function is affected by these genes in its physiological role within the body. We anticipate that this will lead to the development of more accurate diagnostic tests and improved therapeutic drugs to ameliorate or prevent type 2 diabetes, obesity and related metabolic conditions.

Research progress

We made substantial progress on all of our major research projects during the year. With the laboratory phase of the Mauritian genome wide scan completed, we went ahead with the full genetic linkage analysis overseen by our research collaborator Dr. John Blangero, a world-renowned statistical geneticist with whom we are able to work because of our alliance with AGT Biosciences. Dr Blangero has pioneered state-of-the-art statistical analysis algorithms that help us understand the complex interaction of disease susceptibility genes and environmental factors. His recently commissioned computing facility in San Antonio, Texas interconnects more than 1500 high-speed processors to make it the world's 20th largest supercomputer cluster and the largest dedicated to genetic analyses.

One of our major projects, a full genome-wide search for disease-related genes, narrowed down two new areas in the genome that influence the development of type 2 diabetes and related metabolic syndrome traits. These same regions were subsequently reported by others in the scientific literature as likely to contain disease-related genes. We are now ready to commence the task of sifting through the several hundred genes in these regions to identify those involved in disease development. In collaboration with Dr Blangero, we have also initiated two other similar projects following up additional genomic regions using alternate ethnic populations. This broader approach should increase the likelihood of identifying novel disease-related genes.

Funding

Together with AGT Biosciences and Deakin University, we applied to the USA National Institutes of Health for a major research grant in conjunction with Dr Blangero (Southwest Foundation for Biomedical Research, USA and AGT Biosciences), Dr Ahmed Kissebah (Medical College of Wisconsin, USA) and Prof Greg Collier (Deakin University and AGT Biosciences). We are delighted to report that this grant was not only funded but also listed among the top-ranked applications for that current NIH funding round. When the funding

cycle commences later in 2003, we will begin the research program which involves identifying metabolic syndrome-related genes.

Facilities

Our high throughput DNA sequence and genotype analysis facility continued producing high quality data at low cost. In particular, the centerpiece of this facility the Sequenom MassArray system provided by AGT Biosciences has generated large amounts of data that has accelerated each of our disease related gene search projects. Its high capacity means that it will be able to accommodate more projects as further funding becomes available.

Bioinformatics

To help manage the data produced by our laboratory and those of our colleagues within the field, we designed and developed a novel automatic on-line computer database searching algorithm that has successfully identified those genes most likely to be involved in disease within a specified geographic region. This program has already saved months of manual labour by conducting searches with greater depth and speed than is possible by manual searching. Our bioinformatics program continues to develop and refine this and other computer programs to annotate information about the human genome.

Presentations

Our research achievements were presented at both national and international conferences during the year. The highlights were three presentations made at the 3rd Australasian Human Gene Mapping Meeting in Hobart, three presentations at the International Genetics of Complex Diseases and Isolated Populations meeting, one presentation at the Australian Health & Medical Research Congress and an invited lecture at the Sydney Discovery Science and Biotechnology conference. Although it takes time to establish a new research laboratory and make progress worthy of reporting and publishing in the scientific literature, we have made enormous progress in the short time in which we have been operating. We look forward to an even more exciting year ahead and to keeping our research facilities operating at maximum efficiency in our search for type 2 diabetes and related disease-influencing genes.

Jeremy B. M. Jowett D.Phil B.Sc (Hons)
Director
Genetics Research Division

Business Development Report

The Team

Mr Gary Layton
Ms Renee Slade
Ms Lisa Moorthy
Dr David Dunstan
Mrs Elena Vulikh
Ms Sandra Godfrey
Mrs Helen Bauzon

The business development team enjoyed an exciting and profitable year. Our ongoing success continues to be underpinned by the exceptional efforts of our people and our ability to work with others to develop and grow imaginative new revenue streams. Our strategic planning process is simple and effective: identify, evaluate and capitalize on attractive new opportunities.

In 2002/03, we identified four growth areas:

- Lift for Life[®]
- Glycemic index testing service
- Sponsorships and endorsements
- Monash University collaborative research projects

Lift for Life[®]

Lift for Life[®] is a strength training program which IDI developed by transforming its research findings into a community-based physical activity program for use in health and fitness centres.

During the year, we began operating pilot programs at Ashburton Pool and Recreation Centre, South Pacific Health Club St. Kilda and Equilibrium Health & Fitness Centres in North Melbourne, Parkdale and Rowville.

Lift for Life[®] is the world's first evidence-based strength training program designed to prevent and manage diabetes and chronic lifestyle-related diseases.

It is unique in that it consists of individually tailored programs and on-going supervision by staff trained by IDI. In addition to this training, we have involved the fitness centres which provide Lift for Life[®] in a stringent accreditation process.

IDI is committed to the study of how physical activity can assist people with Type 2 diabetes. Currently, we are conducting a 3-year clinical trial called - Stay Active, Strong & Healthy. This study is funded by Vic Health and is looking at the impact of a 12-month physical activity program involving strength training within a community setting and healthy lifestyle education on exercise adherence, diabetes control, muscle strength, body composition, blood pressure and emotional well-being.

Studies such as this are vital to help understand how people with Type 2 diabetes can adopt and maintain healthy lifestyles to manage their diabetes within the community setting.

Glycemic index testing service

IDI launched a new glycemic index (GI) testing service during the year in collaboration with RMIT University. The GI is a measure of how quickly the body digests the carbohydrate content of food into glucose, and the speed at which that glucose appears in the blood stream.

Under the GI system, foods which the body digests and absorbs slowly are given a low GI and those that are digested and absorbed quickly receive a high GI value.

The GI ranking is particularly important to people with diabetes who need to absorb glucose at a slow, steady rate. When printed on food labels, GI information allows manufacturers to differentiate their products from those of their competitors, while providing consumers with information with which to make informed choices about what they eat.

Sponsorships and endorsements

IDI welcomes partnership opportunities with organisations whose goals are compatible with our own. We are very grateful for the support we continue to receive from the following sponsors:

Jockey Australia, the manufacturers of **Circulation Socks**, specially designed and manufactured in Australia to promote healthy foot circulation
Johnson and Johnson, the makers of **Splenda**, low calorie sweetener
Roche Diagnostics, the manufacturers of **Accu-Check** Meters and leaders in blood glucose monitoring

Research projects

Our collaborative partnership with Monash University and Cardia Technologies Limited continued to produce very encouraging results during the year. This collaboration, together with our other ongoing research, has reinforced IDI's position as a leading diabetes research and WHO collaborating centre.

This research effort has been made possible by the support of Cardia Technologies. In particular, we thank the company's CEO, Mr Pat Volpe, for his continuing support.

By working together with our partners and collaborators, we look forward to building on the successes of the past year and to advancing IDI as a leading provider of care, education and support to people with diabetes.

Mr Gary Layton B.Sc., M.Sc., MBA
Manager, Business Development

Service Development Division

The Team

Mrs Virginia Hagger
Ms Melissa Jones
Mrs Megan Wilson
Ms Tracy Orr
Mrs Eileen Collins
Ms Gabrielle Davis
Ms Nicole McBain
Ms Seona Powell
Ms Anna Redshaw
Mrs Lynette Schroen
Mrs Mary Storey
Mr Louis Vecchie
Ms Catherine Wallace

Health Promotion Officer

Ms Noelle Wengier

Training and Development Manager

Mrs Janet Haynes
Mrs Paula Wright

Helen M Schutt Diabetes Information Centre

Mrs Veronica Speirs – Librarian

Special Projects (Primary Fightback)

Ms Karen Edis
Ms Robyn Perlstein

The service development division comprises client education, health professional and health industry training and consultancy services, health promotion and special projects. During the year, the division tendered successfully for research, special projects and training assignments. In collaboration with our research department, our education team developed an evidence-based diabetes prevention program and risk assessment and recruitment strategy for the Victorian Department of Human Services. A second project, due to commence in late 2003, is the "Bush Telegraph", a rural health professional training program which is a Commonwealth Department of Health & Ageing, National Diabetes Improvement Project.

Primary Fightback – Healthy Eating & Physical Activity

The incidence of type 2 diabetes in teenagers and young adults is rising because of increasing childhood obesity. To help combat this trend, the Commonwealth Department of Health and Aging is funding projects through the National Child Nutrition Program. Our two year "Primary Fightback" project was completed in April. The result is a curriculum-based resource for primary school teachers, parents and students. This was developed using a "bottom up" research approach in which teachers, parents and students were consulted about what they needed to help them improve the eating habits and physical activity levels of children in the 7-9 year old age group. The

resource, which contains information and activities for school and home, is being distributed to schools throughout Australia.

Health Promotion

The initial phase of our Partnerships for Health program with VicHealth was completed in June. In collaboration with Diabetes Australia Victoria and the National Heart Foundation, IDI provided the healthy eating component for sporting associations. We successfully applied to VicHealth to continue this role for the next three years.

Patient Education

New initiatives were developed during the year to meet the needs of our clients:

- Our 6 week group education program was revised in 2002 to incorporate self management strategies designed to enhance skills and provide strategies to achieve long-term lifestyle change, in particular participation in physical activity. The program was renamed the 'WISE UP' program for people with type 2 diabetes. It has been well received by consumers and was evaluated during the year.
- A new diabetes program was developed for Russian-speaking clients. With the assistance of Elena Vulikh, the "WISE-UP" program is now being conducted in Russian and a range of education materials have been translated into that language.
- We expanded our online education resources to include healthy recipes suitable for people with diabetes.
- We produced regular health updates covering various topics such as "The Mediterranean Approach", "Impaired Glucose Tolerance" and conducted several cooking demonstrations.
- We held our annual open day for Diabetes Awareness Week to raise awareness of diabetes risk factors and the services IDI provides.
- The Division worked on several initiatives with Roche Diagnostics Thailand and New Zealand to develop and provide diabetes education programs for health professionals.

Several new staff joined us during the year. They include our new Training Manager Paula Wright, Dietitian Anna Redshaw and Diabetes Nurse Educator Lynnette Schroen.

We also maintained a strong commitment to the professional development of our staff by staging a training program in teaching strategies.

Helen McPherson Smith (formerly Helen M Schutt) Diabetes Information Centre

The Diabetes Information and Resource Centre had 65 new members during the year, bringing the total membership to 135 clients who regularly borrow books and videos. A part-time librarian and a team of loyal volunteers staff the centre. Our collection of books, journals, reference and AV resource material continued to grow, and we have an extensive consumer and health professional resource collection.

Training & Consultancy

The training and consultancy unit became truly international during the year when we took our successful training programs offshore to both Thailand and New Zealand.

Working with Roche Diagnostics Thailand and the Thai Diabetes Association, IDI developed a "train the trainer" program for diabetes educators, nurses and dietitians in Thailand.

With Roche Diagnostics New Zealand, we took our five-day Comprehensive Diabetes Program across the Tasman to Auckland. Feedback from the participants of these programs was exceptionally positive and a second program is planned for October.

Back at home, our collaboration with Diabetes Australia Victoria enabled our annual symposium to be a resounding success. The highly topical theme 'Weight on our Minds' drew over 200 participants to hear highly regarded presenters from around Australia and abroad discuss the issue of weight, its impact on diabetes and the implications for diabetes educators and dietitians. Presenters included Professor Jean-Pierre Despres via tele-link from Canada, Professor Garry Egger, Professor Neville Owen and our own Professor Paul Zimmet.

Other achievements in 2002-2003 included:

- A successful training program for General Practitioners, run in collaboration with the Monash Division of General Practice. This has now become an annual event.
- Our special update program "A Woman's Journey - It's different with Diabetes" was well received by Diabetes Nurse Educators and Dietitians from across Victoria.
- Increased onsite training for health care organisations.

Next year looks to be another exciting year for this department with a number of new initiatives planned. These include:

- A pilot for a combined General Practitioner and Practice Nurse program.
- A General Practitioner program with the Riverina Division of General Practice in Wagga Wagga, NSW.
- Collaboration with the Lung Health Foundation to run a diabetes and asthma update specifically designed for Practice Nurses.
- A Commonwealth Government-funded program to take our training expertise to rural Victoria in a series of five programs across the state.

The quality and customer focus of our programs are reflected in the overwhelmingly positive feedback from those who attend.

We appreciate the support of the pharmaceutical industry whose members have provided unconditional educational grants to support our symposium and programs. Contributors include Novo Nordisk, Servier, Lilly Pharmaceuticals, Bayer Pharmaceuticals, Abbott Diagnostics and Pharmaceuticals, Roche Diagnostics, Freedom Foods, Unilever, Alphapharm and BD Medical.

Quality Matters

In June 2002, IDI engaged quality improvement (QI) consultant Sharyn Turney as a project officer for 6 months to help educate and train staff about quality issues, update our policies and procedures and coordinate our preparation for accreditation.

In April 2003, we received our 3 year accreditation with the QICSA (Quality Improvement in Community Services Accreditation) program which is administered by the Australian Institute for Primary Care at LaTrobe University.

The accreditation process involved a 2 day review of our policies, procedures and organisational systems during which attention was paid to how we deliver customer service and other matters such as workplace health and safety, human resource management, information management and documentation, staff training and compliance with State and Commonwealth laws.

After the review was completed, we prepared a 3 year continuous quality improvement plan. This was based on suggestions made and gaps identified during the self appraisal component of the review and feedback from the reviewers. We also formed a QI committee to implement the strategies contained in that plan. The plan seeks to enhance consumer consultation into service planning, monitoring and evaluating service delivery, and coordinating an organisation-wide staff development and fire and safety training program.

Virginia Hagger
Director Service Development

Medical Services

The Team

Consultants

Prof Paul Zimmet AO
Dr Matt Cohen
Dr Jonathan Shaw
Dr Leon Chapman
Dr Neale Cohen
Dr Ravinder Singh

Ophthalmology

Dr Mark McCombe
Dr John Sutton
Dr Pradeep Madhok
Mr Ian Turner
Mr Y Jackson Tse

Pediatrician

Dr Joe Mel

Optometrist

Mrs Rashelle Cohen

Clinical Support Staff – (supporting the Education team also)

Ms Mary Pagett – Practice Manager
Mrs Erin Boyle
Mrs Lieba Cohen
Mrs Margaret Tasker
Ms Kim Mawson
Mrs Janet Sephton
Ms Debbie Joseph
Mrs Chris Lalor
Mrs Mary Geraghty
Ms Helen Chait
Mrs Tracey Jessiman

The medical services team continued building its client base as IDI registered its 18,000th patient during the year. With over 8,000 patients currently attending, our unique specialty of having comprehensive services under one roof is enabling us to achieve our aim of “best practice”. During the year, we conducted market research and initiated a direct mail program with GPs to ensure that we actively seek feedback from our stakeholders and provide them with up to date information about our services.

The highlight of the year was receiving accreditation from the National Association of Testing Authorities (NATA) for our in-house pathology laboratory. This enables us to provide accurate “on the spot” results of important diabetes tests such as the HbA1c level. Provisional registration was granted in March, with full accreditation expected in September 2003.

Previous reports have highlighted our VIP electronic medical software program. Appointments are now being made much faster than was possible when we used to flick through pages, pencil and eraser in one hand, phone in the other. Our computerized appointment system is a major time saver for both ourselves and our clients.

Similarly, generating correspondence to GPs after a patient's visit is made a lot easier and faster through the automatic letter templates set up in VIP.

Another of our aims this year was to have a fully electronic patient record. We are now scanning data on to the system and our doctors are becoming expert in entering data after each patient visit. Patient investigation results are downloaded electronically, so we are well on our way to achieving our goal.

While the Clinic operates as a group practice, we believe in providing continuity of care, with each patient seeing the same doctor at each visit. However, if one doctor is on leave, our organisation records allow a seamless handover to another specialist.

Our newer members of the medical team, Dr Ravinder Singh and Dr Jonathan Shaw, have settled in and have proved to be major assets. Both are involved in IDI's research programs as well as the clinics.

Members of the medical services team are looking forward to the year ahead and will maintain their focus on continually trying to identify client needs and streamlining the services they offer.

Dr Matt Cohen FRACP
Director of Medical Services

Corporate Services

Ms Helen Maxwell-Wright
Ms Catherine Amies
Mrs Golde Jones
Mrs Karola McGeehan
Ms Diann Pattison
Ms Katrina Polderman
Mrs Rosemary Willcox (Consultant)
Ms Helen Woods (Consultant)

This division supports the Institute by providing corporate services, retail services, raffles, appeals and fundraising.

The focus of activity this year has been the ground work for launching the Paul Zimmet Diabetes Research Fund. The Board established the Fund in recognition of our founder's contribution to the diabetes community, nationally and internationally, through research, clinical care and advocacy and to ensure that this important work can continue. The Fund will support the Institute's research projects and build an Endowment Fund to support future needs. Our initial goal is to raise \$15 million.

The Fund was launched by the Federal Treasurer, The Hon Peter Costello MP, on July 10, just after the close off for this reporting period. The evening was a great success. As well as generating a gross surplus of more than \$500,000 for the Fund, we were delighted to bring together so many people who seek to make a difference for people with diabetes. On the night, researchers and clinicians mingled with policy makers and philanthropists. Our sponsors, some new to the Institute, were most generous and we received such encouragement that we have decided to make the event an annual one.

Our raffles continue to provide much needed funds. More than \$500,000 was raised from this program alone. These funds ensure that we are able to subsidise the diabetes nurse education and dietetics services, research and other programs that we run for the 8,000 patients who attend the Institute each year. We are most grateful to the people who buy the raffle tickets from our telemarketers. One of the really nice jobs I do as General Manager is to present the prizes to our winners and see the smiles on their faces as they receive the key to their new BMW. My thanks to Stillwell BMW of South Yarra for its continuing support of the Institute.

The Corporate Services department also works with Medical & Client Services to produce the newsletters that are mailed twice each year to our database of 18,000 patients. We are delighted to be able to provide the latest news of interest to people with diabetes.

At Christmas and at tax time each year, our donors seem to be waiting for our regular appeal letter because within days the postman delivers mailbags full of cheques and credit card slips in response to our request. We are most grateful for this support. Some donors direct their funds towards specific research programs, some to education or capital works, and others are happy for us to choose the neediest project. All money is most carefully allocated and wisely spent.

Our retail department runs the café at the Institute, the Christmas shop, product sales and Internet orders. The team provides a caring and important service to clients as well as generating funds.

I would like to thank the staff of the corporate services department for their loyalty and hard work and for the energy they put into each day. They are truly committed to making a difference. I know they would like me to thank the Board and staff of the Institute – particularly for the support given to the launch of the Paul Zimmet Diabetes Research Fund. It was a true team effort – some tense moments, lots of fun, and a great result.

The competition for the fundraising dollar is intense. There are many worthy causes. Our passion is diabetes. And we believe that the research that the Institute is conducting in genetics, physical activity, type 1 diabetes and in the epidemiology of diabetes is crucial if we are to alleviate the human and economic burden of this costly disease. We thank you for joining us in the fight for better treatments and the search for a cure.

Helen Maxwell-Wright
General Manager

Finance & Administration/Human Resources

The Team

Mr Arthur Walmsley
Ms Helen Chait
Mrs Laura Collins
Mrs Joyce Cordingley
Mr Rodney Grigoleit
Mr Malcolm Kinloch (to 30 September 2002)
Mr Don McDermott
Ms Helen Maxwell-Wright (from 1 October 2002)
Mrs Nina Marich
Ms Judith Preston

Following on from the previous year's financial recovery, the Institute recorded an operating surplus on the year's activities of \$303,448. Write back adjustments from the prior years' results resulted in a net overall accounting surplus of \$122,164, which has been transferred to accumulated reserves.

Our continuing financial stability is underlined by the achievements of the Epidemiological, Research and Fundraising divisions, each of which is a major contributor to the year's activities and results.

During the year, major studies were carried out by the Institute as a result of successful tendering. These included the pilot test of the Australian Health Measurement Survey for the Australian Institute of Health and Welfare, the Novartis/IDF Worldwide Impaired Glucose Tolerance Study and the NH&MRC grant for Australia at Risk (five year follow up of people with type 2 diabetes and other states of glucose intolerance and associated risk factors).

The continuing public generosity in giving to the diabetes cause has again been demonstrated by its support of the raffles and donor requests.

An opportunity was taken during the year to enhance our accounting software system. This will benefit the introduction of the proposed new and more streamlined systems that include divisional project accounting.

With new research and epidemiology projects on offer and new exciting fundraising activities planned, the opportunity exists for even more strengthening of our financial base.

My thanks to the Treasurer and the Directors who serve on the Finance and Audit Committee, their leadership is much appreciated. I would also like to thank the staff of Finance & Admin/Human Resources division for their continuing support and loyalty, not only to their own division but to the Institute in general.

Arthur Walmsley
Manager Finance/Human Resources

Information Technology

The Team

Mr Stephen Russell

Ms Bibra Staskowski

Although the role of the Information Technology (IT) Department is integral to the Institute's day to day operations, we tend to operate behind the scenes and out of the public eye. Our responsibilities include computer hardware and software support, administering the computer network, systems integration, telecommunications, training, graphic design and web page design and maintenance.

A key focus during the year was staff training – our goal was to make staff to become more productive by using our software and other computer systems to their fullest. Apart from the obvious benefits for the organisation, the individual is also able to gain from these sessions by acquiring greater skills. This follows on with the goals of the QICSA program for which we recently gained accreditation.

The Integrated Patient Management System is an ongoing project that we are actively involved in – supporting the current infrastructure and aiding in the continual improvement of the system.

Our website (www.diabetes.com.au) is proving very popular with Australian and overseas visitors, attracting an average of more than 18,000 visitors every month. The fact sheets, which were developed by the Education team, is by far the most popular section and results in about 30,000 downloads each month.

The IT Department looks toward to the coming year where our focus will be on implementing systems to improve workflow within the Institute. This will help to improve all facets of the running of the Institute, from patient care to administrative services.

In our case, having a low profile means we are accomplishing our tasks – because it is when there are problems that people notice us!

Stephen Russell

IT Manager

Publications and Presentations

Epidemiology

Publications 2002/2003

Refereed Journals

Dunstan DW, Daly RM, Owen N, Jolley D, de Courten M, Shaw J, Zimmet P.

High-intensity resistance training improves glycemic control in older persons with type 2 diabetes. *Diabetes Care* 2002; 25:1729-1736.

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Zimmet P. Epidemiology of diabetes – its history in the last 50 years. *Br J Diab & Vascular Disease* 2002;2:435-439.

Kanazawa M, Yoshiike N, Osaka T, Numba Y, Zimmet P, Inoue S. Criteria and classification of obesity in Japan and Asia-Oceania. *Asia Pac J Clin Nutr* 2002;11(Suppl): S732-37. **Simpson RW, Shaw JE, Zimmet PZ.** The prevention of type 2 diabetes – lifestyle change or pharmacotherapy? A challenge for the 21st century. *Diabetes Res Clin Pract* 2003;59:165-80.

Tapp R, Shaw J, de Courten M, Dunstan D, Welborn T, Zimmet P on behalf of the AusDiab Study Group. Foot complications in Type 2 diabetes: An Australian Population-Based Study. *Diabetic Med* 2003;20:105-13.

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Southon A, Walder K, de Silva A, Zimmet P, Nicholson G, Kotowicz M, Collier G. The TAQIA and ser311cys polymorphisms in the dopamine d2 receptor gene and obesity. *Diabetes, Nutrition and Metabolism*. 2003;16:in press.

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Books, Chapters, Proceedings, Review Articles

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Walder K, Segal, Jowett J, Blangero J, Zimmet P, Collier G. Genetic studies in *Psammomys obesus*. Ninth International Congress on Obesity: *International Journal of Obesity* 9:105 2002

Walder K, Segal D, Jowett J, Blangero J, Collier G. Obesity and diabetes gene discovery approaches. *Current Pharmaceutical Design* 9:1357-1372 2003

Zimmet P, Mackay I. Our Story of GAD – Serendipity in Science. In: *GAD in metabolic and Neurological Disease*, Stockholm, Sweden, 2003, 34-35.

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Zimmet PZ, Hodge A. Paradise lost: the epidemiology of obesity in Pacific and Indian Ocean populations. In: Ailhaud G, Guy-Grand B (eds). *Progress in Obesity Research*. J Libbey & Co Ltd. 2003: in press.

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Shaw JE, Zimmet PZ, Gries FA, Ziegler D. Epidemiology of Diabetic Neuropathy. In: *Textbook of Diabetic Neuropathy* 2003: in press.

Presentations at Symposia 2002-2003

Professor Paul Zimmet

Speaker, Workshop of Diabetes, World Bank, Washington DC, 2002

Plenary Lecture, "Diabesity Epidemiology", ASEANZ Cardiovascular and Lipid Forum, Melbourne, 2002

Speaker, "Diabesity – the Global Epidemic" Johnson & Johnson Executive Board Diabetes Day, New Jersey, USA, 2002

Speaker, "Diabesity in Children and Adolescents – Evolving Epidemic" Australian Medical Writers Association, 2002

Speaker, Standl Symposium, Munich, 2002

Co-Chairman, IDF Expert Consultation on Type 2 Diabetes in Children, 2003

Presentations/Publications

Conference Name: **The Australian Health & Medical Research Congress.**

Australasian Society for the Study of Obesity (ASSO)

Date: 24th – 29th November 2002

Location: Melbourne

Title: **The Effects of Genetic Variation in the Human *Beacon* Gene on Quantitative Physiological Measures of Obesity.**

Authors: Jeremy Jowett, Nicola Hunt, Joanne Curran, Kate Elliott, Ken Walder, Greg Collier, Paul Zimmet, John Blangero

Conference Name: **3rd Australasian Human Gene Mapping Meeting**

Date: 4th – 6th December 2002

Location: Hobart Tasmania

Title: **The Effects of Genetic Variation in the Human *Beacon* Gene on Quantitative Physiological Measures of Obesity**

Authors: Jeremy Jowett, Nicola Hunt, Joanne Curran, Kate Elliott, Ken Walder, Greg Collier, Paul Zimmet, John Blangero

Title: **Automation of Bioinformatics**

Authors: Kate Elliott, Paul Zimmet, Jeremy Jowett

Title: **The Use of Polygenic Animal Model Data to Rank Candidate Genes in Human Genomic Regions Linked to Type 2 Diabetes and Obesit**

Authors: Joanne Curran, Stewart Huxtable, Kristi Gluschenko, Nicola Hunt, Kate Elliott, Ken Walder, Ahmed Kissebah, Greg Collier, Paul Zimmet, Jeremy Jowett, John Blangero

Conference Name: **Invited Lecture – Discovery Science and Biotechnology**
Date: 15th – 16th May 2003
Location: Sydney
Title: **Discovery and Validation of Disease Related Genes using Differential Expression and SNP Genotyping**
Authors: Jeremy Jowett

Conference Name: **Genetics of Complex Diseases and Isolated Populations**
Date: 23rd – 30th May 2003
Location: Sardinia
Title: **A Genome wide Scan for Obesity and Diabetes in Mauritius**
Authors: Jeremy Jowett, Jianmin Wang, Sally Dennis, Ratnam Kotea, Sudhir Kowlessur, Pierrot Chitson, Paul Zimmet, John Blangero
Title: **GeneSniffer – A Gene Prioritisation Tool**
Authors: Kate Elliott, John Blangero, Jeremy Jowett
Title: **The Effects of Genetic Variation in the Human Beacon Gene on Quantitative Physiological Measures of Obesity.**
Authors: Joanne Curran, Nicola Hunt, Kate Elliott, Ken Walder, Greg Collier, Paul Zimmet, John Blangero, Jeremy Jowett

Donors - 1 July 2002 to 30 June 2003

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\$1,000+ Donations

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Weinberg, Mrs Sophie

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