

# **Policy and Strategy in Improving Diabetes Care**

## **The National Diabetes Strategy**

**Stephen Colagiuri**

**Boden Institute of Obesity, Nutrition and Exercise**

**University of Sydney**



THE UNIVERSITY OF  
**SYDNEY**

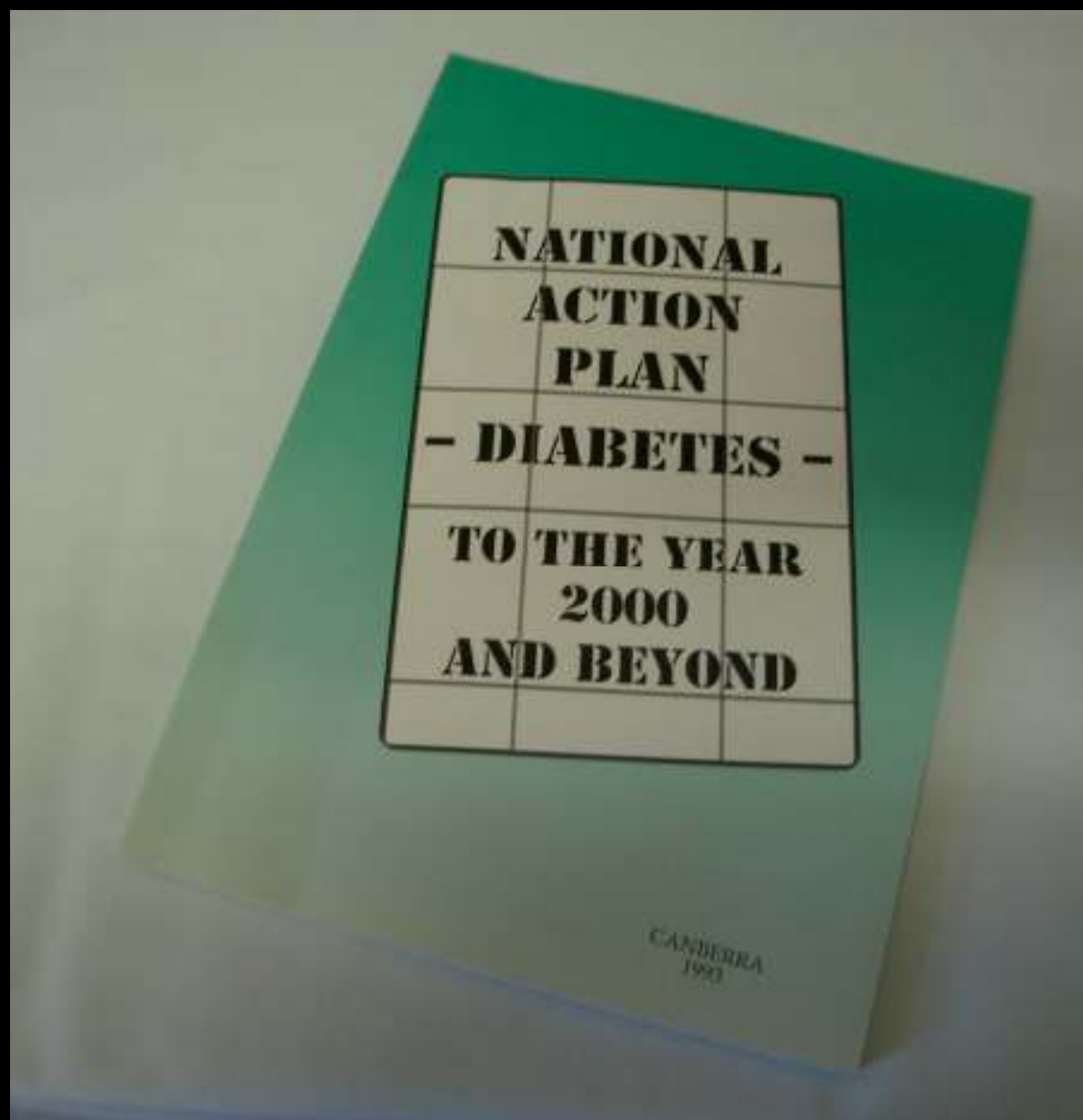
**Boden Institute**  
of Obesity, Nutrition & Exercise



# Overview

- 1. History of NDS in Australia**
- 2. Influence of previous NDS**
- 3. Goals of the proposed new NDS**
- 4. The challenge**

# The Beginning



# 1993 - Launch of National Action Plan



# **1996 - Diabetes Gets a Champion**



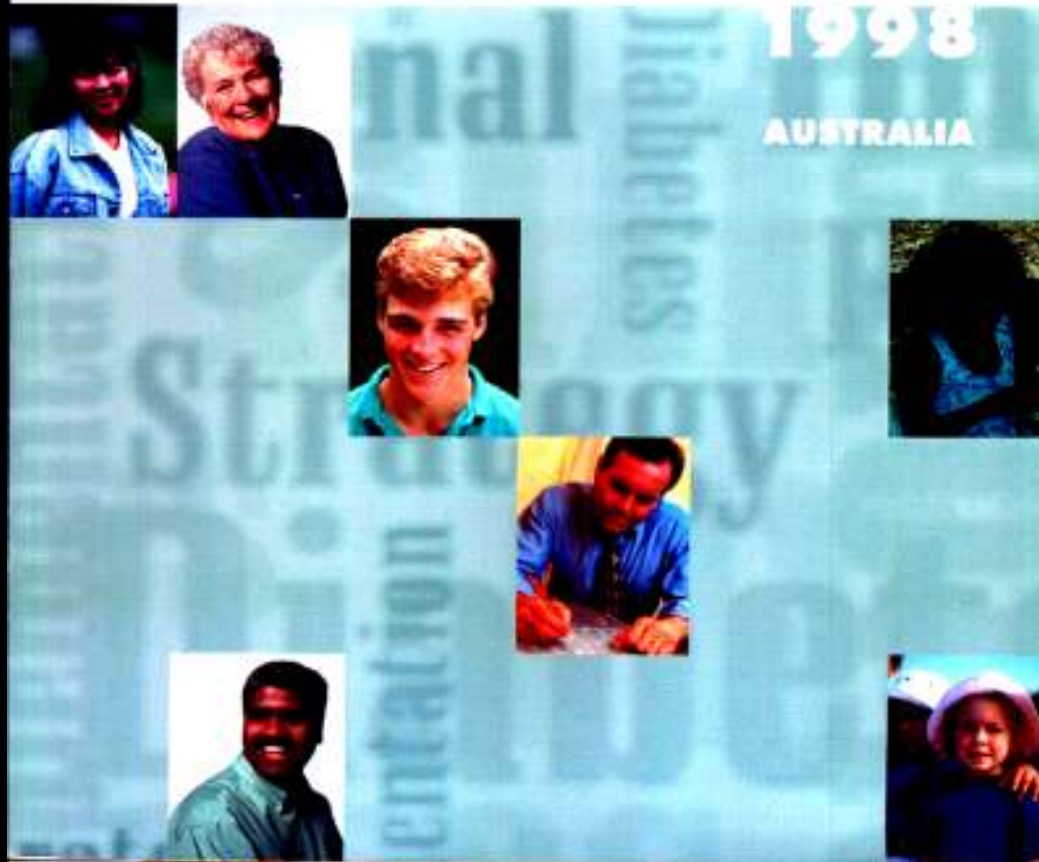
**Diabetes became the fifth  
National Health Priority Area**

**Ministerial Advisory  
Committee on Diabetes  
established**

**\$10 million committed for  
diabetes**

**A National Diabetes Strategy**

# National Diabetes Strategy and Implementation Plan





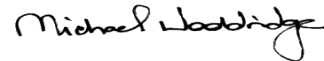
Australian  
Health  
Ministers'  
Conference

# *National Diabetes Strategy 2000-2004*



# Australian Diabetes Declaration

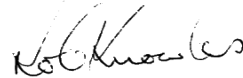
Diabetes is a National Health Priority in Australia and Australian Health Ministers endorse the National Diabetes Strategy 2000-2004. The Strategy aims to contribute to the improvement of the general level of Australia's health by reducing the personal and public burden of diabetes in Australia. This will be progressed through ensuring access to effective, efficient, evidence-based and economically viable services and programs for diabetes prevention and care for all people living in Australia.



Michael Wooldridge  
Commonwealth Minister for Health and Aged Care



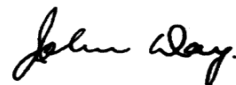
Craig Knowles MP  
Minister for Health  
New South Wales



Rob Knowles MLC  
Minister for Health and Aged Care  
Victoria



Wendy Edmond MLA  
Minister for Health  
Queensland



John Day MLA  
Minister for Health  
Western Australia



Dean Brown MP  
Minister for Human Services  
South Australia



Judy Jackson MHA  
Minister for Health and Human Services  
Tasmania



Stephen Dunham MLA  
Minister for Health Services  
Northern Territory



Michael Moore MLA  
Minister for Health and  
Community Care  
Australian Capital Territory



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# Consequences of NDS

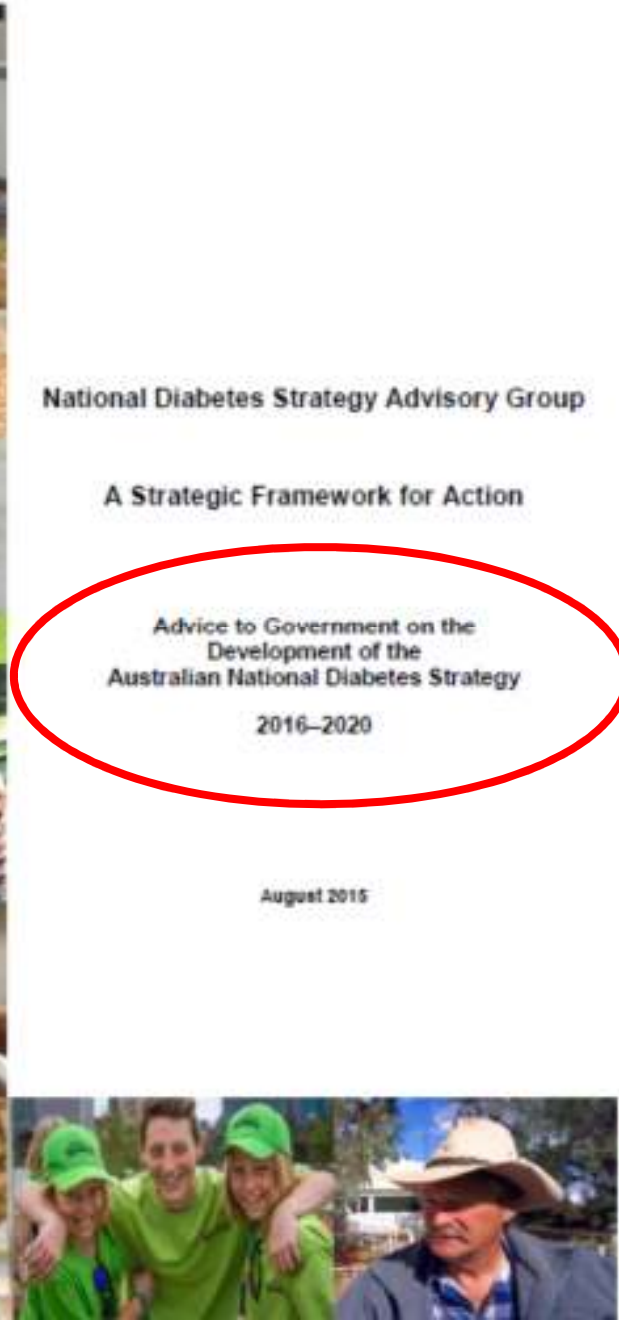
- **AusDiab study**
- **DiabCo\$t studies**
- **National Association Diabetes Centres**
- **NHMRC Guidelines**
- **Data collection and monitoring**
  - **ANDIAB [NDDWG]**
  - **National Centre for Monitoring Diabetes**
  - **National Diabetes Register**
- **Programs**
  - **Telemedicine foot services**

# The Dark Ages of National Diabetes Activity



Nation

2015



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# A Strategic Framework for action

Consultation paper for the development of the  
Australian National Diabetes Strategy

National Diabetes Strategy Advisory Group

# Goals for a NDS for Australia

**Goal 1:** Reduce the number of people developing type 2 diabetes

**Goal 2:** Promote the earlier detection of type 1 and type 2 diabetes

**Goal 3:** Reduce the occurrence of diabetes-related complications and improve quality of life in people with type 1 & type 2 diabetes

**Goal 4:** Reduce the impact of diabetes in Aboriginal and Torres Strait Islander peoples

**Goal 5:** Reduce the impact of diabetes in other high risk and vulnerable groups

**Goal 6:** Reduce the impact of diabetes in pregnancy

**Goal 7:** Strengthen prevention and care through research, evidence, data and national oversight

# National Diabetes Strategy and Implementation Plan

1. Prevent or delay the development of type 1 diabetes and type 2 diabetes
2. Improve health related quality of life, and reduce complications and premature mortality in people with type 1 and type 2 diabetes
3. Achieve maternal and child outcomes for gestational diabetes and for women with pre-existing diabetes equivalent to those of non-diabetic pregnancies
4. Achieve progress towards a cure for type 1 diabetes
5. Advance knowledge and understanding about the prevention, cure, and care of diabetes through a comprehensive research effort
6. Improve the capacity of the health system to deliver, manage and monitor services for the prevention of diabetes and the care of people with diabetes







Australian  
Health  
Minister's  
Office

## *National Diabetes Strategy 2000-2004*

- Goal 1 Improve the capacity of the health system to deliver, manage and monitor services for the prevention of diabetes and the care of people with or at risk of diabetes.
- Goal 2 Prevent or delay the development of Type 2 diabetes.
- Goal 3 Improve health related quality of life and reduce complications and premature mortality in people with Type 1 and Type 2 diabetes.
- Goal 4 Achieve long term maternal and child outcomes for gestational diabetes and for women with pre-existing diabetes equivalent to those of non-diabetic pregnancies.
- Goal 5 Advance knowledge and understanding about the prevention, delay, early detection, care and cure of Type 1, Type 2 and gestational diabetes.

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面临的挑战是实现

- Bruce Lee



**The challenge is implementation**

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**Goal 7:** Strengthen prevention and care through research, evidence, data and **NATIONAL OVERSIGHT**

# **National Diabetes Prevention Program**

- **Commenced in July 1, 2008**
- **Target: 40-49 year old people identified at high risk by risk assessment tool (GPs paid)**
- **Referral to accredited diabetes prevention program provided by accredited health professionals**
- **Cost of lifestyle programs covered by government funding**

# **National Diabetes Prevention Program**

- In Australia approximately **600,000** people aged 40-49 with elevated AusDRISK score
- Program target – **150,000**

# National Diabetes Prevention Program

- In Australia approximately **600,000** people aged 40-49 with elevated AusDRISK score
- Program target – **150,000**
- Participation rates to lifestyle programs
  - Recruited: 5,557 (3.7%)**
  - Attended: 1,656 (1.1%)**

# **National Diabetes Prevention Program**

- **In Australia approximately 600,000 people**

- **No co-ordinated implementation plan**

- **No independent oversight**

- **Scheme discontinued in November 2011**



# Implementation of NDS



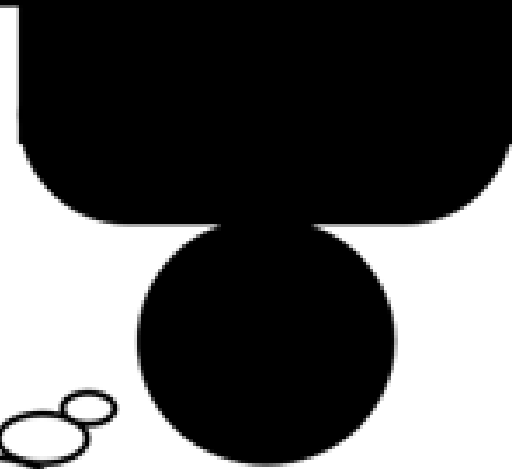
**TOP DOWN**

# Implementation of NDS

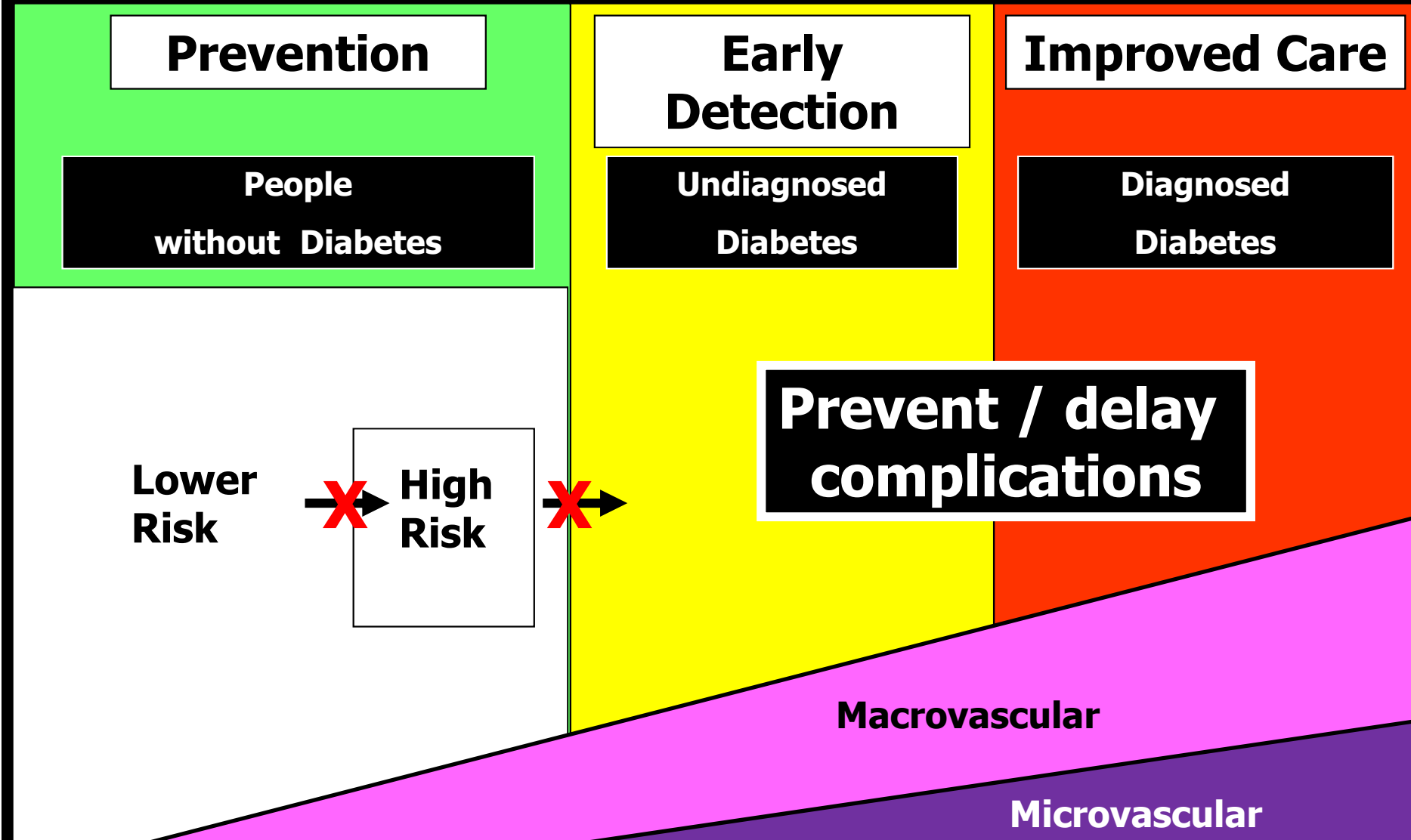


**BOTTOM UP**

**TOP DOWN**



# Reducing the Diabetes Burden



# Reducing the Diabetes Burden

**Prevention**

**Early  
Detection**

**Improved Care**

**People**

**Supportive Environment**

**Policy and programs**

**Models of care**

**Resources**

**- human / funding**

**Information systems**

**Cross-sectoral approach**



National Diabetes Strategy Advisory Group

A Strategic Framework for Action

Advice to Government on the  
Development of the  
Australian National Diabetes Strategy  
2016–2020

August 2015

**Diagnosed  
Diabetes**

**Individual Effort**

**Health professionals**

**Diabetes centres**

**Patient engagement**

**Microvascular**