

## **Dr Jonathan Coleman, Minister of Health: Speech - Diabetes Plan launch**

### **Introduction**

It's a pleasure to be here today to launch the five year diabetes plan, *Living Well with Diabetes*.

Thanks to Counties Manukau DHB for hosting the launch. I'd like to acknowledge everyone here today who provides care for people with diabetes. Thank you all for your dedication and commitment.

I'd also like to acknowledge the important role the NGO sector plays, particularly Diabetes New Zealand. Welcome Sir Peter, and thank you for the work that you do.

I'd also like to welcome those here today who are personally affected by diabetes.

### **Diabetes in New Zealand**

More and more New Zealanders are living with chronic diseases, and diabetes is one of our biggest health challenges.

It's estimated that around 257,000 New Zealanders are currently living with diabetes.

### **Integrated care closer to home**

We know that people with diabetes do better when they are active participants in their own care, supported by family.

We want to ensure people get the integrated support they need to help manage their own health away from hospitals and closer to home. I've made it clear to DHBs that I expect more services to be delivered in the community.

### **Choose Change programme**

Here in Counties Manukau the Choose Change programme is a good example of integrated care delivered at a local level.

Led by Harbour Sport, Choose Change provides a personalised, local and culturally relevant support programme for people with pre-diabetes and type 2 diabetes.

It includes a 12 week intensive support period where participants work with a Healthy Lifestyles Coordinator to set personal goals, exercise, attend group workshops as well as access dietician and psychological support.

Initial results show people are seeing improved clinical outcomes as well as feeling more confident in managing their condition.

### **Heart and Diabetes Checks**

At a national level there has been considerable work done in improving our early intervention, thanks in part to the more heart and diabetes checks health target.

In the last five years, health providers have carried out record numbers of heart and diabetes checks – around 1.1 million.

## **Diabetes Care Improvement Packages**

The Government introduced the Diabetes Care Improvement Packages in 2012 so that DHBs could be more flexible in how they approach diabetes services.

We allocated an additional \$12.4 million over four years in Budget 2013 for new or additional diabetes services.

DHBs spent time with the Ministry working out how best to use this funding, and it has led to a variety of innovative approaches, including providing integrated services in the community and care closer to home.

While good progress is being made to help people manage life with diabetes and to help those at high risk of developing the disease – there is more to be done. The new strategy builds on this work.

## **Diabetes Plan consultation**

The priorities in the new Diabetes Plan were developed following a series of workshops where clinicians, service planners and people with diabetes provided vital input.

The Ministry also received significant feedback from the sector which has been incorporated into the Plan.

I'd like to thank everyone who has contributed to this strategy.

## **Diabetes Plan**

The new strategy, *Living Well with Diabetes*, places an emphasis on supporting people to manage their condition themselves.

We want to ensure people with diabetes or at risk of developing diabetes have the support and the tools they need to live well and access high quality people-centred services.

The Plan has six priority areas – prevent high risk people from developing type 2 diabetes; detect diabetes early and reduce the risk of complications; enable effective management; provide integrated and coordinated care; improve quality services; and meet the needs for children and adults with type 1 diabetes.

The Plan also places an emphasis on the mental wellbeing of people with diabetes, including improving access to psychological support.

Elements of each priority area are being implemented within the current diabetes work programme.

## **Crucial to implementation**

To improve health outcomes for people living with diabetes or at risk of developing diabetes, we must ensure our health workforce is flexible and responsive.

This requires primary and secondary care, NGOs, community organisations, and people living with diabetes to work more closely together.

Another key priority is maximising the benefits of technology to give people the tools to better manage their own health.

New technologies are making self-management easier, including smart phone apps, electronic share care planning, and remote monitoring.

### **Other initiatives**

Diabetes also links in with other Government initiatives including Healthy Families NZ which encourages good lifestyle choices, as well as Green Prescriptions.

The diabetes strategy will also align with the refresh of the New Zealand Health Strategy which is currently underway.

### **Obesity**

Obesity is another key area of focus. New Zealand is not unique in its battle with obesity. There is no single solution.

We already have a number of actions underway:

- Budget 2014 allocated \$40m over 4 years for Healthy Families NZ - a more sophisticated way of addressing obesity and underlying causes of poor health.
- Each year over \$60 million is invested on a range of programmes to promote healthy lifestyles, including Kiwisport, green prescriptions, and fruit in schools.
- We're adopting a voluntary new Health Star Rating front of package labelling system that will help New Zealanders make healthy food choices.

I have officials from Health and Sport looking at what else can be done in this area, and I expect to announce a package of initiatives shortly.

These initiatives will also help to reduce the rates of type 2 diabetes in the long term.

### **Conclusion**

In conclusion, I believe our collective efforts in the Diabetes Plan will give us a clear direction for diabetes services over the next five years.

I look forward to seeing how initiatives included in the Plan improve the quality of care for people with diabetes.