



# Transforming lives: 100 years of insulin

1–5pm  
24 November  
2022

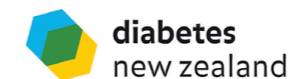
Celebrating a century of saving lives and looking forward to diabetes technologies being accessible to all who need them

# Transforming lives: 100 years of insulin

1–5pm  
24 November  
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#100yearsofinsulinnz

Parliament Grand Hall,  
Wellington



## Welcome

**1:00pm** Mihi whakatau | **Kura Moeahu** (Tumu Whakarae)  
Welcome | **Hon David Clark** (MP for Dunedin)

## 100 years of insulin

SESSION CHAIR: **Jeremy Krebs**

**1:20pm** Setting the scene | **Jim Mann** (University of Otago)  
**1:30pm** 60+ years on insulin | **Neil Stockdill** (Ashburton)  
**1:45pm** Early origins of type 1 diabetes | **Jenny Couper** (University of Adelaide)

## Technologies for diabetes management

SESSION CHAIR: **Rosemary Hall**

**2:20pm** Automated Insulin Delivery – the gold standard for current type 1 diabetes management | **Ben Wheeler** (University of Otago)  
**2:40pm** Technologies and best care for type 2 diabetes – how do we fare in Aotearoa New Zealand? | **Ryan Paul** (University of Waikato)  
**3:00pm** New technologies and ultra-rapid acting insulin: transforming sport and physical activity for people living with type 1 diabetes | **Damian Wiseman** (Paralympics NZ)

**3:20pm** Afternoon tea 

## Towards equitable access to diabetes technologies in Aotearoa

SESSION CHAIR: **Ben Wheeler**

**3:50pm** Advocacy story from Australia on pathway to continuous glucose monitoring funding | **Renza Scibilia** (Diabetes Australia)  
**4:10pm** The life-changing experience of continuous glucose monitoring | **Brianna Veale** (Wellington)  
**4:15pm** Continuous glucose monitoring and the whānau | **Brianna Veale, Shelley McLaughlan** and **Ben Wheeler**

## Diabetes NZ Awards Ceremony

PRESENTER: **Catherine Taylor**

**4:30pm** Presentation of Awards  
**David Town** – Sir Charles Burns Memorial Award  
**Ruby McGill** – Diabetes NZ Award  
**Sianne Chapman** – Silver Medal Award

## Summary and close

**4:50pm** Concluding remarks | **Catherine Taylor** (Diabetes New Zealand)

A contribution by retired endocrinologist Dr Bob Smith will be available at the event and online.

# Chairs and Speakers

## Jennifer Couper

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Professor Jenny Couper is a paediatric endocrinologist. She is Head of the Discipline of Paediatrics, University of Adelaide, and was Head of the Diabetes and Endocrinology Department, Women's and Children's Hospital, South Australia from 2001 to 2021. Her clinical research focuses on the prevention of type 1 diabetes, and the prevention of cardiovascular complications in children with type 1 diabetes. She leads investigations into the prenatal and early origins of childhood type 1 diabetes, is a member of the Advisory Council of the International Society of Pediatric and Adolescent Diabetes (ISPAD) and a co-author of national and international guidelines for the management of type 1 diabetes.



## Jim Mann

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Professor Jim Mann has been Professor in Medicine and Human Nutrition at the University of Otago for the past 30 years and was consultant physician (endocrinology) in Dunedin Hospital for most of that time. He is Patron of Diabetes New Zealand, co-Director of the Edgar Diabetes and Obesity Research Centre, and Director of the Healthier Lives—He Oranga Hauora National Science Challenge. He is also Director of the World Health Organisation (WHO) Collaborating Centre for Human Nutrition, and the New Zealand-China Non-Communicable Diseases Research Collaboration Centre. His research has principally been related to epidemiological and nutritional aspects of diabetes and cardiovascular disease, with a special interest in diabetes prevention.



## Rosemary Hall

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Dr Rosemary Hall is the current President of the New Zealand Society for the Study of Diabetes. She is an endocrinologist and diabetes physician in Wellington and Tairāwhiti, and senior lecturer at the University of Otago, Wellington. Her research interests include the relationship between energy balance, nutrition and metabolic disease, diabetes in pregnancy, and diabetes technology.



## Ryan Paul

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Dr Ryan Paul (Ngāti Maru, Hauraki) is an endocrinologist at Te Whatu Ora Waikato and the University of Waikato, an honorary Senior Lecturer at the University of Auckland and a Clinical Associate at the Maurice Wilkins Centre. He is the Immediate Past-President of the New Zealand Society of Endocrinology (NZSE) and is an Executive Member of the New Zealand Society for the Study of Diabetes (NZSSD). He recently convened the development of the national guidance on the management of type 2 diabetes and was a member of the Diabetes Expert Advisory Group to the Ministry of Health. His research has a particular focus on reducing inequities in access to diabetes therapeutics and technologies in both type 1 and type 2 diabetes.



## Jeremy Krebs

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Professor Jeremy Krebs is an endocrinologist with a particular interest in obesity and diabetes. He trained in endocrinology at Wellington Hospital, New Zealand, and then undertook a doctorate with the Medical Research Council—Human Nutrition Research Unit in Cambridge, England. Jeremy returned to New Zealand in 2002 to take up a consultant endocrinology post at Wellington Hospital. As well as clinical and teaching activities, he maintains active research through the University of Otago, Wellington, in the area of obesity and diabetes, with a focus on nutrition, and diabetes service delivery.



## Renza Scibilia

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Ms Renza Scibilia has lived with type 1 diabetes since 1988, and has years of experience using diabetes technologies. She is a strong voice for people living with type 1 diabetes and has contributed to a number of international forums as she strives to ensure that the lived experience of people living with type 1 diabetes is considered in all aspects of diabetes management and research. Renza is the author of Diabetogenic, a blog about the real experiences of people living with type 1 diabetes. She plays an active role in the diabetes online community and works as an advocate for Diabetes Australia.



# Chairs and Speakers

## Neil Stockdill

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Mr Neil Stockdill has lived with type 1 diabetes since 1953. In 2021, he received the Sir Charles Burns award from Diabetes New Zealand for managing his diabetes with insulin for over 50 years. During this time, he has had first-hand experience of the advances in the treatment and management of type 1 diabetes. Neil continues to contribute to the diabetes community through modelling the long term benefits of achieving well-managed type 1 diabetes and advocating for access to diabetes technologies for all who need them.



## Ben Wheeler

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Associate Professor Ben Wheeler is a paediatric endocrinologist and paediatrician working for the University of Otago and Te Whatu Ora Southern. He is head of child health at the Dunedin School of Medicine and a member of the Edgar Diabetes and Obesity Research Centre. His research focuses on access to, and use of, new technologies for children, young people, and adults affected by diabetes, as well as factors that impact on glycaemic control in diabetes. His work has a greater aim of reducing the burden and improving the quality of life for those living with diabetes worldwide.



## Catherine Taylor

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Ms Catherine Taylor is chair of the Diabetes New Zealand Board and has been a board member for six years, after serving on the National Executive some 30 years ago. She has a daughter with type 1 diabetes and is committed to increasing the awareness, management and treatment for those living with diabetes in New Zealand. Catherine has extensive senior management and governance experience in the public, private and not-for-profit sectors. Now that she is retired, she is committed to making Diabetes New Zealand more visible and enhancing the services we provide for all people with diabetes. Catherine is also a trustee of the newly established Diabetes New Zealand Research Foundation.



## Damian Wiseman

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Dr Damian Wiseman is a cycling coach for Paralympics NZ and is living with type 1 diabetes. He has coached athletes from a variety of sports and has contributed to multiple World Championship, Commonwealth and Olympic medal winning performances. He has an important role in delivering sports science support to the NZ Paralympic cycling programme, and has a vast understanding of the management of type 1 diabetes within sport and exercise. Damian has represented New Zealand in track cycling and, while no longer cycling, trains in multiple martial arts. Damian strongly advocates for the equitable access to diabetes technologies, to improve the quality of life for all people who are living with type 1 diabetes.



## Brianna Veale and Shelley McLaughlan

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Ms Brianna Veale is a teenager living with type 1 diabetes. She describes herself as “a 16-year old type 1 diabetic warrior”. She is passionate about helping others manage their diabetes, and wants to see continuous glucose monitors funded for everyone living with type 1 diabetes in New Zealand because “it shouldn’t just be a luxury, it is a necessity.”

Brianna will talk about her experiences managing type 1 diabetes, and will be joined by her mum Shelley McLaughlan to discuss the role that technologies have played in their journey as a family.





**diabetes**  
new zealand

Every year, Diabetes New Zealand presents awards to individuals who have demonstrated successful management of their diabetes, or to recognise the achievements or contribution to the care and support of people living with diabetes in Aotearoa New Zealand.

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**The 2022 Sir Charles Burns Memorial Award**  
is presented to David Town for the management of diabetes using insulin therapy for more than 50 years.

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**The 2022 Diabetes NZ Award**  
is presented to Ruby McGill for her significant contribution to supporting those living with diabetes in New Zealand.

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**The 2022 Silver Medal Award**  
is presented to Sianne Chapman for the management of diabetes using insulin therapy for more than 25 years.

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## Diabetes New Zealand

Supporting Kiwis to live well with diabetes.

Diabetes New Zealand is a Charitable Trust that represents and supports people with diabetes. We've been around for over 50 years and have a National Office in Wellington, and teams across the country with staff and volunteers who help people live well with diabetes.

We lead, champion and advocate for change to reduce the incidence of diabetes, improve diabetes health care, and empower those affected by or at risk of diabetes to lead healthy, active lives.

### Contact information

Phone 64 4 499 7145  
Email [info@diabetes.org.nz](mailto:info@diabetes.org.nz)  
Web [www.diabetes.org.nz](http://www.diabetes.org.nz)  
Facebook @diabetesnz  
Instagram @diabetes\_nz



## Healthier Lives–He Oranga Hauora

Healthier Lives for all New Zealanders.

The Healthier Lives–He Oranga Hauora National Science Challenge undertakes collaborative research to improve the prevention and treatment of four major non-communicable diseases – cancer, cardiovascular disease, diabetes and obesity – which account for over a third of total death and disability in New Zealand, costing the nation hundreds of million dollars each year and incalculable personal losses.

Our vision is of Aotearoa New Zealand with equitable health outcomes and a substantially reduced burden of non-communicable diseases.

### Contact information

Phone 64 3 470 9859  
Email [healthier.lives@otago.ac.nz](mailto:healthier.lives@otago.ac.nz)  
Web [healthierlives.co.nz](http://healthierlives.co.nz)  
Twitter @healthierNZ



## Edgar Diabetes and Obesity Research

Reducing the global burden of diabetes and obesity through research and dissemination of knowledge.

We aim to reduce the prevalence, and to improve the management, of diabetes and obesity by finding new ways to prevent and treat these conditions. By striving for research excellence and encouraging international collaboration we can bring the greatest benefit to Aotearoa New Zealand and the wider world.

### Contact information

Phone 64 3 470 9102  
Email [diabetes@otago.ac.nz](mailto:diabetes@otago.ac.nz)  
Web [otago.ac.nz/diabetes](http://otago.ac.nz/diabetes)  
Twitter @EDOR\_NZ



## Lions NZ District 202F

Lions of District 202F NZ are ordinary people from all walks of life who work on projects to improve our communities and protect the environment.

Diabetes is one of our five Lions International core focus areas and District 202F (Southland, Central Otago) strives to promote public awareness and support those with diabetes. Projects range from financially helping families with costs for insulin pumps to holding diabetes awareness and diabetes-friendly events.

### Contact information

**Pam Fiveash**  
Lions NZ District 202F Diabetes coordinator  
Email [202f.mmr@lionsclubs.org.nz](mailto:202f.mmr@lionsclubs.org.nz)  
Mobile 027 543 9094



Lions NZ District 202F



**EDGAR DIABETES &  
OBESITY RESEARCH**  
A UNIVERSITY OF OTAGO RESEARCH CENTRE



**diabetes  
new zealand**



Lions NZ District 202F

National  
**SCIENCE**  
Challenges

HEALTHIER  
LIVES

He Oranga Hauora