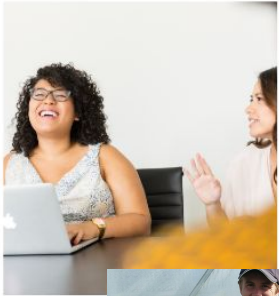
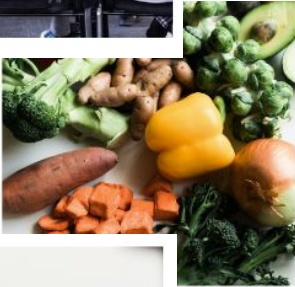


What we do

- Gardens4Health - Growing healthy communities, providing free advice and support to set up and maintain community food gardens.
- Cook'nKiwi - Healthy eating on a budget. Funded by Te Whatu Ora and delivered free to groups throughout Auckland.
- GetWize2Health - Curriculum aligned, practical resources and support for Auckland secondary schools around healthy eating, lifestyles, being active, and creating a healthy school environment.
- Healthy Workplaces - Well workers are more productive. This programme is tailored to the workplace to create an environment where the healthier choice is easier.
- Community Research - We employ a team with a variety of clinical and other skills and we are well placed to recruit and conduct community based research.
- Resource design - A creative and collaborative approach to designing and producing resources to meet the needs of our community and those who work in it.
- Advocacy - Where a need is identified to make the lives of people with diabetes or at risk of it better, we take action.
- Growing Capacity - Building skills and knowledge in other organisations and in the community through special events, Train The Trainer, mentoring and support.

Ehara tāku toa i te toa
takitahi, engari he toa
takitini

Success is not the
work of an individual
but the work of many



Our Vision

We want to prevent and reverse diabetes - its prevalence and its damage - for Aotearoa New Zealand's most high risk communities

Our Central Pou

To prevent diabetes, we seek:

- To influence factors in our systems which increase the risk of diabetes
- To prevent or delay progression to diabetes for people at risk
- To prevent the worst manifestation of diabetes and risk of tissue damage for people with diabetes

To reverse diabetes we seek:

- To achieve significant long term improvement in insulin sensitivity and to normalise the levels of glucose in the blood for people with diabetes

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