

**Patron: Sir Michael Hirst, President of the International Diabetes Federation**

*Saving lives around the world*

# Insulin for Life

Australia and Global

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## ***Insulin for Life Australia and Global Annual Report - 2015 [www.insulinforlife.org](http://www.insulinforlife.org)***

### **What we do**

No longer needed, unopened and in-date (with at least 4 months to use-by date) insulin, test strips, syringes, meters and other supplies are collected and donated overseas following specific requests, from recognised organisations, and with an agreed protocol. The program saves lives.

IFL Australia and IFL Global are separate organisations and have the same Board of Directors Both based in Melbourne, Australia. IFL Global is the coordinating centre for the network of 9 not-for-profit organisations based on the IFL model and located in Europe and North America. IFL Global consists of affiliates in Australia, Austria, Canada, Germany, Luxembourg, Netherlands, Switzerland, UK and USA.

IFL Australia is increasingly initiating and helping operate camps for children with diabetes and their families, building on our many years' experiences in Ecuador and the Philippines.

### **Countries receiving donated supplies from IFL Australia July 2014 – June 2015**

During the year donated supplies were sent to 15 countries on 68 occasions with 156 boxes sent.

Countries supplied, with the number of separate occasions, in brackets, are:

Bolivia (2)  
Cambodia (13)  
Democratic Republic of Congo –Goma area (2)  
Ecuador (5)  
Fiji (2)  
Gambia (1)  
Maldives Islands (10)  
Nepal (3)  
Philippines (22)  
Rwanda (1)  
Samoa (1)  
Solomon islands (1)  
Timor East (2)  
Vanuatu (1)  
Vietnam (2)

## Supplies donated from Australia July 2014 – June 2015

During the year, the following were donated to the above countries:

- 102,860 mls insulin
- 23,054 blood glucose test strips
- 15,960 insulin syringes
- 58,205 pen needles
- 106 blood glucose meters
- 8295 lancets
- 109 insulin pens

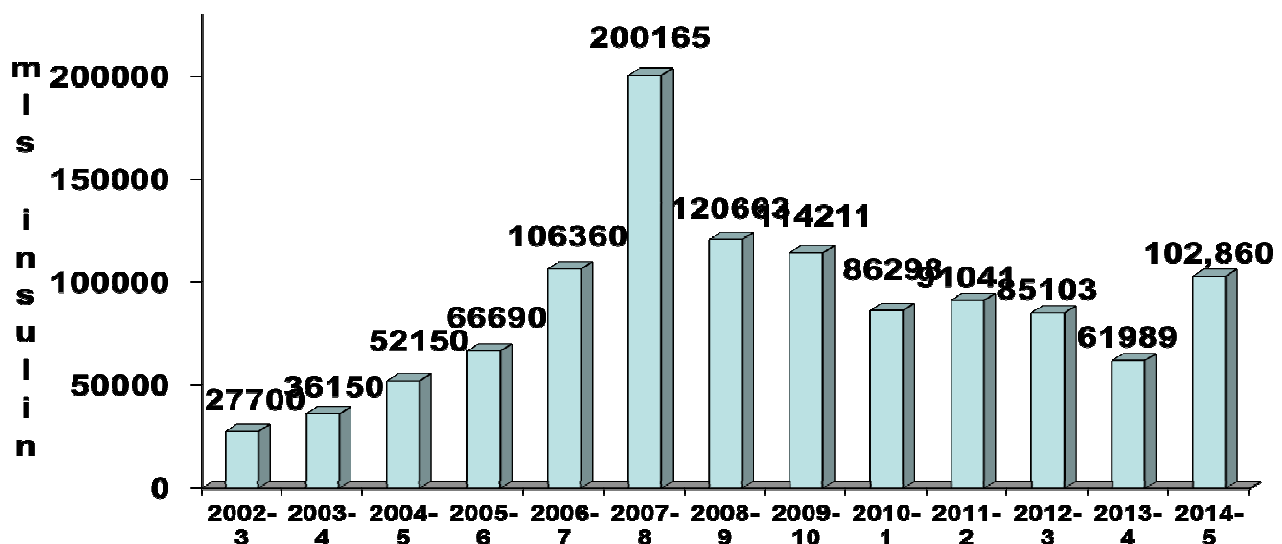
## Totals donated since 1984 from Australia

2,334,220 mls insulin and 1,228,493 blood glucose test strips; and quantities of new meters, insulin pens, pen needles, syringes, and lancets and pricking devices.

94 countries, in all the 7 International Diabetes Federation Regions, have received supplies. These supplies would have otherwise been wasted.

In countries where people with diabetes have to pay the full cost (unsubsidised by government or insurance arrangements) insulin can cost up to \$US 30 per 10 mls (about one month's supply) and blood glucose test strips \$US 50 + for 50 strips, unaffordable for the majority.

## Insulin donated by IFL Australia 2002-15



**Facebook:** [www.facebook.com/InsulinForLife](http://www.facebook.com/InsulinForLife)

We now have over 3200 followers. We find that few words and powerful photos draw a lot of interest. It also generates correspondence and further interest in IFL. Please add us! We are also growing on Twitter

### **IFL Affiliates and IFL Global**

IFL Global comprises IFL Australia and affiliates in Austria, Canada, Germany, Luxembourg, Netherlands, Switzerland, the UK and the USA. IFL Australia is the coordinating centre for IFL Global and manages, for example, coordinated responses to emergencies and natural disasters. Each affiliate has its own distribution and collection networks. They donate supplies to some of the above countries, and to others.

The IFL Global affiliates are together donating each year approximately 300,000 mls of insulin (30,000 X 10 ml vials equivalent), several thousand boxes of test strips; and meters, insulin pens, syringes and other diabetes supplies.

We hope more you collection centres will develop.

### **Collaboration with the International Diabetes Federation**

- During the year, Sir Michael Hirst, President of the International Diabetes Federation, accepted our invitation to be a Patron of Insulin for Life Australia and Global
- IFL promoted and supported the application for Jerry Gore to become an IDF Blue Circle Champion. He will help provide inspiration for the more than 387 million people with diabetes, their families, and healthcare providers through the IDF. Jerry says *“NEVER give up! And in a sport like mountaineering, which is as much as 60% mental, determination and perseverance are the keys to success - just as they are with successful diabetic management.”* Jerry is a wonderful supporter of IFL through many fundraising events which have supported the transport costs of sending donated insulin and other supplies and also supporting our camping program in several developing countries.

See <https://www.facebook.com/JerrysInsulinChallenge?ref=hl>

- Neil Donelan is a member of the IDF – Insulin Task Force, with Alicia deputising and Ron maintaining input, having been a member of the Task Force for over 20 years.

There are 2 donated supplies arrangements between IFL and the IDF which relate to:

- Short term emergency supplies are sent following a request from the IDF. Nepal was supplied during the year.
- Supplying the IDF Life for a Child program in a number of countries, with IDF covering the transport and handling costs for IFL to send the donated supplies to children in need. The IDF program has extensive on-going monitoring of each child and provides comprehensive care.

### **Participation at major international meetings**

IFL had displays at the American Diabetes Association meeting, June 2015; the European Association for the Study of Diabetes (EASD) meeting in Stockholm in September 2015 and at the Taiwanese Association of Diabetes Educators meeting in July 2014. Airfares and accommodation are paid for by the organisers, or from sources other than IFL's own funds.

## **Children's diabetes education and fun camps in Ecuador, Cambodia, the Philippines and Vietnam**

Camps for children with diabetes in developing countries can have a profound, and sometimes life-changing impact, not only on the children but their families too, and even on participants from overseas. IFL has initiated camps in several countries and the program is growing rapidly.

IFL continues its major involvement in Ecuador, and in July 2015 a very successful education and holiday camp for children and adolescents took place there, the 9<sup>th</sup> Ecuador camp that IFL has been involved with. IFL supplies donated insulin and other supplies for the camps, and also on an ongoing basis. The camps are organised by Dra. Aracely Basurto de Cabrera and her wonderful team at Fundacion Vivir con Diabetes. The 2015 camp was also supported by the International Diabetes Aid Fund Japan and Jerry's Insulin Challenge. Neil Donelan plays a major role in making these camps a reality. Many lives are being saved as a result.

The first children's diabetes camp held in Vietnam, initiated by IFL and with its involvement, took place in July 2015 at a resort outside Hanoi. It was led by Dr Ta Van Binh, National Institute of Diabetes and Metabolic Disorders, Hanoi and a team of Vietnamese professionals. We have been sending donated insulin to Vietnam for several years. Representatives from IFL Australia, Taiwan, Japan and other countries took part.

A camp with IFL involvement took place in Cebu, Philippines in May 2015 organised by "Sweet Alert", a local support group. Another is being planned for May 2016. IFL sends donated insulin and other supplies for the camps, and also on an ongoing basis.

Another camp, with IFL involvement, in Dipolog, Philippines is being planned for May 2016, with the same Sweet Alert group.

In addition, a camp is being planned for May 2016 in Dumaguete, Philippines together with Dr Clarita Cadiz, a diabetes expert in Dumaguete City. Clarita oversees the support group to which we send the donated supplies. Representatives from IFL Australia and other countries plan to participate.

For Cambodia, a camp may take place in November 2016, and we are partnering with Dr Touch Khun, President of the Cambodian Diabetes Association and director of Diabetes at a major hospital catering for the poorest in Phnom Penh.

## **Supporters, fundraising and finance**

- The total operating costs of IFL Australia and Global are less than US \$100,000 per year.
- Each of the IFL Global affiliates has its own fundraising arrangements.
- The staff of Medtronic Australia selected IFL as a humanitarian cause that they personally would like to support during the year, with matching amounts coming from the Medtronic Corporation.
- Jerry Gore, a mountaineer who has T1 diabetes, has been very supportive with the Ecuador, Philippines and Cambodia camps and projects.
- IFL Australia income consists of donations; grants; fundraising activities, and funds received from the organizations that receive the donated supplies, or supporters, to cover the transport and handling costs. IFL/IZL Germany and The International Diabetes Assistance Fund, Japan have provided support.

- IFL receives financial and in-kind support from individuals and organizations in several countries. Donated services such as website and Facebook maintenance and graphic design all help very much. IFL Australia has received support from IFL/IZL Germany and The International Diabetes Assistance Fund, Japan.
- Airfares and other travel costs for IFL Board attendance at international diabetes meetings are funded by the inviting or other sponsoring organizations or by the Board members themselves.
- We are expanding our overseas camps projects and are seeking partners.
- Volunteers continue to assist IFL in many ways for which we are very grateful.
- We hope that bequests may become a source of support

We are very grateful to supporters who donate supplies, and assist voluntarily. This support helps to save the lives of thousands of children, adolescents and adults with diabetes in many countries, on a sustainable, cost effective basis.

### **IFL Global affiliates**

You can view the internet sites of the IFL Global affiliates – these are listed at [www.insulinforlife.org](http://www.insulinforlife.org) .

IFL Austria, IFL Canada, IFL Germany, IFL Luxembourg, IFL Netherlands, and IFL Switzerland, IFL UK and IFL USA have their own independent teams which sort, store and dispatch the supplies, and assist with other activities. Diabetes New Zealand, Auckland branch has been collecting supplies for many years.

### **IFL Australia and Global Board of Directors**

Our team continues to work efficiently and cohesively. They are “Working Directors”, directly involved in daily management and administration. Neil Donelan is responsible for receiving, storage and sending the supplies. Dr Alicia Jenkins, Diabetes Specialist at St. Vincent's Hospital, in Melbourne and Sydney is also IFL Medical Advisor and also has a focus on developing global networks; Faye Kirkwood, Treasurer; and Bruce Wainwright, Legal and Organizational Support. It is a pleasure for me as President to work such a dedicated Board.

### **The Future**

IFL Global is a grass roots co-operation of independent IFL affiliated organisations collecting and sending donated supplies, with IFL Australia being the international coordinating centre. IFL Australia will further initiate and help implement camps in Southeast Asia for children with diabetes and their families, building on our many years’ experiences.

We encourage appropriate people and organisations to consider establishing new collection and distribution centres. This is not difficult. Any size will translate into saving lives.

*Ron Raab OAM*

*President, Insulin for Life Inc [www.insulinforlife.org](http://www.insulinforlife.org)*