



**Wednesday 19 August 2020**

## **ACBRD - A decade of difference in diabetes**

The Australian Centre for Behavioural Research in Diabetes (ACBRD) has just reached another milestone by celebrating its 10<sup>th</sup> birthday. Since 2010, the ACBRD has changed the way many people think and talk about diabetes by putting behavioural and psychosocial aspects of living with the condition firmly on the research and policy agenda.

The ACBRD focuses on what it is like to live with diabetes and how to improve both health and quality of life. This focus – on how people think, feel and act – complements the strong biomedical research focus in Australia and internationally.

“Back in 2010 there was a clear lack of attention to the lived experience of people with diabetes in Australia,” says Professor Jane Speight, Foundation Director of the ACBRD. “Diabetes is not just a condition defined by numbers and biomedical risk factors; it places a high self-care and emotional burden on the individual. Through the ACBRD’s work, the emotional wellbeing and quality of life of people with diabetes is being considered more widely.”

The ACBRD was established as a collaboration between Diabetes Victoria and Deakin University in May 2010. “The ACBRD has become a world leader on language in diabetes, on research into the extent of stigma and discrimination in diabetes, and on emotional and mental health issues, among others,” says Diabetes Victoria CEO Craig Bennett, who is also a current member of the ACBRD management committee. “Diabetes Victoria is proud of our collaboration with Deakin University in funding and supporting the ACBRD. We look forward to more high-quality and impactful research from the ACBRD in this important area over the next 10 years.”

Since it was established, the ACBRD has been extremely busy sharing its research with the diabetes and scientific community. The Centre’s staff and students have given more than 240 invited presentations and more than 170 peer-reviewed presentations at local, national and international meetings and conferences. The team has also published more than 160 peer reviewed publications in leading academic journals and 35 in community publications. “Spreading our message helps to translate our research into practice, to make a positive difference to the everyday lives of people affected by diabetes across Australia,” Professor Speight says.

## **Much more to do**

Looking back on the achievements of the past decade, the ACBRD Director is pleased with the progress made but aware there is still so much more to do. “Until there is a cure for all types of diabetes, we will continue our research to make a difference to all people affected by diabetes,” says Professor Speight. “Our research will focus on three interacting themes – optimal emotional health, optimal physical health, a supportive environment – and our work will be guided by three key questions: What matters? What works? What translates?”

If you are interested to learn more about the important work of the ACBRD, head to their website [acbrd.org.au](http://acbrd.org.au) and subscribe to their free monthly electronic newsletter, *Research Round-Up*.

A video highlighting the ACBRD's ten year achievements can be viewed here:

[https://videos.files.wordpress.com/abPcB3yw/acbrd-10-years-2020\\_hd.mp4](https://videos.files.wordpress.com/abPcB3yw/acbrd-10-years-2020_hd.mp4)

A report highlighting the centre's impact and achievements can be viewed here:

[https://acbrd.org.au/wp-content/uploads/2020/08/10-Year-Anniversary\\_Report.pdf](https://acbrd.org.au/wp-content/uploads/2020/08/10-Year-Anniversary_Report.pdf)

The Centre is hosting a webinar on Thursday 20<sup>th</sup> August to commemorate this milestone and the recording will be available via the ACBRD website in due course.

*We **support, empower and campaign** for all Victorians affected by, or at risk of, diabetes.*

**For more information:**

Jane Kneebone 0416 148 845

[jkneebone@diabetesvic.org.au](mailto:jkneebone@diabetesvic.org.au)