Arthritis AUSTRALIA

ANNUAL REPORT

2018-2019
A YEAR IN REVIEW

HELPING PEOPLE **WITH ARTHRITIS**

NATIONAL STRATEGIC ACTION PLAN FOR ARTHRITIS CHARTS PATH TO IMPROVED CARE

After 12 months of intensive work and consultation, Arthritis Australia launched the National Strategic Action Plan for Arthritis in March 2019.

The Action plan outlines key priorities for preventing arthritis, investing in research and improving treatment and support for people living with the condition.

Development of the Action Plan was led by Arthritis Australia for the Australian Government Department of Health, with input from consumer and medical groups across Australia.

The Action Plan identifies three key priority areas which require urgent, immediate attention in order to reduce the health burden of arthritis both now and into the future.

The priority areas and objectives for the Plan are:

Chair of Arthritis Australia, Kristine Riethmiller, said "Implementation of the Action Plan will go a long way towards ensuring people with arthritis get the right treatment, care and support they need to live well with their condition."

Following the launch of the National Strategic Action Plan for Arthritis, the Minister for Health, the Hon Greg Hunt announced that the Commonwealth Government will invest $4 million towards as a first step towards implementing the National Strategic Action Plan for Arthritis. Two million dollars will be allocated to consumer education and support, with the remainder to go towards improving health professional education which will support better diagnosis and treatment of patients.

Arthritis Australia CEO Andrew Mills welcomed the funding as an important first step towards ensuring people with arthritis get the right treatment, care and support they need to live well with their condition.

"Too many people with arthritis are not coping well because they don't receive the care and support they need through the health system", Mr Mills said.

"There is a lot of work to be done and currently there is no cure for arthritis. Therefore, we look forward to further commitments to implement all of the recommendations in the action plan, including improved health services and greater investment in research."

Federal Minister for Health, the Hon Greg Hunt, MP.

INTRODUCING OUR INAUGURAL EASE OF USE CERTIFIED PRODUCT:

EVEREASY GARDEN TAP

This year Arthritis Australia was excited to welcome our very first Ease of Use Certified product, Ox Control's EverEasy Garden Tap. The unique design of the EverEasy garden tap means that it only needs the lightest finger-tip pressure to turn the water on and off. For avid gardeners who may have struggled with traditional brass taps in the past, we anticipate this new design will be a welcome change. We hope that this will alleviate hand pain, which might be keeping you from living your best life.

For products to become certified they need to pass an intense certification process which includes arthritis consumer testers. Find out more about our Ease of Use testing program and the EverEasy Garden Tap in the Accessible Design Division section of the Arthritis Australia website.

CONSUMERS HAVE THEIR SAY:

THAT'S A WRAP

BEST AND WORST PACKAGING OF 2018

For the second year running, the Accessible Design Division held the social media campaign That's a Wrap: Best and Worst Packaging of 2018 to discover consumer's thoughts on the packaging they found to be easy or hard-to-open in the preceding year. The number of nominations grew from last year and the tally revealed that the top five worst packaging formats of 2018 were:

1. PLASTIC RING PULL TABS
2. MILK PACKAGING - from half-moon inductions seals found under caps through to milk cartons.
3. CHILD RESISTANT PUSH-DOWN-AND-TURN MEDICINE PACKAGING
4. GLASS JARS
   with salsa and jam jars topping this list
5. PLASTIC BOTTLES
   with water and sport drink bottles being the biggest offenders

Plastic ring-pull tabs are found under caps of products like vegetable oil and soy sauce, as well as long life milk and soy milk packaging.

For the Best Packaging category, we also received a number of product nominations for long life milk and soy milk products from two different companies that have a special 'turn-and-pour' cap which removes the additional ring-pull tab stage and instead breaks the seal as you turn the cap to remove it.

We would encourage you to look closely at the packaging next time you buy a product such as long life milk or soy milk, as the results have shown there is a big difference in the user experience at home.

The insights gathered from these nominations are then used to educate the packaging industry about how inaccessible packaging is having a daily impact on consumers and what can be done to improve it.

WORKING TOGETHER

BROAD COLLABORATION DELIVERS NATIONAL STRATEGIC ACTION PLAN FOR ARTHRITIS

Arthritis Australia works with a range of organisations to identify and address key issues relating to arthritis care and support.

This year, a major collaborative project was the development of the National Strategic Action Plan for Arthritis. The Action Plan was developed with the valuable input of an expert multidisciplinary Steering Committee comprising representatives of major stakeholder groups with and interest in arthritis prevention, management and care. Steering Committee members included consumers, health professionals, researchers, policy makers and service providers.

In addition, targeted consultations with consumers, health professionals, policy makers and service providers, and an open public consultation informed the development of the Action Plan.

Consumer research

People with arthritis are at the centre of Arthritis Australia's mission and activities and we regularly undertake consumer-based research to underpin policy development and advocacy.

Consumer research informs action priorities
Consumer-based research played a critical role in identifying the priorities and actions set out in the National Strategic Action Plan for Arthritis.

This research took the form of focus groups, an online consumer survey and a public consultation on the draft Action Plan. The key themes identified by consumers through this research included:

- High out-of-pocket costs
- Lack of information and support, especially at diagnosis
- Concerns about medications and treatments
- Dissatisfaction with medical care
- Limited access to publicly-funded services
- Limited access to multidisciplinary care.

Consumers were asked to identify what things could be done to help them receive the right care in future and these were incorporated into the Action Plan. The most common suggestions were:

- Improve consumer information, education and support, especially at diagnosis
- Improve multidisciplinary care and care coordination
- Increase public funding for arthritis health services (e.g. through Medicare and increased public services) to improve access, reduce waiting lists and reduce out-of-pocket costs
- Improve arthritis education for health professionals, especially GPs and allied health professionals
- Raise public understanding and awareness of arthritis and of symptoms that require prompt medical attention.

Other policy and advocacy-based research activities included:

- Research into issues relating to modified-release paracetamol. This research informed our submission to the Therapeutic Good Administration on its proposal to up-schedule this product to pharmacist-only. Research was undertaken through our consumer networks to understand the impact that this proposed up-scheduling would have on people with arthritis as well as research into the specific harms associated with the modified-release formulation.
- Research into issues relating to opioid use for arthritis. This research to provide input to the development of consumer education resources being developed by NPS MedicineWise. Research areas included the consumer experience, prevalence of opioid use and associated benefits and harms for people with arthritis.
- Research into the burden and prevalence of arthritis and musculoskeletal conditions in women. This research also looked at potential strategies to address the high burden of these conditions in women, and informed Arthritis Australia's participation in the development of the Australian Government's National Women's Health Strategy.
- Launch the National Strategic Action Plan for Arthritis and advocate for its implementation.
- Continue to advocate for increased funding for arthritis research from the Australian Government's Medical Research Future Fund
- Undertake a study of access to rheumatology services for people with arthritis living in rural and regional areas of Australia to support workforce planning
- Launch My Back Pain website
- Launch PA Support Program

INDUSTRY INNOVATION AWARD FOR PACKAGING ACCESSIBILITY

One of the key areas that the Accessible Design Division works to improve is packaging accessibility. To encourage and recognise innovation in this industry, we partnered with Arthritis New Zealand, to sponsor a new category in the 2019 PIDA (Packaging Innovation Design Awards) called the Accessible Packaging Design Special Award.

> People living with arthritis have often described to me what the many different impacts of this chronic condition are. Interestingly, hard-to-open packaging is one of the things that makes people feel disempowered. The experience of struggling with difficult-to-open packaging can be physically painful and emotionally draining too, especially when trying to open the daily staples, such as milk, jam jars or yogurt tubs. Accessible packaging is vital to providing consumers with independence. Everybody should be able to prepare meals for their families without a battle with packaging. We want to recognise those manufactures and brand owners who go above and beyond with their packaging designs and who are improving lives through improved accessibility.

Arthritis Australia's CEO
Andrew Mills

> Arthritis New Zealand wants to take constructive steps to encourage industry to make accessibility of packaging a must have and this has led us to co-sponsor the award. Arthritis New Zealand will be actively promoting good packaging design to the 670,000 people with arthritis in New Zealand.

Arthritis NZ's CEO
Philip Kearney

PIDA PACKAGING INNOVATION & DESIGN AWARDS 2019

THE WINNERS OF THE AWARD WERE ANNOUNCED AT A PACKAGING INDUSTRY GALA DINNER, WITH THE INAUGURAL WINNERS BEING:

GOLD WINNER:
SPC Ardmona for its SPC ProVital Easy-Open Diced Fruit in Jelly range (the newest expansion of the ProVital range) that is designed for all consumers to open, including those with reduced fine motor skills, dexterity and strength.

SILVER WINNER:
Flavour Creations for its pre-thickened Ready-To-Drink range packaged in a new Dysphagia Cup and Cup Holder

SPECIAL COMMENDATION:
Moana New Zealand & Sealed Air for Cryovac Grip and Tear which was designed to foster ease-of-use for packaged meat, poultry, seafood products that remove the need for a knife to cut through the packaging.

OUR PROJECTS

MyBackPain.org.au
an Arthritis Australia initiative

Set for launch in July 2019, the MyBackPain.org.au website is an exciting digital project which has kept the Arthritis Australia engaged website development and management. MyBackPain.org.au aims provide accurate information to counter the misinformation about back pain, and contains resources to help people with back pain navigate their condition, by finding out what treatments work, learning from the experience of others, and receiving recommendations that are tailored to them. This project is a is a partnership among Arthritis Australia, University of Queensland, University of Sydney, University of Melbourne, and Cochrane Back and Neck.

MyBackPain.org.au is funded by the National Health and Medical Research Council (NHMRC), and Medibank Better Health Fund is also funding a clinical trial into the effectiveness of the website, with results to be released in late 2019.

ACCESSIBILITY DESIGN ALLIANCE FORMED

This year we formed an Accessible Design Alliance with a group of not-for-profit consumer health organisations that represent people with chronic conditions who are significantly impacted by inaccessible products and packaging. The organisations that have joined the alliance include Arthritis New Zealand, Cerebral Palsy Alliance, Cystic Fibrosis Australia, Huntington's NSW/ACT, MND Australia (Motor Neurone Disease), MS Australia (Multiple Sclerosis), Muscular Dystrophy Foundation of Australia, Parkinson's Australia, Stroke Foundation of Australia and Pain Australia.

Although Arthritis Australia's Accessible Design Division already leads the way in accessibility, the aim of the Alliance is to get greater traction on the issue, including advocating to government and industry to improve access to products and packaging that are easy to use as well as to increase research in the area. We have high hopes for what we can achieve together with our shared voice.

RESEARCH

Along with education and assistance, Arthritis Australia leads the effort to further our knowledge of arthritis and to search for potential cures. Much of our work is directed toward raising funds to provide project grants, grants in aid, fellowships and scholarships.

Prof Susanna Proudman is Medical Director of Arthritis Australia and Prof Graeme Jones is Chair of Arthritis Australia's National Research Grants Assessment Committee.

Arthritis Australia conducts an annual national research grants program, open to researchers, and funds the Chair of Rheumatology at the University of Sydney, currently held by Prof David Hunter.

To read a summary of each project listed below, visit our website https://arthritisaustralia.com.au/programs-research/national-research-program/past-recipients-and-outcomes/

ARTHRITIS AUSTRALIA NATIONAL RESEARCH PROGRAM – PROJECTS CURRENTLY BEING UNDERTAKEN IN 2019

FELLOWSHIPS

Bruce Miller- Australian Rheumatology Post- Doctoral Fellowship - $125 000
Jointly funded by BB & A Miller Foundation and Australian Rheumatology Association

Dr Mihir Dilip Wechalekar
Department of Rheumatology, Flinders University

Project: Improving outcomes in Rheumatoid Arthritis

The Ken Muirden Overseas Training Fellowship - $100 000
Funded by the Australian Rheumatology Association (ARA)

Dr Danae Papachristos
The University of Toronto Lupus Clinic, Toronto Western Hospital

Project: Clinical features, disease course and treatment outcomes of neuropsychiatric systemic lupus erythematosus (NPSLE) in a large cohort of patients at the University of Toronto Lupus Clinic.

Leanne Stafford Award - $50 000
Funded by the Australian Rheumatology Association

Dr Ken Cai
Department of Medicine, University of Auckland

Project: Gout Research Fellowship (Auckland, New Zealand)

AFA-ARA Heald Fellowship - $50,000
Jointly funded by the Vincent Fairfax Family Foundation & the ARA

Dr Jacqueline Flynn
Monash University

Project: Development of a novel SLE therapeutic

Arthritis Queensland's Allen and Gwen Warren Fellowship - $50,000
Funded by Arthritis Queensland

Dr Meghna Talekar
The University of Queensland Diamantina Institute, the University of Queensland

Project: Liposome Silica Hybrid Particles for Oral Delivery of Antigen Specific Therapy for Rheumatoid Arthritis

Victorian ARA Fellowship-$50,000
Funded by the Victorian ARA

Dr Kathleen Morrisroe
Departments of Rheumatology and Medicine, the University of Melbourne and St Vincent's Hospital, Melbourne

Project: Developing a multi-disciplinary care model for a complex multi-organ disease.

RESEARCH

SCHOLARSHIPS

Arthritis Australia Scholarship - $25,000
Funded by Arthritis Australia

Ms Hema Urban
Raymond Purves Research Laboratory, University of Sydney / Kolling, Institute of Medical

Research Project:
The INTERLOCK Study

PROJECT GRANTS

ARA Project Grant -$34,000
Funded by Australian Rheumatology Association

A/Prof Mandada Nikpour
Department of Rheumatology, St Vincent's Hospital Melbourne

Project: Cardiac fibrosis in systemic sclerosis

ARA Fellowship- $30,000
Funded by Australian Rheumatology Association

Dr Saliu Balogun

Menzies Institute for Medical Research, University of Tasmania
Project: A randomised controlled trial evaluating community walking for knee osteoarthritis

---

ARA Project Grant and Arthritis Australia Project Grant -$11,750
Jointly funded by Australian Rheumatology Association and Arthritis Australia
Winthrop Prof Johannes Nossent
Rheumatology University of Western Australia

Project: The risk and consequences of vertebral fractures for patients with Rheumatoid Arthritis and Ankylosing Spondylitis in Western Australia

Arthritis Western Australian and the Allan and Beryl Project Grant-$26,000
Funded by Arthritis Western Australia and the Allan and the Estate of the late Beryl Stephens)

A/Prof Manuela Ferreira
Rheumatology Department, Institute of Bone and Joint Research, University of Sydney

Project: Connect: Telecare health coaching management of low back pain in primary care.

Arthritis South Australian Grant- $40,000
Funded by Arthritis South Australia
Dr Bernadette Fitzgibbon
Monash Alfred Psychiatry Research Centre, Monash University

Project: Theta Burst Stimulation for Fibromyalgia Syndrome

The Molly Saint Grant-$40,000
Funded by the Estate of the Molly Saint

Dr Natalie Collins
School of Health and Rehabilitation Sciences, University of Queensland

Project: HAPPI knees! A feasibility trial of shoe inserts for Adolescents with Patellofemoral Pain

In 2018, we asked some of the researchers supported by our research programme to record for the website, short videos on their research work to raise awareness of the importance of research and the valuable fund-raising efforts that support them.

https://arthritisaustralia.com.au/programs-research/ational-research-program/snapshot/

GRANTS IN AID

Reckitt Benckiser (Nurofen) Grant for OA/MSK Pain management - $30,000
Funded by Reckitt Benckiser (Nurofen)

A/Prof Peter Malliaras
Department of Physiotherapy, Monash University

Project: Internet-based management for rotator cuff tendinopathy

Arthritis Australia and HJ & GJ Mackenzie Grant-$25,000
Funded by Arthritis Australia and the Estate of Heather Joy McKenzie

Prof Nathan Pavlos
School of Biomedical Sciences, University of Western Australia

Project: Slc37a2 as a therapeutic target for osteolytic diseases

Eventide Homes Grant-$20,000
Funded by Eventide Homes

Dr Kylie Tucker
School of Biomedical Sciences, Faculty of Medicine, University of Queensland

Project: Balancing muscle force and persistent knee pain in adolescents

Arthritis Queensland, Arthritis South Australia and the Allan and Beryl Stephens Grant-$31,000
Jointly funded by Arthritis Queensland, Arthritis South Australia, the Estate of Molly Saint and the Estate of the late Beryl Stephens)

Dr Romi Haas
Monash Department of Clinical Epidemiology, Cabrini Health

Project: Patterns of care for low back, knee and shoulder conditions by general practitioners in Victoria, Australia

The Marion A Simpson Grant - $25,000
Estate of the Late Marion Alice Simpson

Dr Jayishni Maharaj
School of Human Movement and Nutrition Sciences, the University of Queensland.

Project: Is pain associated with mechanical joint load in the foot during walking in rheumatoid arthritis? A preliminary study.

Arthritis Australia Grant in Aid-$15,000
Funded by Arthritis Australia

Dr Benjamin Buckley
Faculty of Science, Medicine and Health, University of Wollongong

Project: Novel uPA inhibitors for the treatment of RA

Arthritis Australia Grant - $5,000
Funded by Arthritis Australia donation

Dr Andrew Buldt
La Trobe Sport and Exercise Medicine Research Centre, La Trobe University

Project: Classification of differences in bony morphology between individuals with and without foot osteoarthritis using statistical shape modelling

Reckitt Benckiser (Nurofen) Grant for OA/MSK Pain management-$15,000
Funded by Reckitt Benckiser (Nurofen)
Dr David Saxby
School of Allied Health Services, Griffith University

Project: Biomechanical contributions to hip osteoarthritis progression

Reckitt Benckiser (Nurofen) Grant for OA/MSK Pain management-$15,000
Funded by Reckitt Benckiser (Nurofen) & Arthritis Australia
Dr Courtney Davis
Rheumatology, the Queen Elizabeth Hospital

Project: Comparison of dietary oils in osteoarthritis patients: a feasibility study

CHAIR OF THE BOARD REPORT

KRISTINE RIETHMILLER

IT HAS BEEN AN EXCITING YEAR THAT MARKS THE BEGINNING OF A NEW ERA FOR PEOPLE WITH ARTHRITIS IN AUSTRALIA.

The pivotal event was the launch of the National Strategic Arthritis Action Plan. The Plan is the result of a long collaborative process. It involved consumers, the many different professional groups involved in arthritis care, State and Territory arthritis organisations, researchers and the wider community. The Plan focuses on preventing arthritis, improving treatment and support for people living with the condition and investing in research to find better ways to treat and, ultimately to cure, arthritis in its many forms.

The Plan highlights the need to invest in better-value services that improve health and quality of life for people with arthritis. It was pleasing that the Federal Government immediately committed funds to progress the implementation of the plan. Further funds will be made available in the coming year to progress some of the key initiatives.

Another significant event was the funding of a national arthritis-focused exercise program. The program will be delivered by State and Territory arthritis organisations that are affiliated with Arthritis Australia. The program has already attracted strong interest from arthritis consumers across the country.

Other highlights came with the expansion of information resources. These comprise new information sheets and booklets and translations of this material into a variety of languages and a new condition-specific website. The MyBackPain.org.au provides more tailored information for individual consumers. The Arthritis Australia website was also completely redesigned to improve accessibility and connection to resources and services. Our national research grants program continues to be successful but is always in need of further funds. This year we instituted a range of short plain English videos to help the layperson understand individual research projects funded by Arthritis Australia (e.g. https://arthritisaustralia.com.au/get-support/resources/videos/snapshot/). This initiative has been welcomed by both consumers and donors and we hope to expand it in future. To support growth of research into arthritis and related conditions, we entered into partnerships with a range of new research projects, institutions and organisations. We were also pleased to be able to award the first Paediatric Rheumatology Scholarship this year.

In the coming year we have committed to an ambitious work plan. We will:

- progress implementation of the Action Plan;
- work closely with State and Territory arthritis organisations and partners to deliver some exciting new information and service initiatives; and
- trial of a new online information model that combines current online and offline resources, tailors information to each stage of the disease journey and better target referrals to local State or Territory arthritis organisation programs, activities, services and supports.

Of course, we will be continuing to advocate on behalf of arthritis consumers and will seek to improve opportunities to listen to their issues and needs so that we can better represent their interests.

CEO'S REPORT

ANDREW MILLS

ARTHRITIS AUSTRALIA'S PRINCIPLE AIMS ARE THREEFOLD: 1) to advocate to the Australian Government as the trusted consumer voice for all types of arthritis; 2) to support the informational needs of people living with arthritis and musculoskeletal conditions; and 3) to fund research into cure and better care for people with arthritis.

With these aims squarely in mind, I am delighted to report on what has been an exceptionally busy and productive year. Firstly, I would like to recognise Ms. Franca Marine, National Policy and Government Relations Manager for her outstanding work in preparing the National Strategic Action Plan for Arthritis. This year-long project involved multiple and complex stakeholder groups across Australia, and has been successful in achieving initial funding commitments from the Australian Government. This is a tremendous outcome for Australians living with a diagnosis of arthritis, and is the start of more things to come.

Our Accessible Design team continues to drive real improvements in packaging design and product design with several new organisations gaining 'Ease to Use' or 'Easy to Open' certification from Arthritis Australia. We congratulate those organisations for their commitment to finding better solutions for their consumers through the adoption of accessible-design principles. We also continue our valuable work with various state health departments in assessing the accessibility of prepackaged, portion-controlled food products that are served to inpatients of public hospitals. It is important to underscore the key issue: "if you can't open it – you can't eat it". The impact of this program is to help improve the nutritional outcomes of patients, as well as helping to reduce food waste in hospitals.

Arthritis Australia was successful in securing a Better Ageing grant from Sport Australia for a senior's physical activity program. As part of this grant we will be rolling out The Joint Movement, an evidenced-based 'arthritis friendly' exercise program developed by Arthritis Australia and affiliated State and Territory arthritis organisations. The 18-month grant will deliver strength training and water-based exercise classes (hydrotherapy) in many locations across Australia. In addition to being beneficial for people with arthritis, this program is a wonderful example of cross-border collaboration and we congratulate all of the participating arthritis Affiliate organisations for their work in delivering this program.

During the year, Arthritis Australia was also successful in securing funding for important new information resources. These resources aim to meet existing or emerging needs and include the translation of 41 new information sheets in too a range of community languages; and new print and video resources for patients with non-radiographic axial spondyloarthritis (nr-ax SpA for short). Nr-ax Spa is a form of back arthritis that is not detectable using x-rays. Additionally, all of the medication Info Sheets have been updated by the Australian Rheumatology Association's Therapeutic Committee, and we thank them for their ongoing support.

Many people use the internet to search for health-related information so it is important to ensure that Arthritis Australia continues to maintain its online information resources as the primary source of independent, trusted and up-to-date information on arthritis. This is an increasingly difficult challenge as our stable of digital information resources grows. We rely heavily on the generosity of our many donors, bequestors, and funding partners to allow us to develop new and update our existing resources and we are very grateful for their incredible support in furtherance of our Mission.

Finally, I want to express my sincere thanks to the entire team at Arthritis Australia without whose efforts we would not achieve such important outcomes for people living with arthritis. I also want to thank all of the state and territory Affiliate arthritis organisations for their support and ongoing efforts to provide critical services – everything from arthritis kid's camps, to support groups, staffing the National Arthritis Information telephone line, and the day-to-day logistics of sending our valuable information packs to people living with arthritis.

MEDICAL DIRECTOR'S REPORT

PROF SUSANNA PROUDMAN

AS I WRITE THIS MEDICAL DIRECTOR'S REVIEW OF OUR ACTIVITIES AND ACHIEVEMENTS IN 2018, the Australian Institute of Health and Welfare has released a report showing musculoskeletal conditions now cost $12.5 billion a year, more than any other disease group. We also know that musculoskeletal conditions are the leading cause of disability and early retirement due to ill health. Yet the government expenditure on programmes for people with arthritis and on research in musculoskeletal conditions is well and truly out-stripped by the investment in other diseases such as heart disease and cancer.

This highlights the importance of the National Strategic Action Plan for Arthritis which our National Policy and Government Relations Manager, Franca Marine, and the team at Arthritis Australia completed by the end of 2018 with the assistance of a wide range of stakeholders from multiple medical and allied health disciplines and health consumer organisations. This document provides a blue-print for strategies to prevent arthritis, improve outcomes and support for people with arthritis and for investment in research. Arthritis Australia is well-placed to implement some of these strategies by expanding on our key activities if government funds are made available in response.

Health consumer education is critical for providing people with arthritis with the knowledge and confidence to manage their condition. Arthritis Australia continues a long tradition of writing new information sheets as new issues arise and reviewing and revising the older ones, ensuring they remain up-to-date with information that is supported by research. These are available in hard copy at the affiliate arthritis organisations or on the Arthritis Australia website at https://arthritisaustralia.com.au/get-support/resources/.

Other activities behind the scenes include reviewing the safety and scientific basis of clinical trials requested by researchers to be posted on the Arthritis Australia website. This gives people with arthritis the opportunity to contribute to knowledge about arthritis and access to clinical trials of therapies which they may not otherwise be able to access. In addition, this assists our Australian arthritis researchers to complete their studies on time so they can report on the answers to their research questions. In 2018, we asked some of the researchers supported by our research programme to record for the website, short videos on their research work to raise awareness of the importance of research and the valuable fund-raising efforts that support them.

The Grant Assessment Committee, ably chaired by Professor Graeme Jones, allocated $842, 453 for 10 project grants, 4 grants-in-aid, 2 scholarships and 7 fellowships. These covered such diverse conditions as fibromyalgia, scleroderma, lupus, gout, rheumatoid arthritis, back pain and osteoarthritis in both basic and clinical science fields and in nearly all states of Australia.

CONSUMER REPRESENTATIVE'S REPORT

WENDY FAVORITO

ON THE 21ST MARCH 2019, we saw the official launch of the National Action Plan for Arthritis. Good publicity was generated demonstrating growing community interest in the experiences and needs of people with arthritis.

A role I have continued to enjoy is supporting the Accessible Design Division of Arthritis Australia. This division is devoted to looking at innovative ways to improve accessibility for people living with arthritis who struggle with simple everyday tasks such as opening packaged foods. The division continues to have a strong and genuine consumer focus. Arthritis Australia has established the first of its kind Accessible Design Alliance connecting a range of consumer groups whose members have similar daily life challenges related to accessibility. This initiative demonstrates Arthritis Australia's commitment to not just supporting consumers with arthritis but working collaboratively to help support other consumers in need across Australia.

I have been called upon to provide insights into the ongoing development of the online resource, Rheumatoid Arthritis Support Program, which will be beneficial for all of our consumers around the country as well as overseas consumers. All resources developed by Arthritis Australia are consumer centered and consumer input is sought at all stages of development.

The National Arthritis Consumer Reference Group continues to support the advocacy work of Arthritis Australia and I would like to thank all of our members for their ongoing contributions and time. We greatly value that these generous people share their insights and experiences to help ensure our work remains truly focused on the needs of people living with arthritis.

National Consumer Reference Group

Wendy Favorito (chair)
Danielle Dunlevey
Paul Forrestal
Michelle Graham
Sarah McHarg
Alison Park
Murray Smith
Linda Spurrier (until October 2018)
Max Stoneman

A final highlight for the year in review was the consumer representation and participation in the annual Grants Assessment Committee held in September 2019. We saw a greater focus on translational research, which aims to generate research that will improve the quality of life of people living with arthritis.

FLORANCE AND COPE CHAIR REPORT

PROF DAVID HUNTER

Professor Hunter is a clinician-scientist rheumatologist whose major focus is clinical research on osteoarthritis (OA). Translational research is at the centre of his work – endeavouring to make sure that his research findings are implemented into medical practice and provide meaningful health outcomes.

RESEARCH OBJECTIVES

My translational research program is internationally renowned for reducing OA evidence-practice gaps, introducing new interventions, pioneering novel disease-modifying therapies, and leading a paradigm-change in policy and the clinical management of OA.

My research and clinical group remain active in dissemination and implementation activities to optimise the care received by consumers with osteoarthritis. Ultimately it is through the development and translation of new knowledge that we will make a difference to the burden of persons with osteoarthritis.

2019 AFFILIATIONS AND ONGOING CONTRIBUTION

- Florance and Cope Chair of Rheumatology
- Professor of Medicine at University of Sydney, Rheumatologist at Royal North Shore Hospital
- Chair of the Institute of Bone and Joint Research
- Supervision of 5 PhD students and a team of 12 researchers. 4 PhD students graduated this year.
- Visiting professor at Universities of Queensland and Melbourne, and three universities in China
- Editorial board member for Arthritis and Rheumatology, Arthritis Care and Research and Osteoarthritis and Cartilage
- Section editor for UpToDate Osteoarthritis: a resource used by 1.7 million clinicians worldwide. The OA modules were viewed over 730,000 times in the 12 months to October 2019.
- co-lead of the Sydney University musculoskeletal alliance (SydMSK; this is an alliance of >300 musculoskeletal researchers of all disciplines at Uni of Sydney)
- co-lead of the musculoskeletal stream of Sydney Health Partners (the Advanced Health Research Translation Centre at the University of Sydney)

2019 ACHIEVEMENTS

- Awards: I received the Clinical Investigator Award from Osteoarthritis Research Society International and the Vice Chancellors Research Excellence Award from Sydney Uni.
- Funding: my research group is well supported by an NHMRC program grant, Partnership Project, CRE, Project Grant and I am personally supported by an NHMRC Practitioner Fellowship.
- With colleagues, I led the development and launch of the National Osteoarthritis Strategy.
- Research publications: 485 publications (348 in past 10 years), 111 first and 140 senior author, with >22,250 citations (Scopus); 47 papers ≥100, h-index 73. 96.2% of these publications are in the top 10% of journals. Based on my research outputs, I am ranked 1st of 43,711 medical experts in osteoarthritis in the world on Expertscape.com (since 2014, Expertscape). I also gave some keynote presentations at international meetings including OARSI and ACR.

More information on my research achievements is available at: https://sydney.edu.au/medicine-health/about/our-people/academic-staff/david-hunter.html for more information on clinical trials currently underway please see: https://ibjr.sydney.edu.au/

I remain enormously appreciative of the support given by Arthritis Australia to the Chair position as well as the collaborative opportunities they provide for my research on OA.

TREASURER'S REPORT

MICHAEL TOUMA

OVERVIEW 2018/2019

I am pleased to present the audited financial statements for the year ended 30th June 2019. This financial year has seen a surplus of $208,554 as compared to a deficit of $176,368 in the previous year.

This result is mainly due to buybacks and higher dividends and tight cost control including a reduction in staffing expenses combined and outsourcing of certain functions.

The total revenue for the year was $3,076,019 and aligned with our budgeted expectations. The financial position of the organisation remains sound with a positive net increase in equity of $533,640.

RESTRICTED FUNDS

Restricted Funds are sourced by the corpus that are long-established bequests and also from Affiliate arthritis organisations, private and government sectors.

Restricted Funds reported a Net Surplus of $198,119 as compared to a deficit of $42,271 in the previous year. This is mainly due to the Buy-Back of investments in BHP and Rio Tinto shares.

The total restricted funds under administration have increased by $492,709 over the previous year, largely due to the rebound in share valuations.

UNRESTRICTED FUNDS

Unrestricted funds support our operational costs and rely on public donations and bequests for funding. Additional funding is from arthritis Affiliate organisations, Accessible Design (the packaging advisory division) and fees from trademark licences.

Unrestricted Funds fared better posting a modest profit of $10,435 as compared to a deficit of $134,097 in the previous year.

This year has seen a decline in donations and bequests as compared to previous years. The favourable surplus recorded has been mainly attributable to savings in project management, supplementing of some of the cost of the advocacy and policy initiatives by the Corpus and the reduction in Operational costs, particularly due to lower staffing levels.

The total unrestricted funds under administration have increased by $40,935 during the year with the valuation of the share portfolio contributing to $30,501 and the balance operating net surplus of $10,434.

INVESTMENT PERFORMANCE

Total investment at the end of the financial year was $5,825,785 as compared to $6,344,999 in 2018. The portfolio consists mainly of equities and term deposits.

The negative movement is due to the liquidation of equity investments into cash assets for restricted research funding.

CASH POSITION/LIQUDITY

The Cash Position as at 30th June 2019 was $3,174,776, an increase of $1,468,288 from last financial year end. The primary source has been advance receipt of funding of Better Ageing Movement (funded by the Australian Sports Commission) at year end and the liquidation of corpus equity investments for research grants.

BALANCE SHEET

Accumulated equity at the end of the financial year increased by $533,640 to $6,978,243.

There were no major variances recorded in the movement of the other Balance Sheet items.

OUTLOOK

Though the financial result for the year was satisfactory. We are aware of the potential disruption in the global economy and impact on government fiscal position and challenges in the future to the containment and competition for funding from providers, mainly the Federal Government, and overall decline in public donations, in the foreseeable future. To that end, the Executive Management and the Board are continuously reviewing the sustainability of the operation and to focus and broaden the scope of income.

FINANCIAL POSITION

STATEMENT OF FINANCIAL POSITION

As at 30 June 2019

	Note	2019	2018
		$	$
Current Assets			
Cash and cash equivalents	4	3,174,776	1,706,488
Receivables	5	311,982	323,045
Total Current Assets		**3,486,758**	**2,029,533**
Non-Current Assets			
Financial assets	6	5,825,785	6,344,999
Property, Plant & Equipment	7	17,752	13,269
Total Non-Current Assets		**5,843,537**	**6,358,268**
Total Assets		**9,330,295**	**8,387,801**
Current Liabilities			
Payables	8	1,788,274	1,281,155
Short term provisions	9	546,352	643,319
Total Current Liabilities		**2,334,626**	**1,924,474**
Non-Current Liabilities			
Long term provisions	9	17,426	18,728
Total Non-Current Liabilities		**17,426**	**18,728**
Total Liabilities		**2,344,198**	**1,943,202**
Net Assets		**6,978,243**	**6,444,599**
Accumulated Funds			
Contractually restricted funds		6,531,843	6,038,784
General funds		446,400	405,815
		6,978,243	**6,444,599**

PROFIT & LOSS

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

For the year ended 30 June 2019

INCOME	Note	2019	2018
		$	$
Donations/fundraising			
General		2,217,634	1,678,337
Affiliates	10	220,250	270,250
Total		**2,437,884**	**1,948,587**
Membership Fees		1,120	1,124
Investments			
Interest		27,774	27,139
Profit on Sale		(71,557)	28,572
Dividends		676,409	400,007
Total		**632,626**	**455,718**
Other		**4,389**	
Total Income	2	**3,076,019**	**2,405,429**
EXPENSES			
Research	12	1,167,975	1,130,225
Education & Awareness		956,704	908,070
Administration		594,637	406,374
Fundraising		144,115	125,288
Depreciation	7	4,034	11,840
Total Expenses		**2,867,465**	**2,581,797**
Surplus/(Deficit)	18	**208,554**	**(176,368)**
Other Comprehensive income			
Net Gain/(Loss) on revaluation of Financial Assets		325,086	75,547
Other Comprehensive (Loss) / Income for the Year		325,086	75,547
Total Comprehensive Income/ (Loss) / Income for the Year		533,640	(100,821)
Surplus /(Deficit)attributable to members of the entity		208,554	(176,368)
Total Comprehensive Gain/(Loss) / Income attributable to members of the entity		**533,640**	**(100,821)**

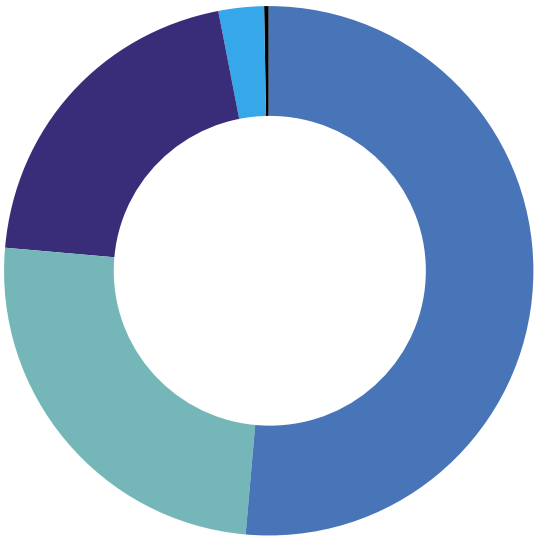
REVENUE & EXPENDITURE

Following is the summary of revenue and expenditure of Arthritis Australia.

ASSETS HELD	$9,330,295
LIABILITIES HELD	$2,344,198

REVENUE

PROJECTS	$1,581,884	**51.5%**
RESEARCH GRANTS	$775,750	**25.2%**
INVESTMENTS	$632,626	**20.6%**
MEMBERSHIP ADMIN FEES	$81,370	**2.6%**
OTHER	$4,389	**0.1%**
TOTAL	**$ 3,076,019**	



EXPENDITURE

PROJECTS	$1,100,819	**38.4%**
RESEARCH	$1,167,975	**40.8%**
ADMINISTRATION	$594,637	**20.7%**
DEPRECIATION	$4,034	**0.1%**
TOTAL	**$ 2,867,465**	

GOVERNANCE

The Constitution of Arthritis Australia allows for an independent board of six to eight members elected by the members of Arthritis Australia, and a Council of Advice consisting of nominees or organisations that are affiliated with Arthritis Australia. A formal Memorandum of Understanding (MOU) between Arthritis Australia and Affiliated organisations establishes guidelines for collaboration and outlines clear roles, responsibilities and obligations of each partner.

BOARD MEMBERS

Ms Kristine Riethmiller
Chair

Mr Roger Mattar
Deputy Chair & Company Secretary from 20 July 2018

Mrs Wendy Favorito
Consumer Director

Prof Susanna Proudman
Medical Director

Ms Colette Smith
Appointed on 27/9/2018

Mr Michael Touma
Treasurer from 26/11/2018

Mr Wayne Jarman
Treasurer till 26/11/2018, resigned on 26/11/2018

CHIEF EXECUTIVE OFFICER

Ms Ainslie Cahill CEO and Company Secretary till 20 July 2018
Mr Andrew Mills CEO from 20 July 2018

EMERITUS DIRECTORS

Ms Ita Buttrose AC OBE
Dr Mona Marabani MBBS
Prof Patrick McNeil

SCIENTIFIC ADVISORY PANEL

Assoc Prof Peter Youssef – Chair
Prof Jim Bertouch
Prof Peter Brooks AM
Scott Graff
Dr Julien de Jager
Dr Anna Dorai Raj
Prof David Hunter
Prof Graeme Jones
Prof Michelle Leech
Dr Mona Marabani
Dr Andrew Taylor

COUNCIL OF ADVICE MEMBERS

Mr Andrew Walker – Chair
Ms Hilary Fowler
Ms Kate Templeman
Ms Silvia Caratti
Ms Stefani Johnson
Mr Nigel Come
Ms Kristine Riethmiller

GRANTS ASSESSMENT COMMITTEE

Prof Graeme Jones – Chair
Prof Susanna Proudman
Dr Helen Benham
Dr Tania Crotti
Assoc Prof Catherine Hill
Prof Rana Hinman
Prof Chris Little
Dr Mandana Nikpour
Prof Johannes Nossent
Ms Jane Hope
Mrs Wendy Favorito

PATRON

His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd), Governor-General of the Commonwealth of Australia.

AUSTRALIAN PAEDIATRIC RHEUMATOLOGY COMMITTEE

Dr Christina Boros – Chair
Prof Susanna Proudman
Mrs Wendy Favorito
Ms Kristine Makin
Dr Davinder Singh-Grewal

OUR SUPPORTERS

We are extremely thankful to our supporters who have reinforced our work in raising awareness, delivering education and support services, providing annual research grants and developing advocacy programs. Many have contributed expertise, time, funding, goods and services.

Awareness and education

AbbVie Pty Ltd
Australian Institute of Packaging
Australian Rheumatology Association
Blink Print Pty Ltd
Commonwealth Department of Health
Eli Lilly Pty Ltd
Janssen-Cilag Pty Ltd
Lanham Public Relations
Pfizer Australia Pty Ltd
Roche Products Pty Ltd
UCB Australia Pty Ltd
Zimmer Biomet

In-kind support

Anchor Hosting
Michael Downes
Georgia Tech Research Institute
Halltech Services
Kemp Strang Pty Ltd/Thomson Geer Pty Ltd
Morgans Financial Ltd

2018-2019 Donations of $500+

The Gabriele Ross Ankenbauer Legacy
Adam Cogar
Estate of Mary Lou Draber
Bernadette Demman
Eventide Homes NSW
Robyn Ellis
C.W. & J. A. Famer
D & R Field
Fyfe consultancy service
Gateway Valhalla Ladies Craft Group
Kelly & Jasmine Giannaros
Estate of Angela Monica Gibson
Gwenneth Nancy Head Foundation
Peter Hall
Libby Higgin
Gillian Horwood
Laura Jolly
Lear Family
James Lewis
Grant Lintern
C. Lyons
Melrose Apartments
David Motteram
Carolyn New
Carolyn New
Omeed Nikdin
Estate of Margaret Louise Ogle
Oxygen Private Clients
Estate of Marie Joyce Partridge
G. Peake
Rosemary Richardson
Rotary Club – Hoppers Crossing
Estate of Molly Saint
Barry Scott
Paul Scott
Ben and Gloria Sharma Foundation
Jonathan Shead
Stephen Shnider
Stephen Smith
Meridy Taite
Peter Twiner
Amanda Ugo
Bruce & Maureen Wallis
Wilson Asset Management
Christine Woodruff

2018-2019 Fundraising of $500+

Kristina Brines
Scott Clark
Alisha Frittmann
Caleb Heiner
Jake Irvine
Tanya Lupancu
Matt Steele
Max Stoneman

2018-2019 JIA Scholarship Appeal

Mr & Mrs B Tattershall
Dr Pavla Walsh

National Consumer Reference Group

Wendy Favorito (chair)
Danielle Dunlevey
Paul Forrestal
Michelle Graham
Sarah McHarg
Alison Park
Murray Smith
Linda Spurrier (until October 2018)
Max Stoneman

Medicines Australia Community Chest Program

Abbvie Pty Ltd
Eli Lilly Pty Ltd
Janssen-Cilag Pty Ltd
Pfizer Australia Pty Ltd
Roche Products Pty Ltd
Sanofi-Aventis Australia Pty Ltd

Parliamentary Friends

The Hon Kevin Andrews MP, Convenor, House of Representatives, Canberra
Senator Carol Brown, Convenor, the Senate, Canberra
Senator Rachel Siewert, the Senate, Canberra

CORPORATE SPONSORS

THANKYOU FOR YOUR SUPPORT

ARTHRITIS
INFORMATION & CONTACTS

ARTHRITIS AUS WEBSITE
No matter who you are, or your experience with arthritis, we're here to help you manage your symptoms and get on with life.

arthritisaustralia.com.au

MYJOINTPAIN.ORG.AU
Information and self-management plans tailored for people who have joint pain or been diagnosed with osteoarthritis.

myjointpain.org.au

EMPOWERED.ORG.AU
Online support for Australians living with rheumatoid arthritis, ankylosing spondylitis and psoriatic arthritis.

www.empowered.org.au

MYBACKPAIN
Information and self-management for people living with low back pain.

mybackpain.org.au

Arthritis Australia

Level 2/255 Broadway Glebe NSW 2037

PO Box 550 Broadway NSW 2007

P: 02 9518 4441 F: 02 9518 4011
E: info@arthritisaustralia.com.au
www.arthritisaustralia.com.au

Andrew Mills, Chief Executive Officer

WHO CAN YOU CONTACT?

FOR ALL ARTHRITIS INFORMATION:
ARTHRITIS INFOLINE 1800 011 041
WWW.ARTHRITISAUSTRALIA.COM.AU

AFFILIATE OFFICES

Arthritis ACT
Building 18,
170 Haydon Drive
BRUCE ACT 2617

PO Box 908,
Belconnen ACT 2616

P: 02 6251 2055
F: 02 6251 2066
E: info@arthritisact.org.au
www.arthritisact.org.au

Rebecca Davey,
Chief Executive Officer

Arthritis Northern Territory
Shop 18, Rapid Creek Business Village, 48 Trower Rd
Millner NT 0810

PO Box 452,
Nightcliff NT 0814

(MON to THUR)
P: 08 8948 5232
E: info@aont.org.au
www.aont.org.au

Hilary Fowler
Secretary

Arthritis South Australia
118 Richmond Road,
Marleston SA 5033

P: 08 8379 5711
F: 08 8379 5707
E: info@arthritissa.org.au
www.arthritissa.org.au

Julie Black
Chief Executive Officer 14 September 2018

Denise McMillan-Hall, Chief Executive Officer

Arthritis Western Australia
Wyllie Arthritis Centre
17 Lemnos Street,
Shenton Park 6008

PO Box 34,
Wembley WA 6913

P: 08 9388 2199
F: 08 9388 4488
E: general@arthritiswa.org.au
www.arthritiswa.org.au

Ric Forlano
Executive Director

Arthritis New South Wales
Unit 1, 15/32 Delhi Road
North Ryde NSW 2113

Locked Bag 2216 North Ryde
NSW 1670

P: 02 9857 3300
F: 02 9857 3399

Sandra Vincent,
Chief Executive Officer

Arthritis Queensland
Level 1, 42 Costin Street,
Fortitude Valley, QLD 4006

PO Box 2121
Windsor QLD 4030

P: 07 3857 4200
F: 07 3857 4099
E: info@arthritis.org.au
www.arthritis.org.au

Emma Thompson
Chief Executive Officer

Arthritis Tasmania
19A Main Road,
Moonah TAS 7009

PO Box 780,
Moonah TAS 7009

P: 03 6228 4824
F: 03 6228 3486
E: info@arthritistas.org.au
www.arthritistas.org.au

Jackie Slyp
Chief Executive Officer

ARTHRITIS AUSTRALIA TEAM

Andrew Mills
CEO

Alex Brayshaw
Accessible Packaging Researcher

Franca Marine – National Policy and Government Relations Manager

Lindsey Parks
Social Media Manager

Athena Tzigeras
Administration

Devika Ravindran
Accountant

Ron Richardson
Financial Administrator

WHAT ARE WE DOING NEXT YEAR?

IN 2020 WE WILL:

Launch the MyRA website – a patient support program for people living with rheumatoid arthritis.

Deliver the Arthritis Action Plan, consumer education and support initiatives funded by the Australian Government, in collaboration with state and territory Affiliate arthritis organisations.

In partnership with participating state and territory Affiliate arthritis organisation, roll out **The Joint Movement** physical activity programs funded by the Australian Government Better Ageing program through Sports Australia.

Continue to **advocate for increased funding for arthritis research** from the Australian Government's Medical Research Future Fund (MRFF).

Follow us:

Facebook

Twitter

Instagram

Arthritis AUSTRALIA

Arthritis Australia

Level 2/255 Broadway Glebe NSW 2037

PO Box 550, Broadway NSW 2007

P: 02 9518 4441
F: 02 9518 4011
E: info@arthritisaustralia.com.au
www.arthritisaustralia.com.au