

Rebecca Johnson

CEO

Telethon Type 1 Diabetes Family Centre

Diagnosed with type 1 in 2001, Bec is passionate about making positive change in the type 1 community. She has undergraduate qualifications in Law and Arts, a Masters in Public Health, and a Diploma in Governance, Bec is an Adjunct Research Fellow at Curtin University, a member of the Australian Institute of Community Directors and a Fellow of Leadership WA. Bec has worked in both chronic and communicable disease in Australia and internationally, in a variety of legal advocacy and public health project management roles.

Bec believes that there are no limits on a life with type 1 diabetes, and she has swum solo across the 20-kilometre Rottneest Channel, sailed across the Atlantic, and become a SCUBA dive guide to prove it. She thinks that people with type 1 should be empowered to choose management strategies that work for them, that physical activity is fundamental to good physical and mental health, and that peer support plays a vital role in sustainable and holistic diabetes care.