



DIABETES ISN'T SLOWING DOWN

And neither are we.

“We must balance the hope and optimism of all that we accomplished together in 2022 with the reality that diabetes isn't slowing down. In fact, every three minutes, someone in Canada receives a diagnosis of some form of diabetes; that's 480 people each day. It's a staggering number, but with your support, Diabetes Canada will continue to do all that we can to stem the tide.”

Laura Syron, President & CEO

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Working together to improve lives and End Diabetes

“Our country very much needs an actionable plan that will give the millions of people affected by diabetes the chance to live longer, healthier lives. The tabling of the Framework is a major step forward in doing so. Diabetes is finally getting the attention and focus it deserves.”

Laura Syron, President & CEO

2022 was a year of progress and momentum, thanks to you.

With the support of generous donors and partners like you, Diabetes Canada continued to work toward improving lives through education, research and advocacy. After a couple of challenging pandemic years focused on survival and recovery, Diabetes Canada made significant advancements in 2022 and finished the year filled with optimism and hope for the future.

Here are a few 2022 achievements:

- A huge highlight was the **return to in-person Diabetes Canada D-Camps** for children and youth living with type 1 diabetes. For the first time since COVID, campers and their families connected and enjoyed camp activities in person.
- We invested more into our research grant competition in 2022, enabling us to award **funding to 30 promising studies**.
- In June, changes were made to the federal Disability Tax Credit, making it **easier for people with type 1 diabetes to qualify for the tax break**.
- In a big win for the diabetes community, and all of Canada, our persistent advocacy efforts came to fruition with the federal government's tabling of the **Framework for Diabetes in Canada**. (See page 10)



Dr. Brian Rodrigues,
Diabetes Canada-funded researcher

“Thank you so much. You did a great job of answering my queries. Obviously, you know how important it is for us, who wish to avoid hereditary diabetes, to get good information.”

Caller to 1-800-BANTING

“The certified diabetes educator I spoke with was great and offered excellent advice. Thanks to them, I was able to see positive results in my recent A1C.”

Diabetes Education Line participant

YOUR 2022 IMPACT AT A GLANCE



1-800-BANTING (226-8464) INFORMATION AND REFERRAL LINE

This vital service provides people affected by diabetes with compassionate support, helpful information and access to important resources. In 2022, **we responded to almost 19,000 diabetes inquiries** from people all across Canada.



DIABETES EDUCATION LINE

At a time when many Canadians who live with diabetes were struggling to afford access to essential services like dietitians, **Diabetes Canada provided 107 individuals with free access to certified diabetes educators** via a special phone line.



ASK THE EXPERTS

Our patient education series supports people affected by diabetes, helping them thrive and successfully manage their condition. The virtual series, which is accessible any time to anyone across the country, generated **48,000 views in 2022**.



D-CAMPS

We returned to in-person camps at all nine of our Diabetes D-Camps across the country, **helping almost 1,000 children and youth with type 1 diabetes** make important connections and learn to manage their condition better on their own.



CLOTHING DONATION

Donated items collected and diverted from landfill, translated into **\$4 million to support diabetes research, education, programs and advocacy**.

A message from our Chair of the Board



“ There is a real passion and optimism for making the progress people living with diabetes want and deserve.

In 2022 we put systems and strategies in place to ensure Diabetes Canada can more effectively deliver on the mission you've entrusted to us: to improve the quality of life for people living with diabetes and to find a cure. We take that mission — and every dollar you give towards it — very seriously.

By maximizing efficiencies last year, we were able to free up more money for research funding. I'm proud to say that, with the support of generous donors like you, Diabetes Canada invested extra in our 2022 research competition. Instead of the 20 research grants we offered in 2021, we were able to offer 30 research grants. Increasing our investment has a ripple effect: the more we invest in research, the more researchers we'll attract to this cause. The more researchers we attract, the more game-changing discoveries can be made.

On the healthcare professional front, Diabetes Canada held the first in-person professional conference since the onset of the pandemic. For those who travelled to Calgary, the ability to connect and network in-person was incredible. I heard people remark, "just like the old days" and "I hadn't realized how much I missed this." The hybrid format allowed many more people to participate virtually.

We also focused on ways to have greater impact with our **Clinical Practice Guidelines (CPG)**. Previously we renewed the guidelines every five years, however information and technology is evolving much more rapidly. Our goal is to update the CPG whenever new evidence-based information becomes available and to get that information into the hands of clinicians faster to improve patient care.

I'm excited about how far we've come and I'm optimistic about where we are headed. The changes that needed to be made have been made. The ship has been righted, and we're all paddling toward the same horizon. As Chair of the Board, I promise you that Diabetes Canada is committed to doing everything we can to improve lives, transform experiences and one day End Diabetes.

A handwritten signature in black ink, appearing to read 'Peter Senior'.

Dr. Peter Senior, Chair of the Board

A message from our President & CEO



“ I am deeply grateful for everyone who supported Diabetes Canada in 2022. Every step forward we take together is a step closer to our vision — a world free of the effects of diabetes.”

There is a great energy and excitement at Diabetes Canada right now. Following a couple of challenging pandemic years and after making strategic organizational changes in 2021, Diabetes Canada emerged a stronger and more focused organization in 2022.

As the go-to place for diabetes knowledge and connection, we added more digital content, including **webinars** and **podcasts**, and we integrated our information resources to make it easier for people of all abilities to learn about managing their diabetes. We also continued to hold our type 1 and type 2 conferences virtually, which allowed people all across Canada to access the information that interested them the most. A huge highlight for 2022 was the return of all nine of our **Diabetes Canada D-Camps**. For the first time since COVID began, children living with type 1 diabetes and their families were able to connect in person.

On the advocacy front, it's now easier for people living with type 1 diabetes to qualify for the **Disability Tax Credit (DTC)**. Considering that out-of-pocket costs for managing diabetes can be over \$15,000 a year, changes to the DTC eligibility criteria are an important win for the diabetes community.

In a year that saw many successes, the biggest achievement of 2022 has to be the tabling of the Framework for Diabetes in Canada by the federal government in October. The **Framework provides a road map** that will help federal and provincial governments address the diabetes epidemic in our country. The culmination of more than six years of work by Diabetes Canada, along with our donors, stakeholders and partners, tabling of the Framework says to people living with diabetes, like me, that our lives matter. (Turn to page 10 to read more.)

I truly feel optimistic about the future and I hope people in the diabetes community do as well. Your voices are being heard. Important changes are happening. And together, we're moving ever closer to ending diabetes.

A handwritten signature in black ink, which appears to read 'Laura Syron'. The signature is fluid and cursive.

Laura Syron, President and CEO



Education and connection for people living with diabetes

Improving knowledge to live better with diabetes.

With your support in 2022, Diabetes Canada continued to be an important source for information, support and connection for people affected by diabetes.



Diabetes Canada Podcast

Sharing the stories of those impacted by diabetes is an important part of the work of Diabetes Canada. Episodes delve into issues including diabetes research and the need to change the way we think about and speak about the diabetes epidemic in Canada. In 2022, the podcast had 20,375 listens.



How2Type1 Videos

In partnership with the Diabetes Leadership Foundation, Diabetes Canada developed a new series of “how-to” videos to help people who live with type 1 diabetes thrive. The videos provide expert advice, and actionable steps on topics such as nutrition, how to prevent spikes, and understanding hypoglycemia and hyperglycemia.



No Limits Type 1 Diabetes Conference

Our virtual conference to support and connect people living with type 1 diabetes had 14,043 online views in 2022. Keynote speaker Kaleb Dahlgren presented on the importance of holding yourself accountable to achieve your goals. Other topics included remote monitoring of type 1 diabetes, mental wellness after COVID, research into add-on-to-insulin drugs, and more.

“Very well organized. Wonderful speakers and moderators. This conference left me feeling uplifted, inspired and hopeful.”

Type 1 conference participant



Let's End Diabetes Type 2 Conference

We once again held our type 2 conference virtually because participants told us that's what they preferred. The keynote speech by Emily Brass about tackling type 2 diabetes stigma resonated with the audience. In 2022, the conference was viewed 86,575 times.

“Great job done. Thanks for all the information and discussion. This adds to my knowledge in my journey with type 2 diabetes.”

Type 2 conference participant

REGISTRATION & EXHIBIT HALL



Healthcare professional education and engagement

Providing up-to-date information and resources to improve diabetes care.

Diabetes Canada continued to support healthcare professionals on the front lines of diabetes care in 2022, with the help of supporters like you.



Together in Care Professional Conference

The 25th annual Diabetes Canada/Canadian Society of Endocrinology and Metabolism (CSEM) Professional Conference, which was held in person for the first time since the start of COVID, was a major success. More than 100 speakers, 28 exhibitors, and 1,100 delegates from across the country gathered in Calgary and enjoyed the opportunity to connect, network and share best practices for diabetes care and management. A variety of sessions were also available virtually.



Diabetes Frontline Forum

Our third annual virtual Diabetes Frontline Forum provided 500-plus healthcare providers with the opportunity to network and find out about the latest learnings and trends in treating people living with diabetes. The event featured dynamic education sessions presented by world renowned speakers and key opinion leaders. Q&A sessions, which were moderated by members of Diabetes Canada's professional section, allowed participants to have their questions answered in real time.



Healthcare Huddle Podcast

Each episode explores clinical challenges in diabetes care with a case study and an expert weighing in on the conversation. Since launching in November 2021, more than 1,700 listeners have accessed the podcasts available at diabetes.ca/resources/podcast

Clinical Practice Guidelines

The Clinical Practice Guidelines (CPG) are evidence-based guidelines that provide diagnostic, prognostic, and therapeutic recommendations to guide end users in the prevention and management of diabetes. Their primary goal is to educate healthcare professionals in order to improve the quality of diabetes care in Canada, and to positively impact the daily lives of Canadians living with diabetes.



NEW FOR 2022: Remission of Type 2 Diabetes

Historically, type 2 diabetes has been viewed as a progressive disease with an unavoidable trajectory toward beta-cell failure*. In the past several years, case series followed by randomized trials have emerged of individuals with type 2 diabetes who have achieved non-diabetes range glucose levels with bariatric surgery or low-calorie meal-placement diet interventions. In 2022, Diabetes Canada published a new "Remission of Type 2 Diabetes" chapter, as well as an accompanying user guide. This will help healthcare professionals understand these novel recommendations and have necessary resources at their disposal to discuss this option with adults living with type 2 diabetes who might benefit from such an approach. These remission guidelines were published in the *Canadian Journal of Diabetes* in December 2022, and are the first of their kind in the world with evidence-based recommendations.

Read more: guidelines.diabetes.ca/cpg

“Every year, through a rigorous process, including surveillance of published evidence and a series of surveys (from end users, CPG experts, and people with lived experience), the CPG Steering Committee selects a number of topics for new chapters, or position statements, and for the revision and updating of existing chapters, to ensure the best and latest evidence-based data is available to everyone involved in diabetes care.”

Dr. Harpreet Bajaj, Chair, Clinical Practice Guidelines



“By bringing the Guidelines into the electronic medical records, clinicians won't have to go searching for them; all of the guidance will be at their fingertips.”

Dr. Fred Melindy, Program Director of the eDOCSNL initiative

Putting the Clinical Practice Guidelines at the fingertips of clinicians

Can integrating the Clinical Practice Guidelines (CPG) into an electronic toolset improve diabetes care and health outcomes? To find out, Diabetes Canada partnered with eDOCSNL, the Provincial Electronic Medical Records (EMR) Program for Newfoundland and Labrador, on the knowledge translation of the CPG to develop and implement a diabetes toolset (Practice 360).

Implementation of evidence-based guidelines is at the core of delivering the best care. However, for most busy clinicians, there are too many guidelines to recall in real time. The eDOCSNL vision is to optimize the use of the CPG by making them readily accessible to the clinicians at the point at which they are treating their patients and updating their records.

*Source: DeFronzo RA, Triplitt CL, Abdul-Ghani M, Cersosimo E. Novel agents for the treatment of type 2 diabetes. *Diabetes spectrum: A publication of the American Diabetes Association.* 2014;27(2):100-12.

Bringing about positive change together

Through persistent efforts and with your generous support, two big advocacy wins were achieved in 2022.

“As an organization focused on the well-being of children and youth, the Lawson Foundation is concerned over the rising rate of diabetes among young people in Canada. That’s why we partnered with Diabetes Canada in support of their work to establish a National Framework for Diabetes. We’re proud to support an initiative that could have a lasting positive effect on all people in Canada.”

Jeff LaPlante, Program Director, Lawson Foundation

“There’s great excitement and energy within the community and support for action is strong. The hard work of making diabetes a nationwide concern has been done, in part, through this framework. Diabetes Canada is keen to partner with all stakeholders in the months and years ahead to bring the framework to life.”

Laura Syron, President & CEO

Tabling of the Framework for Diabetes in Canada is a critical turning point

Since 2018, Diabetes Canada has led the urgent call for a nationwide diabetes framework to reduce the tremendous human and economic costs of diabetes care in Canada.

The Minister of Health tabled the Framework for Diabetes in Canada in the House of Commons on October 5, 2022. This was a significant milestone for the diabetes community, including Diabetes Canada and our volunteers, community partners, and supporters. The framework will serve as a road map for federal, provincial, and territorial action to improve diabetes prevention (type 2), screening, treatment, and health outcomes in Canada.

Informed by Canadians through a broad nationwide engagement process, a number of cross-cutting principles were identified as foundational to the framework and highlight the importance of:

- **addressing health equity**, including medications, devices, supplies, services and financial supports.
- **applying a person-centred approach**, including culturally appropriate programs — to improve diabetes management, reduce the risk of diabetes complications and tackle the stigma around diabetes.
- **differentiating between types of diabetes**, improving public understanding about diabetes as a disease with tools that are inclusive, focused on the individual, and reducing stigma and inequities.
- **supporting innovation** to scale up and expand current data sources.
- **promoting leadership, and information exchange** to foster collaboration across all jurisdictions in Canada.



Hon. Jean-Yves Duclos (centre), MP for Brampton South, Sonia Sidhu (third from left), Senator Marie-Françoise Mégie (second from left) Diabetes Canada and JDRF Canada staff at the tabling of the framework for Diabetes in Canada

Changes to the Disability Tax Credit make qualifying easier

The cost of managing diabetes is significant and increasing. Out-of-pocket costs for Canadians with type 1 diabetes can be more than \$15,000 per year.

Diabetes Canada has been advocating for fair and equitable access to the Disability Tax Credit (DTC) for people with diabetes as a means to offset some of the cost of managing their life-long condition.

On June 24, 2022, the government of Canada announced expansion of the eligibility specific to the DTC for individuals with type 1 diabetes. For years, the eligibility criteria required proof that applicants dedicated 14 hours per week for life-sustaining therapy. Now Canadians living with type 1 diabetes meet the eligibility criteria without having to submit details of their therapy for 2021 and later years. With your support, Diabetes Canada continues to work hard to see improvements for Canadians living with diabetes through our advocacy initiatives.

“I’m excited about this long overdue news. Removing administrative barriers will go a long way in treating people with type 1 diabetes more fairly and will help relieve some of the financial burden of dealing with this condition.”

John Whitehead who lives with type 1 diabetes

Access to resources and support is important

Diagnosed with type 1 diabetes at the age of two, Jenika Myers-Jennings is pleased to see the framework taking shape, especially for those who don't have access to equitable care or may be struggling to afford the high cost of diabetes management.

As the framework is put into action, Jenika hopes to see more focus on how diabetes impacts people from different cultures, backgrounds, and races. **“There’s a social component to all this. There are some communities where people aren’t going to doctors, or aren’t getting the support they need,”** says Jenika, who is working on her master’s degree in public health with a focus on the societal aspect of diabetes.



Jenika Myers-Jennings



D-CAMPS

The return of D-Camps

More magical moments, thanks to you.

After two summers of being away from in-person programming because of the pandemic, our dedicated team of counsellors and medical staff were thrilled to be back together with campers in 2022. There were new connections and friendships, heart-warming reunions, and other magical moments that make D-Camps such an important part of Diabetes Canada's work.



New friendships and connections. Heart-warming reunions.

Mariah, now 14, was diagnosed with type 1 diabetes at the age of nine. She is the only one in her school and on her basketball team who lives with diabetes, which can be difficult sometimes. None of her teammates have to deal with the frustration of sitting out because of low blood sugar or the challenges of managing blood sugar drops at the end of the game.

That's one of the many reasons Mariah loves going to **Diabetes Canada's D-Camps**. "Having friends with diabetes makes living with diabetes easier," she says. "If it is a bad diabetes day where your numbers are high or low, they know how tough it is because they have those days too."

Understanding the importance of connecting with people who have shared experiences, the diabetes clinic that Mariah attended put her and her family in touch with another teen and family affected by diabetes. Mariah and Hannah became fast friends, corresponding daily on Snapchat. An active teen like Mariah, Hannah could relate to the challenges of managing her blood sugar levels when playing sports like hockey and badminton.

Mariah told Hannah about Diabetes Canada's family and summer camps and the two made plans to attend together. They had an amazing time being active, connecting over shared experiences and learning how to manage their diabetes independently. Their friendship has continued to grow since then. The two talk or text all the time, have sleepovers and cheer each other on. They are both counting the days until they can be reunited with all their friends at this year's D-Camp.

“ *Camp gives me a week of normal. A week where the other campers and staff know what I am going through and are there to support me. I love going to camp.*

Mariah Inglis,
D-Camper



Camp Angus: A fitting tribute to a beloved son and brother.

Angus Armour loved the outdoors and was always game for new adventures. He participated in a wide range of sports and activities from basketball and soccer to skiing and skateboarding. Diagnosed with type 1 diabetes at the age of 12, Angus never let it define him or hold him back. He even tried skydiving, and as a teen, he asked for a motorized scooter — Angus yearned for wide open spaces.

Perhaps the only thing Angus loved more than the outdoors was spending time with his family. “Angus and his brother were very close. They did everything together,” says dad, Wesley. “Family was very important to him,” adds mom, Patricia.

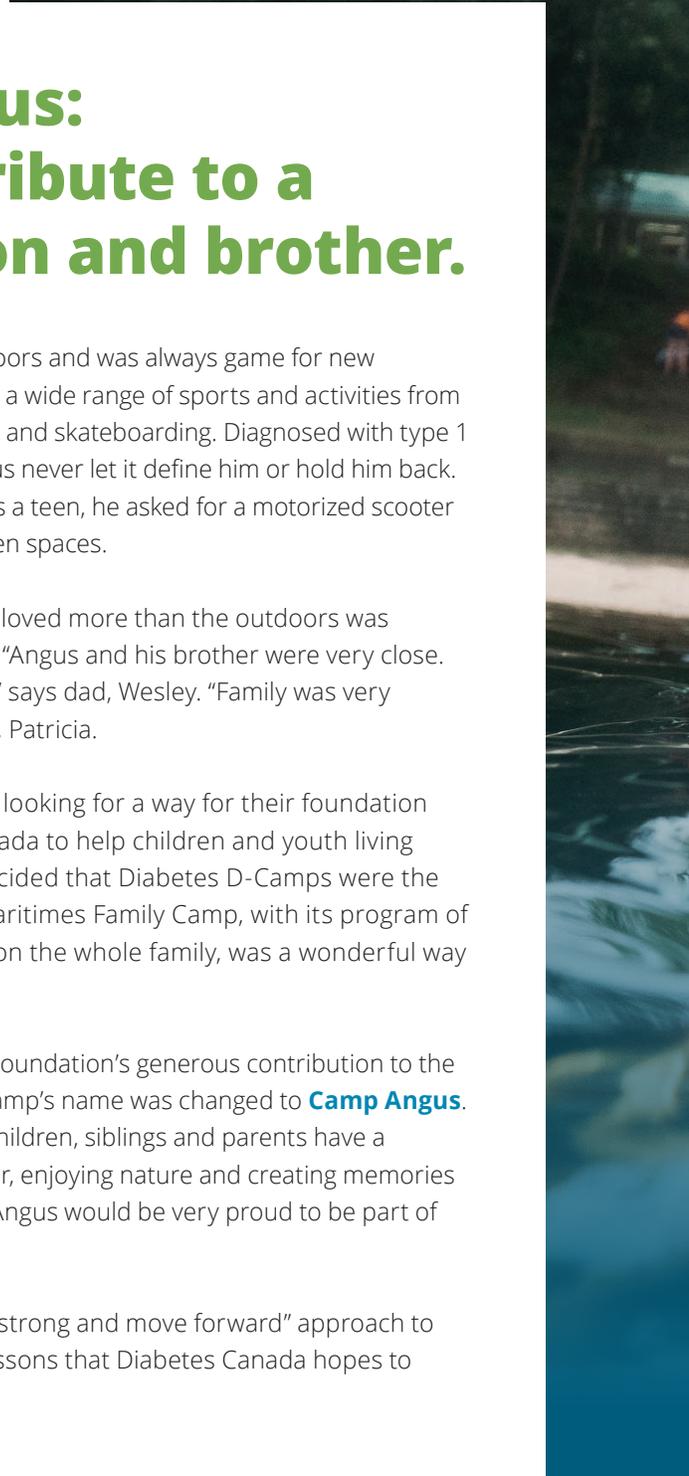
When the Armour family was looking for a way for their foundation to partner with Diabetes Canada to help children and youth living with type 1 diabetes, they decided that Diabetes D-Camps were the perfect fit. Supporting the Maritimes Family Camp, with its program of outdoor activities and focus on the whole family, was a wonderful way to honour Angus.

In recognition of the Armour Foundation’s generous contribution to the Maritimes Family Camp, the camp’s name was changed to **Camp Angus**. “Diabetes family camps help children, siblings and parents have a wonderful experience together, enjoying nature and creating memories that will last a lifetime. I think Angus would be very proud to be part of that,” says Wesley.

Angus’ selflessness and “stay strong and move forward” approach to life embody the values and lessons that Diabetes Canada hopes to inspire in our all campers.

About the Wesley & Patricia Armour Foundation

The family foundation, created by Wesley Armour, is committed to finding, creating and embracing community partnerships in Atlantic Canada that will produce meaningful change and help children and youth meet their full potential.





985

CAMPERS ATTENDED

9

IN-PERSON D-CAMPS
ACROSS CANADA



Community impact

Taking action to raise funds and awareness from coast to coast to coast.

Lace Up to End Diabetes

The third annual virtual event asked individuals and teams to #LaceUpYourWay by choosing any activity and setting their own pace. Thanks to the new Lace Up app, participants were able to join distance challenges ranging from 10 to 500 km and daily streak challenges ranging from 10 to 30 days. Lace Up to End Diabetes successfully grew participation by 51 percent from the previous year, with **1,766 participants** from **530 communities** joining the program.



✓ **Leslie Ann Bent** from B.C. laced up by walking 100 km in 4 days in September.



◀ **Arlene Wolfe** from Manitoba challenged herself to take 300,000 steps in September. She smashed her goal — achieving 447,422 steps in just one month.



▲ **Tarrah Mauricette** hosted an in-person walk in Ottawa on September 25 through her walking program Bamboo2 which consists of two bamboo sticks, anchored by two partners, strutting to the beat of up-tempo music.

**TOGETHER, WE
RAISED OVER
\$400,000 AND
MOVED MORE
THAN 125,000 KM.**

Best Banting Gala in B.C.

Jas Oberoi, President of Jas Oberoi Group, was looking for an opportunity to support Diabetes Canada after losing his mother to complications of diabetes at the early age of 52. Jas and his team worked together with Diabetes Canada to deliver the Best Banting Gala. The evening included a research update by Diabetes Canada-funded researcher Dr. Brian Rodrigues and personal stories from individuals living with diabetes and **raised approximately \$115,000** in support of Diabetes Canada.



Jas Oberoi (second from left) and the Jas Oberoi Group team attend the Best Banting Gala in B.C.



Joanna Jackson



Kristyn Doran

Pump Couture

The first annual Pump Couture Fashion Show was an evening dedicated to bringing visibility to people living with diabetes while raising money in support of Diabetes Canada's D-Camps. Models Joanna Jackson and Kristyn Doran both live with type 1 diabetes. Their lifelong friendship began nearly 40 years ago when they bonded over their shared experiences while attending Camp Huronda. In addition to **raising more than \$80,000** to help send local children and youth to Camp Huronda, the show helped connect Diabetes Canada with the community and advanced our goal to change the conversation around the stigma of living with diabetes.

“Regardless of who you are or what community you live in, you're going to know someone who has diabetes or is affected by diabetes. At Hydropool, there are many people who have been impacted by diabetes and it's important from a community standpoint to give back to the communities that support them.”

Doug Gillespie, Vice President Marketing, Hydropool Hot Tubs and Swim Spas and title sponsor of Pump Couture

A legacy of support



Duncan Kellie, age 84, has lived with type 2 diabetes for 25 years. An active volunteer with Diabetes Canada, Duncan was the top fundraiser for the Brandon, Man., branch for many years. He has also participated in numerous expos and volunteer events, and ran a support group for people living with diabetes for more than 20 years.

In addition to raising funds in support of Diabetes Canada's mission, Duncan is a generous donor, having given regularly since 2000. Passionate about continuing to help others affected by diabetes, Duncan decided to leave a gift to Diabetes Canada in his will. His legacy gift will support Diabetes Canada's work to improve the lives of people living with diabetes and our commitment to invest in world-class research to improve treatments and find a cure.

If you share our vision for a world free of diabetes, please consider joining Duncan in making a gift in your will to Diabetes Canada.

Learn more about legacy giving:

diabetes.ca/legacy-giving



Corporate partners in action

Partnering to deliver programs and services for people living with diabetes.

“Our mission at Walmart Health is to enhance access to affordable and personalized care to Canadians. Our opticians, pharmacists and network of certified diabetes educators are some of the most accessible healthcare providers, providing advice and support to their communities. Through our partnership with Diabetes Canada, we have expanded access to education and screening for type 2 diabetes.”

Alex Hurd, Vice President Health Services, Walmart Canada

Walmart Pharmacy

Walmart Canada enhances access to diabetes screening across Canada

In 2022, Diabetes Canada partnered with Walmart Canada to build awareness about diabetes and provide education about its associated health risks. This was accomplished through several digital initiatives, in-store support tools, and Walmart’s network of pharmacists and opticians in communities across the country. As well, Walmart hosted special events, such as Walmart Wellness Days and Walmart’s Diabetes Awareness Day, to enhance access to screening for type 2 diabetes. Last year alone, Walmart Health teams provided more than 34,000 health screenings, including:

- **10,000+** blood glucose screenings
- **10,500+** blood pressure screenings
- **7,000+** eye health & diabetic retinopathy self-assessments



“We know the important role Camp Huronda plays in the lives of those affected by type 1 diabetes, and it’s amazing to have children safely back at camp. Novo Nordisk is proud to give back in a meaningful way and contribute to this milestone that will provide children with an incredible camp experience.”

Béatrice Clerc, President, Novo Nordisk Canada Inc.

“Having the opportunity to volunteer with my family at Camp Huronda was so fulfilling. Not only did we get to support type 1 diabetes campers, I got to teach my kids about the importance of helping others and giving back.”

Marsha Rosenberg, Stakeholder Relations, Senior Manager, Novo Nordisk Canada Inc.



Novo Nordisk puts time and money into supporting youth with type 1 diabetes

The new Insul-Inn medical centre, which opened at Diabetes Canada's Camp Huronda in Ontario last summer, was made possible through the generous support of our corporate partner Novo Nordisk. The brand-new facility, which is nearly twice the size of its 70-year-old predecessor, is a gamechanger for medical staff who provide campers with the on-site care they need and guide and support youth learning to manage their diabetes. Novo Nordisk's commitment to the type 1 diabetes community goes beyond funding — many staff members volunteered at the opening of Insul-Inn and helped prepare Camp Huronda for the return of in-person camp programming in 2022.



Changing lives through research

“Our investment in research in 2022 has created a real buzz in the research community. With Diabetes Canada back on the map, we’re attracting the best and brightest minds to this important work.”

Dr. Peter Senior, clinician, researcher and Chair of the Board, Diabetes Canada

Thank you for helping to advance research that gives people living with diabetes hope for a healthier future.

With your generous support, Diabetes Canada funds some of Canada's most renowned researchers and up-and-coming scientists in their search for new and pioneering developments in the prevention, treatment and management of diabetes.

In our 2022 research competition, we **granted funding to 30 researchers**, compared to 20 researchers in 2021. From exploring how to preserve beta cells in the pancreas to a new way of incorporating exercise into your daily routine, any one of these 30 projects has the potential to change and save lives.

Diabetes Canada is thrilled to fully fund research projects that could result in better health outcomes and bring us closer to ending diabetes.

Meet three researchers who are searching for life-changing answers



Dr. Peter Thompson

In people with type 1 diabetes, their immune system attacks the beta cells in the pancreas that are needed to produce insulin. While some beta cells escape the attack, they become sick and further accelerate the development of type 1 diabetes. Dr. Peter Thompson, assistant professor at the Max Rady College of Medicine at the University of Manitoba, discovered that removing the sick beta cells spared the healthy cells and prevented type 1 diabetes in mice. Dr. Thompson and his team are working on establishing markers so they can target sick beta cells in people, bringing us one step closer to preventing type 1 diabetes.

“We are extremely grateful to Diabetes Canada and donors for supporting our research. We are excited for the opportunity to take the discoveries we’ve made in animal models and translate them into new approaches to diagnostics and treatments for people affected by type 1 diabetes”.



Dr. Minna Woo

The vagus is an important part of the nervous system that controls automatic body processes, including the release of insulin from cells. When the vagus nerve malfunctions, this can precede the development of diabetes. Dr. Minna Woo, professor, Department of Medicine, and Director, Banting & Best Diabetes Centre at the University of Toronto, is examining whether manipulating the vagus nerve can prevent or treat diabetes. Given that some conditions such as depression and epilepsy can be treated through vagus nerve stimulation, Dr. Woo’s research holds great promise for an alternative approach to treat diabetes.

“We have had incredible advances in diabetes treatments, but there continue to be challenges for people living with diabetes. We are grateful to Diabetes Canada for enabling us to venture into discovery for new ways to treat this often silent disease that has devastating outcomes.”



Dr. Jonathan Little

Dr. Jonathan Little, a professor in the School of Health and Exercise Sciences and the Centre for Chronic Disease Prevention and Management at the University of British Columbia, is testing an innovative way to help people with type 2 diabetes increase their physical activity to better control their blood sugar levels. Dr. Little’s idea is to incorporate exercise “snacks” — short bursts of exercise lasting one minute or less — over the course of the day, breaking up sedentary time. A smartphone app and web-based platform will guide participants through activities such as stair climbing or simple body weight exercises that can be easily done at home or in the workplace.

“We hope our research provides people affected by type 2 diabetes with another exercise option — one that can be done anywhere and doesn’t require access to a gym — to help improve their fitness and blood sugar control. I am extremely grateful to Diabetes Canada and the generous donors for funding our research.”

\$10.2 MILLION WAS COMMITTED TO DIABETES RESEARCH IN 2022*

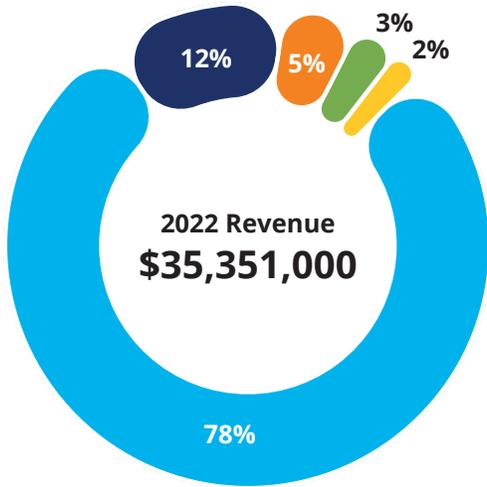
* In 2022, \$6.8M was invested in research. A total of \$10.2M was committed to research, which includes \$9M to the Diabetes Canada research competition, \$1M to a research competition in collaboration with JDRF, and \$200,000 to Diabetes Action Canada.

How your donations help

Thanks to our incredible community of donors and supporters, we raised over

\$35M in revenue

in 2022.



Revenue

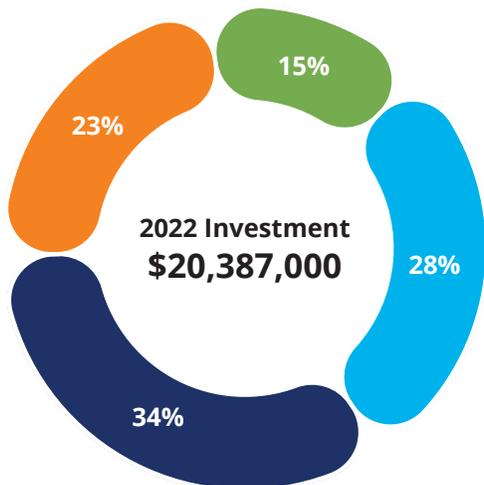
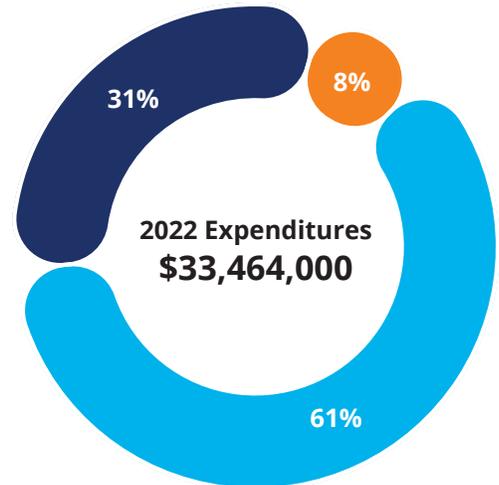
Where does our support come from?

	2022	2021
Support from the public	\$27.4M	\$27.2M
Income from National Diabetes Trust	\$4.2M	\$6.1M
Camps and education services	\$1.8M	\$0.4M
Investments and other income	\$1.1M	\$0.3M
Income from other charitable activities	\$0.8M	\$1.0M
Government assistance		\$1.2M

Program expenditures

Of the \$33M spent, we almost **DOUBLED** our investment in mission programs from the previous year to over \$20M to help the 1 in 3 people in Canada living with diabetes or prediabetes.

	2022	2021
Mission programs	\$20.4M	\$10.9M
Fundraising and public relations	\$10.5M	\$8.7M
Administration	\$2.6M	\$2.5M



Investment in our mission

Your generous support made a meaningful impact in both the lives of those living with diabetes and those supporting their quality of life, like researchers and clinicians.

	2022	2021
Improving management and prevention	\$5.7M	\$5.7M
Research	\$6.9M	\$2.9M
Drive for excellence in diabetes care	\$4.6M	\$1.6M
Helping children and adults with type 1 diabetes	\$3.2M	\$0.8M

Diabetes Canada's detailed financial statements audited by Grant Thornton are available at diabetes.ca/funding-accountability

Leadership team and Board of Directors

LEADERSHIP TEAM

- **Laura Syron**
President & CEO
- **Tim D'Souza**
Senior Vice President, Finance & Business Operations
- **Kim Fletcher**
Senior Vice President, Marketing & Communications
- **Brendan Robinson**
Senior Vice President, Development
- **Russell Williams**
Senior Vice President, Mission

BOARD OF DIRECTORS

- **Peter Senior**
Chair
- **Michael McMullen**
Vice-Chair/Secretary
- **Patricia Li**
Treasurer
- **Michael Coyle**
- **Len Daniels**
- **Diane T. Finegood**
- **Mark Lehman**
- **Lorraine Lipscombe**
- **Nafisa Merali**
- **Jimmy Mui**
- **Verlyn Olson**
- **Robert Screatton**
- **Ben Voss**
- **Sonia Yung**





Thank You

Together, we achieved so much in 2022, from committing more than \$10 million to diabetes research to the tabling of the National Framework on Diabetes. Going forward, Diabetes Canada will build on this momentum as we tackle critical issues such as the health consequences of diabetes and the stigma felt by so many living with diabetes.

DIABETES CANADA

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**Together, we can
End Diabetes**