

**Together, we can  
End Diabetes**

**We can't wait another 100 years.**

Cover Photos:

**The power of collective action on display.**

Canadians all across the country took action to End Diabetes during our annual Diabetes Awareness Month campaign in November.

*"The discovery of insulin is one of the biggest medical breakthroughs ever. This gift to the world was the product of Canadian minds and generosity: Dr. Banting gave away the insulin patent for \$1. On the 100th anniversary of the discovery of insulin, Diabetes Canada celebrated and honoured this life-changing Canadian achievement and put the pieces in place to accelerate progress. We can't wait another 100 years to End Diabetes."*

**Laura Syron**, President & CEO

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# Working together to End Diabetes

2021 was a challenging year. But it was also successful, thanks to you.

*“Each of us plays an integral and important role to help End Diabetes. Every action, no matter how big or small, brings us closer to a future without diabetes. It’s this collection of actions that will continue to drive progress and improve the quality of life of those living with diabetes.”*

**Laura Syron**, President & CEO



*“This is a very exciting and life-changing time for those living with diabetes in Canada.”*

Ryan, advocate and person living with type 1 diabetes

With the support of generous donors and partners like you, Diabetes Canada continued to work toward ending diabetes through education, research and advocacy. Despite the difficulties and uncertainty of the ongoing COVID-19 pandemic, we made significant progress in 2021. With you by our side, we remain 100% committed to doing all that we can to reduce diabetes risk, help improve the quality of life of those living with diabetes, and ultimately, find a cure.

## Here are a few 2021 achievements:

- Through our **End Diabetes: 100 Awards** research grant competition and grants co-funded with Canadian Institutes of Health Research (CIHR), we awarded more than \$2 million in funding to more than 20 promising scientific studies.
- Diabetes Canada offered more continuous programming than ever before for children and youth affected by type 1 diabetes through our **virtual A Dose of D-Camps** and our [doseofdamps.ca](https://doseofdamps.ca) website.
- In a huge win for the diabetes community and all of Canada, our ongoing advocacy efforts urging the federal government to support Diabetes 360° (a nationwide strategy) paid off in May with the **passing of Bill C-237, National Framework for Diabetes Act**.
- Diabetes Canada commemorated the **100th anniversary of the discovery of insulin** by engaging Canadians including the diabetes community from coast to coast to coast to raise awareness about diabetes and create a sense of urgency that we can't wait another 100 years to End Diabetes.



# YOUR 2021 IMPACT AT A GLANCE



## 1-800-BANTING (226-8464) INFORMATION AND SUPPORT LINE

We responded to more than 20,000 diabetes inquiries across Canada, providing compassionate support and vital resources.



## DIABETES EDUCATION LINE

We referred more than 130 individuals across Canada to Certified Diabetes Educators to help answer their diabetes management questions.



## ASK THE EXPERTS

Our patient education series featured 22 Ask the Expert sessions covering a variety of topics, including COVID-19 and vaccines.



## A DOSE OF D-CAMPS

We provided 95 hours of summer programming for children and youth with type 1 diabetes, serving 218 households over six weeks.



## CREATING GREATER PUBLIC AWARENESS

During Diabetes Awareness month, Canadians took 170,000 actions to End Diabetes.



## SUPPORTING HEALTHCARE PROFESSIONALS

More than 3,400 healthcare professionals attended our 2021 virtual professional conferences.



## CLOTHING DONATION

Approximately 60 million pounds of donated items were collected and diverted from landfill, translating into \$5 million to support diabetes research, education, programs and advocacy.



*"Thank you so much for listening, providing me with helpful resources and pointing me in the right direction. I am grateful for the support you provided, and you certainly made my day!"*

Caller to 1-800-BANTING



*"The diabetes educator I was referred to was great, honest, and told me the truth. I highly recommend her!"*

Diabetes Education Line participant



*"Thanks for a great safe place for these kids to gather and not feel so alone in the world."*

A Dose of D-Camps parent

# 100 years of diabetes breakthroughs

The discovery of insulin in 1921 transformed diabetes from a disease that was universally fatal to one that is treatable. On the 100th anniversary of this life-changing discovery, we celebrate other important research breakthroughs that have improved the lives of people living with diabetes.

## 1921

Drs. Charles Best and Frederick Banting identify the hormone insulin at the University of Toronto.



## 1936

Britain's Sir Harold Percival Himsworth publishes research on the differences between type 1 and type 2 diabetes.



**1972**

Metformin, a drug widely used to treat type 2 diabetes, is approved in Canada.

**1978**

The first manufactured insulin identical to human insulin is introduced.



**1980s**

Home glucose monitors dramatically improve testing.

**1986**

An insulin “pen” is introduced. These prefilled syringes make insulin easier to administer.



CONTINUED



# A message from our Chair of the Board

**T**aking on the role of Chair of the Board of Diabetes Canada on the 100th anniversary of the discovery of insulin was particularly meaningful for me. I've dedicated my almost 30-year career as a clinician and researcher to improving diabetes treatment and care.

Insulin was a game-changing discovery and it came about through curiosity and people taking bold new steps. It's that pioneering spirit that brought me to Canada from the U.K. in 2002. As a diabetes specialist, the care I provide can make a difference to the patient in front of me. But to have a greater impact—to help more than one person at a time—I need to take bolder steps, like being part of the innovative diabetes research that is happening in Canada and getting involved with Diabetes Canada.

How can we make a bigger impact? How can we do better? Those are the questions that drive me in my professional practice and in my role as Chair of the Board.

Despite the ongoing challenges of the pandemic in 2021, the Board managed to do much of the heavy lifting needed to set the stage for future success. For example, we made changes to the way our organization operates that will allow Diabetes Canada to engage more meaningfully with stakeholders across Canada. We also approved a 3-year-strategic plan that will enable Diabetes Canada to be more

efficient and ensure more funds go directly to research, advocacy and education.

There is still a lot of hard work ahead of us, but I am confident that, together with donors and supporters like you, Diabetes Canada will continue to improve people's lives and one day End Diabetes.



**Dr. Peter Senior**, Chair of the Board

*Thank you for your support. Our mission is urgent and vital, and it will take all of us pulling together to reach our goal.*



## 1990s

Insulin pumps become available, with significant improvement to glucose management.

## 1996

The first short-acting insulin becomes available.



## 2000

Research by Dr. James Shapiro and team leads to groundbreaking Edmonton Protocol for islet cell transplants to treat diabetes.

## A message from our President & CEO

**A**s I reflect on 2021, I feel such gratitude not only as President and CEO of Diabetes Canada, but also as someone who lives with this disease. Thank you to our supporters, staff, volunteers, healthcare professionals, and Board members who continued to step up during a second pandemic year.

Together, in this special year, we accomplished a great deal as we acknowledged the 100th anniversary of the revolutionary discovery of insulin. And despite 2021 being another year of uncertainty for our donors and partners, it was humbling to see how almost every fundraising program increased. And with this surplus, we'll be able to accelerate new investments in research, patient and healthcare provider education and health policy advocacy more quickly than we could have imagined in 2021.

Last year we were thrilled to launch a 100th anniversary research grant competition, as well as co-fund grants with Canadian Institutes of Health Research (CIHR), awarding over \$2 million in funding to more than 20 promising scientific studies. And the 100th anniversary took centre stage at our professional conferences (held virtually), which were attended by more than 3,400 healthcare providers.

Diabetes Canada also finalized a three-year strategic plan focused on improving the lives of people living with

diabetes. Two key goals include being the go-to place for patient knowledge and connection; and changing the conversation around diabetes—both of which Diabetes Canada is uniquely positioned to facilitate.

But perhaps the biggest achievement in 2021 was the passing into law of Bill C-237, National Framework for Diabetes Act, which was inspired by Diabetes 360°. This victory is the direct result of the tireless efforts of Diabetes Canada and supporters like you.

To me, these accomplishments are even more meaningful because they were achieved at a time when we're all facing unprecedented stress, isolation and uncertainty. I'm proud to have so many passionate people working together to improve the quality of life of those living with diabetes as we ultimately aim to End Diabetes.



**Laura Syron**, President and CEO

**“***I am incredibly proud to lead an organization that is committed to supporting and improving the quality of life for people with diabetes and ensuring their voices are heard.*

### 2005

Dr. Ed Damiano and researchers at the University of Boston begin animal trials in the iLet Bionic Pancreas Project—an “artificial pancreas” that combines testing and insulin administration.



### 2008

Human trials begin in the iLet project. Since then, a number of companies are working on artificial pancreas development.

### 2020

A research team led by Dr. James Shapiro uses a stem cell process to cure diabetes in mice, which the team says can be translated to humans with more research. The stem cells are to be made from insulin-producing cells of patients with diabetes – bypassing the need for anti-rejection drugs.





**Here's what people had to say about the vital support Diabetes Canada provides:**

*"Diabetes Canada's Information and Support Services specialist eased my anxiety, answered my questions, provided me resources and pointed me to the right direction to where I can get more help. They were very helpful and I am so very grateful!"*

*"Thanks to Diabetes Canada's Information and Support Services line, I am now more confident in managing my diabetes. The resources provided to me were invaluable."*

*"I want to say a huge thank you to Diabetes Canada's Information and Support Services team for their compassionate support, especially in my sister's circumstances—I really do appreciate the extra steps they took to support us."*

# Patient knowledge and connection

**Improving knowledge to live better with diabetes.**

**With your support in 2021, Diabetes Canada continued to be an important source for information, support, and connection for people affected by diabetes.**



## Ask the Experts

We expanded our popular virtual education series which we launched in 2020 in response to the pandemic. Because Diabetes Canada is the professional association for healthcare professionals, we have unique access to diabetes experts. In 2021, we provided 22 Ask the Expert sessions and 12 webinars covering a variety of topics, including diabetes distress.



## Know No Limits with Type 1 Diabetes Conference

For 2021's conference, we brought expert speakers, a live Q&A, an interactive tradeshow and more right into people's homes. New to 2021, we added an Ages and Stages Lounge to help participants prepare for the many milestones that are part of living with type 1 diabetes. The conference, which was attended by more than 1,500 participants, also provided a way for people living with type 1 diabetes to connect.



## Take Control: Let's End Diabetes Type 2 Conference

In May, Diabetes Canada presented its first national virtual conference to support and connect people living with type 2 diabetes or prediabetes—the only conference of its kind in Canada. The event featured leading experts who shared the latest information to help improve care and self-management tips. Topics ranged from simplifying diabetes medications to healthy meal planning to foot care. The 1,800-plus participants who attended had access to more than 20 experts with diverse and inclusive perspectives.

*"Ok you just made me cry! Thirty-one years and I think that's what I need. Acknowledgement from some on [sic] my life and the challenges I sometimes have."*

**Participant in our Diabetes Distress webinar**



# Supporting excellence in diabetes care

Providing up-to-date information and resources.  
Facilitating dialogue.

Diabetes Canada continued to support healthcare professionals on the front lines of diabetes care in 2021, with the help of supporters like you.



## Let's End Diabetes 2021 Professional Conference

Our 2021 professional conference, which was held virtually due to the pandemic, was a huge success, surpassing last year's number of participants and presentations. In honour of the 100th anniversary of the discovery of insulin, conference topics included where we've come from, what diabetes care and management look like today, and what areas hold promise for the future.

**2,044** participants  
**138** speakers  
**84** dynamic sessions  
**22** exhibitors  
**124** poster presentations



## 2nd Annual Diabetes Frontline Forum

In May, Diabetes Canada launched our second annual virtual Diabetes Frontline Forum (DFF). The event is designed for pharmacists, registered dietitians and nurses but is open to all healthcare professionals.



## Diabetes Canada Healthcare Huddle — new in 2021

This podcast, launched toward the end of 2021, explores clinical challenges in diabetes care. In each episode, a case study is presented and an expert weighs in on the conversation. You can find these and other podcasts at [diabetes.ca/resources/podcast](https://diabetes.ca/resources/podcast).



**DIABETES CANADA**  
CLINICAL PRACTICE GUIDELINES

The Canadian Diabetes Association has become Diabetes Canada\*

⊕ Become a Member Order Resources  
Home About Contact **DONATE**  
Search...

Diabetes Canada is helping you provide patient-centred diabetes care and chronic disease management.



Reduce the Risk of Diabetes Complications



Keep People with Diabetes Safe



Support Self-management

**346,000**  
unique visitors  
accessed our  
world-class  
**Clinical Practice  
Guidelines (CPG)**  
online.

*"The Clinical Practice Guidelines are evidence-based and updated as needed to ensure the latest information is always at the fingertips of people involved in diabetes care. As a clinician myself, I find the CPG to be an invaluable tool."*

**Dr. Peter Senior**, CPG past chair and current chair of the board of Diabetes Canada

SCREENING FOR GDM

PHYSICAL ACTIVITY DECISION TOOL

SCREENING FOR AND DIAGNOSING DIABETES

SELF-MONITORING BLOOD GLUCOSE

REDUCING VASCULAR RISK

UPDATED  
PHARMACOTHERAPY FOR TYPE 2 DIABETES

INDIVIDUALIZING YOUR

NEW  
RENAL DOSING

NEW  
INSULIN

- Guidelines
- 2021 Updates
- 2020 Updates
- Full Guidelines
- Appendices
- Reference Guide
- Slides
- Videos
- Get the App

- Messages
- Applications
- Safe
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# Keeping kids connected when they need it most

In 2021, Diabetes Canada once again made the difficult decision to cancel in-person D-Camps in response to the ongoing COVID-19 pandemic. After the cancellation of D-Camps in 2020, we quickly pivoted to offer A Dose of D-Camps. With your support in 2021, we expanded our virtual programming to bring the power of D-Camps into more homes and provide a much-needed sense of community to more children and youth with type 1 diabetes.

*"Thanks for a great safe place for these kids to gather and not feel so alone in the world."*

A Dose of D-Camps parent



## ***“Thank you for bringing the light back to my boy’s eyes.”***

**Susan, mom to camper, CJ**

At age six, CJ (pictured above) was diagnosed with type 1 diabetes. “He had been quite ill leading up to the diagnosis and was traumatized afterwards by all the needles and testing,” says his mom, Susan. It was a very difficult time for him. The one bright spot was when a nurse told him that there were camps just for kids with type 1 diabetes. CJ’s face lit up. “It was the first time I’d seen him that happy in a long time,” she says.

That spring, the family attended Family Camp and the following summer, in 2019, CJ attended Camp Lion Maxwell in Nova Scotia—it was the first time he’d been away from home overnight. But Susan says she wasn’t worried, she knew CJ would be safe and well-cared for.

“CJ had a blast. He was smiling in every picture.” He enjoyed swimming and canoeing. He also received an award for changing his pump site on his own—a sign of independence and confidence, and one of the many goals D-Camps foster among campers.

CJ was disappointed when D-Camps had to be cancelled in 2020 and again in 2021. But attending A Dose of D-Camps enabled him to connect with the other campers. CJ is the only kid in his entire school who has diabetes, so the connection and community he finds through D-Camps is really important, says Susan, adding, “D-Camps is such a bright spot in CJ’s life. I’m grateful to all the supporters who make that possible.”



**With your continued support, Diabetes Canada remains committed to offering D-Camps—whether virtually or in-person—to give young people with type 1 diabetes a safe place to make connections and build confidence.**



### **A DOSE OF D-CAMPS HIGHLIGHTS:**

**200+**  
campers attended  
A Dose of D-Camps

**218**  
households took  
part in 95 hours of  
summer programming  
over six weeks

**5,000+**  
households served  
through monthly  
programming

# Leading a monumental victory for every Canadian affected by diabetes

Through our steadfast efforts and with your generous support, Diabetes Canada achieved some big wins on the advocacy front in 2021.



## Bill C-237 passes into law

In May 2021, Diabetes Canada was thrilled to see the passage into law of Bill C-237, an *act to establish a national framework for diabetes*, inspired by our Diabetes 360° strategy. For five years, Diabetes Canada and the diabetes community have been urging the federal government to commit to adopting Diabetes 360° to improve diabetes prevention, management, research, and health outcomes. With the passage of this law, the government must table a diabetes framework for Canada in Parliament by June 2022.

## Improved access to medications, devices and supplies

Our ongoing efforts to educate and encourage elected officials and policymakers to improve access to diabetes medications, devices and supplies paid off in 2021 with the governments of British Columbia, Alberta, Saskatchewan, Manitoba, Ontario and Prince Edward Island announcing expanded financial coverage for eligible citizens. These wins are thanks to, in large part, people like Monica Thiessen and Tammy Norris who shared their lived experiences to advocate for change.

*"This is a huge victory for the nearly 11.5 million Canadians who live with diabetes or prediabetes, and the 1 in 3 who will be diagnosed in their lifetime."*

Laura Syron, President & CEO



## CGM coverage is life-changing for our family.

### In Monica's own words:

"My son Tristan was 7 years old when he was diagnosed with type 1 diabetes. For the next several years, our lives were filled with countless finger pricks, test strips, and waking up in the night to test his sugars. When Tristan got a continuous glucose monitoring (CGM) device, it made a huge difference in his quality of life. Now, at age 15, it's given him a lot more independence.

"Although I have health benefits through my work, they don't cover the cost of any of the diabetes supplies and devices we need to keep Tristan alive—which add up to about \$9,000 a year. To pay for these out-of-pocket expenses, we had to remortgage our house and I held fundraisers every year. The financial and emotional toll nearly broke us.

"This past June, when the B.C. government announced that they would start covering the cost of the Dexcom CGM through BC PharmaCare, I was ecstatic! This victory is life-changing for our family and for all the other families in the province who have been struggling for so many years.

**Monica Thiessen, British Columbia**



## Test strip coverage means I don't have to go without.

### In Tammy's own words:

"I've been living with type 1 diabetes for about 41 years. On average I use about 120 blood glucose test strips per month. Until recently, I was only covered for about three months' worth of test strips, which meant I had to pay for the remaining nine months every year. There have been periods in my life where I just didn't have the money. Some months I had to choose between paying my rent or paying for test strips. Some months I just went without—gambling that my lows wouldn't be too low.

"The announcement in August that the Alberta government was increasing coverage up to \$2,400 a year was a very welcome surprise. Diabetes Canada and its supporters have my utmost gratitude for their relentless efforts to make this happen. I can't thank you enough."

**Tammy Norris, Alberta**

**It costs Canada's healthcare system \$30 billion per year to treat people with diabetes.**

# Community impact

## Taking action to raise awareness and funds

With the help of community supporters like you, Diabetes Canada funded promising scientific research, provided education to patients and healthcare providers, and advocated to governments.

### 100 Year Celebration to End Diabetes

On World Diabetes Day, November 14, Diabetes Canada invited Canadians to join a special livestream celebration to honour the revolutionary Canadian discovery of insulin. The free event featured people impacted by diabetes, healthcare professionals and local entertainment from across Canada, including Ontario's first Poet Laureate, Randall Adjei.

*"The race toward a cure is a relay race. We must pass on Sir Banting's baton."*

**Randall Adjei,**  
Ontario Poet Laureate



### Lace Up to End Diabetes

Our second annual virtual cross-country event was a success. Lace Up to End Diabetes, presented by GMS Health & Travel Insurance challenged people to commit to different physical activities to improve their health while also raising funds for vital programs such as Diabetes Canada D-Camps.



In New Brunswick, Ross Kinney committed to cycling for 100 km—one

kilometre for every year the world was given insulin.



In Ontario, hockey player Breanne Wilson-Bennett laced up her skates to raise funds.

### Ride for Cause

In July, the Sikh Motorcycle Club of Canada hosted the Ride For Cause...Let's End Diabetes, commemorating the discovery of insulin and sparking a national conversation that insulin is the starting line, not the finish line for diabetes. The rides took place across five provinces, brought together more than 200 riders and raised \$113,000 to help support the work led by Diabetes Canada to End Diabetes.



iii HealthPartners  
PartenaireSanté

### Workplace engagement makes an impact

**HealthPartners** engages and connects with employers and employees in both public and private sectors across the country to raise money for health charities. In 2021, HealthPartners' workplace giving campaign raised more than \$378,000 for Diabetes Canada. We are very grateful for the continued support of this invaluable partner.

Maria Smith-Williams,  
Community Champion and Lace  
Up to End Diabetes Participant



***“I feel compelled to  
raise awareness.”***

**Maria**

This year marked Maria’s eight-year diaversary with type 2 diabetes. After being diagnosed with gestational diabetes during her pregnancy, Maria was surprised to learn that people of Caribbean and South Asian descent are at a heightened risk of developing diabetes. Seeing the impact of diabetes within her community compelled Maria to participate in Lace Up to End Diabetes to raise money and awareness.



***“Partnering with Diabetes Canada means the PC Health app now provides Canadians living with diabetes with new program options designed by true experts.”***

**Doug Bryce, vice president, health and pharmacy programs and innovation, Shoppers Drug Mart Inc.**

# Corporate partners in action

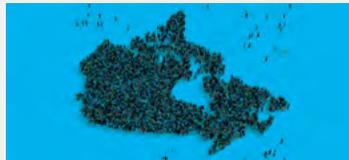
## Partnering to improve the lives of people with diabetes.

**Our corporate partners support Diabetes Canada's ongoing delivery of programs and services for people with diabetes and healthcare professionals. Here are a few examples of their integral support.**



### **Novo Nordisk amplifies its life-changing partnership with a historic investment**

Since 2020, Novo Nordisk has contributed \$2.5 million in support of Diabetes Canada's mission programs, including the historic donation in 2021 to rebuild the Camp Huronda Medical Centre. This is the building where many campers will learn how to administer their insulin or change an insulin pump site for the first time—skills they will carry with them for a lifetime. Novo Nordisk was named our Corporate Partner of the Year in 2021 in recognition of their significant contributions and commitment to improving the lives of people living with diabetes.



### **A first of its kind case for support rallies corporate investment**

Through the Diabetes Canada End Diabetes Fund, we provided a variety of funding opportunities to engage corporations and other organizations. Whether advancing research, helping to educate individuals and healthcare professionals, or boosting the tireless work of our volunteer advocates, their funding support will help us achieve our goal of investing \$60 million over the next three years to help End Diabetes.



### **Shoppers Drug Mart brings digital healthcare to Canadians living with diabetes**

In 2021, Diabetes Canada and Shoppers Drug Mart partnered to launch diabetes health programs within the *PC Health* app. The *PC Health* app provides Canadians with access to high-quality health resources, as well as the ability to search, find, and book a wide array of in-person and virtual healthcare services. The app, which is available nationally, is free to download on App Store or Google Play. Users can also get access to free, real-time virtual chats with nurses and dietitians.



### **Walmart Canada provides access to free diabetes screening on World Diabetes Day**

In partnership with Diabetes Canada, Walmart Canada expanded their quarterly Wellness Day events to offer type 2 diabetes screening, consultations, and eye health self-assessments to Canadians in all pharmacy and vision centres on World Diabetes Day.

**\$7.1 MILLION  
WAS COMMITTED TO  
DIABETES RESEARCH  
IN 2021**

# Changing lives through research



**Since the discovery of insulin in 1921 by Banting, Best, Collip and Macleod, Canadian researchers have made huge strides and key advances in the quest for new and innovative ways to reduce risk, manage and treat diabetes.**

*"What better way to honour the achievements of Drs. Banting, Best, Collip, Macleod, and all other diabetes researchers after them, than to fund research to advance promising projects that could lead to the next great scientific breakthrough. We can't wait another 100 years to End Diabetes."*  
**Laura Syron, President & CEO**

In honour of the 100th anniversary of the discovery of insulin, Diabetes Canada held a research grant competition in 2021—**End Diabetes: 100 Awards**—and also co-funded grants with Canadian Institutes of Health Research (CIHR), providing more than \$2 million in funding for more than 20 promising scientific studies. We committed \$100,000 per grant for the next three years to support brilliant scientists and set them on the road to breakthrough discoveries. We also awarded three **100 Years of Insulin** grants through our partnership with CIHR. Thanks to supporters like you, we now have a rich cadre of scientists looking for answers about all aspects of diabetes.

## Meet some of the recipients of our END DIABETES: 100 AWARDS



### Dr. Brian Rodrigues

A full-time professor at the University of British Columbia and one of Canada's most renowned scientists, Dr. Rodrigues has dedicated his professional life to preventing diabetes-related heart disease. In his latest research, Dr. Rodrigues is investigating the heart-protective potential of VEGFB—a protein produced mainly in the heart. The heart requires a steady supply of fuel for energy, which it obtains from sugar and fats. With diabetes, the heart has limited capacity to use sugar so it is largely reliant on fats, which can lead to cell death. Dr. Rodrigues hopes to find a way to use VEGFB as a treatment against diabetic heart disease by shifting energy production back to using sugar.

*"I'm grateful for the support of Diabetes Canada over the years, which has not only helped to accelerate life-changing research, but also helped to train and inspire the next generation of diabetes researchers."*



### Dr. Shelley Spurr

An associate professor at the University of Saskatchewan, Dr. Spurr's research centres around promoting wellness in children and youth with type 2 diabetes. In this latest project, Dr. Spurr and her team will work with communities to develop education and self-care interventions focused on Indigenous youth—who experience type 2 diabetes at disproportionately high rates due to a complex variety of factors. The team will actively engage two communities in Saskatchewan (one Cree and one Métis) to co-create tools that empower Indigenous youth to maintain and protect their health in ways that are linked directly to their culture, language, and ancestral teachings. In doing so, Indigenous youth can build resilience and hope, leading to improved wellness and quality of life.

*"I first became interested in type 2 diabetes in children through my work as a pediatric nurse. I'm extremely grateful for this funding which allows us to actively engage Indigenous youth to protect their health and positively impact their wellness outcomes."*



### Dr. Jennifer Yamamoto

A clinician, researcher and assistant professor at the University of Manitoba, Dr. Yamamoto is interested in leveraging diabetes technology to improve outcomes of diabetes in pregnancy. One in two people who have gestational diabetes during their pregnancy will develop type 2 diabetes within 15 years. In this study, a continuous glucose monitoring device (CGM) will be placed on the arms of participants before they leave hospital after delivery. Participants will wear the small disc for 2 weeks, during which more than 1,300 blood sugar measurements will be taken. The CGM will then be returned to Dr. Yamamoto for analysis. Being able to predict the risk of type 2 diabetes could help prevent and treat diabetes that occurs postpartum.

*"I hope my research leads to improved screening, as well as strategies to prevent type 2 diabetes in people with gestational diabetes. Without the support of Diabetes Canada, we would not be able to complete this important research."*

# Independent auditor's report

To the Members of Canadian Diabetes Association (o/a Diabetes Canada)

## Opinion

The summary financial statements, which comprise the summary statement of financial position as at December 31, 2021, and the summary statements of revenue and expenses, changes in fund balances and cash flows for the year then ended, and related notes, are derived from the audited financial statements of Canadian Diabetes Association (o/a Diabetes Canada) (the "Organization") for the year ended December 31, 2021.

In our opinion, the accompanying summary financial statements are a fair summary of the financial statements, in accordance with the basis described in Note 1 to the summary audited financial statements. However, we were not able to determine if any adjustments to the summary financial statements were necessary for the reasons described in *The Audited Financial Statements and Our Report Thereon* section of this audit report.

## Summary Financial Statements

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Organization's audited financial statements and the auditor's report thereon. The summary financial statements and the audited financial statements do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial statements.

## The Audited Financial Statements and Our Report Thereon

In our report dated March 31, 2022, we expressed a qualified audit opinion on the audited financial statements because we were not able to obtain sufficient appropriate audit evidence regarding the completeness of revenue from donations, bequests and other fundraising activities which is common with many charitable organizations.

## Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation of the summary financial statements in accordance with the basis described in Note 1 to the summary financial statements.

## Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, *Engagements to Report on Summary Financial Statements*.

Toronto, Canada March 31, 2022

The logo for Grant Thornton LLP, featuring the company name in a stylized, cursive script.

Chartered Professional Accountants  
Licensed Public Accountants

## Canadian Diabetes Association (o/a Diabetes Canada)

# 2021 financial statements

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### REVENUE BY SOURCE

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SUPPORT FROM THE PUBLIC

**75%**

INCOME FROM NATIONAL DIABETES TRUST

**17%**

INVESTMENT AND GOVERNMENT ASSISTANCE

**4%**

INCOME FROM OTHER CHARITABLE ACTIVITIES

**3%**

EDUCATION SERVICES

**1%**

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### OUR SUPPORTERS MAKE AN IMPORTANT DIFFERENCE

Every dollar invested in diabetes prevention, care, and cure has a tremendous impact throughout the year.

## Canadian Diabetes Association (o/a Diabetes Canada)

# Summary statement of financial position

Year ended December 31  
(In thousands of dollars)

	<b>2021</b>	2020
<b>Assets</b>		
Cash and investments	<b>\$ 28,555</b>	\$ 14,915
Restricted cash and investments	<b>4,064</b>	3,903
Property and equipment	<b>2,823</b>	2,091
Intangible assets	<b>1,843</b>	2,573
Other assets	<b>2,917</b>	2,099
Amounts due from National Diabetes Trust	<b>4,324</b>	4,294
<b>Total assets</b>	<b>\$ 44,526</b>	\$ 29,875
<b>Liabilities and fund balances</b>		
Accounts payable and accrued liabilities	<b>\$ 1,971</b>	\$ 1,556
Deferred revenue	<b>4,261</b>	5,396
Research grants payable and personnel awards payable	<b>2,038</b>	781
Other liabilities	<b>583</b>	614
<b>Total liabilities</b>	<b>8,853</b>	8,347
<b>Total fund balances</b>	<b>35,673</b>	21,528
<b>Total liabilities and fund balances</b>	<b>\$ 44,526</b>	\$ 29,875

## Canadian Diabetes Association (o/a Diabetes Canada)

# Summary statement of revenue and expenses

Year ended December 31  
(In thousands of dollars)

	<b>2021</b>	2020
<b>Revenue</b>		
Support from the public	<b>\$ 27,171</b>	\$ 21,211
Income from National Diabetes Trust	<b>6,145</b>	3,294
Government assistance	<b>1,228</b>	3,226
Education services	<b>404</b>	440
Camp services	<b>-</b>	6
Income from other charitable activities	<b>965</b>	757
Investment and other income	<b>287</b>	287
<b>Total revenue</b>	<b>\$ 36,200</b>	\$ 29,221
<b>Expenses</b>		
Improving management and prevention	<b>\$ 5,656</b>	\$ 5,759
Research	<b>2,858</b>	933
Drive for excellence in diabetes care	<b>1,585</b>	1,303
Helping children and adults with T1D	<b>829</b>	1,088
<b>Total program expenses</b>	<b>10,928</b>	9,083
Support		
Administration	<b>2,461</b>	2,040
Public relations and development	<b>8,697</b>	8,078
<b>Total support expenses</b>	<b>11,158</b>	10,118
<b>Total expenses</b>	<b>22,086</b>	19,201
<b>Excess of revenue over expenses</b>	<b>\$ 14,114</b>	\$ 10,020

# Leadership team and board of directors

## LEADERSHIP TEAM

**Laura Syron**

President & CEO

**Tim D'Souza**

Senior Vice President, Finance and Business Operations

**Brendan Robinson**

Senior Vice President, Development

**Russell Williams**

Senior Vice President, Mission

**Seema Nagpal**

Vice President, Science & Policy

**Jennifer McEvoy**

Executive Director, Marketing, Knowledge Innovation & Camps

## BOARD OF DIRECTORS

**Peter Senior**

Chair

**Michael McMullen**

Vice Chair/ Secretary

**Patricia Li**

Treasurer

**Michael Coyle**

**Len Daniels**

**Susan Doyle**

**Diane Finegood**

**Mark Lehman**

**Lorraine Lipscombe**

**Nafisa Merali**

**Jimmy Mui**

**Verlyn Olson**

**Rob Screatton**

**Ellen Stensholt**

**Sonia Yung**

# Thank You

In a year where we celebrated historic achievements, overcame obstacles and laid the foundation to accelerate change, your support was invaluable.

There is still a lot of hard work ahead of us, but we have a new 3-year strategic plan to guide us. With your ongoing support, Diabetes Canada will provide more tools and resources to improve patient knowledge and connection, make bold strides to change the conversation around diabetes, and invest even more in innovative diabetes research.

**We can't wait  
another 100 years  
to End Diabetes.**





With you by our side, we will keep working together to End Diabetes.

# DIABETES CANADA

1-800-BANTING (226-8464)

[diabetes.ca](http://diabetes.ca)

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Toronto, Ontario M5G 2R5

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