

Dr. Annalijn Conklin



PREVENTION | POPULATION HEALTH

Project: Social connections and diabetes in aging women and men

Thank you. Through donor support, Dr. Annalijn I. Conklin, Scientist with the Centre for Advancing Health Outcomes, Investigator with the Edwin S.H. Leong Centre for Health Aging, and Associate Professor, Faculty of Pharmaceutical Sciences at the University of British Columbia, is bringing us one step closer to understanding how strong social connections may help prevent diabetes.

As we get older, social connectedness is critical for helping us stay healthy. We know that social ties can reduce the risk of conditions including depression. To date, however, no research has been done on the impact of social connectedness and diabetes risk.

Dr. Conklin is exploring whether social conditions matter to the development of type 2 diabetes or diabetic complications. She and her team will examine whether certain types of social ties can impact the onset of diabetes and diabetic complications in women and men, and whether gender influences this impact. Her research will bring attention to the role of social connectedness in diabetes prevention, and address gender inequities in diabetes and diabetes-related conditions.

This research will:

- strengthen advocacy for structural health system change
- challenge narratives and stigma around an individual's personal responsibility for being diagnosed with diabetes
- raise public awareness of the broader determinants of diabetes
- support clinicians to provide better quality care for older people at risk of developing diabetes and
- improve the lives of people affected by diabetes.

Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will improve the lives of people with diabetes.