

DIABETES CANADA



OUR RESEARCHERS | DR. DAVID CAMPBELL

Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will end diabetes.

Through your support, Dr. David Campbell, assistant professor of medicine with the University of Calgary, is bringing us one step closer to better health for people experiencing homelessness and living with type 2 diabetes.

In Canada, who you are impacts how healthy you'll be. This is health inequity – when your level of income or where you live affects your health outcomes. This is unfair and unjust. Managing diabetes is difficult, requiring medications, a strict diet, regular exercise, monitoring blood sugar levels, and access to a healthcare team. It is especially challenging for people experiencing homelessness, who face many inequitable barriers. As a result, they often experience more diabetes-related complications, poorer health, and worsened quality of life.

Dr. Campbell is working to reduce inequitable health barriers for people experiencing homelessness. Using a community-based participatory research approach, where members of the community act as co-researchers. This approach empowers study participants to help find solutions to the challenges they face. In this study, people experiencing homelessness will work with Dr. Campbell and his team to co-design the study, take part in collecting and analyzing the data, and help share the results.

Through Diabetes Canada's support, Dr. Campbell will:

- engage people living in homeless shelters with type 2 diabetes to understand their stories of stigma related to diabetes and homelessness
- explore the knowledge, attitudes, and behaviours of frontline staff to people with type 2 diabetes in the shelter system
- work to improve the policies and practices related to diabetes in homeless shelters

To translate this knowledge into practice change, Dr. Campbell and his team will develop a short narrative film to share stories of stigma experienced by the co-researchers, to increase awareness about diabetes among frontline staff. The film will be screened for the frontline staff and public.

Thank you for giving hope for a healthier future to people with type 2 diabetes.