DIABETES CANADA

2025 IMPACT REPORT

Diabetes is relentless.
But we are Type Resilient.



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Watch the *Infinitely Resilient* video.

Message from the President and CEO, and the Board Chair

Diabetes is relentless. It touches every part of daily life — physically, emotionally, and financially — for millions of people across Canada. And yet, what we see every day is something more powerful than the challenge itself: resilience.

In 2025, we gave that resilience a name. With the launch of our new awareness initiative, *Type Resilient*, we articulated a truth that has always guided our work — that no matter the type of diabetes, or the role someone plays in this journey, we are united by strength, perseverance, and hope.

For us, this work is deeply personal. As leaders of Diabetes Canada and as people who live with diabetes, we understand firsthand that resilience is not abstract. It is required every day. It is shaped by access to care, by the availability of trustworthy information, by community, and by whether people feel seen, supported, and believed. That lived experience informs how we lead and reinforces our commitment to ensuring no one faces diabetes alone.

In 2025, Diabetes Canada made meaningful progress in advancing our mission. We expanded access to trusted, evidence-based information, strengthened programs that support children, families, and adults, and continued to champion research and advocacy that will change lives now and in the future. We deepened partnerships, elevated lived experience, and challenged stigma by telling more honest, human stories about what it truly means to live with diabetes in Canada.

Type Resilient is more than a message — it is a commitment. It reflects how we show up as an ally, a trusted voice, and a steward of donor generosity. Most importantly, it reminds us that resilience should never be a solitary burden.

None of this progress would be possible without you: our donors, volunteers, partners, researchers, healthcare professionals, and community members. United as Type Resilient, we will continue building a future where strength is shared, voices are heard, and no one faces diabetes alone.

With sincere thanks,



Laura Syron
President & CEO,
Diabetes Canada



Sonia Yung
Chair of the Board of Directors,
Diabetes Canada

Support Along the Journey

Diabetes shapes everyday life for more than **four million people diagnosed with diabetes across Canada**, and for millions more living with prediabetes or undiagnosed diabetes. It is a condition that requires ongoing attention — daily decisions, constant adjustments and problem solving that often go unseen.

For many people, that experience is made even more complex by barriers to care, financial pressures, stigma and inequities that affect how and where support is accessed. Diabetes does not exist in isolation, and neither does the impact it has on individuals, families and communities.

Type Resilient reflects Diabetes Canada's commitment to meet people where they are and to support them through every stage of the diabetes journey. In 2025, we showed up as a steady partner, offering connection, evidence-based guidance and practical support. Across programs, research, education and advocacy, our work is grounded in one belief: **no one should have to navigate diabetes alone**.

Vision

A world free from the effects of diabetes.

Aspiration

To improve the quality of life of those diagnosed with diabetes.

As our ***2022–2025 strategic plan*** concludes, this report reflects the progress made together and the foundation we are building for what comes next.

Read our strategic plan.



Showing Up In the Moments That Matter

Living with diabetes means making countless decisions every day — and too often, doing so without enough support. Every three minutes, someone in Canada is diagnosed with diabetes, and many face overwhelming costs, stigma, and uncertainty from the very start.

Diabetes Canada is learning to tailor our diabetes knowledge and connection offerings to support people in the moments that matter: from a person's diagnosis to important moments in their diabetes journey.

- **1.3M** educational webpage visits
- **71,252** views of diabetes knowledge and connection content

Information & Referral Line

When someone calls or emails Diabetes Canada — often at a moment of overwhelm — they reach a real person who listens, answers questions, and helps them find next steps. For many, this is the first time they feel truly supported after diagnosis.

- **14,770** inquiries
- **85%** of respondents reported feeling better prepared to manage their needs.

New! Diabetes Canada Connect

Through our moderated online community, people living with diabetes connect with others who understand their reality. Members regularly share that hearing "you're not alone" from someone who has lived it makes the journey feel possible.

- **1,120** members and growing
- **"The information and the support** are invaluable, not to mention the relief when someone knows exactly what you're going through."

New! How 2 Type 2 video series

This new evidence-based video series provides practical, stigma free guidance to help people living with type 2 diabetes — and those who support them — build confidence, understand their condition, and manage diabetes day to day, with Diabetes Canada there to help at every step.

- **6 videos**
- **18,999+ views**

This is what support along the way looks like: meeting people where they are, when they need it most.

Watch now



Watch now

In the Kitchen presented by Manulife

Food can be one of the most stressful parts of diabetes management. *In the Kitchen presented by Manulife* replaces fear with confidence, offering practical, real-time guidance that helps people cook, eat, and enjoy food again — without shame or judgment.

- **10,200** people registered (-14% from 2024) but the program saw 5,172 unique attendees (+22% from 2024)
- **97%** of people learned new and valuable information
- "**In the Kitchen** has been such a bright spot for me at a time when I've been feeling a bit lost, depressed, and confused about managing my diabetes. This experience has really lifted my spirits and inspired me to take better care of myself." – **Attendee**



Virtual Diabetes Education Program

For people newly diagnosed with type 2 diabetes, accessible education helps transform uncertainty into confidence. Participants report feeling better equipped to manage their health and advocate for themselves in care settings.

- **1,225** people newly diagnosed with diabetes were supported
- **85%** of attendees intend to make changes to their diabetes management after the sessions.

Grounded in the **Framework for Diabetes in Canada**, Diabetes Canada's advocacy and policy work focuses on removing barriers that make daily diabetes management harder than it needs to be.

We show up by standing alongside people living with diabetes — advocating for systems that recognize diabetes as a lifelong condition and ensure access to the medications, devices, and supplies people need to stay healthy.

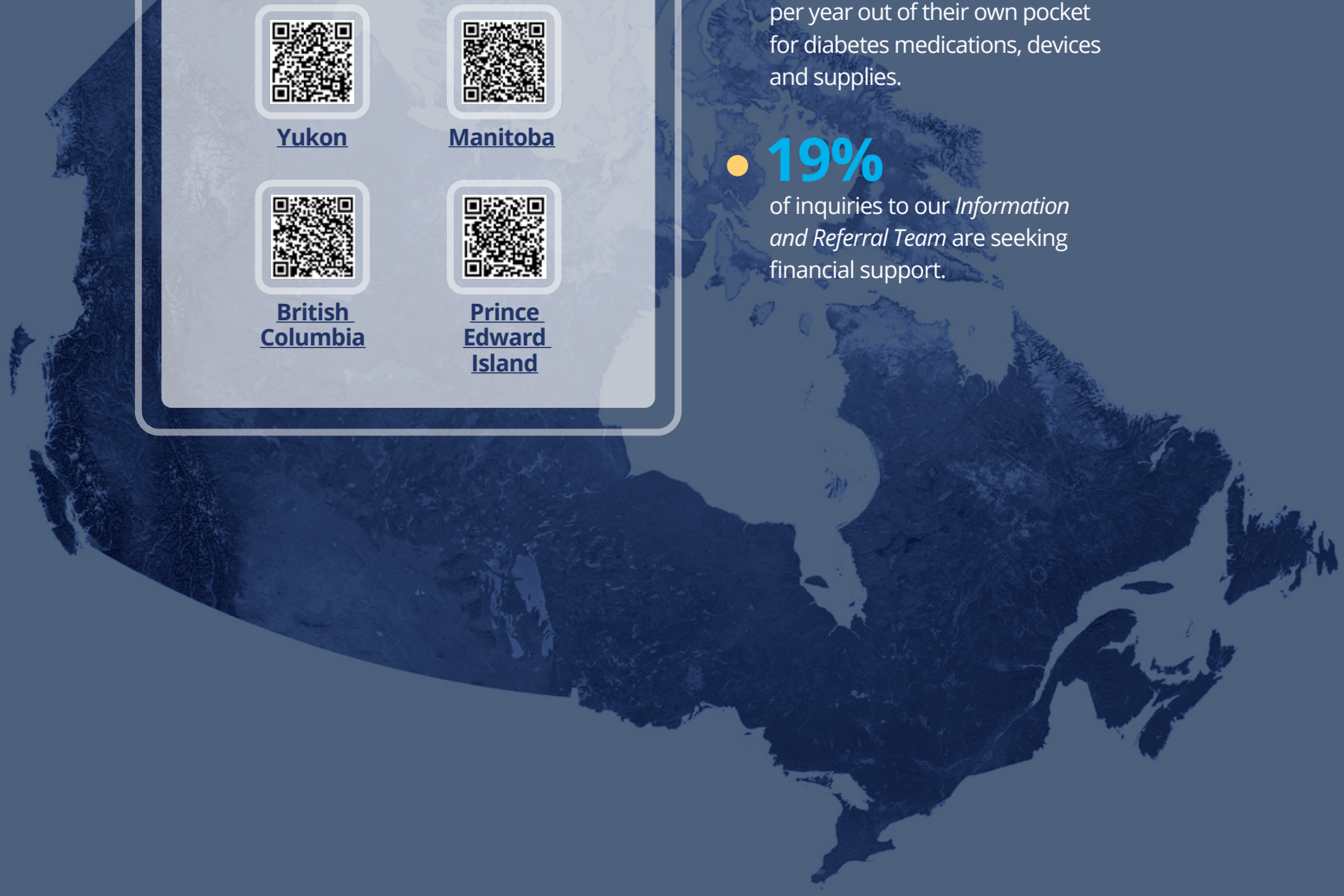
In 2025, this included advancing progress toward national pharmacare, expanding provincial pharmacare agreements in:

- Yukon
- Manitoba
- British Columbia
- Prince Edward Island

Diabetes Canada also supported the establishment of the **Federal Diabetes Devices and Supplies Access Fund**.

These efforts help reduce the financial strain caused by high out-of-pocket costs and address inequities that arise when access to care depends on geography or income.

- People in Canada living with diabetes may need to pay between **$10,000-$18,000** per year out of their own pocket for diabetes medications, devices and supplies.
- **19%** of inquiries to our *Information and Referral Team* are seeking financial support.



Advocating for Kids with Diabetes at School

Children living with diabetes deserve to be safe, supported, and included at school — no matter where they live.

In 2025, Diabetes Canada continued to advocate for mandatory, province wide standards of care aligned with our **Guidelines for the Care of Students Living with Diabetes at School**, showing up alongside families who are too often asked to fill dangerous gaps in support during the school day. Only Nova Scotia, Prince Edward Island, and British Columbia have mandated standards aligned with Diabetes Canada's guidelines.

By amplifying lived experience and pressing governments to act, we are working to ensure that managing diabetes at school does not depend on a child's postal code, and that resilience is backed by systems designed to protect children's health, dignity, and learning.

Impacts

- **~20,000**
  school-aged children
  and youth with type 1 diabetes





Advocates attend a press conference at Queen's Park in Toronto to highlight the challenges of managing diabetes at school.



The Change the Conversation Partners Table

Changing the Conversation Around Diabetes

People living with diabetes show resilience every day—managing blood sugar, making constant decisions, and adapting to a condition that never takes a break. Yet many also face something just as relentless: stigma.

Shame, blame, and judgment appear in everyday moments—what people eat, how they manage their health, and whether they are believed or supported. *Type Resilient* recognizes that strength is real, but resilience should never mean carrying stigma alone.

That is why Diabetes Canada is leading a national movement to change the values, beliefs, and language surrounding diabetes.

In 2025, Diabetes Canada advanced this movement by:

- **Elevating lived experience**, sharing diverse stories that show how stigma affects daily life and why empathy matters. **Read the stories.**
- **Bringing stigma into the open through national research**, including a Nanos poll of 1,034 Canadians showing that *nearly one third (30%) believe most people who develop diabetes have only themselves to blame*, creating critical evidence to challenge harmful beliefs. **Learn more.**
- **Strengthening the evidence base**, building on the *Social Experiences of Living with Diabetes* research through an international comparative study led by Dr. Elizabeth Holmes-Truscott. **Explore the findings.**
- **Challenging myths and misconceptions**, through public events like the *Pump Couture Fashion Show* featuring **150+ models** who live with diabetes. **96%** felt celebrated and respected as a person living with diabetes during the event.
- **Engaging Canadian leaders across sectors**, including *Change the Conversation* partners table members, to commit to collective action on diabetes inclusion.
- **Mobilizing partners nationally and globally**, building momentum toward the Global Pledge to *End Diabetes Stigma*. **Find out more.**

Because of you

Diabetes Canada is changing the conversation — so resilience is met with empathy, understanding, and respect.

Join the movement to **Change the Conversation**

Building Confidence Early, for a Lifetime

For children and families, diabetes begins early and it never takes a break. The learning curve can be steep, and the emotional weight is heavy, especially when a child feels "different" or alone.

In 2025, *D-Camps* continued to provide summer, family, and leadership experiences across Canada. At camp, children learn they are capable. Parents see their child gain confidence. Families meet others who truly understand their daily reality.

Many former campers tell us *D-Camps* shaped who they became — not just how they manage diabetes, but how they see themselves. That confidence carries forward for life.

- **1,083**
  children and youth participated in **D-Camps**
- **$190,000+**
  in financial assistance provided to families
- **Many D-Camp families** are looking for more opportunities to connect beyond the summer weeks because of the impact their experience has had in their lives.



Supporting Diabetes Healthcare Providers

People living with diabetes rely on healthcare providers every day to help them manage a condition that is relentless. Diabetes Canada shows up by ensuring those healthcare providers have the tools, evidence, and education they need to deliver care that is current, compassionate, and grounded in lived experience.

In 2025, Diabetes Canada launched a new *Healthcare Provider Education and Engagement* strategy. We spoke to **more than 1,500 healthcare providers, researchers, partners and people with lived experience** across the country to home in on what matters most in supporting providers of diabetes care.



2025 Outcomes at a Glance:

Up-to-date standards of care

Clinical Practice Guidelines updated to reflect emerging evidence in chronic kidney disease, Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD), and glycemic management across the lifespan.

Practice ready learning

Diabetes Simplified delivered case-based education that helps healthcare providers apply guideline updates in real-world clinical settings.

National knowledge exchange

The *Diabetes Canada and Canadian Society of Endocrinology and Metabolism Professional Conference* convened clinicians, researchers, and educators from across Canada to share advances and strengthen care delivery.

- **109** expert speakers
- **330+** research presentations
- **2,100+** attendees
- **95%** of attendee survey respondents shared that they will be integrating knowledge and skills gained into their practice.

By translating research into practical guidance and creating spaces for shared learning, Diabetes Canada helps ensure care is consistent, evidence-based, and respectful of the realities of living with diabetes.

Supporting healthcare providers

means better conversations, better decisions, and better outcomes for people living with diabetes — today and over the long term.

Read the guidelines.

$166M invested in research grants, awards, and partnerships across Canada since 1975

More than 71 active research projects involving 280 researchers at more than 30 host institutions

$60M aspiring to award through our current research strategy by 2030

Investing in Better Lives:

Now and for the Future

Living with diabetes is relentless, and so is the need for better answers. Research is one of the most powerful ways Diabetes Canada shows up for people living with diabetes by turning today's challenges into tomorrow's solutions, and ensuring progress doesn't stop when the work gets harder or more complex.

In 2025, Diabetes Canada marked 50 years of supporting diabetes research, a milestone that reflects sustained commitment to improving care, preventing complications, and advancing toward a cure. Across the country, **83 active research projects** are driving progress — strengthening prevention efforts, improving treatments, addressing complications, and pushing the boundaries of what's possible for people living with diabetes.

Learn more about Diabetes Canada's research progress over the last 50 years.

End Diabetes Awards

Learn more

Through the *End Diabetes Awards*, our flagship research funding program, donor generosity is transformed into high impact research that responds to real world needs. These awards support scientists and clinicians working across prevention, treatment, and care — **accelerating discoveries that can change how diabetes is managed and experienced**.

Since its inception in 2021, funding has led to:

- **390** knowledge sharing events
- **255** trainees supported
- **$20M** in leveraged funding

In 2025, Diabetes Canada:

- Saw a **70% increase** in *End Diabetes Award* applications from 2024 to 2025 highlighting growing need for diabetes research funding in Canada
- Invested **~6 million dollars** in diabetes research

Partners in Innovation




Dr. Mahavir Agarwal Dr. Gregory Steinberg

See details

Diabetes Canada and **Brain Canada** have teamed up to award two $450,000 research grants for projects at the intersection of diabetes and mental health, awarding $450,000 grants to **Dr. Mahavir Agarwal (CAMH)** and **Dr. Gregory Steinberg (McMaster University)** to advance new insights and treatments addressing the mental health and metabolic challenges of diabetes.




Dr. Erin Mulvihill Dr. Laura Rosella

Find out more

Diabetes Canada, in partnership with **Canadian Institutes of Health Research**, awarded **two $2 million research grants** to **Dr. Erin Mulvihill** and **Dr. Laura Rosella** to advance precision health and health equity in diabetes through more personalized approaches to prevention and care.

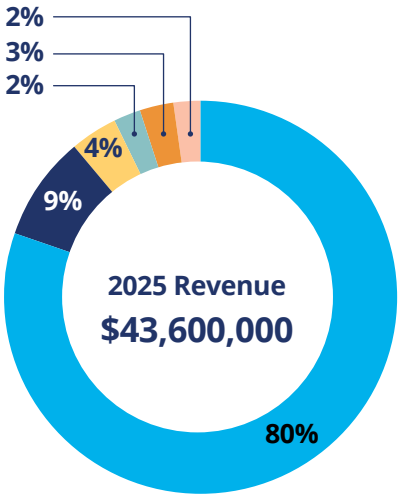
Research is not abstract

It is hope backed by evidence. It is how Diabetes Canada stands alongside people living with diabetes — not only to help them manage today, but to build a future where resilience is supported by better care, better treatments, and better outcomes for generations to come.

Stewardship with Purpose

Every dollar entrusted to Diabetes Canada is managed with care and intention. We take a disciplined approach to financial stewardship, making strategic decisions that prioritize mission impact while supporting long-term sustainability. Through transparent reporting and strong oversight, we work to maximize the funds directed to programs, research, advocacy and services for people living with diabetes, so donors can be confident their support is used responsibly and effectively.



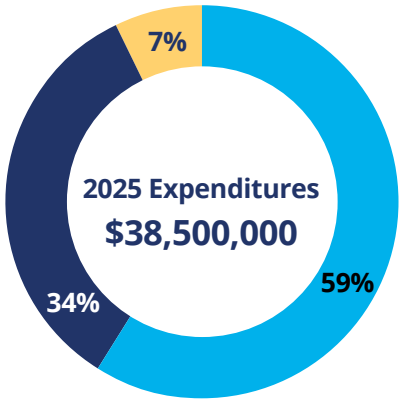


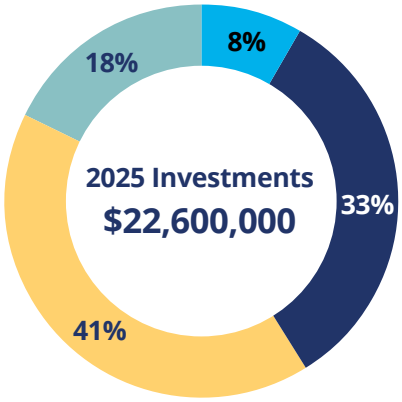
REVENUE

	2025	2024	2023
Support from the public	**$34.9M**	$28.2M	$26.7M
Income from National Diabetes Trust	**$3.8M**	$3.7M	$2.9M
Investment and other income	**$1.8M**	$2.4M	$2.3M
D-Camps	**$1.0M**	$1.1M	$1.1M
Education services	**$1.2M**	$0.8M	$0.8M
Government funding	**$0.9M**	$0.9M	$0.7M
Total	**$43.6M**	$37.1M	$34.5M

PROGRAM EXPENDITURES

	2025	2024	2023
Program	**$22.5M**	$21.8M	$21.3M
Fundraising and public relations	**$13.2M**	$13.6M	$13.2M
Administration	**$2.8M**	$3.0M	$3.3M
Total	**$38.5M**	$38.4M	$37.8M





2025 MISSION INVESTMENTS

	2025	2024	2023
Improving diabetes management and prevention	**$1.9M**	$2.2M	$2.8M
Research	**$7.4M**	$7.4M	$7.7M
Drive for excellence in diabetes care	**$9.3M**	$8.1M	$7.0M
Helping children and adults with T1D	**$4.0M**	$4.1M	$3.8M
Total	**$22.6M**	$21.8M	$21.3M

Comparative figures have been adjusted to confirm to the current year presentation. Please see the funding accountability page for more details.

Progress Is Possible Because of You

Thank you to Diabetes Canada's donors, partners, supporters, and volunteers. Your commitment makes it possible for us to show up every day or people living with diabetes across Canada.

We gratefully acknowledge **HealthPartners** and **Federated Health Charities** for mobilizing workplaces and communities, and our volunteers whose dedication and lived experience bring our mission to life.

Together, we are advancing research, strengthening care, challenging stigma, and ensuring people living with diabetes are never alone.

Executive Leadership Team

Laura Syron
President and CEO

Tim D'Souza
Senior Vice President of Finance and Business Operations

Kim Fletcher
Senior Vice President of Marketing and Communications

Shane Green
Senior Vice President, Mission

Brendan Robinson
Senior Vice President, Development

Sean Shannon
President & CEO, National Diabetes Trust

Our Board of Directors

Sonia Yung
Board Chair

Rob Screaton
Vice-Chair/Secretary

Patricia Li
Treasurer

Lynne Bridgman
Lawrence Davis
Gary Howard
Mark Lehman
Lorraine Lipscombe
Nafisa Merali
Gloria Pakravan
Catherine Pennington
Esther Tailfeathers
Faeron Trehearne
Ben Voss



The Work Ahead

Diabetes is relentless but resilience should never be a solitary burden.

TYPE RESILIENT
is our promise to walk alongside people living with diabetes, to listen, to act, and to keep pushing for better outcomes.

THE CHALLENGE IS URGENT
More than four million people are diagnosed with diabetes in Canada.

THE NEED IS GROWING
Every three minutes someone else is diagnosed.

But together, we will continue showing up, every step of the way.

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