Connected for Life.

2022 Impact Report
# Camp Overview

**American Diabetes Association Camp**

More than 18,000 children are diagnosed with type 1 diabetes every year, a life-changing disease that requires 24/7 control for the rest of their lives. Children with diabetes and their families walk a tightrope to keep blood glucose levels not too low and not too high. To do this, they must inject insulin multiple times per day or use an insulin pump; monitor blood glucose throughout the day and night; treat severe headaches and nausea; and seek emergency help for life-threatening complications.

Our Camps are designed to facilitate a traditional summer camp experience in a medically safe environment, while creating opportunities for children to **forge life-long relationships, overcome feelings of isolation and gain self-confidence.**

## CAMP BY THE NUMBERS:

<table>
<thead>
<tr>
<th>Campers Nationwide</th>
<th>Volunteers Nationwide</th>
<th>Approximate Cost of Overnight Camp per Child</th>
<th>Camp Sessions Nationwide</th>
<th>Approximate Cost of Day Camp per Child</th>
<th>Need-Based Financial Assistance Awarded Annually</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,771</td>
<td>981</td>
<td>$1,660</td>
<td>27</td>
<td>$1,067</td>
<td>$430,000+</td>
</tr>
</tbody>
</table>

### 100% of Campers

- Participated in at least 4 hours of physical activity per day
- Received mealtime support from dietary staff daily
- Gained hands-on experience in improving their diabetes management skills
- Forged sustainable relationships with peers also learning how to manage the daily struggles of diabetes

### 100% of Medical Staff

- Completed pre-camp training in up-to-date diabetes knowledge and treatment
- Received hands-on experience in diabetes management and treatment

### 100% of Campers’ Families and Caregivers

- Experienced a week of respite from the 24/7 management required with a child with diabetes
Camp Demographics

CAMPER DEMOGRAPHICS
Camp supports thousands of youth and families. Camper demographics include:

- 1,771 campers, 1,670 families
- 828 new campers
- 53% female campers, 42% male campers
- 23% of families received need-based financial assistance
- 78% White
- 5% African American
- 5% Latino/Hispanic
- 6% Multi-Racial
- 3% Other

HOW LONG HAVE CAMPERS LIVED WITH DIABETES?

- Less than 1 year: 36%
- 1–3 years: 30%
- 4–6 years: 28%
- 7 or more years: 6%

INSULIN DELIVERY SYSTEMS

- Pump: 79%
- Pen: 19%
- Syringe: 3%

MEDICAL STAFF
Last year, Camp was supported by over 420 trained medical staff. The ADA partners with local hospitals to ensure that health care provided is of the highest quality. Parents can rest assured that their child is in the care of expert medical personnel twenty-four hours a day. Medical staff included:

- Doctors
- Nurses
- Registered Dietitians
- Pharmacists
- Certified Diabetes Educators
- Child Psychologists
- Social Workers
Camp Outcomes

DIABETES MANAGEMENT SKILLS

After camp, 99% of campers were able to perform at least one diabetes management skill independently.

- Rotate injection sites: 13% increased
- Draw up insulin without assistance: 16% increased
- Recognize own low blood glucose levels: 17% increased
- Gave own injections: 9% increased
- Understand insulin to carb ratios: 12% increased
- Checked for ketones: 14% increased
- Changed pump site/sets: 16% increased

PROBLEM-SOLVING SKILLS

67% of campers were always or often able to solve diabetes management problems after attending camp—a 13% increase from before Camp.

KNOWLEDGE OF DIABETES

Among all campers and across all areas, 80% of campers increased knowledge in one or more area after camp.

Nearly 42% of our youngest campers increased their knowledge of when to check blood sugar.

FAMILY COMMUNICATION

45% of parents and caregivers stated that their familial communication improved or significantly improved after their child attended Camp.

CONFIDENCE

- 33% increased their confidence to manage their diabetes
- 33% increased their confidence to interact with their peers
- 41% increased their confidence to try new methods to manage their diabetes
- 32% increased their overall confidence after attending camp

MENTAL HEALTH & WELL-BEING

Feelings of anger about having diabetes decreased among 33% of campers

Feelings of loneliness with having diabetes decreased among 36% of campers

Feelings of sadness about having diabetes decreased among 31% of campers

82% of campers reported less than 5 days of poor mental health days in a 30-day period, a 20% reduction in poor mental health days following camp.
Camp Testimonials

FAMILY TESTIMONIALS

“My son learned how to use and change his pod on his own, he gained confidence and is no longer depressed.”

“He learned to give his own injections!!! Finally!!!”

“He is more willing to change his Omnipod independently, he checks ketones without assistance, he has been experimenting with different pump site locations.”

“She learned she is not alone. She has people and that she can do anything anyone else can do - She knew this - but camp proved it!

“He now does his pump site changes completely on his own (which he would have NEVER done before camp). He’s much more confident in his diabetes skills.”

96% of caregivers are likely to recommend ADA Camp to another parent of a child with diabetes

THE GIFT OF CAMP

Managing camps across the country requires a significant investment. In addition to all the trappings of a traditional summer camp—food, fun and adventure—we also provide skilled medical staff 24/7, insulin, test strips, glucose tabs, syringes, monitoring supplies and more. The support of our partners helps to fill the funding gap, provide financial aid to families in need, and help children build the relationships, skills and confidence they need to thrive with diabetes.

THANK YOU TO OUR NATIONAL SPONSORS
Camp Memorable Moments

Learn more at diabetes.org/camp | 1-800-DIABETES (800-342-2383)
There's nothing we can't accomplish when we're Connected for Life.