



POWERED BY
PURPOSE:
MAKING A
DIFFERENCE



Annual Report
2022

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Our Vision

Life free of diabetes
and all its burdens.

Our Mission

To prevent and cure
diabetes and to improve
the lives of all people
affected by diabetes.



A Message From the CEO



Diabetes and prediabetes are national epidemics impacting over 133 million Americans, and diabetes is one of the fastest growing chronic diseases in the world. With numbers like these, our vision of creating a life without diabetes has taken on a new urgency.

Your partnership and generosity have enabled us to support critical research, advocate for affordable health care, and convene the world's leading scientists to find new ways to treat and one day cure diabetes.

Here are some incredible milestones our community saw in 2022:

- Congress ensured Medicare beneficiaries could afford insulin with a new \$35 copay cap.
- There were new breakthroughs and obesity-fighting medications that help prevent the onset of type 2 diabetes.
- We saw a renewed focus and understanding from our donors, volunteers, and researchers of the health inequities that drive increased rates of diabetes.

But we know there's more work to be done in 2023 and beyond. At the **American Diabetes Association® (ADA)**, we will:

- Continue to prioritize health care access for all Americans, particularly vulnerable communities disproportionately impacted by diabetes.
- Remain committed to driving access to care beyond insulin, working with policymakers to boost access to insulin pumps, continuous glucose monitors (CGMs), and prevention programs, while driving increased funding for research to find a cure.
- Keep breaking down barriers to health equity with new ways to access vital tools for diabetes prevention and care.
- Bring forth innovative research as we restart our Pathway to Stop Diabetes® awards program.

We have a lot to accomplish, and I know the ADA's dedicated family of volunteers, advocates, staff, donors, and board members will see it through. Join us in our fight for people living with diabetes and those at risk by lending your support and your voice to create a better, healthier life and find a cure.

Here's to continuing our impact together in 2023 and staying **Connected for Life®!**

A handwritten signature in black ink that reads "Charles D Henderson". The signature is written in a cursive, flowing style.

Charles "Chuck" Henderson
Chief Executive Officer
American Diabetes Association

Health Equity

Health Equity Focus That Makes a Difference

Every person deserves the chance to live a full and healthy life.

The ADA has long been committed to helping build a more equitable health care system, where every person gets the best possible preventative and diabetes care. Policymakers, community organizations, and corporations all play an important role in addressing the social determinants of health that drive the disproportionate impact of prediabetes and diabetes on under-resourced communities.

Social Determinants of Health

Where people live, play, learn, work, and age, along with socioeconomic status and a person's ability or inability to access information and resources, all tremendously impact health and wellness. **High-quality diabetes care and education should be available to everyone in all communities.** Someone's ZIP Code and background should not determine their health outcomes.

The ADA's **Health Equity Bill of Rights** guides our work to address the social determinants of health that lead to a higher prevalence of diabetes and worse health outcomes. This provides the foundation that determines our strategies and intervention initiatives to address barriers to health care, including diabetes care.

These interventions focus on populations most disproportionately affected by diabetes compared to the national prevalence of 11.3%. According to the Centers for Disease Control and Prevention's (CDC's) 2022 National Diabetes Statistics Report, those are:

- American Indian or Alaska Native: 14.5%
- Black, non-Hispanic: 12.1%
- Hispanic: 11.8%

Some highlights of the ADA's work in 2022 include:

- Launched the Office of Health Equity to drive community-centric interventions that address barriers to equitable health.
- Kicked off a four-year collaboration with the nation's leading health organizations, the ADA, American Heart Association®, and American Cancer Society® to address the health inequities that contribute to the leading causes of death in communities of color—heart disease, cancer, stroke, and diabetes.
- Through support from corporate partners, we continued important Health Equity Now community programs to address food insecurity, access to healthy fresh foods, and access to CGMs.

For more information on our health equity work, visit [Health Equity Now](#).



Discoveries That Make a Difference

Science and research are at the heart of everything we do. Each finding deepens our understanding of diabetes and its complications—and how to fight back.

Since 1952, the ADA's research program has been the engine that cultivates brilliant scientists, drives forward discoveries, and turns them into clinical practice. Scientific research also forms the evidence base needed to advise policymakers at all levels of government and to develop effective initiatives that prevent and treat diabetes.

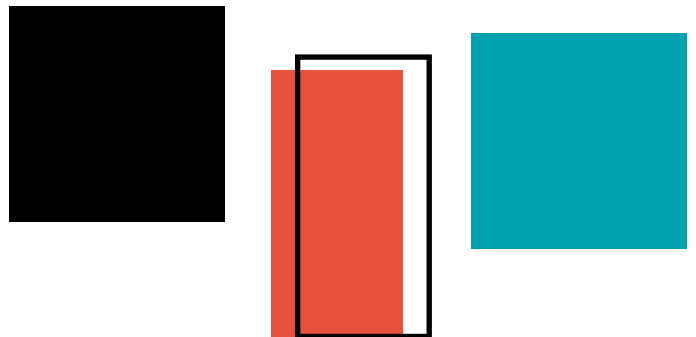
The ADA's well-established science and health care programs remain nimble enough to evolve with every challenge this disease throws our way. This work continued as we positively impacted people with diabetes and prediabetes in 2022 while brightening the outlook for the future.

Research Programs

In 2020, the ADA refocused our longstanding research program, allowing us to respond more quickly to the most mission-critical needs in diabetes prevention and care and accelerate innovations ready for expansion. This strategy has been met with much enthusiasm and is growing in size and stature.

This year we **funded 82 new targeted research awards** and initiated two standardized grant cycles. We also **partnered with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)** to support next-generation researchers in the Centers for Diabetes Translation Research, which aim to improve the translation of research findings related to diabetes prevention, treatment, and health equity.

Another 2022 highlight was the **Health Disparities Grantee Workshop** in Washington, DC, which brought together ADA research grantees for collaboration, project reporting, and exposure to future funding opportunities with NIDDK program officers. This workshop will become our model moving forward as we convene ADA-funded researchers to foster cross-pollination and a collaborative spirit throughout the field of diabetes.



Pathway to Stop Diabetes

This year we restarted our **Pathway to Stop Diabetes** (Pathway) program after a pause due to the COVID-19 pandemic. Pathway is a revolutionary five-year grant designed to transform diabetes research by attracting innovative scientists, physicians, and researchers through financial support and professional mentorship. The program funds this new generation of scientists at the peak of their creativity, providing them with the freedom, autonomy, and resources to discover the next breakthroughs in the field of diabetes.

For the first time in Pathway's history, in 2022 we diversified our strategy to emphasize translational research while continuing to support basic science projects.

Our newest awardees are:



Anna Kahkoska, MD, PhD
Gillings School of Public Health
University of North Carolina
at Chapel Hill

Project: Fusing rapid-cycle testing and adaptive interventions: A scientific pipeline to translate and individualize evidence-based psychosocial and behavioral interventions in routine type 1 diabetes care.



Lisa Beutler, MD, PhD
Northwestern University
Medical School

Project: Dissecting sugar-induced modulation of gut-brain circuits: This project seeks to understand how sugar consumption alters the connection between the gut and the brain, and how this may link to obesity and type 2 diabetes.

“The Pathway award will allow me to build a scientific pipeline to translate interventions from research settings to the clinic and individualize them to meet each patient’s unique needs.”
– Dr. Anna Kahkoska

Pathway Productivity

Since the program's launch in 2014:



>15

Start up companies founded by Pathway scientists



>320

Original publications in high impact scientific journals



100%

Initiator awardees secured first independent faculty position within the first two years of award



36

Funded researchers awarded



>530

Invited presentations and lectures



>45

Patent applications filed



>750

Nominations received and reviewed since program inception



For more information on our research program view our **2022 Research Report**.



Scientific Sessions

In June 2022, the ADA hosted the first hybrid Scientific Sessions from New Orleans, LA, providing a broader reach than ever for the world's premier meeting on diabetes research, prevention, and care. The enthusiasm was palpable as leading diabetes scientists and health care professionals gathered to present, learn, and discuss the most recent findings—and to network with their friends and colleagues in person.

Notable presentation topics included COVID-19, mental health, adolescent health, and advocacy.

10,000+
attendees

1,200+
published posters

116
countries represented

80+
exhibitors

193
educational sessions



Dr. Robert Gabbay, Chief Scientific & Medical Officer

Primary Goals

In May 2022, we significantly updated the **Diabetes Is Primary**[®] online curriculum with all new content and an interactive module design using brand-new educational technology. This long-running continuing education program, based on the ADA's *Standards of Care in Diabetes*, puts practical, up-to-date information into the hands of physicians, nurses, nurse practitioners, physician assistants, pharmacists, and other primary care professionals. Collectively, these practitioners treat 85–90 percent of the over 37 million Americans with diabetes, as well as the 96 million with prediabetes.

Diabetes Self-Management Education and Support

In February 2022, the ADA's **Education Recognition Program (ERP)** team, aided by experts and collaborating organizations from across the diabetes community, published the **National Standards for Diabetes Self-Management Education and Support**.

These standards, updated every five years, provide guidance and evidence-based quality practice for all diabetes self-management education and support (DSMES) services. This edition includes a focus on embracing cultural differences, social determinants of health, and technological advancements that help improve equitable access to DSMES services for people with diabetes.

Throughout the year, the ADA's ERP team conducted multiple symposiums aimed at helping ERP programs stay updated on the latest advances in diabetes care in alignment with the National Standards for DSMES and the ADA's *Standards of Care in Diabetes*.

Homemade Live Cooking Class

We have partnered with the professional chefs at Homemade to teach people living with diabetes how to make healthy and delicious meals at home. All classes feature one to two diabetes-friendly recipe that adhere to the ADA's nutritional guidelines. Constituents can register for the class and receive the ingredients and recipes ahead of time so they can cook along in real-time. The class is hosted on Zoom and streamed on Homemade's website simultaneously.

Besides learning diabetes-friendly meal and cooking tips, constituents can also ask nutrition-related questions to the ADA's nutrition team. Our nutrition team joins each class and answers any questions posted in the Zoom chat or on-camera questions from participants. This has helped build trust, dispel nutritional myths, and increase diabetes-related nutritional knowledge among class participants.

In 2022, we hosted five classes, with the average attendance of each class being 2,300. There has been steady interest growing with increasing email registrations.



Collaborations That Make a Difference

Life with diabetes requires constant vigilance against highs, lows, and long-term complications. With the support of our partners, the ADA is making meaningful progress toward overcoming the biggest challenges facing people with diabetes, their loved ones, and the health care professionals who treat them.

Today's diabetes hits different, and our new and ongoing strategic health initiatives are designed to hit back.

Focus on Diabetes

Focus on Diabetes® (FOD) addresses the alarming prevalence of eye disease among people with diabetes—about 95 percent of which is preventable. In 2022, together with our FOD Visionary Partners, Regeneron and VSP®, the ADA increased education and awareness around the importance of routine comprehensive and dilated eye exams to prevent eye disease and vision loss caused by diabetes.

Complementing our multi-channel consumer awareness campaign were efforts to improve access to screening opportunities and type 2 diabetes risk testing. With the support of the VSP Eyes of Hope Mobile Clinic, community partner Ochsner Health, and local health and eye care professionals, the ADA hosted events in Lafayette and Baton Rouge, LA—two communities substantially impacted by diabetes. There we provided no-cost dilated eye exams, prescription eyewear, and eye health and diabetes education to 240 at-risk constituents.

Through our strategic alliances, FOD increased engagement with optometrists, ophthalmologists, and primary care professionals by providing comprehensive education on diabetes-related eye diseases. We also leveraged the expertise of a multi-disciplinary team to develop:

- FOD Provider Practice Toolkit
- Diabetic Retinopathy Eye Health Guide
- Eye Care Interprofessional Communication Protocol
 - A collaboration with and endorsed by the American Optometric Association, American Academy of Ophthalmology, American Society of Retina Specialists, National Eye Institute, and our Visionary Partners
- A compendium—*A Practical Guide to Diabetes-Related Eye Care*

Learn more at diabetes.org/eyehealth.

Supporters:

Regeneron® Pharmaceuticals, Inc., VSP Vision™

Know Diabetes by Heart

People living with type 2 diabetes are twice as likely to develop cardiovascular disease as people who do not have diabetes. Launched in 2018, Know Diabetes by Heart™ is a joint initiative between the ADA and American Heart Association (AHA) that aims to comprehensively combat the national public health impact of these intertwined diseases.

The program turns ADA and AHA practice guidelines into lifelines by providing innovative resources for people with type 2 and targeted education for health care professionals. A total of 158,554 constituents accessed these resources this year.

In 2022, Know Diabetes by Heart:

- Hosted 12 live Ask the Experts events for people with diabetes to discuss the relationship between diabetes, heart disease, and stroke. More than 6,000 people joined these sessions.
- Launched an interactive e-learning opportunity to help people with diabetes learn about their risk for and take action to prevent heart disease.
- Engaged with more than 4,000 health care professionals on guideline-directed management and therapy.
- Worked with health care systems in Illinois, Maryland, New Jersey, and Pennsylvania through the ADA's quality improvement initiative, Diabetes INSIDE®, to improve health care delivery and clinical outcomes for people with diabetes.

Learn more at knowdiabetesbyheart.org.

Supporters:

Novo Nordisk, Bayer

“
Once you understand [type 2 diabetes] and what it takes to live with it, it's not that scary.
– Karen, Know Diabetes by Heart Ambassador
”

Making Diabetes Technology Work

Technology has been a game changer for diabetes management, and the ADA is dedicated to making these devices, apps, and other tools work harder for the people who need them.

Making Diabetes Technology Work focuses on educating health professionals and people with diabetes on how to incorporate these cutting-edge technologies into disease management. With knowledge of available technology, providers can better match the people they see with the right tools to reach their blood glucose (blood sugar) and other targets. Similarly, people with diabetes can learn how to use diabetes tech and data to streamline their day-to-day and improve their health outcomes.

In 2022, we introduced and enhanced several program resources including nine new e-learning modules—which attracted over 2,300 participants—as well as a webinar and self-assessment program for health care professionals who treat people with diabetes.

Learn more at professional.diabetes.org/MDTW.

Supporters:

Abbott Diabetes Care, LifeScan



Mental Health

Diabetes is one of the hardest chronic diseases to manage, requiring people to constantly monitor their blood glucose levels, meals, activities, and mood. Because of this emotional drain, distress and depression are much more common in people with diabetes than people who do not have diabetes. And yet, mental health remains an overlooked topic in diabetes care.

To address the mental health burden of diabetes, the ADA maintains a [Mental Health Provider Directory](#)—a vetted list of 269 licensed practitioners who have specialized training in diabetes-related issues. In addition, there are resources for practitioners such as the Diabetes and Emotional Health Workbook and a Mental Health Toolkit to help integrate mental health into diabetes care. These resources were downloaded more than 5,300 times in 2022.

Also in 2022:

- 546 mental health professionals completed the updated Diabetes Education 101 for the Behavioral Health Professional e-learning course.
- 479 people completed the new e-learning course, Behavioral Health in Diabetes Care, which is for certified diabetes care and education specialists (CDCES), social workers, and other members of the diabetes care team.

Learn more at diabetes.org/healthy-living/mental-health.

Supporters:

The Leona M. and Harry B. Helmsley Charitable Trust

Overcoming Therapeutic Inertia

Despite advances in guidelines and therapies over the last two decades, data show that fewer people with diabetes are achieving an A1C under seven percent. One explanation for this problem is therapeutic inertia—a delay or inaction to initiate or intensify therapy when glycemic treatment goals are not met.

The ADA's Overcoming Therapeutic Inertia (OTI) initiative seeks to better understand and address the factors that contribute to therapeutic inertia in diabetes care. If we can overcome therapeutic inertia and manage blood glucose levels early in a person's diabetes journey, as recommended in the ADA's *Standards of Care in Diabetes*, it will reduce their risk of developing complications and lead to better long-term outcomes.

In 2022, we:

- Introduced the OTI Certificate Program to empower health care professionals to master strategies that will help patients overcome therapeutic inertia.
- Developed a new Patient Engagement Toolkit and Practice Improvement Resources, which have been downloaded nearly 3,200 times.
- Developed infographics for people with diabetes on de-intensifying insulin and simplifying diabetes treatment plans.
- Updated relevant information in the ADA's [Consumer Guide](#), which has been accessed by more than 67,000 people to date.
- Funded a three-arm pragmatic randomized control trial to evaluate the effects of physician education regarding therapeutic inertia, with and without proactive outreach by a non-physician clinician, on the achievement of glycemic targets at six months.
- Developed a practice guide tool for clinicians in small-to-medium-sized health care practices to identify and intervene in the care of people who might be experiencing therapeutic inertia.

Learn more at therapeuticinertia.diabetes.org.

Supporters:

Sanofi, Novo Nordisk, Merck, AstraZeneca

Time in Range

The Time in Range (TIR) initiative focuses on teaching health care professionals and the people they see how to use data from blood glucose meters and CGMs to make treatment and lifestyle decisions. TIR measures the amount of time blood glucose levels are on target—between 70 and 180 mg/dL for most people. And it's more than a number, it's a means to improve both the daily quality of life and long-term outcomes for people with diabetes.

In 2022, with the support of Abbott Diabetes Care and LifeScan, the ADA introduced a suite of new TIR resources:

- 12 Practice Pearl videos
- 3 podcasts
- 5 webinars
- 14 infographics
- Gamified case study competition for clinicians

Health care professionals engaged more than 27,000 times with these TIR resources, which covered topics ranging from managing TIR in pregnancy to reducing barriers to diabetes technology for diverse populations.

Learn more at professional.diabetes.org/tir.

Supporters:

Abbott Diabetes Care, LifeScan

Women's Health

Up to 10 percent of pregnancies in the U.S. are affected by gestational diabetes (GDM) every year, a condition that can adversely affect women and their babies later in life. In fact, 50 percent of people with gestational diabetes go on to develop type 2 diabetes—and the risk for adverse outcomes doubles for African American/Black and Hispanic/Latinx women.

The ADA launched the Women's Health Initiative in 2022 to enhance prevention, appropriate and timely treatment, and education around gestational diabetes and improve outcomes for both mother and child. These efforts included:

- Recruiting health system partners for quality improvement and best practice sharing.
- Conducting focus groups with community health workers and doulas.
- Establishing a Scientific Advisory Council to contribute strategic insight and collaborate on education programs.

Learn more at professional.diabetes.org/womenshealth.



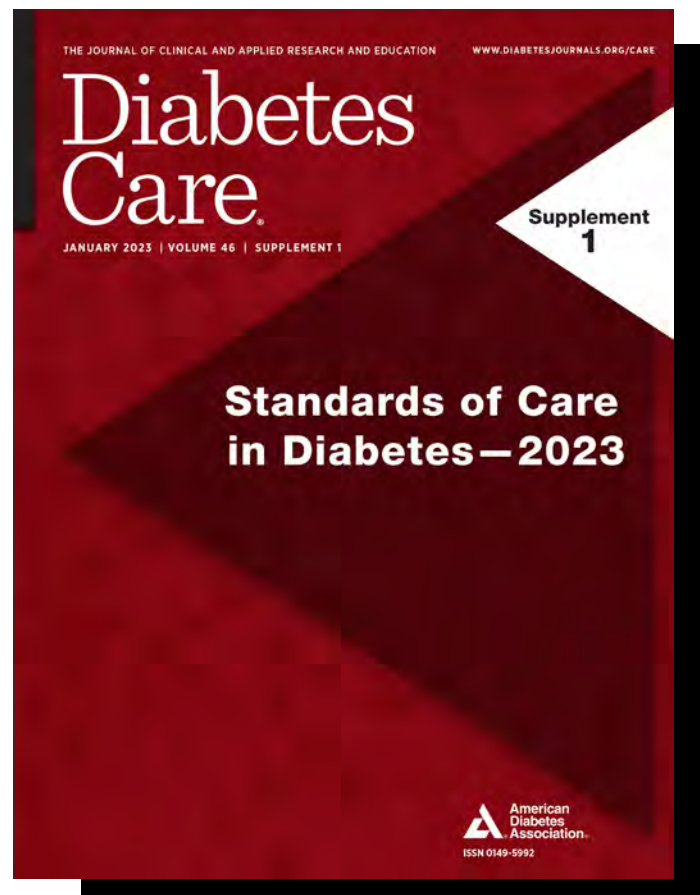
Knowledge That Makes a Difference

The ADA's trusted publications distill the latest research and best practices for health care professionals so they can provide the very best level of care to people with and at risk for diabetes.

Standards of Care in Diabetes—2023

For more than three decades, the ADA has published the *Standards of Care in Diabetes (Standards of Care)*—the gold standard of diabetes clinical care guidance. In 2022, the *Standards of Care* reached more than three million professionals via journal publications and millions more via other ADA programs and channels.

The 2023 edition of the *Standards of Care* was released in December 2022. Today's *Standards of Care* is more evidence-based, more accessible, and more actionable than ever, helping clinicians around the world keep up with the rapidly changing health care landscape and drive better care—especially in communities disproportionately impacted by diabetes.

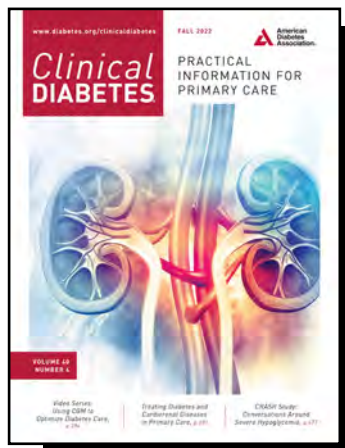


Notable updates to the *Standards of Care*—2023 include:

- Emphasis on **supporting higher weight loss** (up to 15%) based on the efficacy of and access to newer medications when appropriate.
- New recommendations related to **sleep health and physical activity** in people with diabetes.
- Broad consideration of **social determinants of health** in guiding the design and delivery of care.
- New **hypertension diagnosis cut-offs** (hypertension is now defined as a systolic blood pressure ≥ 130 mmHg or a diastolic blood pressure ≥ 80 mmHg).
- The **expanded role of SGLT2 inhibitor** use in preserved and reduced heart failure ejection fraction.
- The **role of finerenone** in individuals with diabetes and chronic kidney disease with albuminuria.
- New **lipid management recommendations** suggesting lower LDL goals for high-risk individuals.

Download the Standards of Care app for the most up-to-date information, along with interactive tables and algorithms.

In February 2022, the ADA engaged more than 800 health care professionals from around the world in our first-ever Clinical Update Course, held virtually because of a COVID-19 resurgence. The in-depth program combined two established ADA meetings, the Annual Clinical Conference and Advanced Postgraduate Course, and emphasized new content from the 2022 *Standards of Care*. The Clinical Update Course was renamed the Clinical Update Conference for the 2023 meeting.



Journals

In 2022, our scientific and medical journals reached more than 40,000 health care professionals with cutting-edge research on the prevention and treatment of diabetes and its complications. Collectively, *Diabetes*[®], *Diabetes Care*[®], *Clinical Diabetes*[®], and *Diabetes Spectrum*[®] received more than **13 million page views** from five million unique users at diabetesjournals.org, and ADA-published studies were **cited more than 157,000 times**—roughly an eight percent increase over 2021.

Even Greater Impact

In 2022, *Diabetes Care* achieved an impact factor of 17.152, the highest mark among journals devoted exclusively to original diabetes research. *Diabetes Care* and *Diabetes* are the top two journals publishing diabetes research, **ranking second and fourth** among the 146 journals in the broader field of endocrinology and metabolism.

Special Editions

The ADA published numerous papers and reports in 2022 to help people living with diabetes thrive, including:

- *Automated Insulin Delivery: Benefits, Challenges, and Recommendations. A Consensus Report of the Joint Diabetes Technology Working Group of the European Association for the Study of Diabetes and the American Diabetes Association*
- *Continuous Glucose Monitoring: Optimizing Diabetes Care (Clinical Diabetes video series)*
- *Diabetes Management in Chronic Kidney Disease: A Consensus Report by the American Diabetes Association (ADA) and Kidney Disease: Improving Global Outcomes (KDIGO)*
- *Health Equity and Diabetes (Diabetes Spectrum collection)*
- *Management of Hyperglycemia in Type 2 Diabetes, 2022. A Consensus Report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)*
- *Optimizing the Use of Glucagon-like Peptide-1 Receptor Agonists in Type 2 Diabetes Mellitus (Clinical Diabetes video series)*
- *Serious Later Risks Associated with Type 2 Diabetes in Adolescents and Young Adults: Extended Observations From the TODAY Study (Diabetes Care collection)*

Hot off the Presses

In 2022, we added the following new editions to our library of professional books and clinical compendia:

- *2022–2023 Guide to Medications for the Treatment of Diabetes Mellitus*
– John R. White, Jr., PA-C, PharmD (Editor)
- *ADA Clinical Compendium: Diagnosis and Treatment of Painful Diabetic Peripheral Neuropathy*
– Rodica Pop-Busui, MD, PhD (Editor)
- *ADA Clinical Compendium: New Evidence-Based Therapies for Complex Diabetic Foot Wounds*
– Andrew J.M. Boulton, MD, DSc (Hon) FACP, FRCP and David G. Armstrong, DPM, MD, PhD (Editors)
- *ADA Clinical Compendium: A Practical Guide to Diabetes-Related Eye Care*
– Thomas W. Gardner, MD, MS (Editor)
- *Annual Review of Diabetes—2022*
– American Diabetes Association
- *Medical Management of Type 1 Diabetes, 8th Edition*
– M. Sue Kirkland, MD (Editor)

Listen Up!

Since 2015, we have produced a monthly podcast for health care professionals on the go. Each episode of **Diabetes Core Update** discusses how the research published in our scholarly journals relates to clinical practice. In 2022, Diabetes Core Update reached an important milestone in podcasting: **one million downloads!** Subscribe for free through your favorite podcast platform or directly through diabetesjournals.org.



Diabetes Advocates Who Make a Difference

2022 was a landmark year for diabetes advocacy, with the ADA leading the charge for groundbreaking policies that will improve the lives of the over 133 million Americans living with diabetes and prediabetes. From Capitol Hill to state capitals across the country, our more than 400,000 Diabetes Advocates devoted their efforts to supporting and advancing critical ADA-sponsored legislation and diabetes prevention policies. United in a common goal against the pervasive disease, the ADA continues to work endlessly to implement impactful policy reforms aimed towards bending the curve and promoting a healthier future for the diabetes community.



ADA's Holly Baker Maddams (left) and Delaware Governor John Carney (right)

Diabetes Medication Became More Affordable

It's no secret that managing diabetes can be financially devastating, dually impacting the person living with it and members of their support system. As more Americans are burdened with rising out-of-pocket costs, many find themselves skipping care and rationing medications just to make ends meet. While we understand these methods adversely impact treatment plans, this has become the harsh reality for millions of people struggling with diabetes.

In 2022, the ADA worked tirelessly to ensure diabetes treatments are widely accessible and affordable for the American population.

Our commitment to advocacy:

- **Ushered in the passage of landmark federal legislation limiting the monthly cost of lifesaving insulin to \$35 for America's seniors on Medicare.**
- Yielded policies that capped annual out-of-pocket costs for seniors on Medicare at no more than \$2,000.
- Ensured premium subsidies for those on Affordable Care Act health insurance plans would continue through 2025.
- Enacted monthly cost-sharing caps on insulin for people with state-regulated plans in 22 states, plus the District of Columbia.
- Prompted Delaware to **sign a law capping diabetes equipment and supply costs** at a collective \$35 per month.

We Lowered Barriers to Diabetes Technology

Health insurance systems, including Medicare and Medicaid, often have restrictive policies that make it difficult for people to access diabetes-management devices, which have been shown to tremendously improve diabetes outcomes. The ADA recognizes that people who could benefit most from a CGM—those with lower incomes, people on Medicaid, and elderly people of color who live in states with the highest rates of diabetes prevalence and mortality—are the least likely to have access to this technology.

Throughout 2022, the ADA managed to increase access to diabetes technology, and CGMs in particular, at both the federal and state levels. Our concerted advocacy efforts, aimed at the Centers for Medicare and Medicaid, the U.S. Department of Veterans Affairs, and state Medicaid programs and legislatures, resulted in proposed regulations for these federal programs and improvements in Medicaid coverage in more than 10 states.

We are not using something expensive—we are using something that is just better science, that translates into better care, right? So hopefully we can have improved access across the board for all kinds of patients, not just the ones with good insurance.

– Dr. Rodolfo Galindo,
CGM provider

Every three and a half minutes, someone in America undergoes a diabetes-related limb amputation. Sadly, 85 percent of these amputations are preventable, with most occurring among people of color, particularly those with less access to care.



Amputation Prevention Alliance

Bending the Trajectory of Amputations

In response to these startling amputation statistics, in 2022 the ADA proactively formed an alliance with leading health organizations, professional groups, clinical experts, policymakers, and leaders in the diabetes community, aimed at preventing diabetes-related amputations. The **Amputation Prevention Alliance's** (APA's) overarching mission is to curb the number of amputations among low-income and minority individuals with diabetes.

Guided by a Clinical Advisory Working Group, the APA's multi-faceted work will include advancing impactful and targeted policy changes, driving clinician awareness of opportunities to prevent amputations, and empowering people to advocate for the best care. While these reforms will undoubtedly yield a decrease in amputations overall, the ADA will continue to fight to **save both limbs and lives**.

Increased Funding for Diabetes Research and Prevention Programs

Under widespread financial uncertainty, the ADA was successful in driving increased federal funding for diabetes research and prevention programs. The National Institutes of Health, the NIDDK, the CDC Division of Diabetes Translation, and the National Diabetes Prevention Program (National DPP) all received substantial funding increases in 2022. These increases augment vital programs that develop groundbreaking treatments and potential cures for diabetes.

In 2022, ADA advocacy helped secure a **12 percent increase in funding** for the CDC's National DPP, a research-based, structured lifestyle change program proven to help prevent and delay type 2 diabetes.

Safer Schools for Students with Diabetes

The ADA's **Safe at School**® campaign works to make sure the diabetes management needs of children are met so they are healthy, safe, and able to enjoy the same opportunities as their peers at school. This campaign maintains a commitment to challenging discriminatory practices and policies on behalf of the nation's youth and fostering a healthier learning environment for students battling the effects of this chronic disease.

Historically, New York City Public Schools have failed to meet their legal obligations and provide appropriate accommodations for students with diabetes. Our organization believes **students with diabetes deserve to attend school alongside their peers, free from discrimination**. In response to these inequities, the ADA filed a lawsuit against the New York City Department of Education—and **won a settlement in September 2022**.

Thanks to these efforts, NYC public school students with diabetes now have improved access to diabetes care during the school day and can safely participate in field trips and school-sponsored events. We aspire to use this ruling as a model for school districts across the nation.

We've updated our **Safe at School** resources, including the school guide, training modules, Diabetes Medical Management Plan, and more. These tools are used daily by parents, health care providers, and school personnel across the country to keep students with diabetes safe.



Community Programs That Make a Difference

For children living with type 1 diabetes and people at risk for developing type 2 diabetes, these ADA programs are a place to make connections and learn skills for living well.



ADA Camp

More than 18,000 youth are diagnosed with type 1 diabetes every year, a life-changing moment that requires 24/7 control for the rest of their lives. ADA Camp offers a traditional summer camp experience in a medically safe environment while creating opportunities for children with diabetes to forge life-long relationships, overcome feelings of isolation, and gain self-confidence in their diabetes care.

After two years of being online, our camps joyfully returned in person in 2022. More than 1,700 campers in 27 locations around the country joined in the summer fun, complete with swimming, fishing, kayaking, and the beauty of nature.

It just doesn't get any better than camp.

Year after year, the feedback from campers and families is overwhelming:

- **78%** of caregivers rated their child's overall health "good" or "excellent," an increase of 22% from before camp.
- **82%** of campers reported less than five days of poor mental health in a 30-day period after camp, a 20% decrease.
- **45%** of caregivers reported that teamwork and communication improved within their family after camp.
- **41%** of campers increased their confidence to try new methods to manage their diabetes.

We are grateful to National Sponsors Novo Nordisk Inc., The Leona M. and Harry B. Helmsley Charitable Trust, and Lilly Diabetes, whose support makes ADA Camp possible.

Learn more at diabetes.org/camp.

“

She learned she is not alone and that she can do anything anyone else can do. She knew this, but camp proved it!”

– ADA Camp parent

”

Did you know?

With help from our partners, we award more than **\$430,000** in need based financial assistance annually so even more children with type 1 have the chance to experience the wonder of ADA Camp.



Project Power

You're never too young or old to lower your risk for type 2 diabetes and its complications. The ADA's Project Power is here to make living healthy second nature for both adults and kids living with prediabetes and type 2.

For years, Project Power has aimed to slow the trajectory of childhood obesity and type 2 among youth aged 5–12. Using an outcomes-based curriculum, the no-cost virtual and in-person program promotes making healthy food choices, increasing physical activity, and building family and peer support. In 2022, **Project Power for youth** grew to serve 27,605 children across more than 40 states.

And with the support of our national sponsors, in late 2022 we expanded Project Power to serve the whole family. **Project Power for adults** over 18 is a 12-month, no-cost lifestyle change program that raises diabetes awareness and offers diabetes risk reduction education to people with type 2 diabetes and prediabetes. The program combines interactive lessons with a health coach, small support groups, and tools and resources to empower participants to reach their personal health goals. We hope to serve 2,400 constituents in 24 high-risk areas by 2024—because healthy families mean healthy communities and ultimately a healthier world.

Learn more at diabetes.org/projectpower.

Supporters:

CVS, Eli Lilly, OneTouch by LifeScan, Sun Life Financial, Quest Diagnostics



Today's Diabetes Hits Different

Today's diabetes hits different. Different than it did even two years ago. Different risk factors and complications. Different communities, but it affects us all.

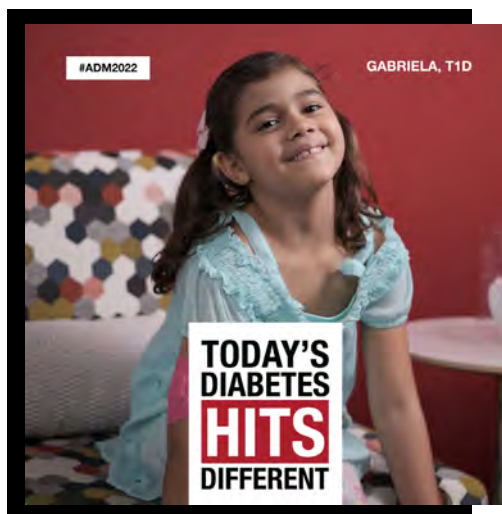
But today, there are different ways to hit back. New technologies to manage diabetes. New public health policies. Better resources to educate ourselves.

That's why **Today's Diabetes Hits Different**, the ADA's 2022 campaign for **American Diabetes Month**[®], encouraged our audiences to share the current reality of diabetes and how they hit back. Everyone's journey may be different, but it was time to highlight where we've been and how far we've come.

With support from CVS Health[®], WeightWatchers, and Optum Store, we ran an integrated, multichannel campaign throughout November to help Americans know, share, make, and be the difference in our fight for better health with diabetes.

It takes all of us to educate and inspire one another. Today's diabetes hits different, but our community—people living with diabetes, those who care for them, and those who support the cause—is stronger than ever before.

Learn more at diabetes.org/ADM.





 **American
Diabetes
Association**
Connected for Life.

 **CVS
Health**

 **W
W**
WeightWatchers



**TODAY'S
DIABETES
HITS
DIFFERENT**

diabetes.org/hitsdifferent
#ADM2022

ADM campaign ad used for social media.

Support That Makes a Difference

The more than 133 million people living with diabetes and prediabetes guide our decisions, our strategy, and our commitment to social justice. It is with gratitude that we recognize the generous support of our 2022 corporate partners, whose collaborative efforts accelerate change for people living with diabetes and their caregivers.

Banting Circle Elite (\$1 Million+)

- Abbott Diabetes Care
- Bayer Healthcare
- Blue Cross Blue Shield of Illinois
- Elevance Health
- Eli Lilly and Company
- Genentech Pharmaceuticals
- Helmsley Charitable Trust
- Novo Nordisk, Inc
- Podimetrics
- Splenda

National Supporters (\$500,000–\$999,999)

- Advanced Oxygen Therapy Inc
- LifeScan, Inc
- Medtronic Diabetes
- Sanofi Aventis
- Vertex Pharmaceuticals

National Supporters (\$150,000–\$499,999)

- Alice F. & Cortland J. Knipe Charitable Trust
- Blue Cross Blue Shield of Arizona
- Cardiovascular Systems Inc
- Cintas Corporation
- CVS Pharmacy, Inc.
- Dexcom
- Discount Tire
- Encore Medical Education, L.L.C.
- Healthyr
- Humana
- Idaho Potato Commission
- Marilyn Stiglitz
- Optum
- P&G
- Sentara Healthcare
- Sun Life Financial
- Vision Service Plan
- Walmart
- Weight Watchers
- Xeris

Generosity That Makes a Difference

As we emerge from the COVID-19 pandemic, our community of donors, sponsors, volunteers, and others is stronger than ever. On behalf of the over 37 million Americans with diabetes and the 96 million with prediabetes—thank you for standing, walking, and riding with us.



Major and Individual Gifts

We raised a total of \$5.6 million in major and individual gifts in 2022. We extend our special thanks to the 10 major donors whose gifts totaled \$4.4 million, as well as our mid-level donors. Their support of the ADA's mission allows us to continue our important, lifesaving work.

Planned Giving

In 2022 we welcomed 343 members to our Summit Circle, our legacy society recognizing people who have included the ADA in their estate plans. Summit Circle donors are critical to our future, as their commitments represent over \$6 million in future revenue to support our mission. As a token of our appreciation, we were delighted to ask each Summit Circle member to join in community and national events, as well as to share key updates on research, camp, and other ways the ADA supports those living with diabetes.

Also in 2022, we invited over 220 estate planning professionals to learn more about our work and how their clients can engage with the ADA. And 1,390 generous donors supported the ADA through their individual retirement accounts again this year, taking advantage of tax benefits while accelerating the impact of our organization.

Signature Events

For the first time since February 2020, our beloved signature events were conducted in person across the country, bringing together walkers, riders, and donors to raise critical funds for ADA programs and show their resounding support for all people living with diabetes. We also offered a virtual option, so anyone and everyone could participate.

Tour de Cure and Step Out Walk

In 2022, 9,986 participants raised a total of \$7,191,487 toward our mission. In the lead were Tour de Cure®: Wine Country, raising over \$1.3 million, and Step Out Walk to Stop Diabetes®: Pittsburgh, which raised \$227,590.

Kiss a Pig Gala

Another event highlight was the 20th annual Kiss a Pig Gala, held in Bentonville, AR. With over 700 attendees, Kiss a Pig is the most-attended charity gala in the state and the largest ADA gala in the country. The October 2022 event raised over \$1.4 million—the most in Kiss a Pig history.

There are countless ways to become an ally in the fight against diabetes. **Learn more and make a difference your way at diabetes.org/ways-to-give.**

\$95.9M

total contributions and grants

\$29.6M

in bequests

\$8.8M

from special events

\$5.6M

in major and individual gifts



Message From the Secretary/Treasurer

During 2022, the world was still working to get to a new normal after the pandemic and was dealing with a very volatile financial market. The ADA started to cautiously move forward with hybrid special events, camps, and Scientific Sessions, which resulted in additional revenue from these sources.

The ADA raised \$113.5 million. Our expenses totaled \$113.3 million, 77 percent of which went directly toward our mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes. The ADA continued to support our mission through core and Pathway research funding, professional education, youth camps, prevention programs, advocacy, and more.

As a result of the ADA's financial discipline, we were able to achieve a net income of \$279,000. This allowed us to continue to rebuild some of our cash reserves and ensures we can continue to invest in innovative programs and projects that meet the needs of the people we serve.

Thank you to our donors, sponsors, volunteers, and other stakeholders for believing in the ADA. Your donations, time, and expertise make our work possible. Together, we're Connected for Life.

Best,



MARSHALL CASE
ADA SECRETARY/TREASURER



Financial Highlights

DECEMBER 31, 2022

STATEMENT OF ACTIVITIES (in thousands of dollars)

Public Support and Other Revenue

■ Donations	\$57,524
■ Special events, net	8,781
■ Bequests	29,623
■ Fees from exchange transactions	17,611
Total revenue	\$113,539



Expenses

■ Research	\$31,681
■ Information	41,192
■ Advocacy and public awareness	14,367
Program expense subtotal	87,240
■ Management	7,457
■ Fundraising	18,563
Total expenses	\$113,260



Net Income **\$279**

BALANCE SHEET

Assets

■ Cash and investments	\$129,327
■ Accounts receivable, net	8,779
■ Contributions receivable, net	52,565
■ Fixed assets, net	4,240
■ Right of use assets - operating leases	15,944
■ Other assets	3,484
Total assets	\$214,339



Liabilities

■ Accounts payable and accrued liabilities	\$8,197
■ Lease liabilities - operating leases	\$27,149
■ Research grant payable	15,769
■ Deferred revenues	6,204
Total liabilities	\$57,319



Net assets

■ Net assets without donor restrictions	\$72,034
■ Net assets with donor restrictions	84,986
Total net assets	\$157,020



Total liabilities and net assets **\$214,339**

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Partner and Practice
Coordinator
Phelps Dunbar, LLP
New Orleans, LA



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CDCES, BC-ADM**

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Director, Pharmacy Services
Neighborhood Medical Center
Tallahassee, FL



R. Marshall Case

Secretary/Treasurer

Retired Finance Executive
Savannah, GA



Guillermo Umpierrez, MD, CDCES

President, Medicine & Science

Professor of Medicine,
Division of Endocrinology
Director of the Diabetes and
Endocrinology section
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Atlanta, GA

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Project Director
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Women's Interagency HIV Study-
Combined Cohort Study (WIHS-CCS)
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Albert Einstein College of Medicine
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Vice Chair for Clinical Affairs and
a Professor in the Department of
Medicine at the Baylor College of
Medicine // Chief of the Section of
Endocrinology at Baylor St Luke's
Medical Center and the Medical
Director of the Baylor St. Luke's
Medical Center Diabetes Program
Houston, TX

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LifeScan Diabetes Institute
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and Regulatory Affairs // Bon
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Portland, OR

Ruth Weinstock, MD, PhD

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and Division Chief of Endocrinology,
Diabetes and Metabolism,
Department of Medicine SUNY
Upstate Medical University //
Medical Director of the Clinical
Research Unit and Medical Director
Joslin Diabetes Center at Upstate
Medical University
Syracuse, NY



POWERED BY
PURPOSE:
MAKING A
DIFFERENCE

