No child should die of diabetes.
A note from our General Manager

Dear friends and supporters,

The past year has presented unexpected and devastating challenges for the children and youth we support. As the global pandemic unfolded, it quickly became clear that Life for a Child had to develop targeted initiatives to support our local partners to provide care. This support came in a multitude of forms. Here are just three examples.

**Emergency funding.** In Uganda, basic food provisions were in short supply, causing local market prices to rise beyond the reach of many families. We arranged for emergency food packages containing fruit, vegetables, meat, and maize meal for young people living with type 1 diabetes.

**Logistical innovation.** Due to the slowdown in global aviation our transport partner Direct Relief was forced to find new routes to deliver essential supplies. One shipment of insulin took 76 days to travel over land and sea from the USA to Tajikistan.

**COVID-19 prevention supplies.** Young people in Guatemala received a kit including hand sanitiser, masks and a face shield.

In relation to the pandemic, there is still a long way to go. Many of the countries Life for a Child works in are largely unvaccinated and under-resourced, so there is still a great deal of uncertainty and fear for the families we support. Because of your donations, we will be there to help them face difficulties as they arise.

It was an incredibly challenging year, and we couldn’t have done it without you, our loyal donors, partners and supporters.

Dr. Graham Ogle
General Manager
2020 snapshot

We believe that young people living with diabetes should have access to insulin, blood glucose monitoring supplies and diabetes education, regardless of their circumstances.

Our mission:
Support the provision of the best possible health care, given local circumstances, to all children and youth (under 26 years of age) with diabetes in less-resourced countries, through the strengthening of existing diabetes services.

Conduct international advocacy and clinical research, and where possible help both young adults and also recipient countries with achieving sustainability.
2020 highlights

We partner with diabetes centres in under-resourced countries to provide young people with the insulin and supplies they need to manage their diabetes.

Guatemala
Nimah receives a hygiene & prevention kit which included face shields, masks, and hand sanitizer.

Ecuador
Rafael collects his new blood glucose monitor and test strips from our local partner centre.

Togo
Young people and their parents attended a COVID-19 awareness session at our partner centre in Togo, each of the 60 attendees received face masks and hand sanitizer.

Democratic Republic of the Congo
Young people collect an emergency food package along with their regular medical supplies.
Supplies provided to young people living with diabetes

2,351,000 Syringes
196,134 life-saving vials of insulin
9,591,588 blood glucose test strips

Tajikistan
Life for a Child provided support for over 1000 young people during 2020.

India
Raunak travelled in scorching heat across the locked-down city to deliver supplies to Puneet who had been unable to access diabetes management supplies because of lockdown restrictions.

Sri Lanka
A team of extraordinary volunteers risked their own safety to make home deliveries of essential diabetes supplies to young people across the country.
To manage type 1 diabetes, children, young people and their carers have to employ decision making and self-care skills that can only be achieved with access to diabetes education.

Ideally, education is provided by a dedicated unit, staffed with a multidisciplinary team of health professionals including paediatric endocrinologists, specialist diabetes nurses, dietitians and psychologists.

In most Life for a Child supported countries, these specialist health professionals are simply not available. Therefore, a major component of our work is to support and upskill local health professionals through the provision of diabetes education resources and professional development opportunities. The support we provide to our local partners aims to enable them to provide young people with education that is relevant, consistent, evidence-based and empowering.
2020 Snapshot

Online Education Resources

lifeforachild.org/education
Our website hosts a dedicated section of clinical guidelines, education and training resources, including multicultural resources in 23 languages. In 2020, we added resources in four new languages including Kreyol, Nepali, Tajik and Sinhala.

A library of multilingual Diabetic Ketoacidosis (DKA) prevention posters is also available in 25 different languages. These posters aim to increase awareness of the signs and symptoms of type 1 diabetes, so that an accurate diagnosis is made and timely treatment can be initiated.

Training Workshops and Conference Sponsorship

Each year we sponsor health professionals to attend the ISPAD conference. In partnership with ISPAD we made it possible for representatives from Ecuador, Guyana, Nigeria, Tajikistan, Pakistan, Tanzania, Togo, Liberia, Ghana, Sudan and the Republic of Congo to attend the virtual conference in 2020.

As in-person training workshops were not possible this year due to the COVID-19 pandemic, we increased virtual communication links with our partners to maintain contact and ascertain support needs.

Carbohydrate Counting Booklet

During 2020 we developed a healthy eating and carbohydrate counting booklet in partnership with ISPAD and leading dietitians. This first booklet focuses specifically on Indian foods and introduces carbohydrate counting with photos of common Indian and international foods alongside their carbohydrate count. The booklet will be launched in 2021 and plans are underway to develop the booklet for other countries and in other languages.

Clinical Guidelines Pocketbook

The Pocketbook for the management of diabetes in childhood and adolescence in under-resourced countries is a shortened version of the International Society for Paediatric and Adolescent Diabetes (ISPAD) Clinical Practice Consensus Guidelines, available in English, French, Spanish and Russian. In 2020, we mailed copies of the guidelines to our local partners in Ethiopia, Togo, Jamaica and Tanzania.

Monitoring health and situational status

Our local partners are required to submit an annual narrative report describing their situation, activities and a list of clinical de-identified data for each supported child and young adult. We then provide feedback on these reports, often identifying needs, highlighting areas of concern, and providing targeted advice and support.

Education Bulletin

Our email bulletin provides local partners with up-to-date information on timely and relevant topics. In 2020, we published bulletins on ‘sick-day management’ and ‘insulin dose adjustment’.

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Rukia was eight years old when her mother noticed her health declining rapidly.

A blood test revealed that Rukia's blood sugar level was three times higher than normal - she had type 1 diabetes.

She initially found it hard to adapt to her ‘new normal’, the daily injections were the hardest part. However, she soon found a support network among the young people she met at her local clinic. Talking to them made a huge difference. Rukia said, ‘It was easier to cope and not feel alone.’

“Seeing doctors almost every month drove out the inner doctor in me. My inspiration was my pediatric endocrinologist Dr. Edna Majaliwa, I used to say to myself that I will be just like her one day.” Rukia

Inspired by the healthcare professionals who work at our partner centre, Rukia decided to study medicine at university and is now in her final year. She hopes that in becoming a doctor she can help other young people just like her.
Advocacy

In 2020, Life for a Child’s advocacy initiatives largely focused on mitigating any disruptions to diabetes care caused by COVID-19. In addition, we worked on raising awareness on global inequities in access to blood glucose monitoring supplies and incorporating this narrative into the global insulin access challenge.

In addition to causing disruptions to diabetes care, COVID-19 has also hindered progress in the prioritization of funding for noncommunicable diseases (NCDs) treatments into national health budgets. Additionally, the impacts of lockdowns placed immense pressure on Life for a Child partner centres to provide care to all young people in need.

It was clear that Life for a Child would need to act early to ensure that continuity of care was not compromised for the young people we support. We spearheaded two advocacy initiatives:

a. Life for a Child partnered with JDRF to form the COVID-19 Diabetes Supplies Coalition (CDSC). The CDSC brought together a number of partners to identify shortages of insulin and other essential diabetes supplies, and other impacts on diabetes care, that result from disruptions caused by the COVID-19 pandemic. The CDSC also worked to mobilise support and share best practices so that these needs can be met as well as possible.

b. Life for a Child raised awareness on the impact that COVID-19 is having on diabetes services in less-resourced countries by publishing the research paper ‘COVID-19 and type 1 diabetes: Challenges and actions’, alongside co-authors from Mali, Uganda, and Tanzania.

With support from Direct Relief, JDRF, and The Leona M. and Harry B. Helmsley Charitable Trust, Life for a Child was able to send emergency funds to partner centres experiencing emergency operating support needs during the COVID-19 pandemic. These funds have been used to ensure that centres have the capacity to continue to deliver care to all young people supported by Life for a Child.

Life for a Child spoke at international engagements on the impacts of COVID-19 on diabetes care delivery. At these engagements, Life for a Child raised awareness on global inequities on access to Blood glucose monitoring supplies and other components of care.

- International Alliance for Diabetes Action, Dec 2020
- World Diabetes Day- Kingston Jamaica Lions, Nov 2020
- Chatham House Event on Access to Diabetes Treatment and Care as a Critical Part of Universal Health Coverage, October 2020
- Chatham House Event on Insulin Thermostability, Sept 2020
- Insulin and associated devices: access for everybody WHO stakeholder workshop, Sept 2020
Research

Developing a clear global picture of the number of young people living with diabetes and the various types occurring is a core research value of Life for a Child’s. This was especially important to Life for a Child ahead of marking 100 years since the first clinical use of insulin.

This year, Life for a Child published the following:


Life for a Child also believes that it is vital to reveal the health consequences for young people living with diabetes when they only have access to minimal levels of care. Together with colleagues from the Pittsburgh EDC Study and in-country investigators from six countries, Life for a Child published a health economics study that found that marked reductions in complications rates and mortality are achievable in less-resourced countries when “intermediate” levels of care are implemented and that this is cost-effective within the WHO “Fair Choices” framework:

COVID-19 has had severe impacts for people with diabetes worldwide. Together with African co-authors, we described the potential consequences that COVID-19 could have on diabetes care in less-resourced countries. These included the impacts of lockdowns, the need for accurate information for people with diabetes and health professionals, interruptions to diabetes supplies shipments, and long-lasting economic damage to national health budgets:

Visit the Life for a Child research library at lifeforachild.org/research
Financials

In-kind Support
Below is a summary of the value of in-kind donations received by Life for a Child from corporate partners during 2020.

- **Blood glucose strips** $4,277,098
- **Insulin** $2,942,010
- **Syringes** $470,200
- **HbA1c & microalbuminuria testing** $168,455
- **Blood glucose meters** $140,100
- **Lancets** $42,951

Total $8,040,804

Fundraising
Where your donations were spent in 2020:

- **86% of donations go towards direct program support**: Blood glucose monitoring supplies, HbA1c testing, diabetes education and other in-country support.

- **14% of donations go towards operational support.**
Steering Committee

An international advisory committee providing cross-functional leadership and guidance.

Sturt Eastwood - Chair

Sturt is the Chief Executive Officer of Diabetes NSW & ACT, Australia’s largest member based, non-profit organisation. With a multidisciplinary commercial career, Sturt has a wealth of national and international management and governance experience. As a person living with diabetes himself, Sturt is a leading advocate for the support of others living with diabetes.

Dr. Graham Ogle

Graham is Life for a Child’s General Manager and an Adjunct Professor at the University of Sydney. He trained in paediatric endocrinology in Australia, before working in Papua New Guinea and Cambodia, delivering health care to vulnerable communities for 6 years.

In 2000, he and Professor Martin Silink established the Life for a Child program with the vision: No child should die of diabetes.

Dr. Julia von Oettingen

Julia is a pediatric endocrinologist at the Montreal Children’s Hospital, Assistant Professor at McGill University, and a Fonds de Recherche du Québec Santé supported Clinician-Scientist at the McGill University Health Center Research Institute.

Julia has a passion for pediatric endocrinology and global health and is the founding medical director of Kay Mackenson Clinic – a Life for a Child partner center in Haiti.

Stéphane Besançon

Stéphane is a biologist and nutritionist working in Mali, with expertise in nutritional physiopathology and international development.

In 2001 Stéphane co-founded the international NGO Santé Diabète with a group of specialists in diabetes, health and development with the aim of improving the prevention and management of diabetes in Africa.
Dana Lewis

Dana is a founder of the open source artificial pancreas system (OpenAPS) movement, working to make safe and effective artificial pancreas technology more widely available globally.

Dana has lived with type 1 diabetes since 2002, and is a passionate advocate for making sure individuals with type 1 diabetes have access to insulin and other supplies, including education, in order to thrive while living with diabetes.

Dr. Ragnar Hanas

Ragnar is a consultant pediatrician at NU Hospital Group, Sweden and associate professor at Gothenburg University, Sweden.

A past president of the International Society for Pediatric and Adolescent Diabetes (ISPAD), Ragnar has dedicated his career to improving the lives of young people living with type 1 diabetes and has taught in many countries around the world.

Kelsey Grodzovsky

Kelsey is an expert in the operations and logistics of humanitarian supply-chains and holds a Master of Public Health with an emphasis in Global Health and Humanitarian Assistance from Johns Hopkins Bloomberg School of Public Health.

As the International Program Manager at Direct Relief she specializes in collaborating with healthcare providers and organizations to deliver medicines and medical aid to vulnerable communities in 95 countries.

Dr. Mark Barone

Mark is a diabetes educator and journalist. He holds a PhD in Human Physiology and has more than two decades of experience in developing health programs and undertaking research, and empowering people with type 1 to become change-makers.

Mark is currently Vice-President of the International Diabetes Federation (IDF), Founder and General Manager of the Intersectoral Forum to Fight NCDs in Brazil (ForumDCNTs), and Manager of other programs at the ADJ Diabetes Brazil.
Thank You

We are privileged to see so many creative fundraising efforts from our supporters around the world. We extend our heartfelt thanks to all those who raised funds and awareness for Life for a Child.

Spare a Rose is an incredible initiative which was started in 2013 by a group of smart, compassionate, wonderful advocates from the Diabetes Online Community in the USA. Since then it has snowballed, bringing together the global diabetes community.

The campaign encourages people to donate the cost of a single rose, during the month of February, to provide insulin and education to children living with type 1 diabetes in an under-resourced country.

Now in its 8th year, Spare a Rose raised over $73,000 USD for Life for a Child in 2020.
Major Partners

Our valued partners make it possible to provide insulin, supplies and diabetes education to young people living with type 1 diabetes in under resourced countries around the world.

NGOS and Foundations
Our NGO and foundation partners play a vital role in the operation of Life for a Child, helping us reach more young people in need every year.

Industry
The generous support of our industry partners allows us to provide young people living with diabetes in under-resourced countries with the insulin, diabetes supplies, education, and care they need.

We also thank
Association Luxembourgeoise du Diabète (ALD), Diabetes UK, the Swedish Diabetes Association, Luxembourg Soroptimistes, Ascensia Diabetes Care, Dexcom, Mr. Marco Drago, Insulet, Tandem Diabetes Care, and all of our individual donors around the world!
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