Impact Report 2023



LIFE FOR A CHILD



Betty and her grandma near their home in Ethiopia.

Betty's perseverance

Betty is 17 years old. She loves to read. She loves to dance. She has serious ambitions to become a doctor. She also has type 1 diabetes.

Since she was five, Betty and her family have been learning how to live with type 1 diabetes. Considering the stark data on survival outcomes* for young people who develop diabetes in Ethiopia, it is clear that she is one of the lucky ones.

After she was diagnosed, Betty was referred to our on-the-ground partner, the Ethiopian Diabetes Association. It was there that she and her family were introduced to the fundamentals of diabetes management for the first time. It was there that Betty began receiving a regular supply of insulin, strips, and a glucose meter. It was there, at the association, where Betty and her family came to understand that they no longer needed to worry about the affordability of her supplies.

We will do everything we can to continue helping young people like Betty.

> "School is awesome... at first, my friends thought I am going to deal with a hard lifestyle. But now they understand that if a person living with diabetes gets the right care and treatment they can achieve just like any other person."
>
> Betty

*The T1D Index estimates that 1 in 3 young people with type 1 diabetes died without a diagnosis in 2022 in Ethiopia. The T1D Index is a joint project between JDRF, Life for a Child, ISPAD and IDF. For more information **see page 15**



How Life for a Child supports a young person like Betty.

We work to ensure she can access insulin and supplies.

We support the healthcare professionals caring for her.



We provide user-friendly education resources.

We conduct research and advocate for her care to be sustainable.

An update from Dr. Graham Ogle

A year of milestones and accelerated progress.

Dear friends and supporters,

With appreciation for your continued support, I'm pleased to present our impact report, highlighting the work we have done to improve the wellbeing of children and youth living with diabetes during 2023.

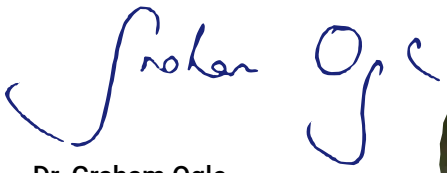
We achieved a significant milestone when we launched Extend30 in May, an initiative we have long desired to implement. Extend30 increases the upper age limit of our support to 30 years in low-income countries. This initiative has already provided relief and opportunity to thousands of young adults living with T1D, at this crucial stage of early adulthood. The impact is already palpable. We can see this in the heartfelt testimonial from Crispin Gishoma of the Rwanda Diabetes Association (Page 8).

In 2023, we welcomed the expertise of three new staff members, Supply Chain Manager, Shaun Miller, Diabetes Education and Training Specialist, Dr. Shannon Lin, and Risk and Compliance Officer, Vishakha Sajnani. These multi-talented staff members have already increased our capacity to help deliver Vision 2030, a momentous commitment that revolves around our pledge to offer continuous support to 150,000 young individuals by 2030.

As you read through the impact report, you will discover myriad markers of progress, from our publication on the thermostability of insulin in The Lancet Diabetes & Endocrinology, to our welcoming five new local partners.

As we embark on the year ahead, buoyed by the progress of the past year, we remain resolute in our pursuit of a world where every young person with diabetes can thrive. Together, with our partners, donors, and supporters, we will continue to champion the rights of people with diabetes and work to promote access to care for all.

With your continued support, I am confident that we will create a brighter, more inclusive future for young people living with diabetes.



Dr. Graham Ogle

General Manager, Life for a Child, Diabetes Australia
Adjunct Professor, University of Sydney

Life for a Child is a program of Diabetes Australia.

diabetes australia





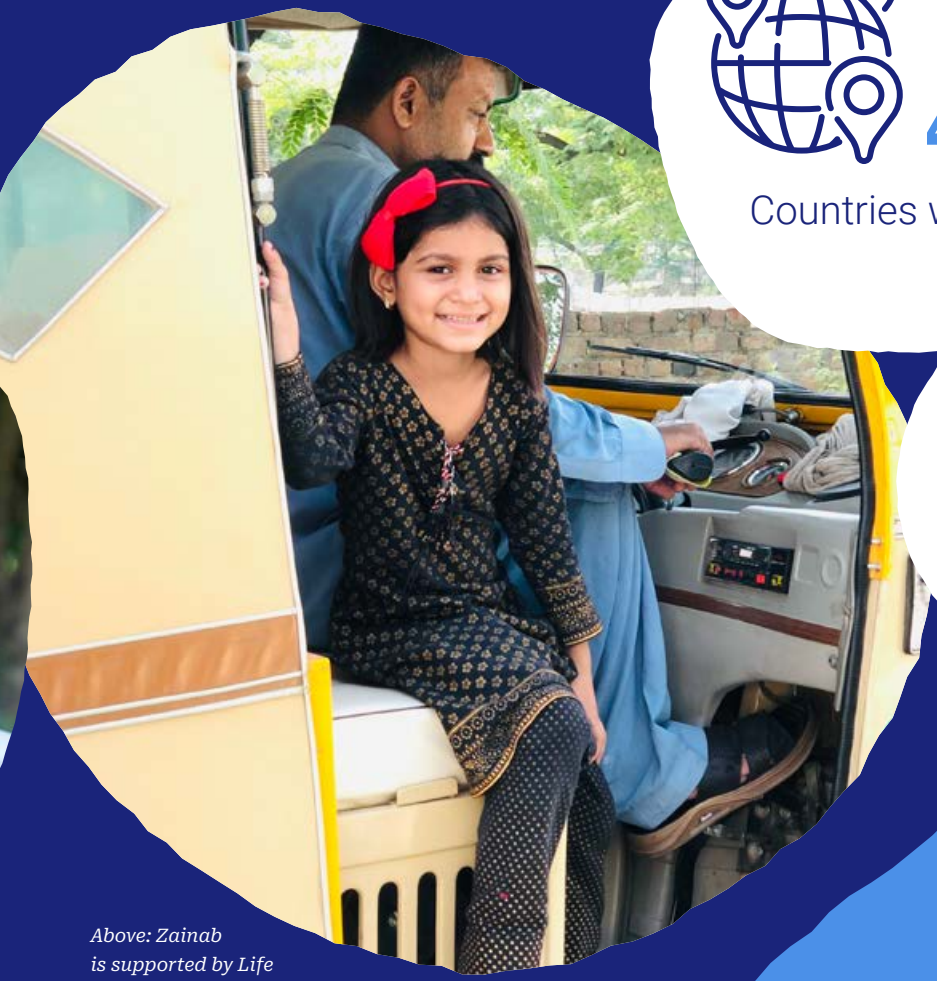
Left: Matron Koroma in Sierra Leone with her new laptop and computer equipment. In our ongoing effort to alleviate administrative burdens for our partners, we've provided tools to support data collection. With access to technology, doctors, and nurses can efficiently input data during consultations, allowing them to devote more time and attention to providing essential care.

2023 Snapshot

57,741
Children and youth supported

48
Countries worldwide

94 Local partners



Above: Zainab is supported by Life for a Child in Pakistan. She enjoys nothing more than a ride in her dad's tuk-tuk.

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.

Where we work

We partner with local centers in 48 countries to provide young people with the insulin, supplies and education they need to manage their diabetes. Here is a snapshot showing just some activities from the past year.



Panama: *"Laura is a bright, vivacious, and extroverted child who excels in school and loves to play football." Claudia a volunteer with our local partner clinic in Panama describes the spirited five year old pictured. Laura is one of 90 young people supported by Life for a Child in Panama.*



Ecuador: *In November, we published a new addition to our series of culturally tailored carb counting resources the "Healthy Eating and Carbohydrate Counting Book," spotlighting Ecuadorian cuisine. Find out more on page 16*

Central African Republic: *"The impact of Extend30 for our young people means they will have access to insulin, syringes, monitoring their glycaemia and HbA1c. They can also access our clinic for regular follow-up for their complications. The people who will be particularly relieved are internally displaced people, the unemployed, the orphans, and the handicapped." Dr Gaspard Kouriah*



Rajasthan, India: *Vishal is a remarkable portrait painter. He works in hotels near his hometown, creating stunning portraits of the tourists who are captivated by his skill and attention to detail. Vishal is pictured here holding his portrait of our Global Supply Chain Manager Shaun Miller. The likeness is remarkable, a testament to Vishal's exceptional artistic abilities and keen eye for detail.*





Maharashtra, India: *With colleagues from the DREAM Trust, we published research on thermostability. We studied the potency of commonly used human and analogue insulin stored in a refrigerator, shaded areas, and clay pots. Find out more in the research section of this report.*



Eritrea: *Some of our local partners have limited access to technology for recording important clinical data. There will usually be at least one computer in the clinic, but it may be in high demand, slow and prone to breakdowns. We sent two laptops and a tablet to our partners in Eritrea to bolster their capacity for data collection and administration.*



Update on our progress towards Vision 2030

In 2021 we launched Vision 2030, our comprehensive 10-year strategy, guiding us towards a substantial and quantifiable increase in our global impact. In 2023, we have focused on exponentially expanding our support network to reach 150,000 children and young people across 65 countries by 2030.

With dedicated funding and commitment to this Vision, we can now extend our reach to many more young people who need support. We are steadily progressing towards these targets, and are now supporting more than 57,000 young people across 48 countries, a remarkable 151% increase since 2021.

Vision 2030 extends beyond meeting numerical targets alone. Alongside addressing immediate needs, Vision 2030 commits to encouraging sustainable local provision of care in the countries we support. This commitment drives us to undertake impactful advocacy, education, and capacity building.

Extend30

We were very proud to announce Extend30 in 2023, meaning an extension of the upper age limit for support to age 30 years in low-income countries. We recognized the challenges young adults face post-26 years and the heightened difficulties in low-income settings, and took decisive action to alleviate this burden.

Extend30 empowers young adults during a critical phase of life. By offering ongoing assistance and supplies, we enable them to pursue education, explore career opportunities, and embrace the possibility of starting families - milestones that might otherwise be out of reach if burdened by the perpetual need to pay for insulin, supplies, and care.

Engaging in open dialogues with our industry partners, we explained the obstacles young people encounter and the collaborative solutions we could implement, we were met with enthusiasm and cooperation. It is thanks to the support of individuals, charitable foundations, and the generosity of industry contributions, both in-kind and financial, that we can independently provide this vital assistance to young people with diabetes.

We would particularly like to thank Eli Lilly and Company and Direct Relief for their support of Extend30. Their commitment to providing insulin and covering the costs of packing and shipment is instrumental in ensuring sustained assistance for those in need.

Crispin Gishoma from the Rwanda Diabetes Association explained the impact the extension will have on young adults in the country.

"The extension will bring hope to the patients, who otherwise would struggle to find the appropriate care. This will help them to avoid the complications that will impact their quality of life and prevent premature death

The extension will reduce the worry to access to their supplies and help them focus on their careers and families. 25 years old is the average age to have a family in Rwanda, therefore this opportunity will support the beneficiaries to start a new life.

By living a long and a healthier life, they can inspire the younger generations of people living with diabetes and the public: That it is possible to manage and live with the disease."

Crispin Gishoma from the Rwanda Diabetes Association



*Low-income countries classification. Life for a Child defines low-income countries according to World Bank country classifications [by income level [GNI per capita in US$ (Atlas methodology)] according to the most current fiscal year.

Welcoming new centres

We are expanding our impact by enrolling new partners in densely populated countries where we are already active. Additionally, we are forming new partnerships with clinics in low- and middle-income countries where there are young people in urgent need of our support.

Supplies delivered to new partners in 2023

India
Christian Medical College and Hospital, Ludhiana.

Nepal
Madhesh Institute of Health Sciences.

Sierra Leone
Holy Spirit Hospital, Holy Spirit Hospital, Makeni.

New agreements signed in 2023

Guinea-Bissau
L'Association Suisse Aide aux Personnes Diabétiques en Guinée-Bissau.

Zambia
University Teaching Hospital, Lusaka.

Strengthening logistics and supply chain capacity

Insulin requires refrigeration between two and eight degrees Celsius. To support our local partners in maintaining cold chain requirements, we collaborated with Direct Relief and Eli Lilly and Company to ensure centers in need were equipped with medical-grade refrigerators.

A total of 151 refrigeration units were delivered across 18 countries. This initiative has significantly improved efficiency and capacity for our partners, enabling them to store insulin in modern medical refrigeration units.



Young adults at the Ethiopian Diabetes Association



One of the fridges delivered to our partner in Democratic Republic of Congo.

Advocacy

This year, we celebrated a breakthrough for access to diabetes care with the integration of essential monitoring tools into the WHO's Essential Diagnostics List, underlining the value of self-monitoring. Additionally, the Changemaker Projects launched, empowering advocates to drive change across Africa and Latin America.

Life for a Child celebrates global win for access

Life for a Child recently achieved a significant policy win with the inclusion of meters and strips for self-monitoring of blood glucose (SMBG) in the World Health Organization (WHO) 4th Model Essential Diagnostics List (EDL). This accomplishment marks a crucial milestone in our advocacy efforts to ensure access to essential diabetes care worldwide.

Our journey towards this achievement began in 2022 when Emma Klatman, Life for a Child Global Policy & Advocacy Manager, spearheaded a submission to the Strategic Advisory Group of Experts on In Vitro Diagnostics (SAGE IVD) to include meters and strips specifically for self-monitoring of blood glucose for insulin-treated diabetes. This submission, done in collaboration with FIND Diagnostics, our close NGO partner, was part of our ongoing commitment to advocating for comprehensive diabetes care.



The inclusion of meters and strips for self-monitoring of blood glucose in the WHO EDL is a testament to our persistent efforts and belief in the importance of this crucial component of type 1 diabetes management. This win not only validates our advocacy stance but also underscores the critical role of patient empowerment in diabetes care.

Feedback on our joint submission has been overwhelmingly positive, with support from key stakeholders such as WHO and various advocacy organizations. The acceptance of our application reflects a collective effort to improve standards of care for people living with diabetes worldwide.

Looking ahead, Life for a Child remains committed to supporting the implementation of this policy win to ensure its on-the-ground impact. We are focused on disseminating information about this achievement through various channels and developing advocacy materials to empower stakeholders to advocate for affordable access to test strips in their respective countries.

We believe that this policy win is a significant step towards achieving our goal of universal access to comprehensive diabetes care. By continuing to collaborate with partners and stakeholders, we are confident that we can make a tangible difference in the lives of people affected by diabetes.

Djibouti Partner Highlights Life for a Child's Impact with Ministry

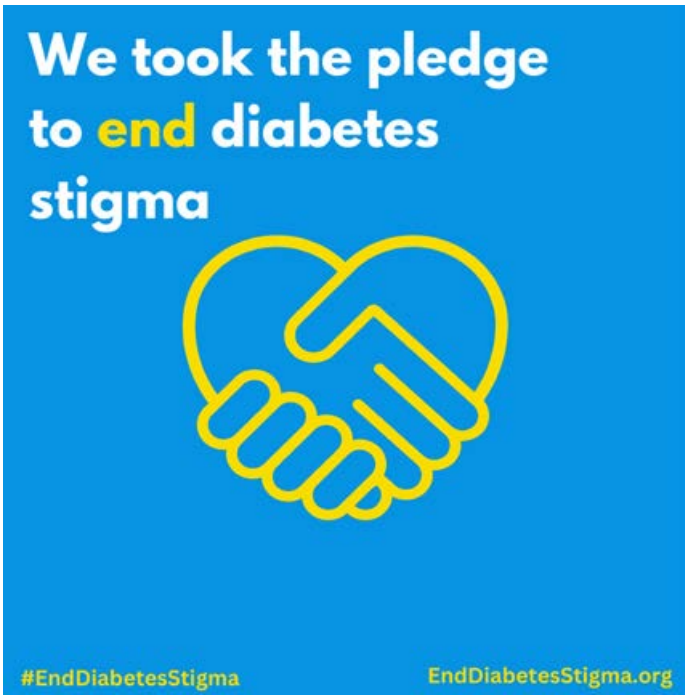
In Djibouti, our partner, the Centre du Jeune Diabetique de Djibouti, has made significant strides in raising awareness of the impact of Life for a Child's support within the Ministry of Health. This represents a noteworthy achievement, highlighting the growing recognition of Life for a Child's influence on the lives of young Djiboutians living with diabetes.

Currently, over 260 young individuals, aged between three and 23, receive care at the Centre du Jeune Diabetique de Djibouti. These patients regularly visit the center to access essential equipment like blood glucose meters and strips. Furthermore, they and their caregivers engage in educational sessions focusing on topics such as glycemic balance, empowering them with crucial knowledge for effective diabetes management.

Life for a Child's support serves as a vital lifeline for families in Djibouti. Additionally, through our partner's demonstration of the impact of our support, we are simultaneously contributing to the sustainable strengthening of healthcare infrastructure and enhancing the well-being of children living with diabetes in Djibouti.



Caption – A mother and daughter attending the Centre du Jeune Diabetique de Djibouti



#EndDiabetesStigma

In September 2023, we pledged to #EndDiabetesStigma. Living with diabetes presents its own unique set of challenges, but eliminating stigma should not have to be one of them. We take great pride in our commitment to put an end to diabetes stigma and are dedicated to fostering safe and empowering environments for the young people we support.

Together, we can create a world where individuals with diabetes can thrive free from judgment and discrimination.

Life for a Child is committed to advancing diabetes education to guarantee that young people receive the highest quality care available. Central to this commitment is our effort to build local capacity, which includes providing comprehensive support for the ongoing learning and development of healthcare professionals within our network. Find out more about diabetes stigma at enddiabetesstigma.org

CHANGE MAKER PROJECTS

In August 2023, we were proud to introduce The Changemaker Projects, an initiative designed to empower advocates and foster meaningful engagement.

This innovative program was driven by the insights gathered from feedback following our human rights-based advocacy workshops in 2021 and 2022, which revealed a significant demand for assistance in advancing community-led advocacy initiatives.

Applications for the Changemaker Projects were open to individuals impacted by diabetes with a knack for advocacy and a project plan aimed at driving positive change in their community, specifically in countries supported by Life for a Child in Africa and Latin America. To ensure transparency and inclusivity, we developed a dedicated webpage, Terms of Reference, application form, rigorous scoring process, and disseminated Calls for Applications widely. The response was overwhelming, with a total of 183 applications received, confirming the pressing need for innovative solutions in T1D advocacy.

Seven individuals from Africa and Latin America were selected, representing a diverse range of backgrounds and experience. Among them are emerging advocates as well as seasoned champions, including young people with lived experience, caregivers with a knack for advocacy, and doctors driven to enact change in their communities. These Changemakers hail from Burundi, Guatemala, Ghana, the Dominican Republic, Mexico, and Tanzania.

Each Changemaker is supported with one-to-one mentorship from an experienced global leader in T1D advocacy. Additionally, they will receive up to $4,000 USD in funding for their project, peer learning opportunities, and opportunities to increase visibility for their cause.

Follow updates on the Changemaker Projects at https://lifeforachild.org/changemaker



Peter Msinde, Tanzania

Peter, a recent medical graduate from Muhimbili University, aims to bridge the gap between complex medical research and patients, drawing inspiration from his sister's journey with type 1 diabetes. His project seeks to simplify diabetes research findings for patients and caregivers, empowering them with easily comprehensible information to make informed healthcare decisions.



David Samayoa Argueta, Guatemala

Living with type 1 diabetes since childhood, David draws on his personal experiences to support others facing similar challenges. His project aims to facilitate peer support and development across Guatemala, providing a space for individuals to share experiences, forge connections, and navigate life with diabetes together.



Luisbert Emmanuel Aquino Garcia, Dominican Republic

Living with type 1 diabetes since childhood, Luisbert's personal journey motivates his passion for supporting others facing similar challenges. His project focuses on establishing a mentoring program for parents of children with diabetes, providing peer support and knowledge-sharing to ease the journey for newly diagnosed families.



Renata Cuellar Vélez, Mexico

Renata, a singer-songwriter and diabetes advocate, endeavors to create a virtual home for young Mexicans living with type 1 diabetes. Through online community-building and knowledge dissemination, her project aims to provide support, foster understanding, and promote visibility for the T1D community in Mexico.



Queen Morkporkpor Doe, Ghana

Motivated by personal experiences, Queen advocates for the rights of people living with type 1 diabetes in Ghana. Her project focuses on raising awareness among policymakers to prioritize diabetes care, aiming to improve access to healthcare and promote healthcare rights.



Dr. Thierryce Irakoze, Burundi

Driven by personal losses and professional experience, Dr. Thierryce aims to improve the health and well-being of young people living with diabetes in rural Burundi. Her project seeks to translate national commitments into tangible actions to support diabetes management in rural communities through education, advocacy, and dialogue with policymakers.



George Kwayu, Tanzania

As one of the first children diagnosed with type 1 diabetes in Tanzania, George understands the challenges of living with the condition in a stigmatized community. His project focuses on reducing stigma and increasing understanding in schools and beyond, empowering youth to advocate for improved quality of life for those living with T1D.

Research

In 2023, Life for a Child published research on data gaps in diabetes epidemiology, the temperature stability of insulin and patient experiences and management practices during the COVID-19 pandemic in rural Uganda.

The Lancet: Insulin stability outside refrigeration

In under-resourced settings, insulin scarcity causes significant insecurity and anxiety for young people and families , forcing many to live vial-to-vial. Improper storage conditions further endanger these individuals as insulin can spoil without refrigeration, leading to potential wastage.

For families with limited insulin access and no electricity, insulin is often stored in water-filled clay pots or underground, which poses additional risks. Current guidelines require refrigeration, but research undertaken in 2023 by Life for a Child and partners, including the DREAM Trust and Universities in Florida and Gothenburg, reveals promising findings.

The study shows that insulin stored in non-refrigerated conditions maintained acceptable potency for up to two months, and in some cases, up to four months, with clay pot storage effectively reducing temperature and potency loss. These results suggest that loosening storage guidelines could reduce costs, waste, and anxiety. Further research and manufacturer data are needed to confirm these findings and potentially adjust storage recommendations.. See the full study here https://www.thelancet.com/journals/landia/article/PIIS2213-8587(23)00028-1/fulltext





Clay pots containing insulin are assessed using a temperature monitoring device.

Researchers in Nagpur at one of the real-world storage sites.

Type 1 Diabetes Index

Improving global epidemiology

The T1D Index is a data simulation tool designed to provide a picture of the human and public health impact of type 1 diabetes. It gives robust estimates of incidence, prevalence, and mortality for every country in the world.

Launched in October 2022, the T1D Index has proven invaluable for healthcare professionals, advocates, and governments, as it offers insights into the T1D landscape both within countries and on a global scale.

The Index is a living model. Life for a Child, in collaboration with JDRF and the Index team, is continuously working to increase and refine data related to T1D incidence and impact. And, in August 2023, we published a study in the journal Current Diabetes Reports, examining the limitations, implications, and potential areas for future development of the Index.

The study showed that interventions to reduce deaths from non-diagnosis, and improve access to at least an intermediate care level, are needed to reduce projected life years lost. The results have significant uncertainties due to incomplete data across the required inputs. Obtaining recent incidence, prevalence, and mortality data, as well as addressing data quality issues, misdiagnoses, and the lack of adult data, is essential for maintaining and improving accuracy. The Index will be updated regularly as new data become available.

You can see the full study at https://lifeforachild.org/wp-content/uploads/2023/11/The-T1D-Index-Implications-of-Initial-Results-Data-Limitations-and-Future-Development.-Current-diabetes-reports.pdf

2023 publications

Beran, D., Højlund, K., Besançon, S., Mundt, M. L., Ogle, G. D., Ramaiya, K., Robinson, T., Svensson, J., Tuomilehto, J., Wild, S., & Green, A. (2023). **A plan to improve global type 1 diabetes epidemiology data.** Lancet Diabetes Endocrinol, 11(3), 154-155. https://doi.org/10.1016/s2213-8587(23)00029-3

Ogle, G. D., Gregory, G. A., Wang, F., Robinson, T. I., Maniam, J., Magliano, D. J., & Orchard, T. J. (2023a). **The T1D Index: Implications of Initial Results, Data Limitations, and Future Development.** Curr Diab Rep, 23(10), 277-291. https://doi.org/10.1007/s11892-023-01520-4

Ogle, G. D., Gregory, G. A., Wang, F., Robinson, T. I. G., Maniam, J., Magliano, D. J., & Orchard, T. J. (2023b). **Correction to: The T1D Index: Implications of Initial Results, Data Limitations, and Future Development.** Curr Diab Rep, 23(10), 305. https://doi.org/10.1007/s11892-023-01524-0

Pendsey, S., James, S., Garrett, T. J., Nord, A. B., Pendsey, S., Malmodin, D., Karlsson, G., Maniam, J., Atkinson, M. A., Forsander, G., & Ogle, G. D. (2023). **Insulin thermostability in a real-world setting. Lancet Diabetes Endocrinol,** 11(5), 310-312. https://doi.org/10.1016/s2213-8587(23)00028-1

Sseguya W., James, S., Bwambale, M. L., Klatman, E., Ogle, G., Munyagwa, M., Maniam, J., Wesonga, R., Bahendeka, S. (2023). **Type 1 diabetes patient experiences and management practices during the COVID-19 pandemic in rural Uganda.** J Diabetes Metab Disord. 22(2):1-9. https://doi.org/10.1007/s40200-023-01222-4

Empowering Education and Facilitating Training

Life for a Child is dedicated to advancing diabetes education to ensure that young people receive the highest quality care available. Building local capacity is central and we do this by providing comprehensive support for the ongoing learning and development of healthcare professionals within our network.

Diabetes camps

The immense benefits diabetes camps can have on the mental wellbeing of young people with diabetes and their family are well recognized. Life for a Child encourages partners to conduct diabetes camps and activity days for young people and parents and we provide funding and guidance. In 2023, we funded and facilitated camps conducted in Burkina Faso, Ecuador, Kenya, Rwanda, and Democratic Republic of Congo.

Carbohydrate counting resource

In November 2023, we published a new addition to our series of culturally tailored carb counting resources the "Healthy Eating and Carbohydrate Counting Book," spotlighting Ecuadorian cuisine.

The book is already proving popular as it introduces the concept of carbohydrate counting and provides photos of commonly eaten meals alongside their carbohydrate count to assist with calculating bolus (meal) insulin doses. Life for a Child provides both printed and digital copies of the books to young people and their guardians.

Developed through collaboration with ISPAD and local dietitians, this book extends the series which includes carb counting books tailored to India and Mexico. The Ecuadorian resource was developed in collaboration with our local partner FUVIDA, ESPOL and FDJE.



A casual game of soccer at camp in Burkina Faso.





Launch of Life for a Child Mentoring Program

To enhance support for healthcare professionals facing limited access to training opportunities, we initiated a virtual mentoring program in collaboration with the International Society for Paediatric and Adolescent Diabetes (ISPAD). This six-month program establishes a structured mentoring partnership between healthcare professionals, facilitating knowledge exchange and skill development.

Burundi workshop

In partnership with ISPAD, Life for a Child facilitated a hybrid virtual healthcare professional workshop in Burundi, presented by the multidisciplinary team of diabetes experts from the Luxembourg Diabetes & Endocrine Care Clinique Pédiatrique, an endocrinologist from Cameroon, local faculty, and Cecile our Education Manager. The workshop featured locally adapted practical sessions on paediatric and young adult diabetes care and education. It was attended by 37 doctors and nurses and three young people with diabetes, received largely positive feedback and resulted in several recommendations for improving care on a local level.



Some of the local team behind the carb counting book, Melissa Moreno, Aracely Basurto, Maria Gabriela Cucalon, Carlos David Ordoñez and Sara Carolina Flores.



Screenshot from the hybrid virtual workshop in Burundi.



The Burundian team during their visit to our local partner in Djibouti

American volunteers making a difference in Liberia

Life for a Child volunteers, Pediatric Endocrinologist, Dr. Debra Cohen and Nurse Practitioner, Amanda Perkins, visited four out of the five Life for a Child-supported hospitals in Liberia to provide in-person training to local doctors and nurses. Debra and Amanda continue to provide all five clinics with training and support virtually. Their ongoing commitment has greatly enhanced professional development opportunities for our partners in Liberia.

Pan-African peer learning

We sponsored three doctors from Burundi to participate in a 5-day training session at our partner center in Djibouti. This immersive experience fostered peer learning, allowing the Burundian delegates to glean invaluable insights from Djibouti's renowned pediatric diabetes care model, supported by Life for a Child.

Support Programs in Togo

We funded a locally initiated project in Togo dedicated to enhancing the daily lives of families coping with diabetes. This endeavor focused on implementing a structured home visit and support program facilitated by skilled nurses.

Education Bulletin

Our quarterly education bulletin is emailed to healthcare professionals who work in Life for a Child supported centres. We view the bulletin as a vital resource, offering evidence-based and practical information on diabetes education and management. In 2023, our editions covered important topics, including:

- Stigma: Exploring its profound impact on individuals with diabetes and how healthcare professionals can provide support.
- Point-of-Care HbA1c Testing: Providing instructions and guidance for conducting and interpreting HbA1c tests, using a point-of-care machine.
- Neuropathy and Foot Screening: Emphasizing proactive measures for early detection.
- Carbohydrate Counting: Providing practical guidance for adapting carbohydrate counting techniques to various literacy levels, ensuring accessibility for all.

The bulletin is authored by our Education Manager and undergoes co-review by an individual with lived experience, aligning with our commitment to #enddiabetesstigma.



Online education resources

The Education and Training section of our website includes several guidelines, a library of multicultural resources and Education Bulletins to support diabetes healthcare professionals. These resources have been updated, reviewed, and expanded to ensure they are evidence-based and current.

View the Education and Training section at **lifeforachild.org/education**

Remarkable meetings and a tone-setting keynote

The ISPAD conference 2023 served as a platform for Life for a Child to engage with key partners and supporters, foster collaboration and share insights.

Dr. Graham Ogle delivered a keynote address during the Plenary session, emphasizing the critical importance of access to care in under-resourced countries. His compelling presentation set the tone for the entire conference, highlighting the urgent need for more equitable diabetes care worldwide.

We held more than 20 meetings with crucial country, industry, advocacy, and research partners. These meetings provided valuable opportunities to strengthen partnerships and explore avenues for joint initiatives aimed at improving diabetes care for young people.

Life for a Child sponsored the attendance of eight healthcare professionals from Life for a Child partner centers in Kenya, Mali, Nigeria, Tanzania, and Sudan. This initiative aimed to offer networking opportunities and contribute to capacity-building in diabetes care.

The Africa Special Interest Group session featured presentations by Emma Klatman and Cecile Eigenmann and focused on program support mechanisms and the role of healthcare professionals in patient empowerment. This session provided insights and strategies for healthcare professionals already supported by Life for a Child, as well as those from new countries seeking to enhance diabetes care in their communities.

"Keeping it Cool with Insulin," a session moderated and presented by Graham, addressed thermostability concerns related to insulin storage and distribution, highlighting the importance of maintaining the efficacy of this life-saving medication.

Finally, our Life for a Child program update session attracted a diverse group of healthcare professionals. The session served as a platform to share updates, exchange ideas, and inspire action toward our shared mission of improving diabetes care and advocacy worldwide. Graham, Emma, and Cecile encouraged the audience to collaborate with us on various education and advocacy initiatives.



Emma, Cecile and Graham with Dr Bedowra Zabeen from Bangladesh



Graham delivers the keynote address during the Plenary session.



Dr. Amagara Togo from Mali with Dr. Graham Ogle at the ISPAD conference.



Cecile, Dr. Renatus Fabiano, Dr. Graham Ogle, Dr. Kandi Muze and Emma.

Driving positive change in East Africa

Every two years, the East African Diabetes Study Group brings together leading diabetes experts to discuss priorities and actions for change within the East Africa region.

As part of our commitment to fostering collaboration and knowledge exchange across borders, Life for a Child sponsored attendance at the 2023 congress in Dar es Salaam for healthcare professionals from our local partner centers in Burkina Faso, Central African Republic, Democratic Republic of Congo, Djibouti, Ghana, Liberia, Nigeria, Republic of Congo, Rwanda, Togo, Tanzania, Zimbabwe, and Zambia.

In addition, Emma Klatman, our Global Policy and Advocacy Manager and Cecile Eigenmann, our Education Manager attended to meet with partners and share knowledge. Emma facilitated a session on gathering clinical data and Cecile presented on our work in the region.

Emma and Cecile met with healthcare professionals from each of the 15 Life for a Child partners in attendance. Fruitful discussions were held regarding logistics updates, general program support, emerging advocacy needs, and coordination efforts. Importantly, the significance of data in advancing diabetes care and management was underscored, highlighting the shared commitment to evidence-based practices.

A notable highlight was the meeting with Dennis Kamba, a nurse and diabetes program coordinator from the Ministry of Health in Liberia. Dennis showcased exceptional knowledge and dedication, offering invaluable insights into coordinating Life for a Child's expanding support in Liberia amidst numerous challenges. Further highlights included productive discussion with partners from Ghana, gaining insights into Djibouti's innovative electronic T1D management system, and exploring potential advocacy collaborations with the Rwanda Diabetes Association.



Emma and Cecile with Dr Charley Elenga Bongo from our partner center in the Republic of Congo

The conference provided a platform for meaningful interactions, with many attendees expressing the immense benefits of face-to-face discussions and networking opportunities. Witnessing the exchange of ideas and experiences underscored the importance of collaborative efforts in advancing diabetes care and advocacy initiatives across the region.



An education session at our local partner center in Panama.

Supporting global benchmarking

Global benchmarking for type 1 diabetes involves comparing standards of care, treatment outcomes, and healthcare practices across different countries or regions to identify best practices and areas for improvement. Our local partners conduct these benchmarking processes, and we review the data they provide, which includes narrative reports on their current situation, supply storage and distribution, clinical care and education activities, challenges, and needs.

In early 2023, we introduced a new reminder system that significantly improved the timely submission of reports. The Life for a Child data officer, Ching- Fang Cho analyses the reports and the team provides feedback, targeted advice, and addresses reported needs. Combined with regular communications with partners, these reports give us an overview of the situation and often serve as a catalyst for improvements in care.

SWEET PEDIATRIC DIABETES

A number of our partners have joined the international clinical benchmarking program for pediatric diabetes, SWEET. This program provides a clinical database specifically designed for pediatric diabetes care. Each year, SWEET members meet to share experiences and discuss ideas for improving pediatric diabetes care worldwide. In 2023, Life for a Child funded SWEET memberships for five partner centers.

Financials

Below is a summary of the value of in-kind donations in (US dollars) received from industry partners and sent to local partners by Life for a Child during 2023.



$17,223,824
Insulin



$8,741,995
Blood glucose strips



$9,397
Syringes



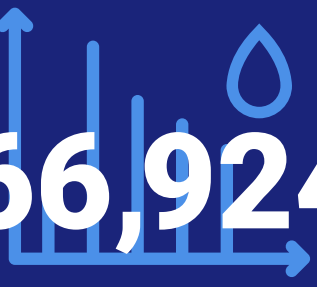
$412,860
Blood glucose meters



$489,925
HumaPen Ergo II



$2,849
Pen needles



$66,924
HbA1c & microalbuminuria testing



$120,093
Lancets

Total

$27,074,576


Riester

Advisory committee

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



Jan Ridd - Chair

Jan is the Group Executive at Diabetes Australia responsible for leading the National Diabetes Services Scheme (NDSS) on behalf of the Australian Government and International Programs including Life for a Child.

Jan is a senior executive health leader with more than 25 years' experience in the health and education sectors and has led national initiatives in health service design and delivery, consumer education programs, and accredited training for health professionals. Combined with health content publishing experience and business management, Jan is dedicated to business growth, innovation, and transformation.



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

What a fantastic year of fundraising we've had in 2023. As we continue to grow and help more young people living with type 1 diabetes around the world, we see our support grow as well. And it's always so heartwarming to see the donations we receive from the global community.

Big support from a small nation

The people of the Faroe Islands, an archipelago in the North Atlantic Ocean with a population of just 53,000, have demonstrated remarkable generosity toward Life for a Child. Over the years, several groups, organizations, and individuals have provided their support to us. This year, we were delighted to receive a generous donation from the Faroe Islands Ministry of Foreign Affairs and the diabetes association, Diabetesfelag Føroya. We extend our heartfelt gratitude to Kristiana Rein and the generous people of the Faroe Islands for their continued support.



Nestled between Iceland and Norway, the Faroe Islands' are made up of 18 volcanic islands.

The Blue Balloon Challenge

The Blue Balloon Challenge, hosted by Medtronic EU and #dedoc°, continues to surprise us in the best ways each year. We are so grateful to be a part of this growing campaign and the support from the diabetes community around the world is breathtaking. Thank you to the everyone who took part again this year.



Anabel Ung, Life for a Child's Logistics and Finance Officer took on the Blue Balloon Challenge.



Dr. Yempabou Sagna is an endocrinologist at our local partner in Burkina Faso.

Sustained support from Luxembourg to West Africa

The Diabetes Association of Luxembourg (Association Luxembourgeoise du Diabète) has been a dedicated supporter of our work in Mali and Burkina Faso for many years. Their commitment has helped us support significant improvements in access to quality diabetes care in these countries.

In Mali, our partnership with local organization Santé Diabète, has transformed the landscape of type 1 diabetes care. From just 28 known cases in 2007, we now support over 700 young people with essential insulin, supplies, and education. Prior to our intervention, the life expectancy for children with type 1 diabetes was less than a year.

Similarly, in Burkina Faso, Life for a Child support has led to a marked increase in diagnosed cases of type 1 diabetes. Local endocrinologist Dr. Yempabou Sagna, explained, *"…there is sharply rising T1D incidence, mainly due to increased detection rate with the support of Life for a Child."* He went on to say, *"Many of these patients would likely have died unrecognized from non-diagnosis [without support]".*

It is only thanks to generous donations from organizations like the Association Luxembourgeoise du Diabète that we can support this incredible progress in access to care. Thank you.

ald
association luxembourgeoise du diabète

Eli Lilly and Company staff fundraiser

Holding fundraisers in the workplace is a great way to engage colleagues in shared events and inspire people to work together for a cause that matters to them. Eli Lilly and Company held a fundraiser to support our work and it was so touching to see messages from the wonderful staff there about their personal motivations for donating to Life for a Child. Eli Lilly and Company Foundation provided a 2:1 match for US-based Lilly employee donations, boosting the impact of each gift significantly.

"Every child deserves to live their best life. That time is now!"

Amy, Eli Lilly employee sent a message of support along with her donation

Life for a Child is a program of Diabetes Australia. Established in 1984, Diabetes Australia is the national body for people affected by all types of diabetes and those at risk. Through leadership, prevention, management and research, Diabetes Australia is committed to reducing the impact of diabetes.

Partnerships

Life for a Child thrives on partnerships. Together, we work towards towards better care, education, and support for young people living with diabetes all over the world.

NGOS and Foundations

Industry partners



Betty and her grandmother enjoying tea at home in Ethiopia.

We also thank these generous individuals for their significant contributions.

Allyn & Pauline Colgan, David B. Lynch Foundation, Francine Kaufman, Kristiana Rein, Lauren Foohey, Loren Whyte, Marco & Marcella Drago, Mike & Jody Mason, Santa Barbara Foundation, Senseonics, Shirley Greathead Foundation, Swedish Diabetes Association, United Way of Central Indiana, and all our fantastic individual donors around the world!

No child should die of diabetes.



Zainab's favorite subject is Mathematics, in the future she wants to be a doctor so she can take care of children living with diabetes, just like her.

For regular news and stories from young people supported by Life for a Child visit our website and follow us on social media.

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