



Help A
Diabetic
Child™



A decade in *review*

Celebrating *10 years of service* to children
and young adults with Type 1 Diabetes.

2012-2022

A letter from our founder

In December of 2022, our Help A Diabetic Child (HADC) team and family will be celebrating a decade of serving children, young adults and families who live with diabetes. When we first set out on our journey of impacting the lives of individuals with T1D 10 years ago, we were fueled by our own personal experience with our son Michael, who was diagnosed with Type 1 Diabetes at 16 years old. We experienced the emotions of a diagnosis first hand; worry for the health and well-being of our son, anxiety about learning how to help Michael manage the disease, and to top it off; stress about the financial burden of purchasing medication, supplies, and doctors visits. We knew that there were so many individuals and families riding that same wave of emotions, but with much less resource – that's why we decided to found Help A Diabetic Child.

Living with diabetes and being insulin dependent for the rest of your life is not easy. These children and young adults juggle multiple daily insulin injections, continuous glucose testing, multiple annual doctor visits, missing school, missing work, carb counting, dealing with highs and lows of glucose levels, high costs of insulin and medical supplies, high deductibles; the list goes on. This is why I'm personally so proud of all the children and young adults we assist who gracefully handle life with these obstacles and stress on a daily basis.

Over the past decade we have accomplished many goals and met many milestones along the way. We've secured crucial operational partnerships, developed a prestigious Board of Directors, purchased over \$450,000 worth of medical supplies, received significant grants, expanded our reach from 2 counties to over 50 counties in Florida and beyond, all while impacting the lives of over 2,750 individuals with Type 1 Diabetes.

While we are exceptionally proud of our work, we are tremendously humbled by the generosity of our partners, sponsors, donors, and volunteers. We are overflowing with gratitude for every dollar raised and minute spent for the betterment of the lives of the children, young adults, and families we serve. We know without these valuable contributions, we wouldn't be celebrating 10 years of service in the T1D community.

The ability to reflect on a successful decade is truly a blessing, however, we are excited to turn our eyes to the future. Over the next decade we plan to build partnerships through collaborative events, organize ambassador programs with representatives throughout our expansion counties, host additional golf tournaments and other awareness events in targeted growth communities, continue partnering closely with University of Florida College of Medicine, expand CGM programs throughout Florida, and grow our services through awareness with school districts, school nurses, diabetes educators, social workers, and medical clinics.

We know we'll need your time, donations, and efforts as much as ever as we plan to exponentially increase our impact here in Southwest Florida and beyond. Thank you for joining us on this journey so far. We look forward to sharing more of our success with you in the months and years to come.



Tami L. Balavage

Tami Balavage | President & Co-founder

OUR MISSION

Help A Diabetic Child (HADC) strives to *ease the burden* for children and young adults who struggle financially and emotionally while living with diabetes.

A disease on the *rise*

Type 1 Diabetes (T1D) is an autoimmune disease affecting the body's natural ability to regulate blood sugar. If left untreated, diabetes can lead to eye disease, nerve damage, kidney disease, heart disease, coma and even death at an early age.

In order to properly manage the disease, children and young adults with diabetes are dependent on daily blood sugar testing and insulin injections to stay healthy and active. **The average age of an individual diagnosed with diabetes is 13 years old.** This means overwhelmingly young children and their families find themselves in the difficult position of understanding, managing, and funding the treatment of a life-altering and threatening disease.

More than **37 million Americans live with diabetes**, including an estimated one in every three seniors. Diabetes is one of the leading causes of death in the United States, **taking over 100,000 lives in 2021**. The CDC's newest 2020 National Diabetes Statistics Report released in mid-February estimates an almost **30 percent increase in T1D cases within the United States in just the past 2 years**. The condition is growing most sharply in youth populations and minority groups.

13

years old is average
age of individual
diagnosed with Type 1

37M

Americans live with
diabetes today

30%

increase in Type 1 cases
in the US since 2019



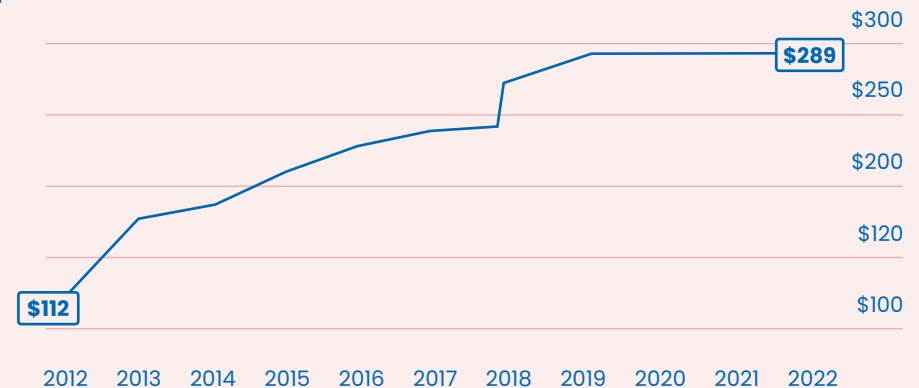
The *cost* of diabetes

Diabetes is the most expensive chronic condition in the nation **costing a total of 327 billion per year**. The rising cost of insulin presents a barrier to care for a growing number of Americans living with diabetes. The out of pocket costs have increased for people without insurance with cost being unattainable. The Health Care Cost Institute states, patients with private insurance paid an average of **\$403 per month for their insulin in 2019**.

A study by the American Diabetes Association (ADA) showed that **individuals affected by rising insulin costs were more likely to experience adverse health effects** and twice as likely to experience negative emotions like stress and anxiety than those with financial security. **Many of these patients were also forced to forgo other needs** such as transportation, utilities, housing, doctor's visits, or other medications, and were more likely to ration their insulin.

Analog insulin prices have steadily risen in US

Average manufacturer price for 1000 IU insulin vial, by year since 2012



The importance of our *work*

While insulin gets the most media attention for its soaring price increase, it's far from the only medicinal intervention that individuals with diabetes rely on.

Take our son's bill from our first trip to the pharmacy after being diagnosed, for example. **For a 1-3 month supply**, he needed insulin pens, pen needles, glucagon emergency pens, test strips, lancets, and ketone strips costing a total of **\$620 with insurance and \$1620 without insurance**. This is why providing assistance to those in need is not only an act of service, it can be an act of saving one's life if the patient is underserved or underinsured/uninsured.

We never directly handle medication or medical supplies. We **act as a facilitator** between doctors, school nurses, medical suppliers, and pharmacists to schedule and pay for doctor visits, provide vials of life-saving insulin, deliver necessary diabetic medical supplies, and coordinate mental health and endocrinology visits services so a child's holistic needs are cared for.

By **prioritizing a child's well-being** through access to life-saving medication for the first 3 months post-diagnosis, **we invest in their future as a happy and healthy adult** successfully managing diabetes.

FROM OUR COMMUNITY

“We cannot thank you enough for all your help and support. *Without you we’d be scrambling* to pay for test strips, skipping sugar counts, and reusing syringes.”

– Mother of child with Type 1 Diabetes

Initiatives with *impact*

1. Diabetes Screenings

At Help A Diabetic Child, we believe education and early detection are key elements to preventing severe illness or death related to Type 1 Diabetes. Knowing the signs and symptoms of diabetes and being properly diagnosed gives patients the opportunity to understand the disease and how to effectively manage it. That's why in concert with the Naples Lions Club, we have been responsible for purchasing, screening, educating and referring numerous patients from infancy to adulthood to the appropriate ways to best care for their health based on their screening results. With our extensive resources and healthcare network, we are able to refer patients to a doctor or schedule a telehealth medicine call.

2. Diabetes Camps

We also host annual Diabetes Camps to educate children who live with diabetes about their autoimmune disease and embracing their circumstances with a positive attitude. Kids can connect with others who live with diabetes and participate in fun activities in a safe and inclusive environment. Our inaugural Diabetes Camp took place in 2017, receiving wonderful feedback from both the attending children and their parents. Take it from one of our campers in their postcard to home:

"Dear Mom & Dad, I love you. I had so much fun as the pool today. How was your day? Thank you for letting me take gifts. Everyone loved it. I played basketball and had so much fun. I feel like everyone gets me. Tomorrow I am sweeping the cabin for my morning job. So far I am having so much fun!"

3. Emotional Support

For children and families, understanding the realities of the life-long management and effects of the disease can be incredibly traumatizing and demoralizing. When these same children and families are struggling financially, the mental and emotional stress can manifest physically and cause greater health risks. According to the American Diabetes Association, people with Type 1 Diabetes are at a heightened risk for mental health distress, including diabetes distress, depression, anxiety, and disordered eating. For these reasons, in 2021 we expanded our mission to include providing mental health and emotional support services so that a child's health is treated holistically giving them the opportunity to thrive both physically and mentally.

4. Almora Advisors

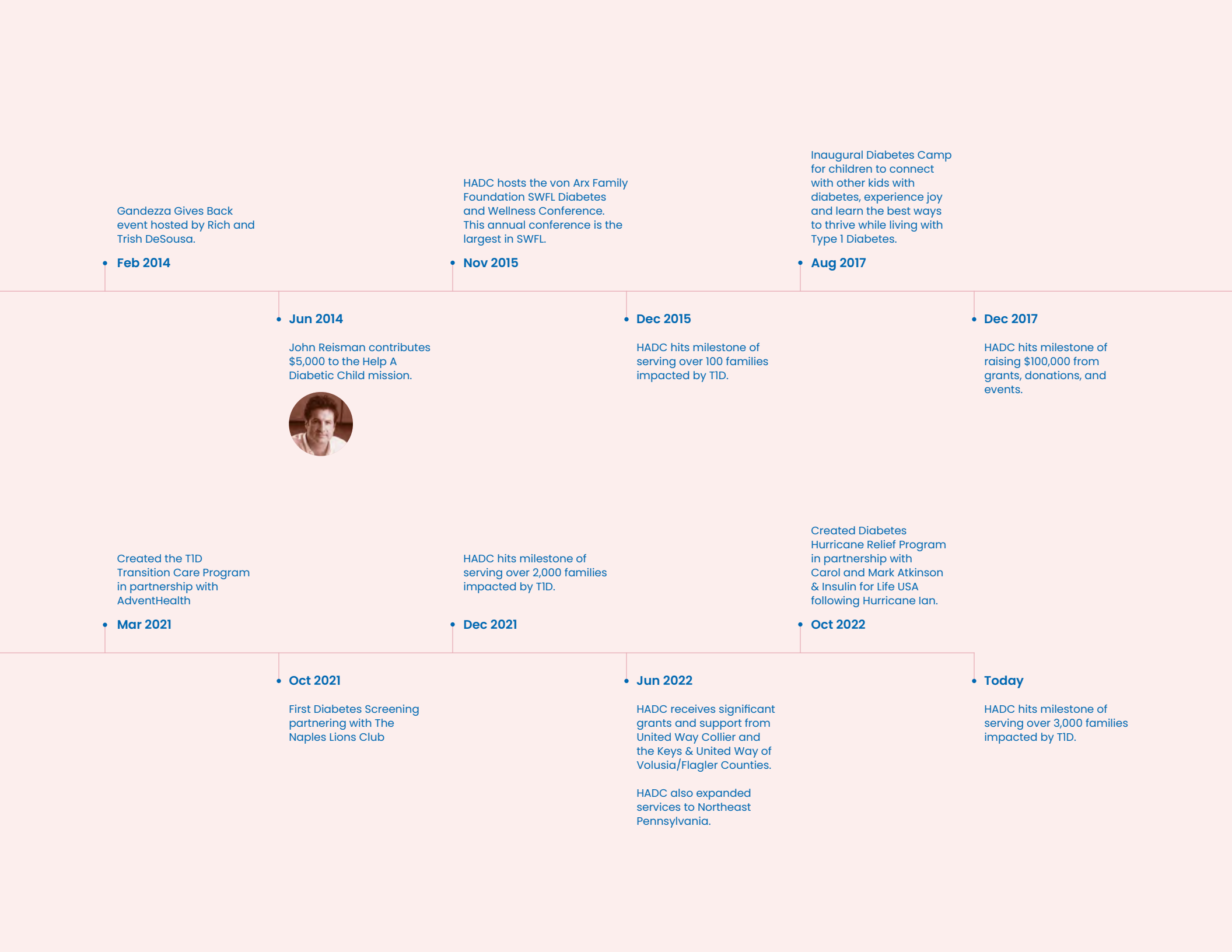
In 2022, we have partnered Almora Advisors to creatively capture and assist in our vision for growth. Each member of the Almora team has helped with many tasks from event planning to securing our largest funded grant received in 2021 with the United Way of Collier and the Keys. We are continuing to work closely with the Almora team on these wonderful cultivation opportunities and look forward to bringing our services to more individuals in need with their help.

5. Pharmacy Partnerships

In 2019, here in Southwest FL we solidified a partnership with CareNow Pharmacy through Sam Patel and have developed several programs to bring valuable resources to the local diabetes community. We're excited to have expanded these services to Northeast PA in 2022 by partnering with Nockley Family Pharmacy.

Along the *way*







Initiatives with *impact*

6. Continuous Glucose Monitors (CGMs)

A CGM is a small compact sensor inserted into the abdomen or arm, allowing it to take glucose readings in the fluid that surrounds cells in the body throughout the day and night. CGMs can connect to phone Apps or secondary devices to give nearly immediate and much more accurate blood sugar readings. In most cases, this can mean little-to-no finger pricks and better health overall for a child with diabetes.

In 2019, Help A Diabetic Child, Insulin for Life USA, and Abbott Labs partnered with the University of Florida Diabetes Institute to provide Libre CGM's for several newly diagnosed Type 1 Diabetes patients. Through this program, the University of Florida Diabetes Institute found that **patients who received CGM's immediately after diagnosis had reduced stress** and an increase in their uptake of CGM and other diabetes technologies.

Since this report, we have expanded our services to include CGMs so that the newly diagnosed individuals in our network can experience the ease of use and peace of mind that these products offer. From November of 2019 to June of 2022, **we have purchased and provided 2,800+ CGM Sensors and over 220+ CGM Readers to 2,750 children and young adults** who live with diabetes just in our home state of Florida.

We plan to continue distributing CGMs to those in need through our upcoming **CGM Tour beginning in January 2023**. This program will be made possible through partnerships with Abbott Labs, Halifax Health, and the Lohman Diabetes Center of Excellence.

FROM OUR COMMUNITY

“These past 4 months with the Libre CGM have been AMAZING! My fingers have healed and *and my A1C has gone down.* I truly appreciate you providing me with this technology to help manage my T1D.”

- Teenager

Our team



Sam Patel
CareNow Pharmacy



David Nockley
Nockley Family Pharmacy



Julia Reisman
Operations Coordinator



Leo Decker
Community Outreach Coordinator



Halee Hamm
Design & Tech Coordinator



Our board *of* directors



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President & Founder



Michael J. Haller, MD
Medical Director



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Kristi Balavage, MD
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Director



Michael Balavage
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David Wagner, PhD
Director



David Marrero, PhD
Director



Henry Rodriguez, MD
Director



Ashby Walker, PhD
Director

FROM OUR COMMUNITY

“When our 7 year old daughter was diagnosed with T1D, Help A Diabetic Child *was there for us* when we were told we needed to have \$1,500 worth of supplies before our daughter would be released from the hospital.”

- Mother of child with Type 1 Diabetes

A special *thanks* to some of our benefactors





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