



Cindy and her son Émile
live with diabetes

IMPACT REPORT 2022 2023

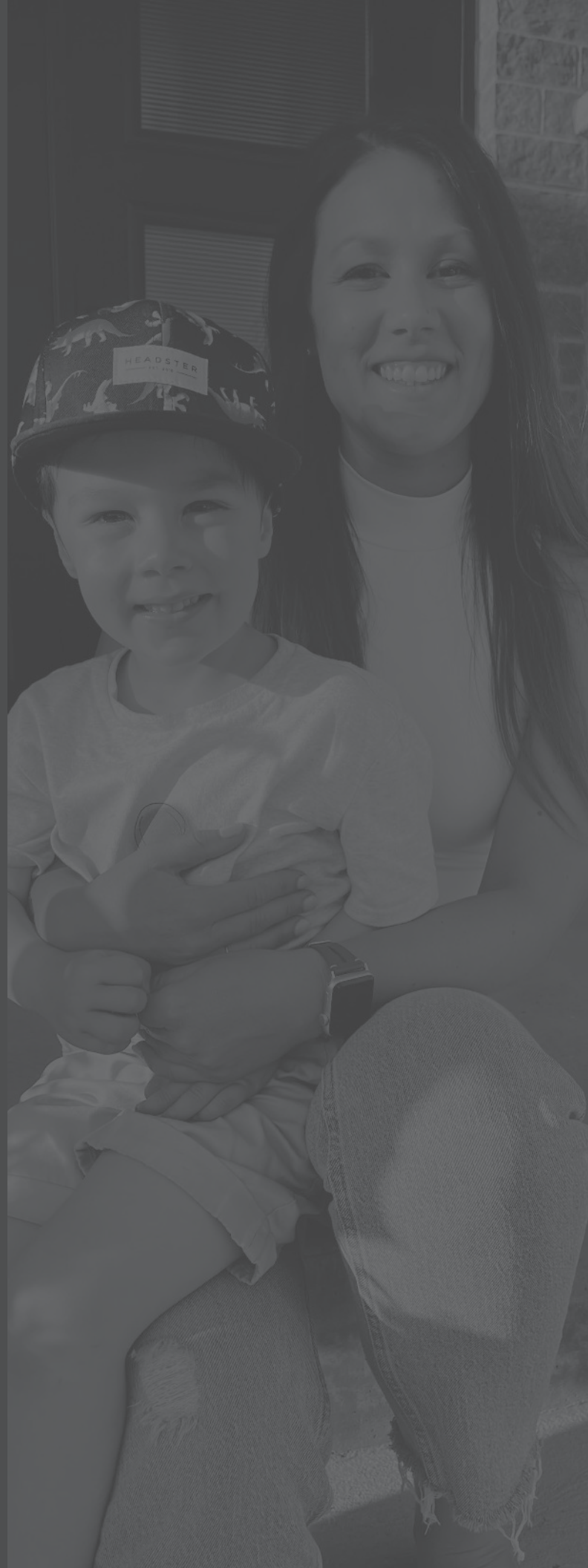
“ Out of love for Émile, I wanted to normalize the disease, accompany him, and be a role model for him.

That's why I had this impulse: to speak out about diabetes and get involved as a volunteer with Diabète Québec.

That's why I became President of Diabète Québec's Diabetic Advisory Committee (CCPDDQ), created in 2021.

Along with other patients, I've had the opportunity to express my views on a variety of diabetes-related topics and to contribute to projects that improve the lives of others. ”

Cindy Audet, President of CCPDDQ



CONTENTS

MISSION, VISION, AND VALUES	1
STATISTICS ON DIABETES.....	2
A WORD FROM THE PRESIDENT AND CEO	3
A DEDICATED COMMUNITY	4
ACHIEVEMENTS AND IMPACTS	5
FINANCIAL STATEMENTS	10
SOURCE OF DONATIONS	11
TEAMS IN ACTION	12

OUR MISSION

To enhance the well-being of people with diabetes by providing them with support.

OUR VISION

Diabète Québec’s vision is to be the reference in Québec for diabetes from diagnosis to complication prevention.

OUR VALEURS

To guide its actions in the areas of intervention of its mission and to move towards its vision, Diabète Québec has adopted the following values: integrity, transparency, excellence, responsiveness, empathy, and collaboration.



From left to right, back row:

Julie St-Jean, Caroline Duguay, Suzanne Rodriguez, Emiliano Santos Atempa, Anny Mayer, Valérie Savard, Célia Scaramuzzino, Jocelyne Beaudry, and Sylvie Paquette

Front row: Diane Charbonneau, Mélanie Migneault, Sylvie Lauzon, Amélie Gingras, and Marilynne Richard

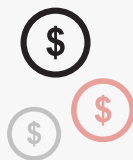
DIABETES STATISTICS

Québec



1.2 million people are affected by diabetes.

Diabetes has an economic impact estimated at **3 billion dollars** per year in direct and indirect costs.



Diabetes is the leading cause of blindness in people aged under 65.

People living with diabetes :
Type 1 diabetes : 10%
Type 2 diabetes : 90%



Canada

Diabetes contributes to :

- 30% of strokes
- Leading cause of blindness
- 40% of heart attacks
- 50% of kidney failure requiring dialysis
- 70% of all non-traumatic leg and foot amputations

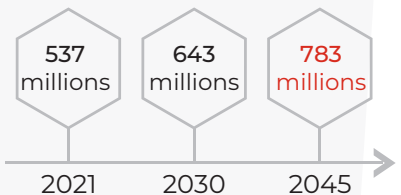


1 in 10 Pregnant women develop gestational diabetes.

Every day, 620 people are diagnosed with diabetes.



World



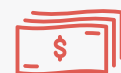
1 in 10 people live with diabetes.



Every 5 seconds, one person dies of diabetes or its complications.



In 2021, diabetes was responsible for an estimated **USD 966 billion** in global health expenditure.



A WORD FROM THE PRESIDENT AND CEO

As you've probably already noticed, human beings are characterized by a desire to be close to others. At Diabète Québec, we're constantly striving to improve our response to what has become a necessity for many people. Whether this need is expressed psychologically, physically, or geographically, we are dedicated to addressing it by leveraging all our talents and energy. Moreover, we place the highest hopes on new technologies, services for people living with diabetes, research discoveries, and innovative health devices.

These hopes –in the plural, because yes, there is more than one! –, we want to emphasize them, cherish them, and, above all, share them with you.

The past year has been a pivotal one in more ways than one. First, our mission, vision, and values are now easily accessible at a glance on our new website – another of our advancements in 2022-2023 – online since June. Until then, we hadn't quite taken the time to communicate them in this format. By embracing these new perspectives, we express the wish to get closer to you: that is, to keep you at the forefront of medical information, to defend your rights and interests, and to accompany you every day for the improvement of your well-being. Empathy, collaboration, and excellence are just a few of the values we cultivate, certainly to remain the reference in Quebec for diabetes, but above all, to be always at your side, from diagnosis to the prevention of complications. We will continue our efforts, particularly in promoting and advancing research, as well as mobilizing partners, donors, and federal and provincial governments.

This desire – not to say necessity – has led us to present a brand new five-year strategic plan this fall. Thus, we are proud to announce that one of the first projects designed and launched as part of this ambitious roadmap will soon come to fruition: a self-management and support program – approved by the government of Quebec – for individuals without a family doctor. This innovation will allow those affected to benefit, among other things, from virtual accompaniment for several months. With this type of highly innovative service, we want to strengthen our presence, on the one hand with those living with diabetes, and on the other hand with their relatives and healthcare professionals. And this is just the beginning!

We plan to implement concrete actions by 2028, such as the modernization of Diabète Québec's digital and technological platforms or the development of a research funding strategy.

By reaching out to you, we're moving closer to another tangible goal: making our province a place where people can live with diabetes, without complications.




Sylvie Lauzon
President and CEO
Diabète Québec

A DEDICATED COMMUNITY



6,368
members



9,065
individual
and
331
healthcare professionals
subscribed to our newsletters



1,500,000
visits
to our website



17,256
subscribers
15,890
likes
and
293
posts



8,245
subscribers to Diabète
Québec's Youtube
channel



245
subscribers

Universi **D**

600

healthcare professionals
trained by
the diabetes school
of Diabète Québec



70,000
viewings of educational video capsules by
19,000
unique visitors

ACHIEVEMENTS AND IMPACTS

— OUR INFODIABETES SERVICE

For more than 20 years, the InfoDiabetes service has provided free professional diabetes support five days a week. This service is available by phone, email, and chat to people with diabetes and their loved ones, as well as to healthcare professionals.



1,193
phone calls



738
emails



69
chat sessions

A total of
2,000
interventions
and
725
hours invested

The most common reasons for consulting InfoDiabetes

Resources | Lifestyle habits | Diet | Diabetes 101 | Financial aspects | Treatments

ACHIEVEMENTS AND IMPACTS

— OUR KEY EVENTS



The 11th edition of *Rencontres du premier type* welcomed 130 adults living with type 1 diabetes and their loved ones. In addition to educational conferences and information sessions on diabetes, participants were able to attend a show, relax in nature, practice laughter yoga, and interact with pharmaceutical representatives on-site. It was an event that kept hope alive for those in attendance.

Thanks to our sponsors:
Abbot, Dexcom, Insulet, Iris, Medtronic and Tandem



World Diabetes Day, celebrated on November 14, was an opportunity to light up 23 buildings in Montreal and one in Quebec City in blue to support and raise awareness of the cause of diabetes.

Illuminated in blue were: TOHU *Cité des Arts du Cirque*, Proxim and Uniprix head offices, the Olympic Village, the Montréal Tower, *Promenade Masson*, *La Grande Roue de Montréal*, the Marguerite-Bourgoys historic site, the International Civil Aviation Organization, Place Bonaventure, *1250 boulevard René-Lévesque*, the Sun Life Building, *Maison Manuvie*, *La Tour McGill*, Montreal Clinical Research Institute, *Théâtre ESPACE GO*, *Complexe Jules-Dallaire* in Quebec City, *Théâtre Rialto*, CHUM Research Centre, Society for Arts & Technology, *Maison Alcan*, *Institut de tourisme et d'hôtellerie du Québec*, Montreal's Notre-Dame Basilica, Saint Joseph's Oratory and Fairmont The Queen Elizabeth.



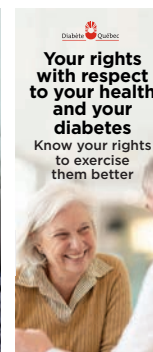
We'd also like to thank our partners who provided us with free signage: Pattison Affichage, Captivate, Vertical Impression, and Pompe Media.

ACHIEVEMENTS AND IMPACTS

— OUR EDUCATIONAL TOOLS

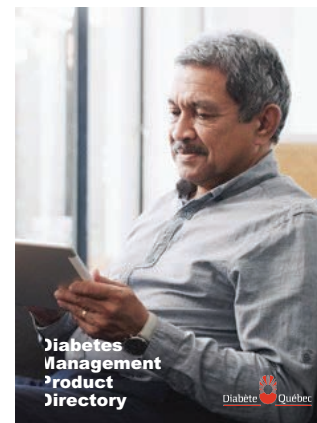
New releases

- *Vos droits en matière de santé et de diabète* (brochure)
- *La conduite automobile et le diabète* (brochure)
- *Guide pratique pour la gestion du diabète de type 1* (booklet)
- 4 editions of *PLEIN SOLEIL* magazine (26,800 hard copies and 3,000 digital prints)
- 8 newsletters for people with diabetes and healthcare professionals



Edits & revisions

- Diabetes Management Product Directory
- Website
- *Guide d'alimentation pour la personne diabétique* (ministère de la Santé et des Services sociaux)



— OUR CONTRIBUTION TO SCIENTIFIC ARTICLES

- *PLEIN SOLEIL* magazine (8)
- *Lobe* magazine (4)
- *Journal of the Ordre des diététistes-nutritionnistes du Québec* (1)
- *Journal of the Association des infirmières et infirmières d'urgence du Québec* (1)



ACHIEVEMENTS AND IMPACTS

— OUR COLLABORATIONS WITH INNOVATIVE PROJECTS

- Montreal Heart Institute - COLCOT-T2D clinical study
- *Ministère de la Santé et des Services sociaux* - Support program for people living with diabetes
- CATALIS – Clinical trials Quebec
- Universi-D - Video capsules for the Support program for people living with diabetes



SUPPORT PROGRAM
for people
living with diabetes

— OUR AWARENESS-RAISING ACTIVITIES

- 5 information kiosks
- 7 public conferences
- 2 interviews with healthcare professionals as part of Diabetes Month



— OUR REGIONAL DEVELOPMENT AND OUTREACH

- 580 health professionals and stakeholders encountered



— OUR TRAINEES

- Supervision of 3 fourth-year students in the Bachelor of Nutrition program at the Université de Montréal for a 5-week internship

— OUR CHARITABLE ACTIVITIES ORGANIZED BY THIRD PARTIES

- The *Marathon Beneva de Montréal* brought in \$6,042
- The Invitation Côte golf tournament raised \$3,051



ACHIEVEMENTS AND IMPACTS

— OUR RESEARCH GRANTS

Diabète Québec is proud to offer annual scholarships to students, as well as grants to Quebec researchers, in support of diabetes research.

Here are the winners selected by the experts on the Diabetes Québec Scholarship Committee:

Summer Scholarships (\$6,000)

Heather Girouard
Hamza Mechchate
Justine Morand
Courtney South
Camille Tremblay Laprise

India Tanguay-Doucet Special Grant (\$50,000)

Dr. Anne-Sophie Brazeau

Merit Grant (\$100,000)

Dr. Mélanie Henderson

Research Grant (\$20,000)

Daniel Gagnon
Julie Lavoie
Anne-Sophie Morissette
Michaël Shum
Karine Tremblay



Total allocated
\$274,000
to
11
scholar and grant recipients

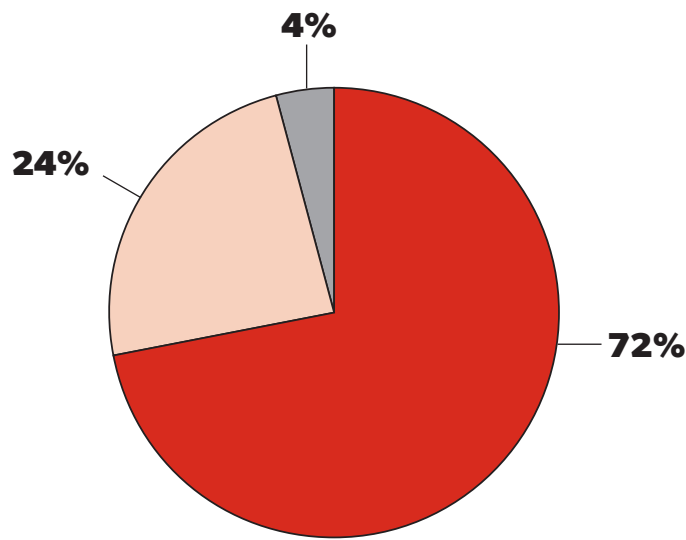
FINANCIAL STATEMENTS

— ASSOCIATION DU DIABÈTE DU QUÉBEC INC.
NON-CONSOLIDATED RESULTS
for the fiscal year ended June 30, 2023

	2023			2022		
	Administration	General administration fund Fixed assets	Research	Capital funds	Total	Total
	\$	\$	\$	\$	\$	\$
Products						
Contributions (note 3)						
Development	1,898,157				1,898,157	1,689,394
Research			74,008		74,008	126,467
Accompaniment program	64,333				64,333	
Services						
Communications	330,426				330,426	245,468
Services for members	275,565				275,565	228,078
Administration	30,000				30,000	34,000
Net investment income (note 5)	258,163		75,213	102,721	436,097	(400,329)
	2,856,644	–	149,221	102,721	3,108,586	1,923,078
Expenses (note 6)						
Development	483,892				483,892	317,447
Communications	744,086				744,086	538,914
Services for members	880,290				880,290	890,037
Administration	186,184	25,563	7,830	11,194	230,771	195,125
Research grants			164,542		164,542	143,250
Accompaniment program	75,220				75,220	
	2,369,672	25,563	172,372	11,194	2,578,801	2,084,773
Excess (shortfall) of revenues over expenses before other costs	486,972	(25,563)	(23,151)	91,527	529,785	(161,695)
Other expenses						
Discount adjustment on long-term debt	(1,381)	–	–	–	(1,381)	(1,381)
Excess (shortfall) of revenues over expenses	486,972	(25,563)	(23,151)	91,527	529,785	(161,695)

SOURCE OF DONATIONS

To achieve its mission, Diabète Québec relies entirely on donations from individuals and companies. The only exception is the new *Programme d'accompagnement des personnes vivant avec le diabète*, which is funded by the *Ministère de la Santé et des Services sociaux*.



Individuals	\$1,415,343
Companies	\$482,815
Individuals (research funds)	\$74,008

A total of
\$1,972,166

TEAMS IN ACTION

— BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

Marcel Breton, President
Michel Beauchamp, Vice-President
Martin Larose, Treasurer
Éric Beauregard, Secretary
Sylvie Lauzon, Administrator

ADMINISTRATORS

René Durocher
Anne-Claire Proulx
Dre Léna Salgado
Maude St-Onge

— THE DIABÈTE QUÉBEC TEAM

Sylvie Lauzon, President and CEO
Jocelyne Beaudry, Executive Assistant
Diane Charbonneau, Senior Advisor for Development and Philanthropic Partnerships
Caroline Duguay, Manager of Regional Development and Special Projects
Amélie Gingras, Dietician-Nutritionist
Anny Mayer, Finance Manager
Sylvie Paquette, Member and Donor Services
Marilyne Richard, Nurse Clinician
Suzanne Rodriguez, Regional Development Coordinator
Emiliano Santos Atempa, Administrative Accounting Clerk
Valérie Savard, Dietician-Nutritionist, Manager of the *Programme d'accompagnement des personnes vivant avec le diabète*
Célia Scaramuzzino, Dietician-Nutritionist
Julie St-Jean, Dietician-Nutritionist, Professional Services Coordinator

— THE UNIVERSI-D TEAM, THE DIABETES SCHOOL OF DIABÈTE QUÉBEC

Sylvie Lauzon, President and CEO
Mélanie Migneault, Principal Manager

— THE DIABETIC ADVISORY COMMITTEE (CCPDDQ)

Cyndie Audet, President, accompanied by 13 other people living with type 1 or type 2 diabetes or parenting a child with diabetes.

THE PROFESSIONAL COUNCIL (CPDQ)

— **Rémi Rabasa-Lhoret**, M.D., Ph. D., President, CPDQ
Antoine Bouchard, M. D.
Anne-Sophie Brazeau, Dt. P., Ph. D.
André C. Carpentier, M. D., FRCPC
Alexandre Chadi, Pharm D., CDE
Kaberi Dasgupta, M. D., M. Sc., FRCPC
Isabelle Frenette, Nurse Clinician
Claudia Gagnon, M. D., FRCPC
Pedro Geraldés, Ph. D.
Mélanie Henderson, M. D., Ph. D., FRCPC
Sylvie Lauzon, President and CEO
Julie Lavoie, Ph. D.
Nadine Taleb, M. D., Ph. D.

