



I Challenge Diabetes

CONNECT. CHALLENGE. EXPLORE.



2021

ANNUAL REPORT

EXECUTIVE'S MESSAGE



Distanced, Dynamic, Determined.

I would like to recognize the challenge we have all gone through as the Covid 19 Virus affected us all in so many ways. We are all familiar with social distance at this point but I found that the distance identified for us how close we can remain even when physically distanced. It takes effort when physically distanced, and I want to express my extreme gratitude for so many who encouraged, who worked around the obstacles and whose support we relied upon. I'd also like to encourage you if you are still working to return to a connected community. The community is as strong as ever and even more resourceful now so your efforts won't be in vain! We've seen remarkable efforts from volunteers, sponsors, donors and participants alike to enable us to survive the challenges and grow stronger through them.

From the beginning of my experiences connecting into the diabetes community, I recognized the dynamic ways we are all affected and need support. As an organization who strives to serve the community in a "high touch" way, we still wanted to offer a deeper level of connectivity than can be achieved in many traditional approaches, let alone through a webinar! We worked hard to recognize the varying abilities of our community to participate in-person. We created a variety of layers within each program's safety plan including easy pivot points so people could plan to attend with confidence, knowing they were supported if Covid were to interrupt their plan. We also remained dedicated to creating a variety of virtual platforms.

Looking forward, 2021 resolves our determination. It can be daunting knowing that this intense and careful management of insulin, with everything we do, still won't result in perfectly balanced blood sugars and there is no end in sight. However, we believe that when we connect, we draw not only from our own strengths but from our whole community. When we face these challenges, they prepare us all the more for the dreams we might not even have dreamt yet. When we connect and challenge, we form a determination that allows us to explore what we CAN do and to redefine our perceived limitations when we first encounter an obstacle.

This has been our experience as a team and community working together through the obstacles of 2021. The reopening plans, the foreseen and unforeseen obstacles and each of our personal impacts having built up over a year of living in a pandemic, etc all played their part. The result was our entire team inspired to plan for a bold 2022 program and service delivery and we are grateful for the chance to grow together.

Chris Jarvis
Founder
Executive Director

CHAIR'S MESSAGE



2021 was another challenging year for all of us. I hope you and your loved ones are healthy.

Qualified by the constraints of the pandemic, I Challenge Diabetes had another very successful year. Unlike many organizations and other charities, ICD ended the year with a strong balance sheet.

ICD continued reaching and supporting even more Type 1s last year. Where possible, programs were converted to on-line, interactive sessions. ICD provided 124 programs across Canada to provide over 2600 participant experiences between virtual and in-person. We reached more youth through our sports camps and adventure programs than ever before.

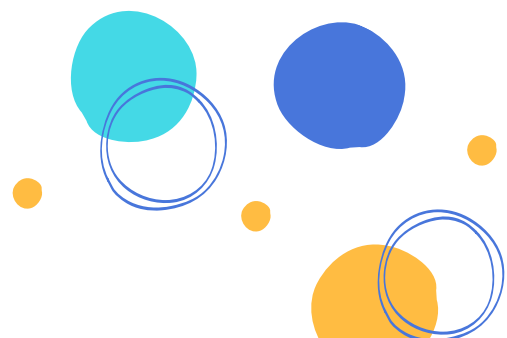
However, the year still provided several challenges. Depending on the province, and the time of the year, many ICD programs were postponed, rescheduled or sadly, cancelled. Facility costs were pre-paid and refunds were not available. As a result, offering programs to the community came with some significant operating costs. Health benefits saw an unforeseen 300% cost increase in 2021. Instead of limiting benefits to meet budget targets, the Board voted unanimously to maintain our commitment to ICD staff wellness.

Many organizations supporting Canadian charities also had a challenging year, and were forced to reduce their sponsorship commitments. ICD retained all of our corporate sponsors, validating the unique impact we have on the lives of Type 1s. Their continued belief in our mission maintains our motivation.

In 2022, we plan to improve ICD operations with the addition of resources to make program execution more efficient and effective. We will meet our commitments to paying back government subsidies through monthly installments. We will continue to strengthen our hard working Board.

Finally, a thank-you to all of the staff, volunteers and supporters of ICD. To paraphrase Chris, we work best when there are many oars in the boat.

Pepe Bakshi
Board Chair



Guiding Principles

HEALTH

To prioritize the physical and mental health of people living with diabetes in all decisions.

EMPOWERMENT

To enable people living with diabetes and their support networks to take action, so that they may live healthy, inspired lives.

ENGAGEMENT

To provide opportunities for participants to develop their goals and grow towards achieving them through high-quality programs, in a safe and supported manner.

QUALITY

To promote a positive, long-lasting emotional experience through programs, activities, and environments that are fun and engaging.

RESPECT

To support a positive environment where our staff and participants feel valued and respected. We uphold human rights and reject discrimination and racism in any form.

We want people living with diabetes have the skills, support, and courage to face, challenge and embrace it as an empowering force. Our target is to support, empower and connect people living with diabetes through mentorship and challenging programs. Together, we apply strategies to overcome obstacles and grow to take ownership of our health.



PROGRAMMING PILLARS

1

EMPOWER

Our programs that **empower** help our participants use their diabetes as a positive force in their everyday lives.

2

CONNECT

Our programs that **connect** bring us all together including those with T1D and those without.

3

SUPPORT

Our programs that **support** provide open honest discussions of diabetes challenges and strategies.



Programs That Empower:

- Leadership Retreats
- Sports Camps
- Extreme Adventures

Programs That Connect:

- Speaking Events
- Community Events
- Diabuddies

Programs That Support:

- Workshops
- Peer2Peer Connections (service)

PROGRAMS

Total Programs:

124

Days in Program:

227

Virtual: 72

In-person: 52



That's almost a **146.5% increase**
in Programming Days from 2020.

and a **135% increase** in Programs
from 2020.

Programs that Connect



Community Events (4)



Diabuddies (30)

Programs that Empower



Sport Camps (11)



Extreme Adventures (13)

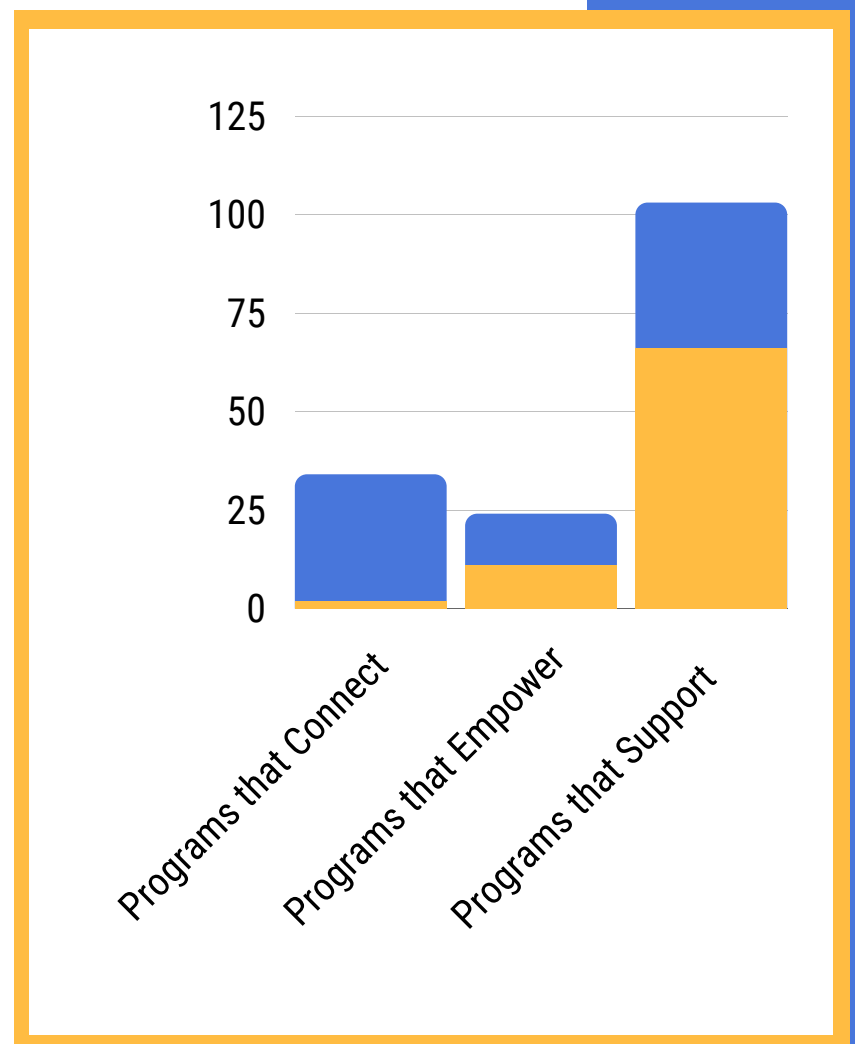
Programs that Support



Workshops (66)



P2P Connections (37)



PARTICIPANTS

While we increased our number of programs by **135%**, our participant growth in 2021 far exceeded our expectations.

In comparison to 2020's participant levels, our extreme adventures had a participant growth of **181%**. Our in-person workshops saw an increase in participants by **188%**. But most overwhelmingly, our sport camps saw a **238%** increase!

On our virtual programming side, our virtual workshops saw an impressive increase in participants by **195%**. With that, we are pleased to report that our participants have even requested **MORE** virtual programming for 2022.

ICD could not be more proud of how we are expanding our impact to more individuals.



Total Participants:

2,664

1163 in Speaking Events

139 in Extreme Adventures

1,099 in Workshops

240 in 5-day Sport Camps

23 in Peer-2-Peer



Volunteer hours:

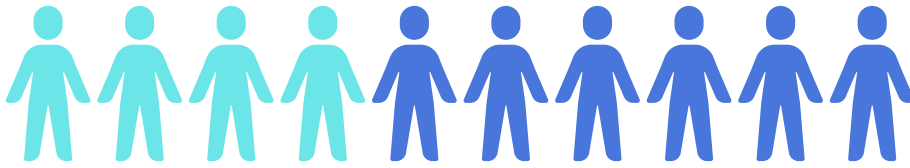
820+

hours were volunteered to help support participants and our programs.

140+
volunteers



New V. Returning Participants:



40% of our 2021 participants were NEW to ICD!



Virtual V. In-person participants:



Overall, 59% participated in our virtual programs.



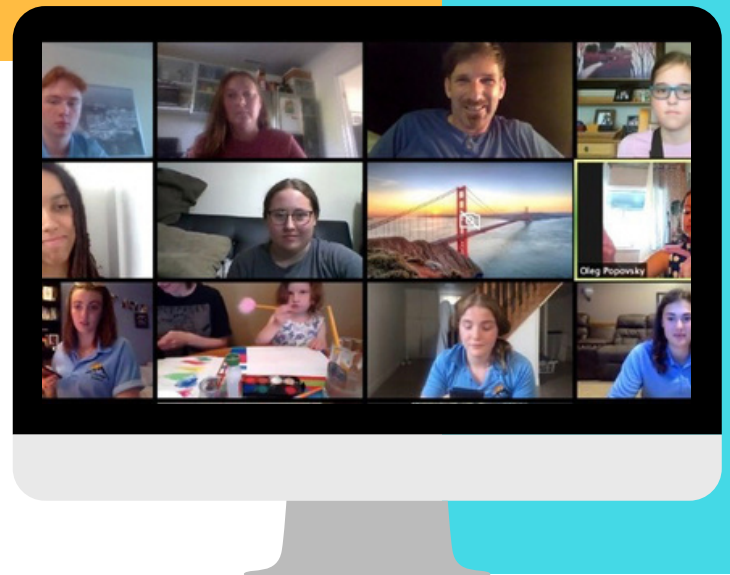
WEBSITE:
Over 22,000
user sessions!



FACEBOOK:
47,996 unique
individuals reached!



Instagram:
137,344
Instagram users reached!



Did You Know...

ICD has reached over **235** unique cities through virtual programming?

IMPACT

ICD recognizes the burden that living with type 1 diabetes can have on an individual. We are proud of the strides we make towards ensuring the T1D community has a positive space to turn to.

Our surveyed 2021 participants reported their impact to be:

24%

Transformational

71%

Positive

3%

No impact

<2%

Disappointing

0%

Destructive

85.5%

reported "ICD and it's team to be a positive force that they continue to look to outside of programs"

2/3 of the above identified wanting more of ICD to further deepen the long term impact



When our surveyed participants were asked about long term impact:

Only 4.8%

reported: "the experience made some **short term** changes but they are gone now"

Only 6.5%

reported: "I think about the experience from time to time but not much actually changed"

Only 3.2%

reported: "the experience quickly fades"

Challenges often accompanying T1D:¹

- Depression
- Anxiety
- Externalizing Disorders
- Eating Disorders
- Retinopathy
- Hypertension
- and many more

When asked in which way has ICD impacted your diabetes:

87% reported an **Emotional** Health Impact.

71% reported a **Mental** Health Impact.

60% reported a **Physical** Health Impact.



COMMUNITY

Clueless, Terrified, and Grateful: My T1D Story

February of 2008 marks my very first season of hockey, but also marks the month and year that I was diagnosed with Type 1 Diabetes. At 8 years old, I had no clue what was going on and had no idea what having diabetes would actually mean for me. Only a few months into my inaugural season of organized hockey, I was faced with something so unknown and terrifying and thought it was time to pack it in—my hockey career would surely end less than 2 months in. It was this feeling of fear and uncertainty that makes the day I was diagnosed with T1D one that I am most grateful for today. With the help of the amazing people at my clinic, and their ability to connect me with inspiring role models such as Chris Jarvis, I continued playing the rest of my first season and haven't stopped playing hockey since. Alongside hockey, I continued playing soccer, picked up a few seasons of tackle football, was a part of every school team, and even started skateboarding. All throughout those years I was challenged, not only by my peers and opponents, but by my diabetes. Yet, it has been the extra challenges brought on by my diabetes that have given me an additional and quite exceptional feeling of accomplishment with each challenge conquered.

I say that I am grateful for the day I was diagnosed with T1D because it is a direct cause of this day that I have been given the opportunity to meet professional athletes, go on some of the most amazing adventures, learn some of my strongest skills, meet some of my longest and dearest friends, and—ultimately— because T1D has made me challenge myself, forcing me to grow into the person I am proud to be today. And it is this idea of challenging myself that I Challenge Diabetes has instilled in me with the many programs I was lucky enough to take part in as a young adult.

ICD, having played such an important part in my growth as a young person living with T1D, is close to my heart and truly feels like the perfect place to pass on this feeling of pride, along with the lessons I've learned from 14 years of T1D and the challenges they came with. This organization is something I am beyond proud to be a part of and I consistently get a feeling of pure joy seeing my peers that I grew up with at ICD events come together now to put on similar events for the next generation of folks challenging their own diabetes.

By Samuel Letnik,
Leadership Development ICDYC / ICD Project Coordinator



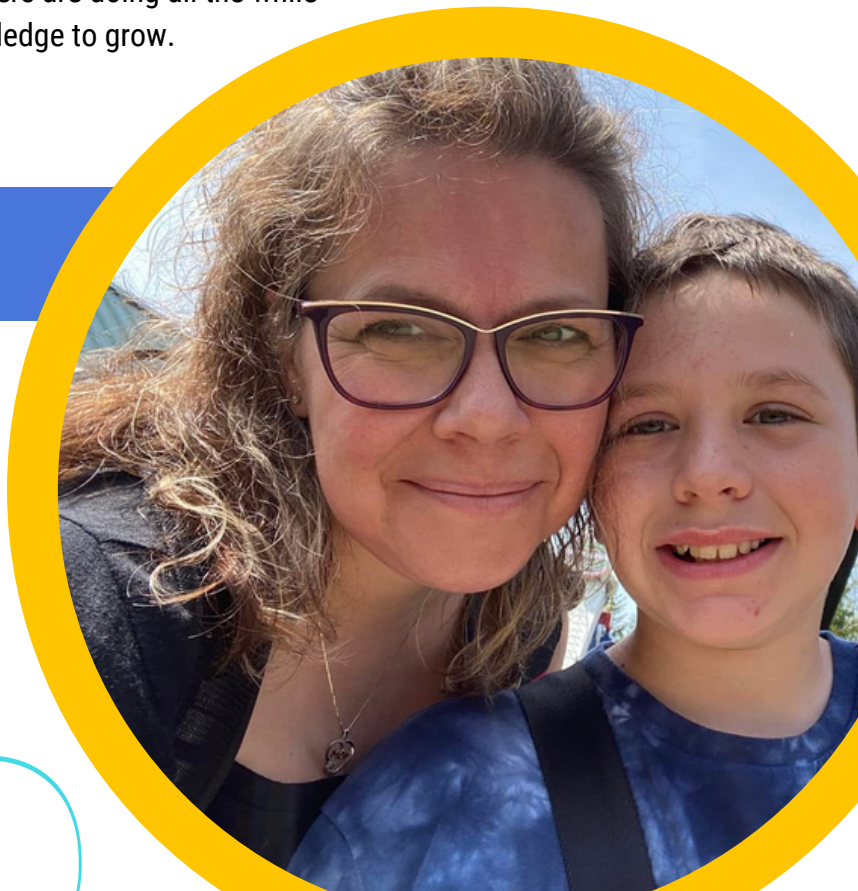
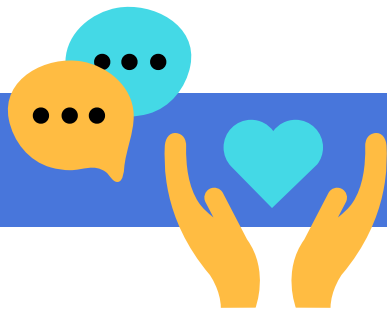
GETTING THE SUPPORT YOU NEED

8 years ago, while seeking programs and support for herself and her 2 year old child living with type 1 diabetes, Miriam found I Challenge Diabetes. Since then, Miriam and her family have been able to join in many programs including workshops, diabuddies, camps, and even helped create Wee Challengers. From their experience, they have found that I Challenge Diabetes always thinks of support, inclusion and UNDERSTANDING, no matter what the program.

When Mason's treasured pump pouch that he had worn for 7 years broke, he had to put his pump in his pocket for the day or wear another pouch he didn't like. He said "Mommy I'm gonna put this in my pocket today and I wish Chris was here to see it". He remembered that Chris Jarvis had pulled his pump out of his pocket in front of a group and had no fear of it. Chris and his staff make an impact on their participants by leading bravely by example.

ICD's programs help not only those who have T1D but their loved ones as well. It is huge for T1D parents to get an opportunity to connect with others who know what it is like, and who have had others say something like "Oh yeah my cat had diabetes". ICD helps normalize the process. At their programs, it's great to see how quickly people come together whether they are veterans of diabetes or just beginning the journey. It's a powerful feeling to see the moms high five and to see the dads fist bump when sharing common ground. Miriam explained that it is easy to find disciplinary strategies online and that in desperation, it's really easy to take them. However, at ICD events, the parents come together to offer support, which allows other parents to do one of the hardest things...wait patiently while giving your child time to grow into the responsibility of this disease. That's what parents find in these ICD community settings... a judgement free space to share and explore what others are doing all the while being supported as we wait for our strength and knowledge to grow.

**Miriam,
Parent of a T1D**



YOUTH COUNCIL



One of our 2021 undertakings was to form a community where our T1D youth can feel empowered to voice their thoughts and transform them into new initiatives.

ICD's youth council started in January 2021 with eager members and executives. While it was a new council, and there was lots to figure out, the team quickly meshed together and got to work. Youth council projects included community engagement videos, member led hikes and more.

The youth council celebrated 100 years of insulin by going out into the community and capturing what insulin means for Canadian T1Ds, their friends and families.. This led to a touching and inspirational video that showcases how far we have come. Projects like these help the community come together to see that we are not alone and that there is a whole lot of resilience in T1Ds across the nation.

We are proud of our newly founded youth council and are certain that the projects they lead now and in future years will make a huge impact on our community.

YC led Edmonton Hike - led by Jasmine M, Jasmyne K, and Michael. H.



MEET THE ICD YC!



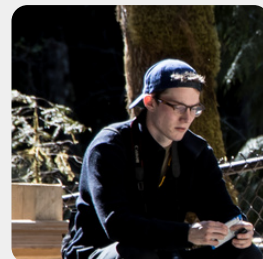
Bex



Jasmine



Kate



Harrison



Elyse



Maryna



Michael



Graham



Emilee



Sam



Julia



Jasmyne



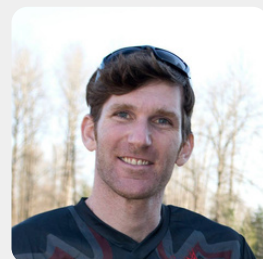
Emma



Ana



Natalie



Chris

EMPOWERING PEOPLE

Empowerment is what drives us. Our Empowerment Fund is a subsidy program designed to remove financial barriers. Whether in the classroom, the outdoors, in sport or online, we want to make sure those living with type 1 diabetes have access to the support they need.

In 2021, the Empowerment Fund provided a total sum of \$26,993 in program finance relief for those who were in need.



COSTS

Balancing the budget is like balancing your blood sugar...

...It takes careful consideration of many variables...

But when you get it right, it feels so good!

Fundraising

15%

Charitable Purpose

75%

Management and Administration

10 %



CHARITABLE PURPOSE INCLUDES

PROGRAM STAFF

67%

PROGRAM FACILITIES

15%

PROGRAM OPERATIONS

5%

PROGRAM EQUIPMENT

5%

PROGRAM TRAVEL

3%

PROGRAM CATERING

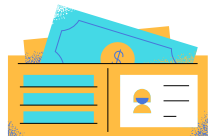
3%

PROGRAM MARKETING

2%



OPERATION STATEMENTS



AS OF DECEMBER 31, 2021

with comparative figures from December 31, 2020

CURRENT ASSETS

2021

2020

Cash	\$73,082	\$190,004
Accounts Receivable	16,519	1,273
Government Remittances Receivable	10,919	3,293
Prepaid Expenses	1,997	5,124

Total Current Assets	\$102, 517	\$199, 694
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CAPITAL ASSETS

\$4,478

\$6,396

Total Assets	\$106,995	\$206,090
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CURRENT LIABILITIES

Accounts Payable and Accrued Liabilities	\$12,440	\$8,629
	1,967	31,627

Deferred Revenue	14,407	40,256
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	40,000	40,000
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Government Loan	54,407	80,256
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NET ASSETS

\$52,587

\$125,834

Accounts Payable and Accrued Liabilities	\$106,995	\$206,090
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FINANCIAL STATEMENTS



AS OF DECEMBER 31, 2021

with comparative figures from December 31, 2020

REVENUE

	2021	2020
Donations In-Kind	\$66,837	\$68,192
Corporate Sponsorship	186,595	117,516
Government funding	91,364	67,505
Donations from other charities	140,857	85,523
General donations	52,833	63,553
Event fees	86,323	31,283
Other income	-	1,890
Corporate donations	-	-
Forgiveable portion of government loan	20,000	-
	\$644,809	\$435,462

EXPENSES

Salaries	\$504,184	\$253,825
Facilities	78,732	33,678
Travel	20,783	22,772
Operations	52,450	29,623
Marketing	9,819	4,135
Catering	14,683	20,475
Equipment	21,187	18,099
Amortization	1,918	2,741
Professional fees	8,500	7,500
Bad debt	5,800	1,450
	\$718,056	\$394,325

EXCESS REVENUE OVER EXPENSES OF THE YEAR

	\$-73,247	\$41,137
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*Audited Financials available on our website

Thank you! SPONSORS

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Thank you! PARTNERS





Become A Donor Today

**JOIN US IN OUR MISSION TO
EMPOWER THOSE LIVING WITH
T1D.**

Thank you to our 2021
Sponsors, Partners and Donors.

**CHARITABLE REGISTRATION
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