

# ANNUAL REPORT

2023



# EXECUTIVE MESSAGE

*Chris Jarvis, BSc, OLY T1D 27 years*

**Executive Director**

In 2023 we've seen the demand for support and community surging with over 70% more participation, reaching more than any other charity in Canada. The diversity of activities we offer includes more people and the integrated diabetes strategy/connection is powerful.

ICD has proven that it can adapt over and over again. In 2023 not only did we deliver 275 days of community programs, we've made custom adaptations for clinics, including our Growing With Diabetes Conference (SK), Langs Welcome Day and responded to community interest with our ICD Dinner Party. One comment stood out to me "I wasn't sure what to expect coming here tonight... I am realizing I've never had a big family dinner party and despite meeting most of you for the first time here tonight, I now know what a family dinner party feels like. Thank you."

Participants at events find they can open up about their struggles, explore new diabetes and communication strategies in a safe place and build their support network. Clinicians are recognizing it and have said "it's a no-brainer. If we have a patient who does not have a diabetes community we should refer them to ICD". The referrals and clinical collaborations are such an honour.

Lastly, I NEED to thank our staff and volunteers. The passion they put into each of our programs; each volunteer form, the special guidance to each youth in an extreme adventures or sports camps, to the requests for support in a child's school. This type of impact would not be possible if it were not for PASSION.



*Chris Jarvis*

# BOARD'S MESSAGE

*Lisa Geelen*

## Chair of The Board

In 2023, we reached over 5000 individuals through our programs, demonstrating the tremendous impact we are making. The ICD board recognizes this achievement and is committed to a four-year growth plan. This plan aims to expand our geographic reach, support more Canadians, and enhance our impact by formalizing our long-standing Peer Mentoring Program. Our roadmap considers clinical requests for our programming and leverages the strength of our passionate, growing community.

I want to extend a heartfelt THANK YOU to our donors and sponsors. Your support allows us to partner with clinics that need help serving their patients despite budget constraints and to assist families who have lost income due to their child's medical needs. None of this would be possible without your generosity.

We are also thrilled to highlight our growing infrastructure, supported by a fourth consecutive grant from the Ontario Trillium Foundation in 2023. These capital investments have added transportation options for those without access to our programs, as well as new canoes, backpacks, and sleeping bags. These enhancements empower our community by removing financial obstacles. Additionally, we've upgraded our flagship facility just north of Toronto, located at the Ontario Nature Headquarters at Sugar Valley Farm, with a stunning 40' rock climbing tower and various low rope initiatives.

Overall, we've taken another significant step forward in serving our mission, with 83% of your donations going directly towards our mission—one of the highest percentages among national diabetes charities. This commitment ensures that every dollar has maximum impact.

As we continue our journey, we may face challenges and difficult days. But through it all, we:

- Laugh together
- Cry together
- Normalize the unique needs of living with diabetes
- Share our challenges and knowledge
- Conquer physical challenges in sports and adventures
- Support each other as peers, mentors, cheerleaders, and friends

We understand the toll diabetes takes on both physical and mental health. We are more than just a community—we are a family, and we are all here to support you. On behalf of all the board members, I would like to thank all of you, our ICD challengers, for motivating us to move ICD forward. You inspire us every day.



# 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 to have the skills, support, and courage to face, challenge and embrace it as an empowering force. We aim 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.

# PROGRAM PILLARS

## EMPOWER

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

Leadership Retreats  
Sports Camps  
Extreme Adventures

## CONNECT

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

Speaking Events

- Community Events
- Diabuddies

## SUPPORT

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

Workshops  
P2P Connections





# PARTICIPANTS

A 70%  
increase  
from 2022

Total Participants:  
**5,884**

Most diverse program offering of  
**ANY** charity in Canada serving  
people living with T1D!

3,242 in Speaking Events

1,802 in Workshops

550 in 5-day Sport Camps

161 in Extreme Adventures

107 in Leadership Retreats

22 Mentees in Peer-2-Peer

Connecting and collaborating with Clinics  
across Canada with customized programming to  
serve their patients. (13 new clinics in 2023)

Total Volunteer hours:

1995!



# PROGRAMMING

Total # of Events:

**158**

Days in Program:

**275**

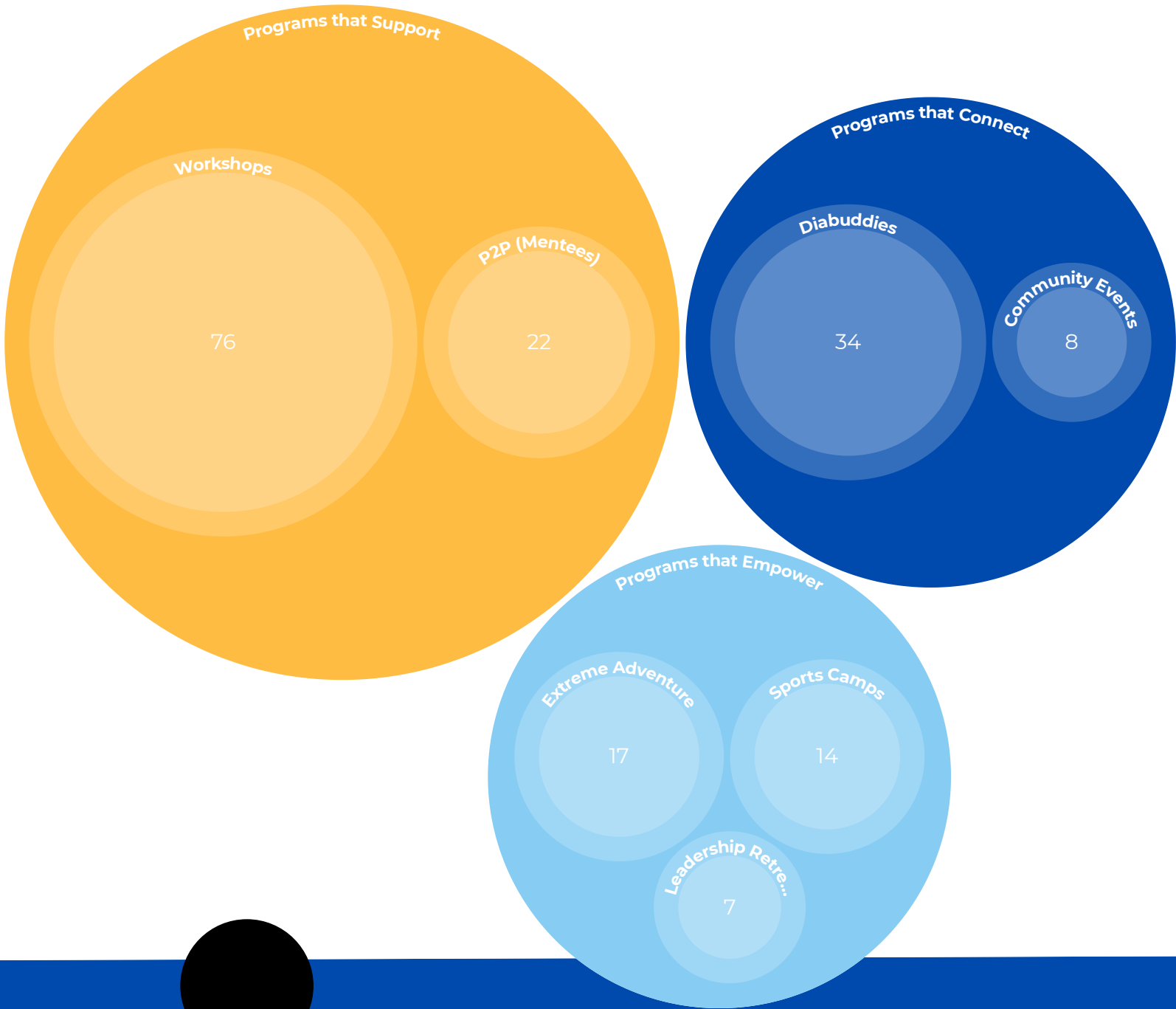
Provinces Reached:

**7**

Virtual Events: 20

In-person Events: 136

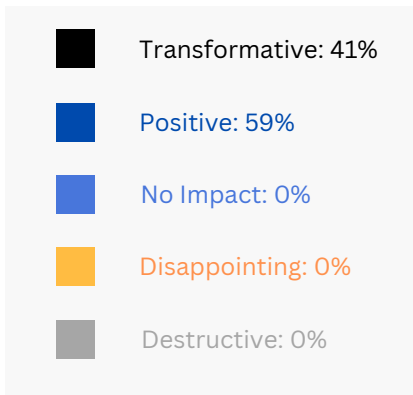
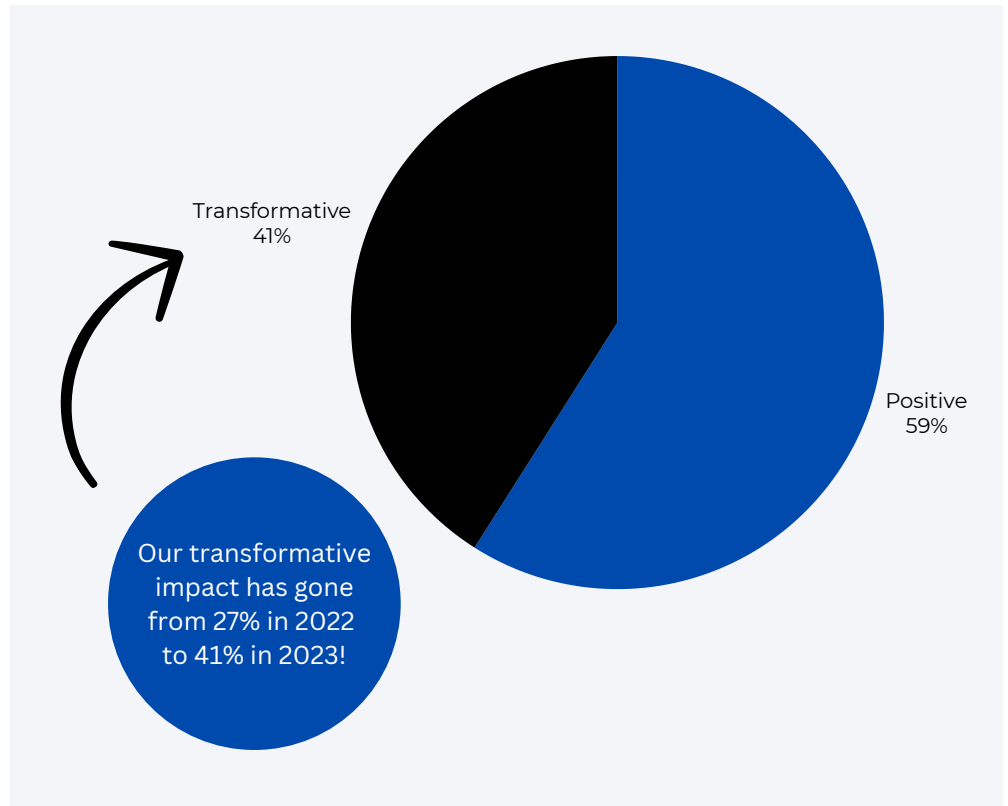
# PROGRAM BREAKDOWN



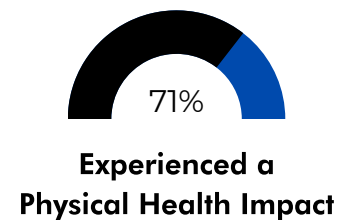
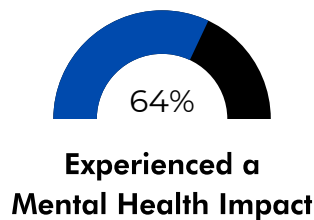
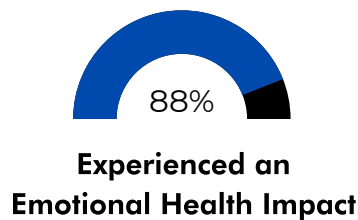
## ICD's Immediate Program Impact on Participants\*:

\*surveyed participants

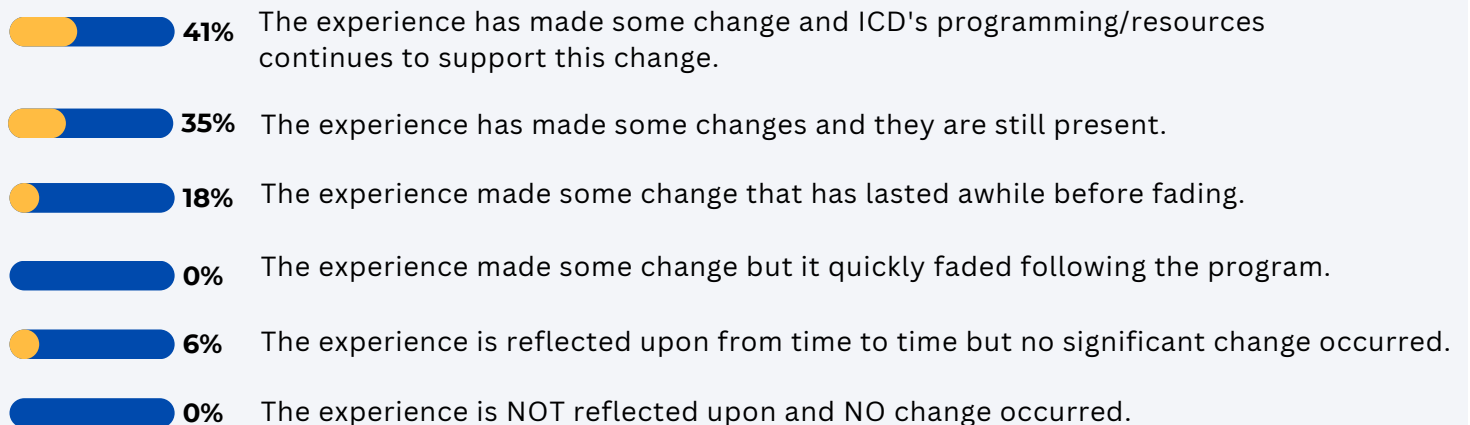
**100%** of surveyed participants reported either a transformative or a positive immediate impact from ICD's programming



## Impact Breakdown:



## Longevity of Program Impact on Participants\*:





I first met Chris Jarvis while at a hockey camp when I was around 9. Almost 7 year later my mom talked with Chris and shipped me off to an ICD outdoor adventure in Ontario. I thought I was going to be talking about diabetes for a few nights at a camp. I made my way up to Sugar Valley and was greeted by adventurers Ana and Bex with some burgers from Harveys. I then found out I would be going on a five-day backcountry backpacking trip. The only camping I had done before this, was 10 feet away from the hockey mom van.

The trip was amazing, the participants became friends and the leaders were cool. They showed me so many new and helpful ways to manage my diabetes in daily and extreme situations. When we got back to Sugar Valley, I ended up staying a few days longer to enable me to go on a day trip of portaging canoes and rock climbing with other teens. When I got home I immediately changed my entire diabetes management system and started rock climbing consistently. Since then my blood sugars have been the best they have ever been and I've become a very strong rock climber.

I live in Regina Saskatchewan, so not much goes on around here but the need to stay connected with ICD brought me to some amazing places. Since Summer of 2022, my mom and I drove all the way to Calgary for rock climbing, and to be a part of the adventure team. While on the adventure team in Assiniboine, I saw so many amazing places and met so many amazing people also dealing with diabetes. It has been such an amazing journey; when I started out I really had no idea about all the ways I could manage my diabetes physically and most of all mentally.

It has been such an honour to be able to provide that support for others on my last hike in Assiniboine just as it was provided for me.

Taeghan, ICD participant



# YOUTH HIGHLIGHT



# YOUTH COUNCIL

Executives: 6

Members: 16

Events Led/Supported: 13

Projects: 4

Provinces Reached: BC, AB, ON, QB, NB

In 2023, the Youth Council hosted and supported various events in both eastern and western Canada. While members helped support multiple events this year (eight that were run by council members and several more that were supported), significant effort was put towards facilitating a World Diabetes Day rock climbing series on or around November 14th. The rock climbing events were hosted by youth council members in British Columbia, Alberta, Ontario, Quebec, and New Brunswick. In addition to having well-attended in person events, the youth council hosted a virtual trivia night for those who could not attend in person. All these events were followed up with positive reviews and experiences by those who attended and is something we are considering doing again next year.

In addition to hosting events, coming up with new ideas, and supporting ICD as youth leadership, youth council members have been working on two longer-term projects. We are creating a resource drive that we are hoping to get up and running in 2024, and in the fall of 2023 we successfully launched our Under the Insulin podcast! With six episodes, we reached a wide audience and are excited to keep the energy going for season 2 (and season 3 based on our growing list of excited guests!)

Our membership has grown significantly, and we have some new members who have stepped up into executive positions very quickly and are doing a great job of managing the council. Several members have had to step away from council work, and we wish them well. Our year-end wrap-up was well attended, and our meetings throughout the year were productive and fun with a balance between diabetes chats and being up to date with current events.

As we move ahead into 2024, we are hoping to grow our membership commitment and develop member confidence to support and host events across the country. We plan to launch the public-facing side of our projects, and will consider other endeavors as the need arises. In addition to this, we are committed to encouraging members to share their ideas and expanding or realizing those ideas whenever possible. We have several more projects in mind and look forward to seeing the council develop over 2024 and into the future!

- Larissa and Maryna (Co-presidents of the ICD youth Council)



Season 1: 7 Episodes (6 +bonus intro episode)  
6+ hours of listening time  
5 amazing guests  
& 4 T1D hosts

Topics covering:  
mental health, exercise,  
healthcare, nutrition,  
support systems, and  
so much more!

A T1D Podcast

# UNDER THE INSULIN





# EMPOWERMENT

CONNECTING,  
EMPOWERING, AND  
SUPPORTING.  
OTHERS THROUGH  
THE EMPOWERMENT FUND -  
AN ICD AID THAT WAIVES  
PROGRAM FEES FOR  
FAMILIES AND  
INDIVIDUALS  
IN NEED



# COSTS

## Fundraising



7%

## Management & Administration



10%

## Charitable Purpose



83%

## CHARITABLE PURPOSE INCLUDES

PROGRAM STAFF	PROGRAM FACILITIES	PROGRAM OPERATIONS	PROGRAM TRAVEL
64%	15%	8%	7%
PROGRAM CATERING	PROGRAM EQUIPMENT	PROGRAM MATERIALS	
3%	2%	2%	



# BALANCE SHEET

AS OF DECEMBER 31, 2023

*with comparative figures from December 31, 2022*

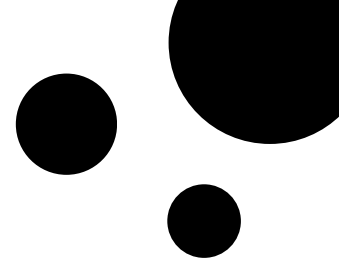
CURRENT ASSETS	2023	2022
Cash	\$100,192	\$193,942
Accounts Receivable	\$41,859	\$12,520
Public Service Bodies Rebate Receivable	\$29,992	\$6,233
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Total Current Assets	\$172,043	\$212,695
CAPITAL ASSETS	\$222,631	\$41,736
Total Assets	\$394,674	\$254,431
CURRENT LIABILITIES		
Accounts Payable and Accrued Liabilities	\$65,698	\$29,956
Canada Emergency Business Account Loan Payable	-	\$25,000
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	\$65,698	\$54,956
Deffered Capital Contributions	\$222,470	-
<hr/>		
	\$288,168	\$54,956
NET ASSETS	\$106,506	\$199,475
	\$394,674	\$254,431



# FINANCIAL STATEMENTS

AS OF DECEMBER 31, 2023

*with comparative figures from December 31, 2022*



REVENUE	2023	2022
Government funding	\$204,464	\$237,870
Corporate Sponsorship	\$151,772	\$202,672
Donations from other charities	\$169,113	\$197,782
General donations	\$109,828	\$121,538
Event fees	\$118,211	\$114,800
Donations In-Kind	\$108,509	\$82,304
Other income	\$338	\$113
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	\$862,235	\$957,079

## EXPENSES

Salaries	\$613,103	\$530,030
Facilities	\$119,265	\$107,841
Operations	\$73,053	\$54,661
Travel	\$55,386	\$45,524
Professional fees	\$42,312	\$28,979
Supplies and Miscellaneous	\$19,821	\$19,495
Catering	\$19,562	\$17,888
Marketing	\$15,215	\$16,468
Amortization of capital assets	\$18,017	\$8,155
Bad debt	-	\$1,500
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	\$975,734	\$830,541

EXCESS REVENUE OVER EXPENSES OF THE YEAR	\$(92,969)	\$146,888
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\*Full Version of Audited Financials available on our website

# SPONSORS AND PARTNERS





EDMONTON AREA PARENTS OF TYPE 1



NIAGARA T1D FAMILIES





ON DECEMBER 1ST,  
I CHALLENGE  
DIABETES WAS  
PLEASED TO SHARE  
THE IMPACT OF THE  
\$110,800 CAPITAL  
GRANT IT RECEIVED  
FROM THE ONTARIO  
TRILLIUM  
FOUNDATION (OTF)  
TO HELP IT MEET AN  
INCREASED  
DEMAND FOR ITS  
PROGRAMMING



A BIG THANK YOU TO  
ALL OUR SPONSORS,  
DONORS, PARTNERS,  
AND VOLUNTEERS!  
YOUR CONTRIBUTIONS  
DRIVE OUR IMPACT!

BE APART OF  
THE ICD VISION!

VISIT OUR WEBSITE:  
**[ICHALLENGEDIABETES.ORG](http://ICHALLENGEDIABETES.ORG)**  
TO BECOME A DONOR  
TODAY!

Charitable Registration  
Number: 821102712RR0001