
**Connected
for Life.®**

**2022
Impact Report**

**American
Diabetes
Association.®**
Camps



Camp Overview

American Diabetes Association Camp

More than 18,000 children are diagnosed with type 1 diabetes every year, a life-changing disease that requires 24/7 control for the rest of their lives. Children with diabetes and their families walk a tightrope to keep blood glucose levels not too low and not too high. To do this, they must inject insulin multiple times per day or use an insulin pump; monitor blood glucose throughout the day and night; treat severe headaches and nausea; and seek emergency help for life-threatening complications.

Our Camps are designed to facilitate a traditional summer camp experience in a medically safe environment, while creating opportunities for children to **forge life-long relationships, overcome feelings of isolation and gain self-confidence.**

CAMP BY THE NUMBERS:



1,771

Campers Nationwide



981

Volunteers Nationwide



\$1,660

Approximate Cost of Overnight Camp per Child



27

Camp Sessions Nationwide



\$1,067

Approximate Cost of Day Camp per Child



\$430,000+

Need-Based Financial Assistance Awarded Annually

100% of Campers



Participated in at least 4 hours of physical activity per day

100% of Medical Staff



Completed pre-camp training in up-to-date diabetes knowledge and treatment



Received mealtime support from dietary staff daily



Received hands-on experience in diabetes management and treatment



Gained hands-on experience in improving their diabetes management skills

100% of Campers' Families and Caregivers

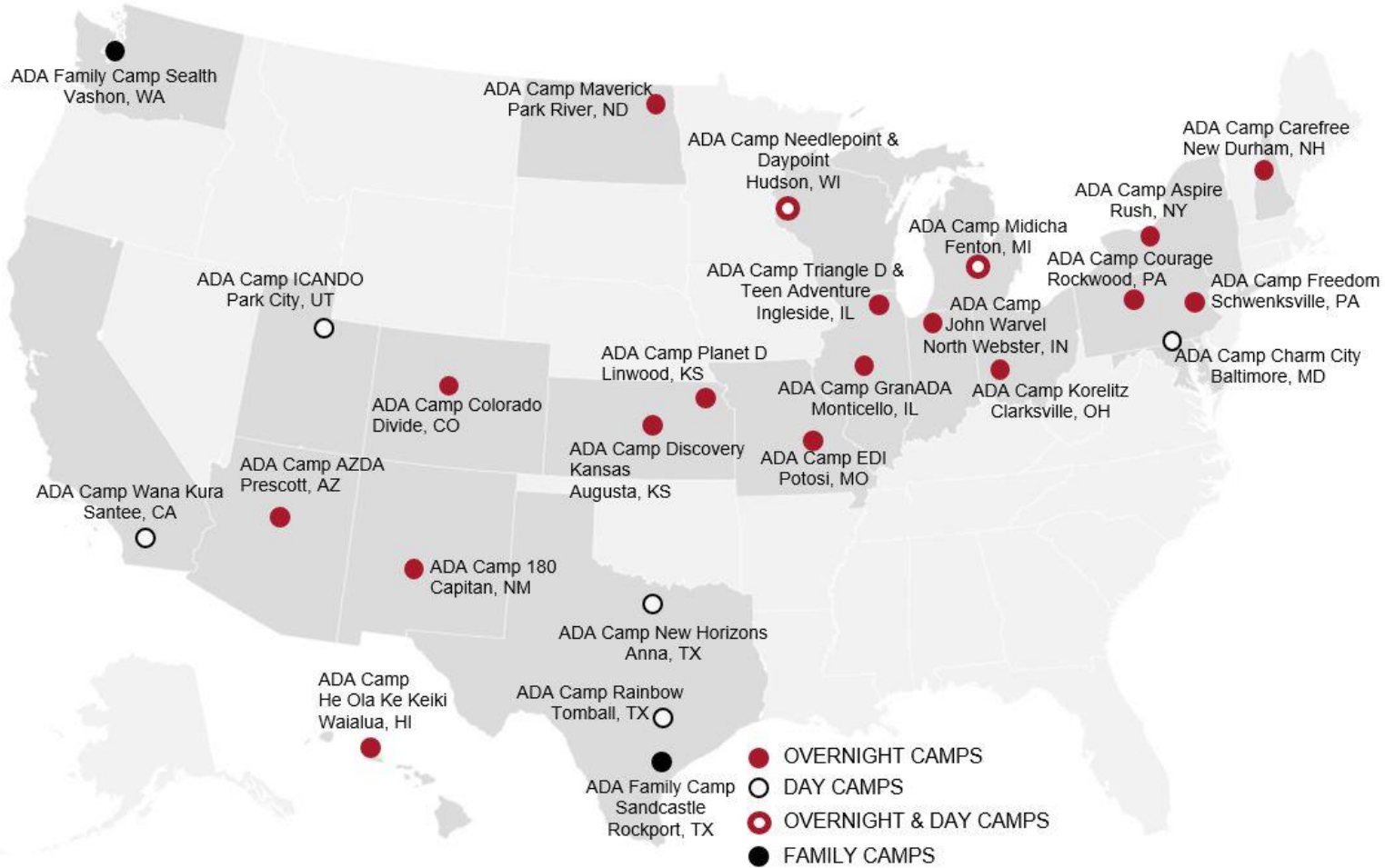


Forged sustainable relationships with peers also learning how to manage the daily struggles of diabetes



Experienced a week of respite from the 24/7 management required with a child with diabetes

ADA Campgrounds



Camp Demographics

CAMPER DEMOGRAPHICS

Camp supports thousands of youth and families. Camper demographics include:

- 1,771 campers, 1,670 families
- 828 new campers
- 53% female campers, 42% male campers
- 23% of families received need-based financial assistance
- 78% White
- 5% African American
- 5% Latino/Hispanic
- 6% Multi-Racial
- 3% Other

MEDICAL STAFF

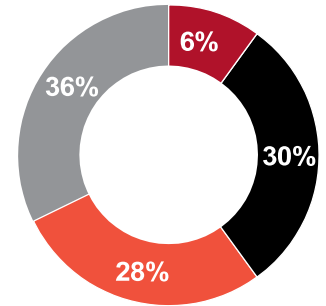
Last year, Camp was supported by **over 420 trained medical staff**. The ADA partners with local hospitals to ensure that health care provided is of the highest quality.

Parents can rest assured that their child is in the care of expert medical personnel twenty-four hours a day. Medical staff included:

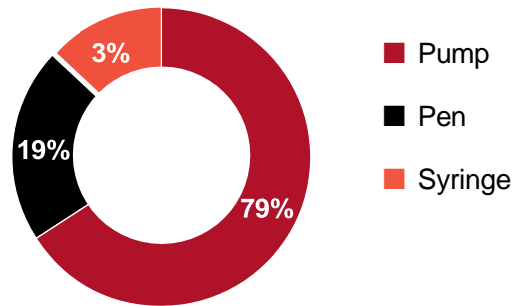
- Doctors
- Nurses
- Registered Dietitians
- Pharmacists
- Certified Diabetes Educators
- Child Psychologists
- Social Workers

HOW LONG HAVE CAMPERS LIVED WITH DIABETES?

- Less than 1 year
- 1–3 years
- 4–6 years
- 7 or more years



INSULIN DELIVERY SYSTEMS



Camp Outcomes

DIABETES MANAGEMENT SKILLS

After camp, **99% of campers** were able to perform at least one diabetes management skill independently.

- Rotate injection sites: **13% increased**
- Draw up insulin without assistance: **16% increased**
- Recognize own low blood glucose levels: **17% increased**
- Gave own injections: **9% increased**
- Understand insulin to carb ratios: **12% increased**
- Checked for ketones: **14% increased**
- Changed pump site/sets: **16% increased**

PROBLEM-SOLVING SKILLS

67% of campers were always or often able to solve diabetes management problems after attending camp—a **13% increase** from before Camp.

KNOWLEDGE OF DIABETES

Among all campers and across all areas, **80% of campers increased knowledge in one or more area** after camp.

Nearly **42% of our youngest campers** increased their knowledge of when to check blood sugar.

FAMILY COMMUNICATION

45% of parents and caregivers stated that their familial communication improved or significantly improved after their child attended Camp.

CONFIDENCE

- **33% increased** their confidence to manage their diabetes
- **33% increased** their confidence to interact with their peers
- **41% increased** their confidence to try new methods to manage their diabetes
- **32% increased** their overall confidence after attending camp

MENTAL HEALTH & WELL-BEING

Feelings of anger about having diabetes decreased among **33% of campers**

Feelings of loneliness with having diabetes decreased among **36% of campers**

Feelings of sadness about having diabetes decreased among **31% of campers**

82%

of campers reported less than 5 days of poor mental health days in a 30-day period, a **20% reduction** in poor mental health days following camp

Camp Testimonials

FAMILY TESTIMONIALS

"My son learned how to use and change his pod on his own, he gained confidence and is no longer depressed."

"He learned to give his own injections!!! Finally!!!"

"He is more willing to change his Omnipod independently, he checks ketones without assistance, he has been experimenting with different pump site locations."

"She learned she is not alone. She has people and that she can do anything anyone else can do - She knew this -but camp proved it!

"He now does his pump site changes completely on his own (which he would have NEVER done before camp). He's much more confident in his diabetes skills."



96% of caregivers are likely to recommend ADA Camp to another parent of a child with diabetes

THE GIFT OF CAMP



Managing camps across the country requires a significant investment. In addition to all the trappings of a traditional summer camp—food, fun and adventure—we also provide skilled medical staff 24/7, insulin, test strips, glucose tabs, syringes, monitoring supplies and more. The support of our partners helps to fill the funding gap, provide financial aid to families in need, and help children build the relationships, skills and confidence they need to thrive with diabetes.

THANK YOU TO OUR NATIONAL SPONSORS



Camp Memorable Moments



**There's nothing we
can't accomplish
when we're
Connected for Life.**

