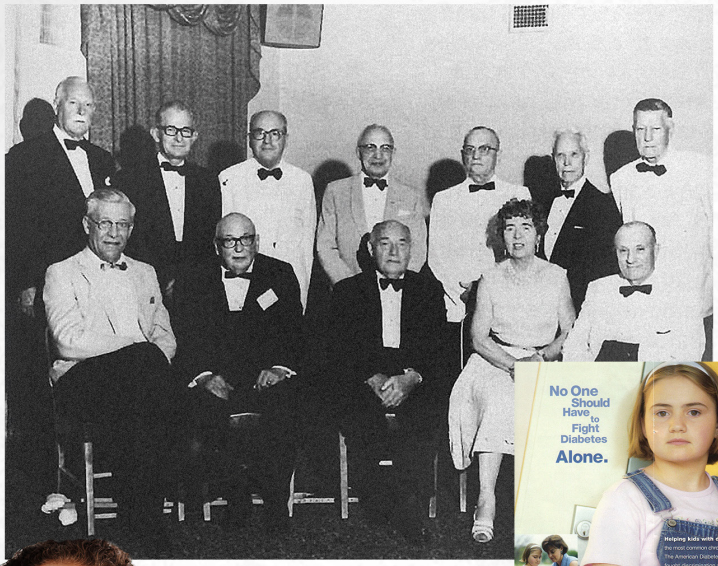
1940



2025

Some content created with AI.

American Diabetes Association® 85

Annual Report

2025

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About the American Diabetes Association

The mission of the American Diabetes Association® (ADA), founded in 1940, is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. This chronic disease is the fastest growing in the world, with over 155 million Americans living with diabetes or prediabetes and a new diagnosis occurring every 21 seconds.

The Obesity Association, a division of the ADA (the association), was founded in 2024 to get further upstream in type 2 diabetes prevention, as obesity accounts for up to 53% of new type 2 diabetes cases each year. The association is dedicated to reducing the prevalence of obesity and improving health outcomes. With programming focused on education, action, and evidence-based support, we strive to create a world where people living with obesity can thrive and receive the care they deserve.

In the face of these epidemics, our mission has never been clearer. And our vision of a life free of diabetes and all its burdens, as well as our work to reduce the prevalence of obesity, is more critical than ever before. Through advocacy, program development, and education, we aim to improve the quality of life for everyone affected by diabetes, obesity, or both.

The moving force behind the work of the ADA is a network of over 565,000 volunteers, their families and caregivers, a professional membership of over 10,000 healthcare professionals, as well as over 400 staff members.

Message From the *CEO*

There's something about an anniversary that calls for reflection. This past year, I found myself marveling at how much has changed in the 85 years since the ADA was founded.

Few people in 1940 could have imagined the research breakthroughs, treatment advances, and policy wins that were to come—and the far better outlook that people living with diabetes have today. The ADA's 85th anniversary has energized our community and reminds us of just how much is possible when we fight together.

I'm also enormously proud of the milestones the ADA achieved in 2025 across our four impact pillars: groundbreaking research, bold advocacy, trusted education, and meaningful connections.

As you'll read in this report, we:

- Invested in investigator-driven discovery, supporting the next generation of diabetes researchers.
- Developed the first-ever *Standards of Care in Overweight and Obesity* via the Obesity Association, a division of the ADA.
- Secured numerous state legislative wins protecting Americans' access to diabetes technology, affordable insulin, and more.
- Recognized the first diabetes self-management education and support (DSMES) program outside the U.S., extending evidence-based care on a global scale.
- Partnered with dozens of trusted community-based organizations to deepen our reach and change the trajectory among those at highest risk for prediabetes, diabetes, and obesity.

Millions of Americans are counting on us to drive even more discoveries—and end these diseases once and for all. And because of your support, we're not stopping.

Thank you for standing with the ADA today, tomorrow, and always. It all matters.

Charles "Chuck" Henderson
Chief Executive Officer
American Diabetes Association

Celebrating 85 Years of *Impact*

This year, the ADA marked 85 years of driving discovery and research to prevent, manage, treat, and ultimately cure diabetes. We've been a part of extraordinary advancements over the years, and we will continue to play a pivotal role as we work toward a future free from diabetes and all its burdens.

One of the biggest truths we've learned is: In the fight to end diabetes, everything matters. Every new bit of knowledge. Every advancement in treatment. Every lifestyle change. Every policy win. **It all matters—and much more is to come.**

Here are a few of the victories that our donors, volunteers, advocates, and partners have helped make possible.

View more milestones at **diabetes.org/85years**

1940

Americans with diabetes have no organization devoted to them and their health—until good people come together. **The ADA is born.**

1949

Kids with diabetes can't go to summer camp because of their health needs. **ADA creates a place just for them.**

1952

Innovations in diabetes care are needed to save lives. To meet the challenge, the ADA accelerates research. **The ADA Research Program is founded. It has now put hundreds of millions toward studies.**

1963

Insulin can only be delivered through a syringe, motivating scientists to come up with new technology. **The first wearable insulin pump is invented.**

1977

Measuring blood glucose management over time is difficult. That ends when the gold standard in measurement arrives. **The A1C test is developed.**

1984

Evidence-based national standards for diabetes education were needed, **so the first National Standards for Diabetes Self-Management Education and Support (DSMES) were published**.

1989

Healthcare professionals lack reliable, up-to-date best practices for diabetes care. The ADA fills the need. **The ADA begins publishing the *Standards of Care in Diabetes*.**

1999

Children with diabetes aren't always protected in school. The ADA works toward safer conditions. **The Safe at School® campaign begins.**

2012

Children at risk for developing type 2 diabetes need good nutrition and physical activity. The ADA is there for them. **The ADA launches Power Up, which evolved into today's Project Power.**

2023

Many struggle to afford lifesaving insulin—until major legislation is passed. **Medicare puts a $35 monthly cap on insulin after years of ADA advocacy.**

2025

it all matters.

Groundbreaking Research ***Matters***

Every diabetes insight and innovation can trace its roots back to scientific research. **Eighty-five years in, the ADA is moving faster than ever to expand our research portfolio and turn discoveries into real hope for the millions of people living with diabetes, prediabetes, and/or obesity.**

We fund early-career investigators, foster the next generation of research leaders, and support the biggest, brightest ideas we can find to generate effective new treatments and put us on a path to a cure.

it all matters.

SIGNIFICANT STRIDES

For decades, the ADA Research Program has supported the fullest possible range of diabetes research—and the scientists who devote their careers to this fight.

Preventing Diabetes Complications

Improving Protections from Heart Disease for Women with Type 1 Diabetes

Rachel G. Miller, PhD
University of Pittsburgh

Women with type 1 diabetes have a greater excess risk for heart disease than their male counterparts, despite having generally lower blood pressure throughout their lives. Dr. Miller aims to understand this discrepancy by combing for clues in the Pittsburgh Epidemiology of Diabetes Complications Study, which has tracked the health outcomes of people with childhood-onset type 1 diabetes since the 1980s.

She and her team revealed that women with type 1 diabetes experience a significant drop in diastolic blood pressure as early as their 20s, decades sooner than the decline that naturally comes with reaching menopause. The research suggests that the arteries of women with type 1 diabetes may stiffen at far younger ages than expected, offsetting any cardiovascular protection imparted by lower blood pressure.

Dr. Miller's findings indicate that blood pressure targets and other cardiovascular risk factors may need to be tailored by sex and life stage. "The ultimate goal would be to move past the current one-size-fits-all approach and hopefully better predict and prevent complications in everyone with diabetes," she said.

Dr. Miller has studied diabetes for more than 20 years and credits her first ADA grant with "springboarding" her independent research. This work took on new meaning in 2021, when her own 10-year-old daughter was diagnosed with type 1 diabetes. "I went from having this intellectual textbook understanding of what living with diabetes is like to actually helping someone manage it every day," she shared. "It's made me a better researcher."

In 2025, we built on this legacy of innovation:

We initiated

84
RESEARCH STUDIES
and invested

$27.5M
into
NEW and ACTIVE PROJECTS

178
NEW RESEARCH PUBLICATIONS
cited funding support from the ADA

The ADA received a

$9.9
MILLION GRANT
from a private family foundation to support type 1 diabetes research, our largest family foundation gift to date

Preventing Diabetes Complications

Making the Stress-Blood Glucose Connection

Sarah A. Stanley, MBBCh, PhD
Icahn School of Medicine at Mount Sinai

Previous research suggests that people with above-average activity in the amygdala—the emotional center of the brain—have a much higher risk of developing diabetes. This raised the question as to whether there is a connection between emotional stress and blood glucose (blood sugar) spikes.

With the ADA's Pathway to Stop Diabetes® (Pathway) grant, Dr. Stanley and her team set out to unravel the many ways the central nervous system regulates how the body breaks down, stores, and uses blood glucose. Using mice, she traced a new connection between the amygdala and its circuits that signal the liver to rapidly release extra blood glucose in response to stressful stimuli.

What's more, Dr. Stanley's team discovered that when stress happens again and again, the liver begins sending out too much glucose even when it isn't needed. When chronic stress is combined with a high-fat diet, the body's metabolism becomes overloaded, leading to ongoing high blood glucose and gradual weight gain.

This research underscores the importance of addressing acute and chronic stress, both to stave off complications for people living with diabetes and to prevent type 2 diabetes. "Clinicians give a lot of advice about lifestyle factors such as healthy eating and exercise. Perhaps, we should also pay attention to managing chronic stress," she said.

Dr. Stanley credits the Pathway program with making her team's work possible. "It was transformative because it allowed me to explore a new area," she said. "Basic and clinical research can have a huge impact on developing new diabetes treatments. These opportunities would be lost without research support from organizations like the ADA."

> "Basic and clinical research can have a huge impact on developing new diabetes treatments. These opportunities would be lost without research support from organizations like the ADA.
>
> —Sarah A. Stanley, MBBCh, PhD

Welcome to the Team!

In August, the ADA welcomed scientific leader and innovator **Rita Rastogi Kalyani, MD, MHS**, as our new chief scientific and medical officer. A longtime ADA volunteer, Dr. Kalyani brings scientific excellence and an unwavering commitment to improving health outcomes in the fight to end diabetes and obesity.

Preventing Diabetes

Prenatal "Forever Chemical" Exposure Linked to High Blood Pressure in Childhood

Mingyu Zhang, PhD, MHS
Beth Israel Deaconess Medical Center

Per- and polyfluoroalkyl substances (PFAS)—popularly known as "forever chemicals"—are used in everything from food packaging to synthetic clothing to personal care products, and make their way into the environment, including drinking water. Dr. Zhang and his colleagues are investigating how environmental exposure to these toxic metals and chemicals affects the future health of pregnant women and their children.

Among their preliminary findings: Prenatal exposures to specific PFAS were linked to higher blood pressure in children ages 3 to 18, potentially putting them on the path to type 2 diabetes, obesity, heart disease, and other interrelated diseases.

"We know that the fetal period is a very critical window for development," explained Dr. Zhang's co-investigator Zeyu Li, a PhD student at Johns Hopkins Bloomberg School of Public Health. "The research suggests that with these chemicals, not only is their existence forever, but their health effects are also forever."

The research also shines a light on the health disparities among racial and ethnic minorities in the United States who have a higher risk of hypertension and diabetes. The strongest associations between PFAS and high blood pressure were observed in teens, boys, and Black children.

Drs. Zhang and Li hope their work will inform recommendations for pregnant women to choose PFAS-free consumer products, as well as government policies to protect all Americans from PFAS. "The ADA award jumpstarted my independent research career, and without them and their donors, we cannot do this research," said Dr. Zhang.

Discover more at
professional.diabetes.org/research

Thank You!

We extend our deepest gratitude to the donors who make ADA-funded research possible and to the scientists who volunteer their time and expertise to review the hundreds of applications we receive each year. With your commitment, we are pushing the boundaries of diabetes and obesity research and shaping the field for years to come.

SCIENTIFIC SESSIONS

For 85 years, the ADA has proudly hosted the world's premier diabetes conference, the **Scientific Sessions**. This can't-miss meeting brings together physicians, scientists, researchers, and a wide range of other healthcare professionals to share cutting-edge breakthroughs in diabetes and obesity research, prevention, and care—and to connect and learn from each other.

> This is the **best conference to attend** to learn about clinical care and new research in diabetes. Keep up the great work!
>
> —2025 Scientific Sessions attendee

12,700+
ATTENDEES

2,100+
ABSTRACTS PUBLISHED

900+
SPEAKERS

200+
EDUCATIONAL SESSIONS

You Heard It Here First

The 85th Scientific Sessions, held in Chicago, inspired some of the year's biggest headlines in diabetes and obesity care:

- **Smart Insulin Tech Helps Pregnant Women with Type 1 Diabetes Maintain Target Blood Glucose Levels**
- **New GLP-1 Therapies Enhance Quality of Weight Loss by Improving Muscle Preservation**
- **Stem Cell-Derived Islet Therapies Shown to Reduce the Need for Injectable Insulin**
- **Oral Semaglutide Significantly Improves Cardiovascular Outcomes in Individuals with Type 2 Diabetes**
- **Inhaled Insulin Shown as a Safe and Effective Replacement for Standard-of-Care in Children with Type 1 Diabetes**

THE GOLD STANDARD

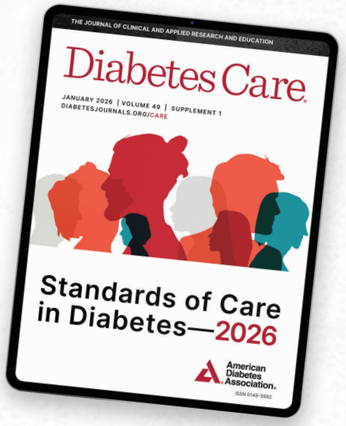
Every year, the ADA synthesizes the latest scientific research with practical clinical strategies to produce the ***Standards of Care in Diabetes*** (*Standards of Care*), the go-to resource for evidence-based information about preventing, diagnosing, and treating diabetes and associated complications.

The 2026 *Standards of Care*, released in December 2025, includes new and expanded guidance on:

- Continuous glucose monitoring (CGM) for anyone with diabetes who could benefit, starting at diagnosis and throughout their journey
- Treatment of obesity in people with type 1 diabetes
- Eating patterns proven to help prevent type 2 diabetes, including the Mediterranean-style and low-carbohydrate patterns
- Blood glucose management for people undergoing cancer treatment or organ transplantation
- Use of glucose-lowering therapy for heart, kidney, and liver health benefits
- Screening for diabetes distress and anxiety

The *Standards of Care* empowers healthcare professionals to provide the most up-to-date care for people living with diabetes or prediabetes—so they can lead their healthiest lives.

Learn more at **professional.diabetes.org/SOC**



Welcome to the Team!

In February, **Osagie Ebekozien, MD, MPH**, joined the ADA as chief quality officer. Dr. Ebekozien has a strong track record in improving outcomes for people living with diabetes, and he leads the ADA's work in primary care, quality, and health access. Under his leadership, the team is working to turn the ADA's *Standards of Care* into standards of practice.

TREATING PEOPLE WITH CARE AND DIGNITY

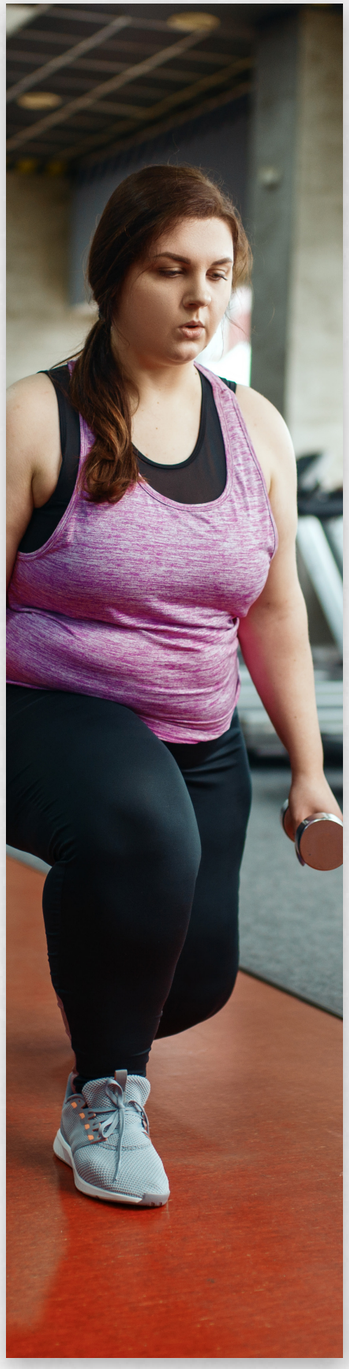
Despite advances in research and treatment, obesity remains a major health challenge, one linked to 200 medical conditions. The **Obesity Association**, a division of the ADA, was launched in 2024 to reduce the prevalence of obesity and improve health outcomes, especially among people at higher risk for developing type 2 diabetes.

This year, the association published the first sections of the groundbreaking ***Standards of Care in Overweight and Obesity***, building on the ADA's legacy of developing trusted, evidence-based clinical guidelines. Key recommendations call for healthcare professionals to receive ongoing education on weight bias and stigma, for clinics to be equipped to support people of all sizes comfortably, and for care goals to be aligned with a person's values and health outcomes beyond weight loss.

New sections of the *Standards of Care in Overweight and Obesity* will be released as we continue to empower healthcare professionals to deliver the best possible care to people with overweight and obesity.

> "These guidelines equip healthcare professionals with information to **break down the bias and stigma** that often prevents people from seeking the obesity care they need and deserve.
>
> —**Rita Rastogi Kalyani**, MD, MHS, the ADA's chief scientific and medical officer

Learn more at **obesityassociation.org**



Bold Advocacy ***Matters***

As the leading voice for people living with diabetes, obesity, or both, the ADA is always fighting for you. **We fight for your right to affordable treatment and technology, to be treated fairly at work and school, to receive high-quality healthcare, and more.** We also have an outsized influence on the federal and state laws, regulations, and funding that affect the health of millions of Americans.

This year, the ADA—amplified by our passionate Diabetes Advocates and a growing number of strategic coalitions—worked to ensure that diabetes remained a policy priority. **It's what we've done for 85 years and counting.**

it all matters.

MOVING THE NEEDLE

In 2025 alone, we introduced nearly 70 pieces of legislation and engaged in hundreds of other bills and regulatory efforts to make progress in the fight to end diabetes and obesity.

Against extraordinary political headwinds, the ADA fought to:

- Make insulin affordable and accessible
- Increase coverage of diabetes technology
- Increase coverage of obesity treatments
- Raise awareness of rising rates of amputations
- Preserve vital nutrition programs
- Ensure children with diabetes are safe at school

> Health policy decisions **determine whether someone gets access to lifesaving therapy** and whether it's affordable or not.
>
> —**Ananta**, pediatric endocrinologist and Diabetes Advocate

Protecting Federal Diabetes Research and Prevention Programs

Ample funding for federal programs is critical to advancing prevention, treatment, and ultimately a cure for diabetes. Despite calls for reductions in funding, the ADA was successful in helping to secure **$2.33 billion** in funding for the National Institute for Diabetes and Digestive and Kidney Diseases (NIDDK), **$163.1 million** for the Centers for Disease Control and Prevention's (CDC's) Division of Diabetes Translation, and **$40.3 million** for the National Diabetes Prevention Program.

Introduced nearly

70 pieces

OF LEGISLATION

Insulin Saves Lives

Christine Fallabel, MPH, the ADA's interim vice president of state government affairs, understands the emotional and financial toll of insulin affordability firsthand. She has depended on the medication since the day she was diagnosed with type 1 diabetes—and watched prices skyrocket in the 26 years since.

Studies show that 1 in 6 people ration their insulin due to cost. "Without insurance, insulin can be $300 to $400 a vial, and people with diabetes may need anywhere from three up to seven vials, or more, a month," she explains. "Those costs can really add up."

Fallabel was on hand in October to celebrate when California became the 29th state to cap the cost of insulin with the passage of S.B. 40. The ADA thanks the law's sponsor, Senator Scott Wiener, and all U.S. lawmakers who have committed to making insulin affordable for those who need it most.

CALL TO CONGRESS—ONE LOUD SHOUT

When we harness the collective voices of our community, we can bring about positive change for the millions affected by diabetes, obesity, or both.

> By coming to Call to Congress, we can bring all of our voices together. **One loud shout just may make that much of a difference.**
>
> —**David**, podiatrist and Diabetes Advocate

At the annual **Call to Congress** in Washington, DC, the ADA's Diabetes Advocates held more than 100 meetings with elected officials to share our stories; educate them on the most pressing issues affecting people living with diabetes, obesity, or both; and urge them to support legislation that could genuinely transform lives.

Every voice matters! Become a Diabetes Advocate today at **diabetes.org/RaiseYourVoice**

This was a banner year for the ADA's grassroots advocacy, as we recruited nearly 20,000 new Diabetes Advocates to *join our fight*.

FIGHTING FOR FAIRNESS

Everyone living with diabetes deserves to be treated fairly at work, at school, and in other parts of daily life. But diabetes discrimination does happen, and that's when people can turn to the ADA to understand their legal rights and take action to stop it.

In 2025, we helped thousands of people gain knowledge and resources to become their own best advocates against unfair treatment. We also educated nearly 2,000 attorneys on this area of the law, so they can take on—and win—a diabetes discrimination case.

This year, the ADA's Safe at School® team also held the first in-person **School Nurse Champions Summit** to meet the growing demand for diabetes education. About 200 school nurses from Maryland, Virginia, and Washington, DC, attended this training at Children's National Hospital to learn how to meet their students' diabetes management needs—so they can be healthy and safe and enjoy the same opportunities as their peers. We plan to build on the success of this summit with similar training for Los Angeles-area school nurses in October 2026.

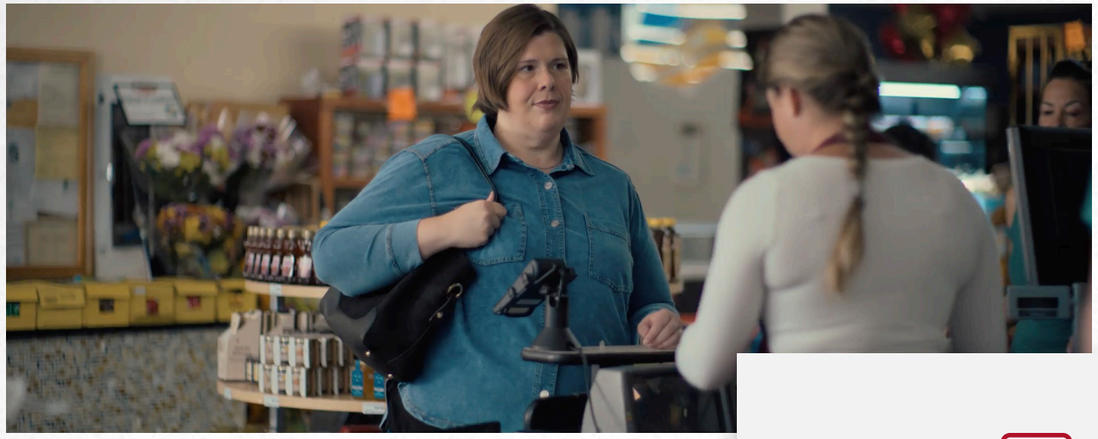
Learn more at **diabetes.org/KnowYourRights**

Trusted Education ***Matters***

Knowledge is power, especially when it comes to caring for our health. **For 85 years, the ADA has led the way in evidence-based education that empowers people to prevent and manage diabetes, obesity, or both so that they can live well and thrive.** We also provide healthcare professionals with the most current information and resources they need to deliver optimal care to the people they treat.

In 2025, we shone a spotlight on some of the most important concerns facing the diabetes and obesity communities and expanded our reach to hundreds of thousands of professionals worldwide.

it all matters.



REACHING PEOPLE, CAREGIVERS, AND COMMUNITIES

It takes less than one second to judge someone's body, but the impact of weight bias and stigma can last a lifetime. The Obesity Association, a division of the ADA, launched the **First Judgment campaign** in 2025 to change the conversation about obesity.

Obesity affects over 40% of American adults—and real change starts with treating people with respect and compassion. The public awareness campaign asks viewers to see obesity as a complex, chronic disease that deserves dignity, not judgment.

See for yourself at
obesityassociation.org/FirstJudgment

"I finally started to forgive myself."

Cara was an active child who played volleyball and basketball, swam, and ran track. But obesity runs in her family, and adulthood brought medical challenges and weight gain she could not control.

Cara underwent metabolic bariatric surgery in 2008 after reaching her highest weight of 415 pounds. Combined with diet and exercise, it helped her lose enough to have two children.

But perimenopause threw Cara's health for another loop, and her weight crept up again. "I hit 42 and my metabolism completely shut down. No amount of diet and exercise was helping," she recalls.

Then, Cara decided to try a GLP-1-based medication—and finally found a weight-loss treatment that worked for her body. Better yet, she regained her health, energy, and confidence.

"I was shocked by how incredibly life-changing it was," Cara says. "I finally started to forgive myself for believing I just wasn't working hard enough before."

Be Ready, Stay Safe

Severe hypoglycemia, or dangerously low blood glucose, is a potentially life-threatening complication responsible for over 192,000 emergency department visits each year. The ADA set out to **raise awareness that all people living with diabetes taking insulin or those who are at high risk of hypoglycemia should have glucagon** (a lifesaving medication to treat severe hypoglycemia) **on hand**, preferably a ready-to-use formulation, as recommended in the ADA's *Standards of Care*.

With knowledge of the signs, a treatment plan in place, glucagon on hand, and visual instructions on how to use it, people living with diabetes and their caregivers can act quickly to treat hypoglycemic emergencies—when every moment matters.

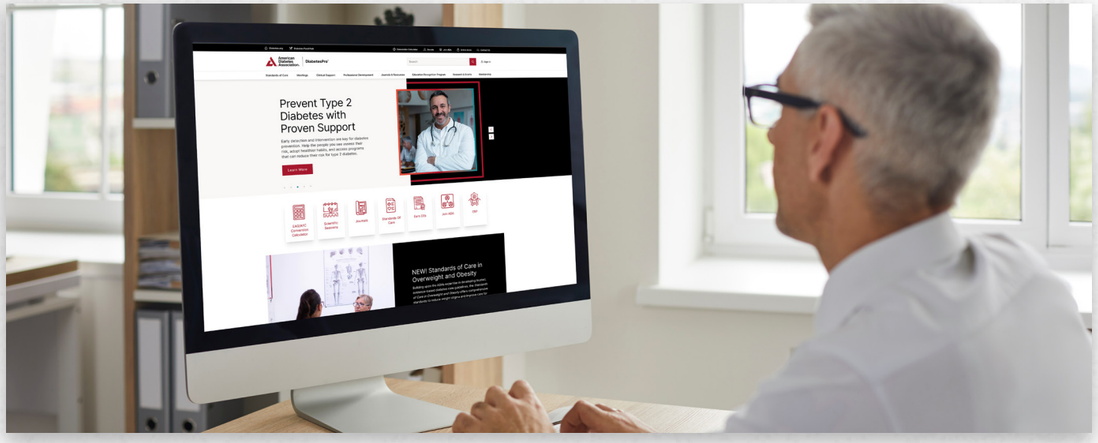
SEVERE HYPOGLYCEMIA
is a potentially life-threatening complication responsible for
192,000+
EMERGENCY DEPARTMENT VISITS EACH YEAR

> "Type 1 diabetes has taught me strength I didn't know I had. But it's also taught me fear, [such as] the fear of lows I don't wake up from.... You don't beat diabetes. **You manage it every day, every hour, every minute.**
>
> —**Faith**, living with type 1

Mastering the Message

When it comes to health education, the messenger matters. The ADA launched our national **Master Trainer programs** in November to reach even more people with vital health education and resources on three topics central to our work: obesity, eye health, and immunizations.

For each program, we selected 10 organizations across the country—from YMCAs to health departments to universities—to receive specialized training and materials. They'll take that knowledge back to their communities to remove roadblocks to obesity care, encourage annual comprehensive eye exams, reduce complications from vaccine-preventable diseases, and more.



REACHING HEALTHCARE PROFESSIONALS AND HEALTH SYSTEMS

With the prevalence of diabetes and obesity, nearly every healthcare professional must become proficient in evidence-based care. The ADA's journals, podcasts, and professional education initiatives help the field stay ahead of the curve.

203,000+
HEALTHCARE PROFESSIONALS
leveled up their knowledge
through the ADA's Institute of Learning

160,000+
HEALTHCARE PROFESSIONALS
educated internationally

1.4M
PODCASTS DOWNLOADED

12.7M
JOURNAL PAGES VIEWED

The ERP Goes Global

As the largest provider of diabetes self-management education and support (DSMES) in the United States, the ADA ensures the rigor of programs that help people living with diabetes learn to manage their condition every day. Founded in 1986, our **Education Recognition Program (ERP)** encompasses over 3,700 sites nationwide with about 800,000 people living with diabetes every year.

In 2025, **DiaServ** in Saudi Arabia became the first international ERP site, reflecting that its diabetes care and education services meet the highest standards, are supported by trained diabetes care and education specialists, and are delivered through a proven framework built upon our globally recognized National Standards of DSMES.

We know DSMES works—and now we're putting it to work for the people of Saudi Arabia, where 23% of adults live with diabetes. The scalable ERP model is already drawing interest from more countries around the world. By bringing evidence-based diabetes education to millions more people, we're taking a crucial step forward in this global epidemic.

75%
of ERP participants **lowered their A1C**,

66%
saw a **decrease in their weight**, and nearly

76%
experienced **fewer hospital admissions.**

Ensuring Safer Hospital Stays

Every year, about 8 million Americans living with diabetes are hospitalized, facing heightened risks of severe complications. Errors in medication administration, inadequate discharge planning, or exposure to hospital-acquired infections can have particularly devastating consequences.

Together with the Leapfrog Group, the ADA upholds U.S. hospitals and health systems that provide safe, high-quality care for people living with diabetes. In 2025, we named 36 hospitals across 12 states as **Recognized Leaders in Caring for People Living with Diabetes**, nearly double the number the year before. These institutions implement blood glucose testing, hypoglycemia treatment protocols, and other measures for people living with diabetes, in accordance with the ADA's *Standards of Care* and Leapfrog's standards for excellence in hospital safety and quality.

In 2025, we named
36 hospitals
across
12 states
as
Recognized Leaders in Caring for People Living with Diabetes

Meaningful Connections ***Matter***

At the ADA, we never forget the people at the heart of our mission: the millions living with diabetes, obesity, or both; the caregivers who stand by them; and the healthcare professionals who dedicate their careers to helping them live well. **For 85 years, we've built strong networks of support, connecting people to the resources, information, and communities that make it possible to lead healthier, fuller lives.**

From time-tested programs to bold new initiatives, in 2025, we remained steadfast in our pursuit of a world free from diabetes and obesity, and all their burdens.

it all matters.

WELLNESS IN THE WORKPLACE

To honor the World Diabetes Day 2025 theme of well-being in the workplace, the ADA hosted **over 30 State of Diabetes events** across the country, highlighting the role of employer support in helping people with diabetes live well.

Diabetes costs the U.S. an estimated $106.3 billion annually in indirect cost from lost productivity due to contributors such as reduced employment due to disability or absenteeism. These events engaged employers, industry leaders, healthcare professionals, and community members in important conversations about the disease's impact on the workplace and practical ways to improve health and lower costs.

PRIORITIZING PRIMARY CARE

Over 80% of people living with diabetes are treated by their primary care professional—making these doctors' visits a critical place to translate diabetes knowledge into action. The ADA works with fellow associations and healthcare professional networks across the country to accelerate diabetes care in primary care settings and improve health outcomes.

Our **Primary Care Council** is a network of medical associations that disseminate best practices and standards of care to healthcare professionals through conference presentations, educational workshops, and publications. In 2025, the ADA welcomed three new partner associations: the American Association of Clinical Endocrinology, the Association of Diabetes Care & Education Specialists, and the American College of Diabetology. Collectively, the council's 10 members serve nearly 800,000 professionals representing a breadth of medical expertise across the diabetes care team.

We also grew the **Primary Care Alliance**, a national network of primary care practices committed to adopting evidence-based standards of diabetes care in clinical practice. We added over 700 practices this year, bringing the alliance's total reach to over 3 million people living with diabetes.

Learn more at **professional.diabetes.org/PrimaryCareAlliance**

Camp and Youth Programs

When a child has diabetes, they and their families must evaluate every bite they eat, every physical activity they undertake, and every symptom they experience. **ADA Camp** is a special place where kids and families can find a much-needed reprieve from the stress and isolation that can come from navigating life with this disease. Campers not only enjoy laughter, new friendships, and classic camp activities, they gain valuable knowledge, self-confidence, and community, all in a medically safe environment.

In 2025, we expanded our camp offerings and welcomed 15% more campers than the previous summer. Families report that ADA Camp helped their children become more comfortable performing crucial diabetes management skills, from drawing up insulin and changing insulin pump sites to counting carbs and recognizing the symptoms of low blood glucose (hypoglycemia).

> Camp gave us more than just memories—**it gave us hope and confidence that we're not alone in this journey**.
>
> —Parent of a first-time camper

Also this year, over 10,500 youths ages 5–12 participated in **Project Power** for youth, the ADA's no-cost program that aims to slow the trajectory of childhood obesity and diabetes and their related complications. Project Power sessions take place in familiar settings—schools, afterschool programs, clubs, churches, and more—to help children learn healthy habits they'll carry into adulthood.

> I see our students growing and learning and **becoming the healthiest persons that they can be**.
>
> —**Jen Nassar**, Colorado's Aurora Public Schools, a Project Power partner

Learn more at **diabetes.org/Camp** and **diabetes.org/ProjectPower**

ADA Camp by the Numbers

3,260
CAMPERS

37%
FIRST-TIME CAMPERS

1,400+
VOLUNTEERS

40
CAMP SESSIONS

27
STATES

$450,000
IN NEED-BASED FINANCIAL AID

PUTTING PEOPLE FIRST

At the ADA, we believe everyone deserves to have access to lifesaving opportunities for diabetes prevention, care, and treatment. But we can't do this work alone—not when nearly 1 in 2 Americans lives with diabetes or prediabetes.

That's why we team up with trusted community-based organizations to accelerate our work in places with the greatest need. Our trusted partners act as ambassadors for the mission, sharing diabetes awareness, education, and resources to further support their members' health and wellbeing.

In 2025, we locked arms with **33 new partner organizations** who share our commitment to improving healthcare access and reducing diabetes disparities—helping us reach millions of Americans where they live, work, play, and worship.

Good Health is Good Business

When entrepreneurs come to Grameen America to launch their small businesses, they get affordable first-time loans to bring their dreams to life and receive wraparound support to bolster their wellbeing as entrepreneurs.

That support now includes diabetes screening and trusted information from the ADA, helping us reach thousands more people from underserved communities. All Grameen America community health workers (CHWs), or promotoras, are trained on our culturally relevant diabetes education curriculum for CHWs.

"We want to see our members healthy, because if you don't have health in your life, you're not able to carry on with your business endeavors," says Meritxell Roca, PhD, Grameen America's senior director of education and health. "Having access to education from a vetted resource like the ADA has been very impactful and powerful for our team."

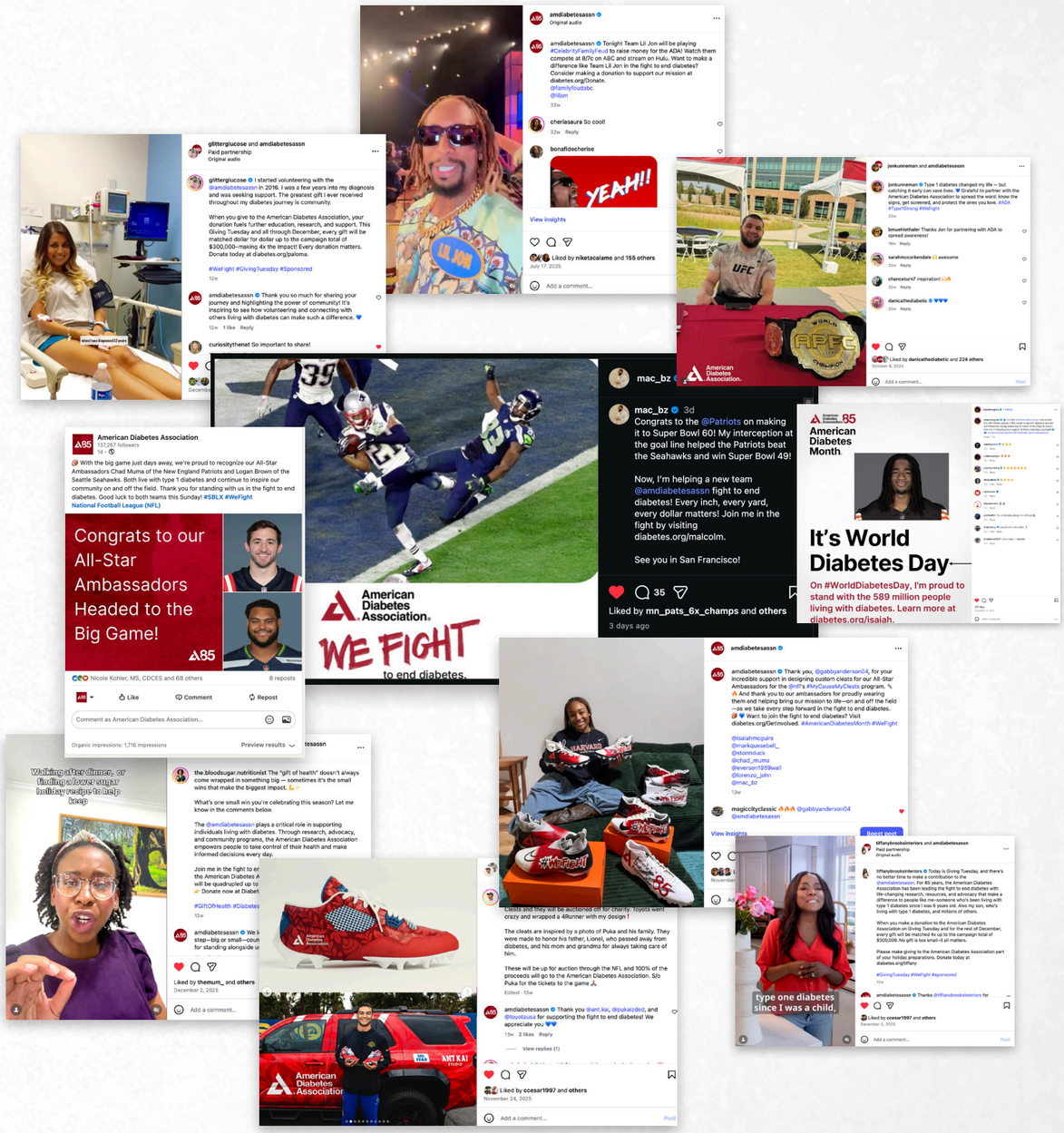
Grameen America members start by taking the ADA's 60-Second Type 2 Diabetes Risk Test. **Thanks to this partnership, nearly 8,000 small business owners took the ADA's risk test in 2025.** If they learn they are at high risk for type 2, a promotora will help them navigate the next steps, whether it's connecting to a primary care doctor, taking prescribed medication, or shopping for healthier foods.

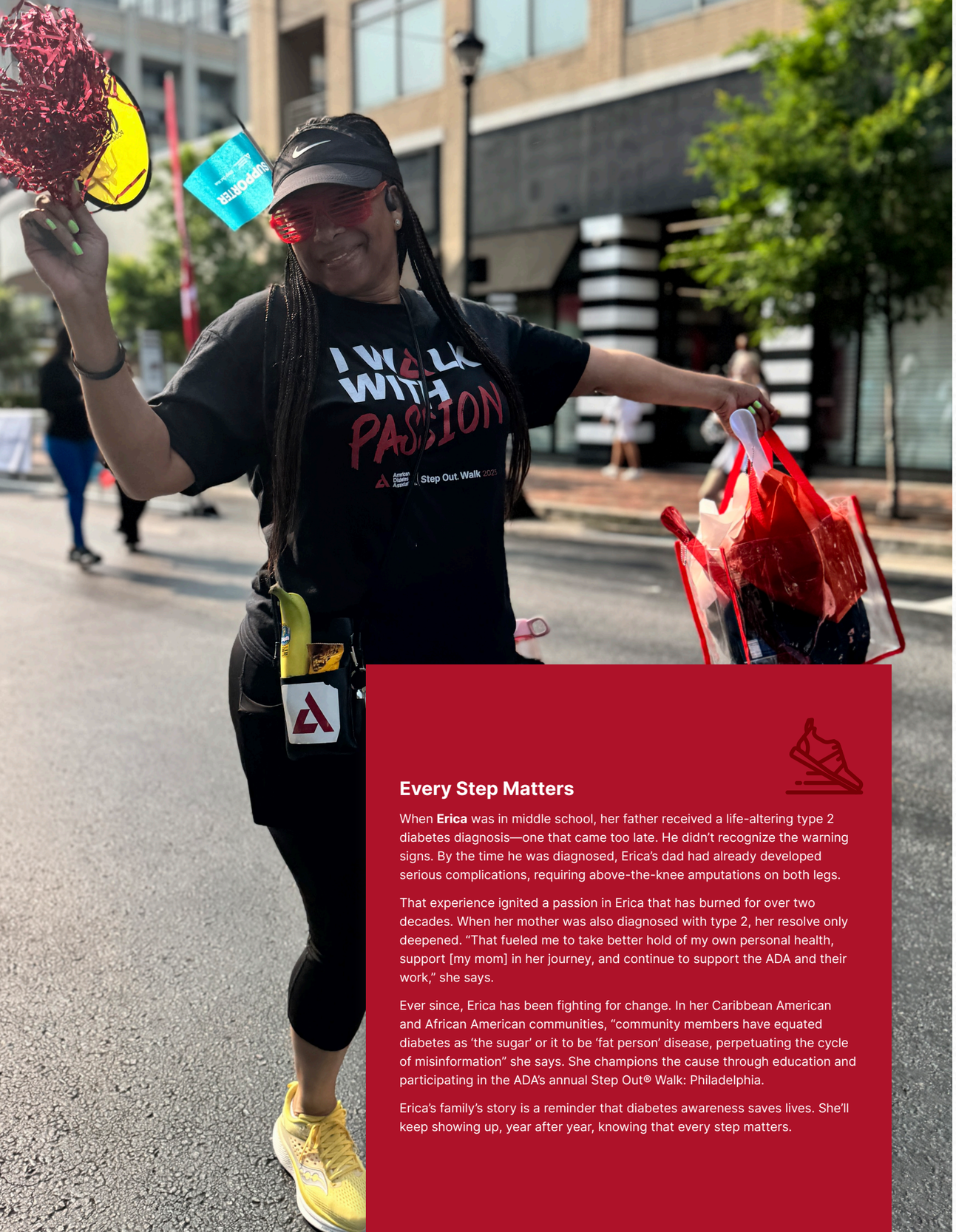
One entrepreneur was diagnosed with type 2 diabetes at a dangerously high A1C of 11%. With the right interventions, they brought it down to 6%. "Thank you," they said. "You opened my eyes."

Together, we're empowering Grameen America's 55,000 members to empower their health—and their entire futures.

USING INFLUENCE FOR GOOD

We're humbled by every single person who helps raise awareness of our mission. This year, high-profile influencers and professional athletes used their platforms to spread the word. Each message of support is an inspiration—and means the world to the millions impacted by diabetes





Every Step Matters

When **Erica** was in middle school, her father received a life-altering type 2 diabetes diagnosis—one that came too late. He didn't recognize the warning signs. By the time he was diagnosed, Erica's dad had already developed serious complications, requiring above-the-knee amputations on both legs.

That experience ignited a passion in Erica that has burned for over two decades. When her mother was also diagnosed with type 2, her resolve only deepened. "That fueled me to take better hold of my own personal health, support [my mom] in her journey, and continue to support the ADA and their work," she says.

Ever since, Erica has been fighting for change. In her Caribbean American and African American communities, "community members have equated diabetes as 'the sugar' or it to be 'fat person' disease, perpetuating the cycle of misinformation" she says. She champions the cause through education and participating in the ADA's annual Step Out® Walk: Philadelphia.

Erica's family's story is a reminder that diabetes awareness saves lives. She'll keep showing up, year after year, knowing that every step matters.

Charity Navigator
FOUR-STAR

The ADA holds the **highest rating from Charity Navigator**.

Your Support *Matters*

The ADA was founded to end diabetes for good. **Your support honors 85 years of progress—and everything we'll do next.**

In 2025, we received:

$88.1M in total donations and grants

$31.2M in bequests

$10.7M from special events

Every gift matters. Make a difference your way at **diabetes.org/Ways-to-Give**

it all matters.

Collaborations ***Matter***

Leading the fight for those affected by diabetes and obesity requires unique donors who are invested in accelerating our mission and impact. **These supporters enable us to improve the lives of those we serve.**

We gratefully recognize the 2025 supporters who have joined the fight to end diabetes and reduce the prevalence of obesity. **It all matters.**

it all matters.

BANTING CIRCLE
($1 million+)

Abbott

An Anonymous Family Foundation

Bank of America

Boehringer Ingelheim

Centers for Disease Control and Prevention (CDC)

CVS Health Foundation

Eli Lilly and Company

MiniMed

Novo Nordisk

NATIONAL SUPPORTERS
($500,000–$999,999)

Amaranth Diabetes Foundation, Inc.

Amgen

Bayer, U.S.

Sanofi

The Leona M. & Harry B. Helmsley Charitable Trust

TriStar Publishing, Inc.

Vertex Pharmaceuticals, Inc.

VSP Vision Care

NATIONAL SUPPORTERS
($150,000–$499,999)

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MedXScientific India

Moderna, Inc.

Molina Healthcare

Pfizer

Podimetrics

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Tandem Diabetes Care, Inc.

Walmart

A Legacy of Hope and Impact

We are deeply grateful to the thoughtful donors who have included the American Diabetes Association in their estate plans through a planned gift. As members of the **Camille Circle**, named in honor of Camille Blume's lasting dedication, you are creating a legacy of hope for all those affected by diabetes. Your generosity ensures that we can continue to advance research, advocate for people affected by diabetes, and improve lives for generations to come. Thank you for your vision, kindness, and unwavering support of our mission.

AMERICAN DIABETES ASSOCIATION®
Camille Circle

A Message from the ***Secretary/Treasurer***

As you've seen in this annual report, the ADA's 85th year was a time of reflection, celebration, and impressive growth.

We raised about $171.9 million in 2025, a year-over-year increase of 9.5%, and devoted 80% of expenses to the mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Revenue from foundations grew by 130%, driven by a significant gift supporting type 1 diabetes research. Our 85th Scientific Sessions drew more attendees and exhibitors to explore the latest breakthroughs, while the Diabetes Technology Meeting attracted over 500 clinicians and scientists from around the world, which boosted overall program service fee revenue by 21%.

Income from corporate partnerships also increased by 23% in 2025, fueling important initiatives to champion diabetes technology, advance obesity care, improve healthcare access, reduce devastating complications, and more.

The ADA's financial strength empowers us to innovate; support all people affected by diabetes, obesity, or both; and collaborate with other like-minded organizations to amplify impact. Meanwhile, we consistently meet the standards for a four-star rating from Charity Navigator.

We couldn't do any of this lifesaving work without you, our dedicated supporters. Every gift matters as we achieve new milestones in the fight to end diabetes. Thank you.

Sincerely,

Robin Richardson
2025 Secretary/Treasurer

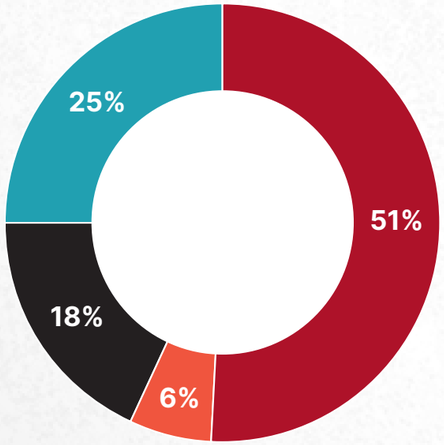
it all matters.

STATEMENT OF ACTIVITIES

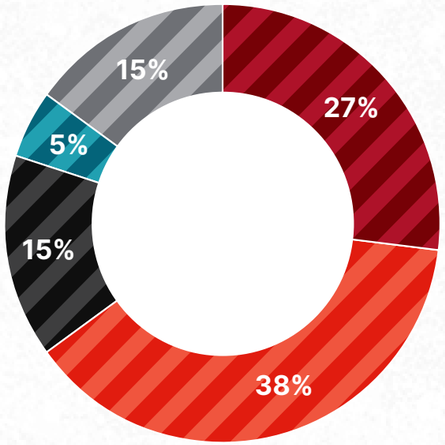
(IN THOUSANDS OF DOLLARS)

PUBLIC SUPPORT AND OTHER REVENUE		
Donations	$	88,114
Special Events, Net		10,695
Bequests		31,232
Fees from Exchange Transactions		41,810
Total Revenue		**171,851**
EXPENSES		
Research		39,521
Information		55,712
Advocacy and Public Awareness		22,491
Program Expense subtotal		**117,724**
Management		7,668
Fundraising		21,811
Total Expenses		**147,203**
Net Income	$	**24,648**

Public Support and Other Revenue



Expenses



BALANCE SHEET

December 31, 2025

ASSETS		
Cash and investments	$	183,743
Accounts receivable, net		8,504
Contributions receivable, net		68,419
Fixed assets, net		4,829
Right of use assets - operating leases		9,924
Other assets		4,335
Total assets	$	**279,754**
LIABILITIES		
Accounts payable and accrued liabilities	$	6,353
Lease liabilities - operating leases		17,156
Research grant payable		26,668
Deferred revenues		6,498
Total liabilities	$	**56,675**
NET ASSETS		
Net assets without donor restrictions	$	116,869
Net assets with donor restrictions		106,210
Total net assets	$	**223,079**
Total liabilities and net assets	$	**279,754**

2025 PRINCIPAL OFFICERS

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BALTIMORE, MD

**Served through August 10, 2025*

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***Became President, Medicine & Science on August 11, 2025*

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Thank you for joining the fight to end diabetes.

it all matters.

diabetes.org | 1-800-DIABETES