



Annual Report 2022

Inspiring **Hope.**
Advancing **Research.**



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Dear Donors & Friends,

For the last 78 years, the research conducted at Sansum Diabetes Research Institute (SDRI) has transformed the lives of people living with diabetes.

However, our story began over a century ago when our founder, Dr. William Sansum, performed a medical miracle becoming the first American physician to manufacture and administer insulin saving the lives of those dying from diabetes.

As SDRI continued our efforts throughout 2022, our team made a profound impact in accelerating critical research for the 37 million Americans and the 400 million people around the globe living with diabetes. It is with great pride we watch our team of researchers, educators, clinicians, and support staff fulfill our mission of providing research, education, and clinical care and transform health outcomes for people living with diabetes.

This commitment to our mission led to SDRI engaging 1,779 individuals in clinical research, conducting 26 clinical research trials, providing care for 105 women who lived with diabetes during pregnancy, and publishing 26 articles in highly respected medical journals throughout 2022.

SDRI could not accomplish our life-saving work without the generosity and dedication of our incredible donors, supporters, and collaborators. We thank you for investing in our mission!

It is our pleasure to share our 2022 Annual Report with you, highlighting our excellence and dedication in transforming the lives of people living with diabetes.

With gratitude,



Ellen M. Goodstein, Esq., MEd.
— Executive Director



Samuel Klein, MD
— Chief Scientific Officer



Alex DePaoli, MD
— Board President

Our History

In 2022, SDRI proudly celebrated the 100th anniversary of our founder, Dr. Sansum, being the first U.S. physician to manufacture and administer insulin in the treatment of diabetes.



Dr. Sansum was driven to develop the hormone made by pancreatic secretions missing in those living with type 1 diabetes. In 1922, Dr. Sansum administered the first dose of insulin to Charles Cowan, a terminally ill farmer battling diabetes. Due to this critical medical intervention, Cowan lived to be 90 years old.

When news spread of Dr. Sansum's discovery, patients from all over the country flocked to Santa Barbara seeking his lifegiving insulin. This ultimately led Dr. Sansum to establish Sansum Diabetes Research Institute in 1944 to further groundbreaking work in diabetes research.

In the following decades, SDRI continued to push the boundaries of diabetes research,

education and care transforming the lives of patients worldwide. In the 1980s, the late Dr. Lois Jovanovic, former Chief Scientific Officer and Chief Executive Officer at SDRI, revolutionized diabetes treatment during pregnancy with her pioneering research and treatment guidelines.

By the 2000s, physician investigators made seminal contributions to the development of the artificial pancreas, a medical device that revolutionized diabetes management by continuously monitoring blood sugar levels and delivering precise doses of insulin to maintain glucose control.

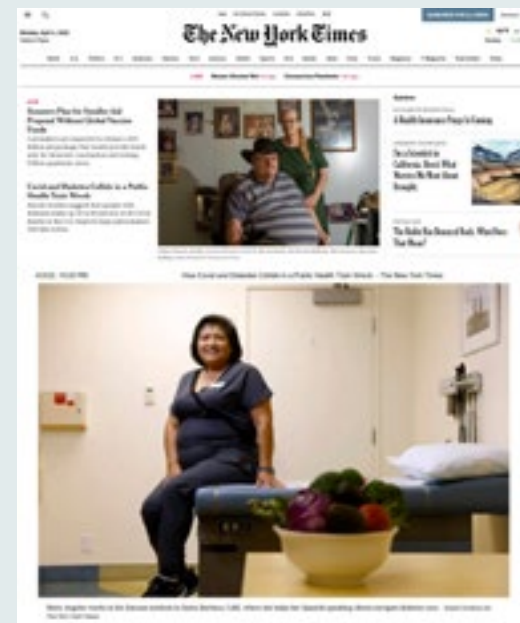
Today, the heart of SDRI's mission has remained unchanged: to advance critical research initiatives to improve the health and quality of life for the millions of individuals who live with any form of diabetes.

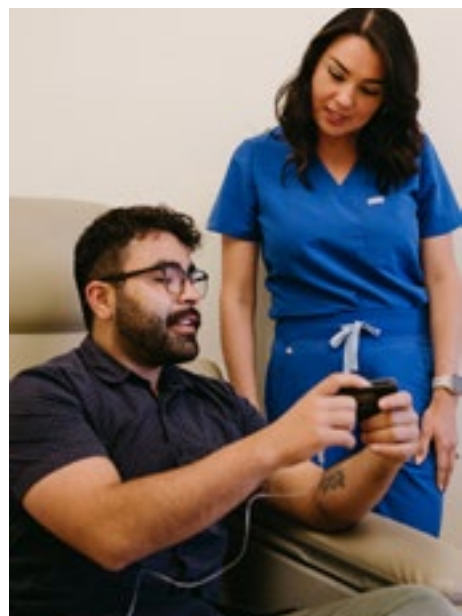
DR. SANSUM'S WORK IN INSULIN

- November 8, 1920**
Dr. William Sansum is appointed director of the Potter Metabolic Clinic, replacing Dr. Potter who had succumbed to type 1 diabetes. Dr. Sansum arrived in Santa Barbara with his wife and 8-year-old son on November 8, 1920. At that exact hour, Charles Cowan, a 53-year-old farmer with type 1 diabetes, was admitted to the Potter Metabolic Clinic for diabetic acidosis. Cowan's doctors had given up hope and sent him to Santa Barbara as a last ditch effort to save his life.
- November 14, 1921**
Dr. Frederick Banting and Charles Best, medical researcher, gave their first presentation about their work in pancreatic extract research done at the University of Toronto. Word began to spread among diabetes specialists about the work in Toronto, and quickly reached Dr. Sansum in Santa Barbara. Dr. Sansum soon began communicating with Banting and Best.
- April 1, 1922**
Dr. Sansum found a major hurdle in extracting insulin from pancreas tissue. If the pancreas tissue was not fresh the enzyme trypsin would destroy the insulin potency on contact. To combat this, Dr. Sansum began traveling to slaughterhouses in Goleta and Los Angeles to collect fresh pancreases to extract insulin.
- April 25, 1922**
News came out of Toronto - Banting and Best had lost the method of extracting insulin. Dr. Banting wrote to Dr. Sansum and made no attempt to cover up what had happened. During this time the Potter Wing was being inundated with people living with diabetes from across the country, coming to Santa Barbara for care.
- May 31, 1922**
On May 31, 1922, Charles Cowan received the first dose of insulin from Dr. Sansum, making history as the first patient to receive insulin that was manufactured and administered in the U.S. The other patients living with diabetes in the Potter Metabolic Clinic shrieked with joy, their death sentences had been lifted.
- September 1, 1922**
Dr. Sansum visited Toronto to further discuss his work with Banting and Best at the University of Toronto's Insulin Committee. After this, he arranged a program of regular testing of insulin prepared by Eli Lilly, called tests. Such tests were important in revealing inconsistencies in potency of Lilly's insulin compared to insulin produced in Santa Barbara.
- February 28, 1923**
Insulin costs were increasing, as well as the number of severe cases of people with diabetes. It had never been Dr. Sansum's intention to let any patient go without insulin because they could not afford it. Dr. Sansum raised \$10,000 to help cover the cost of insulin for his patients that could not afford insulin.
- November 1, 1922**
While driving home from Los Angeles carrying pancreases immersed in alcohol, Dr. Sansum was pulled over by the police and given a ticket for transporting alcohol, violating Prohibition laws, and the pancreases were impounded. Dr. Sansum wrote a letter to the U.S. Secretary of State, whose daughter lived with type 1 diabetes, and within 48 hours received federal permission to purchase and transport as much alcohol as he might require for his insulin work and all charges were dropped.
- April 5, 1924**
A major epidemic of hoof-and-mouth disease during the spring of 1924 forced the closure of slaughterhouses. The situation was catastrophic and led to the reduction of all insulin work in Santa Barbara.
- June 29, 1925**
A major earthquake shook Santa Barbara on June 29, 1925. Amidst the post-earthquake turmoil and aftershocks, producing insulin became too difficult. Fortunately, Eli Lilly, along with several other U.S. firms, were able to make enough insulin to halt the Potter Clinic's insulin manufacturing program permanently.

2022 Highlights

- **SDRI was one of only five clinical sites** to evaluate the efficacy of the Dexcom G7 in pregnancy. This was a landmark study as the G7 is the first CGM approved during pregnancy.
- **SDRI was one of twelve clinical research trial sites** that conducted the pivotal trials that led to the FDA approval of the Dexcom G7 Continuous Glucose Monitor. The G7 is Dexcom's most advanced sensor that is 60% smaller than its previous model and it also provides an all-in-one sensor and transmitter.
- **SDRI's work was featured in a New York Times article** that addressed the COVID-19 pandemic and the impact on diabetes. The article emphasized SDRI's work in supporting underserved populations who are impacted the hardest with diabetes. Additionally, the article addressed SDRI's role in mitigating risk to underserved populations.
- In September, SDRI hosted the **Gratitude Gala to celebrate a century since Dr. Sansum first manufactured and developed insulin** to save the lives of those with diabetes. The gala was a success, raising over \$700,000. The Paskin Family Foundation underwrote all gala expenses, which allowed 100% of the proceeds to directly support our mission.
- Expanding on our previous efforts in health equity, in 2022, **SDRI launched three randomized controlled trials** to evaluate the therapeutic benefits, acceptability, and potential for dissemination of a culturally tailored, plant-forward diet and lifestyle therapy program for the underserved Latino population, delivered by trained community health workers.
- SDRI celebrated the FDA clearance of a novel, first-of-its-kind medical device developed for the treatment of type 1 diabetes called the Omnipod 5 Automated Insulin Delivery (AID) System. **SDRI was one of 16 clinical research sites** across the US to participate in the pivotal trials of this system. The Omnipod 5 is the nation's first tubeless AID system.
- In 2022, SDRI established a **16 member Scientific Advisory Board (SAB)** that includes global experts in diabetes research. The SAB provides critical oversight into the research conducted at SDRI.
- In 2022, SDRI launched a **mentoring program to help young minority investigators establish careers in clinical and translational research** related to nutrition and diabetes.





According to the 2022 CDC National Diabetes Statistics Report, nearly 1.9 million Americans live with type 1 diabetes, and 64,000 people are diagnosed every year with type 1 diabetes. An estimated 244,000 children and adolescents under the age of 20 years old have type 1 diabetes, and by 2050, an additional 600,000 people of this age group are expected to have this diagnosis. As these numbers grow, our research continues to better understand type 1 diabetes.

SDRI's mission is to improve the lives of people impacted by diabetes, with research at the core of our mission. Our work has led to critical advances in the treatment of type 1 diabetes, garnering national and global recognition.

Diabetes **Research: Type 1 Diabetes**

Nationally and internationally, type 1 diabetes is on the rise in both children and adults. Type 1 diabetes occurs when the body's own immune system, which normally fights harmful bacteria and viruses, mistakenly destroys insulin-producing cells in the pancreas.

Currently, SDRI is doing groundbreaking research, funded by the National Institutes of Health, studying automated insulin delivery in pregnant women with type 1 diabetes. It is a first-of-its-kind study in collaboration with John A. Paulson School of Engineering and Applied Sciences at Harvard University, Icahn School of Medicine at Mount Sinai, and the Mayo Clinic.

In addition, clinical research participants from the artificial pancreas trials at SDRI are provided training and support. Certified trainers meet with patients one-on-one to train and then monitor their use of this new technology. Appointments include education on glucose monitoring, insulin sensitivity factors, exercise, and stress. SDRI conducted over a dozen device research trials in 2022, looking at the efficacy of continuous glucose monitoring, automated insulin delivery systems, and ketone monitoring systems.

Type 1 Diabetes Research and Publication Highlights:

- Evaluating the feasibility of closed-loop insulin delivery with a zone model predictive control algorithm designed for pregnancies complicated by type 1 diabetes.
- Phase 2 study evaluation of the safety and efficacy of a glucagon receptor antagonist to block glucagon action to help improve glycemic control for patients living with type 1 diabetes.
- SDRI was one of four sites to enroll pregnant women with type 1 diabetes in a research trial that evaluated the use of continuous glucose monitoring technology to aid in glucose control. The conclusions of this study suggested a higher overall risk of hypoglycemia throughout pregnancy during the overnight period with continued daytime risk of hypoglycemia events in pregnancies complicated by type 1 diabetes.
- SDRI was one of the collaborators that evaluated the analytical performance of the second-generation factory-calibrated Abbott Free-Style Libre 2 System compared to blood glucose levels.

**Visit [sansum.org/publications](https://www.sansum.org/publications) for additional information.*



Diabetes Research: Type 2 Diabetes

More than one in ten (37.3 million) people in the U.S. have a diagnosis of diabetes and it is estimated another 7.2 million go undiagnosed.

SDRI has been a leading center in developing innovative therapeutics for type 2 diabetes. In 2022, SDRI conceptualized new studies examining the effects of a novel, culturally tailored behavior and diet intervention on metabolic health. These studies impact the socioeconomically underserved Latino population in Santa Barbara County living with obesity and type 2 diabetes.

Future studies will identify successful evidence-based nutritional and behavioral approaches to prevent and treat type 2 diabetes, directly addressing the health disparities in this population.



Type 2 Diabetes Research Programs:

Precision Metabolism

This research initiative will provide a better understanding of the mechanisms responsible for the metabolic alterations (e.g., insulin resistance, altered hormonal responses to meal ingestion, adverse blood lipids, inflammation in fat tissue) associated with cardiometabolic diseases and how specific nutritional interventions can improve “metabolic health” and decrease the risk of complications. This research goes beyond the importance of diet in maintaining blood glucose control.

Plant-Forward Diet Therapy

Plant-forward diets (diets that increase the intake of vegetables, fruits, whole grains, and legumes and are high in complex carbohydrates and low in fat and sodium) have been shown to induce weight loss and prevent and mitigate cardiometabolic diseases (i.e., high blood pressure, abnormal blood lipids, prediabetes, type 2 diabetes, and coronary heart disease). In 2022, SDRI began conducting a series of randomized controlled trials to evaluate the clinical and metabolic benefits, acceptability and potential dissemination of plant-forward diets in people with diabetes.

Latino Health

46% of the people living in Santa Barbara are Latino and are disproportionately burdened by obesity and type 2 diabetes. To combat this epidemic, SDRI launched a research program to evaluate the clinical efficacy, acceptance, and potential dissemination of an innovative, culturally appropriate diet intervention program developed by SDRI investigators and collaborators in socioeconomically disadvantaged Latino adults with obesity and diabetes.

Young Investigator Training Program

Three pilot and feasibility grants funded by NIH Centers at Washington University and the Southern California Center for Latino Health have been awarded to three SDRI adjunct Latina investigators. These studies will be conducted at SDRI and will evaluate the therapeutic benefits, acceptability, and potential for dissemination of a culturally-tailored, plant-forward, lifestyle therapy program, delivered by trained community health workers to underserved Latinos living in the Santa Barbara area.

Diabetes Research: Santa Barbara Nutrition Health Coalition

The overarching goal of the Santa Barbara Nutrition Health Coalition (SBNHC) is to improve the health and well-being of the Santa Barbara community, particularly those facing socioeconomic challenges, by developing and implementing innovative, culturally sensitive, community-based, and evidence-based nutrition intervention programs.

The vision of the SBNHC is to develop a coordinated network of stakeholders to guide and support the development, initiation, and sustainability of nutrition solutions to improve health and health equity of vulnerable populations living in Santa Barbara County. By collaborating with partners who bring their unique expertise, the coalition can have an even greater impact on the Santa Barbara County community.

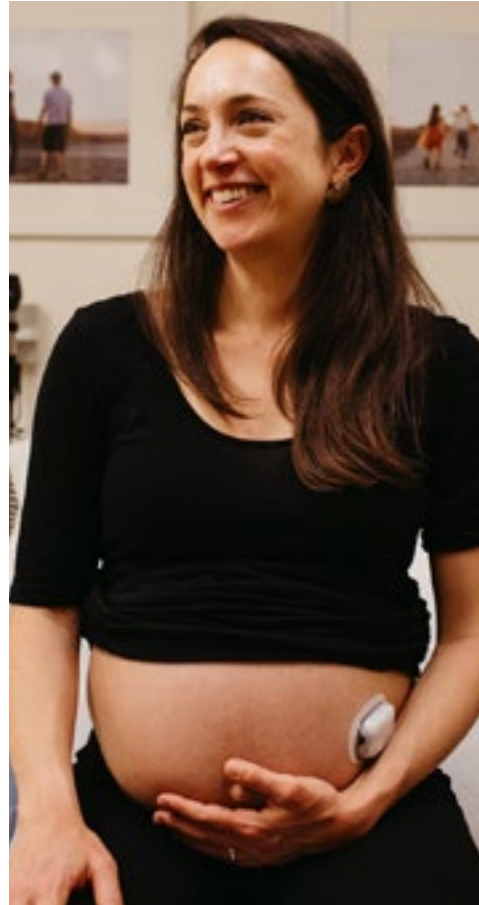
Current coalition partners include:

- Cottage Center for Population Health
- Kate Farms
- Mosher Foundation
- Rooted Santa Barbara
- Sansum Diabetes Research Institute
- Santa Barbara Foodbank
- Santa Barbara Foundation
- Santa Barbara Public Health Department



Diabetes in **Pregnancy**

SDRI has been at the forefront of diabetes in pregnancy research since our former Chief Scientific Officer, Dr. Lois Jovanovic, conducted clinical trials showing for the first time that women with diabetes can achieve successful pregnancies.



Dr. Jovanovic's patient-centered approach to diabetes care empowered thousands of people with diabetes and inspired many physicians to follow in her footsteps.

In addition to our clinical care in diabetes during pregnancy, current research initiatives include studying the use of the Artificial Pancreas in pregnant women; advancing the study of dysmetabolism/diabetes in pregnancy; researching the emerging field of Precision Nutrition in the care of pregnant women impacted by diabetes; and exploring the efficacy of standardized virtual diabetes in pregnancy education.

SDRI is proud to have collaborated with the Icahn School of Medicine at Mount Sinai, Division of Endocrinology, Diabetes and Bone Diseases; John A. Paulson School of Engineering and Applied Sciences, Harvard University; and the Mayo Clinic, Division of Endocrinology, Diabetes, Metabolism & Nutrition, in the field of diabetes in pregnancy research.

- Current research initiatives in the area of diabetes in pregnancy include the LOIS-P Study (Longitudinal Observation of Insulin use and glucose Sensor metrics in Pregnant women with type 1 diabetes using continuous glucose monitors and insulin pumps).
- Another groundbreaking research initiative that SDRI conducted was evaluating the use of a closed-loop insulin delivery system for women living with type 1 diabetes during pregnancy. The use of a closed-loop insulin delivery system helps maintain in range blood sugar levels all while reducing the burden of diabetes management. The findings of this study showed it was safe and effective for women living with type 1 diabetes to use closed-loop insulin delivery systems in pregnancy.



Research Patient Story – Anton Andreichenko

A War on Two Fronts

Anton Andreichenko, born and raised in Simferopol, Crimea in Ukraine, is a remarkable man who learned how to survive through civil unrest and war while living with type 1 diabetes.



During the war, I never knew how I would access my medical supplies that kept me alive.”

— ANTON

“I remember having to walk to at least six pharmacies to see if they had insulin,” said Anton. “The process to get a vial of insulin took about nine hours. I remember standing in line at a pharmacy and an officer advising me to leave because it was too unsafe to be outside. I felt I did not have a choice because I needed insulin to live.”

In July of 2022, Anton and his fiancé made the difficult decision to leave behind family members in Ukraine and immigrate to the United States in the hopes of attaining access to healthcare that he desperately needed to stay alive.

Shortly after Anton arrived in the U.S., he was introduced to SDRI by his sister, Viktoria, who has lived with type 1 diabetes since 2010. Viktoria was well acquainted with SDRI as she has participated in multiple research studies to advance SDRI’s mission. After a few months in the U.S., Anton’s diabetes management improved drastically, and he was able to gain control of his health.

“I felt like SDRI opened my eyes to a whole new world of diabetes research,” Anton commented. “It is really fascinating to be part of clinical research and be around others who are invested in the future of diabetes. I am blessed to become a part of something that helps further diabetes research.”



Scientific Advisory Board

In 2022, SDRI established a 16 member Scientific Advisory Board (SAB) that includes global experts in diabetes research. The SAB provides critical oversight into the research conducted at SDRI.

Board of Trustees

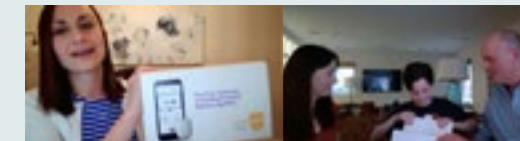
1. Lourdes Baezconde-Garbanati, PhD, MPH
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6. Victor Davila-Roman, MD
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12. Ronald Krauss, MD
13. Rudy Leibel, MD
14. Eric Ravussin, PhD
15. Philipp Scherer, PhD
16. Thomas A. Wadden, PhD





Diabetes Education – In the Community

- In 2022, SDRI hosted mobile clinics in the community that offered free blood pressure testing, a prediabetes risk test, and for qualified candidates an A1c test to those at high risk for prediabetes or diagnosed type 2 diabetes. The aim was to build trust, lower barriers for access to care, and improve self-efficacy by offering free A1c screening to adults living with or developing diabetes. SDRI was able to reach over 300 people this year through events at Los Amigos Barbershop, St. George Community Center, Pilgrim Terrace, and St. Vincent's Villa Caridad.
- In April 2022, SDRI hosted a special presentation OneTalk Q&A with Dr. Trang Ly, MBBS, FRACP, PhD, Senior Vice President and Medical Director at Insulet Corporation, and Kara Hornbuckle, Director of Development at SDRI, on the launch of Omnipod 5 Automated Insulin Delivery System.
- In May 2022, SDRI hosted an Omnipod 5 Automated Delivery System Unboxing Event with Bethany Long, BSN, RN, CDCES, Medical Affairs Manager at Insulet Corporation, along with Flint, Elisabeth, and Beckett Ogle. This event gained tremendous traction online and has been viewed over 14,000 times on SDRI's YouTube channel.
- In June 2022, SDRI hosted an outreach event for young people living with type 1 diabetes, including Santa Barbara musician and American Idol contestant, Jackson Gillies. Gillies, who has lived with type 1 diabetes since the age of three, performed some of his top hits for the group and shared his experiences living with diabetes.
- SDRI partnered with the American Diabetes Association (ADA) and JDRF for our 3rd Annual Returning to School with Diabetes Town Hall event in August 2022. This town hall event included an expert panel who shared resources and guidance to help ease the concerns of the diabetes community: Francine Kaufman, MD, Pediatric Endocrinologist and Chief Medical Officer at Senseonics Inc., Crystal Woodward, MPS, ADA Safe and School Campaign Director, Aaron Fischer, JD, Attorney and ADA Legal Advocacy Subcommittee Chair, Beth Braun, PhD, Health Psychologist, ADA Safe at School Advocate, moderator Kara Hornbuckle, Director of Development at SDRI and T1D/T1D Parent, and organizer Katie Haq, Director of Marketing at SDRI.



From left to right: Kara Hornbuckle, Dr. Francine Kaufman, Aaron Fischer, J.D., Katie Haq, Crystal Woodward, MPS, Dr. Beth Braun.

Diabetes Education – Veggie IQ

SDRI's Veggie IQ program is a module-based curriculum that encourages Community Youth Scientists across grades K through 12 to use science and technology to discover the important links between diet and health.

SDRI created six modules and an online platform where teachers and administrators can access lesson plans and lesson video downloads, along with a menu of interactive activities tailored to different grade levels.



With the help of local teachers and administrators, the curriculum implemented in the classrooms involved:

- Two cycles of a 6-week Veggie IQ in-school K-8 module-based program (Spring and Fall 2022)
- Two cycles of an 8-week high school summer in-person program at local urban farms in Santa Barbara and Lompoc (Summer 2022)

In 2022 alone, Veggie IQ was first launched in 32 classrooms and involved 700 students in grades K-8. Veggie IQ continued as a two cycle, 8-week summer program for teens, grades 9-11, in Santa Barbara and Lompoc. Both programs were overwhelmingly successful for all ages.

An evaluation of the program outcomes showed:

- Weekly vegetable consumption increased by 62.5%
- Daily salad consumption increased by 20%; fruit consumption increased by 3.5 portions/week
- Self-reported physical activity increased by 13 minutes/day

In October of 2022, SDRI's Veggie IQ team presented the program outcomes at the School Wellness Summit in Santa Barbara County, attended by district representatives, teachers, principals, administrators, and policymakers. This resulted in an outpouring of interest from districts requesting to implement Veggie IQ in their classrooms.



Diabetes Education – Community Health Workers

In the U.S., underserved populations are at a greater risk for developing type 2 diabetes, including Latinos who are twice as likely to develop this disease. In Santa Barbara, Latinos comprise nearly 46% of our community.

At SDRI, our team is committed to improving health outcomes for underserved populations. A key element of SDRI's efforts include hiring bilingual Community Health Workers (CHW) who serve a critical role in building trust and rapport within the local Latino population. Additionally, CHW provide multi-lingual nutrition education, training on technology to better manage diabetes, conducting health screenings, recruiting study participants, and maintaining communication with key community organizers to promote SDRI's health education programs.

The important work performed by SDRI's CHW ultimately helps to reduce the rate of type 2 diabetes and prevent future generations from developing type 2 diabetes.

Community Health Worker – Betty Angeles

Betty developed gestational diabetes mellitus (GDM) 29 years ago while she was pregnant with her oldest daughter. Shortly after delivering, Betty was diagnosed with type 2 diabetes.



I have the opportunity to change lives. It's been the highlight of my career to explain that small steps in living a healthy life can make a huge impact."

— BETTY

Unfortunately, at the time, Betty did not have adequate education about diabetes to understand that as a result of having GDM she was at a greater risk for developing type 2 diabetes postpartum.

Women who develop GDM are often encouraged to exercise regularly and to eat a healthy diet after their pregnancy to help control blood glucose levels postpartum.

After living with diabetes for 15 years, Betty discovered SDRI and had the opportunity to

participate in a diabetes self-management education program which changed her life. Throughout the program, Betty learned vital information about managing her diabetes, eating more nutritiously, engaging in physical activity, checking blood glucose levels, as well as coping skills for managing the emotional impact of living with this disease.

The success Betty experienced after participating in SDRI's education program inspired Betty to take her journey with diabetes even further. In 2013, Betty became a certified Community Health Worker (CHW) which gave her the opportunity to give back to her community. As a CHW, Betty has helped hundreds of people experiencing diabetes improve their lives. One of Betty's favorite roles as a CHW is to organize community clinics that provide diabetes screenings at no cost at locations around the city.

"When I shared the outcome of participants A1c results they were surprised by the numbers, and I advised them to immediately consult their



primary care physician for follow up care," said Betty. "I reassured participants that if they took care of their bodies and ate more nutritiously, this would improve their health outcomes."

Clinical Care – **Diabetes in Pregnancy**

At SDRI, when our patients are preparing for pregnancy or needing care for gestational diabetes mellitus (GDM) or pre-existing diabetes during pregnancy, our clinicians are there every step of the way to provide clinical care and offer support.

Our Diabetes in Pregnancy team consists of a physician, a perinatal nutrition specialist, a nurse practitioner, a community health worker, a nurse, and a medical assistant.

The Diabetes in Pregnancy program at SDRI continues today under the leadership of Kristin Castorino, DO, who worked closely with the late Lois Jovanovic, MD, a leader in the field, for many years. On average, SDRI provides care to 150 women impacted by diabetes in pregnancy annually. SDRI's work in diabetes in pregnancy is critical as women living with this condition are at greater risk for severe complications including stillbirth, excessive birth weight, and an increased risk for obesity and developing type 2 diabetes later in life. In California, the prevalence of diabetes in pregnancy has increased 60% in just 7 years – now affecting 18% of all pregnancies.

- Women with pre-existing diabetes are seen weekly throughout their pregnancy and followed for several months in the postpartum period. The high frequency of visits is crucial for supporting patients and their blood glucose goals during pregnancy, as this is a time where hormone fluctuations can induce significant insulin resistance and subsequent blood glucose variability.
- In many cases, our team provides the patient with a continuous glucose monitor (CGM) and insulin pump so that the patient is better able to manage and monitor their blood glucose levels during pregnancy. In addition to diabetes and nutrition care, our patients are provided with education on how to use glucometers for self-monitoring of blood glucose and how to use CGM's when appropriate. Our top priority is keeping mom and baby healthy throughout the pregnancy.
- Local obstetricians often refer their patients with a pregnancy complicated by diabetes to SDRI for extensive education and care. SDRI works closely with the obstetricians throughout each patient's pregnancy. To ensure their long-term health, patients experiencing GDM also receive education to prevent the development of type 2 diabetes postpartum.
- SDRI's intervention involves a multidisciplinary team approach, personalized glycemic control, nutritional counseling, and comprehensive education and support services to reduce complications. Over the last 6 years, SDRI provided care to over 500 women and their families, reducing the risk of complications in pregnancy, and helping women deliver happy, healthy babies. SDRI is proud to be a driving force in developing protocols for patient care for diabetes in pregnancy.



Clinical Care – Seniors with Type 1 Diabetes

Diabetes technology has revolutionized the management of diabetes.

For young people, navigating diabetes technology can be easy, however, for many older adults it can be a challenge. The gold standard of care for managing type 1 diabetes is using an Automated Insulin Delivery system where an insulin pump communicates with a continuous glucose monitor to regulate blood sugar levels.

SDRI recognized the need for seniors in our community who wanted to integrate diabetes technology into their daily lives, but felt unprepared to manage this on their own. Responding to this need, SDRI created a senior education program that consisted of six sessions, including four one-hour classes with our Certified Diabetes Care and Education Specialist (CDCES)/Nurse Practitioner. Classes, offered in both English and Spanish, were comprised of only four to five participants and focused on training seniors about the new technology while providing personal support when transitioning to new technology. The aim of the program is that all participants are comfortable using these devices on their own. Through effective use of this technology, our patients spend less time managing their diabetes, and more time enjoying life. In 2022, SDRI successfully served 120 senior participants.

Clinical Care – Pediatric Clinic

SDRI's top-notch pediatric diabetes program is spearheaded by pediatric endocrinologist, Francine Kaufman, MD. This program was created to provide clinical care and education to children and their families who live with type 1 diabetes.

Our holistic approach includes a team of physicians, nurse practitioners, diabetes educators, and dietitians who are dedicated to supporting children with type 1 diabetes.

Our team incorporates the latest technology in the treatment of children with diabetes, which improves health outcomes and reduces the burden of living with diabetes. Well controlled diabetes can lead to reduced risks of cardiovascular disease, stroke, nerve damage, and kidney disease.

One of the features that makes this program unique is the accessibility of our providers. Following a child's diagnosis, our pediatric care team is immediately

accessible to offer personalized treatment and support parents as they learn how to navigate type 1 diabetes.

To ensure their long-term success, our patients have regular, one-on-one appointments with our pediatric endocrinologist as well as a Certified Diabetes Care and Education Specialist. Families learn about carbohydrate counting, sick day management, insulin dosing, how foods impact blood sugar levels, and much more. The resources available at SDRI for our pediatric patients are essential to successful diabetes management.

Clinical Care Patient Story – Jacoby

In 2018, at the age of four, Jacoby developed symptoms of type 1 diabetes.

”

Participating in research has provided Jacoby with a sense of empowerment, leadership, and introduced him to others who live with type 1 diabetes.”

— JODY, JACOBY'S MOTHER

Jody vividly remembers Jacoby's pediatrician telling her to take him directly to Cottage Hospital Emergency Room as Jacoby was in severe Diabetic Ketoacidosis (DKA), a life threatening illness if left untreated. After five days in the hospital, Jacoby was discharged with a life changing diagnosis of type 1 diabetes, which was devastating for their family.

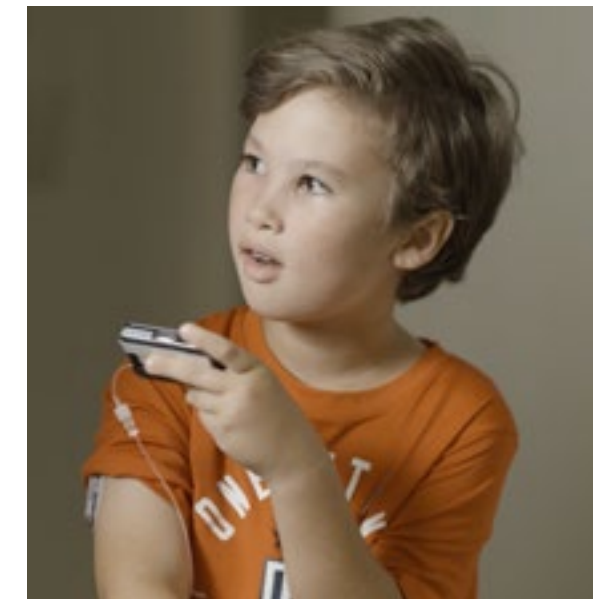
During this time, Jody and her husband, Brian, were waking up throughout the night to ensure Jacoby's blood sugar was at a safe level. This was one of the greatest struggles in managing Jacoby's diabetes. When his blood sugar was too high, Jacoby required an insulin injection and when he was too low, he was given juice. As a result, many nights were spent sleepless for Jody and Brian. Jacoby's parents simply did not have the tools

to manage his diabetes properly. Thankfully, a friend introduced their family to SDRI, and shortly thereafter, Jacoby became a patient.

“When Jacoby started receiving care at SDRI, it was a night and day difference,” said Jody. “SDRI is always on the forefront of diabetes technology, and it has impacted our life greatly. We've learned critical information about insulin pumps and continuous glucose monitors. This level of training was so helpful and thorough.

“When we were introduced to a closed-loop system at SDRI, our lives dramatically changed,” said Jody. “It has allowed our family to sleep through the night for the first time in four years. It's been a game changer for all of us. It is now the exception, and not the rule, that we have to wake Jacoby up because of a low blood sugar in the middle of the night.”

Jody noted that having her son be a patient at SDRI was the greatest gift, given how thorough the team is in caring for all aspects of Jacoby's type 1 diabetes. She sincerely appreciates how the clinicians communicate with Jacoby in terms that



he can understand, and how genuine the team is in answering his questions. The clinical care team brings a level of compassion and education that she and Jacoby have not experienced anywhere else.

“Jacoby has made close friends in the SDRI community, and it sounds strange to say but we feel really lucky,” said Jody. “Jacoby recently participated in his first clinical research trial at SDRI, and he was so proud that he could help other people with diabetes. Participating in research has provided Jacoby with a sense of empowerment, leadership, and introduced him to others who live with type 1 diabetes. We feel so fortunate to have SDRI in our lives.”

Donor Spotlight – Brian and Kate Groat

Since our founding in 1944, SDRI has built a network of passionate supporters who champion our mission to improve the lives of people impacted by diabetes.

SDRI is immensely grateful to our generous donors, Brian and Kate Groat, who were profoundly supported in their journey with diabetes in pregnancy.

Living with type 1 diabetes for over 30 years, Kate wanted to be proactive in minimizing any risks or health complications when planning for her first pregnancy. Thankfully, Kate was referred to SDRI by a relative of Brian's who knew the Institute was a global expert for care during diabetes in pregnancy. Shortly after Kate became a patient of SDRI, the couple regularly flew from Las Vegas to Santa Barbara to attend monthly appointments with the late Lois Jovanovic, MD, a pioneer in establishing protocols for diabetes in pregnancy treatment.

"She (Dr. Jovanovic) was a sparkplug of bright red lipstick and a wealth of information," Kate noted. "She was exceptionally brilliant and advised me of things that weren't even on my radar."

Early on in Katie's pregnancy, Dr. Jovanovic set clear health goals to help keep her blood

glucose levels in a targeted range to keep both mother and baby healthy. With the guidance of Dr. Jovanovic, Kate maintained an A1c of five throughout the gestation of her pregnancy. Kate knew managing her diabetes in pregnancy wouldn't be easy, but with Dr. Jovanovic's mentorship and Brian's steadfast involvement, she was up to the challenge.

"The biggest worry I had as a physician was that our babies would have difficulty in utero if they were exposed to high blood sugar levels," said Brian.

Brian and Kate quickly learned they could also rely on the diabetes expertise of Kristin Castorino, DO, who was mentored and worked alongside Dr. Jovanovic for many years. The SDRI team was prompt and answered every call, email, and concern throughout their journey, added Kate.

"It was so impactful for us to have Dr. Castorino, knowing she had all the same information and tools as Lois," Brian added.

After many visits with SDRI and her local physicians, Kate gave birth to a healthy baby girl, Emma, who



is now 10 years old. With the continued care of Dr. Castorino, Kate and Brian were later able to conceive two more children, Annie, age 5, and Calvin, age 3.

The care Kate received at SDRI throughout her pregnancies inspired the Groat's to give back to the organization that helped them become parents.

"There is nothing more important in our lives than our children, so we want to give to those who do such critical work supporting women who just want to have kids," said Brian.

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Volunteer of the Year – Sydney Bush

Sydney Bush is a true inspiration to the diabetes community. In July 1952, Sydney was diagnosed with type 1 diabetes at the age of 16 months. At that time, a diagnosis of type 1 diabetes was considered fatal. Sydney not only survived those critical first years, but she learned to thrive.



I volunteer for SDRI because it is more than an Institute, it is truly dedicated to being on the cutting edge of diabetes research.”

— SYDNEY

Anyone who knows Sydney knows that her passion is palpable. She gives 110% in whatever she is doing and has a mantra of always giving back to the diabetes community. In her career, Sydney went on to become a registered nurse and Certified Diabetes Care and Education Specialist, to further assist the diabetes community. She has participated in several clinical research trials at SDRI, and during that time has established herself as an invaluable volunteer. Sydney has helped raise funds for research at SDRI by sitting on several volunteer committees for our Taste of the Vine and Gala events. She is a champion for securing donations for our many silent auctions. Given her personal experience with type 1 diabetes and her professional credentials, Sydney is always willing to meet with diabetes patients and their families, especially the newly diagnosed,

to share her extensive knowledge of diabetes care and management.

“I volunteer for SDRI because it is more than an Institute, it is truly dedicated to being on the cutting edge of diabetes research,” said Sydney. “SDRI seeks out new and better medications and modalities to deliver the best diabetes care and management available, for everyone with diabetes, but especially those with type 1 diabetes. SDRI conducts clinical research with many different ages, cultures, and backgrounds, in an attempt to cast a wide net to include everyone affected by this challenging, ever-evolving, no-vacations-allowed, medical condition.”

“They have helped me live a full and productive life, free of most of the devastating complications that used to be associated with long-term diabetes,” added Sydney.

We are grateful to Sydney for selflessly volunteering her time and talents in support of SDRI’s mission, as well as her devotion to helping people who live with all forms of diabetes.



Make A Lasting Legacy

John Adam Bailey Schmiedigen was known for his passion for his family and friends, a beloved husband to Nadia Subaran, a devoted father to his greatest joy – his daughters, Emma and Ava – and a loving son to Bettyjean Schmiedigen.



John, Nadia, Emma, and Ava.



John and his mother, Bettyjean.

John passed away on January 26, 2023, at the age of 59 due to complications of type 1 diabetes. In his obituary, John’s family requested donations be made to SDRI in lieu of flowers, in hopes of bringing greater awareness to the disease that claimed his life. The aftermath of this small request led to the largest outpouring of memorial gifts that SDRI has ever received.

SDRI had the pleasure of speaking with Nadia and Bettyjean to learn more about John’s life and how it was shaped by his ongoing battle with type 1 diabetes. “He was a fun-loving boy when he was little and he always had a lot of friends,” said Bettyjean. “I would describe John as selfless, endearing, and eternally stubborn. He was the type of person who would stop on the side of the highway to help a complete stranger. However, a lot changed for John in his 20’s when he was diagnosed with type 1 diabetes, soon after completing his degree at the University of Maryland.”

By the age of 33 he had a good handle on his diabetes management and had started dating his future wife, Nadia. In the early days of their relationship, John expressed concern about having children due to the possibility of passing type 1 diabetes on to his children. After much discussion, he changed his mind, and Nadia gave birth to two healthy daughters, Emma and Ava, in 2005 and 2007 respectively.

Although John’s knowledge of diabetes continued to expand, accessing quality and consistent healthcare remained an obstacle. “A big frustration of John’s was all the changes with his diabetes equipment,” said Nadia. “All of a sudden, a piece of equipment he was comfortable using for many years was no longer available, discontinued, or the insurance no longer covered it.”

As time went on, insulin costs soared and John’s diabetes progressed, making it increasingly more difficult for him to manage his disease with the same determination of hyper-independence. Despite the efforts of John and his family, his health deteriorated.

“I appreciate SDRI bringing John’s story to life, and we are so grateful for the work that is being done to help others like him,” shared Bettyjean. “Knowledge is the best thing you can have about any disease, but especially diabetes. I hope that over time people will grow more educated about diabetes. I am so thankful to Nadia for all she’s done to bring John’s legacy to light.”

From left to right: Elder Edward Jones, Reverend Bernice Parker-Jones, Elder Constance Love, Elder Anne Collins, Nadia and John.

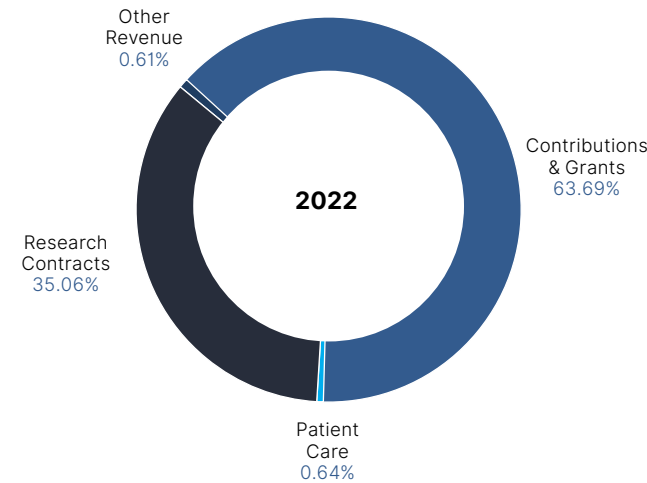


Leaving a Legacy Gift

Remember a friend or loved one or honor someone special by making a memorial or tribute gift to SDRI.

Your donation not only serves as a thoughtful remembrance but also supports those affected by diabetes. As a token of appreciation, we’ll send a handwritten card to the honoree or their family, notifying them of your kind contribution. You can make a gift online by visiting our website at sansum.org or by calling (805) 682-7638. You can also donate by mail: 2219 Bath St., Santa Barbara, CA 93105.

The Financials



SDRI is one of very few non-profit organizations in Santa Barbara County to earn both the Platinum Seal of Transparency at GuideStar and the 4-star Charity Rating with Charity Navigator.

These ratings are two highly sought-after achievements for non-profit organizations, and demonstrate a commitment to transparency and accountability, as well as a dedication to best practices in non-profit management. The Platinum Seal of Transparency is awarded by GuideStar to non-profits that provide detailed information about their programs, finances, and impact. The 4-star Charity Rating with Charity Navigator is given to non-profits that exhibit strong financial health and accountability, and demonstrate a commitment to transparency and ethical practices.

Gifts Received

	2022	2021
Research Contracts	\$2,524,311	\$3,166,593
Contributions & Grants	\$4,586,478	\$3,057,308
Patient Care	\$46,125	\$32,670
Other Revenue	\$43,923	\$415,370
Total	\$7,200,837	\$6,671,941



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Sansum Diabetes Research Institute is incredibly grateful to our donors who are passionate about diabetes. SDRI is honored to recognize those individuals and organizations whose generous lifetime commitments equal \$100,000 or more.

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