

 American
Diabetes
Association®
Camps



2023 ///
**Camp
Overview**
Impact Report

CAMP OVERVIEW

AMERICAN DIABETES ASSOCIATION® CAMP

More than 18,000 youth are diagnosed with type 1 diabetes every year, a life-changing disease that requires 24/7 management for the rest of their lives. Children with diabetes and their families walk a tightrope to keep blood glucose (blood sugar) 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.

The American Diabetes Association® (ADA) created ADA Camp in 1948 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:


2,700+

campers nationwide


1,500+

volunteers nationwide


\$1,600

 Approximate cost of
overnight camp per child

33

camp sessions nationwide


\$800

 Approximate cost of
day camp per child

\$400,000+

 need-based financial assistance
awarded annually

100% of Campers


 Participated in at least four hours of
physical activity per day (if able)

 Received mealtime support from dietary
staff daily

 Gained hands-on experience in improving
their diabetes management skills

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

 Learned how to manage the daily struggles
of diabetes

100% of Medical Staff

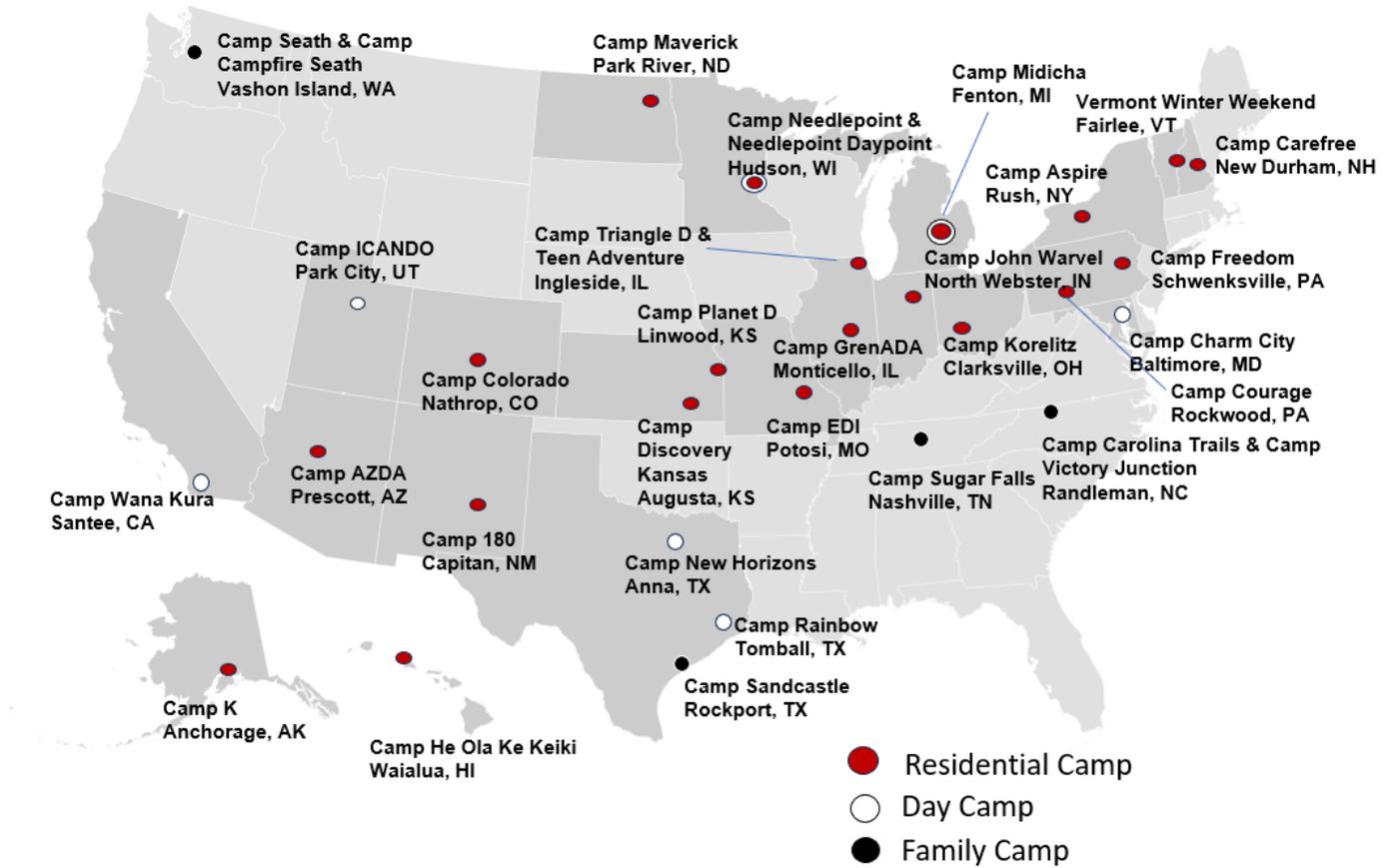

 Completed pre-camp training in up-to-
date diabetes knowledge and treatment

 Received hands-on experience in diabetes
management and treatment

100% of Campers' Families and Caregivers


 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:

- **2,700+** campers from 2,248 families
- **842** new campers
- **55%** female
- **45%** male
- **79%** white
- **4%** African American
- **6%** Latinx/Hispanic
- **6%** multi-racial
- **5%** other
- **27%** of families received need-based financial assistance

MEDICAL STAFF DEMOGRAPHICS

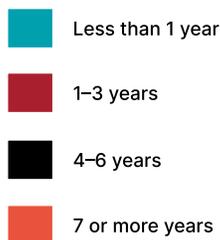
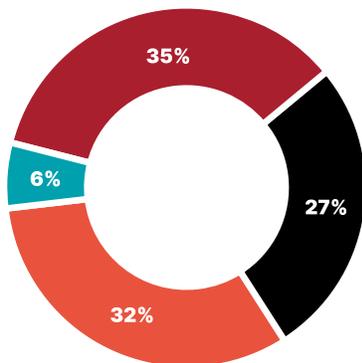
Last year, ADA Camp was supported by over **600 trained medical staff**. The ADA partners with local hospitals to ensure the health care provided is of the highest quality.

Parents can rest assured their child is in the care of expert medical personnel 24 hours a day.

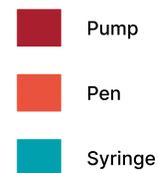
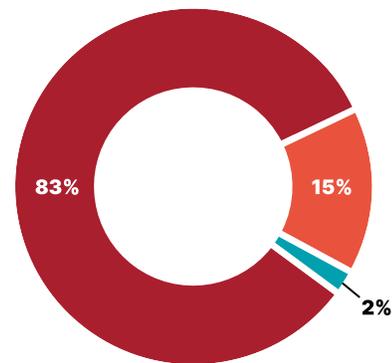
Medical staff included:

- Doctors
- Nurses
- Registered dietitian nutritionists (RDN)
- Pharmacists
- Certified diabetes care and education specialists
- Child psychologists
- Social workers

HOW LONG HAVE CAMPERS LIVED WITH DIABETES?



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: **62%**
- Draw up insulin without assistance: **57%**
- Recognize own low blood glucose levels: **73%**
- Understand insulin to carb ratios: **40%**
- Gave own injections: **50%**
- Check for ketones: **70%**

FAMILY TEAMWORK

36% of parents and caregivers stated that their familial teamwork improved or significantly improved after their child attended camp

PROBLEM-SOLVING SKILLS

63% of campers were always or often able to **solve diabetes management problems** after attending camp.

39% of parents and caregivers stated their campers' confidence **to manage their diabetes confidence** was "above average" or "very high" by the end of camp.

61% of parents and caregivers stated that their campers' confidence **to interact with their peers** was "above average" or "very high" by the end of camp.

30% of parents and caregivers stated that their campers' confidence **to try new methods to manage their diabetes** was "above average" or "very high" by the end of camp

42% of parents and caregivers stated that their campers' **overall self-confidence** was "above average" or "very high" by the end of camp



MENTAL HEALTH & WELL-BEING

- Feelings of anger about having diabetes decreased among **13%** of campers
- Feelings of loneliness with having diabetes decreased among **11%** of campers
- Feelings of sadness about having diabetes decreased among **7%** of campers

CAMP TESTIMONIALS

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“I can’t think of a better decision we’ve made this year regarding our daughter’s diabetes management than sending her to camp. She came back from camp with more positivity and motivation around managing her diabetes. She says she wants to go to camp forever. We are incredibly, incredibly grateful to Camp Carefree.”

-2023 Camper Parent

“From the second we arrived, everyone was so happy, upbeat, and excited. He had a fantastic time and can’t wait to go back!”

-2023 Camper Parent

“My son had the best time. He loved the staff and the kids in his bunk. Thank you!”

-2023 Camper Parent

“My daughter absolutely loves this camp and it’s the one thing every year she looks forward to. It’s the highlight of her summer to have one week to be with other kids who are like her and understands her life.”

-2023 Camper Parent

“My child 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.”

-Previous Camper Parent

“My child had the best time of her life at camp. Thanks to everyone who worked hard to give her a camping experience.”

-Previous Camper Parent

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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—our camps provide skilled medical staff 24/7, insulin, test strips, glucose tabs, syringes, monitoring supplies, and more. The support of our partners helps fill the funding gap, provide financial assistance to families in need, and help children build the relationships, skills, and confidence they need to thrive with diabetes. Thank you for your support.



THANK YOU TO OUR NATIONAL SPONSORS



CAMP MEMORABLE MOMENTS



