



Bermuda Diabetes
ASSOCIATION



Bermuda Diabetes Association

Annual Report FY 2026

1 Feb 2025 to 31 Jan 2026

Introduction

The Bermuda Diabetes Association's (BDA) mission is to lead the Bermuda community to reduce the prevalence of diabetes and improve the lives of all people affected.

Health and wellness are central to our **programs and services which emphasise early detection, affordability and leading practice healthcare.**

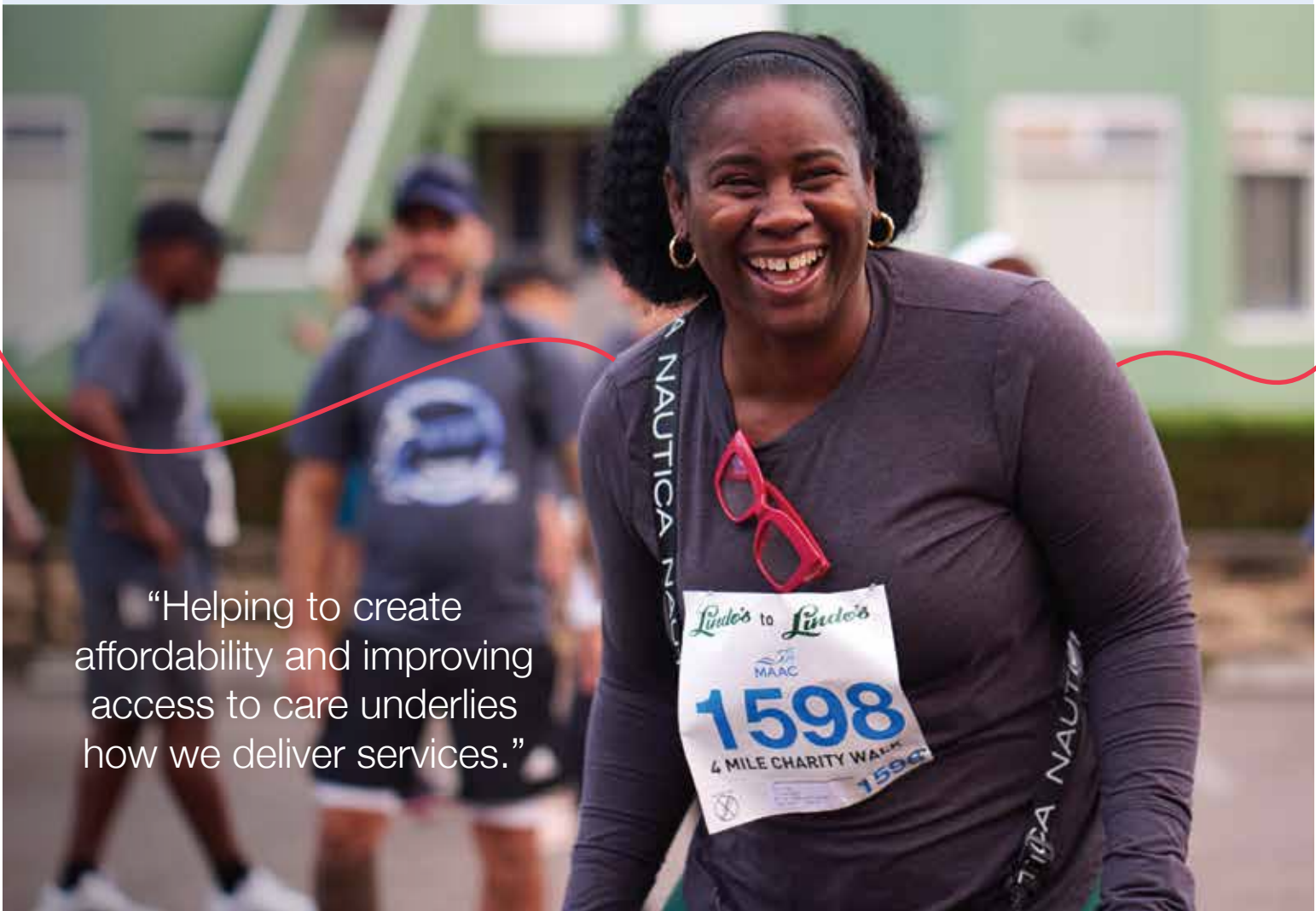
Bermuda has one of the most expensive healthcare systems in the world. Too many people rely on emergency care and require hospitalisation, which could have been avoided with prevention and primary care.

Prevention is at the heart of what the Association does, whether it's screening for prediabetes, offering healthy cooking classes, medication assessments to increase drug compliance, or early detection of diabetes-related complications.

Affordability and access to care are critical barriers we strive to overcome. By addressing these challenges, we aim to improve the health of our community. Diabetes prevention and care are rapidly improving through technology and medication. Hence, **evidence-based care is the foundation for how we deliver treatment and advocate to improve community health outcomes.**

This report highlights the BDA's achievements over the past year, showcasing our efforts to positively impact health outcomes for everyone in Bermuda.

Our successes are made possible by the dedication of our incredible staff, volunteers, board of directors, health professionals and charities with whom we work alongside and the generosity of sponsors and donors. Thank you for your unwavering commitment to building a healthier Bermuda.

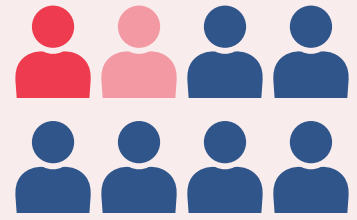


“Helping to create affordability and improving access to care underlies how we deliver services.”

Prevention

In Bermuda, one in eight adults has diabetes, and an equal number are estimated to be at risk of developing type 2 diabetes.

BDA's early prevention initiatives are focussed on increasing awareness of healthy lifestyles, particularly nutrition, early detection of prediabetes, and education on medication.



One in eight

adults in Bermuda **has diabetes** and an equal number are estimated to be **at risk of** developing type 2 diabetes.

Early detection of prediabetes and diabetes

Self-Assessment Tool: BDA's online tool makes it easy for individuals to assess their risk of developing prediabetes or diabetes.

Screening Events: Throughout the year, we provide screenings for pre-diabetes and high blood pressure. Free appointments for HbA1c tests can be booked with our health professionals.

Community Outreach: Blood pressure and blood glucose screenings are available at corporate wellness events, the Senior Olympics, and various community events.



423

people were screened in 2025



Healthy lifestyle awareness

Cooking and Nutrition Classes: BDA equips participants with the tools for a healthy lifestyle, focusing on nutrition, physical health, and mental well-being to prevent chronic diseases.

Since 2024, we have hosted healthy cooking classes in our teaching kitchen, led by a professional chef and registered dietitian.



BDA has offered cooking classes

In early 2026, in collaboration with Bermuda is Love, BDA began livestreaming the classes on Facebook making healthy cooking accessible to everyone. The first class had...



500+ views



Absolutely loved the class!
Very informative and a fun learning session.

This class has given me the confidence to eat in a different style. In fact, I have 6 artists coming for lunch on Sunday and they will be making their own Buddha Bowls!



Cooking Class Testimonial



Simply Delicious Fruit and Water Stall (Annual Exhibition)

The **Simply Delicious Fruit and Water Stall** promotes healthy eating habits by offering fresh fruit as a delicious snack alternative to fast and processed foods. Operated by volunteers and supported by sponsors, we provide fruit and water for \$2.00 or less, making healthy choices affordable.



Providing fruit and water for...

\$1.00 to \$2.00

Simply Delicious Fruit and Water Stall Testimonials



It was lovely to see your stand at the Agricultural show. It was so nice to keep the children happy and fed with the fruit instead of all the other sugary temptations there. We kept your ladies quite busy, thank you. The pineapple was delightful, and the containers have been repurposed for paint pots, so everyone was happy. I hope to see you at other events.



Marie Voysey-Moss



Going to the AG show is one of my favourite things and I always make a point of stopping by the fruit stall and this year was no different. Your team did an amazing job, and it was refreshing to have a health snack option available. You also had a great location right on the corner!



Krystle Ratteray



Shout out to the Bermuda Diabetes Association and their amazing staff at the ag show this weekend. They have cups of fresh fruit and slices of watermelon for \$1. Great prices and nice fresh alternative snacks!



Maj's List



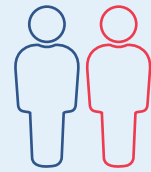
Know Your Medicine (KYM)

KYM is an evidence-based structured medication assessment. The program is free of charge and available to everyone regardless of diabetes status. This program addresses gaps in healthcare services by providing one-on-one counselling on the correct use of medications.

The medication review includes guidance on correct usage, interactions, side effects, and achieving the best value for money. The Pharmacist Educator follows up with the individual's GP if any concerns arise.



In FY 2026:



163

new participants

benefited from KYM

240

follow-up care management appointments

helped individuals improve their health outcomes

KYM Outcomes

98%

improved their understanding of their medication, its use and purpose.

50%

of participants learned how to optimise their medication usage.

59%

of participants who returned for follow-up, improved their blood pressure or HbA1c.



Improving health outcomes

Diabetes clinical guidelines emphasise the importance of nutritional therapy and lifestyle counselling to maintain good health and reduce complications.

The Bermuda Diabetes Association (BDA) provides leading practice diabetes care, including medical nutritional therapy, diabetes technology, and evidence-based support programs like Peer Support.

Medical Nutritional Therapy

BDA's Registered Dietitians offer diabetes education and nutritional counselling for individuals with prediabetes and diabetes. Medical nutritional therapy services are provided without a co-pay. BDA provides the services to people who are unable to afford health insurance, free of charge.



In FY 2026

196



individuals

recently diagnosed with **diabetes and prediabetes** received initial nutritional therapy and education

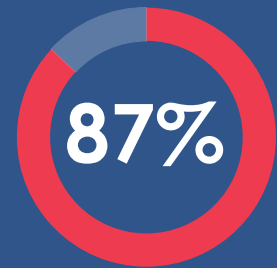
450



people

received ongoing nutritional therapy

Nutrition Therapy Outcome



87% of participants who attended an initial appointment and follow-up improved key health markers

Diabetes Technology Training

Diabetes technology, such as continuous glucose monitors (CGMs) and automated insulin pumps, is revolutionising diabetes care by improving blood glucose management.

Our trained Registered Dietitians and Pharmacist Educators provide:

CGM Support: Assistance in adopting CGMs (transitioning to Freestyle Libre 2+) and a new "Flatten the Curve" class to help users stabilise blood sugars.

Pump Training: Training and pump data assessments for insulin pumps (e.g., Medtronic MiniMed 780G, Omnipod 5, Dexcom 6 & 7 CGMs) for both adults and children living with Type 1 diabetes (T1D).

Nutrition Therapy Outcome



100%

All the first-time users of insulin pumps experienced clinically significant improvements in their HbA1c results

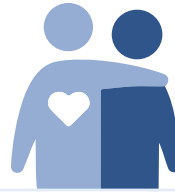
Social and Emotional Support

Social connection and peer support for diabetes are proven to improve glycaemic control (HbA1c), emotional well-being, and boost self management of the disease.

Peer Support Group

Peer Support is a safe space to connect with others living with diabetes. Evidence-based research has shown that peer support for diabetes provides essential emotional and practical benefits, improving HbA1c management, and enhancing quality of life by connecting people with shared experiences.

Peer Support sessions are held twice a month and are open to anyone who has diabetes.



2x  **per month**

Peer Support sessions

are held **twice a month** and are open to anyone who has diabetes.



Peer Support Testimonials

“ I am very thankful for the inspiration I get from the support group. It has helped me tremendously. ”

“ I am very grateful for all the information that was shared and hopeful that it will change my lifestyle in a healthy way. ”

“ I am so thankful for the support I receive at our group setting and the encouragement to keep on keeping on. ”



Type 1 Diabetes (T1D) Support and Events

Type 1 diabetes is an autoimmune condition which results in the individual no longer being able to produce insulin. While commonly associated with onset during childhood T1D incidence is growing among adults, who account for approximately half of people newly diagnosed with T1D.

T1D requires constant management to avoid acute risks such as hypoglycaemia and is associated with increased risk of mental health and diabetes burnout.

T1D Summer Camp

BDA was thrilled to support 5 children with T1D with the opportunity to attend camp for 2 weeks during the summer. The Barton Center for Diabetes Education offers Camp Barton (for girls) and Camp Joslin (for boys) on its beautiful 200-acre property with woodlands, athletic fields and a 20-acre pond in North Oxford Massachusetts. The 5 campers had an amazing time.



5  **children**

BDA was thrilled to support 5 children with T1D with the opportunity to attend camp for **2 weeks** during the summer.

Peer Support Testimonial

“ The child who left for camp and the one who came back are completely different – in the best possible way! Her confidence has absolutely blossomed. Normally, Nyladae would try to hide her Freestyle Libre under a sleeved shirt, but last week when I offered her a t-shirt before Harbour Night, she proudly declined and wore her sensor with confidence for all to see. We’re so grateful for the brilliant opportunity she received. ”

Nyladae’s grandmother, Denise

Building a Bermuda T1D Network

Ryan Topple is Bermuda’s first International Diabetes Federation Youth Leader and a Director of the Bermuda Diabetes Association. He initiated T1D peer support and WhatsApp groups in December 2024, beginning with a community dinner that brought together members of Bermuda’s T1D community to establish a strong, supportive network.

In 2025, a summer beach BBQ event was held at John Smith Bay beach followed by an evening of bowling in December.

T1D Workshops

Anna Sabino, a Diabetes Educator and T1D Advocate, delivered three workshops in October on:

Raising Resilient Kids with T1D for parents and caregivers of children living with T1D.

Managing and Preventing Burnout on Your T1D Journey for adults living with T1D.

Supporting students with T1D - Practical Knowledge for School Nurses and Support Staff.



Reducing Diabetes Complications through early detection

Diabetes can cause long-term complications by damaging blood vessels and nerves, especially to eyes, feet, kidneys and the heart. Annually, BDA offers free screening events to encourage awareness and early detection.

Eye Health

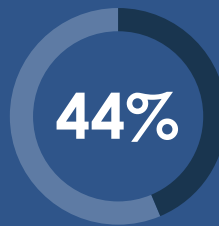
Retinopathy is the leading cause of vision loss for people with diabetes. In 2025, BDA in collaboration with Lahey Hospital and Medical Center and the Bermuda College Nursing Program, screened 72 people for retinopathy, glaucoma and age-related macular degeneration.



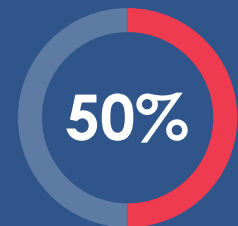
Eye Health Screening Results



2 people were newly diagnosed with **macular edema** (i.e. leaking of fluid in the back of the eye associated with retinopathy) and were referred for **immediate ophthalmological care**. Without immediate treatment edema can lead to permanent vision damage.



of participants had signs of one or more of the eye health conditions.



of participants had an **HbA1c of 7%** which is considered high and an indication that there may be a need for changes in treatment or self-management.

Eye Health Treatment

Since 2023, the Association has screened 244 people and covered the cost of ophthalmological care (or co-pays) for 52 people who otherwise would not have been able to afford follow-up assessments and treatment. **Many of these individuals received treatment which preserved or improved their vision.**

BDA regularly collaborates with Vision Bermuda to cover treatment costs and achieve cost efficiencies.



244
people

screened since 2023.



52
people

had costs covered.



Chronic Kidney Disease (CKD)

In November 2023, BDA was the first Bermuda healthcare provider to pilot new point of care technology to provide CKD screening to anyone who is at risk. The most common risk factors in Bermuda are high blood pressure, diabetes and family history of kidney disease.

CKD is a growing global challenge, increasing in prevalence by 5% annually. In Bermuda, approximately 7% of people are diagnosed with CKD in the early stages. Early diagnosis and management save kidneys and reduces the need for dialysis and kidney transplant. When diagnosed early, medication along with lifestyle changes, can significantly improve kidney health.

1st 

Bermuda healthcare provider

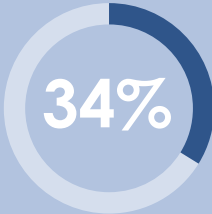
to pilot new point of care technology.

CKD Screening Outcomes


188 

people

screened for Chronic Kidney Disease

34% 

of the people screened were assessed as being at risk.

95% 

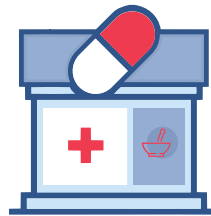
of the participants who were found to be at risk of CKD, were newly identified, i.e., they did not know that their kidney health was at risk.



Increasing access and affordability

BDA believes that all people living in Bermuda deserve equitable access to affordable medicine and the best diabetes education and care possible.

According to the Bermuda Health Strategy produced by the Ministry of Health, up to 35% of the population is unable to access quality health insurance without financial hardship. Moreover, Bermuda’s high cost of living affects equitable access to care, even for people who have health insurance, for whom co-pays may be unaffordable.



BDA Community Pharmacy - A Pharmacy with a Mission

(operated by the Bermuda Diabetes Association)

Operating the BDA Community Pharmacy as a social enterprise is central to BDA’s commitment to equitable access and achieving our mission. The BDA Community Pharmacy intentionally has kept its dispensing fee at \$15 since 2008, and maintains low margins on over-the-counter health products to ensure that people who need pharmacy products can access them at affordable prices. **The BDA Community Pharmacy is open to everyone in Bermuda**, so every purchase made contributes to filling more prescriptions, providing diabetes prevention, saving customers money and ultimately better health outcomes for our community.



BDA Community Pharmacy

has kept its dispensing fee at **\$15 since 2008** on prescription medications

The BDA Community Pharmacy’s social enterprise approach has:

Since 2020

Saved

\$3.5 million



Saved customers approximately \$3.5 million in dispensing fees

Since 2023

Saved

\$400,000



Saved people living with diabetes over \$400,000 in discounts on high-cost diabetes medication (including GLP-1s)

Client Assistance Program (CAP)

CAP assists persons with diabetes who are unable to afford health insurance, co-pays or who have insufficient insurance to cover the cost of medications.

Providing medication improves quality of life and reduces the health concerns associated with diabetes. Although incalculable, it results in a significant savings in Bermuda's healthcare expenditure from cost-related non-adherence (i.e., reducing or not taking medication to save money).

Non-adherence impacts the cost of healthcare owing to increased long-term complications, emergency care and hospitalisations that could be avoided. Non-adherence is also linked to increased risk of death for people with diabetes.



Since 2020



CAP has provided

\$560,000

in prescription medication


free of charge.



6,000+

prescriptions

were filled **free of charge** to people living with diabetes who couldn't afford health insurance or were underinsured.



That's over

250,000

vials of insulin, pills, and other essential medications.

