

A MILESTONE YEAR FOR SDRI

2019: A YEAR OF “FIRSTS” AT SANSUM DIABETES RESEARCH INSTITUTE



This has been a momentous year for Sansum Diabetes Research Institute; the 75th anniversary of world-renowned diabetes research pioneer, Dr. William Sansum establishing SDRI as a non-profit organization dedicated to medical research, with his quest being conquering diabetes.

Dr. Sansum founded SDRI in Santa Barbara in 1944, twenty-two years after his ground-breaking accomplishment: being the first American physician to successfully manufacture and administer insulin to a patient with diabetes.

We marked our 75th anniversary in March with a first ever gala: an elegant celebration at the Rosewood Miramar Beach resort in Montecito that raised over \$400,000 for SDRI to continue our important work.

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REMEMBERING DR. LOIS JOVANOVIC

One year has gone by since the passing of a beloved member of the SDRI family.

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2019: A YEAR OF “FIRSTS” AT SANSUM DIABETES RESEARCH INSTITUTE

(CONTINUED)

“As proud as we are of our past, we are equally excited for the future as we continue our tradition of ground-breaking contributions to medical science,” said Ellen Goodstein, Executive Director. “We begin our 76th year continuing SDRI’s firsts.”

Earlier this year, SDRI began the first Artificial Pancreas study in the United States for pregnant women. The National Institutes of Health awarded Harvard John A. Paulson School of Engineering and Applied Sciences, and a clinical research consortium made up of specialists from the Icahn School of Medicine at Mount Sinai, the Mayo Clinic, and SDRI, a RO1 grant to develop and evaluate a pregnancy-specific Artificial Pancreas in a sequence of in-clinic and transitional environment clinical trials.

“As proud as we are of our past, we are equally excited for the future as we continue our tradition of ground-breaking contributions to medical science.”

ELLEN GOODSTEIN,
EXECUTIVE DIRECTOR

The first clinical trial in the grant, the LOIS-P, is named after Dr. Lois Jovanovic, SDRI’s former Chief Executive Officer and Chief Scientific Officer. Dr. Jovanovic performed her groundbreaking clinical trials at SDRI for 27 years, and laid the foundation for the current worldwide standards of care in diabetes and pregnancy. The team of researchers hopes these first-in-the-nation studies will lead to improved patient and fetal outcomes, better care and reduced patient burden.

Also, SDRI earned national accreditation by the American Diabetes Association for excellence in providing diabetes self-management education and support, critical elements of care for the 30 million Americans living with diabetes and the more than 114 million Americans at risk for developing the condition.

At the start of 2019, we launched the full-scale Mil Familias project: a 10-year, first-of-its-kind study to understand the causes of the Latino diabetes epidemic and what we can do to end it. (More on page 5)

After a successful pilot program, our inventive Farming for Life project, developed here at SDRI, officially kicked off in 2019, prescribing organic vegetables to low-income residents living with type 2 diabetes. This fall, SDRI expanded this “eat your medicine” program to include

SDRI 2018 PROGRESS

CLINICAL RESEARCH TRIALS CONDUCTED

25

SDRI has been on the forefront of diabetes research since our founding in 1944. Many of our studies in 2018 resulted in FDA approval of medical devices.



PEOPLE REACHED THROUGH OUR DIABETES PROGRAMS

1155

Our diabetes education programs include both type 1 diabetes and type 2 diabetes.



445

PATIENTS PARTICIPATED IN CLINICAL RESEARCH TRIALS AT SDRI



140

PREGNANT WOMEN WITH DIABETES DELIVERED HEALTHY BABIES



SDRI’s former Chief Scientific Officer, Dr. Lois Jovanovic, developed the protocol for pregnancy and diabetes that is used locally and globally.

students at Santa Barbara City College.
(More on page 5)

SDRI's team of researchers continues to follow in Dr. Sansum's footsteps by performing a wide-range of clinical trials to improve the lives of people living with diabetes.

One unique trial, that is ongoing, is our "travel study." SDRI has performed eight travel trips with four more in the future, flying sixteen clinical trial participants with type 1 diabetes to Hawaii, then to New York City, back to Hawaii and finally to California, to test which long acting insulin, Tresiba or Lantus, does better countering the effects of jet lag on blood sugar during long haul travel.

Our statistics for 2018 show the enormous amount of work done at SDRI in recent years. (See infographic on page 2). In 2018, SDRI conducted 25 clinical research trials with 445 patients participating. Many of our diabetes studies resulted in FDA approval of new medical devices for diabetes patients.

SDRI is also a leader in diabetes education and care. Our wide range of programs, which include Farming for Life, Mil Familias, Ocho Pasos a la Buena Salud, Diabetes Prevention Program, OneTalk, and T1D College Program, reached 1,155 people last year alone.

115 diabetes patients received clinical care at SDRI in 2018 and 140 pregnant women with diabetes, under SDRI's care, delivered healthy babies last year.

As 2019 winds down, we remember the words of our brilliant founder, "The outlook for medical research is brighter than at any time in history." Dr. Sansum uttered that phrase more than 90 years ago, when first arriving in Santa Barbara, but his words still ring true today.

SDRI HISTORY



1922
Dr. Sansum produces insulin from animal pancreases, becoming the first American physician to manufacture and administer insulin to patients.



1981
Dr. Lois Jovanovic conducts clinical trials showing for the first time women with diabetes can have successful pregnancies.

2000
Sansum Medical Research Foundation becomes the primary U.S. site to conduct research on an implanted glucose sensor and insulin pump.



2004
1st U.S. patent issued for algorithm used in automated glucose control (Artificial Pancreas)

2007
1st automated closed loop clinical trials in the U.S. (Artificial Pancreas)

2016
SDRI begins collaboration with Diabetes Technology Society to support the development of digital health technology into all aspects of diabetes care.



2017
SDRI is integral in efforts for first FDA approved glucose monitor that does not require finger sticks.

2019
SDRI collaborates with Harvard on first Artificial Pancreas & Pregnancy study.

2019
SDRI celebrates 75 Years of Progress.

1944

Dr. Sansum establishes Sansum Medical Research Foundation as a nonprofit research organization.

1953

Dr. Hildahl Burtness, President of the Foundation, continues to advance Dr. Sansum's legacy.

1996

Dr. Lois Jovanovic appointed Chief Executive Officer and Chief Scientific Officer.



2003

Name changes to Sansum Diabetes Research Institute (SDRI).

2005

Ocho Pasos a la Buena Salud, a culturally appropriate Spanish-language diabetes self-management education support (DSMES) series is developed, and serves as the foundation of all SDRI education programs.

2012

Self-management education program is developed for women with diabetes to improve pregnancy outcomes.



2017

SDRI launches Mil Familias, a 10 year initiative to improve the lives of Latino families with diabetes through research, education, and care.

2018

SDRI launches Farming For Life, using food as medicine to address type 2 diabetes and food insecurity.

2019

SDRI receives ADA accreditation for diabetes self-management and support (DSMES)

75 Years
**SANSUM DIABETES
RESEARCH INSTITUTE**
1944 - 2019

Sansum Diabetes Research Institute is proud to carry on Dr. Sansum's extraordinary legacy and we remain dedicated to improving the lives of the millions of people impacted by diabetes through research, education, and care.

SDRI AIMS TO ‘MAKE DIABETES HISTORY’



Members of the local health and Latino communities, including special guest, Congressman Salud Carbajal (CA-24th District), gathered at SDRI on August 7th for a discussion about diabetes and how to improve access to healthcare in the Latino community.

During the event entitled, Make Diabetes History, SDRI’s Anthony Castillo (Board Trustee), Dr. David Kerr, Namino Glantz, PhD, and Jessikah Morales (SDRI staff) outlined the challenge posed by type 2 diabetes in the Latino population, as well as SDRI’s strategy to address it with their ground-breaking 10-year research project, Mil Familias.

“We are fortunate to have a world-class institute like SDRI in our community.”
CONGRESSMAN **CARBAJAL**

Congressman Carbajal then invited suggestions from attendees – local Latino leaders in government, education, business, media, finance, social services and more – to facilitate Mil Familias’ success in Santa Barbara and to scale efforts throughout California and beyond.

“We are fortunate to have a world-class institute like SDRI in our community,” said Congressman Carbajal. “They have a history of contributions to the medical community in diabetes that have been adopted around the globe. Their added focus on type 2 diabetes research through the Mil Familias program is helping us understand why Latinos are twice as likely to develop type 2 diabetes than other groups, and their outreach gives people the tools to live well. The work of SDRI is pivotal to our region and our world, and I am committed to helping SDRI’s efforts. I encourage others to do the same.”

“We are very grateful for Congressman Carbajal’s support for this very important SDRI project,” said Ellen Goodstein, SDRI Executive Director. “Mil Familias is a first-of-its-kind study to determine why the incidence of type 2 diabetes is disproportionately higher in the Latino population, with an ultimate goal of prevention and a cure.”

SDRI’s Mil Familias research project began in 2017 with the goal of engaging 1,000 Latino families on the Central Coast to understand why diabetes is so prevalent and to establish education, prevention and treatment interventions to reduce the burden of diabetes, kidney failure, stroke and heart disease.

To learn more about Mil Familias or to enroll, call (805) 335-0124 or email milfamilias@sansum.org.

SAVE THE DATE

NOVEMBER 6, 2019: OneTalk San Luis Obispo
Special Presentation by Amy McKinnon, *Exercise and T1D*

NOVEMBER 14, 2019: OneTalk Santa Barbara
Special Presentation by Dr. Steve Edelman, *Type 1 Diabetes: The Past, Present and Future*

NOVEMBER 2019: Celebrate National Diabetes Awareness Month with SDRI, more details to come!



A SDRI PILOT PROGRAM: DIABETES PUEBLO

This year, SDRI launched Diabetes Pueblo, a new education series for the Latino population that combines the fundamentals of diabetes self-management with resources for insulin therapy.

This intervention seeks to address the culturally specific barriers to insulin therapy in this population and equip participants with the information necessary for both lifestyle and medication management.

The curriculum builds on SDRI's Ocho Pasos diabetes self-management education series and incorporates discussion around cultural myths and fears around insulin.

In addition to input on lesson plan design, our promotores especialistas en diabetes led recruitment, screening, curriculum delivery and the data collection

for this program, providing significant professional growth opportunities for the team.

"Ultimately, we hope that after this program, participants will be able to better manage their diabetes and improve their perception of insulin," said Jamie Creason, SDRI's Director of Education.

"We have found through community input and our extensive experience working with this population that negative perceptions of insulin therapy are a significant barrier to optimal blood glucose management. By changing this perception, individuals may prevent the risks and complications associated with poorly controlled blood glucose by initiating insulin therapy when medically indicated."

For more information on Diabetes Pueblo, contact Jamie Creason at jcreason@sansum.org.

... *"Ultimately, we hope that after this program, participants will be able to better manage their diabetes and improve their perception of insulin."*
...
... **JAMIE CREASON**, SDRI'S DIRECTOR OF EDUCATION

FARMING FOR LIFE EXPANDS

Sansum Diabetes Research Institute is excited to announce that SDRI's innovative Farming For Life program will be brought to Santa Barbara City College (SBCC) in September.

Farming for Life is a program developed by SDRI to explore the "food as medicine" concept in the context of type 2 diabetes and food insecurity. In this program locally grown organic vegetables are prescribed by physicians to low-income Latino people with type 2 diabetes once a week for twelve weeks. Currently, participants receive and fulfill all prescriptions at the Food Pharmacy housed within the Unity Shoppe of Santa Barbara. Blood glucose and other health and socioeconomic metrics will be collected at the beginning and end of the program to assess overall success.

SDRI has been working with SBCC to establish a vegetable distribution space centrally located within SBCC's athletic center. This expansion of Farming For

Life will enable SBCC students and staff concerned with type 2 diabetes to participate in our vegetable prescription program with convenience.

SDRI will work in collaboration with SBCC's health and wellness center, "The Well," to offer additional support and education resources to our participants.

"It is our hope that Farming For Life's presence at Santa Barbara City College will not only augment SDRI's reach within the Santa Barbara community but bolster the school's already established initiatives to combat on-campus food insecurity," said Mary Kujan, Farming For Life project coordinator.

Recruitment and enrollment kicked off at the start of SBCC's Fall semester.

For more information about Farming For Life, contact Mary Kujan, Project Coordinator, (805) 682-7640 ext. 243 or mkujan@sansum.org.

REMEMBERING DR. LOIS JOVANOVIC

One year has gone by since the September 2018 passing of a beloved member of the SDRI family, Dr. Lois Jovanovic.

The “godmother of modern-day diabetes care” spent the majority of her career here at SDRI, from 1986 to 2013, serving as CEO and Chief Scientific Officer. Dr. Jovanovic pioneered the medical protocols that made it possible for women with diabetes to have the same chance to have a successful pregnancy as women without diabetes.

Dr. Jovanovic’s patient centered approach to diabetes care empowered thousands of people with diabetes as well as inspired many to become exceptional physicians. As a mentor for women in medicine, her brazen tenacity opened doors that were previously closed to women.

“Lois Jovanovic gave to us all an amazing legacy of discovery. She changed how we practice medicine, she enlightened the field of diabetes, and she made it possible for women with diabetes to have healthy and happy babies. We must honor her by continuing her work, by feeling her passion and by spreading her words,” remembered Francine Kaufman, MD, Chief Medical Officer, Senseonics, Inc., Distinguished Professor Emerita of Pediatrics, Keck School of Medicine of the University of Southern California Children’s Hospital Los Angeles.

Dr. Jovanovic changed the world of diabetes in so many ways. She was a force of nature; her impact was extraordinary. She will be forever missed by so many.



As part of our 75th anniversary, SDRI is launching the Visionary Society to honor and recognize those who help us advance Dr. Sansum’s vision for improving the lives of those impacted by diabetes, locally and around the globe. We are very grateful for the dedication and support of these special individuals, foundations and companies whose shared commitment to this vision helps make our work possible. Members of the Visionary Society contribute a minimum of \$2,500 annually.

For more information on joining the Visionary Society, please contact Tamara Skov, Director of Major Gifts & Planned Giving, at (805) 682-7640 x215 or tskov@sansum.org.



VISIONARY SOCIETY

GIFTS RECEIVED BETWEEN JANUARY 1, 2019 AND AUGUST 30, 2019

- Alice Tweed Tuohy Foundation
- Andrew D. Busch Family Foundation
- Anonymous
- Mr. and Mrs. Bruce Anticouni
- Joan Doell Arnold
- The Coeta and Donald Barker Foundation
- Blooming Prairie Foundation
- Brownstein Hyatt Farber Schreck LLP
- George Burtness
- William S. Burtness
- GenCal Health
- Cottage Health System
- Thomas and Nancy Crawford
- Elena Engel and Andrew Konigsberg
- Mr. and Mrs. Ronald J. Fox
- Yvette and Jeff Giller
- Mr. Richard J. Goodstein and Ms. Joy Leach
- Claudia Graham, PhD
- The Gretler Foundation
- Christopher Haskell
- Hutton Parker Foundation
- Blake and Emily Jones
- Mike and Carolyn Karmelich
- Mr. and Mrs. Barry Kemp
- Lois Kroc
- Dr. and Mrs. Marc Lowe
- Michael MacElhenny and David Wine
- Montecito Bank & Trust
- Ms. Nancy Newman
- Mr. and Mrs. Mike Nissenson
- The Ogle Family
- Pacific Western Bank
- Mr. and Mrs. William Podley
- Mechanics Bank (formally known as Rabobank)
- Charlie and Marilyn Radaz
- The Redman Family
- Bob and Ruth Reingold
- Lady Leslie Ridley-Tree
- Matt and Natalie Rowe
- Mr. and Mrs. Gerry Rubin
- Sansum Clinic
- Santa Barbara Foundation
- St. Francis Foundation
- Sun Life Foundation
- Thatcher Foundation
- Mike and Audrey Tognotti
- Mr. Mick Ventura
- William K. Bowes, Jr. Foundation
- Dr. Howard Zisser and Dr. Kathleen Zisser

ANDY AND KIM BUSCH HOST SDRI BENEFIT



SDRI is tremendously grateful for the generosity of Andy and Kim Busch, owners of Folded Hills Winery, for hosting a SDRI fundraiser, Dinner with the Winemaker, on May 4, 2019.

Fifty attendees enjoyed cocktail hour on the terrace of the Busches' home, featuring elegant Folded Hills wines, followed by a poolside wine-paired dinner, expertly prepared by Chef Diana Cuttrell of Dining With Di catering. The evening of excellent wine and gourmet cuisine also included a research update from SDRI's Board of Trustees President, Dr. Alexander DePaoli, and a heartfelt testimonial from Amanda Girdler on the challenges of raising a child with type 1 diabetes.

In addition to contributing their beautiful wines and dinner, the Busches also shared stories of their journey from beer to wine. The son of August Anheuser Busch, Jr., Andy's family built an American beer empire in St. Louis. Andy and Kim Busch are now successfully building a wine label in Santa Barbara County.

"Andy and I were honored to host one of Sansum Diabetes Research Institute's Dinner with the Wine-maker events at our home in Santa Barbara," said Kim Busch. "Our winery, Folded Hills, is brand new and it was such a privilege to pour for this savvy group of wine enthusiasts. We all learned about the great work that SDRI is doing and heard from Amanda about her



..... *"Andy and I were honored to host one of Sansum Diabetes Research Institute's Dinner with the Winemaker events at our home in Santa Barbara."*

..... **KIM BUSCH**

journey with diabetes. Even though our son had been treated by Dr. Fima Lifshitz at SDRI, we were fairly uninformed about the amazing work being done right here in Santa Barbara. Now we are huge fans!"

"The great thing about these vintner's dinners is the bond created between guests, the doctors and the staff at SDRI. Folded Hills tasting rooms in Montecito and the estate will always roll out the red carpet for anyone connected with Sansum Diabetes," Busch added.

We thank the Busches and Folded Hills Winery for their support of Sansum Diabetes Research Institute and we encourage you to visit their winery homestead near Gaviota and tasting room in Montecito.



ADA HIGHLIGHTS: SDRI SHINES AT SCIENTIFIC SESSIONS



For the first time, SDRI was an exhibitor at the largest annual research and clinical meeting on diabetes in the world: the American Diabetes Association Scientific Sessions. While SDRI has been attending the ADA Scientific Sessions for many years, it was an incredible opportunity to have a strong presence in the Exhibit Hall.

More than 15,000 medical professionals from over 115 countries attended the ADA 79th Scientific Sessions in June in San Francisco.

The Exhibit Hall was an interactive area where attendees were able to meet with over 100 exhibitors and enhance their understanding of emerging technology, cutting-edge products and services and progressive patient solutions. As an exhibitor, SDRI was able to network with others in the field of diabetes from around the globe.

SDRI had 8 posters accepted to this year's Scientific Sessions, highlighting our robust translational diabetes

SDRI had 8 posters accepted to this year's Scientific Sessions, highlighting our robust translational diabetes research from this past year. We are proud of our groundbreaking research.



research from this past year. We are proud of our groundbreaking research. Our team and collaborators presented posters on the following topics: Early Real-World Hypoglycemia Outcomes with Use of the Tandem Basal-IQ Technology System; Innovative Blood Sampling Technology for Convenient, Nearly Painless, and Accurate Monitoring of Diabetes; Perceived Barriers to Physical Activity in People with Type 1 Diabetes Using CGM; Physical Activity Levels Among Latino Adults with Type 2 Diabetes; Comparative Effects of Two Types of Pasta vs. White Rice on Postprandial Glucose Levels in Adults with Type 1 Diabetes; Diabetes and Doom; Lay Perceptions of Diabetes Stratified by Biometrics in Latinos with Type 2 Diabetes; Improved Accuracy of 14-Day Factory-Calibrated FreeStyle Libre System with New Glucose Algorithm; and Self-Reported Acute Psychological Stress is Associated with CGM-Based Hyperglycemia in Type 1 Diabetes.

SDRI's Dr. David Kerr has been invited to join the ADA Scientific Sessions Exercise Subcommittee to decide on the program for the ADA's 80th Scientific Sessions in Chicago in June 2020.





NEW PROJECT:

EXAMINING HOW POLLUTION CONTRIBUTES TO DIABETES EPIDEMIC

Sansum Diabetes Research Institute has begun a first-of-its-kind partnership with the Bren School of Environmental Science & Management at UC-Santa Barbara to study the correlation between diabetes and pollution.

Earlier this year, a Bren School master's student group launched a year-long public health impact project, in consultation with researchers at SDRI, to investigate whether there is a relationship between diabetes risk and pollution exposure and, if so, whether this disproportionately impacts disadvantaged communities. The group will combine existing sets of data on pollution exposure, diabetes and race or ethnicity from Santa Barbara County, with the goal of developing a practical risk screening tool.

"Questions we need to ask include: Is there an increased risk of diabetes the closer you live to a

freeway? Is there an increased risk of diabetes if you're an agricultural worker working with pesticides? Is the risk of diabetes in unborn children increased because of proximity to a freeway or a farm? How much harm are we doing to ourselves? How much of that is contributing to the epidemic of diabetes?" said SDRI's Dr. David Kerr.

In addition to analyzing the existing database, Bren School students will apply analytical skills to identify ways to ease environmental drivers of diabetes risk in the communities most vulnerable to pollution exposure and diabetes.

For more information on the cutting edge SDRI / Bren School project or to inquire about becoming an industry partner, contact SDRI's Dr. David Kerr at dkerr@sansum.org or SDRI's Namino Glantz, PhD, at nglantz@sansum.org.

SDRI'S VOLUNTEER OF THE YEAR

WE ARE DELIGHTED TO RECOGNIZE A VERY SPECIAL PERSON AS SDRI'S
VOLUNTEER OF THE YEAR — ROSA DE FREITAS!



"I enjoy being part of the dynamics at the Institute and working with the dedicated and creative people there. I like being a support person contributing to their many activities so that their programs move forward quickly and smoothly."

ROSA DE FREITAS
VOLUNTEER
OF THE YEAR

Rosa has been volunteering for SDRI for 15 years as part of the Sansum Birthday Program. The Wednesday Volunteer Group sends birthday cards to friends who support diabetes research. These birthday greetings followed Dr. Sansum's vision, asking that everyone whose life has been saved or whose health has been improved through the fruits of medical research, make a birthday gift of a dollar for each year of their life to support the cause.

Rosa also writes personal notes to constituents, makes calls to donors and coordinates various mailings whenever extra help is needed.

We are grateful for Rosa de Freitas' talents and time and so appreciate her and all of SDRI's dedicated volunteers.



Honoring those who have made a legacy gift to Sansum Diabetes Research Institute supporting its mission to improve the lives of those impacted by diabetes through research, education, and care.

- | | | | |
|----------------------------------|----------------------------------|-----------------------------|---------------------------------------|
| Robert Abbey* | Linda Eisenberg | Gretchen Marble* | Otto H. Schirdeewan* |
| Richard M. Abbott* | Marjorie Emerson | Victor Martino | Sophie E. Schnitter* |
| Margo Adams | Clifford Eslick* | Joan McCormick* | COL Charles E. Schreffler* |
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| Florence Doty* | La Verne and Jean Malueg* | Mary L. Schardein* | Burton Zoul* |

Quest Society members share Dr. Sansum's passion for improving the lives of those with diabetes. Through legacy giving, they ensure that Dr. Sansum's quest continues. We are honored to recognize them. For more information on the Quest Society, contact Tamara Skov, Director of Major Gifts and Planned Giving, 805-682-7640 x215 or tskov@sansum.org.

Name* = deceased

A Global Leader in Diabetes Research, Education, and Care.

Written content by Wendy Thies Sell & design by Stensland Design

MESSAGE FROM THE EXECUTIVE DIRECTOR

As we begin our 76th year, we will continue to remember and honor the past as we look forward to breaking new ground in the future. In this edition of the Quest, we once again remember Dr. Lois Jovanovic who passed away in 2018 but left an indelible mark on the world. And we focus on our continuing tradition of firsts in the medical field through our presentations at the 79th Scientific Sessions at the ADA conference, our collaboration with UCSB's Bren School of Environmental Engineering, our Mil Familias program which was recently endorsed by Congressman Salud Carbajal, and our ongoing excellence in providing diabetes education programs. We know that our future is secured by those who support us so please take a moment to review our Quest Society members, those who have included SDRI in their will or estate plan, past and present. Additionally, we are honoring our Visionary Society members who make a significant annual contribution to SDRI and we have included the names of our 2019 members to date. We remain grateful for all of you whose support allows us to continue to thrive as we begin the next 75 years.



ELLEN M. GOODSTEIN, ESQ., M.ED.
EXECUTIVE DIRECTOR

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