

A large, faint, stylized bird logo in the background, composed of overlapping leaf-like shapes in shades of blue and purple. The bird is facing left.

BUILDING ON THE **BEST**

THE CHARLES H. BEST DIABETES CENTRE
EXPANSION CAMPAIGN



The Charles H. Best Diabetes Centre History

- The Charles H. Best Diabetes Centre (“Best Centre”) was founded by Marlene Grass, RN, because she uncovered a major healthcare gap. Majority of resources were given to type 2 diabetes programs with no focus on type 1 diabetes (T1D)
- In **1989** the centre opened to help those forgotten by the healthcare system
- Without government funding and with the help of a few dedicated families, Marlene found a way to offer this missing healthcare to children living with devastating T1D
- For 35 years the Best Centre has worked to bridge the education and care gap that people living with T1D experience

What is Type 1 Diabetes?

There are 2 major types of diabetes. Type 1 and type 2.

- Type 1 diabetes is **NOT** preventable, its cause is unknown and there is **NO** cure.
WITHOUT INSULIN, DEATH IS CERTAIN.
- T1D is the leading cause of non-traumatic amputations, kidney failure, heart disease and blindness.
- T1D can strike at any age. People do not outgrow the disease or survive without insulin



The Best Centre Vision & Mission

Vision

As an esteemed leader in type 1 diabetes expertise, we will provide exceptional community-based services driven by our patients and their need for lifelong care, education and support.

Mission

To keep our children, youth and adults living with type 1 diabetes healthy until a cure is found.

What Does The Best Centre Do?

- **There is no other place like The Charles H. Best Diabetes Centre**

Not the local physicians, not the hospitals, not the walk-in clinics nor community health centres can do what the Best Centre does

- **The Best Centre specializes in type 1 diabetes**

The Best Centre is a registered charity serving the community, providing exceptional healthcare, without a fee to any patients

- **We provide frontline healthcare**

Above and beyond the care model supported under the usual Ontario Health Insurance Plan

What Does The Best Centre Do?

- The Best Centre is a resource to families dealing with all aspects of the impact a T1D diagnosis, including mental health
- Interdisciplinary care and proactive medical and mental health support is the norm
- Always there; to improve quality of life and daily self-management
- The Best Centre is a system pillar partner in our provincial healthcare delivery model, providing burden relief for the local physicians and hospitals

What Does The Best Centre Do?

A wide range of programs and services are delivered in a multidisciplinary team environment. These programs include:

- 24/7 on-call clinical educator service
- Comprehensive school and outreach programs
- Advanced knowledge translation and education for healthcare professionals
- Improved quality of life and health outcomes



What Makes The Best Centre Special?

- T1D does not take a break so neither do we
- Interdisciplinary care continued into adulthood and senior years
- All perspectives are considered with a focus on the patient needs in the moment.
- There is no limit to the number of clinical interactions with our team.



What Makes The Best Centre Special?

- Care delivered with the latest technological developments.
- Our intervention reduces emergency visits and stays in the hospital.
- Our interdisciplinary clinical team includes physicians, Registered Nurses, Social Workers, and Dietitians.

Current Best Centre



Best Centre Vision



The Plan

- Triple patient capacity
- First floor accessibility
- New large event/education space

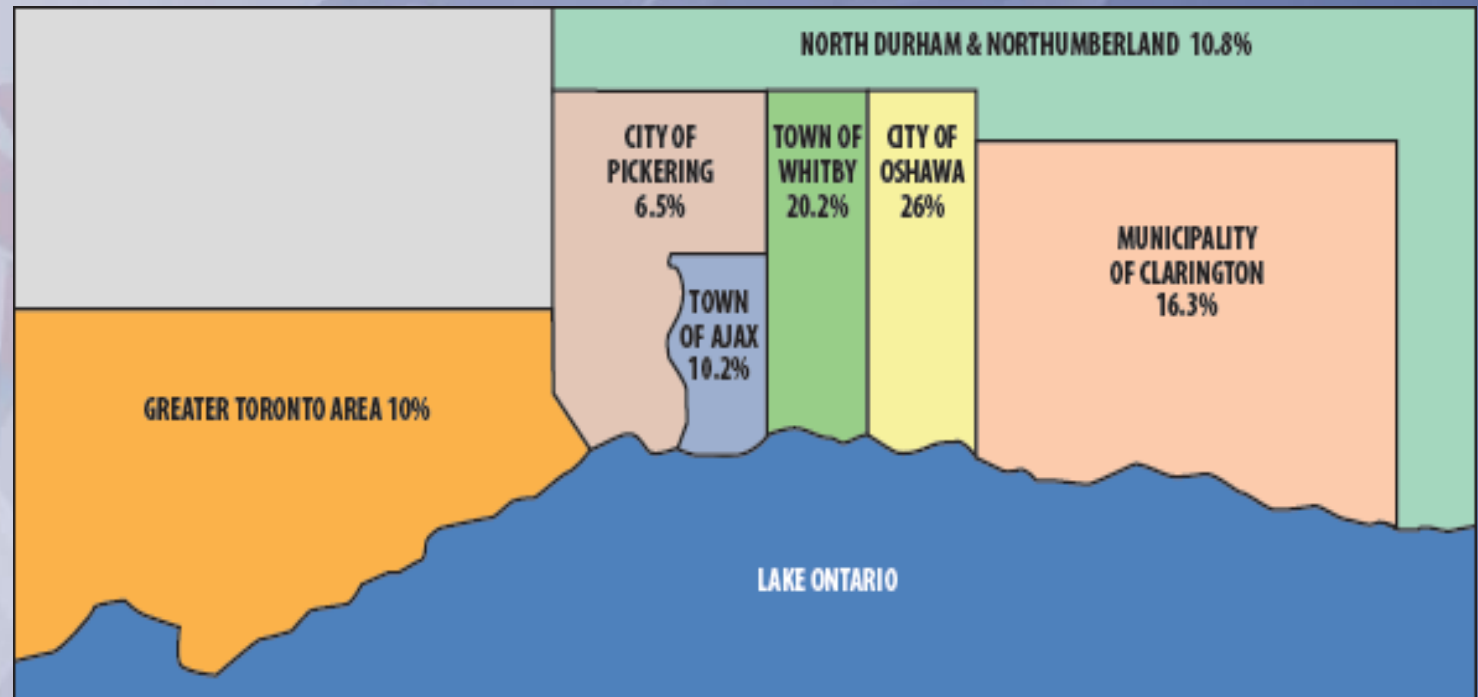
Why Expand The Best Centre?

- **The Charles H. Best Diabetes Centre is located in the epicentre of Durham Region**
We are perfectly located to help the growing number of families that are in the area and surrounding communities. Patients and families come from all eight Durham municipalities
- **No question of whether there will be more patients, rather a forecast of how many?**
We must continue to grow in order to support the growing community of people and T1D patients coming to Durham Region
- **The demand for our patient services has increased consistently**
An annual average increase of 14.5% over the last decade

Why Expand The Best Centre

- Today - close to 2,000 patients who rely on the Best Centre
- Eighty-five percent of the Best Centre's patients come from every corner of Durham Region (see Figure 1).
- Durham Region expects an astounding growth in population (up by 75% to 1.2 million people)* over the next two decades
- We must plan for the infrastructure needed which includes healthcare services and our contribution within the larger healthcare system.

* (<https://www.durham.ca/en/doing-business/envision-durham.aspx>)

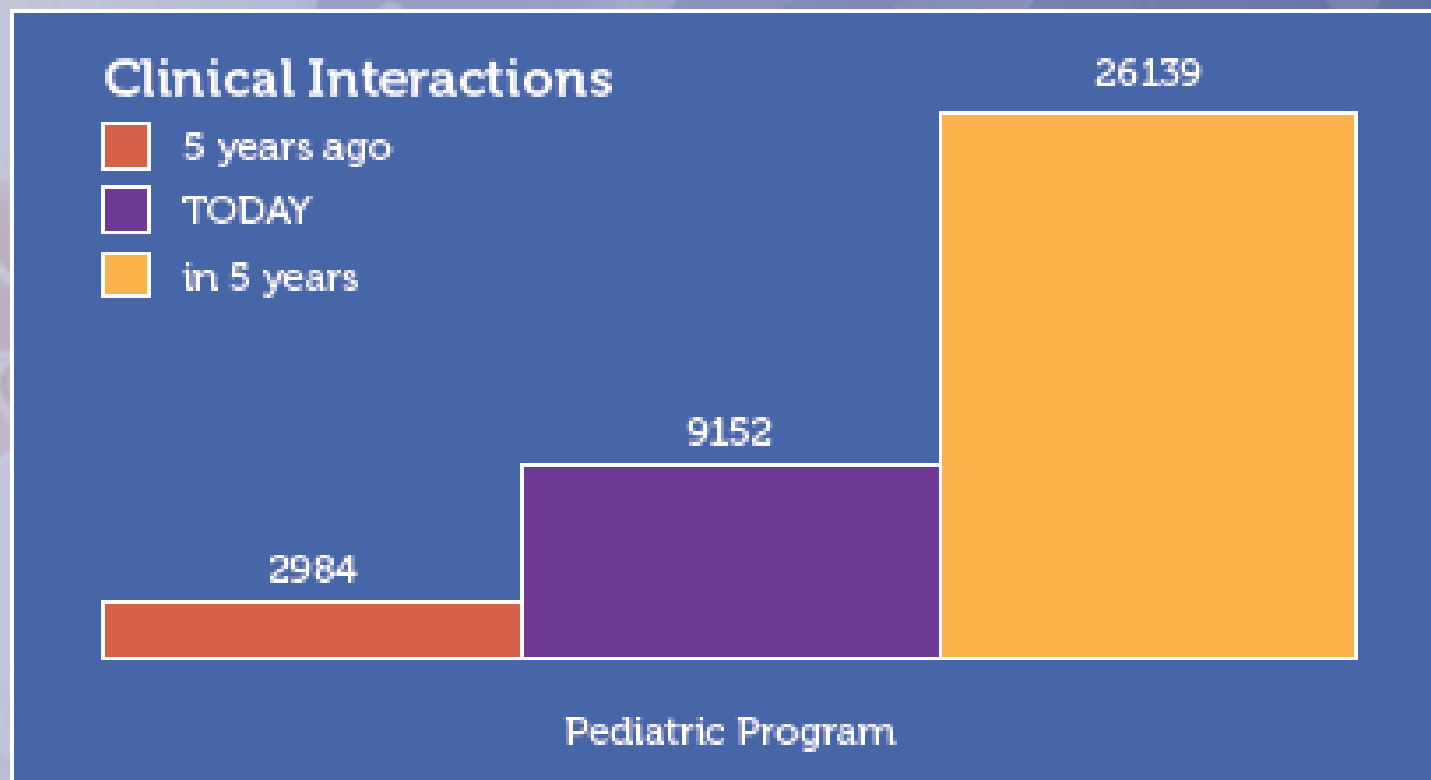


The Need is Now

- The Best Centre has outgrown its current space
- The past 5 years has shown a major increase in patient demand
- The issue we are facing now is that we can't keep up with the growing number of patients requiring our support (doubling of patients expected by 2027)

The Need is Now

1. We expect an increase in active patients by 1.7 times in the next 5 years
2. The goal is to break ground (phase 1) by year end 2024
3. Renovation of the existing space (phase 2) being completed the following year





Building on the Best Expansion Campaign

- An impressive end-product of 18 patient counselling rooms (up from 7)
- A new large event and group education space
- 6 meeting rooms and an additional clinic room with play areas
- Full 1st floor accessibility
- Improved privacy and layout of new addition (Welcome Area/reception) that will connect the two original structures

Building on The Best Outcomes

The expansion will mean families dealing with T1D can have;

- Access to more counselling services by exceptional experts
- An event space to host educational workshops, seminars and conferences for BOTH patients and healthcare providers
- A place to bring their loved ones, to keep them away from an emergency department or hospital admission

Collaboration

Key Partners

Ministry of Health

Durham and GTA Hospitals
(Lakeridge, SickKids)

Diabetes Specialists (pediatric
and adult)

Primary care clinics



Financial Progress

July 2025

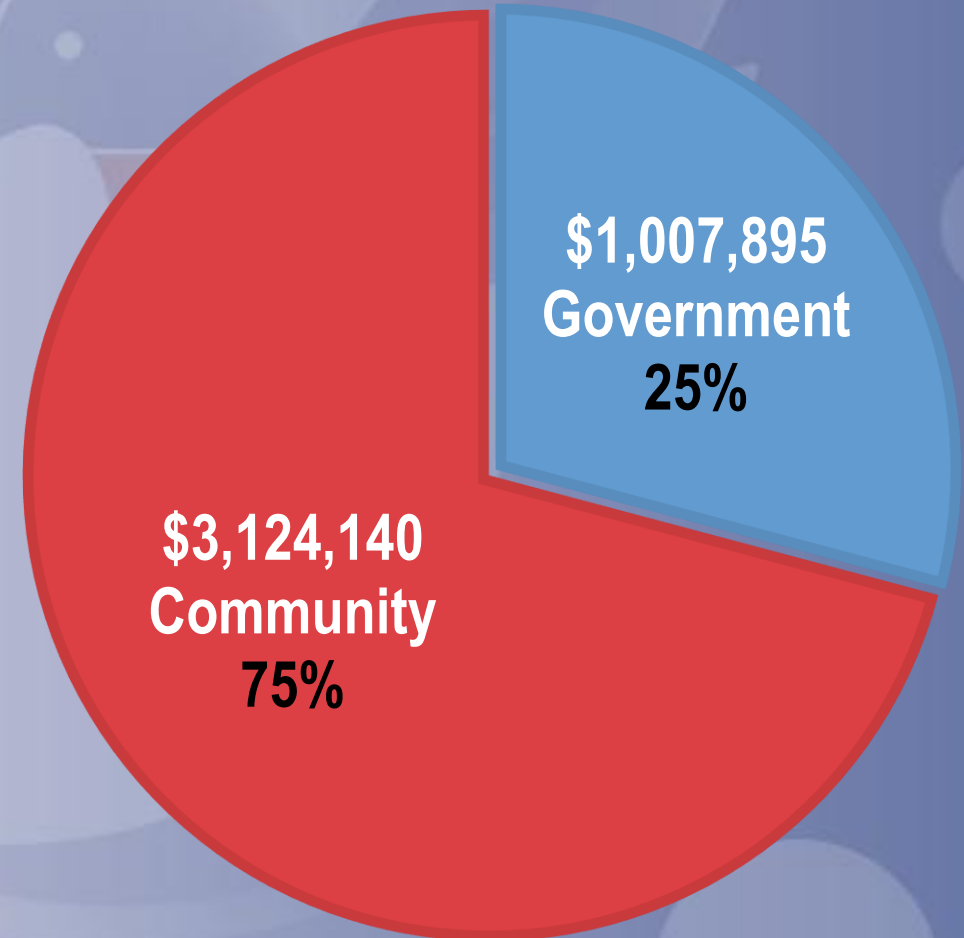
Original Goal: \$8M

Raised: ~\$4.13M

Durham Region	\$340K
Municipalities	\$660K

Community includes

Corporate	\$1.04M
Community	\$1.93M
Best Centre	\$150K



Concluding Thoughts

- Our prime location is at the epicentre of Durham Region where we will experience growth in population, housing and infrastructure.
- Build awareness around the differences between type 1 and type 2 diabetes
- T1D has a fatal outcome if not managed properly.
- We need to ensure that The Best Centre is sustained; because it is the **only** place of its kind in Canada.



Thank you!

Please reach out for more information

buildingonthebest@charleshbest.com