

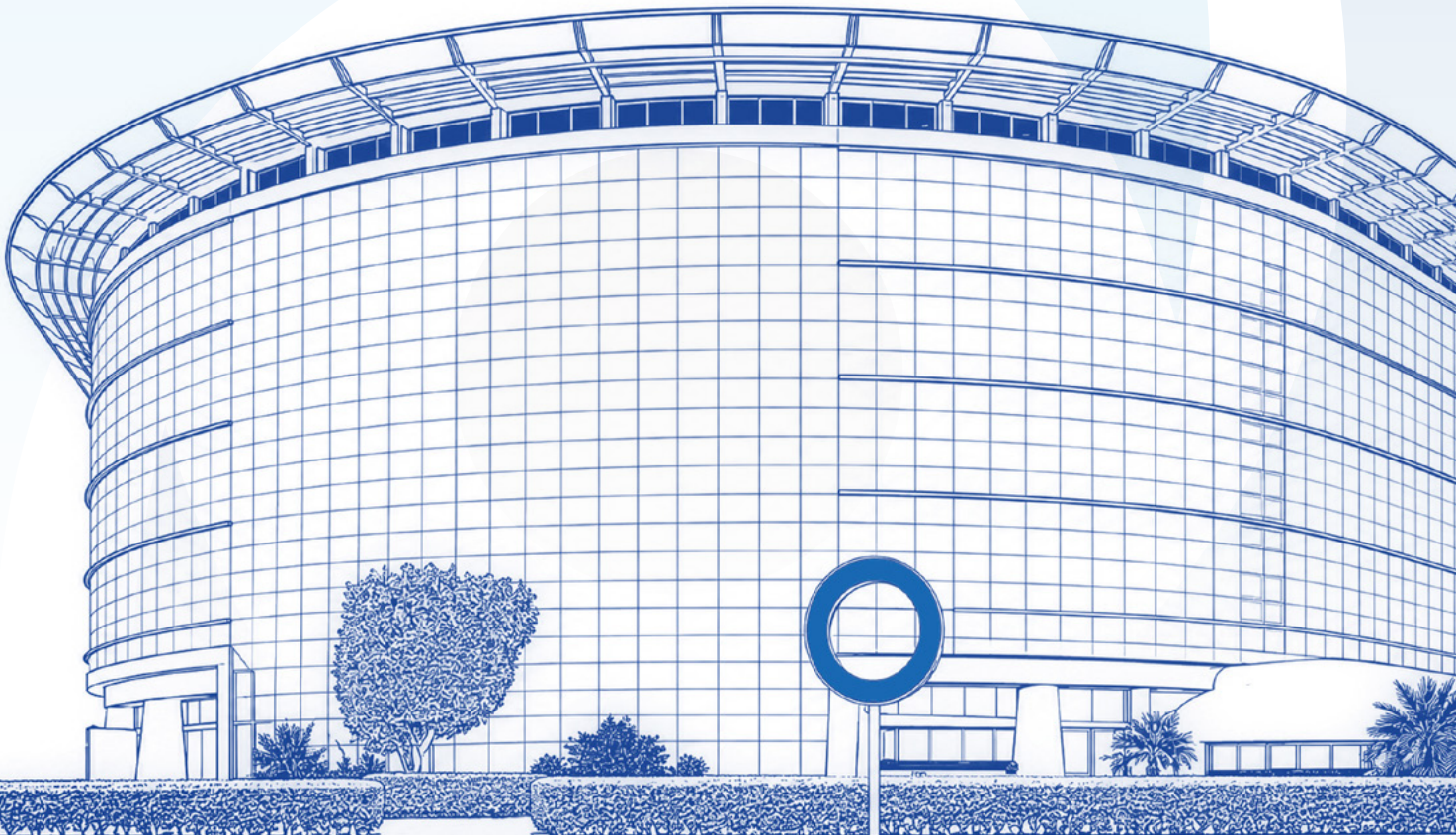


معهد دسمان للسكري
Dasman Diabetes Institute



أحد مراكز
Center

مؤسسة الكويت للتقدم العلمي
Kuwait Foundation for the Advancement of Sciences



2025 ANNUAL REPORT



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**His Highness the Amir Sheikh Mishal Al-Ahmad
Al-Jaber Al-Sabah,
May Allah Protect and Bless Him**



**His Highness the Crown Prince Sheikh Sabah
Khaled Al-Hamad Al-Sabah,
May Allah Protect Him**



**His Highness Sheikh Ahmad Abdullah Al-Ahmad
Al-Sabah, the Prime Minister,
May Allah Protect Him**

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DG OPENING MESSAGE



It is with great pride that I share the notable milestones achieved by the **Dasman Diabetes Institute (DDI)** over the past year. Driven by our mission to **address the diabetes epidemic in Kuwait through focused research, integrated prevention, training, and education**, we continue to lead the way in translational research, clinical care and community outreach, maintaining our standing as a prominent authority in the global fight against diabetes.

Our scientific community reached new heights in 2025, marked by prestigious accolades and groundbreaking discoveries. The year's key honors included a recipient of the **L'Oréal-UNESCO For Women in Science** Middle East Regional Young Talents Award, and a team of our researchers receiving the **Paul Dudley White International Scholar Award** from the American Heart Association. The year of 2025 was a year of significant knowledge exchange, we hosted the inaugural **International Dasman Diabetes Summit (IDDS)**, while our research output grew to **124 papers**, with 95% published in high-impact journals. Additionally, our collaboration with the Ministry of Health (MoH) led to two U.S. patents for innovative sleep apnea diagnostic tests, bringing **our total to eight patents** and reinforcing our commitment to global healthcare innovation.

DDI continues to uphold the highest clinical and operational standards, maintaining our **Diamond Level Accreditation** from Accreditation Canada with an exceptional score of 99.7%. We also achieved a national milestone by becoming the first non-governmental entity integrated into the MoH's Sahel and Salem digital platforms. Our research frontier was further expanded through strategic partnerships with world-class institutions like Harvard and the University of Oxford.

Beyond our walls, we remain dedicated to empowering the community and fostering health literacy in the next generation. In 2025, our awareness campaigns and mobile clinic visits reached over **4,250 participants**, while our educational programs **certified 1,810 individuals**. These achievements are a testament to the dedication of our staff and the unwavering support of our partners as we continue to improve the lives of the Kuwaiti population through translational research and world-class care.

In conclusion and on behalf of the employees at the Dasman Diabetes Institute, I can only express my heartfelt appreciation and gratitude to His Highness the Amir Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah, may God protect and bless him, and to His Highness the Crown Prince Sheikh Sabah Khaled Al-Hamad Al-Sabah, and to His Highness the Prime Minister Sheikh Ahmed Abdullah Al-Ahmad Al-Sabah, may God protect them, beseeching God Almighty to grant them success in moving our beloved country forward on the paths of progress and prosperity.

In the following pages, it is my pleasure to share a synopsis of our 2025 Achievements.

Dr. Faisal Hamed Al-Refaei

Acting Director General

Dasman Diabetes Institute



KEY MILESTONES

AWARDS & ACHIEVEMENTS

Recognizing milestones that inspire innovation and drive our mission forward.



DDI signed partnership with **University of Oxford** and the **Gates Foundation**



DDI Secures **US Patents for Innovative Sleep Apnea**



Dr. Fatemah Al Rashed, Halemah Al Saeed, Dr. Rasheed Ahmad, and Prof. Fahd Al-Mulla awarded the **Paul Dudley White International Scholar Award** by the American Heart Association's (AHA) Council



Dr. Fatemah Bahman Selected as a **L'Oréal-UNESCO For Women in Science Middle East Regional Young Talent**



450
Participants



14
International
Speakers



7
Renowned
Speakers

MAINTAINING EXCELLENCE & QUALITY

Upholding the highest standards through continuous quality, compliance and excellence.



Retained the IDF Centre of Excellence Award - 2025



Maintained the CAP Accreditation for the Clinical Laboratory - 2025



Achieved the Diamond Level Accreditation for the fifth QMENTUM Accreditation cycle with a score of 99.7%



Maintained HIPAA Certification valid until August 2026



Qualified from the U.S. Department of Health and Human Services (HHS) for the registration of its Institutional Review Board (IRB)


RESEARCH & COMMUNITY IMPACT

Advancing Knowledge. Driving Impact. Improving lives.

RESEARCH PUBLICATIONS 2025

124

Papers Published

 **10.7%**
Compared to 2024

PUBLICATION BREAKDOWN



- 58** Original Research 46.8%
- 43** Collaborative Publications 34.7%
- 23** Reviews and Editorials 18.5%

RESEARCH PROJECTS 2025



55

Active Projects



39

Ongoing Projects



16

Newly Initiated

PUBLIC AWARENESS ACTIVITIES



22

Outreach



4

Conferences



16

Seminars



15

Lectures



12

Workshops/
Courses



11

Events

DIGITAL & SOCIAL MEDIA PERFORMANCE

Expanding our reach. Engaging our community. Creating Impact.





INTERNATIONAL & NATIONAL AWARDS AND ACHIEVEMENTS

INTERNATIONAL & NATIONAL AWARDS AND ACHIEVEMENTS

DDI Concludes 1st International Dasman Diabetes Summit (IDDS)

In 2025, DDI successfully hosted the inaugural **International Dasman Diabetes Institute Summit (IDDS)** on Advanced Diabetes Care.

The three-day event attracted more than **450 participants** and served as a leading platform for healthcare professionals, researchers, and experts to advance their knowledge, exchange insights, and foster professional collaboration. The summit featured **14 international** and **seven renowned** speakers, underscoring its global reach and scientific significance.

450

Participants

14

International Speakers

7

Renowned Speakers



L'Oréal-UNESCO to Dr. Fatemah Bahman

Dr. Fatemah Bahman Selected as a **L'Oréal-UNESCO For Women in Science Middle East Regional Young Talent** for Her dedication, scientific excellence, and contributions to advancing health research continue to inspire our community and strengthen scientific progress in Kuwait and the Middle East.



Paul Dudley White International Scholar Award

Dr. Fatemah Al Rashed, Halemah Al Saeed, Dr. Rasheed Ahmad, and Prof. Fahd Al-Mulla were awarded the **Paul Dudley White International Scholar Award** by the **American Heart Association's (AHA)** Council on Hypertension. They have recognized for the highest-ranked abstract submitted from Kuwait to the AHA's Hypertension Scientific Sessions. This award specifically honors authors who contribute the top-scoring abstract from their respective countries to an AHA scientific meeting.



Partnership with University of Oxford and the Gates Foundation

DDI signed a strategic partnership with the University of Oxford and the Gates Foundation to deliver the Summer Academy for Social Sciences in Health Innovation, focusing on advancing research and training Kuwaiti researchers through international engagement.

- **1st Prize Poster** was awarded to Ms. Aisha Alsaqabi for *Breaking Research Barriers: Childhood-Onset Diabetes e-Registry as a Model for Population Health Innovation*.



DDI Secures US Patents for Innovative Sleep Apnea

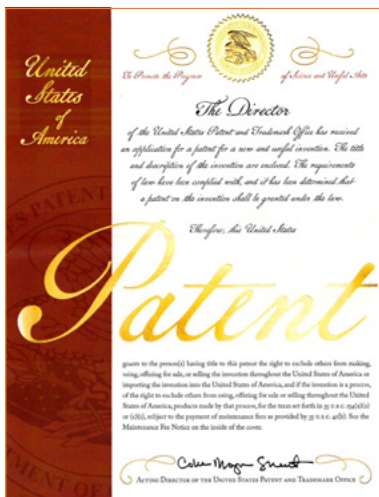
As of 2025, DDI has been granted **six patents**, reflecting its commitment to developing and protecting its research for potential industry applications. Through these patents, DDI fosters multinational collaborations, advances innovative technologies, and creates impact at local, regional, and global levels.

In partnership with the Ministry of Health (MoH), the Dasman Diabetes Institute (DDI) successfully secured **two United States patents** for novel approaches to sleep apnea diagnosis. The patents were filed through the Sabah Al-Ahmad Center for Giftedness and Creativity and subsequently approved by the United States Patent and Trademark Office (USPTO).



Developed by DDI researchers in collaboration with the MOH, the patented technologies—*“Identification of MicroRNA Biomarkers for Diagnosis and Treatment for Sleep Apnea”* (Patent No. **US 12,480,161 B1**) and *“Identification of Metabolites for Diagnosis and Treatment for Sleep Apnea”* (Patent No. **US 12,390,156 B1**) introduced a qualitative blood test designed to enable earlier detection of sleep apnea. This advancement is particularly significant given the condition’s association with serious health complications, including type 2 diabetes, hypertension, and cardiovascular disease.

To further strengthen innovation and intellectual property awareness within the research community, DDI also hosted an interactive guest lecture in collaboration with Nath, Goldberg & Meyer. The session provided researchers with insights into the patenting process, research commercialization, and opportunities to translate scientific discoveries into protected innovations that can advance healthcare solutions.





COLLABORATIVE PUBLIC AWARENESS AND TRAINING

COLLABORATIVE PUBLIC AWARENESS AND TRAINING

School Health Promotion Initiative (2025)

Launched in 2025 through a collaboration between DDI and The Scientific Center, this initiative aimed to promote healthy lifestyle habits among elementary school students.

11

Schools

336

Students

The program engaged **336 students** from **11 schools** through interactive sessions focused on balanced nutrition, physical activity, hydration, and daily lifestyle behaviors that support healthy growth and well-being. Through hands-on learning and engaging discussions, students gained practical strategies for maintaining healthy eating and activity patterns and were encouraged to apply and share these habits within their schools and families, reinforcing positive health behaviors beyond the classroom.



Science Month Public Engagement

Public engagement activities during 2025 science month ran from 13th November until 12th December and expanded community engagement through a month-long series of screenings, trainings, workshops, and public awareness initiatives, reaching over **1,400 participants**.

The program included **two specialized workshops**: Artificial Intelligence for Research Scientists, delivered in collaboration with the University of Ottawa, and a Diabetic Foot Clinical Workshop for healthcare professionals in collaboration with the MOH.

1400

Participants

2

Specialized Workshops

6

Awareness Campaigns

Public outreach activities featured **six awareness campaigns**, including three mobile clinic initiatives offering free screenings and health education at Kuwait University, Promenade Mall, and The Scientific Center (in collaboration with KFAS); a school outreach program at Sabea Bint Al-Harith School; and **two major public awareness events** providing free screenings and educational engagement during the World Diabetes Day event at The Avenues Mall and an Artificial Intelligence in Healthcare event organized with the French Embassy. These initiatives strengthened public awareness of diabetes prevention and innovation in healthcare while fostering collaboration across academic, clinical, and community partners.





MOH-DDI Health Information Systems Integration

The **MOH-DDI Health Information Systems Integration** project was launched to establish a structured, secure, and scalable framework for **bidirectional exchange** of patient medical data between the **Ministry of Health (MOH)** and **Dasman Diabetes Institute (DDI)**. This will be implemented in phased stages, the initiative focuses on laboratory, radiology and pharmacy modules to enhance clinical oversight, reduce duplication, improve patient access to medical records, and optimize national healthcare resource utilization. Notably, DDI became the first non-governmental healthcare entity integrated into MOH digital platforms, setting a precedent for future private sector collaboration.

To date, a joint MOH-DDI IT working team has been formed, with multiple coordination meetings and technical exchanges completed. DDI laboratory results are now visible within MOH applications (**Sahel and Salem**), and application programming interfaces (APIs) have been approved by MOH to support pharmacy data exchange, including medication dispensing records and eligibility verification. DDI is currently reviewing the pharmacy APIs and has formally requested bidirectional data mechanisms for both laboratory and pharmacy modules to ensure full interoperability and enhanced continuity of care.





ONGOING ACCREDITATIONS AND CERTIFICATIONS

ONGOING ACCREDITATIONS AND CERTIFICATIONS

Accreditation Canada

DDI **achieved** the Accreditation Canada (AC) **Diamond Level Accreditation** (Unconditional) for the fifth QMENTUM Accreditation cycle. After hosting AC surveyors for a Mock Survey (11–15 May 2025) and a Final Survey (5–8 October 2025). DDI attained an **exceptional overall score of 99.7% across all standards, criteria, and Required Organizational Practices (ROPs)**.



College of American Pathologists

DDI maintained the **College of American Pathologists (CAP) accreditation** that awarded in 2024. DDI has consistently met all relevant standards to maintain it. The certification is valid until January 2026.



HIPAA Compliance

DDI maintained its **Health Insurance Portability and Accountability Act (HIPAA) certification** that was awarded in 2024. HIPAA offers significant benefits, especially in data privacy, security, and healthcare efficiency. The certification is valid until August 2026.



U.S. Department of Health and Human Services - Institutional Review Board

DDI is qualified from the U.S. Department of Health and Human Services (HHS) for the registration of its **Institutional Review Board (IRB)**, ensuring the **ethical protection of human research participants, compliance with internationally recognized ethical standards**, enhanced institutional credibility, and facilitation of international collaboration.



International Diabetes Federation (IDF)



International Diabetes Federation
Centre of Excellence
in Diabetes Care
2024-25

DDI successfully retained its **International Diabetes Federation (IDF) Center of Excellence designation**, renewed in 2024, with a strategic emphasis on Education and Training. This achievement reinforces DDI's regional and international standing within a global collaborative network dedicated to advancing excellence in diabetes education.



DDI RESEARCH

DDI RESEARCH

Research Proposals and Projects

All research proposals at DDI follow a standardized governance process aligned with the institute’s research management system and approved research strategy. Each proposal is systematically designed to advance DDI’s mission and vision. In 2025, DDI submitted **23** new research proposals and **12** requests for project extensions, reflecting a focused and strategic approach to research development.

Projects

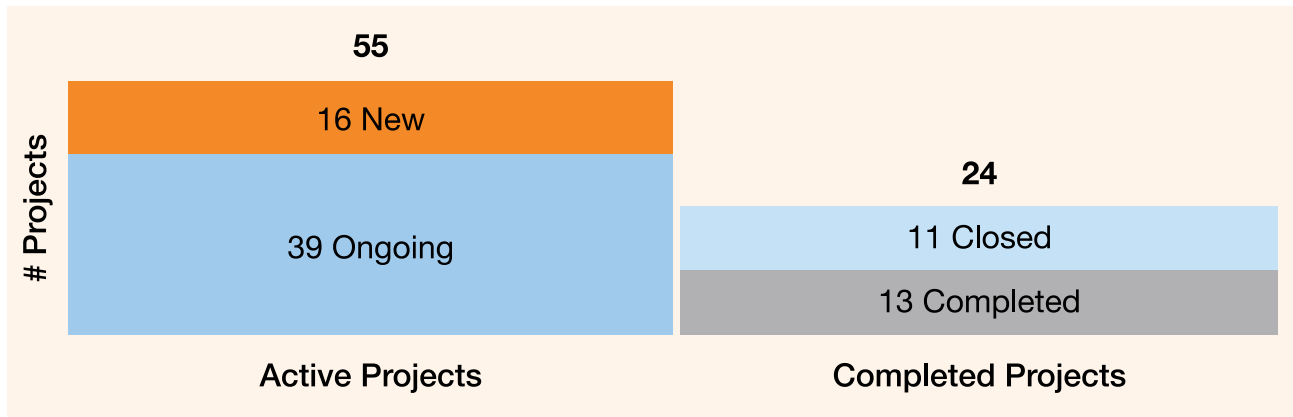
In 2025, DDI had a total of **55** active projects, comprising **39** ongoing projects and **16** newly initiated ones. Additionally, **24** projects progressed from an ongoing status, with 13 completed and **11** closed. All project approvals follow a standardized process, ensuring alignment with the DDI Strategic Plan and direct contributions to Themes 1–2 and the five Research Strategic Directions. Table 1 and Figure 1 provide a detailed breakdown of the 2025 projects.



Table 1: Ongoing Sector Projects Breakdown

DDI Sector Breakdown	Research Sector	Medical Sector	Operations Sector
2025 Ongoing Projects Overview	42	12	1

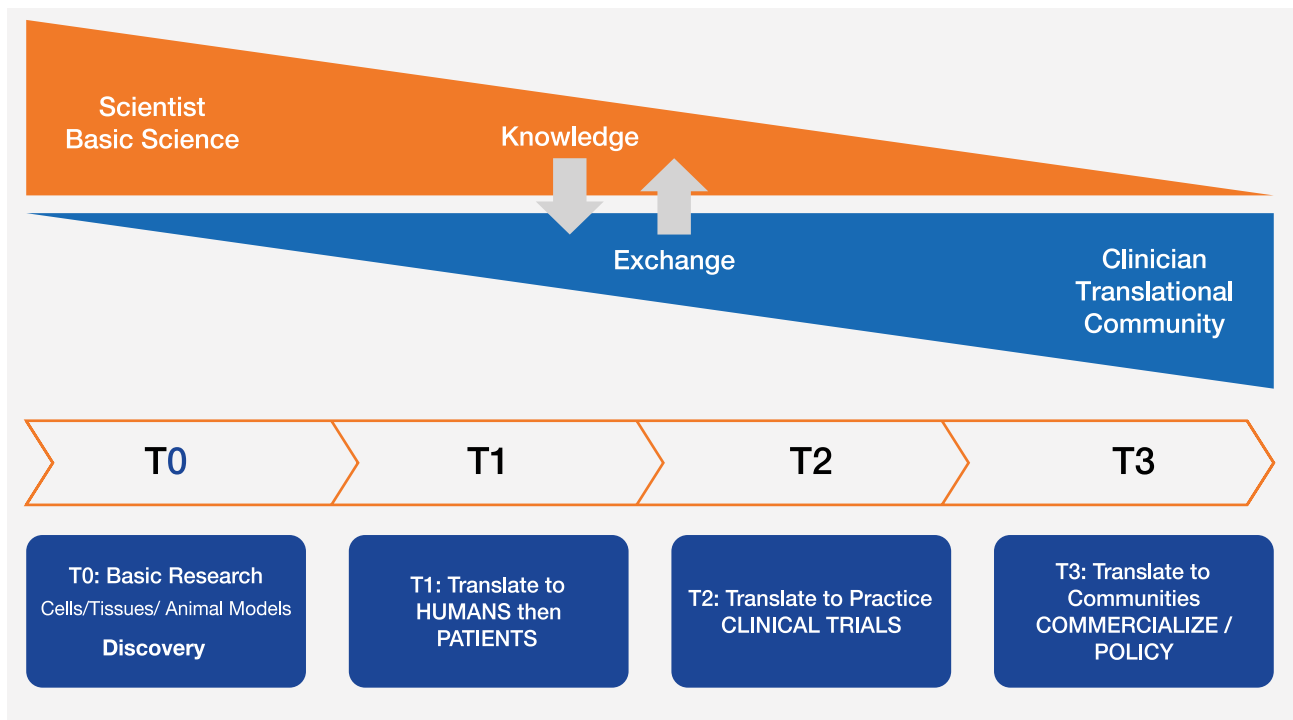
Figure 1: 2025 DDI Project Breakdown



Translational Research

DDI’s research is strategically focused on addressing the specific needs of Kuwait in relation to diabetes, with the objective of improving health outcomes for the Kuwaiti population through translational research. Translational research serves as a critical bridge between fundamental scientific research, laboratory discoveries and clinical applications, ensuring that research findings are effectively translated into evidence-based medical interventions. Through this integrated approach, DDI brings together multiple scientific disciplines to investigate the complex biological and clinical mechanisms underlying the development of diabetes.

Figure 2: Bench to Bedside, Bedside to Community and Back



Research Participants

In 2025, DDI maintained strong patient engagement in research activities, enrolling **2,115** patients, an increase compared to 1,864 in 2023 and 1,947 in 2024. This upward trend reflects enhanced patient participation, with 47% of patients engaged in research initiatives during the year. To support these efforts, **2,650** biological samples were successfully collected from research participants through the Special Services Facility.

2,115

Participants

2,650

Samples Collected

National Dasman Diabetes Biobank

The National Dasman Diabetes Biobank (NDDB) is Kuwait's first and only biobank (biosample repository), established to provide the DDI and its collaborators with essential biobanking services. NDDB supports both short- and long-term research on diabetes and its complications through a comprehensive range of services, including sample processing, fractionation, storage, testing, and nucleic acid isolation. As a member of the European, Middle Eastern, and African Society for Biopreservation and Biobanking, NDDB adheres to internationally recognized standards in biorepository management. Operating as a Biosafety Level 2 laboratory, NDDB specializes in the processing of blood, body fluids, and tissue samples for histology and immunohistochemistry, as well as cell culture. The facilities include secure storage rooms equipped with -80°C freezers and liquid nitrogen tanks to ensure the safe and long-term preservation of biological samples. Overall, the NDDB stores **49,871** research participants' samples and manages over **536,930** biological specimens through an integrated sample management system for comprehensive freezer inventory tracking.

Research Key Terms

Original research (OR) is defined as papers where all or some of the actual research was done within DDI and paid for by DDI, at least in part. This includes data sharing and contribution.

The impact factor (IF) of an academic journal is a scientometric measure that reflects the average number of citations received per year by articles published in a journal over the preceding two years.

DDI Publications

DDI published **124** papers in 2025, a **10.7% increase** from 2024. The total comprised of 58 original research articles, 43 collaborative publications, and 23 reviews and editorials. Annual output has exceeded 90 publications consistently since 2020. Figure 3 below illustrates the total number of DDI publications over the past decade, including original research outputs:

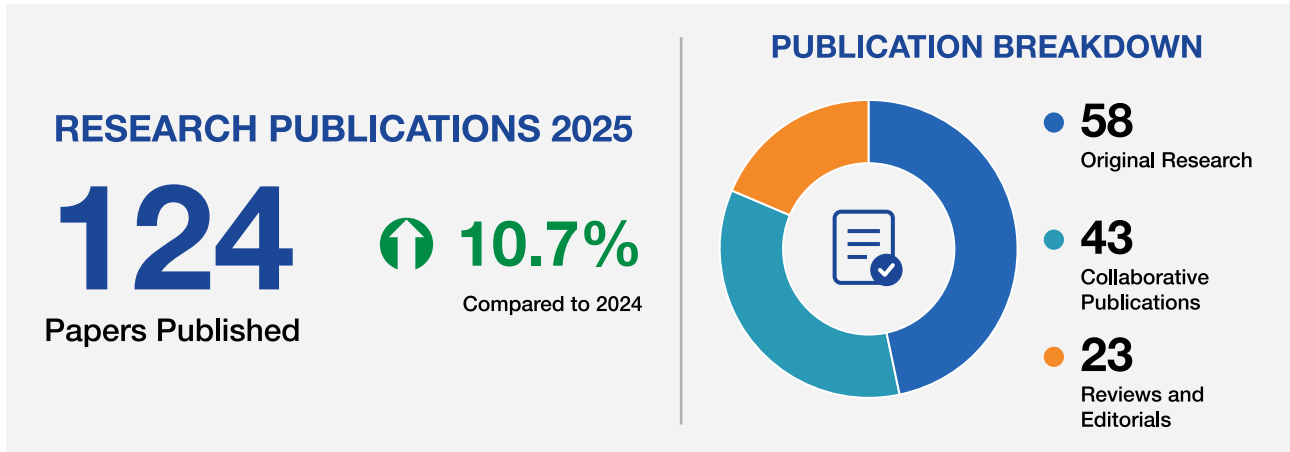
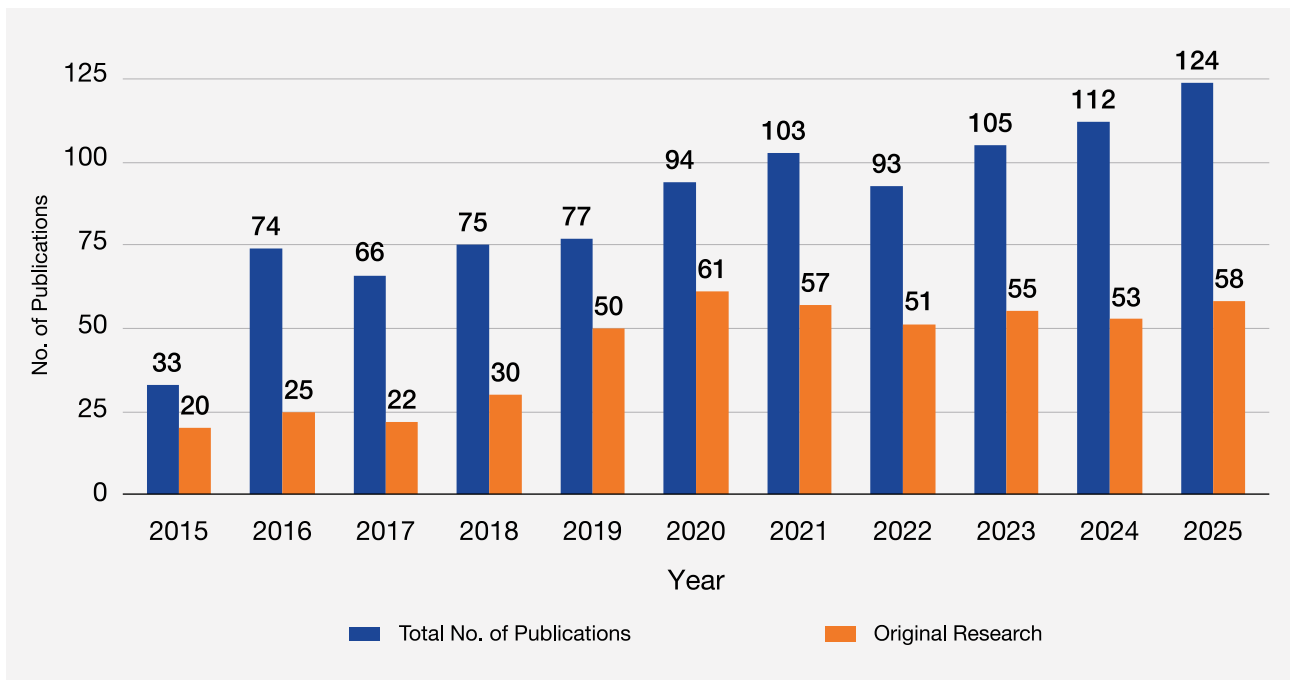


Figure 3: DDI Publications 2014 - 2025



Quality of Publications

Impact Factor Changes

The COVID-19 pandemic prompted an unprecedented surge in research on the virus, its treatments, vaccines, and wider societal effects, leading to substantial increases in both publications and citations. This rapid growth temporarily inflated journal impact factors, boosted journal rankings, and disrupted established citation patterns across disciplines.

As the effects of the pandemic diminished, citation patterns gradually returned to normal, leading to a noticeable decline in impact factors from 2023 onward as shown in Table 2. The decrease in COVID-19–related publications and citations required a recalibration of journal metrics, influencing median impact factors, quartile rankings, and overall citation counts and DDI publications.

Despite these shifts, the quality of DDI’s publications has remained stable and, in some cases, has improved compared with pre-pandemic levels.

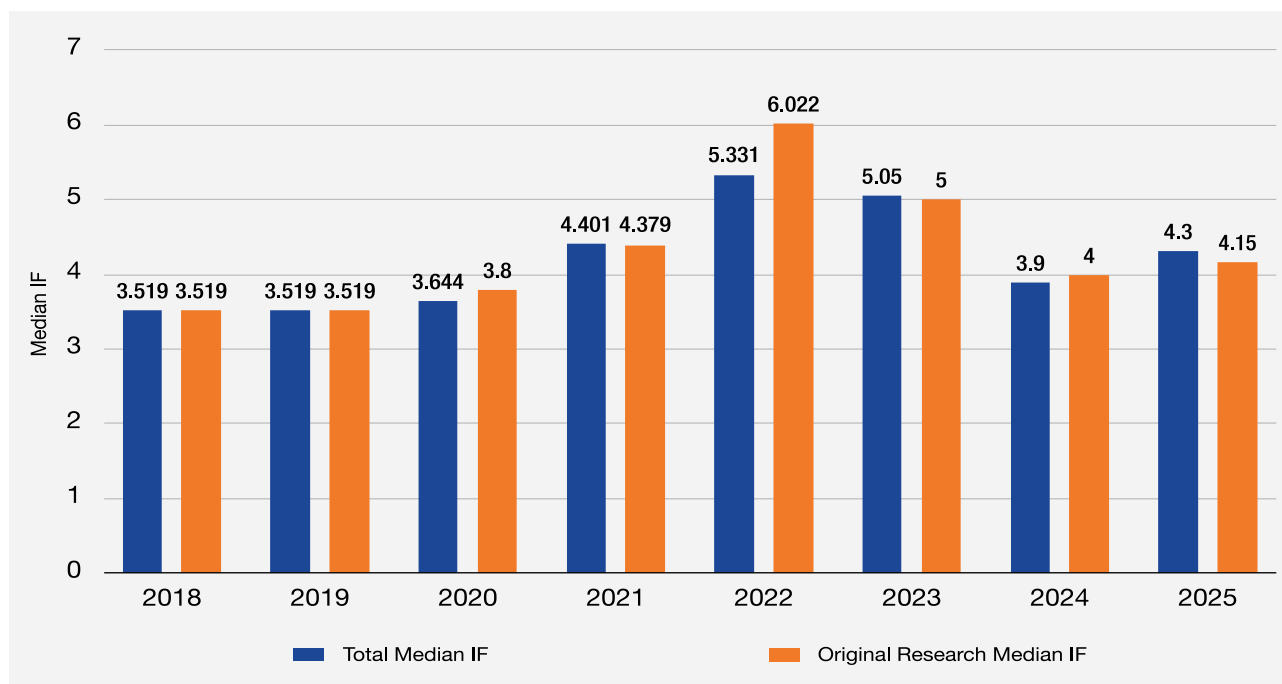
Table 2: Example of Journal Impact Factors 2020-2025

Journal Name	2020 IF	2021 IF	2022 IF	2023 IF	2024 IF	2025 IF
Science	41.845	47.728	63.714	56.9	44.7	45.8
Nature Communications	12.121	14.919	17.694	16.6	14.7	15.7
Lancet	60.392	79.321	202.731	168.9	98.4	88.5
Diabetes, Obesity & Metabolism	5.9	6.577	6.408	5.8	5.4	5.7
Diabetes Research & Clinical Practice	4.234	5.602	8.180	5.1	6.1	7.4
Molecular Metabolism	6.448	7.422	8.568	8.1	7	6.6
Journal of Clinical Endocrinology & Metabolism	5.399	5.958	6.134	5.8	5	5.1

Median Impact Factors

Despite the recent decline in DDI’s median impact factor (IF), the overall quality of its publications has remained stable and has surpassed pre-pandemic levels (2018–2020), as demonstrated in the corresponding figure 4.

Figure 4: DDI Original Research and Publications Median Impact Factor 2018-2025



Key Publications

DDI defines key publications as those published in journals with an Impact Factor (IF) greater than 5. Table 3 presents an overview of these publications from 2020 to 2025. In 2025, 35% of DDI’s publications met this criterion, including 14% published in journals with an IF above 10. Although the overall proportion of key publications declined in the post-COVID-19 period, adjustments in impact factor rankings have contributed to an increase compared to 2020, with 2025 recording the highest percentage of publications in journals with an IF greater than 10.

Table 3: DDI Key Publications % in Impact Factor Journals

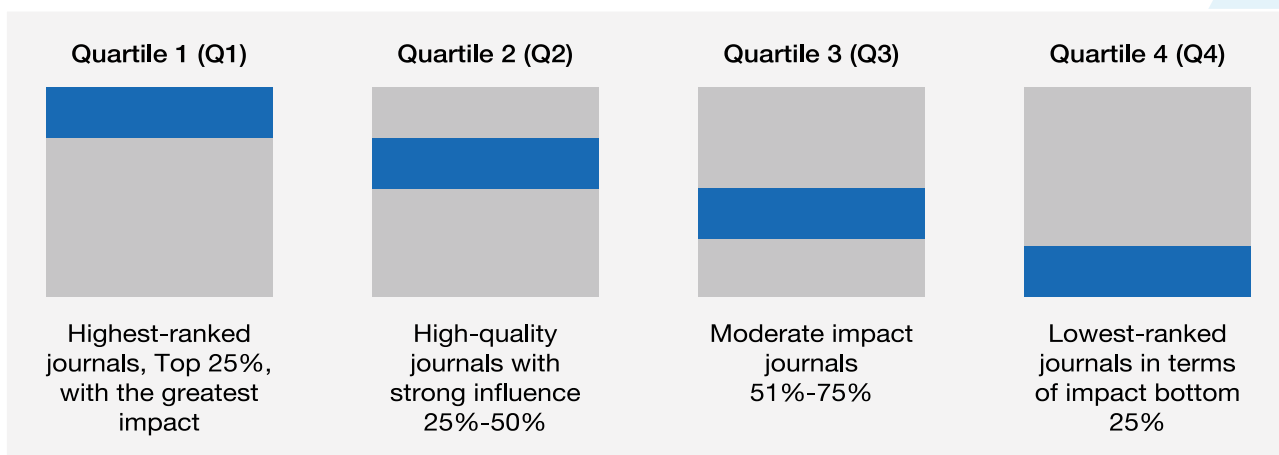
	2020	2021	2022	2023	2024	2025
% Publications with IF \geq 5	16%	36%	53%	48%	21%	35%
% Publications with IF \geq 10	9%	9%	11%	6%	5%	14%

In 2025, DDI produced high-impact publications in leading international journals, including The Lancet, Nature Communications, The Lancet Diabetes & Endocrinology, Nature Reviews Genetics, Diabetes Care, and Diabetologia. These publications addressed critical global and regional priorities, such as improving early diabetes diagnosis in the Middle East and North Africa, integrating genetic, environmental, and lifestyle factors in disease risk assessment, advancing polygenic prediction of obesity across populations, and exploring the evolutionary and population-specific determinants of type 2 diabetes.

Quartile Journal Ranking

Quartile rankings classify journals within their respective subject areas according to their relative position in the Impact Factor (IF) distribution, as illustrated in Figure 5.

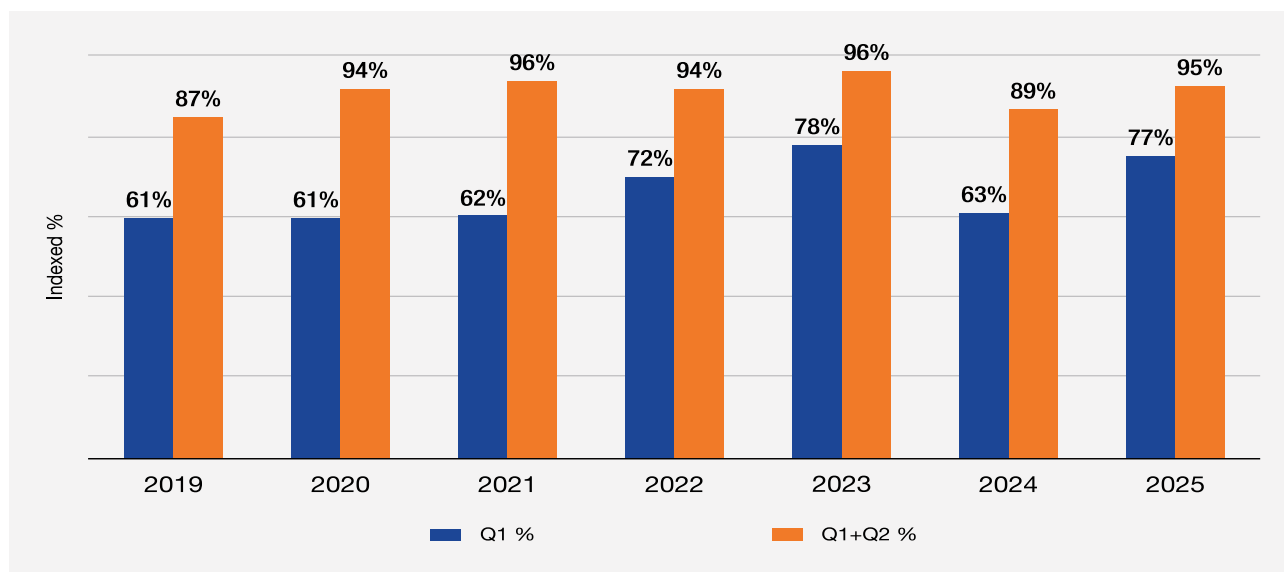
Figure 5: Quartile Journal Ranking Impact



DDI remains committed to strengthening research quality by prioritizing publication in top-quartile journals. To monitor progress against this objective, DDI tracks the key performance indicator “percentage of publications indexed in Quartile 1 and Quartile 2 journals,” a metric widely utilized in Kuwait.

In 2025, DDI increased its research output, with more than **77%** of publications appearing in Q1 journals and **95%** published in Q1 and Q2 journals combined. DDI has consistently sustained high-quality research output compared to pre-pandemic years, maintaining over **85%** of publications in Q1 and Q2 journals, as shown in Figure 6.

Figure 6: DDI Total Publications: Indexed Q1 % & Indexed Q1+Q2 %

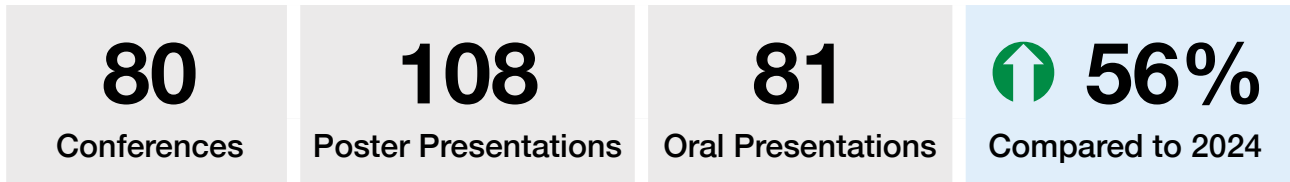




INTERNATIONAL CONFERENCES

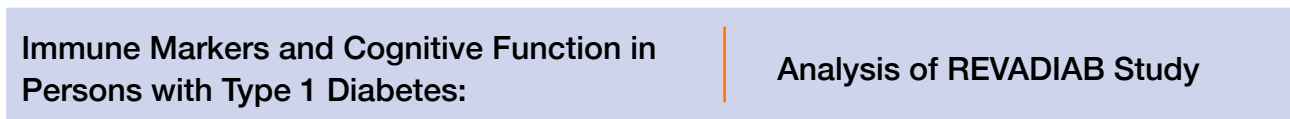
INTERNATIONAL CONFERENCES

In 2025, DDI actively participated in over **80** conferences at national, regional, and international levels. In line with its strategic objectives to enhance public engagement and professional networking, DDI contributed to more than **189** conference activities, comprising **108 poster** presentations and **81 oral presentations** a **56% increase** when compared to 2024.



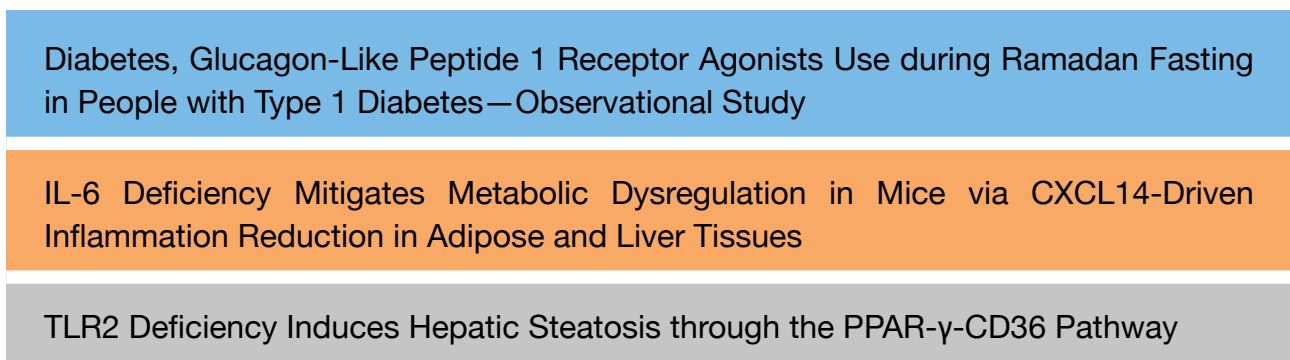
DDI's participated in the prestigious 61st European Association for the Study of Diabetes (EASD) Annual Meeting, renowned for its highly selective and competitive acceptance process where DDI delivered an oral presentation, Figure 7.

Figure 7: European Association for the Study of Diabetes Presentations



Furthermore, DDI represented the largest Arab MENA delegation at the 85th American Diabetes Association (ADA) conference, with **3 oral** and **17 presentations** accepted and presented. DDI scientists actively participated in a range of scientific sessions, as illustrated in Figure 8, which highlight DDI's oral presentations at the 2025 ADA conference.

Figure 8: DDI 2025 Oral ADA Presentations



In addition, DDI researchers and scientists actively participated in the 2025 International Diabetes Federation (IDF) Conference, reflecting the institute's strong commitment to advancing global diabetes research and collaboration. DDI contributed to multiple scientific sessions with over **7 oral** and **14 poster presentations**, showcasing cutting-edge research outcomes. This engagement reinforces DDI's role as a leading voice in the diabetes research community and highlights its ongoing efforts to share knowledge, foster innovation, and strengthen international scientific partnerships.

Figure 9: DDI 2025 Oral IDF Presentations

Combined effect of Dapagliflozin and Tirzepatide on Weight loss and Glucose Regulation

Circulating Isthmin-1 Levels and Their Relationship with Diabetes and Metabolic Diseases in Kuwaiti Adults

Structural Modeling of Krüppel-like factor 15 zinc finger binding domain to DNA: Potential therapeutic target for T2D

Effects of Dual GLP-1–GIP Receptor Agonist (Tirzepatide) and Pioglitazone on Weight Loss and Lipid Metabolism in Rats

A prediction model for estimating fat mass in Arab children and adolescents from the MENA region

Sucrose-free LFD Causes Colon Inflammation and Liver Fat Accumulation in Mice

Modulation of THP1 Cellular Responses to Chronic and Acute High Glucose and Palmitate Exposure by Short-Chain Fatty Acid

Sucrose-free LFD Causes Colon Inflammation and Liver Fat Accumulation in Mice



COLLABORATIONS

COLLABORATIONS

Key Collaborations

DDI continued to expand its national, regional, and international network by strengthening existing partnerships and establishing new collaborations. As shown in Figure 10, this resulted in a broader and more diverse range of key institutional partners, fostering multidisciplinary collaboration and knowledge sharing with over **70 collaborations**. Notable new collaborations included the Institut de Recherches Cliniques de Montréal, Zain Telecommunications, Harvard University, Oxford/Gates Foundation and Huawei. Participation in consortiums further enabled DDI to share resources and advance collective scientific goals, as illustrated in Figure 10.

Figure 10: Key International Collaborations

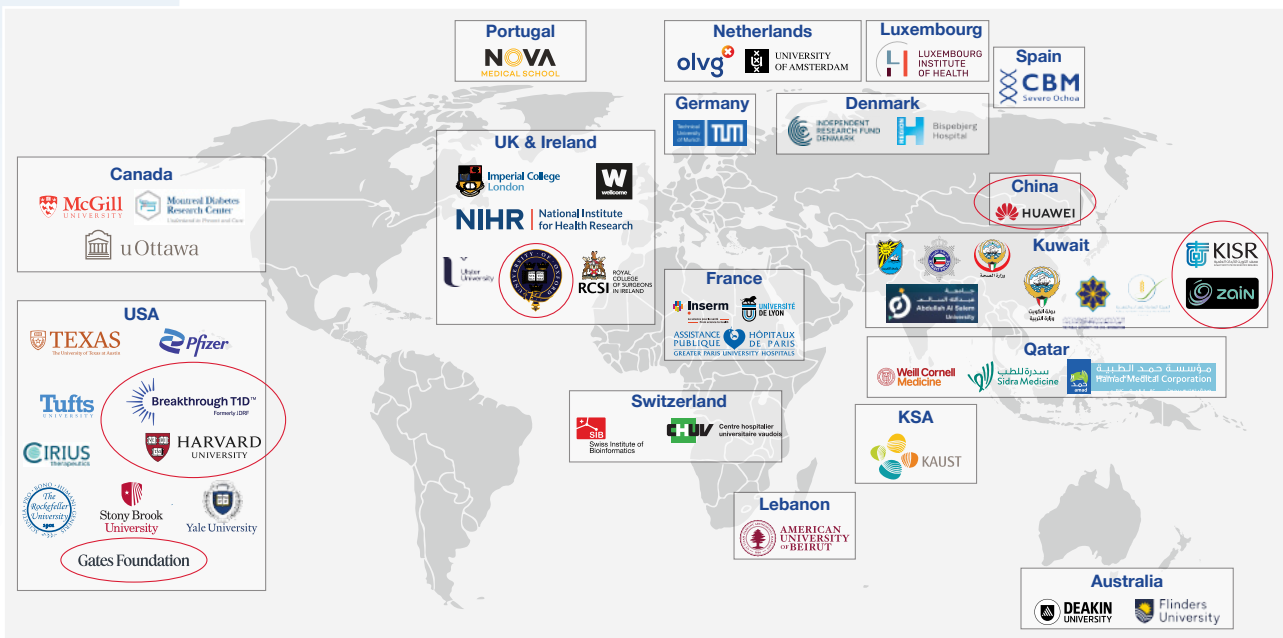
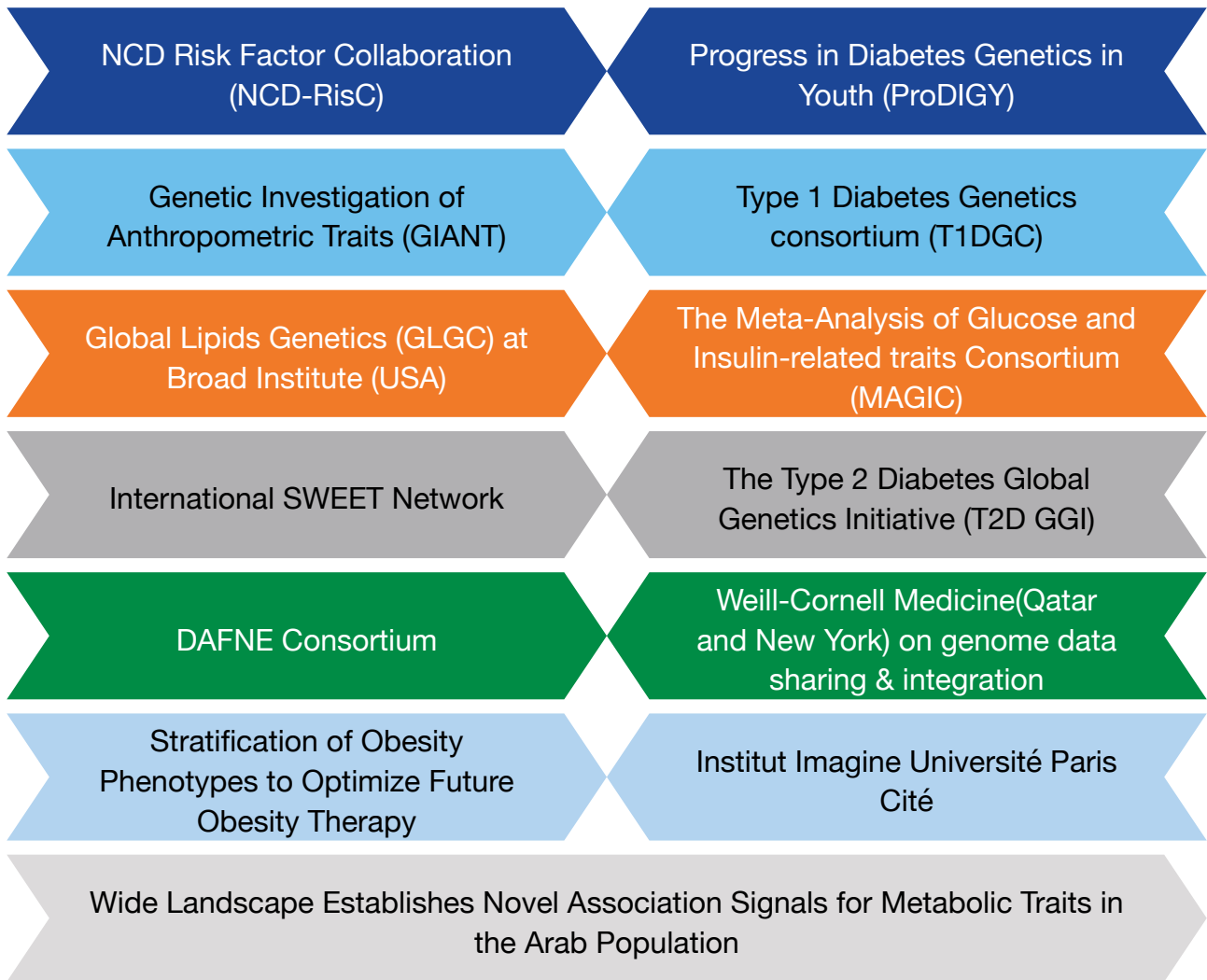


Figure 11: Key International Consortia



Regional Collaborations

In 2025, DDI maintained active collaborations on multiple research projects with 3 key regional partners, as shown in Figure 12.

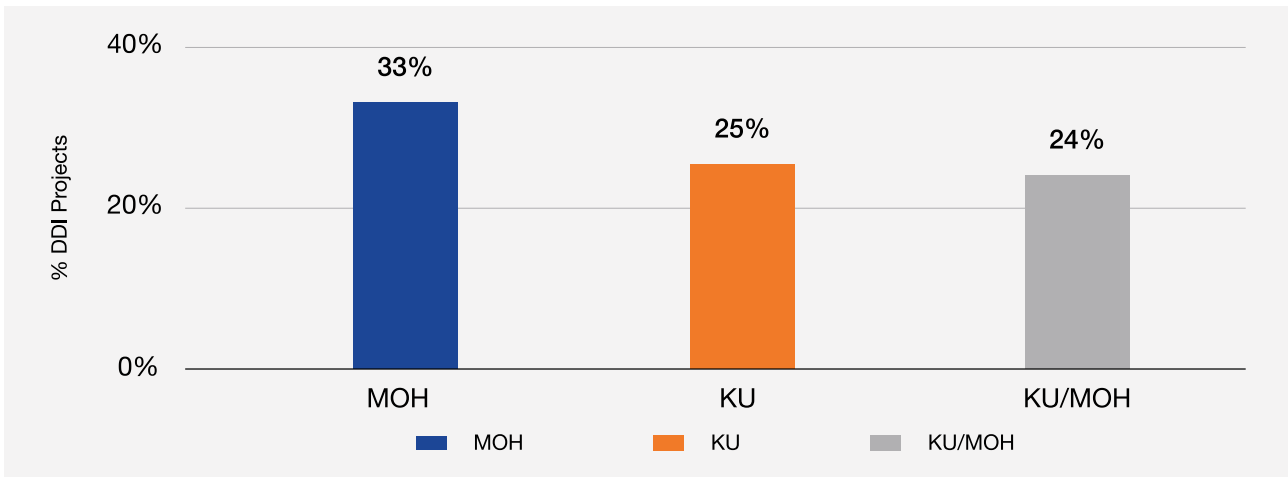
Figure 12: Regional Research Collaborations



National Collaborations

In 2025, national collaborations comprised over **82%** of DDI's collaborative portfolio, reflecting the Institute's strong national engagement. Partnerships with Kuwait University and the MOH formed the core of this activity, together accounting for **45** collaborative projects during the year.

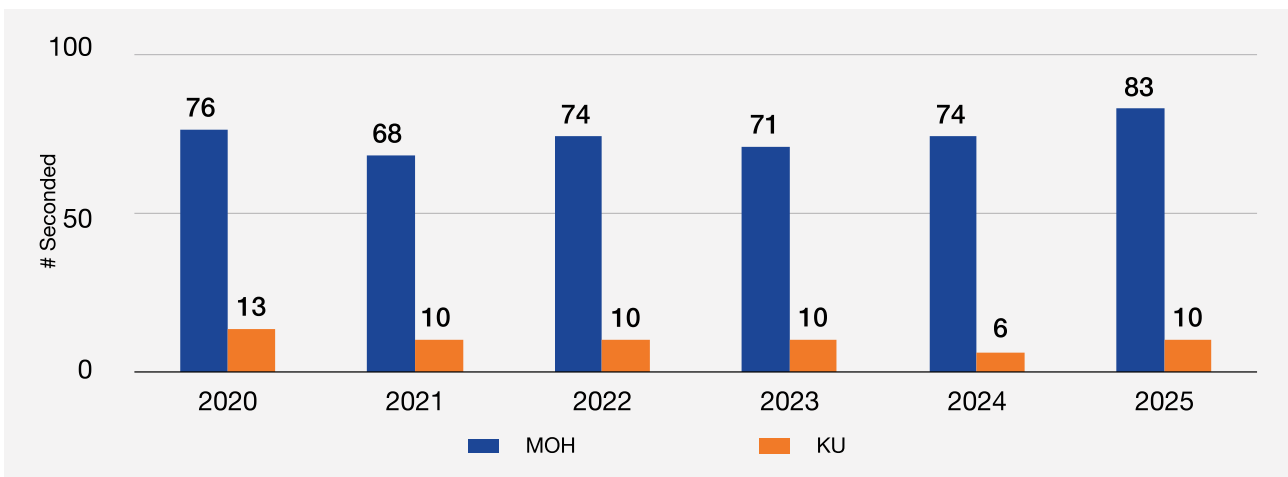
Figure 13: KU & MOH National Project % in 2025



National Collaborations: Secondments

In 2025, DDI strengthened its national partnerships with Kuwait University and the Ministry of Health by facilitating more than **90** secondments across a range of roles at DDI, including part-time and full-time appointments. These secondments underscore DDI's ongoing commitment to collaboration, promoting knowledge exchange, and supporting capacity development within Kuwait's research and healthcare sectors. The distribution of secondments over the past six years as presented in Figure 14.

Figure 14: DDI National Secondments 2020-2025





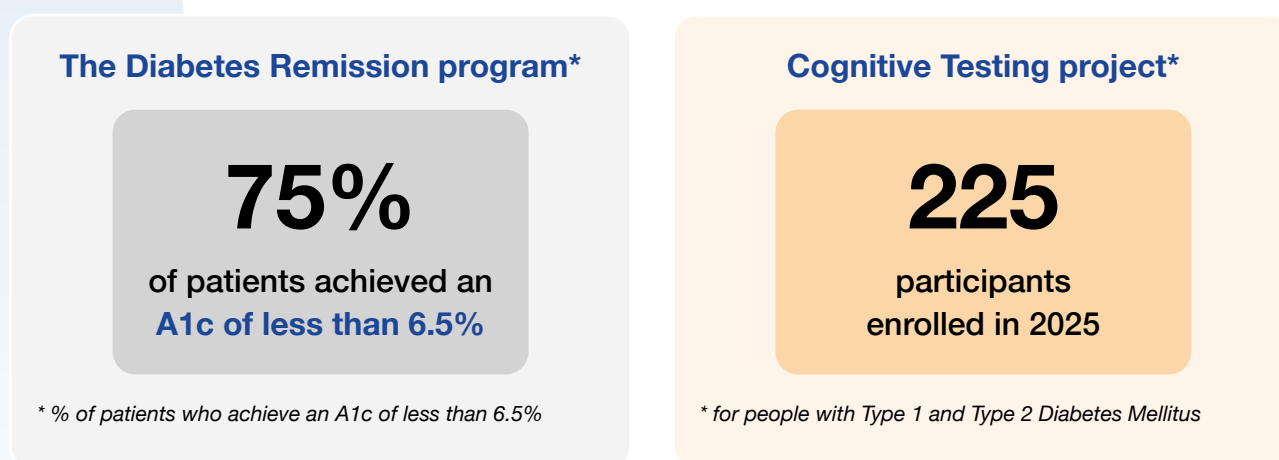
CLINICAL RESEARCH, EDUCATION, AND SKILL DEVELOPMENT PROGRAMS

CLINICAL RESEARCH, EDUCATION, AND SKILL DEVELOPMENT PROGRAMS

Clinical Research Projects & Programs

DDI continued to advance clinical projects and programs aimed at improving healthcare quality, promoting patient well-being, and enhancing diabetes-related outcomes through the application of behavioral interventions and therapeutic approaches, as summarized in Figure 15.

Figure 15: 2025 Clinical Research Projects & Program Highlights



Medical Education and Training

DDI's third strategic theme focuses on the advancement of education and training. In line with this priority, DDI developed and delivered a wide range of capacity-building and skill-enhancement programs targeting healthcare professionals, patients, partner organizations, and the broader Kuwaiti community. In 2025, these efforts resulted in the delivery of accredited training and professional development opportunities to 2,113 professionals, reinforcing DDI's role in strengthening national expertise and workforce capability in diabetes care and research.

Patient Care Center

Education and training continued to be embedded within the provision of patient care services. These activities included structured diabetes education programs, diagnostic imaging services, professional healthcare screening training, and scheduled clinical consultations. Detailed data presented in Figures 16–17.

Figure 16: Education & Training Patient Care

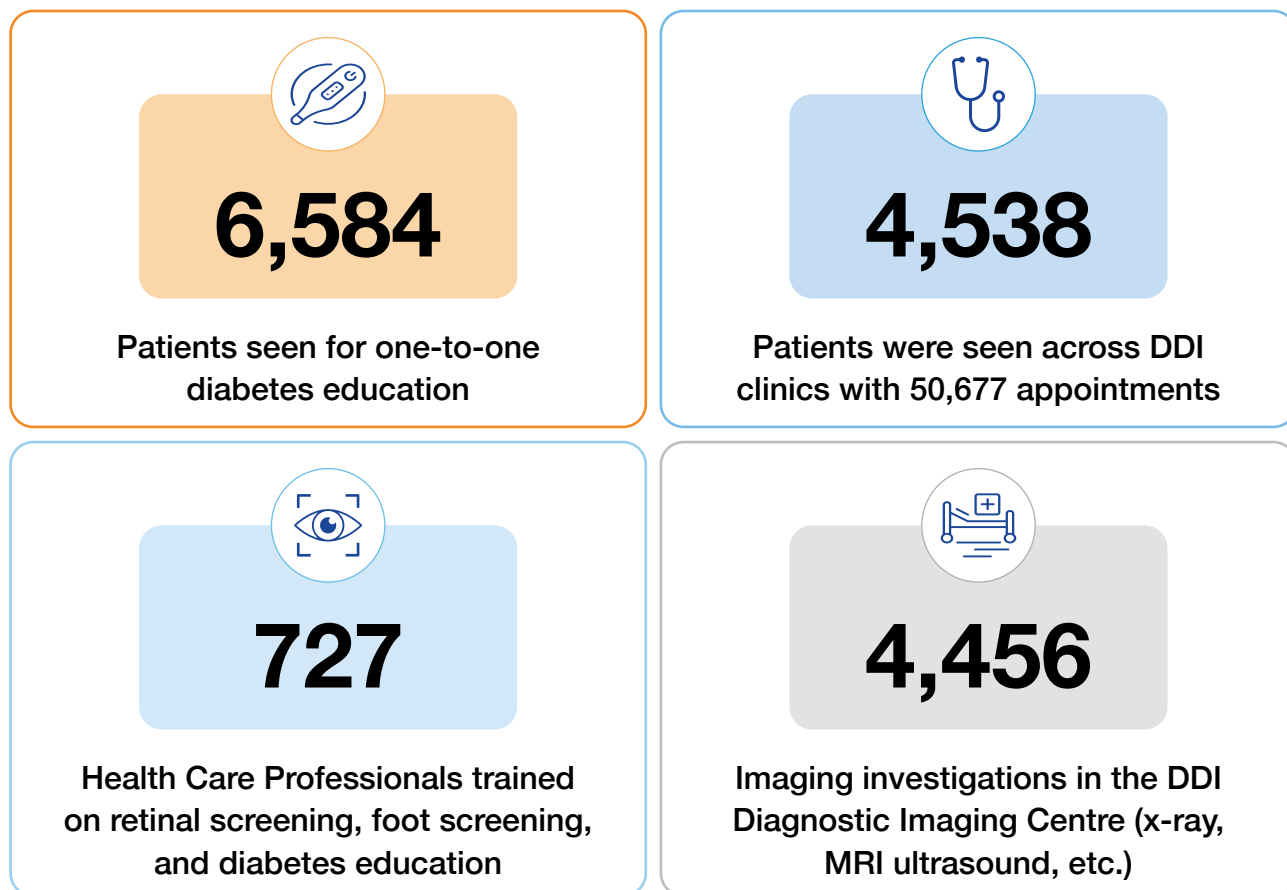
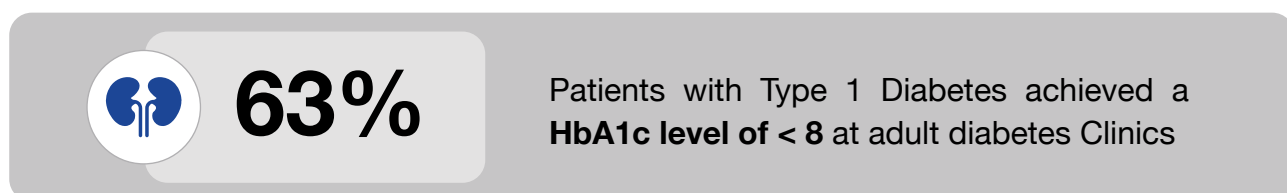


Figure 17: Education, Training & Clinical Improvements 2025



Clinical Skills Center (CSC) Courses

As an accredited American Heart Association (AHA) International Training Center and a certified provider authorized by the Royal College of Surgeons of England to deliver Basic Surgical Skills (BSS) courses, CSC provided high-quality training for healthcare professionals and the public.

In 2025, CSC delivered **405** training courses, certifying **1,810** participants across programs such as BLS, ACLS, ATLS, Heartsaver CPR/AED and First Aid, and BSS. Simulation-based training was conducted to support clinical competency development in core procedural skills.

Dose Adjustment for Normal Eating (DAFNE)

In Kuwait, DDI continued to serve as the sole training center in the Middle East for the Dose Adjustment for Normal Eating (DAFNE) program. Since its culturally adapted pilot implementation as a clinical service in 2018, DDI has delivered more than 170 courses with 1,141 graduated participants, as illustrated in Figures 18 and 19.

Figure 18: Cumulative DAFNE Courses from 2018 - 2025

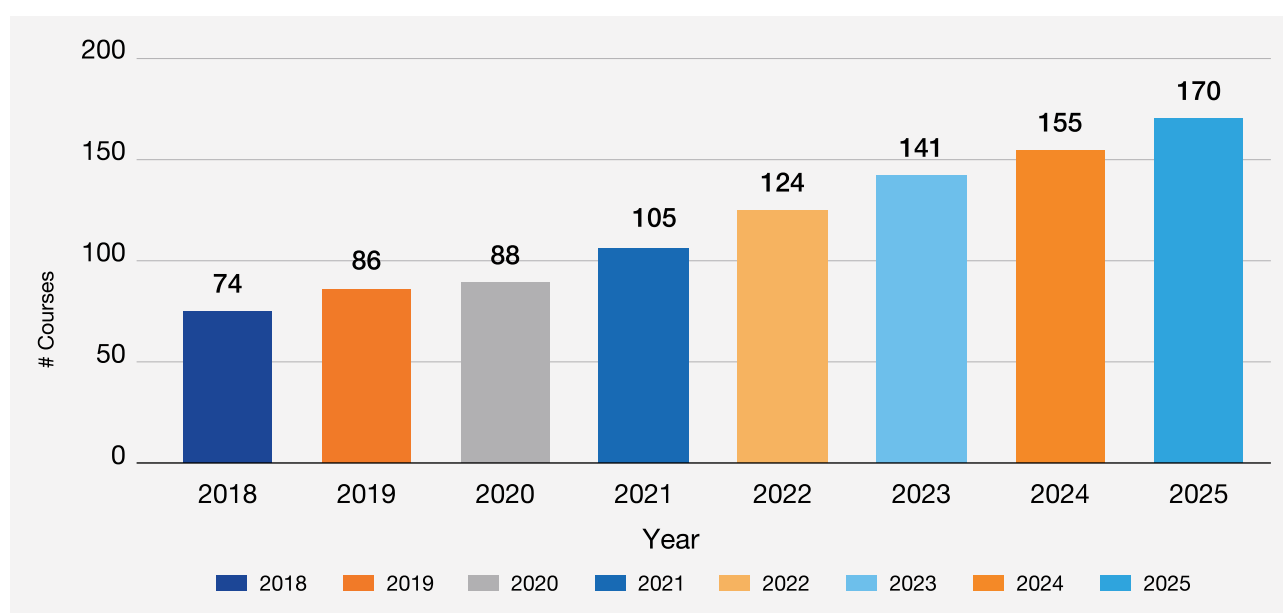
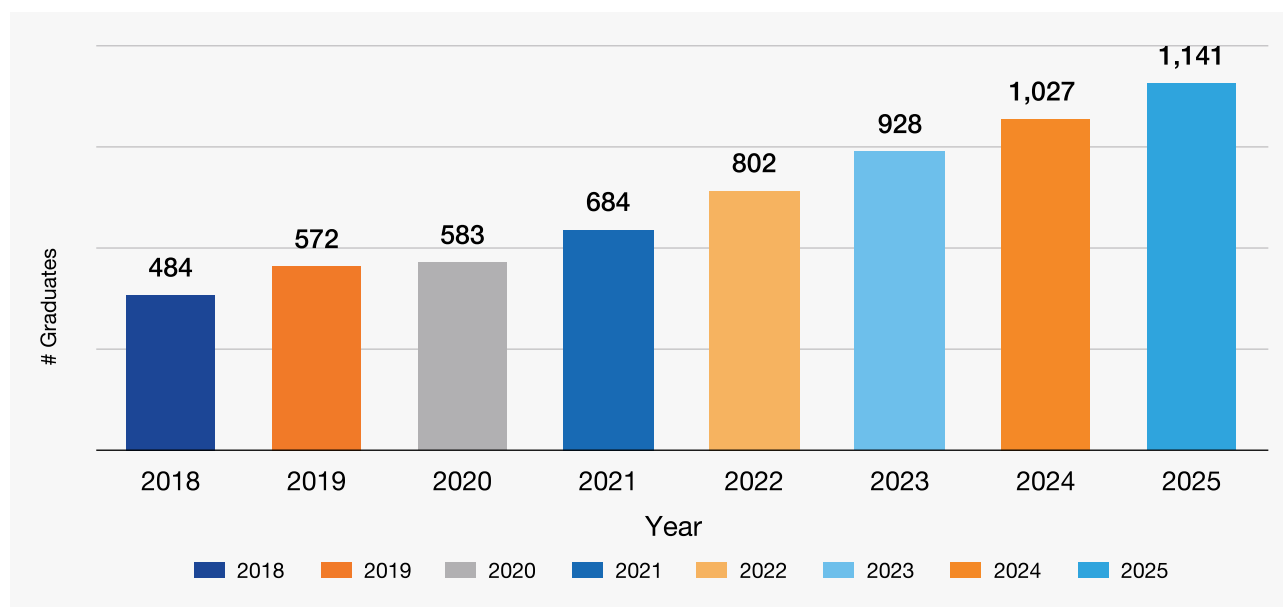


Figure 19: Cumulative DAFNE Graduates from 2018 - 2025





INSTITUTIONAL ADVANCEMENT

INSTITUTIONAL ADVANCEMENT

Electronic Health Records Systems Enhancement

In 2025, DDI completed a major upgrade of its Electronic Health Record (EHR) system, introducing enhanced prescription safety features, integrated drug leaflets, appointment notifications, Civil ID integration, scheduling improvements, research module updates, and enhanced patient records. These improvements supported more efficient care delivery for patients and healthcare professionals across DDI.

DDI Capacity Building

As part of DDI's ongoing commitment to capacity building and organizational excellence, the Institute implemented structured programs aimed at strengthening staff competencies in process improvement and operational efficiency. One key initiative was the Six Sigma training program, through which **22** staff members earned **Yellow** and **Green Belt certifications in 2025**, with **two** staff members achieved up to a **Black Belt certification**, demonstrating advanced expertise in process optimization and quality management.

These achievements support DDI's commitment to fostering a culture of continuous improvement and equipping its workforce with the skills needed to enhance efficiency, quality, and operational excellence across the Institute. Additional capacity-building programs and courses noted in Table 4.

Table 4: 2025 Capacity Building DDI

Key Programs and Courses	# attended
Six Sigma Program	22
Learn & Change Management Program	5
Mastering Management Essential Skills for Effective Leadership	3
Stem Cell Maintenance & Cell Quality Training	3
Radiation Protection Course	2
Specialized Research Trainings (Yale, NIH, UK)	11
Summer Academy for the Social Science of Health Innovation	4

Accreditation Canada

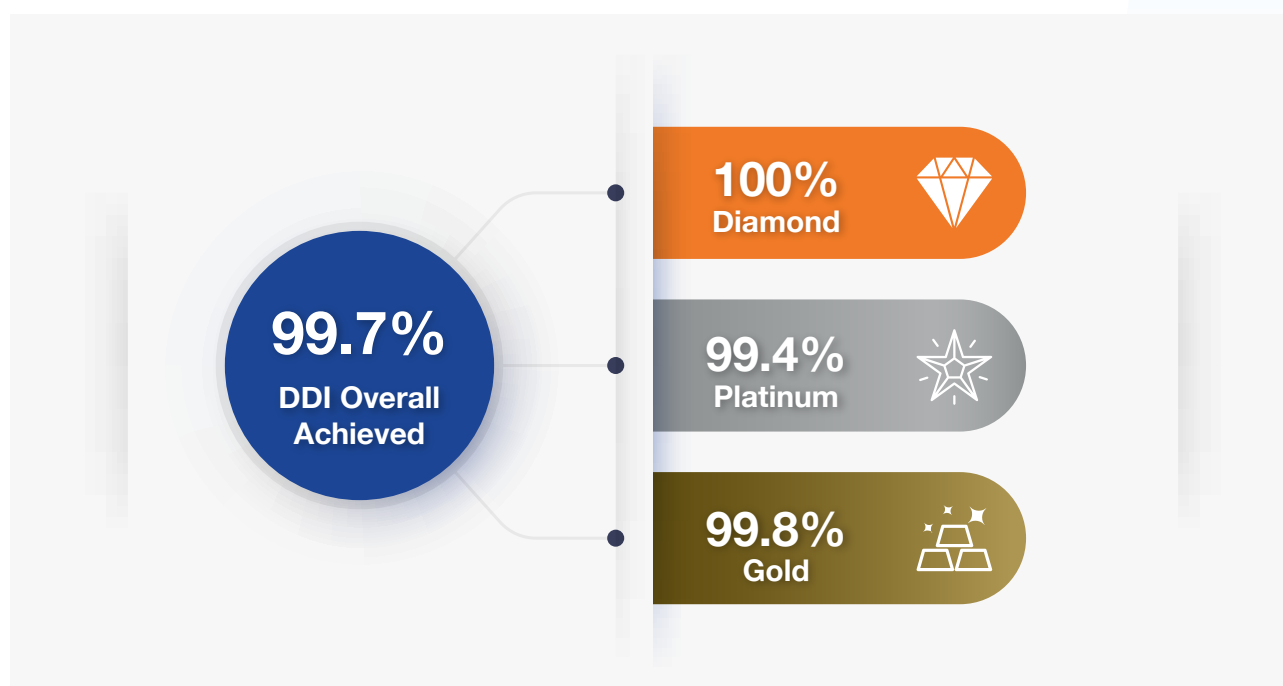
In 2025, DDI completed both the mock and final survey for Accreditation Canada (AC). During the survey visits, international surveyors conducted on-site assessments, holding **38** meetings and engaging with over **140** DDI employees. The on-site visits also provided opportunities to meet patients, family members, physicians, and members of the DDI Board of Directors.

Based on the final survey findings, DDI met **986** of **989** applicable criteria and Required Organizational Practices (ROPs), achieving an overall compliance rate of 99.7%. As a result, DDI was awarded the Diamond Level accreditation with no conditions. Overall compliance percentages across all applicable criteria and ROPs presented in Table 5 and Figure 24.

Table 5: Overall Criteria & ROP Met in 2025 by Level

Overall (Criteria + ROP)		
Level	Total Met	Total Criteria & ROP
Diamond	102	102
Platinum	330	332
Gold	554	555
Total	986	989

Figure 24: % AC Overall Criteria & Required Organizational Practices Achieved





KEY COMMUNITY AND INSTITUTIONAL HIGHLIGHTS

KEY COMMUNITY AND INSTITUTIONAL HIGHLIGHTS

Community Focused Highlights

DDI DasmanSwitch

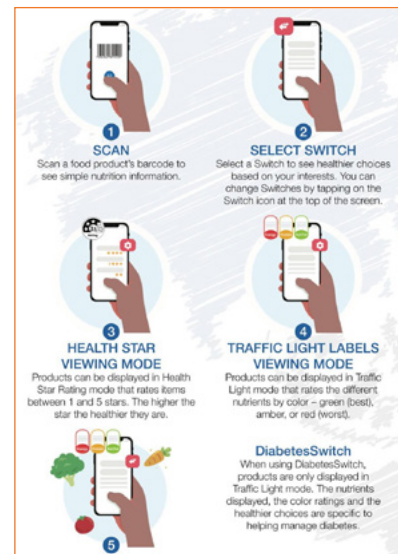
During 2025, Dasman Diabetes Institute's GeoHealth Lab focused on reviewing and consolidating the DasmanSwitch platform and product database, following previous data recollection activities. This work involved internal assessment of data structure, system readiness, and feasibility of future feature development. The GeoHealth Lab collaborated with The George Institute for Global Health to improve DasmanSwitch, including adding a pantry-scanning feature using barcodes or images to check food products in real time.

In addition to exploring the use of Artificial Intelligence tools in DasmanSwitch, such as classifying products, interpreting nutrition information, and offering automated dietary advice, with attention to data management and ethical use. Furthermore, GeoHealth Lab in process on adding allergen information to the DasmanSwitch app, looking at available data, food labels, and local challenges.



DDI Patient Mobile App

DDI enhanced its mobile application with improved data visualization features, including additional charts and graphs, supported by educational content to aid interpretation. The application further expanded to include allergy information and access to radiology reports. Additional updates focused on improving the user interface and user experience, alongside backend system enhancements to support system performance and scalability.



Public Awareness Activities

As part of its educational initiatives, DDI carried out a wide range of outreach activities, including organized events, seminars, and lectures, to promote active public engagement. In total, DDI delivered **80 outreach activities**, in addition to **18 mobile bus** visits with over **4,250 participants**. These internal and external initiatives included:



DDI Mobile Diabetes Clinic

In 2025, DDI's Mobile Clinic conducted **18 visits across Kuwait**, delivering a comprehensive range of services to over **1,800 visitors, patients, students**, and the public. A dedicated multidisciplinary team from DDI provided blood glucose and blood pressure assessments, vital sign evaluations, and offered medical guidance alongside nutritional consultations.



DDI Social Media Platforms

DDI utilizes its website and social media platforms, including Instagram, LinkedIn, X, and YouTube, to promote health awareness and drive community engagement. By providing accessible educational content and interactive spaces, these channels empower individuals to make informed health choices, participate in discussions, and stay updated on the Institute's latest initiatives and programs.

Digital and Social Media Performance



DDI Website: The DDI website achieved notable growth in 2025, recording **112,051 visits and views**, a **145% increase** compared to the previous year, and attracting **93,776 visitors and users**, reflecting rising interest in DDI's digital content and activities.

Instagram: In 2025, Instagram continued to serve as a key platform for audience engagement and digital communication. The account reached **41,672 followers**, reflecting a **20.5% increase** compared to 2024. Throughout the year, **244 posts** were published, contributing to **16,593 profile visits** and reinforcing the platform's role in increasing visibility and engagement with DDI's activities and initiatives.

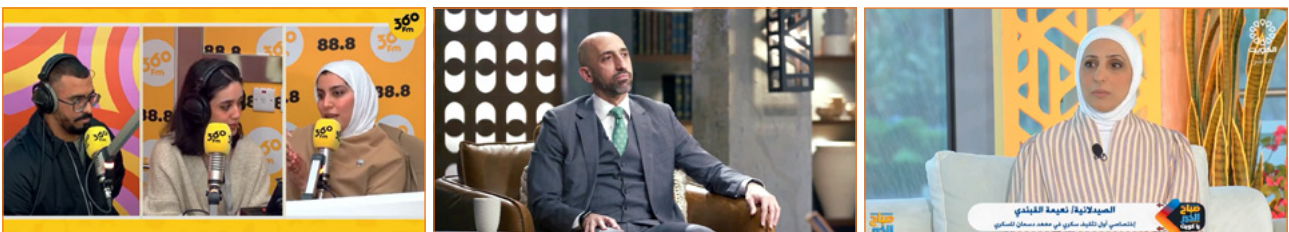
LinkedIn: In 2025, DDI placed a strategic focus on LinkedIn, introducing new content and engagement activities that resulted in significant growth. The platform reached **13,162 followers**, marking a **75% increase**. A new LinkedIn communications initiative launched, generating **134 posts** throughout the year and contributing to a **5% increase** in engagement.

X (formerly Twitter): DDI used the X platform to promote diabetes awareness through interactive posts, hashtags, and live discussions, increasing its follower base by **16%** to a total of **11,609**. These activities generated **81,400 impressions**, reflecting strong audience reach and engagement.

YouTube: The DDI YouTube channel experienced substantial growth in 2025, with total views reaching **750,419**, a **15% increase**, and subscribers rising to **3,153**, representing a **39% increase**. These results highlight the expanding reach and impact of DDI's digital content.

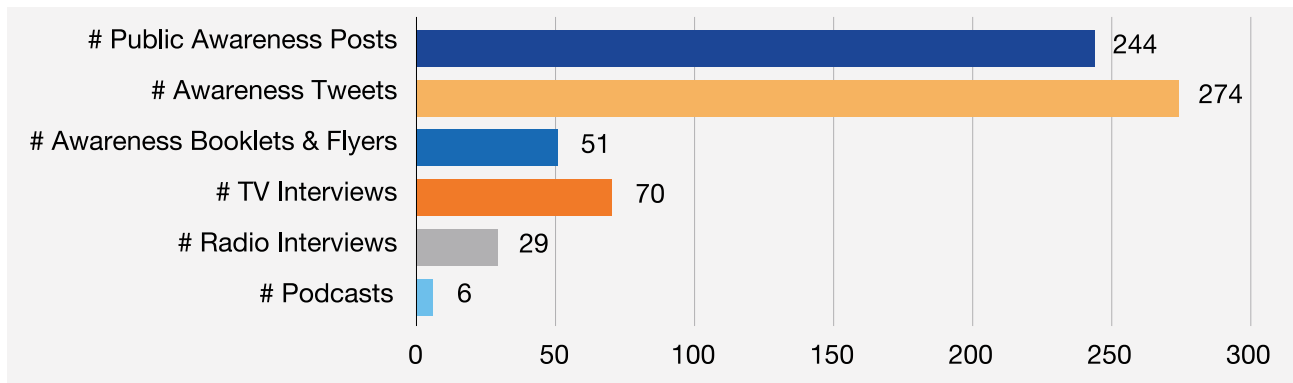
Social Media Engagement

In alignment with DDI's strategic objective to enhance public awareness and stakeholder engagement, 2025 saw a significant expansion in media engagement and outreach activities. DDI strategically leveraged a wide range of communication channels to increase visibility, raise public awareness, support health education, and reinforce its role in prevention and care for diabetes.



To evaluate the effectiveness of these efforts, DDI systematically monitored social media performance using established engagement metrics, including shares, likes, replies, saves, and comments. Through the dissemination of evidence-based information on health conditions, emerging trends, preventive approaches, and healthy lifestyle practices, DDI enhanced patient education and fostered sustained engagement with the wider community. Collectively, these efforts contributed to broader outreach, stronger public engagement, and a reinforced commitment by DDI to health education and awareness, as depicted in Figure 23.

Figure 23: Yearly Total PR & Media for 2025



Institutional Highlights

World Diabetes Day

In recognition of **World Diabetes Day** on November 14, 2025, DDI organized a comprehensive health screening event aimed at raising awareness of diabetes prevention and management with **over 800** visitors and families. The event featured multidisciplinary expert consultations, during which participants received professional guidance on nutrition, physical activity, and overall fitness. Through this initiative, DDI reinforced its commitment to public education, early detection, and the promotion of healthy lifestyle practices.



DDI Internship Program

In 2025, DDI delivered its annual Summer Internship Program as a core capacity-building initiative for students in scientific and medical disciplines from universities in Kuwait and internationally.

The program provided structured, hands-on research training and mentorship to over **40 university students and recent graduates**, strengthening their practical experience and professional skills. The internship concluded with a **Scientific Poster Day**, offering participants a platform to present the research conducted during their training and engage in knowledge exchange with peers and mentors. In addition, several interns expanded their research contributions through **three publication outputs** during the program period.



Through these activities, the program continues to enhance research competencies, foster scientific dialogue, and support the development of the next generation of healthcare and research professionals.

Advanced Training Program on Artificial Intelligence for Researchers and Healthcare Providers

In line with its strategic commitment to advancing innovation, integrating cutting-edge technologies in the prevention and management of diabetes, and supporting digital transformation, DDI organized for over **220** participants an intensive two-day training program entitled “Artificial Intelligence for Researchers and Healthcare Professionals.” The program was in collaboration with a distinguished group of internationally recognized experts in artificial intelligence and health sciences from the University of Ottawa, Canada.



AI & Healthcare – Smarter Care

DDI hosted an AI & Healthcare event organized by the French Embassy, attended by H.E. Olivier Gauvin, Ambassador of France to Kuwait, bringing together **300+** experts and innovators to explore AI's role in prevention, diagnosis, and patient care.



Generation Science

KFAQ's Generation Science initiative hosted **200+** GCC students at DDI for lab tours and interactive sessions to spark interest in medical science and diabetes research.

LIST OF EVENTS 2025

JANUARY

1	What School Personnel Should Know (WSPSK) Course	05 January
2	KiCK OFF Course	05-08 January
4	Basic Surgical Skills Course	10-11 January
5	ATLS Course	12-14 January
6	Dasman Juniors Course Kick Off	12-13 January
7	Dasman Juniors Course Kick Off	14-16 January
8	MOH School Nurses Course	13 January
9	Research Study-Breath Awareness on Symptoms of Depression and Anxiety in People with T2DM	14-15 January
11	The Lancet Diabetes & Endocrinology Commission Launch Event	16 January
12	DAFNE Course	19-23 January
13	KiCK OFF Course	19-22 January
14	Research Study-Breath Awareness on Symptoms of Depression and Anxiety in People with T2DM	19-21 January
15	DDI's Diabetes Mobile Clinic Visits the British Embassy	20 January
16	What School Personnel Should Know (WSPSK) Course	21 January
18	KiCK OFF Refresher Course	22 January
19	1st International Dasman Diabetes Summit (IDDS) - Waldorf Astoria Hotel, Kuwait	23-25 January
20	DAFNE Refresher Course	27 January
21	Research Study-Breath Awareness on Symptoms of Depression and Anxiety in People with T2DM	26-28 January
22	Research Presentation Dr. Sultan Al-Salem (KISR)	28 January
23	DAFNE January 2025 Recruitment	28 January
25	What School Personnel Should Know (WSPSK) Course	29 January

FEBRUARY

1	DAFNE post-course 03-February-2025	03 February
2	Medical Symposium - Advances in Diabetes & Metabolic Medicine	04 February
3	DDI's Diabetes Mobile Clinic Visits Bayan High School for Girls	05 February
4	What School Personnel Should Know (WSPSK) Course	06 February
5	MOH SCHOOL NURSES COURSE In DDI	09 February
6	DDI's Diabetes Mobile Clinic Visits Al Shuhada Elementary School for Boys	10 February
7	Lecture - DR. ROBERT SLADEK & DR. NAIF A ALMONTASHIRI	10 February
8	Ramadan And Type 1 Diabetes for Children	11 February
9	DAFNE Ramadan 2025 Workshop	12 February
10	Fasting Ramadan Training Course for MOH Nurses	12-13 February
11	DDI's IT Team Participates in The Next Generation Healthcare Conference in Salwa Sabah Al-Ahmad Hall	12 February
12	DDI's Diabetes Mobile Clinic Visits Ministry of Defense Camp	15 February
13	KICK OFF Course	16-19 February
14	ATLS Course	16-18 February
15	Royal College of Surgeons in Ireland (RCSI) Internship Program	17 February
16	MOH SCHOOL NURSES COURSE In DDI	17 February
18	Ramadan Fasting and Diabetes Program	18 February
19	DDI Participates at The Public Authority for Minors	19 February
21	School Visit (in-house) Farea Bint Malek Girls School	20 February
23	DAFNE February Recruitment	23 February

MARCH		
1	MOH SCHOOL NURSES COURSE In DDI	02 March
2	DDI's Mobile Clinic Visits Nasser Al-Saeed Highschool for Boys	05 March
3	MOH SCHOOL NURSES COURSE In DDI	10 March
4	DDI's Mobile Clinic Visits the Canadian Embassy	18 March
5	MOH SCHOOL NURSES COURSE In DDI	20 March
6	MOH SCHOOL NURSES COURSE In DDI	27 March
APRIL		
1	MOH School Nurses Course in DDI	09 April
2	DDI's Mobile Clinic Visits Ahmed Al-Bisher Al-Roumi Secondary School for Boys	09 April
3	MOH School Nurses Course In DDI	10 April
4	Kick Off Course	13-16 April
5	DAFNE COURSE Sunday	13-17 April
6	School Field Visit DDI -International British School	13-15 April
7	DDI's Visits University of Kuwait	14 April
9	MOH School Nurses Course In DDI	17 April
10	DDI's Mobile Clinic Visits Al-Faiha Middle School for Girls	17 April
11	Diabetic Retinopathy Workshop	20-21 April
12	DAFNE COURSE	20-24 April
13	Hajj And Diabetes Workshop	22-23 April
14	ATLS Course	21-23 April
15	MOH School Nurses Course In DDI	24 April
17	DAFNE Recruitment	28 April
18	DAFNE Refresh Lecture	28 April

MAY

1	MOH School Nurses Course In DDI	01 May
2	Enterprise Risk Management Presentation	04 May
3	DDI Celebrates World Hand Hygiene Day	05 May
4	Lecture MR. JOSHUA B. GOLDBERG	07 May
5	MOH School Nurses Course In DDI	08 May
8	School Field Visit DDI - International British School	13 May
9	DDI Visits the Embassy of Switzerland to Kuwait	13 May
10	DAFNE post-course	14 May
11	Dietitians Training Course	14 May
12	ACI General Debriefing	15 May
13	Dietitians Training Course	15 May
14	MOH School Nurses Course in DDI	15 May
15	Lecture- MS. ABBEY CUTCHIN	18 May
16	Cooking Workshop	18 May
18	DAFNE Refresh Lecture	21 May
19	DAFNE Recruitment	21 May
20	MOH School Nurses Course in DDI	22 May
21	Dietitians Training Course	22 May
23	DAFNE COURSE	25-29 May
24	Diabetes Journey Workshop	27 May
25	SMART Course for DDI Staff	27-29 May
26	MOH School Nurses Course in DDI	29 May

JUNE		
1	MOH School Nurses Course in DDI	03 Jun
2	MOH School Nurses Course in DDI	10 June
3	Scientific Lecture by Ms. Amal Abdulllah	12 June
4	Scientific Lecture” By Professor Khalida Ismail	15 June
5	DDI Visits Hitteen Co-Op	15 June
6	Summer Internship Program	15 June
7	MOH School Nurses Course in DDI	17 June
8	DAFNE post-course	19 June
9	DAFNE COURSE	22-26 June
10	MOH School Nurses Course in DDI	24 June
11	DAFNE Recruitment	25 June
12	DAFNE Refresh Lecture	30 June
JULY		
1	KFAS Workshop in DDI (GENERATION SCIENCE JUNIOR)	02 July
2	MOH School Nurses Course in DDI	01 July
8	DDI’s Mobile Clinic Visits Fatima Bint Al-Yaman Middle School for Girls	06 July
3	Educator Training Course -SABAH HOSPITAL	06-24 July
4	KiCK OFF Course	07-10 July
5	MOH School Nurses Course in DDI	08 July
6	Cooking Workshop “Little Chef	08 July
7	DAFNE COURSE	

8	Diabetes Journey Workshop	15 July
9	Type 1 Diabetes Training Program for Helpers	16 July
10	MOH School Nurses Course in DDI	15 July
11	Cooking Workshop "Little Chef"	17 July
12	DAFNE post-course	14 July
13	ATLS Course	20-22 July
14	MOH School Nurses Course in DDI	22 July
15	Cooking Workshop "Little Chef"	22 July
16	KFAS Workshop in DDI (GENERATION SCIENCE SENIORS)	23 July
17	WICKED Course	27-31 July
18	Cooking Workshop "Little Chef"	28 July
19	DAFNE Recruitment	29 July
20	DAFNE post-course	30 July
AUGUST		
1	Presenting Workshop -Abdulaziz Darwish	03 August
2	Summer Training Students from KISR Visit DDI	03 August
3	DAFNE COURSE	03-07 August
4	Diabetes Journey Workshop	05 August
5	Cooking Workshop "Little Chef"	05 August
6	Poster Presentation Day-Summer Internship Program	07 August
8	DAFNE post-course	11 August
9	DAFNE August 2025 Recruitment	13 August

10	MOH School Nurses Course in DDI	14 August
11	DAFNE Course	17-21 August
12	Diabetic Retinopathy Workshop	17-18 August
13	Family Of Diabetes Workshop (Peads And 1 Family Member)	20 August
14	DAFNE post-course	20 August
15	WICKED Course	17-20 August
16	MOH School Nurses Course in DDI	21 August
17	ATLS Course	24-26 August
18	Kick Off Course	24-27 August
19	DAFNE Refresh Lecture	27 August
20	WICKED Post Course	27 August
21	Type 1 Diabetes Assistance Personnel /Helpers Training	27 August
22	DAFNE Course	31 August – 4 September

SEPTEMBER

1	Type 1 Diabetes Assistance Personnel /Helpers Training Workshop	11 September
2	Dasman Diabetes Institute's Back to School Event	03 September
4	WICKED Course	07-11 September
6	Prevention And Management of Diabetic Foot Complications	14-16 September
7	FARWANIA HOSPITAL EDUCATOR TRAINING COURSE FOR PHARMACIST	
8	ATLS Course	21-23 September
9	DAFNE post-course	17 September
10	Scientific Talk on PROF. JAMIE L. FELTON	29 September
11	DAFNE September 2025 Recruitment	29 September
12	Diabetes Journey Workshop	30 September

OCTOBER		
1	Infection Prevention and Control Lecture- MS. FRANCESCA WICKS	01 October
3	DDI Participates an Awareness Event at The Kuwait Fund for Arab Economic Development	06 October
4	Type 1 Diabetes Assistance Personnel /Helpers Training Workshop	08 October
6	DDI Visits Sabah Al Ahmad Center for Giftedness and Creativity	09 October
7	DAFNE Course	12-16 October
8	Nutrition Celiac Course	12 October
9	World Mental Health Day	12 October
11	DAFNE Refresh Lecture	14 October
12	KICK OFF Course	20-23 October
13	DDI Visits Bibi Al-Salam Girls' High School	22 October
14	DDI's Mobile Clinic Visits Al Shifa Bint Auf School for Girls	22 October
16	DAFNE Course	26-30 October
17	School Field Visit DDI -Bibi Al-Salam High School for Girls	26 October
19	DDI's Mobile Clinic Visits Sahlah Bint Saad Middle School for Girls	28 October
20	DAFNE October Recruitment	29 October
NOVEMBER		
1	DAFNE Course	09-13 November
2	DDI's Mobile Clinic Visits Asma Bint Umair Middle School for Girls	02 November
3	DDI Visits Salmiya Secondary School for Girls	06 November
4	ATLS Course	07-08 November
5	DDI's Mobile Clinic Visits Sabah Al Ahmad Center for Giftedness and Creativity	09 November

7	DDI Visited the Kuwait National Guard Headquarters	11 November
8	Scientific Talk -DR. NABIL G. SEIDAH 12-November-2025	12 November
9	World Diabetes Open Day Event- The Avenues Mall	13 November
10	Course Using Artificial Intelligence from Ghiras	15-16 November
11	DAFNE Workshop	16 November
12	DAFNE post-course	17 November
14	The Prevention and Management of Diabetic Foot Complications	16-18 November
15	AI And Healthcare Smarter Care Event DDI	17 November
16	DDI's Mobile Clinic Visits College of Engineering & Petroleum at Kuwait University	
17	DDI's Healthcare Professionals Visit Kuwait University	17 November
18	DAFNE post-course	18 November
19	DAFNE Workshop	18 November
20	DAFNE November Recruitment	19 November
21	Qortuba High School for Girls Visit DDI	20 November
23	DDI's Mobile Clinic Visits the Promenade Mall	20 November
24	DAFNE Course	23-27 November
25	DDI Visits Sabea Bint Al-Harith Middle School for Girls	23 November
26	DDI's Mobile Clinic Visits the Avenues Mall with Mabane Company	24 November
27	DDI's Mobile Clinic Visits the Scientific Center for Science Month 2025	27 November

DECEMBER

1	DAFNE Workshop	02 December
2	Alruya Bilingual School Field Visit DDI	04 December
6	DAFNE post-course	09 December
7	Guest Lecture - Tareef Awad	10 December
8	Artificial Intelligence for Research Scientists & Healthcare, University of Ottawa	11-13 December
9	ATLS Course	12-13 December
10	Diabetic Retinopathy Workshop	14-15 December
11	DAFNE December 2025 Recruitment	16 December
12	DAFNE post-course	17 December
14	DAFNE Course	21-25 December
15	MOH Dietitians Workshop	28-30 December
	DAFNE Course	28-30 December