



2025 Research Award

Joseph O'Donnell, BA

ADCES is proud to recognize **Joseph O'Donnell**, a rising star in diabetes research whose work is already making a meaningful contribution to the way we support people with diabetes.

Joseph is a third-year medical student at Case Western Reserve University, with a unique background in sociology that he brings thoughtfully into his work. He is passionate about understanding the human side of diabetes care—especially the social dynamics and relationships that make such a big difference in how people manage their condition.

The ADCES Research Committee selected Joseph for his outstanding abstract, *“Functions and Sources of Type 1 Diabetes Social Support Throughout Emerging Adulthood.”* His project explores the evolving nature of social support for people with Type 1 diabetes as they move from adolescence

into adulthood. One of the key takeaways? While peer support grows in importance during this time, parents often remain the most consistent and relied-upon source of support well into adulthood—a finding that has real implications for both pediatric and adult care teams.

Joseph's work highlights how essential it is to understand the personal, social side of diabetes management, especially for emerging adults navigating life transitions. His research is a powerful example of how thoughtful, qualitative insights can lead to better, more person-centered care.

As he looks ahead to a career in primary care, Joseph is committed to bringing this same level of empathy and attention to detail to every patient he serves.