



Siobhan Dee

The Diabetes Dept.

Siobhan Dee is the founder and CEO of The Diabetes Dept., creating occupation specific, innovative digital programmes for companies that strive to have a diabetes resilient workforce. Type 2 diabetes is a key cause of absenteeism and is associated with many safety concerns, especially in high risk occupations such as driving and manufacturing. The Diabetes Dept. designs programmes that are based entirely on science and helps individuals to avoid or reverse type 2 diabetes, as well as improve energy, heart health and quality of life. The company is firmly rooted in research and is currently engaged in a clinical study with drivers in CIE, in conjunction with the Public Health faculty in UCD.

Siobhan originally qualified as a nurse and has also studied business and coaching. She was a Business Director in the Pharmaceutical Industry for many years, as well as working as a business development consultant for both the Pharma sector and Medical Devices. Despite working on some innovative prescription drugs for type 2 diabetes, Siobhan was dismayed at the exponential growth of the disease, as well as the medical complications and premature deaths, even of those on medication. The missing link was application of lifestyle science and educating people in a way that helps them understand, implement and sustain new lifestyle habits.

In 2020, Siobhan launched The Diabetes Dept. to address this issue and is currently focused on at-risk employee populations, working with a number of transport companies and their drivers in Ireland and internationally. Siobhan's team fuses expertise and enthusiasm, a passion for making change and a keen awareness of the intersection between personal health and professional life.

www.thediabetesdept.com

