



World Diabetes Day 2025: how to get involved!

Online event

16 October 2025
14:00-15:00 CEST





WORLD DIABETES DAY 2025 – HOW TO GET INVOLVED

WELCOME FROM THE MODERATOR



Lucy Michaeloudis

Communications Coordinator, International Diabetes Federation

Welcome

- This webinar will be recorded.
- You can activate Zoom-generated subtitles for this webinar by clicking on the closed caption (cc) button at the bottom of your Zoom window. Please note these subtitles are not 100% accurate.
- The recording, slides and feedback questionnaire will be sent to all registrants in a few days.
- There will be **no certificate issued** for attending this webinar.
- Please use the Q&A function to post your questions.

World Diabetes Day 2025

14 November

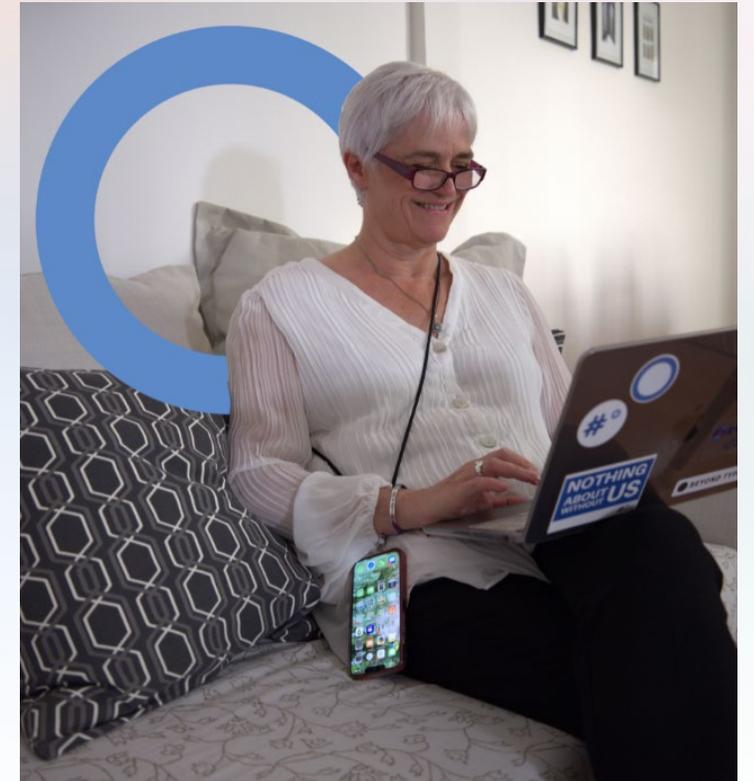


Theme: Diabetes and well-being

Focus: Diabetes in the workplace

Slogan:

**Know more and do more
for diabetes at work**



Key messages

Diabetes challenges

In the workplace, people with diabetes face challenges such as stigma, discrimination, exclusion, anxiety and lack access to care and support for their well-being.

Unhealthy environment

The lack of access to healthy food choices, opportunities for physical activity and support for mental well-being is harmful for people with diabetes and those at risk.

Do more for people with diabetes

Employers must take action to create a safe, supportive and healthy work environment for people with diabetes and those at risk.

Campaign resources



Logo – usage guidelines

The World Diabetes Day logo is free for anyone to use in their diabetes awareness activities!

- Download the logo in your language from the Resource Hub.
- Write to us at wdd@idf.org to request the logo in your language.

The World Diabetes Day logo must not be used for commercial purposes.



world diabetes day

14 November



Use of the IDF logo is restricted to members and partners.

Resource hub - campaign posters

7 in 10 people living with diabetes are of working age

Know more and do more for **diabetes at work**

#DiabetesLife

A campaign led by the International Diabetes Federation

world diabetes day 14 November

7 in 10 people living with diabetes are of working age

Know more and do more for **diabetes at work**

#DiabetesLife

A campaign led by the International Diabetes Federation

world diabetes day 14 November

"I inject my insulin and treat my hypos in the bathroom. It took some years to convince my employer that I have the same competencies even though I have diabetes."

Anita, living with type 1 diabetes since 1987

Know more and do more for **diabetes at work**

#DiabetesLife

A campaign led by the International Diabetes Federation

world diabetes day 14 November

"People living with diabetes can face a lot of unfair treatment at work because there are misconceptions about their capabilities."

Heather, living with type 2 diabetes since 2013

Know more and do more for **diabetes at work**

#DiabetesLife

A campaign led by the International Diabetes Federation

world diabetes day 14 November

7 in 10 people living with diabetes are of working age

Know more and do more for **diabetes at work**

#DiabetesLife

A campaign led by the International Diabetes Federation

world diabetes day 14 November

"Diabetes and professional life both demand constant attention, yet also give me the chance to support and inspire others. With the right systems, the challenges become part of a meaningful journey."

Anum, living with type 1 diabetes since 1996

Know more and do more for **diabetes at work**

#DiabetesLife

A campaign led by the International Diabetes Federation

world diabetes day 14 November

Download the posters:



Resource hub – social media visuals

7 in 10 people living with diabetes are of working age



Know more and do more for diabetes at work



7 in 10 people living with diabetes are of working age



Know more and do more for diabetes at work



"Diabetes and professional life both demand constant attention, yet also give me the chance to support and inspire others."

Anum,
living with type 1 diabetes since 1996



Know more and do more for diabetes at work



7 in 10 people living with diabetes are of working age



Know more and do more for diabetes at work



7 in 10 people living with diabetes are of working age



Know more and do more for diabetes at work



Download the social media visuals:



Resource hub – infographics

Download the infographics:



Diabetes in the workplace

For millions of employees, diabetes is a daily reality – but in the workplace, it can often become a source of stress, stigma, and fear.

Globally, 7 in 10 (412 million) adults living with diabetes are of working age.

Many people with diabetes struggle to balance their health with work expectations, while lack of support in the workplace can have a negative impact on care, well-being and career progression.

589M people are living with diabetes worldwide.

3 in 4 people living with diabetes surveyed have experienced anxiety, depression or another mental health condition because of their diabetes.

4 in 10 people with diabetes surveyed say managing diabetes at work negatively impacts their mental well-being.

Challenges faced by people living with diabetes at work

- Harassment and bullying
- Denied breaks (snacks, rest, bathroom)
- Denied time off to attend appointments
- Missing out on development and training opportunities
- Discomfort in managing diabetes at work
- Lack of workplace policy to support people with diabetes

Know more and do more for **diabetes at work**

#DiabetesLife A campaign led by the International Diabetes Federation

world diabetes day 14 November

Know more and do more for diabetes at work

Globally, 7 in 10 (412 million) adults living with diabetes are of working age. For millions of employees, diabetes is a daily reality – but in the workplace, it can often become a source of stress, stigma, and fear.

From setting up workplace policies, to listening and offering support without judgement, there are many ways to make your workplace a friendlier place for people with diabetes.

"I would urge all employers around the world to not judge people with diabetes because we are as capable as any other person."

Anum, living with type 1 diabetes since 1996.

10 ways to do more for diabetes at work:

- Provide a safe and private space for diabetes management and adequate storage for supplies.
- Provide access to food, water, toilet facilities and breaks for people to attend to medical needs.
- Have a trained first aider and the necessary supplies to treat a diabetes-related emergency.
- Foster an inclusive environment, free from fear and diabetes-related stigma.
- Offer flexible working arrangements (e.g. part-time or remote work).
- Offer mental well-being support to employees.
- Make healthy food and snacks available in the workplace.
- Encourage physical activity through programmes and incentives.
- Make information about diabetes available in the workplace.
- Organise diabetes screenings.

Join our call to support people with diabetes at work

#DiabetesLife A campaign led by the International Diabetes Federation

world diabetes day 14 November

WDD asset translation and adaptation

- The WDD assets are available in **English, French and Spanish.**
- Please write to us at wdd@idf.org to request the source files to **translate or adapt** the materials for your campaign.
- Only **official World Diabetes Day partners and IDF members** can add their logo to the campaign materials.



Campaign toolkit



- Key messages
- Key statistics
- Campaign resources
- Calls to action

**Access the Toolkit in
English:**



**Access the Toolkit in
French:**



**Access the Toolkit in
Spanish:**



Campaign video – coming soon



- Anum Anwar
- Blue Circle Voice from Pakistan
- Living with type 1 diabetes

Merchandise

- Pins and flags available to purchase on the website.



**View
merchandise:**



Share your activities



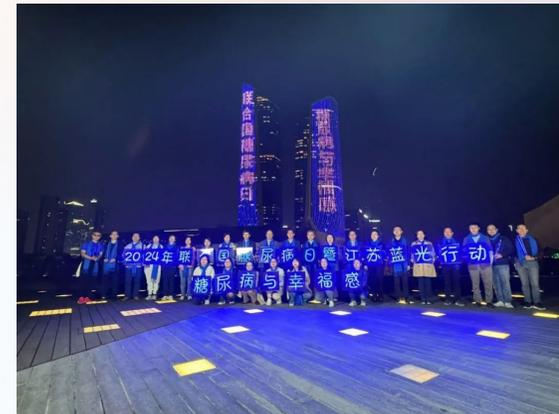
Activity ideas



Walk or march



Screening/health checks



Blue lighting



Information stand



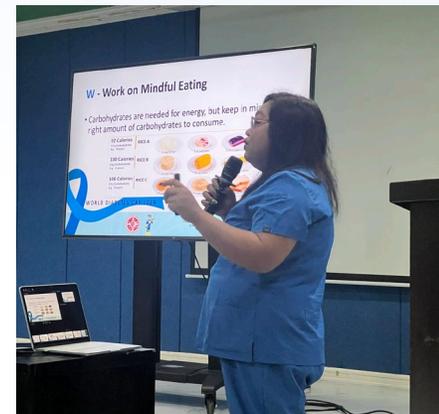
Blue circle



Sports activity



Activity for children



Education session



Media activity

Online activities map



- Any organisation, company or individual can submit an activity!
- Share activity information, date, time, short description, flyer, or website.

Submit your activity:



Don't forget to share your photos afterwards!

Calls to action



Share your experience

Take our survey to share your experience of diabetes at work

Tell us about the challenges you have faced and the support you have received.

Take the survey:



Share your story of diabetes at work!

"In a traditional job setting, you're expected to follow strict timelines, often pushing yourself beyond limits.

There's an unspoken pressure to work harder than others to avoid being seen as less capable."

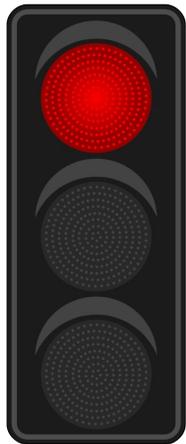
Person living with T1D, Pakistan

#DiabetesLife

How diabetes-friendly is your workplace?

A short quiz for employers and employees

Answer 20 questions about what your workplace offers to people with diabetes and those at risk and find out your score: RED, AMBER or GREEN



Take the survey:



Call to action to policymakers

- Enter your personal information.
- Customise a letter with **diabetes data from your country.**
- Send the letter to your **national health minister or Permanent Mission to the United Nations in Geneva.**
- Share your personal diabetes story (optional).

Send a letter:



Your first name *

Your last name *

Your email address *

Country *

Belgium

The letter will be sent in French

If your country does not appear, please contact us

Other recipient (optional)

If you want to send the letter to the Permanent Mission to the United Nations in Geneva.

Email address

Would you like to add your personal diabetes story (optional)?

Dear Minister,

On behalf of the global diabetes community, I am writing to urge you to take action to support the well-being of people living with diabetes in the workplace. This can be done through the implementation of the World Health Organization (WHO) Global Diabetes Compact and the achievement of the global diabetes coverage targets by 2030.

The latest global figures from the International Diabetes Federation (IDF) show more than 589 million people are living with diabetes. **In Belgium, an estimated 641,551 people live with the condition – 37% of whom are undiagnosed.** In 2024, diabetes led to 5,377 deaths and 3,649,563,679 USD of health expenditure in our country.

7 in 10 people living with diabetes worldwide are of working age (20-65 years old). Many face daily challenges managing their condition in the workplace. They may experience discrimination, a lack of support and discomfort when attending to their medical needs at work. Some avoid disclosing their condition out of fear of being treated differently or not receiving the same professional opportunities as their colleagues. These challenges have a negative impact on their physical and mental well-being. Immediate action is required to ensure that people living with diabetes receive support to thrive at work.

The WHO Global Diabetes Compact has the potential to improve the well-being of people living with diabetes at work by supporting national efforts to achieve universal health coverage, strengthening health systems through primary care, reducing modifiable risk factors and tackling diabetes-related stigma. The complementary global diabetes coverage targets further support well-being by promoting access to medicines and care for people of working age and beyond. The five global diabetes coverage targets are:

- 80% of people living with diabetes are diagnosed
- 80% of people with diagnosed diabetes have good control of glycaemia
- 80% of people with diagnosed diabetes have good control of blood pressure
- 60% of people with diabetes of 40 years or older receive statins
- 100% of people with type 1 diabetes have access to affordable insulin and blood glucose self-monitoring

Join us on social media!

- Follow us on social media to stay up-to-date!
- Amplify our campaign by resharing our messages!
- Post your own content – share your activities and stories
- Use [#DiabetesLife](#) and [#WorldDiabetesDay](#) in your posts



[@worlddiabetesday](#)



[@intdiabetesfed](#)



[@IntDiabetesFed](#)



[@International
Diabetes
Federation](#)



[@idfworlddiabetesday](#)



[@International
Diabetes
Federation](#)

Thank you to our WDD partners!



Q&A



Get in touch

worlddiabetesday.org

wdd@idf.org



Closing remarks and thanks

- The recording, slides and feedback questionnaire will be sent to all registrants in a few days.
- Please respond to the feedback questionnaire to help us improve future IDF online events.

Thank you

