

Diabetes and Well-being

For the 537 million people worldwide living with diabetes, everyday life can be a struggle.

They have to approach every part of the day with **constant caution and extra effort**. It can lead to stigma, bullying, and a sense of hopelessness, especially when access to care is limited, making it a matter of life and death. While **diabetes affects both physical and mental well-being**, care often focuses only on blood sugar management, leaving many overwhelmed.



Recent studies conducted among people living with diabetes, found that:

36%

of people with diabetes experience diabetes distress

63%

of people with diabetes say that the fear of developing diabetes-related complications affects their well-being

28%

of people with diabetes find it hard to remain positive in relation to their condition

Several challenges related to diabetes can negatively impact well-being:



Stigma or discrimination



Accessing medicines and supplies



Accessing support from a healthcare professional



Daily diabetes management



Fear of developing complications



Fear of needles

We need to look beyond blood sugar **for a better diabetes life.**

#DiabetesLife

A campaign led by the International Diabetes Federation.



world diabetes day
14 November



worlddiabetesday.org