

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

