

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:

1

Provide a **safe and private space for diabetes management** and adequate storage for supplies.

2

Provide **access to food, water, toilet facilities and breaks** for people to attend to medical needs.

3

Have a **trained first aider** and the necessary supplies to **treat a diabetes-related emergency**.

4

Foster an **inclusive environment**, free from fear and **diabetes-related stigma**.

5

Offer **flexible working arrangements** (e.g., part-time or remote work).

6

Offer **mental well-being support** to employees.

7

Make **healthy food and snacks available** in the workplace.

8

Encourage **physical activity** through programmes and incentives.

9

Make **information about diabetes** available in the workplace.

10

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

