


WORLD DIABETES DAY 2025!

November 14



Diabetes and professional life both demand constant attention

DIABETES AND WELL-BEING

This year's focus: **DIABETES IN THE WORKPLACE**

Millions of people with diabetes face daily challenges managing their condition in the workplace, including stigma, discrimination and exclusion.

7 in 10

People living with diabetes are of working age

3 in 4

People living with diabetes have experienced anxiety, depression or another mental health condition because of their diabetes.

4 in 5

People living with diabetes experienced diabetes burnout.

Know more and do more for diabetes at work!

7 STEPS FOR BETTER LIVING WITH DIABETES

1. Eat Healthy



Reduce or eliminate sugary foods and drinks / highly processed foods.



Focus meals on proteins and non-starchy vegetables.



Be intentional with meals, avoid eating out of boredom or habit.



Watch portion sizes.

2. Be Active



Exercise 5 days a week.



Be active 30 minutes a day.

3. Monitor



Check your blood sugar levels; know your HbA1C.



Check your blood pressure, cholesterol, eyes, feet, and teeth.

4. Take Medication



Know your medications. Understand how they work and take the right doses at the right times.

5. Problem Solve



Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them.

6. Reduce Risk



Quit smoking.



Do regular health exams (eye, foot & dental).



See your doctor regularly for check-ups and tests.

7. Cope Well



Get support from your family, friends, and diabetes care team.



Set realistic goals and work toward them.

International Diabetes Federation. World Diabetes Day (cited 2025 Oct 10).

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