

Community Involvement for Diabetes



Whether you are living with diabetes or know someone who is, there are many community-based resources available to join in the fight against the disease.

The following actions can help you become more involved with the diabetes community and are great ways to show support for friends or loved ones affected by the disease.

Partner with the American Diabetes Association

Every 21 seconds, someone new is diagnosed with diabetes.¹ By collaborating with the American Diabetes Association, you can participate in inspiring events such as the Tour de Cure, Step Out: Walk to Stop Diabetes, or even create your own fundraiser. These actions spread awareness, donate to support research, and help us take steps towards finding a cure.

 Step Out Walk We walk to raise critical funds and show support for all people living with diabetes. Join the Step Out Walk	 Ride. Run. Walk. For Life. Tour de Cure ADA's premier fundraising campaign with cycling, running, and walking options. Ride for the Tour de Cure	 Create Your Own Fundraiser From game night to a yard sale, or anything in between, create the unique event of your choice. Get creative to fight diabetes
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Engage with Support Groups

When you, someone you love, or a family member is diagnosed with any form of diabetes, it can be overwhelming. Attending a diabetes support group is a proactive way to find support and live more fully. The [American Diabetes Association Support Community](#) is an excellent resource to further your education as well as connect with others through discussion boards and Q&A forums.



Wear a Diabetes Support Ribbon

Show your support for people living with diabetes by wearing the diabetes support ribbon. The ribbon is blue or gray with a single drop of blood on it.

Support Your Loved Ones

Show your friends and family who have diabetes that you're there for them. Here are some creative ways to do so:

- Offer specific, practical help.
- Encourage their efforts to eat healthy through grocery shopping, delivering fresh fruit and vegetables, taking cooking class together, or help clean out or reorganize their kitchen.
- Support any efforts to cut back on alcohol and smoking.
- Be an exercise companion.
- Offer to attend health appointments and or pick-up prescriptions.
- Suggest learning about diabetes together or accompany them to local support groups.

While you may offer help with the best intentions, don't offer help that you are not able to give, and don't force anything on anyone either. Allow your loved ones to take the lead. Whether you can offer practical support or not, a regular check-in to see how they're doing is a great way to show you care.

Bring awareness on World Diabetes Day: November 14

World Diabetes Day (WDD) is marked every year on November 14, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. World Diabetes Day was started in 1991 by the International Diabetes Federation (IDF) and the World Health Organization (WHO) with intention to increase collective understanding about diabetes prevention and disease management. WDD is the largest diabetes campaign, reaching a global audience of over 1 billion people in more than 160 countries.

Every person living with diabetes is empowered to live a healthy, happy, productive life. The efforts you take to engage with the diabetes community and show support can be very impactful. It's through community efforts that awareness, inspiration, and kindness is spread, and most importantly, change is made.