

Global Summit to End Diabetes Stigma

What was the Global Summit to End Diabetes Stigma?

At the inaugural Global Summit to End Diabetes Stigma, delegates shared lived experiences, research findings, impactful solutions, collaborative efforts, and best practices for stigma-free advocacy, education, and care. Insights from the Summit will shape a global roadmap that identifies practical actions to drive meaningful change.

200+

Global delegates

40+

Countries



85

Advocate travel scholarships



Major Themes, Gaps, and Topics

The biggest takeaway from the Global Summit? Two days wasn't nearly enough time to discuss every facet of diabetes stigma. For those unable to attend the Summit, we've summarized four major themes that stood out across the weekend.

1 Diabetes stigma is a global problem that looks different across cultures & contexts

Though people report experiencing diabetes stigma all over the world, stigma can look very different in its manifestations depending on where you are in the world, your access to healthcare and community support, cultural beliefs and context, and more.

There is a need for research, education, community interventions, and advocacy efforts that specifically help us better understand and address these differences with targeted solutions.

2 #LanguageMatters has set the stage

Before #EndDiabetesStigma, dStigmatize, or other campaigns raising awareness of stigma, the #LanguageMatters movement showed the power of choosing language that is respectful, stigma-free, and nonjudgmental. This guidance has been translated into dozens of languages.

Delegates shared insights from #LanguageMatters advocacy efforts, like the importance of cultural context, lived experience co-creation, grassroots advocacy efforts, and more.

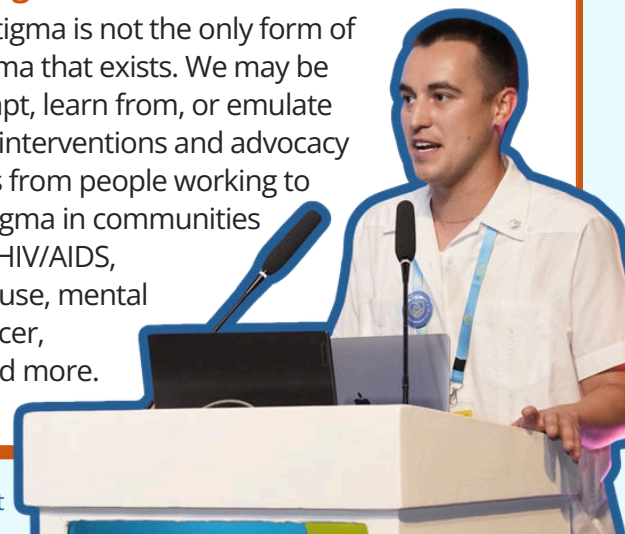
3 Diabetes stigma remains stubborn in healthcare environments

We know that diabetes stigma shows up in lots of different settings, but delegates from every corner of the globe shared a common experience of dealing with stigma in healthcare environments.

Rarely do health professionals intentionally stigmatize the people they care for, but subconscious biases, training, or belief systems may contribute unintentionally to stigma. However, cultures may view these experiences differently depending on beliefs around identity, authority, healthcare, and more.

4 There's so much to learn from other health stigma movements

Diabetes stigma is not the only form of health stigma that exists. We may be able to adapt, learn from, or emulate successful interventions and advocacy techniques from people working to address stigma in communities living with HIV/AIDS, substance use, mental illness, cancer, obesity, and more.



dStigmatize at the Global Summit



Sessions chaired

As a Trailblazing Partner and a member of the Steering Committee for the Global Summit, diaTribe was directly involved in the planning and execution of this inaugural gathering.



Presentations

Across the Summit's contributions, panel participation, and session presentations, diaTribe's dStigmatize program was well represented with program staff and collaborators helping to drive discussions around stigma research, culture-change, community-based solutions, stigma-free healthcare delivery, and creative arts as an advocacy tool.

dStigmatize highlighted a number of its initiatives throughout the Summit program including the Spoonful of Laughter campaign, educational resources on diabetes stigma in sports, exercise, and physical activity, and research on the experience of type 2 diabetes stigma in healthcare.



Panel participant



dStigmatize collaborator Chris Bright speaks on diabetes stigma in sports



Spoonful of Laughter collaborator Janina Gaudin leads a workshop



dStigmatize's Shae Puckett speaks about Spoonful of Laughter



Poster & video contributions

How dStigmatize is Integrating Learnings from the Global Summit

Campaigns and messaging

After a workshop from Common Cause Australia to hone our skills on message development for stigma awareness and stigma-free campaigns, we aim to employ these techniques across our slate of diaTribe campaigns. This means crafting a message that identifies an attractive and relatable **vision**, describes the **barriers** to that vision, and tells the audience exactly what **actions** will allow us to overcome that barrier.

Benchmarking success

There is a need for ways to **benchmark progress and measure success**, but delegates emphasized that there may be ways for organizations and advocates to combine formalized, validated tools with proxy measures, smaller-scale research surveys, community efforts, and more to expand our ability to measure change. dStigmatize is working to identify metrics of success that we can begin tracking year over year.

Building the network

In multiple sessions, delegates spoke to the need for **collaborative, cross-sector interventions and initiatives** to address diabetes stigma. dStigmatize is expanding our network, starting with the Global Summit delegation, to improve and iterate on our initiatives. We aim to address diabetes stigma at multiple levels and intend to work collaboratively with experts, advocates, and partner organizations.

You Can Support the Movement to End Diabetes Stigma!

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