

EDI Moment

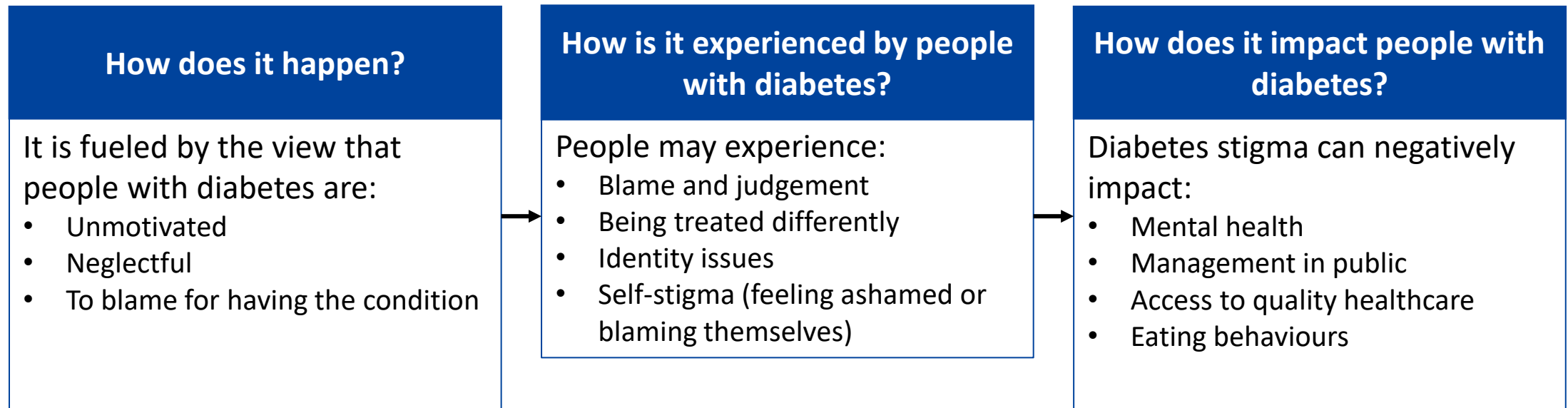
Diabetes stigma and misconceptions



Diabetes Stigma – Causes, Experiences and Impacts^{1,2}

What is Diabetes Stigma?

- Negative judgements, stereotypes and prejudices about diabetes, or about a person or group due to their diabetes



1. Adapted from *Type 1 Better*. Type 1 Better. Fighting against stigma associated with diabetes: a global responsibility [Internet]. 2023 Oct [cited 2015 Jul 7]. Available from: <https://type1better.com/en/fighting-against-stigma-associated-with-diabetes-a-global-responsibility/>

2. Speight PJ, Holmes-Truscott E, Garza M, Scibilia R, Wagner S, Kato A, et al. Bringing an end to diabetes stigma and discrimination: an international consensus statement on evidence and recommendations. *J Diabetes Endocrinol* [Internet]. 2024 Jan [cited 2025 May 12]; 12(1):P61-82. Available from: <https://www.thelancet.com/journals>

Debunking Diabetes Myths^{3,4}

Myth
Diabetes is caused by eating too much sugar
People with diabetes can't eat carbs or sugar
You shouldn't drive if you have diabetes
No one in my family has diabetes, so I won't get it

Truth
Sugar does not cause diabetes. Diabetes is the result of many complex factors.
People with diabetes can eat the same things as people without diabetes. Planning and management can help lower the risk of blood sugar spikes.
People with diabetes can drive. However, low blood sugar can affect the ability to drive, so checking blood sugar levels beforehand and having snacks available can help.
Having a parent or sibling with diabetes can increase your risk of developing both type 1 and 2 diabetes. However, it's possible to be the only one in your family with diabetes.

3. Diabetes Canada. Debunking diabetes myths [Internet]. 2023 Dec 8. Available from: [https://www.diabetes.ca/about-diabetes-\(3\)/impact-stories/debunking-diabetes-myths](https://www.diabetes.ca/about-diabetes-(3)/impact-stories/debunking-diabetes-myths)

4. Mount Sinai. Diabetes myths and facts [Internet]. 2023 May 12. Available from; <https://www.mountsinai.org/health-library/special-topic/diabetes-myths-and-facts>

Addressing Diabetes Stigma in the CanScreen T1D Consortium

How the CanScreen T1D team is, and can continue, addressing diabetes stigma:

- Correcting myths and misinformation about diabetes when you hear or see it
- Never making assumptions about someone's experience, acknowledging that each person's lived experience with diabetes is unique
- Creating safe, supportive spaces for individuals to manage their condition openly
- Promoting person-first, non-blaming and inclusive language when talking about diabetes



Resources and Additional Learning

- Video (4 min 25 sec): [Understanding stigma and misconceptions surrounding diabetes](#) (Global News)
- Video (47 min): [Webinar - Destigmatizing Diabetes](#) (Diabetes Canada)
- [Change the Conversation About Diabetes](#) (Diabetes Canada)
- [Fighting against stigma associated with diabetes: a global responsibility](#) (Type 1 Better)

