



world diabetes day  
14 November

"I've been living with type 1 diabetes since I was two. The support of my family and friends has helped me manage my condition and stay healthy."

Olivier from Belgium

**1 in 11**  
people live with diabetes

522 MILLION, THE EXPECTED NUMBER OF PEOPLE WITH DIABETES BY 2030

# DIABETES CONCERNS EVERY FAMILY



MANAGING ALL TYPES OF DIABETES REQUIRES:



DAILY TREATMENT



REGULAR MONITORING



A HEALTHY DIET AND LIFESTYLE



ONGOING EDUCATION



LESS THAN 1 IN 4 FAMILY MEMBERS HAVE ACCESS TO DIABETES EDUCATION PROGRAMMES

"Education has helped my family understand how they can help me – we have all changed our lifestyles since my diagnosis."



#WDD2018

Would you know how to look after a family member with diabetes?

[www.worlddiabetesday.org/manage](http://www.worlddiabetesday.org/manage)



International Diabetes Federation