


The Global Summit to End Diabetes Stigma Program

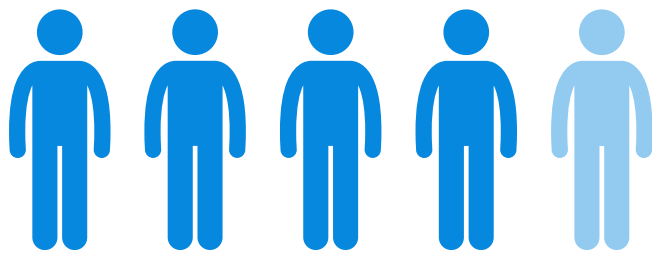
Jaipur, India: 28-29 March 2026

EndDiabetesStigma.org





589* million people
are living with diabetes around the world



4 in 5[^]
experience stigma
due to diabetes

“ Type 1 is ‘you poor thing’,
type 2 is ‘you stupid thing’.

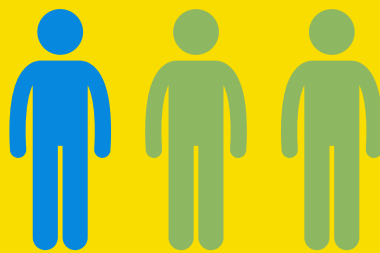
- man living with type 2 diabetes

“ I felt guilty in the early days for
the first, probably 10 to 15 years, I
felt guilty because it was my fault.

- woman living with type 1 diabetes

1 in 3[^]

experience discrimination
related to their diabetes



“ It’s so good that
so much time
and effort is
being put into
this... It’s getting
the attention it
deserves.

- woman living with gestational diabetes

“ The violation of human and social rights of people with diabetes is
widespread, starting from the most basic right to survival, jeopardized
by the lack of availability of insulin, to the more sophisticated, such as
health insurance restrictions and discrimination at work.

- Massi Benedetti, *Diabetes Research & Clinical Practice*, 2014: p338

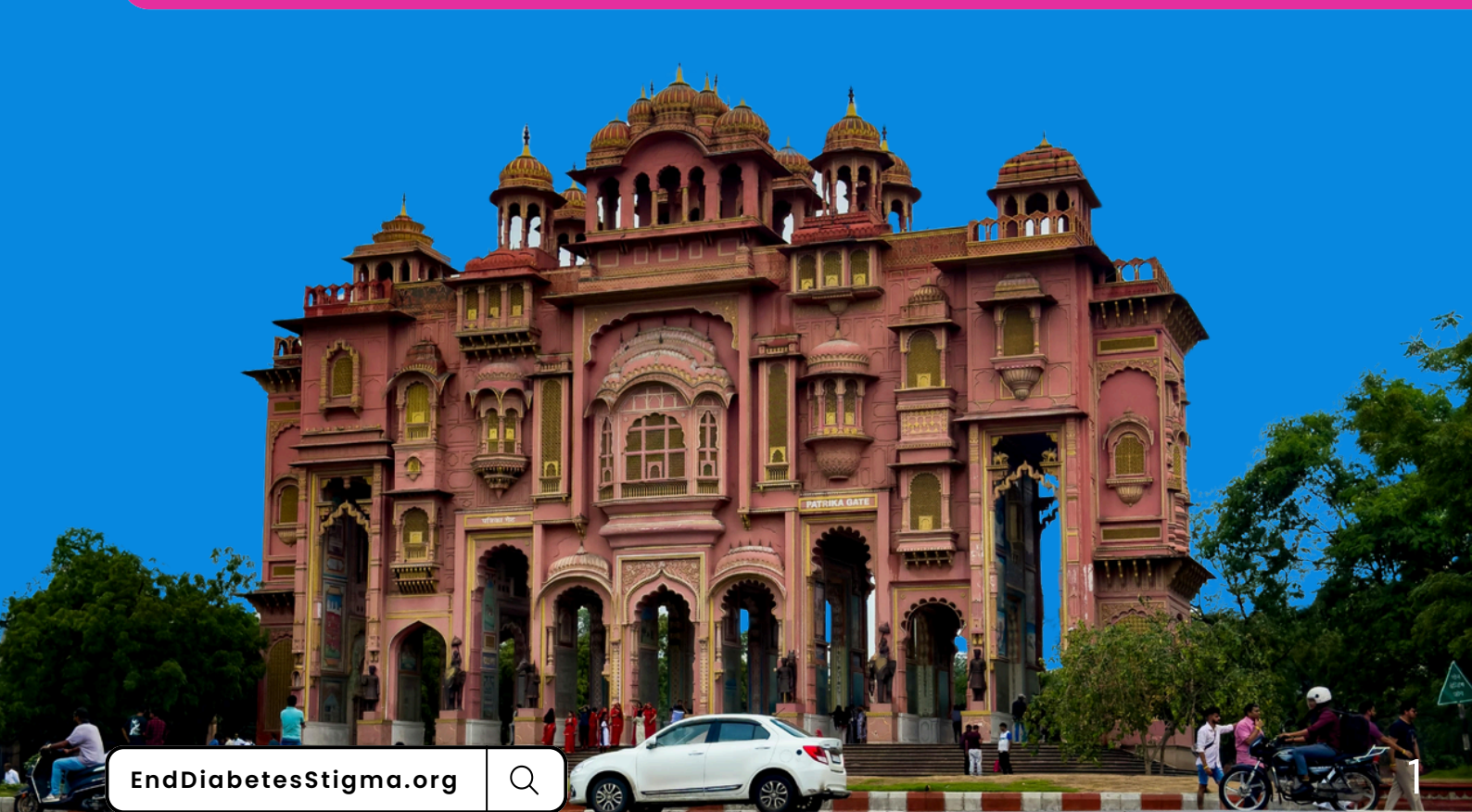
* *IDF Diabetes Atlas*, 11th Edition, 2025

[^] Speight et al. *Lancet Diabetes Endocrinol*, Jan 2024, 12(1): 61-82

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Welcome

Dear Advocates, Colleagues, Partners, Sponsors, and Friends

On behalf of the Steering Committee, we warmly welcome you **to the inaugural Global Summit to End Diabetes Stigma**. It is a privilege to gather with such a diverse community, with over 250 people from more than 30 countries, all united by a shared ambition and commitment: **creating a world free from diabetes stigma and discrimination**.

We know that many people have travelled long, arduous journeys to be here – and we don't just mean long haul flights! Your presence speaks to the depth of the commitment by many people over many years, and to the strength of this growing global movement. This Summit reflects the potential and power of a movement that has been built from the ground up. People living with diabetes have been – and must remain – at its heart: sharing their experiences, challenging assumptions, raising awareness, calling for change and being the change. Their leadership has brought much-needed visibility to the stigma that many people with diabetes face in healthcare, workplaces, schools, communities, and participating fully in everyday life.

The momentum behind the Pledge to End Diabetes Stigma, launched on World Diabetes Day 2023, shows just how powerful this community-led effort has become. Thousands of individuals and organisations, across 119 countries, have already joined the call to end diabetes stigma. This Summit is a powerful next step – bringing people together to share knowledge, build connections, learn from one another, and identify concrete actions for change. Its success also reflects growing recognition across the professional community – including researchers, clinicians, advocates, organisations, and industry partners – that stigma is a critical barrier to health, wellbeing, and equitable care for people living with diabetes.

We are delighted to meet in the vibrant and historic city of Jaipur, whose warmth, colour, and culture provide the perfect setting for this landmark moment in time in our shared work.

Over the coming days, the Summit offers an opportunity to align community experiences and energy with evidence, expertise, and global collaboration. We ask all delegates to respect one another, communicate with care and without bias, and consult the Summit care protocol to help maintain a safe, inclusive, and compassionate environment for everyone present. We know that the stories, data, and discussions shared here will be powerful and, at times, challenging. Please look after yourselves and each other.

Our hope is that the conversations, insights, and relationships formed during this Summit will shape a clear and ambitious roadmap for collective action. Together, we can continue to build a future in which people living with diabetes are met with respect, compassion, and support – free from blame, shame, or judgement. Thank you for being part of this global movement, and for everything you do, every day, to end diabetes stigma.

Warm regards,

Professor Jane Speight
Co-Lead, Global Summit to
End Diabetes Stigma
Foundation Director, ACBRD*

Dr Elizabeth Holmes-Truscott
Co-Lead, Global Summit to
End Diabetes Stigma
Deputy Director, ACBRD*

“ Thank you for your pro-active care and contributions to this Global Summit.

Together we can, and together we will, create a stigma-free future for all people affected by all types of diabetes.

* The Australian Centre for Behavioural Research in Diabetes is a partnership for better health between Diabetes Victoria and Deakin University

The Steering Committee



Jane Speight
Co-Lead
Australia



Elizabeth Holmes-Truscott
Co-Lead
Australia



Sana Ajmal
Pakistan



Eleni Frattolin
Italy



Matthew Garza
USA



Bastian Hauck
Germany



Walther Jensen
Denmark



Padmaja Kumari Parmar
India



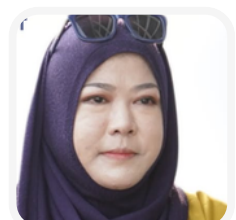
Nupur Lalvani
India



Linxi Mytkolli
Canada



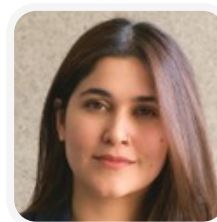
Kyle Jacques Rose
France / N. America



Anita Sabidi
Indonesia



Chitra Selvan
India



Jazz Sethi
India



Renza Scibilia
Australia



Soren Skovlund
Denmark

The Global Summit has been brought together by an international Steering Committee of 16 independent experts from 10 countries on 4 continents, with lived, loved, learned and laboured experience of diabetes. Their guidance has shaped the vision, programme and experience of the Summit.



End Diabetes Stigma

Thanks to our Partners



We gratefully acknowledge the generous, long-standing support of all our Partners. We have been working together over many years. Our Partners' commitments extend far beyond a single event and will continue long after this Summit has concluded.

Visionary Partners



The Australian Centre
for Behavioural Research
in Diabetes



Breakthrough T1D™
Formerly JDRF

Trailblazing Partners



Disrupting Partners



End Diabetes Stigma



Thanks to *our Sponsors*



We warmly thank our sponsors for their generous support of this inaugural Global Summit. Their investment has helped make this gathering possible and powerful.

Our sponsors' support is not just logistical or financial - it is a bold statement: that diabetes stigma and discrimination are harmful, unacceptable, unethical and counterproductive; that millions of people living with diabetes around the world deserve better; and that collective leadership is needed to proactively challenge, and bring an end to diabetes stigma and discrimination.

Innovating Sponsor



novo nordisk®

Disrupting Sponsors



Abbott



sanofi

Circle of Changemakers



About our Visionary Partners



The Australian Centre
for Behavioural Research
in Diabetes

The ACBRD is a world-leading research centre dedicated to improving the lives of people living with all forms of diabetes. Based in Melbourne, the ACBRD was established in 2010 as a partnership for better health between **Diabetes Victoria** and **Deakin University**.

Our work focuses on the psychological, social, and behavioural aspects of diabetes – aspects that profoundly shape daily experiences, self-care, health outcomes, and quality of life. We believe that true progress in diabetes care requires understanding the whole person, not just their glucose levels. Through rigorous, collaborative research, we generate evidence to challenge myths, address inequities, and promote person-centred care.

We work hand-in-hand with people who live with diabetes, health professionals, health services, educators, policy makers, and community organisations across Australia and around the world. Our work informs clinical guidelines, shapes policy and practice and has literally changed how people talk about diabetes across the world.

Reducing diabetes stigma is central to our mission. We know that blame, shame, and judgement create barriers to care, worsen mental and physical health, and undermine equity. Through research into the prevalence and impacts of stigma, co-designed resources, public awareness campaigns, and advocacy, we are working towards a world where everyone leads with empathy, support, respect and accuracy.

We are proud to co-lead this inaugural Global Summit – a landmark moment in the global movement to end diabetes stigma. To learn more about our research and resources, visit acbrd.org.au.



Breakthrough T1D™

Formerly JDRF

Breakthrough T1D (formerly JDRF) is proud to serve as Visionary Partner of the Global Summit. As the global leader in type 1 diabetes (T1D) research, advocacy, and community support, our mission is simple but urgent: to accelerate life-changing breakthroughs to cure, prevent, and better treat T1D and its complications while improving the lives of everyone affected by the condition.

We bring together the T1D lived experience community, scientists, clinicians, policymakers and industry partners to drive innovation and progress. We invest in the most promising research across the world, and advocate for policies that expand access to care, lower costs, and ensure that people living with T1D can thrive in their communities. But scientific progress alone is not enough.

Ending diabetes stigma is essential to improving health outcomes and quality of life. When stigma is reduced, people with T1D feel safer seeking support, advocating for their needs, and managing their health openly.

By amplifying lived experience and expertise, sharing research, and identifying practical solutions, the Summit progresses and reinforces that addressing stigma is a collective responsibility. Action is needed across healthcare, education, media, workplaces, and public policy.

We are honoured to stand alongside the ACBRD, organisers, speakers, and participants who are committed to this work. Together, we can advance social change, to strive for people living with diabetes to feel supported, respected, and empowered.

To learn more about Breakthrough T1D, visit www.breakthrough1d.org.

About our Trailblazing Partners



#dedoc° is an international community by and for people living with diabetes dedicated to strengthening advocacy and building global networks.

Through the #dedoc° Voices scholarship program we support people living with diabetes to attend the most renowned international scientific conferences. To date, the program counts more than 500 alumni from over 100 countries, helping ensure that lived experience is represented in research discussions, policy conversations, and the broader diabetes dialogue.

At #dedoc°, we are guided by the core principles of the diabetes online community: #PayItForward, #WeAreNotWaiting, and #NothingAboutUsWithoutUs. To learn more about our work, visit dedoc.org.



Diabetes Action Canada (DAC) is a national research network working to improve the lives of people living with diabetes through patient partnership and co-designed research. People with lived and loved experience of diabetes are paid partners and leaders who help shape research priorities, programs, and solutions alongside researchers and policy leaders.

DAC connects communities, scientists, and decision-makers to co-design evidence-informed research and policies that reflect real life with diabetes. Through initiatives such as the Research-to-Action Fellowship and national patient partner programs, DAC supports people with diabetes to transform research into practical tools, stories, and resources. Learn more and follow our work at diabetesaction.ca on LinkedIn and Instagram @DiabetesAction.



Making Sense of Diabetes

diaTribe is dedicated to changing the narrative around diabetes and ensuring that people living with diabetes remain connected to the field and have a say in regulatory issues. The organization's primary programs are *diaTribe Learn*, the *Time in Range Coalition*, and *dStigmatize*.

We believe that addressing diabetes stigma is an essential missing element of effective diabetes care. Through research, education, and advocacy, dStigmatize aims to end this pervasive stigma. Our most recent initiative, Spoonful of Laughter, uses comedy to shift the diabetes narrative, creating more accurate and inclusive representations of diabetes.

To learn more about our work visit diaTribe.org and dStigmatize.org.



For over 75 years, the International Diabetes Federation (IDF) has been committed to improving the lives of people with diabetes and those at risk.

Through global advocacy and awareness initiatives such as World Diabetes Day, we work to address and overcome stigma and misconceptions surrounding diabetes. Programmes including the Young Leaders in Diabetes and Blue Circle Voices empower people with diabetes to share their experiences and drive change. We also work with partners across the noncommunicable disease community to advance inclusion, equity and better care for all people living with diabetes and other chronic conditions.

To learn more about our work visit idf.org.



Imagine a world where diabetes stigma and discrimination are history...

People with diabetes are met with respect, compassion, and support in every aspect of their lives—free from blame, shame, or judgment.

Accurate information replaces assumptions and stereotypes.

Healthcare, education, workplaces and leisure spaces are inclusive.

Everyone living with, or at risk of, diabetes has access to the support, treatments and technologies they need to live well.

The media and the public recognise the genetic, biological, social, environmental and behavioural factors that shape the course of all types of diabetes, enabling everyone to thrive without fear of stigma or discrimination.

In this world, diabetes stigma is no longer a barrier to investment in prevention, treatments, clinical care, research or curative therapies, accelerating a path towards a world without diabetes.



Experiencing diabetes stigma has been a significant challenge for me. This Summit offers me hope for a future where people with diabetes are understood and respected, free from judgement.

Anita Sabidi, living with type 1 diabetes for 27 years, in Indonesia

A world without diabetes stigma and discrimination will exist one day because individuals, communities, organisations, and governments worked together to achieve the multi-level, systemic changes needed to ensure equal opportunities, compassionate care, and a society where living with diabetes is never a barrier to dignity, participation, health or well-being. With your support, the Global Summit will bring us closer than ever before to this vision becoming a reality.

Now, imagine what it will take to achieve it ...

About the Global Summit



The Global Summit to End Diabetes Stigma brings together leaders from around the world to accelerate action to address stigma and discrimination experienced by people living with diabetes.

The Summit builds on the momentum of the Pledge to End Diabetes Stigma. Launched on World Diabetes Day 2023, this Pledge has already united 4,500+ individuals and organisations across 119 countries who are committed to challenging stigma.

The aims of the Global Summit are to:

- share lived experiences of diabetes stigma
- present the latest research and evidence
- highlight advocacy and community-led solutions
- learn from stigma-reduction efforts in other health fields
- identify practical strategies to address stigma in healthcare, policy, research and communications.

Importantly, the Summit will enable the co-design of a roadmap for actions to end diabetes stigma.

Uniting across the world

The Global Summit reflects the truly **international nature of the movement to end diabetes stigma.**

The first ever Global Summit to End Diabetes Stigma brings together:

- 70 speakers from 30+ countries
- People with lived experience of type 1 diabetes, type 2 diabetes, gestational diabetes and other types of diabetes
- Participants with expertise in research, healthcare, advocacy and policy
- 60+ recipients of international travel awards supporting participation by people with lived experience and many more receiving free accommodation and registration
- 100+ digital contributions from experts around the world. These contributions include: storytelling, scientific research, impact, perspectives.



About Jaipur

The famous 'pink city' is the perfect location for the first ever Global Summit to End Diabetes Stigma.

Did you know?

1 in 7 of all adults living with diabetes live in India.

India has 90+ million people living with diabetes.

Having one of the world's largest diabetes populations makes India a critical region for addressing diabetes stigma and its impacts.

The Global Summit is held in Jaipur, the capital of Rajasthan in northwest India. It is set against the stunning backdrop of rural Rajasthan's historic palaces and colourful bazaars. Yet, it has excellent urban infrastructure, a modern international airport and is close to Delhi for transit links. Jaipur enables a fully accessible Summit, amplifying diverse voices and experiences that are often under-represented in global health dialogues.

Jaipur was built to welcome the world. It is famously known as the '**pink city**' for its rose-hued buildings that line broad, planned streets. Jaipur was one of India's first planned cities, so planning and engineering solutions are in Jaipur's DNA. In this context, pink was never delicate or decorative. **Pink was and is bold.** It was a king who said: *I will change everything – the colour of my entire world – to make someone feel welcome.*

That is exactly the energy and commitment our Global Summit needs. The walls are already pink. The doors are already open. All that remains is to walk through and embrace the challenge.

About the Venue

The Jaipur Marriott Hotel

Address: Ashram Marg, Near Jawahar Circle, Rajasthan, Jaipur, India, 302015

Telephone: +91 141 456 7777

Languages spoken by staff: English, Hindi

Check-in and check-out times: 3:00pm and 12:00pm

Payments: The hotel accepts cash, credit cards and contactless mobile payments

Services: 24-hour front desk, concierge desk service, currency exchange, Quan Spa

All bedrooms are deluxe rooms with the following inclusions:

- Buffet breakfast at the Okra restaurant
- Wi-Fi
- 500ml bottled water each day
- Coffee/tea maker, instant hot water, mini fridge, TV, iron and ironing board
- Use of 24-hour fitness centre
- Use of swimming pool: 6am - 9pm

Meals: The hotel has several restaurants, a cafe, and lounge bar; 24-hour room service is available.

Accessibility: The property has elevators. For more information about the physical features of accessible rooms, common areas or special services relating to a specific disability, please call the hotel.

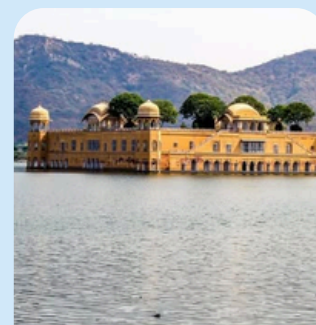
Tourist tips: The hotel is well located for visiting the famous, historic and beautiful sights of the 'pink city'. We recommend arranging tours and transport via Rx Events or via the hotel.



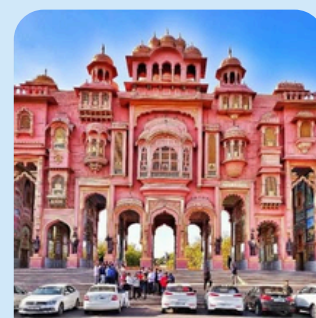
Amber Fort



Hawa Mahal



Jal Mahal



Patrika Gate

Care Protocol

We aim to create a Summit that is impactful, inspiring, respectful and safe for everyone. We encourage all participants to take care of themselves and others, and to contribute to a supportive environment.



Respecting lived experience

At the heart of the Summit is respect for and learning from people with lived experience of all types of diabetes. People living with diabetes are the **why** and the **how** of our shared endeavours to bring an end to diabetes stigma and discrimination. We respect and value their expertise and generous contributions, which inform and improve our work, to support advancements for all people affected by diabetes. It is a privilege to work with and for them.

Take the Pledge to End Diabetes Stigma

Before attending, we encourage everyone to read and take the Pledge to End Diabetes Stigma (see opposite page), available here: www.enddiabetesstigma.org. We expect all attendees to behave and speak in a way that upholds the Pledge while at the Summit, as well as in related communications afterwards.

Language matters

Please use language that is respectful, accurate and stigma-free. Language guides from around the world can be found here: www.languagemattersdiabetes.com.

Sharing personal experiences

Choosing to share lived or loved experience of diabetes can be a powerful way to challenge stigma and deepen understanding. 'Lived experience' refers to your personal experience of living with diabetes, while 'loved experience' refers to supporting a family member or friend who lives with diabetes. While sharing can be empowering, please consider what you feel comfortable discussing. We ask all attendees to respect people's confidentiality and privacy, and to be mindful of what is shared during and beyond the meeting.

Taking images of presentations or presenters

We welcome sharing of the Summit themes on social media. You can use the hashtag #EndDiabetesStigma. Please respect the wishes of presenters who do not want their presentation or image shared on social media. We ask presenters to make this clear at the beginning of their presentation. If you would like to share an image and are not sure, please ask the person for their permission.

Self-care during the Summit

Some discussions may be emotionally challenging. Please pace yourself when attending the Global Summit. For example, you may wish to take breaks, go for a walk, check in with a trusted friend, or undertake breathing exercises, which can reduce any feelings of stress. At the Summit venue, a quiet room will be available for you to have some space to rest.

Our words need to
... show we CARE:

- Curious
- Accurate
- Respectful
- Empathic

... be free from BIAS:

- Blame
- Irreverence
- Authority
- Stigma

TOP
TIPS

Endorse the Pledge to End Diabetes Stigma

I / We PLEDGE to contribute pro-actively to bring an end to diabetes stigma and discrimination by:

- respecting people with all types of diabetes.
- recognising diabetes stigma exists and has harmful impacts.
- acknowledging and challenging my/our own prejudices about (people with) diabetes
- using accurate, respectful, inclusive, non-judgmental, and strengths-based language, messaging, and imagery when communicating with or about people with diabetes.
- avoiding and challenging fear-based messaging and imagery.
- condemning discrimination due to diabetes and advocating for equal treatment and support for people with diabetes.
- encouraging initiatives, policies, and laws that promote equity for all people with diabetes.

Making this pledge, I am / we are committed, from here on, to creating a more compassionate and respectful world for people with diabetes, free from diabetes stigma and discrimination, and the harms they inflict.



The Summit Program

The Global Summit to End Diabetes Stigma is an interactive and action-filled weekend during which we will all learn, connect, and co-create real solutions to end diabetes stigma together.

Session formats are designed to spark ideas and action

Panel discussions with live Q&A, hands-on workshops, case studies, small-group conversations, rapid-fire presentations, and plenty of unstructured time to network and build connections.

Networking time

The social program is designed to ensure there is plenty of time built into connect with colleagues and generate plans for who we will follow-up with and what we will do differently when we return to our usual settings.

The goal?

To leave with concrete interventions, coordinated actions, and to have co-created a roadmap to end diabetes stigma.

Need a break?

The Amber Room (1st floor) is a designated quiet room for Summit attendees to use any time on Saturday or Sunday. It's a calm space to step away, breathe, and reset. There will be light snacks, drinks, and a few calming resources available in the room.



NB. Please respect the intention of the quiet room. It is not a place for informal meetings. There are plenty of spaces around the hotel to chat, catch-up or make plans with one or more colleagues.

In the quiet room, we'll also host a Community Exchange. It's a simple space to share and discover small tokens of kindness, inspiration, and connection.

If you'd like to take part, we invite you to bring something small and positive to leave for someone else to find. For example:

- a handwritten note
- a small craft
- a postcard
- a tiny trinket or gift
- stickers or pins from your community

Every contribution adds to the ripple effect. There will be a few small items on the table to help get things started. This is completely optional, and "small" truly means small.











“Thinking, fast and slow”, to bring an end to diabetes stigma

How we think reveals why stigma persists, and how to dismantle it.

Throughout the Summit, we can reflect on System 1 (fast, automatic) vs System 2 (slow, deliberate) thinking:

- System 1 drives the unconscious biases and snap judgments that fuel stigma. It shrugs off the feedback that challenges those biases.
- System 2 lets us pause, reflect and choose stigma-free responses. It uses feedback to build better habits.

By design, slow thinking interrupts unhelpful patterns and turns Summit insights into lasting changes.

System 1 thinking	System 2 thinking
 Fast	 Slow
 Unconscious	 Conscious
 Automatic	 Effortful
 Everyday decisions	 Complex decisions
 Error prone	 Reliable

Daniel Kahneman’s “Thinking, Fast and Slow” (international bestseller) earned him the 2002 Nobel Prize in Economic Sciences for showing how intuitive biases shape decisions. His insights can help us to unpack and end diabetes stigma and discrimination.

Pre-Summit

Friday 27 March 2026

4:00 - 6:00pm

Pre-Summit Film Screening

Amber room
(1st floor)

We will screen four short films made by people living with diabetes from around the world. This will be a drop in film screening and we hope you join us if you are in Jaipur early or have available time after landing!

6:00 - 9:00pm

Welcome Reception *

Sapphire Suite
(Ground floor)

Networking (digital exhibits open)
Drinks and a light dinner will be served



*The Pre-Summit Welcome Reception (Friday evening), and the Summit Dinner and Talent Showcase (Saturday evening) are included for all registered delegates. All refreshment breaks and lunch are also included for all registered delegates.

Family, friends and colleagues are invited to join us as 'plus ones' for the Welcome Reception, Summit Dinner and Talent Showcase.

'Plus one' tickets are available to purchase via the registration website:
<https://www.edsglobalsummit.rx-events.live/plus-one-ticket.php>

At a Glance

Saturday 28 March

- 8:30am Welcome to Jaipur ■
- 9:00am Welcome to the Global Summit: Creating a shared understanding ■
- 9:45am Diabetes stigma around the world ▲
- 10:45am COFFEE AND TEA BREAK (digital exhibits open)
- 11:15am #LanguageMatters: Lessons learned and future directions ▲★
- 12:15am Other health stigma reduction efforts: lessons learned ▲
- 1:00pm LUNCH (digital exhibits open)
- 2:00pm Diabetes stigma in healthcare ▲
- 3:00pm Centring lived experience stories in advocacy and education ■★
- 3:45pm COFFEE AND TEA BREAK (digital exhibits open)
- 4:15pm Community-based solutions to diabetes stigma: spotlight session ■
- 5:15pm Day 1 wrap-up summary
- 5:30pm CLOSE
- 7:00pm SUMMIT DINNER AND TALENT SHOWCASE

Sunday 29 March

- 9:00am Recap and objectives for Day 2
- 9:15am Campaigns and communications: from awareness to stigma-free ▲★
- 11:00am COFFEE AND TEA BREAK (digital exhibits open)
- 11:30am Harnessing the power of creative arts and innovation (digital exhibits open) ●
- 1:00pm LUNCH (digital exhibits open)
- 2:00pm Using international human rights law to address diabetes stigma ▲
- 3:00pm Benchmarking and monitoring progress ▲★
- 4:00pm COFFEE AND TEA BREAK (digital exhibits open)
- 4:30pm Next steps to end diabetes stigma: individual and organisational actions ▲★
- 5:45pm The #dedoc^o silent auction - announcement of the winning bid
- 6:00pm Closing remarks
- 6:15pm CLOSE

- Presentations
- ★ Workshop
- ▲ Panel discussion
- Pop-up exhibits

Summit Day 1

Saturday 28 March 2026 - Sapphire Suite

8:30-9:00am

Welcome to Jaipur ■

Chairs Jane Speight and Elizabeth Holmes-Truscott

Speakers Princess Padmaja Kumari Parmar, The Friends of Mewar
Anant Goswami, person living with type 3c diabetes
Dr Banshi Saboo, Diabetes India

9:00-9:45am

Welcome: Creating a shared understanding ■

Chairs Linxi Mytkolli and Renza Scibilia

Speakers Dr Elizabeth Holmes-Truscott
Dr Chitra Selvan
Professor Jane Speight

9:45-10:45am

Diabetes stigma around the world ▲

Chair Walther Jensen

Panel Chelcie Rice - Chris Lee - Dani Rojas - Helga Nefdt -
Hiroko Taikake - Jo Watson - Mridula Kapil Bhargava

10:45-11:15am

Coffee and tea break (digital exhibits open)

My notes

e.g. what am I curious about?
e.g. what drivers of diabetes do I need to consider highlighting more?
e.g. what global patterns matter in my context?



■ Presentations ★ Workshop
▲ Panel discussion ● Pop-up exhibits

Summit Day 1

Saturday 28 March 2026 - Sapphire Suite

11:15-12:15pm #LanguageMatters: lessons learned & future directions ▲★

Chair Renza Scibilia

Panel Asuka Kato - Jane Speight - Jazz Sethi - Mark Barone - Nina Tusch

Workshop facilitator Elizabeth Holmes-Truscott

12:15-1:00pm Other health stigma reduction efforts: lessons learned ▲

Chair Nupur Lalvani

Panel Al Martin - Carla Treloar - Matt Larsen -
Mona Balani - Shagun Bindlish

1:00-2:00pm Lunch break (digital exhibits open)

My notes

*e.g. what words or phrases will I change in my communications?
e.g. what lessons from other stigma reduction efforts can I apply,
adapt or consider?*



Summit Day 1

Saturday 28 March 2026 - Sapphire Suite

2:00-3:00pm Diabetes stigma in healthcare ▲

Chair Kyle Jacques Rose

Panel Amit Gupta - Emmanuel Ekpor - Michelle Hadjiconstantinou - Samuel Seidu - Tracy Sims

3:00-3:45pm Centring lived experience stories in advocacy and education: spotlight presentations and workshop ■★

Chair Matthew Garza

Presenters / Panel Anmol Budhiraja - Gordon Bunyan - Radhika Shrivastav

Workshop facilitator Matthew Garza

3:45-4:15pm Coffee and tea break (digital exhibits open)

My notes

e.g. what healthcare practices need to be improved?
e.g. how will I amplify lived experiences voices in my setting?



■ Presentations ★ Workshop
▲ Panel discussion ● Pop-up exhibits

Summit Day 1

Saturday 28 March 2026 - Sapphire Suite

4:15-5:15pm Community-based solutions to diabetes stigma: spotlight session ■

Chair Linxi Mytkolli

Panel Chris Bright - Jyotsana Rangeen - Patrick Ngassa Piotie - Savita Chavan - Shae Puckett

5:15-5:30pm Day 1 Wrap-up summary

Speakers Linxi Mytkolli and Renza Scibilia

NB. Please vacate the room quickly and leave your table clear and clean so it can be set up for dinner service

5:30pm Close

My notes

*e.g. what local solutions could I adapt for my usual setting?
e.g. what are my 'Top 3' insights from Day 1 - and who needs to hear them?*



My notes



My notes



My notes



My notes





Reflections on Day 1

Saturday 28 March 2026

What surprised me today?

What insight or idea stood out most for me today?

What am I curious about?

How might today's learnings influence the way I lead or support others?

What is one policy or practice I will advocate to change?

How might people with lived experience shape or lead this work?

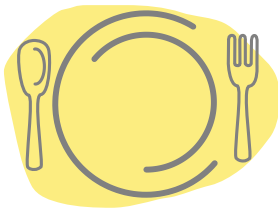
Who or what else do I need to help me?

Summit Day 1

Saturday 28 March 2026 - Sapphire Suite

7:00 - 8:30pm

The Global Summit Gala Dinner *

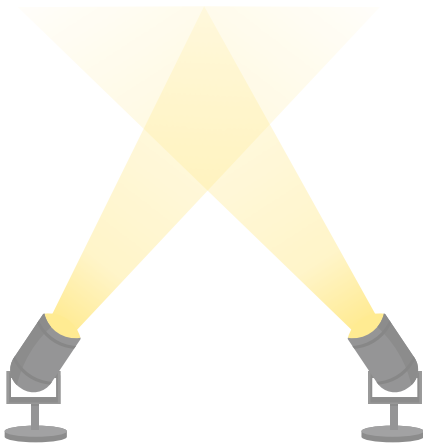


Join fellow delegates for a delicious seated buffet featuring four courses of traditional Indian cuisine fused with international favourites.

Enjoy drinks and good company at banquet tables designed for connection and reflection after an inspiring day.

8:30pm onwards

The Global Summit Talent Showcase *



After an intense and thought-provoking day, this is your opportunity to unwind with fellow delegates in a Powerpoint free zone!

The Global Summit Talent Showcase will feature exclusive performances by amateurs and professionals alike. We are featuring hidden talents from among our community - belly dancing, juggling, singing, magic - - who knows what we may see!

As a bonus, there will be a celebratory catwalk of people 'strutting their stuff' in traditional, local or contemporary fashion. You will not want to miss this. What a great way to round out a full day.

*The Pre-Summit Welcome Reception (Friday evening), and the Summit Dinner and Talent Showcase (Saturday evening) are included for all registered delegates. All refreshment breaks and lunch are also included for all registered delegates.

Family, friends and colleagues are invited to join us as 'plus ones' for the Welcome Reception, Summit Dinner and Talent Showcase.

'Plus one' tickets are available to purchase via the registration website:
<https://www.edsglobalsummit.rx-events.live/plus-one-ticket.php>

Summit Day 2

Sunday 29 March 2026 - Sapphire Suite

9:00-9:15am Recap of day 1 and objectives for day 2

Speakers Linxi Mytkolli and Renza Scibilia

9:15-11:00am Campaigns and communications - from stigma awareness to stigma-free ▲★

Chair Renza Scibilia

Panel Andy Broomhead - Bernhard Kulzer - Elizabeth Holmes-Truscott - Heather Verry - Mark Chenery - Shiara Pillay - Stephanie Pearson

Workshop facilitator Jane Speight

10:55-11:00am Notes on late-morning session after the break

Speaker Renza Scibilia

NB. Please leave your table clear and clean so it can be set up quickly for the next interactive session

11:00-11:30am Coffee and tea break (digital exhibits open)

My notes

*e.g. what am I still curious about?
e.g. building on yesterday, what's my focus today?
e.g. what campaigns and communications ideas and insights will I apply in my usual setting?*



■ Presentations ★ Workshop
▲ Panel discussion ● Pop-up exhibits

Summit Day 2

Sunday 29 March 2026 - Sapphire Suite

11:30am-1:00pm

Harnessing the power of creative arts and innovation for advocacy ●

Visit 'pop-up' exhibits, showcasing the power of creative arts and AI-inspired innovations for bringing an end to diabetes stigma:

01. Emmanuella Hormenoo
02. Irene Samuel
03. Janina Gaudin
04. Lurina Fourie
05. Rajshri Mallabadi and Schweta Sharma
06. Ranjani Harish
07. Ryan Hooey
08. Sanskruti Kolte
09. Steyn Fourie
10. Taylor 'Appleton' Lawrence

This time can also be used to explore 100+ digital exhibits using your own or our interactive screens.

1:00-2:00pm

Lunch break (digital exhibits remain open)

My notes

e.g. how can I harness the power of creative arts or AI in my usual setting to bring an end to diabetes stigma and discrimination?



Summit Day 2

Sunday 29 March 2026 - Sapphire Suite

2:00-3:00pm **Using international human rights law to address diabetes stigma in healthcare, education and employment** ▲

Chair Renzia Scibilia

Panel Alicia Jenkins - Frank Brennan - Leena Menghaney

3:00-4:00pm **Benchmarking and monitoring progress: How will we know when diabetes stigma has ended?** ▲★

Chair Kyle Jacques Rose

Panel Beatriz Jimenez - Dianna Magliano - James Elliott -
Laura Syron - Mark Barone - Orla James

Workshop
facilitator Linxi Mytkolli

4:00-4:30pm **Coffee and tea break (last chance to view digital exhibits)**

My notes

*e.g. what policy or legal angles will I explore in my usual setting?
e.g. what metrics and experiences will I track in my usual setting?*



■ Presentations ★ Workshop
▲ Panel discussion ● Pop-up exhibits

Summit Day 2

Sunday 29 March 2026 - Sapphire Suite

4:30-5:45pm

**Next steps to end diabetes stigma:
individual and organisational action plans ▲★**

Chairs and
Facilitators

Jane Speight and Timothy Skinner

Speakers

Kyle Jacques Rose - Renza Scibilia - Sonia Sidhu

5:45-6:00pm

**The #dedoc° silent auction - announcement of the
winning bid for "The Path to End Diabetes Stigma"
by Taylor 'Appleton' Lawrence, #dedoc° Artist in Residence**

Chairs

Ana Alvarez Pagola and Taylor 'Appleton' Lawrence

6:00-6:15pm

Closing remarks from the Summit's Visionary Partners

Speakers

Elizabeth Holmes-Truscott and Jane Speight: ACBRD
Renza Scibilia and Stephanie Pearson: Breakthrough T1D

6:15pm

Close

My notes

*e.g. what is one individual change I will make in my usual setting?
e.g. what is one organisational change I will advocate for in my
usual setting?*



My notes



My notes



My notes



My notes





Reflections on Day 2

Sunday 29 March 2026

What surprised me today?

What insight or idea stood out most for me today?

What am I curious about?

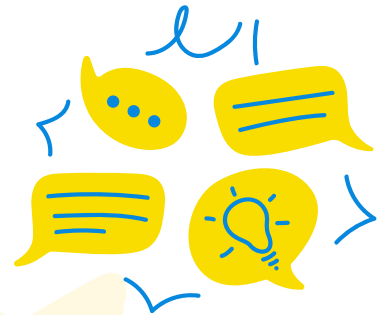
How might today's learnings influence the way I lead or support others?

What is one policy or practice I will advocate to change?

How might people with lived experience shape or lead this work?

Who or what else do I need to help me?

My Post-Summit Goals



What is my #1 personal pledge to end diabetes stigma?

Dream BIG

Why have I chosen this over other issues that could be prioritised?

How does this align with my values?



Remember, great things are achieved when we step outside our comfort zone. Discomfort is a positive sign of growth. Embrace it!

The STARS Approach

*** Specific Timed Actions to Reduce Stigma ***

STARS turns Summit insights into urgent, measurable changes.

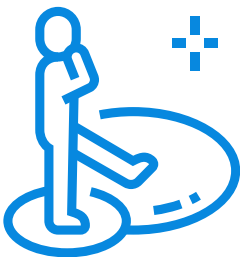
These prompts help us to *think slow* about:

1. what is already going well (things we can continue)
2. what practices we may need to stop (as they facilitate or fuel stigma)
3. what specific practice we want to start (because it will make a positive difference).

What is something I will continue doing?

What is something I will stop doing?

What is **ONE** thing I will start doing?



The STARS Approach

***** Specific Timed Actions to Reduce Stigma *****

Thinking about ONE action that you will start doing ...

When will I do this, where will I be and how often?
(is this a one time thing or ... ?)

What things are most likely to stop me doing that?

How realistic is this action for me?
from 0 'that is never going to happen' to 10 'that is definitely happening'

If less than 7, how does it need to change to make it a 7 or more?

What resources or follow-up do I need, e.g. contacts, materials?

Who am I going to tell about this action and ask to support me with it?

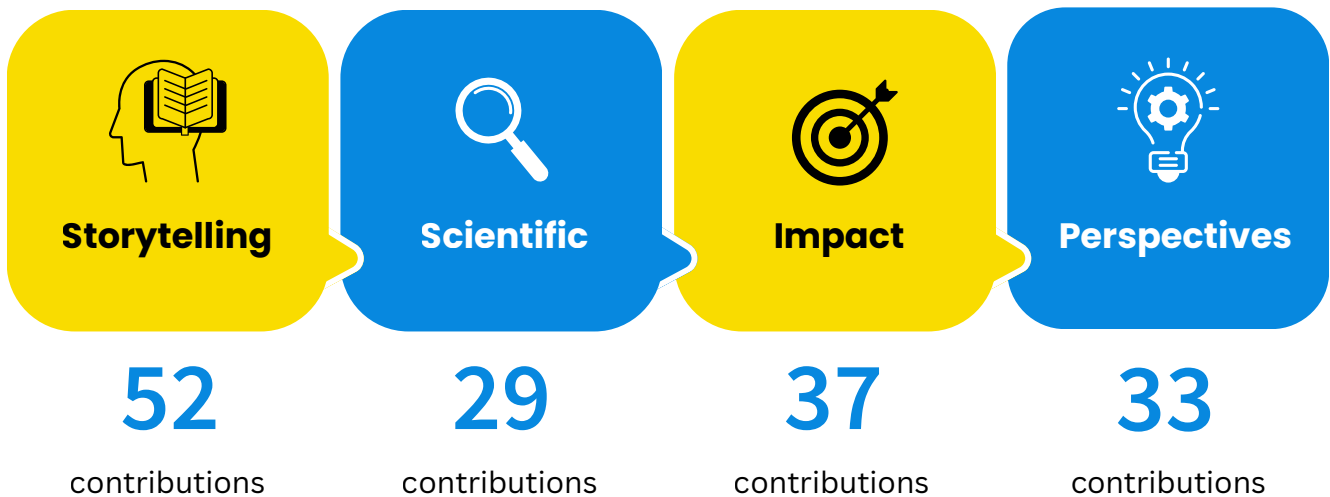
How am I going to celebrate my STARS when I do them?

151 Global Summit Contributions

Over 150 brief written contributions were submitted to the Global Summit from across the world - from Canada to New Zealand and numerous countries in between - far too many to feature in full during two days of the Summit.

Most contributors have turned their written submissions into a digital contribution, e.g. a poster or 3-minute video. This means you can view and consider these at your own pace. They will also be on display throughout the Summit, during all the breaks and in a dedicated session on Sunday morning.

There are four categories:



*The digital portal is exclusive to Global Summit delegates.
After the Summit, selected contributions may be made public
with the authors' permission.*

52 Storytelling Contributions

ABS0004	Anita Sabidi	The wins no-one sees
ABS0008	Heather Jacobs	The words that shaped my fate: how stigmatising language from a doctor led to two decades of self-sabotage and rebellion
ABS0010	Salih Hendricks	Surviving stigma: discrimination and the weight of diabetes (1982-2025)
ABS0011	P Hari Chandran	Living with type 1
ABS0013	Vinayak Rangreji	Don't be like Innu
ABS0014	Nkiruka Okoro	Against the odds, a life rewritten by resilience: a lived experience story of type 1 diabetes, stigma and unwavering hope in Nigeria
ABS0019	Vasco Costa	Invisible Side of Diabetes: Finding My Voice Against Stigma
ABS0020	Ciara Stevens	Empowering care: my journey to end diabetes stigma
ABS0021	Lurina Fourie	The layers of diabetes stigma
ABS0023	Meaghan Read	We've been sold a lie - my experience of stigma associated with diabetes complications
ABS0030	Lurina Fourie	Rising up
ABS0032	Raj Deut	I'm not a diabetic, I have diabetes
ABS0033	Shailesh Desai	Speaking the unspoken: a journey through diabetes stigma, autoimmune conditions and honest conversations
ABS0035	Elia Nnko	The needles I hid: a dual journey through diabetes stigma as a patient, a clinician and an advocate
ABS0038	Calum Skye	Reclaiming myself: navigating stigma, depression and diabetes
ABS0039	Kweinorkie Tetteh-Quaynor	Embracing an unexpected life-long journey: the clouded lens of the masses
ABS0040	Nura Seidu	Through stigma and struggle, I found courage and self-awareness
ABS0043	Richel Arthur	The Blue Circle of Hope: diabetes did not stop her
ABS0051	Cyrine Farhat	The quiet courage of staying alive

... continued

52 Storytelling Contributions

ABS0052	Emmanuella Hormenoo	The uprising against the whispered shame
ABS0054	Pedro Al Derjany	Growing up with type 1 diabetes in Lebanon: transforming stigma into advocacy, leadership, and a commitment to system-level change
ABS0056	Alison Robinson	Do you see me, or do you see diabetes? A lived experience reflection on assumptions in healthcare
ABS0060	Serena Akiki	From childhood challenges to global advocacy: a digital storytelling journey with type 1 diabetes
ABS0061	Ernest Groenewald	Growing up with diabetes in South Africa: how stigma shaped my identity and my advocacy
ABS0062	Ebenezer Fletcher	Surviving stigma: my early years with diabetes
ABS0066	Suman Bhagavathula	VoiceOfT1D: Confronting fear, stigma, and systemic barriers through advocacy for awareness, ethical innovation and compassionate justice in type 1 diabetes
ABS0068	Thomas Betts	You didn't get it from me
ABS0070	Apoorv Jha	Shift of life: story of a T1D kid
ABS0075	Ebenezer Fletcher	Diabetes Youth Care, Ghana
ABS0079	Manjusha Barve	Rising from stigma: my journey through illness, loss and the fight to be seen
ABS0089	Chris Toavs	Life without pockets
ABS0091	Murihat Suleman	Beyond the whispering corners: my life with type 1 diabetes in the Upper West Region
ABS0093	Harsh Pandya	Dia-Verse: Poetic chronicles of living with diabetes
ABS0094	Harsh Pandya	Echoes of control: an audio-visual interactive screen for diabetes awareness
ABS0095	Kenneth Tait	T2D stigma
ABS0099	Sayli Jadhav	Sayli's adventures in Stigma-land. Ft Bby Diabetes!
ABS0103	Stephen (Mark) Tiller	There is no failure, only feedback

ABS0104	Thapelo Semenya	Reclaiming my voice: Challenging diabetes stigma through storytelling and global advocacy
ABS0106	Vanshika Aggarwal	Chosen for this journey: Confronting cultural, social, and internal stigma while growing up with type 1 diabetes in India
ABS0110	Susan Abraham	Ending diabetes stigma: A migrant woman's journey living with diabetes
ABS0113	Mark Odachi	You are unfit for this vocation: Diabetes stole a vocation, but gave me a new mission
ABS0120	Cameron Keighron	Seeing beyond stigma: A young adult's journey to transform diabetes care
ABS0124	Mridula Bhargava	She is living with type 1 diabetes, married for 9 years, must go for IVF (In Vitro Fertilisation)
ABS0131	Linxi Mytkolli, Matt Larsen	Low and Low Priority: Telling the truth about diabetes, homelessness and being treated as 'low priority'
ABS0132	Linxi Mytkolli	'The A-word' Reclaiming advocacy as a necessary response to diabetes stigma and power
ABS0137	Anmol Budhiraja, Jeremy Auger	One month into diagnosis: An Indian Diaspora story of shame, identity and reclaiming power through a small card
ABS0138	Wajeeha Cheema, Maryann Maloney, Saira Khan-Gallo, Linxi Mytkolli	Women's health and diabetes: Stories of care, connection and change
ABS0144	Chris Lee	One hundred years on: the burden of diabetes stigma among First Nations Peoples
ABS0148	Phyllisa Deroze	Beyond the vial
ABS0150	Sabrina Sosa Santa Ana	From shame to voice: becoming my own hero
ABS0151	Jeffrey Bowser, Shae Puckett, Matthew Garza	'The Bad 1': Nothing says comedy like a dead pancreas. A satire on living with type 1 diabetes
ABS_Sav50	Daniela Rojas, Cristina Gomar	The power of vulnerable conversations to end stigma, promote mental health amongst people living with diabetes, and improve their wellbeing

29 Scientific Contributions

ABS0002	Chasia Lewis	Living with type 1 diabetes in Kenya
ABS0003	Emmanuel Ekpor, Sarah Manallack, Matthew Garza, Jane Speight, Elizabeth Holmes-Truscott	Experience of type 2 diabetes stigma in healthcare settings: A systematic review of qualitative studies
ABS0005	Rose Stewart, Jane Diggle, Samuel Seidu, Waqas Tahir, Deepa Shanmugasundaram, Charlotte Gordon, Nicola Milne	The diabetes CARES programme: Implementing psychologically informed approaches to reduce diabetes stigma in primary care
ABS0006	Emma Richardson, Christopher Bright, Daniel Farrow, Hilary Nathan	Physical Activity Experiences of People with Type 1 Diabetes across the Life Course
ABS0007	Chris Bright, Győző Molnar	Negotiating Identity Conflict Through Football: Experiences of People Living with Type 1 Diabetes
ABS0016	Debby Syahru Romadlon, Rudy Kurniawan, Safiruddin Al Baqi, Mario Pratama	Psychometric Validation of the Indonesian Version of the Type 2 Diabetes Stigma Assessment Scale and Its Correlates with Glycated Hemoglobin, Depression, and Fatigue
ABS0027	Siobhan Power, Elizabeth Holmes-Truscott, Patrick Divilly, Francois Pouwer, Sonya Deschênes	Diabetes Stigma and Its Associations with General and Diabetes-Specific Wellbeing: Moderating Roles of Psychosocial Factors
ABS0044	Sarah Manallack, Jane Speight, Deborah Turnbull, Francois Pouwer, Elizabeth Holmes-Truscott	Diabetes and weight stigmas are more common among women and younger adults with type 2 diabetes: Results from the second Diabetes MILES – Australia (MILES-2) Study
ABS0047	Firdous Shaikh, Kamran Khan, Riddhi Modi, Deeksha Dev	Expressive Art Therapy as a Scalable, Stigma-Reducing Intervention for Diabetes Distress
ABS0048	Elizabeth Holmes-Truscott, Eloise Litterbach, Virginia Hagger, Renza Scibilia, Uffe Søholm, Timothy Skinner, Jane Speight	Raising awareness to end diabetes stigma: a cross-sectional mixed-methods evaluation of Australian diabetes communication campaign videos among adults with and without diabetes

ABS0050	Eloise Litterbach, Joanne Jordan, Laura Klinker, Renza Scibilia, Virginia Hagger, Uffe Søholm, Timothy Skinner, Jane Speight, Elizabeth Holmes-Truscott	“Building supportive communities where individuals with diabetes feel understood & accepted”: Addressing type 1 and type 2 diabetes stigma in Australia
ABS0065	Sarina Aryal, Tucker Reed, Saania Tariq	“A picture’s worth a thousand words”: Investigating how a narrative film impacts diabetes awareness among Canadian homeless-shelter workers
ABS0067	Laura Klinker, Andreas Schmitt, Eloise Litterbach, Elizabeth Holmes-Truscott, Jane Speight, Gina Lehmann, Dominic Ehrmann, Bernhard Kulzer, Norbert Hermanns	Exploring the Relationship Between Diabetes Stigma and Eating Problems among Adults With Type 1 and Type 2 Diabetes
ABS0072	Michelle Hadjiconstantinou, Ellen Hopwood, Clare Gillies, Sonia Khavere, Bernie Stribling, Kamlesh Khunti, Melanie Davies	Experiences and impact of diabetes-related stigma in adults with type 2 diabetes: a mixed-methods systematic review
ABS0076	Matthew Larsen, David Campbell	Exploring the Phenomenon of Shame for People with Lived Experience of Homelessness and Diabetes
ABS0077	Hiroko Takaike, Junnosuke Miura, Satoshi Takagi, Miwa Ota, Yohei Ogawa, Tomoko Nakagami	Impact of Type 1 Diabetes Stigma on Self-Management, Well-Being, and Work Performance in Japanese Adults: Findings From Studies Using the DSAS-1
ABS00092	Rajshri Mallabadi, Shweta Sharma	Building ConversationAlly™: An Educational and Point-of-Care Tool to Identify and Reduce Stigmatizing Language During In-Clinic Diabetes Conversations
ABS0096	Sayli Jadhav, Meet Shinde, Chitra Selvan, Tejal Lathia	Diagnosing stigma: A grounded theory analysis of stigmatizing interactions embedded within doctor patient relationships / Health care ecosystem

... continued



29 Scientific Contributions

ABS0097	Sayli Jadhav, Chitra Selvan, Tejal Lathia, Meet Shinde	Sweet Nothings: A grounded theory exploration of young adults living with type 2 diabetes navigating stigma within the context of interpersonal relationships in urban India
ABS0115	Michelle Hadjiconstantinou, Jenny Hagan, Jane Speight, Melanie Davies	Stigma associated with Early-onset Type 2 Diabetes: a secondary qualitative analysis
ABS0122	Bernhard Kulzer, Laura Klinker, Birgit Olesen, Dominic Ehrmann, Norbert Hermanns, Jens Kröger	Almost every person with diabetes has experienced stigmatization
ABS0123	Bernhard Kulzer, Laura Klinker, Birgit Olesen, Dominic Ehrmann, Norbert Hermanns, Jens Kröger	Prejudices and lack of knowledge about diabetes among the general public
ABS0155	Zhaozhang Sun, Gezim Alpion, Kamini Shah, Sheila Greenfield, Hannah Greer, Marco Bardus	“Support, Don't Blame”: Co-design and evaluate a pilot social media campaign to tackle type 2 diabetes stigma in the UK
ABSemail_1	Edwin B Fisher, Donna M Rice, Michele F Polz	Community Mutual and Peer Support to Combat Diabetes Stigma: Perspectives of Women from DiabetesSisters
ABSemail_3	Tracy J Sims	Relationship Between Weight Bias Internalization, Diabetes Stigma, and Perceptions of Healthcare Interactions among People with Type 2 Diabetes
ABSemail_4	Tracy J Sims	Relationship between activation, experienced stigma, and internalised weight stigma in people with type 2 diabetes
ABSemail_5	Tracy J Sims	Examining the Relationship Between Weight Stigma, Diabetes Stigma, and HbA1c in Adults with Type 2 Diabetes
ABSemail_7	Sarah Bradley	Addressing Weight Stigma and Bias in the 2025 American Diabetes Association Standards of Care in Overweight and Obesity
ABSemail_8	Sarah Bradley	Advancing Stigma-Free Obesity Care: Integrating the 2025 American Diabetes Association (ADA) Standards of Care in Overweight and Obesity with Outcomes from the ADA Obesity Stigma Training Program

37 Impact Contributions

ABS0009	Chris Bright	Tackling diabetes stigma through football: Impact of The Diabetes Football Community (TDFC)
ABS0015	Benjamin Olorunfemi	From isolation to integration: A grassroots model for dismantling diabetes stigma in Nigeria
ABS0022	Ashley Ng, Katie Tunks Leach, Elizabeth Holmes-Truscott, Giuliana Murfet, Tracy Levett-Jones	'Can you feel what I feel?': A lesson in empathic diabetes care to healthcare professionals
ABS0025	Kuan-yi Lin, Samuel Chen, Min-Ling Chen, Yau-Jiunn Lee	From awareness to action: Cross-sector collaboration to end diabetes stigma and foster a positive, supportive environment in Taiwan
ABS0026	Leah Pascoe	Improving diabetes care in rural New South Wales through consumer-led workforce development and stigma-aware practice
ABS0028	Amanda Puckett, Diane Scherer, Chris Bright, Dessi Zaharieva, Matthew Garza	A collaborative effort to address diabetes stigma in sports and physical activity through targeted education
ABS0029	Amanda Puckett, Brian Fitzgerald, Tommy Crawford, Beth Strachan, Eileen Opatut, Jim Carroll, Matthew Garza	Reducing stigma with a Spoonful of Laughter: Using comedy-driven messaging to raise awareness about diabetes stigma and shift cultural narratives about diabetes
ABS0037	Zinnia Wijsman	From accused to an advocate! Transforming campus diabetes stigma into a movement of awareness, dignity and hope
ABS0055	Elizabeth Holmes-Truscott, Emmanuel Ekpore, Eloise Litterbach, Renza Scibilia, Partha Kar, Jane Dickinson, Susan Guzman, Matthew Garza, Mariam Asaad, Mark Barone, Chitra Selvan, Tejal Lathia, Jazz Sethi, Amy McInerney, Peter Senior, Timothy Skinner, Jane Speight	Mapping the international diabetes #LanguageMatters movement: development, scope, adoption, implementation and future directions

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37 Impact Contributions

ABS0057	Alex Johnson, Joanne Walsh, Sandra Scalzo, Ruby O'Brien, Brittany Denton	Centring lived experience in Diabetes Victoria's campaigns
ABS0058	Holly Piontek Walker, Julie Davie, Susanne Baxandall, Hayley Jenkins, Sandra Scalzo	Twenty-five years of an advocacy service making a difference on stigma and discrimination
ABS0059	Deanne Minniecon, Fleur Kelly, Grace Ward, Elizabeth Holmes-Truscott	Development of an Aboriginal and Torres Strait Islander NDSS diabetes stigma and discrimination online learning module
ABS0063	Riddhi Modi, Manisha Gupta, Rutul Gokalani, Amit Kumar Day	#InjectAnywhere: A community-led movement to end insulin stigma and normalise public injections for people living with type 1 diabetes
ABS0071	Lurina Fourie	It's a toy but it's a tool; A game but also a game-changer
ABS0078	Kamlesh Chitte	Breaking the gendered stigma: transforming the lives of rural girls with type 1 diabetes in India
ABS0100	Riddhi Modi, Kamlesh Chitte, Manjusha Barve	The TARA Model: A Structured, Replicable Youth-Led Approach to Reducing Type 1 Diabetes Stigma in Low-Resource Rural Settings through Structured Advocacy and Community Building
ABS0101	Danica Collins	The Daily Drop: A holistic, lived-experience framework to reduce diabetes stigma and strengthen everyday thriving
ABS0114	Radhika Shrivastav, Riddhi Modi, Amrita Rupani, Hari Chandran, Monika Arora, Mansi Chopra, Rajendra Pradeepa, Archana Sarada, Seema Srivastava, Maggie Stimpson	Lived experience leadership: A grassroots-to-global model for reducing diabetes stigma and strengthening equitable and empathetic care in Indian communities
ABS0116	Allison Nimlos	Reducing diabetes stigma through integrated mental health education: Impact of the Diabetes + Mental Health conference

ABS0118	Zoe Khalap	Reducing the stigma of hypoglycaemia by training first responders to recognise the symptom and take impactful action
ABS0126	Jyotsana Rangeen	DiaBeatStigma: Empowering women to live well with diabetes through storytelling, community support and advocacy
ABS0128	Lea Leleta	Human-centred design of the first children's book for type 1 diabetes in Bosnia and Herzegovina: Focusing on emotional understanding because technology access is limited
ABS0129	Leana Satim	The Game Plan: A free web-based comic intended as a mental health support for youth (aged 9+) with newly diagnosed type 1 diabetes and their families
ABS0130	Linxi Mytkolli, Laurie Lepine	Research-to-Action: A patient-partner fellowship confronting diabetes stigma through community-led knowledge mobilisation
ABS0134	Alex St John, Emily Burke-Hall, Linxi Mytkolli, Robin Lucciantonio, Peter Senior	Cell therapy 101: Co-designing plain-language infographics on 26 years of islet transplant progress in type 1 diabetes
ABS0135	Mohammed Ashraf, Amanda Knight	Pick My Pump: Co-designing an artificial intelligence chatbot navigator to tackle diabetes technology-associated stigma in the diabetes community
ABS0136	Anmol Budhiraja, Jeremy Auger	Diabetes answers for us: Co-designing wallet cards to support accurate diagnosis and respectful care in Indigenous, Black and Brown communities
ABS0139	Matthew Larsen, Al Martin, Ian Patton, Linxi Mytkolli	Flipped scripts: Co-designing healthcare comics to challenge weight and diabetes stigma in clinical encounters
ABS0141	Brittainy Hancock, Fizza Abbas	When words hurt and when they heal: Sharing real experiences to show how language perpetuates diabetes shame and blame in clinical care
ABS0142	Linxi Mytkolli, Noor Zehry, Diane Finegood, Laura Syron, Kim Fletcher, and the DAC Collective Patient Circle	Changing the Conversation: Co-designing 'Stigma Icebergs' to map diabetes stigma from self to systems
ABS0143	Linxi Mytkolli, Ryan Hooey, Rosan Wesley	Speaking up in a good way: Co-creating Indigenous diabetes self-advocacy flashcards

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37 Impact Contributions

ABS0146	Sana Ajmal, Muhammadah Khalid, Anum Anwar	The Buddy System: Pakistan's first lived-experience-led intervention to reduce type 1 diabetes stigma through peer support and community case work
ABS0147	Natalie Logan, Sab Hoskin, Jane Robinson	Diabetes Camps Victoria - Independence through adventure
ABS0149	Temboh Alomba, Moffo Anaisse, Mbiydzenyuy Sonyuy	Impact of a psychosocial support picnic on emotional health and resilience in children with type 1 diabetes and their caregivers
ABS0154	Shiara Pillay, Bridget McNulty	The power and potential of showing that #DiabetesLooksLikeMe in South Africa
ABSemail_2	Beatriz Yáñez Jiménez Kyle J Rose	Work environments for people living with diabetes - Stigma and discrimination at work
ABSemail_6	Heather Verry, Jo Chapman	Diabetes Action Month unites New Zealanders to take action on our fastest-growing, least understood health condition through education, advocacy, and community awareness to reduce stigma

My notes



33 Perspective Contributions

ABS0024	Polina Kukhar	Trending toward perfection: Algorithmic pressures in diabetes communities
ABS0034	Joanne Watson	Recognition and worthiness: how stigma shapes healthcare inequity
ABS0036	Elia Nnko	When the insulin runs out: Reflections on diabetes myths, family beliefs, and rural stigma
ABS0045	Timothy Skinner, Jane Speight, Elizabeth Holmes-Truscott	Subtypes of type 2 diabetes: what will be their impact on diabetes stigma?
ABS0053	Stephen (Mark) Tiller	Nobody, absolutely nobody, chooses to have diabetes
ABS0064	Jane K Dickinson	Politically correct or person-centred? What's the difference?
ABS0069	Mark Barone, Emma Klatman, Tinotenda Dzikiti, Sana Ajmal, Paul B Madden	Reducing diabetes stigma through meaningful engagement and social participation: Pathways for stronger, fairer, people-centred policies
ABS0074	Steyn Fourie	Diabetes is chronic. So is stigma. So is hope
ABS0080	James Elliott, Lucía Feito Allonca, Mridula Bhargava, Mark Barone	How diabetes stigma impacts us at the high level: underfunding and political minimisation
ABS0081	James Elliott, Lucía Feito Allonca, Mridula Bhargava, Mark Barone	Diabetes and NCDs: The pros and cons of diabetes being in the non-communicable diseases agenda
ABS0082	James Elliott, Lucía Feito Allonca	HIV and diabetes stigma: Similarities, differences and what can we learn from each other?
ABS0083	Jane Speight, Elizabeth Holmes-Truscott, Timothy Skinner	DiabetesStigmaWatch: Raising the standard of diabetes campaigns and media reports
ABS0084	Jane Speight, Elizabeth Holmes-Truscott, Timothy Skinner, Michael Vallis	Benchmarking diabetes stigma, support and inclusivity: A framework for measuring progress
ABS0085	Jane Speight, Elizabeth Holmes-Truscott, Timothy Skinner	Time to update our tools: A call for review of the language used in diabetes assessment tools

... continued

33 Perspective Contributions

ABS0085	Jane Speight, Elizabeth Holmes-Truscott, Chris Lee, Renza Scibilia, Timothy Skinner	Simple stories stick: Leading with empathy and equity when we communicate evidence
ABS0087	Mark Erwin, Ian Litterbach, Eloise Litterbach	Diabetes stigma in the Australian Fire Services
ABS0088	Renza Scibilia, Jane Speight, Bryan Cleal, Jane Dickinson, Jazz Sethi	War! What is it good for? The case for abandoning battle metaphors in diabetes communications
ABS0090	Asuka Kato	Diabetes stigma and weight stigma in junior high school textbooks
ABS0098	Meet Shinde, Sayli Jadhav, Chitra Selvan, Tejal Lathia	A cartography of difference: A theoretical exploration and mapping of diabetes stigma as a conceptual category
ABS0102	Linda Smith-Brecheisen	De-stigmatising the how in diabetes education
ABS0105	Vanshika Aggarwal, Deeksha Dev	“Where do I take my fear?” Mental health gaps in diabetes care for young adults in India
ABS0107	Deeksha Dev, Vanshika Aggarwal, Jyoti Seth, Firdous Shaikh, Srishti Puri	Gendered socio-cultural stigma and emotional wellbeing in diabetes: Lived realities In India
ABS0108	Anmol Budhiraja	Fighting stigma across oceans: An Indian Diaspora perspective one month after a type 2 diabetes diagnosis
ABS0109	Emma Klatman, Frank Brennan, Alicia Jenkins, Graham Ogle	Diabetes stigma as a human rights issue. How discrimination restricts participation and how international law can support accountability and system reform
ABS0112	Archana Sarda	Ending diabetes stigma in low-resource settings: What rural communities can teach the global type 1 diabetes movement
ABS0117	Helga Nefdt, Deeksha Dev	Why women living with diabetes rarely disclose sexual wellbeing concerns: psychosocial stigma and systemic neglect in India and South Africa
ABS0121	Bernhard Kulzer, Jens Kroeger	Campaign against prejudice and stigma about diabetes

ABS0125	Mridula Bhargava, Luz Angela Lopez Utkarsh Udadhyay	Reframing diabetes stigma: Why structured misinformation surveillance must become a global public health priority
ABS0127	Elizabeth Holmes-Truscott, Meaghan Read, Ashley Ng	From patients to experts: Harnessing lived-experience leadership while addressing language and stigma in research and health service improvement
ABS0133	Alex St John	Dismissed goals, dismissed voice: When athletics ambitions meet medical bias in type 1 diabetes care
ABS0152	Shusmita Rashid, Laura Syron, Kim Fletcher, Katrina Donald	How do we move from awareness to action on diabetes stigma? A Canadian perspective on gaps and strategies to inform global action
ABS0153	Timothy Skinner	Name and Fame, consumer ratings of professionals' language: A tool for improving language and reducing stigma?
ABS0156	Sasha Delorme, Maya Pajevic, Stacey Dickinson	Forging pathways toward equity: Addressing stigma and systemic barriers in Indigenous communities living with type 1 diabetes through policy, partnership, and lived experience leadership

My notes



The road ahead ...

The Global Summit represents an important milestone on our path to end diabetes stigma.

Insights, discussions, and collaborations emerging from the Summit will contribute to the co-design of a Global Roadmap to End Diabetes Stigma. Your contributions to the Summit will form part of this Roadmap.

Key priorities for future action include:

- advancing evidence and impact in diabetes, from stigma aware to stigma-free
- supporting lived-experience leadership in research, policy and advocacy
- improving communication and the language used when communicating about (people with) diabetes
- promoting policy and healthcare reforms that address diabetes stigma and discrimination
- strengthening international collaboration and shared learning

... plus many more local, national, regional and global priorities, which will have emerged or been highlight during discussions throughout the Summit.

What you can do next

We invite all participants to continue contributing to this global movement by:

- continuing to promote the Pledge to End Diabetes Stigma
- following the End Diabetes Stigma page on LinkedIn, and promote it in your networks
- sharing key insights from the Summit within your networks and communities
- integrating stigma-reduction strategies into research, healthcare, policy and advocacy
- building collaborations initiated or enhanced during the Summit
- sharing your participation in the Summit within your professional profiles and CV.

Thank you for your ongoing and collective actions. Together, we can, and together we will, create a future where no person living with diabetes experiences stigma or discrimination.



Seed funding for impact

In the coming months, we are excited to launch a new funding initiative. This funding initiative is sponsored by **Deakin University** and supported by **Breakthrough T1D**.

The aim is to support action-oriented research and impact projects that generate actionable insights, transform practice, drive meaningful change, and reduce diabetes stigma globally.

We invite all organisations to join us in making this vision a reality, and to enhance the scale and impact of this initiative. By contributing to the seed funding pool, your organisation can play a key role in driving evidence-based innovations, creating lasting positive impacts for and with people living with all types of diabetes.

Contact us to discuss Partnership opportunities.

The Global Action, Research and Impact Grants: Ending Diabetes Stigma

Funded projects will be expected to:

- address priorities identified by communities and at the Summit
- focus on generating practical impact and real-world change
- include meaningful lived experience engagement or leadership
- demonstrate co-design and (co-)leadership with people with lived experience of diabetes
- foster collaboration across sectors, disciplines and countries
- build on relationships and opportunities emerging from the Summit.

The Summit represents a unique opportunity to develop partnerships and collaborative initiatives. Such connections will be prioritised in the funding process.

Further details to be announced in due course.

Keep the Movement
Going Beyond the Summit

@EndDiabetesStigma



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We thank everyone who
has contributed to the
Global Summit to End Diabetes Stigma

We wish you safe travels home!

Jaipur, India: 28-29 March 2026

EndDiabetesStigma.org 