

# **WORLD DIABETES DAY 2021**

## **YOUR GUIDE**

**WORLD**

**DIABETES DAY**

**14 NOV 2021**

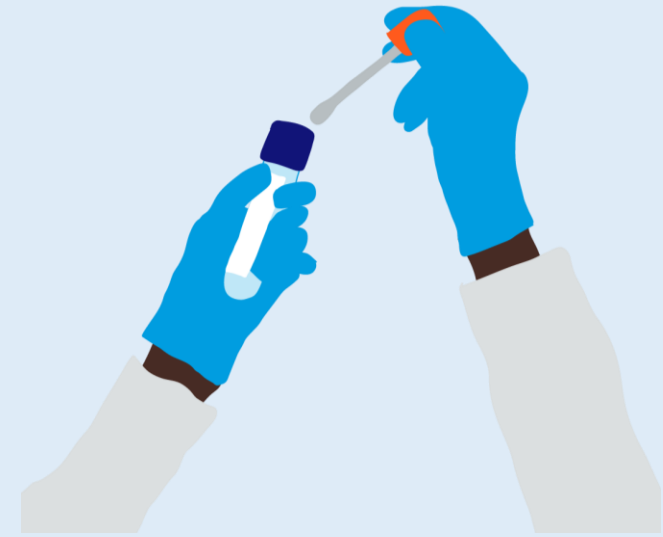
**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# THE EXTRAORDINARY STORY OF DIABETES RESEARCH, FROM #LABTOLIFE



This year marks 100 years since the discovery of a treatment that has saved millions of lives around the world – insulin.

For World Diabetes Day 2021, we're celebrating this incredible breakthrough and the century of life-changing diabetes discoveries it inspired.



**FROM LAB...**

From insulin to blood glucose meters, eye screening to putting type 2 into remission - we'll be shining a light on the breakthroughs that have already changed lives, and those happening right now in labs.

We'll be meeting the incredible scientists and researchers behind these breakthroughs, and telling you their inspirational stories.

**...TO LIFE**



Our research is only possible because of you. Whether you've taken part in a clinical trial, helped raise the funds we need to keep our research going, or simply spread the word - you've played a vital role in our research story.

This World Diabetes Day, we'll also be meeting people with diabetes whose lives have been changed by new treatments and technologies – thanks to you.

# NAILING DIABETES: HELP US NAIL A CURE



On 14 November, take on our [#NailingDiabetes](#) challenge.

Paint your nails blue to help raise awareness of diabetes - and make more research breakthroughs possible.

For everyone living with diabetes. And for you. For the days you feel like you're nailing your diabetes, and the days you don't. And for everyone who's been there to support you on those tough days.

[Find out more here about Nailing Diabetes, how you can take part, and where to find your blue nail varnish!](#)



# IDEAS & RESOURCES

As well as Nailing Diabetes, here are a few other ideas for different ways you can get involved on World Diabetes Day...

- Join us on [Facebook](#), [Twitter](#) or [Instagram](#) to follow the story of diabetes research from [#LabToLife](#). Meet the researchers behind the breakthroughs, and people living with diabetes whose lives they've changed.
- Add our World Diabetes Day frame to your Facebook profile photo for the week.
- [Download a poster](#) and put it in your window - or [design your own](#). We also have free [creative kits available](#) with coloured pencils and stickers for children.
- Organise a [Zoom quiz](#), coffee morning or a walk with your friends and family - [download your invitations here](#), and [take a look at our website](#) for more ideas and tips for organising your own event.
- Share our [Signs and Symptoms video](#) to help raise awareness of the seven main symptoms of type 1 and type 2 diabetes.

- If you, or someone you know, are looking for diabetes support or advice, we have lots of information and resources to help you:
  - **Helpline:** Our team of highly trained advisors are here to provide specialist information and advice on all aspects of life with diabetes, whether you're living with diabetes yourself, supporting a loved one, or worried about your risk. [Call us on 0345 123 2399](tel:03451232399) (Monday to Friday, 9am to 6pm) or [email helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) for answers, support or just to talk to someone who knows about diabetes.
  - **Support Forum:** [Check out our support forum](#), an online community where you can chat to and share experiences with others living with and affected by diabetes. It's free to use, and there 24/7.
  - **Learning Zone:** [Join our free online Learning Zone](#) for simple, practical information from diabetes experts –tailored to you. It covers a wide range of helpful topics, from the basics of diabetes management, food and exercise, to looking after your mental wellbeing.
  - **Eating with diabetes:** The [Enjoy Food section of our website](#) has meal plans, expert diet advice, food swaps, and hundreds of healthy, family friendly recipes.
  - **Know your Risk:** Encourage your loved ones to find out their risk of type 2 diabetes with our [Know Your Risk tool](#). It only takes a few minutes, and could make a huge difference to someone's health.

**THANK YOU**

**WORLD**

**DIABETES DAY**

**14 NOV 2021**

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.