

THE SILENT BURDEN OF DIABETES IN THE WORKPLACE



Managing diabetes is a full-time responsibility, one that doesn't take a break when the workday starts. For millions, this means juggling the demands of their careers while also coping with the ongoing, often unseen challenges of a complex health condition. Many workplaces aren't built with these needs in mind, adding another layer of stress. **Fortunately, new data and insight-driven resources are beginning to acknowledge and address the unique needs of people with diabetes in their professional lives.**

THE REALITY OF BIAS AND STIGMA AT WORK

79%
 of people with diabetes (PWD) have faced bias or misunderstanding in the workplace due to their diabetes

20%
 actively hide their condition not because they want to, but because they feel they have to

STRUCTURAL AND CULTURAL BARRIERS

86%
 experience barriers at work due to their diabetes and employers have clear opportunities to improve inclusion

 Offering private spaces, a variety of food options, and adequate breaks can remove obstacles for the **57%** of PWD who struggle with at least one of these barriers

THE MENTAL HEALTH TOLL

40%
 of PWD and caregivers reported experiencing workplace-related anxiety tied to diabetes management

34%
 said the overall mental strain of managing diabetes has made their jobs much more difficult

CAREER IMPACT AND LOST POTENTIAL

78%
 of people with diabetes say the condition has negatively affected their career in some way

20%
 have experienced their career growth being limited due to stigma around their diabetes



*The Global survey results are based upon the responses of 9,656 workers and workers with type 1 or type 2 diabetes across more than 10 sectors in Germany, Netherlands, Saudi Arabia, Spain, Sweden, United Kingdom, United States, Denmark, Australia, Canada, and France. Censuswide conducted an online survey on behalf of Insulet between Sept. 11 and Sept. 29, 2025. Censuswide abides by and employs members of the Market Research Society and follows the MRS code of conduct and ESOMAR principles. Censuswide is also a member of the British Polling Council.