14 November 2024

**Prioritising Wellbeing is Key for People Living with Diabetes**

People living with diabetes face daily challenges managing their condition at home, work, school, in recreation and social settings.

This World Diabetes Day (WDD) Diabetes Victoria is reminding the community that wellbeing is at the heart of diabetes care and management. Wellbeing is the global theme for WDD, aligned with the International Diabetes Federation.

Mr Glen Noonan, Diabetes Victoria CEO explains, “Diabetes is a relentless condition that impacts every part of a person’s life, so access to the right tools and support is vital.”

“This WDD, we are shining a light on support programs and resources to help people focus on their wellbeing as a part of their diabetes management,” he says.

People living with diabetes must be resilient, organised, and responsible, which impacts on both their physical and mental wellbeing. On average, they will spend eight hours every year with a health professional, while managing the condition themselves for the **remaining 8,752 hours of the year**.

Currently in Victoria almost 400,000 people are living with diabetes. That number is equivalent to filling the Melbourne Cricket Ground four times over. Around 90 people are diagnosed with diabetes every day in Victoria, making it the fastest-growing chronic condition in our state.

“I encourage Victorians living with diabetes or supporting someone with diabetes, to find out more about our support services and resources to help with wellbeing,” Mr Noonan says.

“You can download tools and resources from the Diabetes Victoria website, or you can be part of a peer support group, either joining an existing group or starting your own in your local area. We see how connection with others who understand and live with diabetes can make a real difference to emotional wellbeing.”

“Our organisation delivers diabetes camps for children and teens, our advocacy team is available to support people, and our prevention programs can help people at risk of diabetes.”

“The Diabetes Victoria Clinic offers appointments with a health psychologist who can assist with coping strategies for stress, anxiety, depression, diabetes burnout and diabetes distress.

“When we prioritise wellbeing, we move closer to a healthier future for all people affected by diabetes.”   
  
Visit: [www.diabetesvic.org.au](http://www.diabetesvic.org.au) to find out more.

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