



End Diabetes Stigma Global Summit



Jaipur, India: 28–29 March 2026

EndDiabetesStigma.org

MEDIA RELEASE

World unites in India at the landmark Global Summit to End Diabetes Stigma

Next week, advocates, experts, and people from every region of the world will come together in India for the inaugural Global Summit to End Diabetes Stigma.

Presented by the Australian Centre for Behavioural Research in Diabetes (ACBRD), in collaboration with numerous Partners and Sponsors, this landmark gathering aims to build on a global movement to bring an end to diabetes stigma and discrimination.

Professor Jane Speight, the Foundation Director of the ACBRD, a partnership between Diabetes Victoria and Deakin University, and Co-Lead of the Summit explains the need for this world-first event.

“Four in five people living with diabetes report experiences of stigma. Stigma leads to social isolation, discrimination, and barriers to accessing quality medical care, which can negatively affect both physical and mental wellbeing,” she said.

“We are escalating action to end diabetes stigma on a global scale. This is essential for improving both the health and quality of life of millions of people living with diabetes around the world”.

The Summit will serve as a powerful platform for sharing experiences, innovative and impactful solutions. It will unite voices from lived experience, advocacy, research, clinical practice, and industry across diverse backgrounds, cultures, and communities. This event builds on the momentum of a global movement and the 2023 launch of the Pledge to end diabetes stigma, which has already united thousands of people and hundreds of organisations across 119 countries.

The Summit comes at a time when global debate and conflict often highlight the divisions between communities and nations. In contrast, the Summit aims to demonstrate the power of collaboration and shared purpose.

“By coming together across more than 30 countries, the Summit delegates amplify the call for compassion, access to care, and dignity for all living with diabetes,” Professor Speight said.

Dr Elizabeth Holmes-Truscott, Deputy Director of the ACBRD, and Co-Lead of the Summit, shares her perspective: ‘As a woman who experienced diabetes in pregnancy, and as someone who works closely with and cares deeply about people living with diabetes, this work is important to me both professionally and personally’.

“Through my lived experience, research and conversations with people living with diabetes around the world, I have learned how powerful it is when people feel safe to share their experiences. Their stories show how stigma can undermine confidence, silence people’s voices, and limit people’s access to quality care, and participate fully in everyday life,” Dr Holmes-Truscott said.

Partners for better health



“No one living with diabetes should be made to feel shame or blame because of their condition. Ending stigma is essential to creating more supportive healthcare systems and communities.”

Importantly, the Summit will shape a global roadmap based on the insights and learnings shared throughout the event. This includes identifying practical actions—spanning healthcare, research, policy and public awareness—to drive meaningful change.

“Whether you are in Jaipur next week or elsewhere around the world, we encourage everyone to join the global movement, take the Pledge and drive lasting change to create a world free from diabetes stigma and discrimination,” said Professor Speight.

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or

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Attachment: Media Release Additional Information

Talent (Lived Experience and Summit Attendee)

Speak with Summit attendee and Australian fire fighter Mark Erwin about his lived experience of stigma and type 2 diabetes.



Fast Facts about the Global Summit

- **Global Movement:** Since its launch in November 2023, the Pledge to #EndDiabetes Stigma has been signed by more than 4,500 individuals and organisations across 119 countries.
- **Event:** The Global Summit to End Diabetes Stigma will take place 28–29 March 2026 in Jaipur, India.
- **Convened by:** The Summit is presented by the Australian Centre for Behavioural Research in Diabetes (ACBRD, a partnership between Diabetes Victoria and Deakin University).
- **Lived experience leadership:** The Summit prioritises lived experience, ensuring people living with diabetes not only have a seat at the table but also play a leadership role in shaping the agenda and outcomes. The international Steering Committee includes 16 people, 12 of whom have lived experience, all of whom have lived experience and/or learned or laboured experience of diabetes.
- **Lived experience contributions:** With the support of Partners and Sponsors, more than 60 #dedoc° travel grants have been awarded to people with lived experience of diabetes, alongside registration and accommodation support.
- **Partners and Sponsors:** The Summit is supported by a grant from the Global Responsibility team at Breakthrough T1D. Numerous partners and sponsors are supporting the event, as shown here: <https://enddiabetesstigma.org/global-summit/>.
- **Global participation:** Up to 300 participants will attend, including people living with all types of diabetes, and representatives from diabetes organisations, research, healthcare, advocacy and policy.
- **Expert speakers:** The Summit features more than 60 expert speakers from over 30 countries, spanning lived experience, advocacy, clinical practice, research and policy.
- **Global contributions:** The program draws on over 150 contributions, including over 100 digital submissions from experts worldwide, including lived-experience storytelling, research insights, impact pieces and perspectives on future actions.
- **Driving action:** A key outcome of the Summit will be the development of a global roadmap for collective action to end diabetes stigma.
- **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 and workplaces 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.
- **Now imagine what it will take to achieve it:** 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.

International Steering Committee

The Global Summit is overseen by an international Steering Committee of 16 independent experts from 10 countries on four continents. It includes experts with lived experience, advocacy, research, and clinical experience:

- Professor Jane Speight, Australia; Co-Lead of Steering Committee; Foundation Director: ACBRD
- Dr Elizabeth Holmes-Truscott, Australia; Co-Lead of Steering Committee; Deputy Director: ACBRD
- Sana Ajmal, Pakistan / UK; Secretary General, Parliamentarians for Diabetes Global Network; <https://www.pdgn.org.uk/>
- Elena Frattolin, Italy; Advocate, International Diabetes Federation Europe Board member <https://www.linkedin.com/in/elena-frattolin-bb107213>
- Matthew Garza, USA; dStigmatise Program Manager, The diaTribe Foundation; <https://diatribe.org/>
- Bastian Hauck, Germany; Founder, #dedoc°; <https://www.dedoc.org/>
- Walther Jensen, Denmark; advocate; <https://www.linkedin.com/in/walther-jensen-a48bb/>
- Nupur Lalvani, India; Founder, Blue Circle Diabetes Foundation; <https://www.bluecircle.foundation/>
- Linxi Mytkolli, Canada; Diabetes Action Canada; <https://diabetesaction.ca/>
- Princess Padmaja Kumari Parmar, Udaipur, India; Founder, The Friends of Mewar; <https://www.thefriendsofmewar.org/>
- Kyle J Rose, USA and Europe; Vice President, International Diabetes Federation; Founder, Delta PM Diabetes; <https://www.linkedin.com/in/kylejrose/>
- Anita Sabidi, Indonesia; advocate; <https://www.linkedin.com/in/anita-sabidi-3962a2213>
- Dr Chitra Selvan, Bangalore; Head of Department of Endocrinology, Ramaiah Medical College, Ramaiah University of Applied Sciences. <https://msrmh.com/endocrinology/dr-chitra-s/>
- Jazz Sethi, India; Founder, Diabesties Foundation; <https://www.diabesties.foundation/>
- Renza Scibilia, Australia; Breakthrough T1D; <https://www.breakthrough1d.org/>
<https://diabetogenic.blog/>
- Dr Soren Skovlund, Denmark; advocate; <https://www.linkedin.com/in/sorenskovlund/?originalSubdomain=dk>

Background Information

About the Global Summit to End Diabetes Stigma:

<https://enddiabetesstigma.org/global-summit-2025>

About the International Consensus and Pledge to bring an end to Diabetes Stigma:

The International Consensus and Pledge are unique, community-driven initiatives, developed by an alliance of 51 experts from 18 countries, each bringing diverse lived, research, and clinical experience. While these experts are affiliated with numerous organisations around the world, the consensus and Pledge were created independently, for broad relevance and adoption. The International Consensus was published in *The Lancet Diabetes & Endocrinology*, January 2024: [thelancet.com/journals/landia/article/PIIS2213-8587\(23\)00347-9/fulltext](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(23)00347-9/fulltext)

The Pledge is available here: www.enddiabetesstigma.org

The Pledge has been taken by over 4,100 individuals and over 400 organisations in 119 countries since it was launched in November 2023.

About The Australian Centre for Behavioural Research in Diabetes (ACBRD):

The ACBRD was launched in 2010 as a partnership for better health between [Diabetes Victoria](#) and [Deakin University](#). As the result of this successful 15-year partnership between a community-based and an academic organisation, the Centre is uniquely positioned to combine evidence and practice to address the unmet needs of people with diabetes. The ACBRD creates new knowledge and develops transformational evidence-based resources to bring research findings into policy and clinical practice to improve the health and quality of life of people living with, or affected by, diabetes.

For more information, visit: www.acbrd.org.au or contact info@acbrd.org.au.