

Coping with T2D Stigma



Why does stigma happen?

- Misunderstanding about weight, lifestyle, or “blame” culture
- Stereotypes about people with diabetes
- Fear of judgment from friends, family, or coworkers

How can stigma affect care?

- Makes people hide their diagnosis
- Can reduce engagement with healthcare or self-management
- Increases stress, anxiety, or feelings of shame

How do I build confidence?

- Set small, achievable goals and celebrate progress
- Learn more about T2D
- Practice self-compassion - focus on what you can control

Dealing with negative comments

- Respond calmly or choose not to engage
- Remember that stigma reflects misunderstanding, not your worth

Where can I get emotional support?

- Diabetes educators and healthcare providers
- Peer support groups, community programs, or culturally specific services
- Counsellors or mental health professionals

Tips for success

- Reward yourself for progress. Focus on positive habits rather than setbacks
- Talk openly with trusted family, friends, or coworkers about your needs
- Educate others gently to reduce misunderstandings
- Connect with peers to share experiences and strategies
- Ask your healthcare team for help if stigma affects your care or confidence
- Focus on small, positive actions every day to build self-efficacy

Where can I find reliable information?

- T2D Network - dedicated T2D Stigma resources
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist