

DIABETES DISTRESS

What Is It?

Diabetes Distress(DD) is the emotional toll of living with diabetes – the worries, fears, and constant demands.



Sources of Diabetes Distress

- Management Demands
- Hypoglycemia
- Interpersonal Issues
- Shame & Stigma
- Long-term Health
- Healthcare Access
- Financial Strains
- Technology Challenges
- Healthcare Professional Interactions

How Prevalent is Elevated DD?

T1D = 74%

T2D = 62%

88% report elevated distress from at least one source.

Why Is It Important?

DD isn't just emotional— it has real health impacts :



Elevated A1C



Less Effective Medication Taking



Missed Medical Visits



Lower Quality of Life



Reduces Energy & Motivation



Fewer Health Behaviors

Addressing DD leads to better clinical outcomes.

Having tough feelings about a tough disease is expected.

Learn More:
www.diabetesdistress.org