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Diabetes and the Workplace

I designed this poster for World Diabetes Day 2025, after watching YouTube videos where people shared what it's like to manage diabetes at work. Many talked about feeling misunderstood, like their coworkers saw them as unreliable, when really, they were doing everything they could to stay well. That stayed with me. I wanted to create something that shows what they go through, and how workplaces can be more thoughtful.

I drew two Coke cans. One is unhealthy, bordered in black and grey, with a hand reaching for it, showing how tempting choices can feel heavy or risky. The other is a Diet Coke, surrounded by yellow light. It's not perfect, but it's a healthier option. That contrast shows how people with diabetes are constantly making decisions to protect their health. In the background, I drew a bathroom down a long road-It's meant to show how hard it can be to access private spaces, even though people with diabetes need them often. Still, they make the walk. That's strength. The office chair has medication hidden underneath. That's about how people try to stay in control while also hiding their struggles. On top of the chair, I placed glasses, because blurry vision is real, and it affects focus but it's often unseen. I also drew a coworker who wants to learn how to be more thoughtful by educating herself about health protocols. Another, coworker is offering the diabetic man a small fruit cup and that's small but it is something healthy, and kind. Above the man, I drew a cup with water dripping, symbolizing how people with diabetes often feel intense thirst. Under the phrase, "You're Adapting, Not Behind", I drew a blood glucose monitor. It represents effort.

Trying to stay balanced is a good step and it deserves to be seen.