



This American Diabetes Month,

# We Stand Greater Than Diabetes.

**Right now, things are difficult for people living with diabetes—and for those who love them.**

Between the nonstop bad news and the bleak forecasts, it almost seems that everything is conspiring to try to make us feel powerless, afraid and small. Enough is enough.

This year, American Diabetes Month® (ADM) is embracing a message of hope. It's about coming together to empower one another—regardless of background or circumstance. Because hope is greater than fear. Unity is greater than division. And actions are greater than words.

Together, we can conquer this disease and everything that comes with it. Let's make sure every voice is heard by showing how:

## Week 1: Equity > Prejudice

Often, Americans lack the resources they need to stay healthy—and people with diabetes are disproportionately impacted. Every American deserves equal access to care—no matter their race, income, zip code, age, education or gender. Together, we can help hold elected officials accountable. Because, this month and always, **Equity > Prejudice**.

## Week 2: Speaking > Silence

For people with diabetes, COVID-19 poses a much greater threat of severe complications and even death. We encourage the community to join the fight as we advocate for access to care for all through expanded COVID-19 testing, research, access to affordable insulin and more. Because, to ensure access to care, **Speaking > Silence**.

## Week 3: Thriving > Surviving

People with diabetes can do more than survive—they can thrive. Let's not wait until complications set in. We can tackle them head on by encouraging everyone to embrace living well with diabetes through the right balance of nutrition, physical activity and mental health management. Because when it comes to our health, **Thriving > Surviving**.

## Week 4: Advancement > Acceptance

As we approach Giving Tuesday and people make plans for year-end giving, your donations play a crucial role in helping us make a difference in the lives of the millions living with diabetes. Because at the end of the day, **Advancement > Acceptance**.



**34.2M**

More than 1 in 10 Americans are living with diabetes



**40%**

of people who have died from COVID-19 were also living with diabetes



**1 in 4**

insulin-dependent people with diabetes say they ration their insulin

## Getting Involved

Let's get the word out on social media. Visit our site to find resources, upcoming events and an interactive tool where you can upload your selfie, choose a message and share it on your social media platforms. Join the conversation by using our hashtags:

#WeStandGreaterThan #HealthEquityNow  
#MakeInsulinAffordable #ADM2020

## Together, We Stand Greater Than.

Be a part of American Diabetes Month. Find all the resources you need to get started:

[diabetes.org/greaterthan](https://diabetes.org/greaterthan)

