



THIS IS DIABETES

ART COMPETITION FOR
WORLD DIABETES DAY 2025



My artwork reflects the hidden struggles that many people with diabetes carry every day - burdens that are rarely seen or understood by others. From the outside, everything may look fine, but inside there is constant calculation, fear, and exhaustion. It's a quiet fight that happens beneath the surface, where numbers and emotions mix in silence.

Julia Stefaniak
Holding myself together
Poland

This campaign was created by Ascensia to celebrate World Diabetes Day 2025 and highlight the anxiety that so many people with diabetes experience. Visit the website to explore the stories and works from this year's contest.



thisisdiabetes.com