



JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

GO BLUE DAY

THURSDAY 14 NOVEMBER | WORLD DIABETES DAY

HELP CREATE THE BLUEPRINT FOR A WORLD WITHOUT TYPE 1 DIABETES

Your organisation can play a crucial role helping to create a world without type 1 diabetes (T1D), one of the most complex, self-managed chronic conditions that exists.

We invite you to GO BLUE in 2024 to support individuals living with T1D and our vision of a world where T1D no longer exists.

WHY NOVEMBER 14?

November 14 marks the birthday of Sir Frederick Banting, who discovered insulin alongside Charles Best in 1922. Insulin is a vital hormone produced by the pancreas, responsible for regulating blood glucose levels. However, for those with T1D, the pancreas either produces insufficient insulin or the body cannot effectively use it.

WHAT IS TYPE 1DIABETES (T1D)?

T1D is a chronic autoimmune condition that can affect individuals at any age. Unfortunately, there is no known way to prevent T1D, and currently, there is no cure. But together, we can make a difference.

4 WAYS YOU CAN GO BLUE



WEAR IT BLUE

Show your support by wearing blue on your Go Blue Day. Whether it's a blue tie, shirt, scarf, or even a blue accessory, your fashion statement will make a difference. Don't forget to ask employees to make a gold coin donation to support T1D research.



COLOUR IT BLUE

Get creative with blue decorations, such as blue banners, balloons, or other artistic displays. Encourage employees to add a splash of blue to their workspaces or common areas – you could even organise a special Go Blue Day email signature or Zoom background!



MAKE IT BLUE

Unleash your creative skills by crafting something blue and sharing it with others. Some ideas include blue awareness bracelets, custom items, blue-themed artwork, or making blue ribbon pins.



BAKE BLUE TREATS

Whip up some delicious blue treats to tantalise taste buds while raising awareness. These could be shared with your workplace community during events, meetings, or another gathering like an afternoon tea.

RAISE AWARENESS AND FUNDS

An important part of creating a blueprint for a world without T1D is spreading awareness about the condition within your workplace community and raising funds to support life changing T1D research.

Check out our [Workplace Fundraising Kit](#) for ideas and an action plan to make sure your Go Blue Day makes a powerful impact!

Let's come together, go blue, and take action for individuals living with T1D. With your help, we can create the blueprint for a world without T1D.

bluearmy.jdrf.org.au/goblue-workplaces