

Contact: Mimi Carmody
press@diabetes.org

The American Diabetes Association Is Hosting Step Out: Atlanta for the First Time Since 2015

Atlanta, GA. (May 30, 2025) For the first time in 10 years, the American Diabetes Association® (ADA) is thrilled to host Step Out®: Atlanta at Atlantic Station to raise awareness and provide critical support for all people affected by diabetes—one of the fastest growing chronic diseases in the world. The walk will be held on Saturday, May 31.

Step Out Walk benefits diabetes research, education, management, and prevention, supporting the ADA's mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes. And, as the Obesity Association™, a division of the ADA, expands outreach and education, this increasingly includes those living with obesity.

Diabetes isn't just a disease—it's an epidemic, affecting over 38 million Americans with devastating consequences. In Georgia, approximately 1,017,000, or 10.9% of the adult population, have diagnosed diabetes. Every year, an estimated 70,000 adults in the state are diagnosed with diabetes.

"We're absolutely thrilled to reintroduce the Step Out Walk to the Atlanta community," said Ciarra McEachin, the ADA's executive director in Georgia. "This event is more than just a walk, it's a powerful demonstration of support for those living with diabetes and a reminder that, together, we can drive meaningful change, much in the way the ADA has done for 85 years. We can't wait to see families, friends, health care providers, caregivers, and advocates come together to celebrate strength, raise critical funds, and move Atlanta towards a healthier future."

The festivities will begin bright and early with a full morning of excitement, community spirit, and family-friendly activities. Participants can kick off the morning with an energizing workout led by fitness personalities, the Guru of Abs and Hollywood V. Individuals living with diabetes will enjoy complimentary chair massages and a delicious breakfast provided by Maple Street Biscuit Company. The day also features face painting, exclusive photo opportunities, and a live DJ from Hot 107.9 spinning today's hottest line dance hits and more. Attendees are encouraged to wear red ADA gear and bring banners or signs to show their support for the cause.

The Step Out Walk will also provide on-site resources related to diabetes and obesity management.

This year's Step Out Walk is sponsored by CenterWell Senior Primary Care and Novo Nordisk. Registration for the event is free. To learn more about the 2025 Step Out: Atlanta and register, visit diabetes.org/stepoutatlanta.

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About the American Diabetes Association

The American Diabetes Association (ADA) is the nation's leading voluntary health organization fighting to end diabetes and helping people thrive. This year, the ADA celebrates 85 years of driving discovery and research to prevent, manage, treat, and ultimately cure—and we're not stopping. There are 136 million Americans living with diabetes or prediabetes. Through advocacy, program development, and education, we're fighting for them all. To learn more or to get involved, visit us at diabetes.org or call 1-800-DIABETES (800-342-2383). Join us in the fight on Facebook ([American Diabetes Association](https://www.facebook.com/AmericanDiabetesAssociation)), Spanish Facebook ([Asociación Americana de la Diabetes](https://www.facebook.com/AsociaciónAmericanaDeLaDiabetes)), LinkedIn ([American Diabetes Association](https://www.linkedin.com/company/american-diabetes-association)), and Instagram ([@AmDiabetesAssn](https://www.instagram.com/AmDiabetesAssn)). To learn more about how we are advocating for everyone affected by diabetes, visit us on X ([@AmDiabetesAssn](https://twitter.com/AmDiabetesAssn)).