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The American Diabetes Association Hosting Annual Step Out Walk: Indiana

INDIANAPOLIS, IN. (September 12, 2025) – On Saturday, September 13, the American Diabetes Association® (ADA) is hosting its flagship fundraising event of the year at Grand Park in Westfield to raise awareness and provide critical support for those affected by diabetes. Step Out®: Indiana will bring together the diabetes community, volunteers, and advocates for a walk for people of all ages and abilities.

The 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. The goals of our mission also apply to those living with obesity as the Obesity Association™, a division of the ADA, expands outreach and education.

"Nearly 700,000 adults in Indiana are living with diabetes, that's 11.5% of the adult population. Our Step Out Walk is a chance to bring people together for a shared cause, while raising critical funds and taking meaningful steps toward ending diabetes," said Sarah Schmitz, the ADA's executive director in Indiana. "We're excited to host our walk at Grand Park in Westfield and extend our heartfelt thanks to our generous sponsors for making this possible!"

The excitement will begin with an opening ceremony and walk countdown. Breakfast will be available and attendees can enjoy airbrushed temporary tattoos, balloon artists, and a kids zone with a bounce house and slide. The community is encouraged to participate in a morning filled with engaging activities for everyone, wear red ADA gear, and bring banners and signs to show support for the cause.

Step Out Walk will also provide valuable diabetes resources and experts on-site to provide advice on diabetes management and prevention for attendees.

Diabetes isn't just a disease—it's an epidemic—with over 38 million Americans living with it and its devastating consequences. Events like this are crucial to raise awareness and provide resources to support those living with diabetes.

This year's Step Out Walk is sponsored by Novo Nordisk, Lilly, Northwind, Humana, and Alivio Medical Center. Registration for the event is free. To learn more about 2025 Step Out: Indiana and register, visit diabetes.org/stepoutindiana.

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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/AmericanDiabetesAssociation)), 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)).