

Diabetes Resources

Refer to the quick links to resources below and online at diabetes.org/resources.

Know Your Risk

Risk Test—More than 8 out of 10 Americans most at risk for type 2 diabetes don't know it. Take 60 seconds to find out if you're one of them. Knowing your risk is the first step toward a healthier life. Take the test at diabetes.org/risktest.

At Risk for Type 2 Diabetes

Diabetes Prevention Program—Prediabetes is a serious condition affecting 1 out of 3 American adults. The Diabetes Prevention Program is a CDC-recognized lifestyle change program proven to prevent or delay the onset of type 2 diabetes. Find a program in your local community at diabetes.org/prevention.

Recently Diagnosed with Type 2 Diabetes

Living with Type 2 Diabetes® Program—For a person learning to live with type 2 diabetes, the journey can sometimes be overwhelming. ADA is here to provide support every step of the way. Through the ADA's Living With Type 2 Diabetes® program, participants receive guidance on emotional well-being, healthy eating, getting active and more through six informational e-booklets, a monthly e-newsletter, and six issues of *Diabetes Forecast*® magazine. Sign up at diabetes.org/living.

Additional Resources

Living with Diabetes. Ask the Experts Q&A—ADA's Q&A series aims to educate people living with type 2 diabetes about healthy lifestyle solutions. Topics include nutrition, how to manage stress, and getting active. The phone-in and online format provides a community

where people can ask questions of ADA diabetes experts and hear from others who might share similar experiences. Hear full programs and audio clips at diabetes.org/experts.

Diabetes Self-Management Education and Support Services—Start here to find local ADA-recognized diabetes education programs. These services focus on your concerns about diabetes. They will also empower you with the knowledge and skills to manage it. You can find a program in your area at diabetes.org/findaprogram.

Center for Information—Representatives at the American Diabetes Association's Center for Information are available to guide you to diabetes information and resources, as well as local programs and events. To reach these representatives, call 1-800-DIABETES (800-342-2383) or email askada@diabetes.org.

Diabetes Food Hub—The ADA's Diabetes Food Hub is a brand new cooking and recipe destination made for people living with diabetes and their families. Save time during your busy week using the interactive Meal Planner, a Grocery List you can edit, and Healthy Tips from ADA food and nutrition experts at diabetesfoodhub.org.

Take Action

Advocacy—Stand up for diabetes research, treatments, prevention, and more by becoming an Advocate! We need your voice to help bend the curve on the diabetes epidemic and help families thrive. Join us at diabetes.org/advocatesignup.