

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

Know Your Risk

Risk Test—9 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 digital packages, 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.

Local Diabetes Education—Start here to find local diabetes education programs that the ADA recognizes as meeting quality standards. These programs 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—200 advocates told Congress in March "Make diabetes a national priority!" We need more people to make sure the message gets heard. Raise your voice at diabetes.org/advocatesignup.