

# Community Resources

## Know Your Risk

**Type 2 Diabetes Risk Test**—More than 8 out of 10 American adults are 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](https://diabetes.org/RiskTest).

## Prevent Type 2 Diabetes

**National Diabetes Prevention Program**—Prediabetes is a serious condition affecting one out of three American adults. The National Diabetes Prevention Program is a CDC-recognized lifestyle change program proven to prevent or delay the onset of type 2 diabetes. Find a program near you at [diabetes.org/DPP](https://diabetes.org/DPP).

## Diabetes Management

**Diabetes Self-Management Education and Support (DSMES) Services**—Start here to find local ADA-recognized DSMES programs. These services focus on your concerns about diabetes, and empower you with the knowledge and skills to manage it. Find a program near you at [diabetes.org/FindAProgram](https://diabetes.org/FindAProgram).

## Ask the Experts

**Ask the Experts Q&A**—This Q&A series aims to educate people living with diabetes. The phone-in and online format provides a community where people can ask questions of American Diabetes Association® (ADA) diabetes experts and hear from others who might share similar experiences. Register for an upcoming event at [diabetes.org/Experts](https://diabetes.org/Experts).

## Health and Wellness

**Food and Nutrition**—What does it mean to eat healthy? The answer is a little different for everybody, but it's a journey to find out what works best for you. Learn more at [diabetes.org/Nutrition](https://diabetes.org/Nutrition).

**Diabetes Food Hub®**—The ADA's Diabetes Food Hub is a cooking and recipe destination. Save time during your busy week by using the interactive meal planner and an editable grocery list, and browse our Healthy Eating Blog from ADA food and nutrition experts at [diabetesfoodhub.org](https://diabetesfoodhub.org).

**Fitness**—Whether you're just getting started or are an experienced athlete, regular physical activity is an important part of diabetes management and healthy living. Learn more at [diabetes.org/Fitness](https://diabetes.org/Fitness).

## Obesity

**Obesity Association**—Obesity is an epidemic that demands both attention and action. The Obesity Association, a division of American Diabetes Association is focused on reducing the prevalence of obesity and improving health in at-risk and affected communities. Learn more at [obesityassociation.org](https://obesityassociation.org).

# Community Resources

## Get Connected

**ADA Events**—Our signature events give you the opportunity to raise money for the ADA and increase awareness of diabetes. Find an event near you. **Tour de Cure®** | **Step Out®**

## Take Action

**Advocacy**—Stand up for diabetes research, treatments, prevention, and more by becoming a Diabetes Advocate! We need your voice to help change the curve on the diabetes epidemic and help families thrive. Join us at [diabetes.org/advocatesignup](https://diabetes.org/advocatesignup).

## Help for Schools and Parents

**Safe at School®**— Our Safe at School campaign works to make sure the diabetes management needs of students are met so they are healthy and safe and able to enjoy the same opportunities as their peers. Learn more about legal protections, written care plans, training, help for schools, and more at [diabetes.org/SafeAtSchool](https://diabetes.org/SafeAtSchool).

**Community Connection**—Take the hard work out of finding resources and focus on taking care of yourself first. Community Connection is your one-stop shop for discovering diabetes resources in your zip code. Connect now at [diabetes.findhelp.com](https://diabetes.findhelp.com).

## Community

**Center for Information**—Representatives at the ADA's Center for Information are available to guide you to diabetes information and resources, as well as local programs and events. Call 1-800-DIABETES (800-342-2383) or email [askada@diabetes.org](mailto:askada@diabetes.org).

## Consumer Guide

**Consumer Guide**—Looking to get a new glucose meter? What about the best insulin pump for your lifestyle and self-management plan? Whatever your diabetes device or medication needs, the ADA's Consumer Guide can help. Check out the guide for key information on products and tools to help you live well with diabetes at [consumerguide.diabetes.org](https://consumerguide.diabetes.org).

## Recursos en Español

**Diabetes en Español**—Manejar la diabetes es fundamental para mantener una buena calidad de vida. Aprenda más en [diabetes.org/Espanol](https://diabetes.org/Espanol).