



2025 Diabetes Prevention and Management Resource Guide

This resource guide was created by the RI World Diabetes Day Event Planning Committee to help healthcare and community-based organizations create and maintain high-quality resource listings for patients and clients living with or at risk of diabetes. Although this is not a comprehensive list, providing high quality, accurate resources can help to successfully prevent or manage diabetes – and build considerable trust along the way. From healthy eating, to mental health, to financial assistance, these resources are essential to health and diabetes well-being.

HEALTHY EATING (WITH DIABETES)

A healthy diet—coupled with exercise—can help you lower your Hemoglobin A1C. See below a list of resources for healthy eating.

- Eating Well with Diabetes: [English](#) | [Spanish](#)
- Diabetes Meal Plan Recipes: [English](#) | [Spanish](#)
- Healthy, Balanced Diet: [Portuguese](#)
- Feeding America Diabetes Initiative: Food Boxes for Clients with Diabetes: [English](#)

HEALTHY EATING (GENERAL)

See below for tips on how to make the most of a well-balanced diet.

- American Diabetes Association (ADA) Diabetes Plate: [English](#)
- MyPlate Plan: [English](#) (can choose Spanish on site)
- Healthy Eating on a Budget - [RI Community Food Bank food pantry network](#)

PHYSICAL ACTIVITY

Regular exercise is an important part of managing type 2 diabetes, and it's recommended that adults get about 150 minutes a week. See below a helpful list of resources for physical activity.

- Physical Activity Handout: [English](#)
- Moving More for Busy People: [Portuguese](#)
- Physical Activity Exercise Videos for people with Diabetes: [Portuguese](#)
- Office of Disease Prevention and Health Promotion Physical Activity Feel Better/Fact Sheets: [English](#) | [Spanish](#)

COPING SKILLS AND MENTAL WELL-BEING

Almost half of people living with diabetes in the U.S. experience behavioral health challenges. Support and guidance to empower patients to care for their emotional and mental health is important. These resources can help!

- Doing What Matters in Times of Stress: [English](#)
- Emotional Wellness Toolkit: [English](#) | [Spanish](#)
- 6 Ways Educators can Support Optimal Mental Health for People with Diabetes: [English](#)

SELF-MANAGEMENT TIPS AND INFORMATION

See below a range of resources to support individuals with diabetes in managing their condition effectively.

- NovoCare Diabetes Education Library (16 languages available): [English](#)
- [Cornerstones4Care](#)
- American Heart Association (AHA) Medication Adherence Information: [English](#)
- U.S. Food and Drug Administration (FDA) Tips for Talking to Your Pharmacist to Learn How to Use Medicines Safely: [English](#)
- Why are Hispanics at risk?: [English](#)
- American Nurses Association (ANA) Asian Americans and Type 2 Diabetes: [English](#)
- Centers for Disease Control and Prevention (CDC) General Type 2 Diabetes Info + Risk Factors: [English](#) | [Spanish](#)
- Know Your Numbers: [Portuguese](#)
- Are you at Risk for Diabetes?: [Portuguese](#)
- Supporting Loved Ones with High Blood Pressure: [English](#) | [Spanish](#)



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GESTATIONAL AND PREDIABETES

Addressing diabetes risk is also important. See below a few resources for gestational diabetes and prediabetes.

- Prediabetes? That's a Thing? [English](#)
- Centers for Disease Control and Prevention (CDC) Prediabetes: Could it be you? [English](#) | [Spanish](#)
- Gestational Diabetes Infographics: [English+Spanish](#)

FINANCIAL ASSISTANCE

Whether you're starting a new medicine or managing your condition, NovoCare® offers the guidance, savings, and support you need to keep moving forward.

- NovoCare Financial Medical Assistance: [English](#)

RESOURCES FOR HEALTHCARE PRACTICES AND CERTIFIED DIABETES OUTPATIENT EDUCATORS

Diabetes educators are healthcare professionals who focus on educating people with and at risk for diabetes and related conditions to achieve behavior change goals which, in turn, lead to better clinical outcomes and improved health status.

- [Rhode Island Certified Diabetes Outpatient Educators](#)
- NovoMedLink [Patient Resources and Diabetes information](#)
- Association of Clinicians for the Underserved Diabetes Handouts: [English, Spanish, Portuguese, Italian, French and Haitian Creole](#)

LOOKING FOR SUPPORT WITH YOUR HEALTH GOALS?

Contact the Community Health Network. The Community Health Network connects you to programs proven to help you take control of your health. Programs are free or low cost and held in convenient locations throughout Rhode Island.

- Call 401-432-7217 to speak to a Patient Navigator
- Email communityhealthnetwork@ripin.org
- Visit www.health.ri.gov/communityhealthnetwork or www.ripin.org/chn
- Providers, visit the Community Health Network Referral Page: [CHN Referral Forms 2020](#).

Do you have additional resources you would like to see incorporated?

Email your suggestions to: info@riwdd.org