RHODE ISLAND
WORLD DIABETES DAY

2026 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 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.

- CDC's Diabetes Kickstart Videos animated videos will show you the self-care steps you need to get started managing diabetes. Watch them in any order—they all include tips and strategies you can use right now.
- 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 Medicine 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: Spanish | English
- Are you at risk of developing type 2 diabetes? Find out by taking a quick online diabetes risk test and check out Ready for Health, a diabetes prevention program.

TYPE 1 DIABETES AND SCREENING

Type 1 diabetes is a life-long, progressive autoimmune disease that can be detected before symptoms arise. Therefore, it is important to get tested early to help prevent life-threatening complications.

- Centers for Disease Control and Prevention (CDC) Type 1 Diabetes
- This Type1 Diabetes Flyer raises awareness about this disease among parents and the importants of early screening: English | Spanish | Portuguese | other languages
- American Diabetes Association (ADA) Understanding Type 1 Diabetes
- Breakthrough T1D: Type 1 Diabetes Resource Library
- Type 1 Diabetes Screening Archives from Ariadne Labs
- Ask the Experts: Where to turn when your patient or child has screened positive for type 1 diabetes (or T1D

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 | Haitian Creole

LOOKING FOR SUPPORT WITH YOUR HEALTH GOALS?

- The Rhode Island Department of Health Diabetes and Cardiovascular Health Program recently launched a new pathway to streamline referrals for two CDC-recognized, evidence-based lifestyle changes programs. Click here to register or make a referral!

Do you have additional resources you would like to see incorporated?
Email your suggestions to info@riwdd.org