

Diabetes Prevention & Management Toolkit

Resources to help you promote diabetes prevention and management in your organization



Diabetes Awareness



November is Diabetes Awareness Month, but any time of year can be a good time to address the importance of education, early detection, and proactive care. Diabetes touches millions of lives – and awareness is the first step toward action. Whether you're living with diabetes, supporting someone who is, or simply seeking to understand more, taking a moment to learn can make a lasting difference. Diabetes often develops without symptoms, making regular screenings and timely medical attention essential.

Prevention

- **Healthy eating and daily exercise** can reduce risk and improve long-term outcomes.
- Establish a relationship with a **Primary Care Provider (PCP)**, and have an annual visit, for preventive screenings and exams.
- **Screenings** are especially important for individuals with risk factors such as high blood pressure, abdominal obesity, inactive lifestyles, or a family history of diabetes.
- **Early detection** of prediabetes can help delay or prevent Type 2 diabetes and its serious complications.

Types

- **Type 1** diabetes is an autoimmune condition where the body's immune system attacks insulin-producing cells in the pancreas
- **Type 2** diabetes is a metabolic disorder where the body becomes resistant to insulin or doesn't produce enough of it. While both can be managed, Type 2 can be prevented in most cases.
- **It's important to understand** the types of diabetes and recognize signs and symptoms so you can work with your PCP to make lifestyle changes or review treatment options for managing the condition.



Diabetes Prevention & Management



Diabetes Prevention

Know Your Risk

- 96 million U.S. adults have prediabetes, but 80% don't know it.
- A quick risk test can help identify early warning signs.

Healthy Eating Habits

- Controlling calories and eating a balance of the macronutrients can lower your risk of developing type 2 diabetes.

Move More, Sit Less

- Physical inactivity is a major risk factor. Even short walks after meals can help regulate blood sugar.

Weight Management

- Losing just 5–7% of body weight can reduce the risk of developing diabetes by up to 58%.

Sleep & Stress

- Poor sleep and chronic stress can increase insulin resistance. Mindfulness and sleep health are key.

Preventive Screenings

- Annual checkups and lab work can catch prediabetes early and help to design a prevention plan.

Diabetes Management

Connect with Care

- Use your health plan to find endocrinologists, diabetes educators, and support groups.

Understand Your Numbers

- Knowing your A1C, blood glucose, and cholesterol levels is key to managing the condition.

Medication & Monitoring Tools

- Continuous glucose monitors (CGMs) and insulin pumps can help maintain stable blood sugar levels.

Nutrition Guidance

- A balanced diet can significantly improve blood sugar control. Registered dietitians can help tailor meal plans to individual needs.

Physical Activity

- 30 minutes of moderate exercise 5 days a week can improve insulin sensitivity and glucose control.

Mental Health Support

- Mental health support is essential to whole-person care – as those with diabetes are 2 to 3 times more likely to experience depression.



NFP Wise & Well Resources



Wise & Well Training Center

NFP has developed this landing page for both you and your employees. This training center website is regularly updated with our most recent training materials and resources.

[Wise & Well Training Center](#) - For Your Employees

[Here is a flyer](#) that you can share with your employees



Online Resources



Reference the following resources for reputable and updated information to support yourself and your employees.

American Diabetes Association
www.diabetes.org

Centers for Disease Control
www.cdc.gov/diabetes

National Institute of Diabetes and
Digestive & Kidney Diseases
www.niddk.nih.gov

International Diabetes Foundation
www.idf.org

World Health Organization
www.who.int/health-topics/diabetes

Mayo Clinic
www.mayoclinic.org/diseases-conditions/diabetes

Taking Control of Your Diabetes
www.tcoyd.org

Screen for Type 1
www.screenfortype1.com

These resource links will take you directly to the diabetes-specific content on each site.



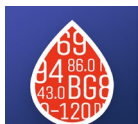
Podcasts, Apps & Assessments



Podcasts

[Juicebox Podcast – Type 1 Diabetes](#)
[Diabetes Digital Podcast by Food Heaven](#)
[Diabetes Connections Type 2](#)
[Taking Control Of Your Diabetes- The Podcast!](#)

Diabetes, Nutrition, and Weight Management Apps



[Glucose Buddy](#)



[mySugr](#)



[MyFitnessPal](#)



[DiabetesPal](#)

Assessments

Diabetes and Chronic Disease:

- [Take the ADA Risk Test](#)
- [Take the CDC Prediabetes Test](#)
- [Explore Your Disease Risk Tool](#)

General Wellbeing and Nutrition:

- [True Vitality Test by Blue Zones](#)
- [MyPlate.gov | MyPlate Quiz](#)
- [DASH Diet Scoring Calculator](#)

