


# 85 Years of Progress— Thanks to You

Join us in honoring 85 years of impact in the fight to end diabetes. Every breakthrough, every voice, every gift—it **all matters**. Your support fuels research, advocacy, programs, & hope for millions.


Support the ADA





Diabetes Prevention




Prediabetes




Newly Diagnosed




Type 1 Diabetes



Type 2 Diabetes



Life With Diabetes



Diabetes Complications

Donate

## What's Happening?

Stay on top of what's new at the American Diabetes Association, diabetes-related updates, healthy living resources, and more!

Beth donated \$18 🍷

Donate

Now Available!



Shop Now

#### SHOP DIABETES

### Updated Diabetes Nutrition Guides

- **Complete Guide to Carb Counting, 5th Edition**
- **The Official Pocket Guide to Diabetes Food Choices, 6th Edition**

[Shop Now](#) 

American Diabetes Association

## 85<sup>TH</sup> SCIENTIFIC SESSIONS

#### MEETINGS

### 2025 Scientific Sessions

Register for on-demand access to content from the 85<sup>th</sup> Scientific Sessions, available through August 25. Extend your opportunity to hear presentations and earn up to 29.5 CME/CE credits.

[Register Now](#)



#### RESEARCH

### 2024 Research Highlights Released

Explore ADA's 2024 Research Report—highlighting strides in diabetes understanding, treatment, prevention, & cure.

[Read Now](#)



#### ASK THE EXPERTS

### Your Diabetes Questions Answered

Ask the Experts helps people living with diabetes tackle commonly faced issues by providing a community where you can put your questions to our diabetes experts on a variety of topics.

[Learn More](#)

## Diabetes By-the-Numbers

The numbers are staggering. Diabetes isn't just a disease—it's an epidemic, affecting over 38 million Americans with devastating consequences.

1.2M

Americans are diagnosed each year

11.6%

of Americans had diabetes in 2023

97.6M

American adults are living with prediabetes

But there's hope. Join us as we continue the fight against diabetes and work to find a cure.

[Become a Diabetes Advocate](#)

[Share Your Story](#)





## Meet Alex

Learn how Alexandra Park manages her type 1 diabetes while busy as an actress, writer, and producer!

[Read Her Story](#)

## Are you at risk?

Learning your risk is the first step in taking action against type 2 diabetes. Take our 60-Second Type 2 Diabetes Risk Test today to receive actionable next steps in your health journey.

[Take the Test](#)

[Learn About Prediabetes](#)



## Life with Diabetes

Whether you're newly diagnosed, have been living with type 1 for years, or are helping out a loved one, the path to understanding diabetes starts here.

[Newly Diagnosed](#)

[Living with Type 1](#)

[Living with Type 2](#)

[Learn More](#)





## Health & Wellness

Find the tools, tips, and insights you need to take action and live life to the fullest—from understanding your prescriptions to starting a new exercise regimen.

[Fitness](#)

[Weight Management](#)

[Diabetes and Your Health](#)

[Medication](#)

[Better Choices for Life Program](#)

[Learn More](#)

## Food & Nutrition

Eating right is a powerful tool in the management of your diabetes. But it doesn't have to be boring—it's all about finding a delicious balance.

Healthy Eating Tips

Diabetes & Food

Recipes from Diabetes Food Hub® 

[Learn More](#)

## Tools & Resources

When it comes to diabetes, you don't have to do this alone. Learn your rights and get help with the resources and assistance programs you need to navigate a diagnosis.

Diabetes Education Programs

For Caregivers

Program & Services Directory

Tests & Calculators


Managing Health Care Costs


[Learn More](#)


# Calendar Of Events

- All
- Ask the Experts
- DIY
- Fun Run
- Live Cooking Classes
- Member Appreciation Week
- State Of Diabetes
- Step Out
- Tour de Cure

## 2025 Tour de Cure®: Chicagoland


 Saturday, August 9, 2025


 7:30 AM - 4:00 PM CDT


 Pottawatomie Park, 8 North Ave, St. Charles, IL, 60174

[Register](#) 

## 2025 Tour de Cure®: New England


 Sunday, August 17, 2025


 6:00 AM - 4:00 PM EDT

 Lexington Labs, 10 Maguire Rd, Lexington, MA, 02421

[Register](#) 

## Cooking Class: Spicy Korean Chicken with Crisp Cucumber Salad

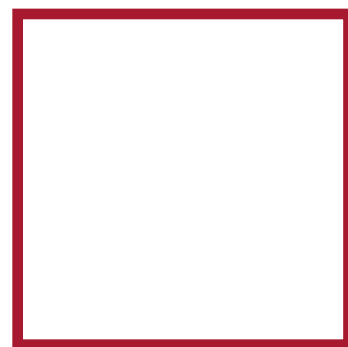
 Thursday, August 21, 2025

 7:00 PM - 7:59 PM EDT

[Register Now](#) 

[View All Events](#)





[SHOP DIABETES](#)

## Stay Hydrated!

Drink more water and stay hydrated with the American Diabetes Association 40 Oz stainless steel tumbler!

[Shop Now!](#)

## Get Involved

Over 133 million Americans are living with diabetes or prediabetes. Take action and fight back today.

WAYS TO CONTRIBUTE

Help Defeat Diabetes

Make a difference your way through a variety of options, such as fundraising, donations, or corporate giving.

[Learn More](#)

ADVOCACY

We Are Here for You

We’re fighting for your right to affordable medication, better health care, workers’ rights, and so much more.

[Join the Fight](#)

Donate Today

Donate

We're dedicated to advancing diabetes research funding to help bring effective new treatments, and, eventually, a cure. Join our fight.



**American Diabetes Association**  
2451 Crystal Drive, Suite 900  
Arlington, VA 22202

**For donations by mail:**  
P.O. Box 7023  
Merrifield, VA 22116-7023

**Call, Email, Chat:**  
[Center for Information](#)  
Monday to Friday  
9:00 AM–5:30 PM ET

[askada@diabetes.org](mailto:askada@diabetes.org)

[1-800-DIABETES](#)  
[\(800-342-2383\)](#)

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WAYS TO CONTRIBUTE

MORE ADA SITES

CATEGORIES

