

# 1940



## 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](#)

# 2025

Some content created with AI.

Diabetes  
Prevention



Prediabetes



Newly  
Diagnosed



Type 1  
Diabetes



Type 2  
Diabetes



Life With  
Diabetes



Diabetes  
Complications

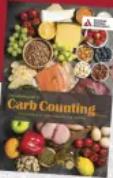
## What's Happening?

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

Beth donated \$18 😊

[Donate](#)[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](#)



## 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 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?

[\*\*Take the Test\*\*](#)

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.

[\*\*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<sup>®</sup>](#)

[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](#)

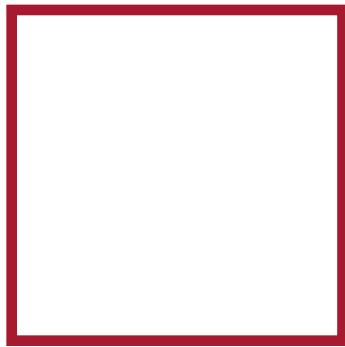
## Cooking Class: Spicy Korean Chicken with Crisp Cucumber Salad

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](tel:1-800-DIABETES)  
[\(800-342-2383\)](tel:(800-342-2383))

#### ABOUT US

#### WAYS TO CONTRIBUTE

#### MORE ADA SITES

#### CATEGORIES

