

1940



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?

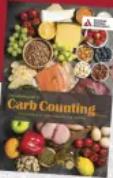
Stay on top of what's new at the American Diabetes Association, diabetes-related updates, healthy living resources, and more!

Beth donated \$18 

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Now Available!



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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](#)



85TH SCIENTIFIC SESSIONS

MEETINGS

2025 Scientific Sessions

Register for on-demand access to content from the 85th 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[®]](#)

[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](#)

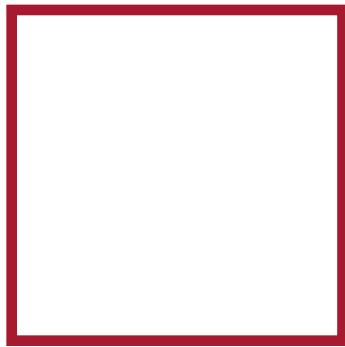
Cooking Class: Spicy Korean Chicken with Crisp Cucumber Salad

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

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

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