



Diabetic Resources

Questions?

Contact

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The bad news: diabetes is a serious disease that can have devastating effects on the body.

The good news: If properly managed through nutrition choices, physical activity, medication, and stress management, diabetes can be very well controlled and potential detrimental outcomes delayed, minimized or even avoided.

Learn more about diabetes

Below is a list of reliable resources where you can learn more about diabetes, steps to take to manage your diabetes, and how to help a loved one with diabetes.

Your medical provider is your partner for health promotion. Work with your medical provider, ask questions, make a plan together.

Online resources: These approved websites provide information for diabetics on healthy eating, medications, stress management, staying active, pre-diabetes, and more.

Centers for Disease Control and Prevention: <http://www.cdc.gov/diabetes>

American Diabetes Association: <https://www.diabetes.org/>

Academy of Nutrition and Dietetics: <https://www.eatright.org/health/diseases-and-conditions/diabetes>

Cornerstones4Care: <https://www.cornerstones4care.com/content/cornerstones4care/en/healthy-eating.html>

Purdue Extension: Many Purdue Extension offices offer the *Dining with Diabetes* program. Find your location Extension office here: <https://extension.purdue.edu/about#counties> to find out what kind of educational programming is being offered near you.