



Diabetes Self-Management Resources

Diabetes Self-Management support includes behavioral, educational, psychosocial or clinical resources to sustain long-term diabetes management.

Resources for Type 1 Diabetics

- **Beyond Type 1:** Topics for type 1 diabetes but also type 2 diabetes including foods, recipes, insulin info, travel and more. beyondtype1.org
- **Blue Circle Health:** Free diabetes care, education and support program for people living with T1D. bluecirclehealth.org
- **Breakthrough T1D:** Resources for type 1 including children, teens, adults. Information on living with type 1 and daily management. breakthrought1d.org
- **Risely Health:** Free resources include type 1 podcasts and blogs; follow on Instagram and YouTube. riselyhealth.com
- **Live Free with Type 1 Mark Heyman:** Living with type 1 diabetes and also a Certified Diabetes Educator. Podcasts spanning many topics with most under 30 minutes. podcasts.apple.com/us/podcast/livefree-with-t1d/id1530846038

General Resources

- **The Academy of Nutrition and Dietetics:** Articles on various topics on diabetes. Use the search function and enter the word, "diabetes," in the search function. eatright.org
- **American Diabetes Association:** Source of information regarding living with diabetes. diabetes.org
- **American Diabetes Association – Diabetes Food Hub:** Recipes with nutrition facts panel including serving sizes and carbohydrate amounts. Also, how to plan meals and shop. diabetesfoodhub.org
- **American Diabetes Association – Eye Health Resources:** diabetes.org/diabetes/eye-health/resources
- **American Heart Association:** Search under "Health Topics" and click on "diabetes" heart.org
- **Calorie King:** search nutrition facts for foods including carbohydrates, fats and calories. calorieking.com
- **Centers for Disease Control and Prevention - Diabetes:** Various topics to help manage living with diabetes. cdc.gov/diabetes
- **NovoCare Education + Resources:** Focus on eating (recipes too), moving, treating and staying on track. diabeteseducation.novocare.com
- **Diabetes Strong:** Topics include diet, exercise, recipes and diabetes information. diabetesstrong.com
- **Diabetic Muscle and Fitness:** Strength training, healthy eating, mindful living and diabetes management by Phil Graham, a person living with Type 1 diabetes, author, sports nutritionist, strength coach and fitness educator. diabeticmuscleandfitness.com
- **Diet Doctor:** Select the dropdown menu on the left side of the screen for free information on low carb eating, meal plans, shopping lists and visual information on foods to select. dietdoctor.com
- **Glucose Meter and Diabetes Medication:** Detailed information can be found through the meter companies or pharmaceutical companies.
- **Mayo Clinic – Diabetes Meal Plan Recipes:** Lists of recipes by category such as appetizers, beverages, breads, desserts, main dishes, salads, sandwiches, sauce and dressing, side dishes and soups. mayoclinic.org/healthy-lifestyle/recipes/diabetes-meal-plan-recipes/rcs-20077150
- **Taking Control of Your Diabetes (TCOYD):** How to navigate insurance, advocate for new treatments and save on new medical supplies. tcoyd.org

Nutrition Resources

- **Diabetes Support Resources and Services by Summa Health:** Community resources and information to use regarding diabetes. summahealth.org/specializedservices/diabetes/getting-help/diabetes-education-and-support
 - **Carbs Comparing Counting Methods by Diabetes.org** for an easy one-page carbohydrate resource. main.diabetes.org/dforg/pdfs/2020/2020-beginner-guide-carbohydrate-counting.pdf
 - **Lilly Diabetes Daily Meal Planning Guide** is a 24-page comprehensive guide to planning meals. mercy.net/content/dam/mercy/en/web-assets/pdf/diabetes-education/lilly-diabetes-daily-meal-planning-guide.pdf
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Electronic Newsletters/Blogs

- **diaTribe – Exercising Well With Automated Insulin Delivery:** Article regarding some factors to consider when using AID (Automated Insulin Delivery) to help with blood glucose management during exercise. diatribe.org/exercise/exercise-automated-insulin-delivery
 - **diaTribe – Making Sense of diabetes:** Free newsletter (sign up online) with various topics regarding diabetes including diabetes devices, eating, affording treatment, diabetes complications, new diabetes research, etc. diatribe.org
 - **DiabetesStrong by Dr. Mark Heyman:** FREE weekly diabetes and/or recipe newsletters (choose after signing up). diabetesstrong.com
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Podcasts

- **Ask the Experts, ADA – American Diabetes Association:** Q & A sessions on topics for people living with diabetes, podcasts are approximately one hour in length. diabetes.org/tools-support/ask-the-experts
 - **Facebook, Instagram, Twitter, YouTube:** Follow physicians, hospitals, government agencies for the best advice.
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Phone Apps

-  **Calorie King:** Same as the website (searching for nutrition facts), FREE version.
 -  **Fitness Pal:** Health and fitness app, FREE version.
 -  **Lose It!** A calorie counting app that helps reach your weight loss goal, FREE version.
 -  **Figwee:** Portion control app, FREE version.
 -  **Fooducate:** Nutrition app provides detailed information about the food users eat, FREE version.
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Other Sources

- **Silver Sneakers:** Medicare recipients are eligible for FREE gym and virtual physical activities. tools.silversneakers.com
- **AARP Virtual Community Center:** Free online physical activities for all (membership not needed). local.aarp.org/virtual-community-center/community-groups
- Take advantage of your annual diabetes education and Medical Nutrition Therapy (dietitian) benefits.
- Contact your insurance company for a diabetes case manager or diabetes programs.

