



RHODE ISLAND WORLD DIABETES DAY

LOOKING FOR SUPPORT WITH YOUR HEALTH GOALS?

Contact the Community Health Network. The Community Health Network connects you to programs proven to help you take control of your health. Programs are free or low cost and held virtually or in convenient locations throughout Rhode Island. For the most up-to-date list of programs:

- CALL 401-432-7217
- EMAIL communityhealthnetwork@ripin.org
- VISIT www.ripin.org/chn

CLICK THE FOLLOWING LINKS TO LEARN MORE:

HEALTHY EATING (WITH DIABETES)

- Eating Well with Diabetes: [English](#) | [Spanish](#)
- Diabetes Meal Plan Recipes: [English](#) | [Spanish](#)
- Healthy, Balanced Diet: [Portuguese](#)
- Healthy Food Pantry Toolkit: [English](#)
- Diabetes-Friendly Food Pantry Rx: [English](#)
- Feeding America Diabetes Initiative: Food Boxes for Clients with Diabetes: [English](#)

HEALTHY EATING (GENERAL)

- MyPlate Tips: [English](#) | [Portuguese](#)
- MyPlate Poster: [English](#) | [Spanish](#)
- Healthy Eating Guide: [English](#)

PHYSICAL ACTIVITY

- MyPlate Active Lifestyle: [English](#) | [Spanish](#)
- Physical Activity Handout: [English](#)
- Moving More for Busy People: [Portuguese](#)
- Physical Activity Exercise Videos for people with Diabetes: [Portuguese](#)

COPING SKILLS AND MENTAL WELL-BEING

- Doing What Matters in Times of Stress: [English](#)
- Emotional Wellness Toolkit: [English](#) | [Spanish](#)
- Dealing with the Diabetes Blues: [English](#)

SELF-MANAGEMENT TIPS AND INFORMATION

- [Cornerstones4Care](#)
- FDA Medication Adherence Information: [English](#)
- FDA Tips for Talking to Your Pharmacist to Learn How to Use Medicines Safely: [English](#)
- Hispanic/LatinX Americans and Type 2 Diabetes: [English](#) | [Spanish](#)
- Diabetes and Asian Americans: [English](#) | [Spanish](#)
- Know Your Numbers: [Portuguese](#)
- Are you at Risk for Diabetes?: [Portuguese](#)
- Your Next 3 Months: Making a Care Plan You Can Stick With: [English](#)



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GESTATIONAL AND PREDIABETES

- **Prediabetes? That's a Thing?:** [English](#) | [Portuguese](#) | [Spanish](#)
- **Gestational Diabetes Video:** [Spanish](#), [English subtitles](#)

JOURNAL ARTICLES AND STUDIES

- **Prevalence of Diabetes by Race and Ethnicity in the United States, 2011-2016:** [English](#)
- **A Practical Approach to Mental Health for Diabetes Educators:** [English](#)

ASSISTANCE

- **NovoCare Financial Medical Assistance:** [English](#)

RESOURCES FOR HEALTHCARE PRACTICES AND CERTIFIED DIABETES OUTPATIENT EDUCATORS

- [Rhode Island Certified Diabetes Outpatient Educators](#)
- [NovoMedLink Patient Resources and Diabetes information](#)
- [NovoMedLink Educational Materials for Patients](#)
- [Novo Nordisk Patient Resources and Diabetes information](#)
- [Association of Clinicians for the Underserved Diabetes Handouts: available in English, Spanish, French, Haitian Creole, Italian, and Portuguese](#)
- [Multilingual and Multicultural Diabetes Manuals](#)