



# ADA Resources



**Getting Started with  
Diabetes Care**

[Understanding Type 2 Diabetes](#)



**Education &  
Support Programs**

[Diabetes Self-Management Education and Support \(DSMES\)](#)

[ADA Tools & Support](#)



**Downloadable  
Resources**

[ADA Infographics](#)

[Patient Education Handouts](#) (Multilingual)



**Nutrition & Lifestyle  
Support**

[Nutrition and Meal Planning](#)

[Physical Activity and Lifestyle](#)



**Mental &  
Emotional Health**

[Mental Health Provider Directory](#)



**Complications &  
Preventative Care**

[Kidney Health](#)

[Eye Health](#)

[Foot Care](#)

[Heart Health](#)

[Smoking Cessation](#)



**Diabetes Technology,  
Tools & CE**

[ADA Consumer Guide](#)

[Making Diabetes Technology Work CE Program](#)

[Behavioral Health in Diabetes Care CE Program](#)



**Standards of Care  
& Clinical Reference**

[Standards of Care App](#)

**Standards of Care in Diabetes—2026  
(Selected Sections)**

[Section 6](#): Glycemic Goals and Hypoglycemia

[Section 7](#): Diabetes Technology

[Section 9](#): Pharmacologic Approaches to Glycemic Treatment

[Section 13](#): Older Adults