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## Module 2 – Prevent and Delay Diabetes Resources

### Downloads:

- Provider Handouts
  - [Acronym List](#)
  - [How can you prevent type 2 diabetes in your patients?](#)
  - [Evidence-Based Lifestyle Change Programs to Prevent or Delay Type 2 Diabetes](#)
  - [PreventT2 Lifestyle Change Program](#)
  - [Diabetes Risk Test](#)
  - [The Ominous Octet](#)
- Patient Handouts
  - [Exercise and Nutrition](#)
  - [Nutrition for Life: Food Groups and Portion Sizes](#)
  - [Nutrition for Life: Making Choices Using Food Labels](#)
  - [Nutrition for Life: Healthy Ways to Cook and Season Your Food](#)
  - [Nutrition for Life: Navigating the Grocery Store](#)
  - [Nutrition for Life: Diabetes Plate Method](#)
  - [Nutrition for Life: Sugar Substitutes](#)
  - [Nutrition FAQs](#)
  - [Importance of Physical Activity](#)
  - [Types of Physical Activity](#)
  - [Managing Diabetes Day-to-Day](#)
  - [Progression of Type 1 Diabetes](#)
  - [The Ominous Octet](#)
  - [Prediabetes What is it and what can I do?](#)

### Online Links

- Provider Links
  - ADA's [Diabetes Risk Test](#)
  - [Standards of Care in Diabetes—2024 Section 3: Prevention or Delay of Diabetes and Associated Comorbidities](#)
  - [Abridged Standards of Care in Diabetes—2024 Section 3: Prevention or Delay of Diabetes and Associated Comorbidities](#)
  - [Standards of Care App](#)
  - [Find a Diabetes Education Program](#)
  - [National Diabetes Prevention Program](#)
  - [Diabetes Prevention Program](#)
  - [DiabetesPro Infographics webpage](#)
  - Additional Courses
    - [Innovations and Latest Treatments in Type 1 Diabetes CE Program](#)
    - [Nutrition & Technology Resources](#)



**Diabetes  
Is Primary<sup>®</sup>**

- [Incretins and Weight Management for Type 2 Diabetes CE Program](#)
- [Supporting Healthy Eating Habits Through Continuous Glucose Monitors CE Program](#)
  
- Patient Links
  - [ADA's Diabetes Risk Test](#)
  - [Diabetes and Your Heart](#)
  - [TrialNet](#)
  - [Diabetes Symptoms](#)
  - [Areas of Physical Activity](#)
  - [Nutritional Handouts & Videos](#)
  - [American Diabetes Association—Genetics of Diabetes](#)
  - [TrialNet](#)
  - [JDRF—Type 1 Diabetes Prevention](#)
  - [Type 1 Self Care Manual](#)
  - [Find a Diabetes Education Program](#)