

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH

Diabetes Educational Resources



National and State Level Resources

National Level

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

- ◆ [What is Type 1 Diabetes?](#)
- ◆ [What is Type 2 Diabetes](#)
- ◆ [Diabetes Basics, Featured Topics, Statistics, Clinical trials, Radio Episodes, etc.](#)
- ◆ [What is Diabetes: Symptoms & causes, Risk factors, Prevention, Tests, Management, Treatments and Diet](#)
- ◆ [Diabetic Neuropathy](#)
- ◆ [Insulin Resistance and Prediabetes](#)
- ◆ [Gestational Diabetes Homepage](#)
- ◆ [Monogenic Diabetes Homepage](#)

Centers for Disease Control and Prevention (CDC)

- ◆ [National Diabetes Education Program](#)
- ◆ [National Diabetes Prevention Program Homepage](#)
- ◆ [Could You Have Prediabetes: Take the Test](#)
- ◆ [Diabetes State Burden Toolkit](#)

Healthy People 2020

- ◆ [HealthyPeople.Gov: Diabetes Overview, Intervention & Resources](#)

State Level

American Diabetes Association

- ◆ [American Diabetes Association: Find What You Need](#)

Work Well NC

- ◆ [High Blood Pressure](#)
- ◆ [High Cholesterol](#)
- ◆ [Physical Activity](#)
- ◆ [Weight Management](#)
- ◆ [Nutrition](#)
- ◆ [Heart Attack and Stroke](#)
- ◆ [Prediabetes and Diabetes](#)

National Conference of State Legislatures

- ◆ [Diabetes Overview Homepage](#)

Association of State and Territorial Health Officials

- ◆ [Diabetes Programs and Resources](#)

ShareCare 2012

- ◆ [Strategies for Better Type 2 Diabetes Control: Diabetes Video Playlist](#)

Diabetes Education Services

- ◆ [About Diabetes Education Services](#)

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



The Association of Diabetes Care and Education Specialists (ADCES)

- ◆ [Prediabetes and the CDC-led National Diabetes Prevention Program](#)
- ◆ [Education for Those Involved in Diabetes Care and Education](#)
- ◆ [Living with Diabetes](#)
- ◆ [Advocacy and Ways to Take Action](#)

NC Health Smart

- ◆ [Initiative of the State Health Plan, June 2014](#)

American College of Preventive Medicine

- ◆ [Diabetes Prevention Homepage and Resources](#)

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



Local Diabetes Prevention Programs

Durham, North Carolina

Durham County Department of Public Health

414 E. Main St.

Durham, North Carolina 27701

<https://www.dcopublichealth.org/>

(919) 560-7837

YMCA of the Triangle (Downtown Durham YMCA)

***Free/Low-Cost Class**

218 W. Morgan St.

Durham, North Carolina 27701

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

*This class has online components

YMCA of the Triangle (Lakewood YMCA)

***Free/Low-Cost Class**

2119 Chapel Hill Rd.

Durham, North Carolina 27707

Raleigh, North Carolina

Betr Health

555 Fayetteville St.

3rd Floor

Raleigh, North Carolina 27601

<https://betrhealth.com/>

(877) 677-8767

Eat Smart, Move More, Prevent Diabetes

***Free/Low-Cost Class**

512 Brickhaven Dr.

Raleigh, North Carolina 27606

<https://esmmpreventdiabetes.com/>

administrator@esmmpreventdiabetes.com

(919) 515-9156

Wake County Human Services

10 Sunnybrook Rd.

Raleigh, North Carolina 27610

<http://www.wakegov.com/humanservices/Pages/default.aspx>

(919) 210-2503

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medial.membership@ymcatriangle.org

(919) 582-9396

*This class has online components

Diabetes Education and Nutrition Counseling Program

Locations link below:

https://www.dukehealth.org/locations?age_group=Adults&view=list

<https://www.dukehealth.org/treatments/primary-care/diabetes-education-and-nutrition-counseling-program>

Email: [Contact online](#)

(919) 975-4157

YMCA of the Triangle (Kraft Family YMCA)

***Free/Low-Cost Class**

8921 Holly Springs Rd.

Apex, North Carolina 27539

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

***This class has online components**

The Balm in Gilead

***Free/Low-Cost Class**

237 Friendship Chapel Rd.

Wake Forest, North Carolina 27587

<https://www.balmingilead.org/sdfi/north-carolina/>

(919) 556-1759

Knightdale Pharmacy

6602 Knightdale Blvd.

Suite 120

Knightdale, North Carolina 27545

(919) 295-1112

YMCA of the Triangle (A.E. Finley YMCA)

***Free/Low-Cost Class**

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



9216 Baileywick Rd.

Raleigh, North Carolina 27615

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

***This class has online components**

YMCA of the Triangle (Alexander Family YMCA)

***Free/Low-Cost Class**

1603 Hillsborough St.

Raleigh, North Carolina 27605

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

***This class has online components**

YMCA of the Triangle (Kerr Family YMCA)

***Free/Low-Cost Class**

2500 Wakefield Pines Dr.

Raleigh, North Carolina 27615

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



***This class has online components**

YMCA of the Triangle (Northwest Cary YMCA)

***Free/Low-Cost Class**

6903 Carpenter Fire Station Rd.

Cary, North Carolina 27519

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

***This class has online components**

YMCA of the Triangle (Poole Family YMCA)

***Free/Low-Cost Class**

2110 Aversboro Rd.

Garner, North Carolina 27529

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

***This class has online components**

YMCA of the Triangle (Southeast Raleigh YMCA)

***Free/Low-Cost Class**

1436 Rock Quarry Rd.

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



Raleigh, North Carolina 27610

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

***This class has online components**

YMCA of the Triangle (Taylor YMCA)

***Free/Low-Cost Class**

101 YMCA Dr.

Cary, North Carolina 27513

<https://www.ymcatriangle.org/programs/fitness-and-wellness/diabetes-prevention-program>

Email: medical.membership@ymcatriangle.org

(919) 582-9396

***This class has online components**

Free/Low-Cost Diabetes Courses

- ◆ [Eat Smart, Move More, Prevent Diabetes](#)
- ◆ [SinfoniaRx](#)
- ◆ [Kroger Inc.](#)
- ◆ [Betr Health](#)
- ◆ [BeMeta Health](#)
- ◆ [Diabetes Mellitus Masterclass](#)

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



Find a Program in Your County

- ◆ [Diabetes Free NC: Find a Program](#)