

## **Fall Diabetes News You Can Use**

### **[Please Take Our Diabetes News You Can Use Survey to Help Us Better Provide Resources for Our Readers](#)**

## **August is National Wellness Month**

[Change is Possible: How Increased Patient Activation is Associated with Favorable Changes in Well-being, Self-management, and Health Outcomes Among People with Type 2 Diabetes Mellitus: A Prospective Longitudinal Study](#)

[Association Between Annual Wellness Visits and Major Amputations Among Medicare Beneficiaries in the Diabetes Belt](#)

[Psychotherapeutic Interventions to Improve Psychological Adjustment in Type 1 Diabetes: A Systematic Review](#)

## **September is Healthy Aging Month**

[Healthy Aging-Nutrition Matters: Start Early and Screen Often](#)

[Can Resistance Exercise be a Tool for Healthy Aging in Post-Menopausal Women with Type 1 Diabetes?](#)

[Hyperinsulinemia and Its Pivotal Role in Aging, Obesity, Type 2 Diabetes, Cardiovascular Disease, and Cancer](#)

## **October is Health Literacy Month**

[Effectiveness and Economic Impact of a Diabetes Education Program Among Adults with Type 2 Diabetes in South Texas](#)

[Diabetes Education Desert: Regional Disparity Between Diabetes Prevalence and Diabetes Self-Management Education Programs in Texas](#)

[Cocreation of Massive Open Online Courses to Improve Digital Health Literacy in Diabetes: Pilot Mixed Methods Study](#)

## **Resources**

[The Diabetes Distress Assessment and Resource Center's Type 1 Diabetes Distress Scale is a Useful Tool That Can Help Providers Assess How a Diabetes Patient is Doing During Appointments](#)

[The American Diabetes Association Provides a Free Diabetes and Mental/Emotional Health Workbook](#)

[The Behavioral Diabetes Institute Provides Free Diabetes Etiquette Cards for Parents](#)

[The Behavioral Diabetes Institute Provides Free Diabetes Etiquette Cards for People Who Don't Have Diabetes](#)

## **Webinars**

[Association of Diabetes Care and Education Specialists \(ADCES\) Core Concepts Online Session](#)

[ADCES Diabetes Prevention Program Lifestyle Coach Training Online](#)

[Upcoming Live Diabetes Webinars from The American Diabetes Association](#)