

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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August Spotlight: Diabetes & prediabetes

This month, we're highlighting information about diabetes and prediabetes. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about diabetes and prediabetes from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [Diabetes myths and facts](#)
- [Mitos y realidades acerca de la diabetes](#)
- [Diabetes – keeping active](#)
- [Mantenerse activo - diabetes](#)

These additional links from other health organizations offer more information about diabetes and prediabetes:

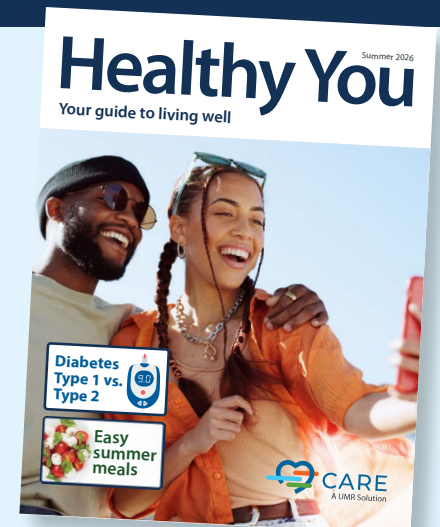
- [Prediabetes – your chance to prevent Type 2 diabetes](#)
- [3 steps to building a healthy habit](#)
- [Diabetes & your feet](#)
- [Check your blood glucose – diabetes testing & monitoring](#)

Healthy recipes

- [Spaghetti squash](#)
- [Farmers market salsa](#)
- [Low-carb easy tiramisu](#)
- [Greek yogurt chocolate mousse](#)

Mental health awareness

Diabetes burnout is a real thing. It takes a lot of energy to track your blood glucose levels, dose insulin, plan your meals and stay active — and it can take a mental toll. That's why it's important to [stay in touch with your emotions](#) as you manage your diabetes.



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Too hot to cook?](#)

Cool off with easy, no-cook meals that keep your kitchen (and you) chill.

[Type 1 vs. Type 2 diabetes](#)

They sound similar, but understanding the distinction could make all the difference.

[The ultimate no-sweat summer snack](#)

Fresh fruit + protein-packed cottage cheese = a cool, satisfying bite in minutes.

Find the entire [Summer](#) issue [here!](#)