

DIABETES PREVENTION	
Program	Service
National Diabetes Program	Overview: The PreventT2 curriculum is based on the original 2002 Diabetes Prevention Program (DPP) trial and follow-up studies. It promotes modest weight loss (5%–7%) and increased physical activity through a 12-month lifestyle change program. It also reflects new literature on self-efficacy, physical activity, and diet. On this page, learn about curriculum requirements and download a CDC-developed curriculum in English. Website: https://www.cdc.gov/diabetes-prevention/php/lifestyle-change-resources/t2-curriculum.html Type: Online
Alliance of New York State YMCAs	Overview: The YMCA Diabetes Prevention Program is a proven, community-based lifestyle change program designed to help individuals at risk for type 2 diabetes take steps toward better health. Through education, support, and gradual habit changes, participants learn how to make lasting improvements in their nutrition, physical activity, and overall well-being. Website: https://www.findyoury.org/diabetes-prevention-program/ Type: Online
Medicare Diabetes Prevention Program	Overview: The Medicare Diabetes Prevention Program is a health behavior change program to help you prevent type 2 diabetes. The program begins with 16 weekly core sessions offered in a group setting over a 6-month period. In these sessions, you'll get: • Training to make realistic, lasting behavior changes around diet and exercise • Tips for getting more exercise • Strategies to control your weight • A specially trained coach to help keep you motivated • Support from people with similar goals and challenges Website: https://www.medicare.gov/coverage/medicare-diabetes-prevention-program Type: Online

NYC COMMUNITY RESOURCES DIABETES + DIABETES PREVENTION

DIABETES CLASSES, SUPPORT GROUPS, PEER MENTORING	
NYC Health + Hospitals Diabetes Care	Overview: NYC Health + Hospitals offers expert diabetes care at all of our hospitals and neighborhood health centers. In addition to high-quality care, we offer diabetes education classes, one-on-one sessions, and patient support groups. Website: https://www.nychealthandhospitals.org/services/diabetes-care/ Type: Online and In-Person
The Diabetes Foundation, Inc. (DFI)	Overview: The Diabetes Foundation, Inc. (DFI) offers a comprehensive range of free services designed to help individuals living with or at risk of developing diabetes to manage their condition and improve their health outcomes. Their services are available to all individuals regardless of age, type of diabetes, insurance, or financial status. Website: https://diabetesfoundationinc.org/ Type: Online and In-Person
American Diabetes Association (ADA) Education Program	Overview: These American Diabetes Association-recognized diabetes education programs will help you gain the knowledge, skills, and confidence to thrive with diabetes. Website: https://diabetes.org/tools-resources/diabetes-education-programs Type: Online and In-Person
Association of Diabetes Care & Education Specialists	Overview: A Diabetes Self-Management Education & Support (DSMES) program gives you the knowledge, skills, and support to manage your diabetes. It provides you with the foundation to help you navigate your daily self-care with confidence and is provided by a diabetes care and education specialist, an experienced health care professional such as a registered nurse, registered dietitian, pharmacist and others who have gone on to specialize in diabetes. Website: https://www.adces.org/diabetes-education-dsmes Type: Online and In-Person
The Brooklyn Center for Independence of the Disabled (BCID)	Overview: The Brooklyn Center for Independence of the Disabled (BCID) offers a Diabetes Peer Support Group called "Living with Diabetes." This program provides a peer-led approach to diabetes self-management. Website: https://www.1degree.org/opp/join-a-peer-support-group-for-people-brooklyn-center-for-independence-brooklyn-ny Type: In-Person

NYC COMMUNITY RESOURCES

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NUTRITION RESOURCES	
Farmers' Markets and Health Bucks	Overview: Fresh fruits and vegetables available for purchase. For every \$2 spent at farmers markets using (Supplemental Nutrition Assistance Program (SNAP) on an Electronic Benefits Transfer (EBT) card, you can get \$2 in Health Bucks, up to \$10 per day. Health Bucks are available year-round at NYC farmers markets that accept EBT. Website: https://www.nyc.gov/site/doh/health/health-topics/health-bucks.page Type: Online
Get the Good Stuff	Overview: People with SNAP/EBT can get free fruits, vegetables, and beans at certain NYC supermarkets through Get the Good Stuff, an NYC Health Department program. For every dollar you spend using SNAP/EBT on eligible fruits, vegetables, and beans, you get a matching dollar (up to \$10 per day) that can be used for the next purchase of eligible foods. These matching dollars are added to a Get the Good Stuff pink card that is scanned at the register before payment. Website: https://www.nyc.gov/site/doh/health/health-topics/free-produce-snap.page Type: Online
Nutrition and Culinary Facebook Live Workshops	Overview: Just Say Yes to Fruits and Vegetables. Stellar Farmers Markets team is offering free, weekly Facebook Live nutrition and culinary workshops in both English and Spanish. Workshops are focused on healthy eating tips and delicious seasonal recipes will be shared. Website: http://www.facebook.com/EatingHealthyNYC Type: Online
Green Carts	Overview: These mobile food carts operate throughout the five boroughs to bring healthy produce options to neighborhoods with limited accessibility. Carts move through select neighborhoods in each borough. Website: https://www.nyc.gov/site/doh/business/food-operators/green-carts.page Type: In-Person
NYC Health + Hospitals Farmers' Markets	Overview: Farmers' Markets are located at many NYC Health + Hospitals facilities and offer affordable, locally grown vegetables and fruits, along with fresh juices and flowers. Many of the markets conduct on-site cooking demonstrations at no charge for healthful eating tips to fight obesity and avoid chronic disease. Numerous programs and payment options help residents buy food at the farmers markets, so everyone can eat healthily and nutritiously. Website: https://www.nychealthandhospitals.org/services/farmers-markets/

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	Type: In-Person
Office of Temporary and Disabled Assistance SNAP-ED	Overview: SNAP-Ed Nutrition Education is FREE to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP). The program provides skill-based nutrition education classes and sponsors obesity prevention events in local communities on a variety of topics like healthy eating on a budget, smart shopping for vegetables and fruit, healthy meal planning, basic cooking and food safety skills, weight control and physical activity. Website: https://otda.ny.gov/programs/nutrition/ Type: Online
City Harvest's Mobile Markets	Overview: Mobile Markets are farmers' market settings, bringing fresh produce, free of charge, to the community. Cooking demonstrations are often provided to help you learn how to make healthy meals. Website: https://www.cityharvest.org/programs/mobile-markets/ Type: In-Person
Staten Island Food Pantry, Community Health Action of Staten Island	Overview: The Community Health Action of Staten Island (CHASI) Mobile Food Pantry visits over thirty neighborhoods across Staten Island, distributing free food four days each week. Website: https://chasiny.org/services/food-pantry-mobile-food-pantry/ Type: In-Person
PHYSICAL FITNESS PROGRAMS	
Shape Up NYC	Overview: Shape Up NYC is a free group fitness program for adults and seniors with locations in all five boroughs! Whether you're a seasoned fitness enthusiast or just starting your fitness journey, Shape Up NYC offers something for everyone. Website: https://www.nycgovparks.org/events/shape-up-nyc Type: In-Person
Silver Shoes Dance Club	Overview: Silver Shoes Dance Club is a health and wellness program for active adults over 55 whose purpose is to encourage good health, longevity, community, and connection through social dance. Website: https://www.silvershoesdanceclub.com/

NYC COMMUNITY RESOURCES DIABETES + DIABETES PREVENTION

	Type: In-Person
Moving For Life	Overview: Moving For Life offers free, evidence-based dance exercise classes designed for older adults and individuals affected by cancer and chronic illnesses. These gentle, adaptable movement classes, available both in-person and online, aim to boost mental and physical health by increasing energy, balance, range of motion, and more, while fostering a supportive community. Website: https://www.movingforlife.org/classes/ Type: Online and In-Person
NYC Parks (Hiking)	Overview: The Greenbelt in NYC provides free public access to its extensive parkland, featuring trails for hiking and exploration, educational resources at the Greenbelt Nature Center, and various free programs like guided hikes and family science activities, all managed in partnership with the Greenbelt Conservancy. Website: https://www.nycgovparks.org/parks/the-greenbelt Type: In-Person
NYC Parks (Fitness)	Overview: NYC Parks offers numerous free fitness events and programs throughout the five boroughs, including diverse activities like dance fitness, strength-building classes, yoga sessions, and various outdoor and virtual workouts, through initiatives like Shape Up NYC. Website: https://www.nycgovparks.org/events/fitness Type: In-Person
Rise NYC	Overview: Bryant Park offers free early morning boot camp classes led by The Rise NYC, a community-driven fitness group, held weekly year-round on the Fifth Avenue Terrace from 7am-7:30am, featuring cardio and strength training exercises like crunches, planks, push-ups, burpees, and mountain climbers. Website: https://bryantpark.org/activities/boot-camp Type: In-Person
Hunters Point Parks	Overview: The Hunters Point Parks Conservancy in Long Island City, Queens, enhances the waterfront parks, and offers over 200 free annual community programs including yoga and fitness classes, kids' activities, environmental education, public paddling from the Queens Landing Boathouse, and events like movie nights and art classes.

	Website: https://www.hunterspointparks.org/ Type: Online and In-Person
Socrates Sculpture Park	Overview: Socrates offers a wide variety of FREE activities and events that celebrate our diverse community and embrace our beautiful natural waterfront setting. All of Socrates' events and activities are designed with health & safety in mind and are responsive to changing conditions. Website: https://socratessculpturepark.org/programs/all/ Type: In-Person
Village Community Boathouse	Overview: The Village Community Boathouse, located at Pier 40 in Hudson River Park, is a volunteer-run nonprofit offering free public rowing sessions in traditional Whitehall gigs, along with community boatbuilding opportunities, aiming to connect people to the water and promote maritime traditions and environmental stewardship. Website: https://villagecommunityboathouse.org/ Type: In-Person
Meatpacking District BID	Overview: The Meatpacking District BID, in partnership with The Wellth Collective and the Google Store, hosts "The Sweat Sessions," a fun, al fresco fitness series featuring three free 45-minute classes at 5:30 PM, 6:30 PM, and 7:30 PM on select dates, offering various workout modalities like yoga, bootcamp, dance cardio, boxing, and pilates at Hudson River Park's 14th Street Park. Website: https://meatpacking-district.com/calendar/the-sweat-sessions-2 Type: In-Person
The Most Informal Running Club Ever	Overview: The Most Informal Running Club, Ever (TMIRCE), is a free, inclusive, and community-focused running group in NYC that welcomes runners of all levels for various activities including speed workouts, tempo runs, "bRUNches," races, and happy hours, with a focus on building relationships and encouraging one another. They offer free workouts and running buddies with activities. Website: https://www.nyc-informalrunning.com/ Type: In-Person