

Resources for adults with diabetes, prediabetes, or at risk of developing diabetes

Diabetes Management and Prevention Programs

NMSU Diabetes MAPP <https://diabetes.nmsu.edu>

Paths to Health NM <https://www.pathstohealthnm.org/>

Physical Activity

Walk with Ease <https://www.pathstohealthnm.org/walk-with-ease/>

Prescription Trails: <https://prescriptiontrails.org/>

Bingocize (coming to NM soon) <https://www.ncoa.org/article/evidence-based-program-bingocize>

Healthcare Access

Be Well NM (NM's official health insurance marketplace) <https://www.bewellnm.com/>

Federally Qualified Health Centers https://npidb.org/organizations/ambulatory_health_care/federally-qualified-health-center-fqhc_261qf0400x/nm/

Healthy Eating

NM food banks <https://www.nmfoodbanks.org/>

NM food pantries https://www.foodpantries.org/st/new_mexico

Diabetes Food Hub <https://www.diabetesfoodhub.org/>

Diabetes meal planning <https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>

This is intended as a starting list of resources. We know of others, so please feel free to reach out to us if you are looking for something to meet a particular need.



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