Facilitating positive health behaviors and well-being to improve health outcomes: standards of care in diabetes-2026.

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American Diabetes Association (ADA)

American Diabetes Association Professional Practice Committee for Diabetes. Facilitating positive health behaviors and well-being to improve health outcomes: standards of care in diabetes-2026. Diabetes Care. 2026 Jan 1;49(Supplement_1):S89-S131. [633 references]
PubMed

View Original Guideline

Overview

Guideline Objective

- To provide the components of diabetes care, general treatment goals and guidelines, and tools to evaluate quality of care
- To offer guidance on facilitating positive health behaviors and well-being to improve health outcomes for people with diabetes

Patient Population

Patients with diabetes

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Diabetes self-management education and support
- Lifestyle changes, including medical nutrition therapy, religious and intermittent fasting, physical activity, and smoking cessation
- Supporting positive health behaviors
- Assessment and management of psychosocial care, including diabetes distress, anxiety, depression, disordered eating behavior, serious mental illness, cognitive capacity and impairment, and sleep health

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Introduction and Methodology: *Standards of Care in Diabetes—2026*; 2026 Jan 1.
- Summary of Revisions: *Standards of Care in Diabetes—2026*; 2026 Jan 1.
- Disclosures: *Standards of Care in Diabetes—2026*; 2026 Jan 1.

Implementation Tools

- Slide Set: *Standards of Care in Diabetes—2026*; 2026.
- Standards of Care App for iOS or Android.
- Continuing Medical Education.
- The Original Guideline includes the following:
    - Figure 5.1. Differences and Similarities Between Religious and Intermittent Fasting for People with Diabetes (p. S100)
    - Figure 5.2. Importance of 24-h Physical Behaviors for Type 2 Diabetes (p. S107)

Patient Education

No patient education materials available.

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