The incidence of Type 2 Diabetes Mellitus (T2DM) is higher in ethnically diverse populations. These individuals are at risk for poor health outcomes due to T2DM. Despite the high percentage of T2DM, ethnically diverse populations are underrepresented in diabetes research. My study team has been recruiting for a study titled, “Self-efficacy Scale for Diabetes Dietary Behavior: Development and Psychometric Evaluation.” The goal of this study is to develop a self-efficacy measure for following a diabetes meal plan in individuals (including, ethnically diverse populations) with T2DM. This study is ongoing and we are actively recruiting participants. Research needs to include ethnically diverse populations since they are affected the most and have unique problems with adapting to lifestyle changes and potential causes of poor health outcomes. Barriers to the recruitment of ethnically diverse populations have become evident throughout this phase of the study and have limited the ability to recruit participants from these populations. This has shifted the focus of the study towards accessing and recruiting ethnically diverse populations. A review of the available literature was conducted to inform our recruitment practices, finding that the best practices include advertisement, the reduction of barriers in enrollment, accessing participants in their own communities, and creating documents in multiple languages. Approaches to diabetes research in ethnically diverse populations can eliminate barriers for participants, be culturally sensitive, and be enhanced using a variety of methods. The clear discrepancy between ethnic groups and the incidence of diabetes calls for more concentrated observation and study on ethnically diverse populations in diabetes research.