

LEARN, CONNECT, ENGAGE

WITH THE DIABETES ONLINE COMMUNITY

THE DIABETES ONLINE COMMUNITY (DOC)

The Diabetes Online Community (DOC) is a conglomerate of people with diabetes, caregivers, diabetes healthcare providers, foundations, organizations, and associations within the diabetes environment who are engaging online, offering support, and sharing knowledge to improve the lives and health of people with diabetes. The DOC is an online home for everyone and anyone touched by diabetes; it has no borders and unites a global community whose goal is to learn to live healthier.

WHY SHOULD I CONNECT WITH THE DOC?

- Get and Give Support
- Offer practical insights about dealing with diabetes
- Share challenges and stresses
- Minimize the isolation of living with and caring for diabetes
- Stay abreast of diabetes research, technologies, treatments, and more
- Find someone going through the same stage of life with diabetes (college, complications, pregnancy, retirement)
- Advocate for diabetes causes and concerns

WHERE DO I FIND THE DOC?



COMMUNITY FORUMS

BEYOND TYPE 1 / GLOBAL COMMUNITY / [BEYONDTYPE1.ORG](https://www.beyondtype1.org)

CHILDREN WITH DIABETES / FOR PARENTS / [CHILDRENWITHDIABETES.COM](https://www.childrenwithdiabetes.com)

COLLEGE DIABETES NETWORK / COLLEGE STUDENTS WITH T1 / [COLLEGEDIABETESNETWORK.ORG](https://www.collegediabetesnetwork.org)

DIABETES DAILY / [DIABETESDAILY.COM](https://www.diabetesdaily.com)

DIABETES SISTERS / WOMEN WITH DIABETES / [DIABETESSISTERS.ORG](https://www.diabetessisters.org)

ESTUDIABETES / SPANISH LANGUAGE COMMUNITY / [ESTUDIABETES.ORG](https://www.estudiabetes.org)

GLU / ACCESS THROUGH T1D EXCHANGE / [MYGLU.ORG](https://www.myglu.org)

STUDENTS WITH DIABETES / ADULTS W/DIABETES 18-30 / [STUDENTSWITHDIABETES.COM](https://www.studentswithdiabetes.com)

TUDIABETES / ALL TYPES OF DIABETES / [TUDIABETES.ORG](https://www.tudiabetes.org)

ADVOCACY ORGANIZATIONS

DPAC / DIABETES PATIENT ADVOCACY COALITION / [DIABETESPAC.ORG](https://www.diabetespac.org)

NDVLC / NATIONAL DIABETES VOLUNTEER LEADERSHIP COUNCIL / [NDVLC.ORG](https://www.ndvlc.org)

ONLINE MAGAZINES + NEWS

A SWEET LIFE / [ASWEETLIFE.ORG](https://www.asweetlife.org)

DIABETESMINE AT HEALTHLINE / [HEALTHLINE.COM/DIABETESMINE](https://www.healthline.com/diabetesmине)

DIATRIBE FOUNDATION / [DIATRIBE.ORG](https://www.diatrIBE.org)

HOW CAN I CONNECT WITH THE DOC?

With a simple Internet search, you can find this invaluable source of knowledge and support. Feel free to lurk, tip-toe in, or fully engage. The DOC will welcome you.



As you start to get more comfortable online, you'll discover that there are diabetes blogs and sites for everyone. Find your space, find your voice and share your experiences.

PERSONAL BLOGS

Learning from your peers is always a great way to enrich your diabetes knowledge. There's a wide group of diabetes bloggers that through their blogs share their experiences. It's easy, just search Diabetes Bloggers and be ready to learn, find support and feel less isolated.





You can follow #DIABETES related hashtags #DOC, #BGNOW, #LIVEBEYOND, #INSULIN4ALL #DSMA

WEEKLY TWITTER CHATS:

- Diabetes Social Media Advocacy Wednesdays 9 PM EST twitter.com/DiabetesSocMed - #DSMA
- Diabetic Connect - Thursdays 9 PM EST twitter.com/DiabeticConnect - #DCDE



There is a broad variety of groups and pages that offer conversations for specific audiences or topics like groups for parents, significant others, caregivers, about devices, therapies and by geographic location.

DIABETES ADVOCACY

The DOC has been able to amplify the voice of the diabetes community to support diabetes causes, research, treatment options, state and federal government actions, and more. Many of the organizations listed here offer opportunities to participate in advocacy efforts at every level of engagement - regulatory, educational, and legislative. We need everyone's involvement, what will you advocate for?

MORE RESOURCES



U.S. BASED NON PROFIT DIABETES ORGANIZATIONS

AADE / AMERICAN ASSOCIATION OF DIABETES EDUCATORS / [DIABETES EDUCATOR.ORG](https://diabeteseducator.org)

ADA / AMERICAN DIABETES ASSOCIATION / [DIABETES.ORG](https://diabetes.org)

FIND AN ACCREDITED DIABETES EDUCATION PROGRAM IN YOUR AREA /

[DIABETES EDUCATOR.ORG/PROFESSIONALRESOURCES/ACCRED/PROGRAMS.HTML](https://diabeteseducator.org/professionalresources/accred/programs.html)

BEYOND TYPE 1 / [BEYONDTYPE1.ORG](https://beyondtype1.org)

FIND A RECOGNIZED DIABETES EDUCATION PROGRAM IN YOUR AREA / [PROFESSIONAL.DIABETES.ORG](https://professional.diabetes.org)

JDRF / [JDRF.ORG](https://jdrf.org)

DIATRIBE FOUNDATION / [DIATRIBE.ORG/FOUNDATION](https://diatribe.org/foundation)

DIABULIMIA/ WE ARE DIABETES/[WEAREDIABETES.ORG](https://wearediabetes.org)

US GOVERNMENT DIABETES RESOURCES

CDC / CENTERS FOR DISEASE CONTROL AND PREVENTION / [CDC.GOV/DIABETES](https://cdc.gov/diabetes)

NDEP / NATIONAL DIABETES EDUCATION PROGRAM / [NDEP.NIH.GOV](https://ndep.nih.gov)

NIDDK / NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES / [NIDDK.NIH.GOV](https://niddk.nih.gov)



**WITHOUT A SENSE OF CARING,
THERE CAN BE NO SENSE OF COMMUNITY.
ANTHONY J. D'ANGELO**

This resource, available in both web-based and PDF versions, was developed by a group of people with diabetes and diabetes educators. It's hosted on the [BEYOND TYPE 1](https://beyondtype1.org) website. If you or your organization are interested in making this resource available on your site, please email hello@beyondtype1.org. The authors encourage you to share this resource widely and freely to people with diabetes, caregivers, diabetes healthcare providers and educators and others who touch people with diabetes. This resource is not intended to be an exhaustive list of resources. If you are aware of resources that you believe should be included in a future update, please email hello@beyondtype1.org for consideration. As people with diabetes and their caregivers engage in the DOC, keep in mind that online support and information doesn't replace advice and counsel from your diabetes healthcare providers.