



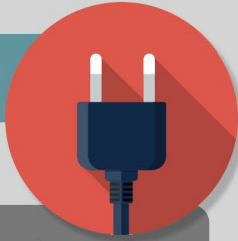
# Learn, Connect, Engage

with the Diabetes Online Community

The Diabetes Online Community (for short, the DOC) is a conglomerate of people with diabetes and their caregivers, diabetes health care providers, foundations, organizations, and associations within the global diabetes environment who are engaging online, offering support, and sharing knowledge to improve the lives and health of people with diabetes. Ever-evolving, what was once a small sampling of personal bloggers has grown over the last decade into an engaged support network and platform for patient advocacy. The DOC is an online home for everyone and anyone touched by diabetes.

## 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



### How can I connect with the DOC?

There are many places and ways to engage with the DOC. To get started, think about your goals for engaging. Feel free to lurk, tip-toe in, or fully engage. The DOC will welcome you.

## Where Do I Find The DOC?

### Large Active Community Forums:

Children With Diabetes  
<http://www.ChildrenWithDiabetes.com>  
for parents

Diabetes Daily  
<http://www.DiabetesDaily.com>  
all types of diabetes

Diabetes Sisters  
<http://www.DiabetesSisters.org>  
women with diabetes


Glu  
<http://www.MyGlu.org>  
access through T1D exchange

TuDiabetes  
<http://www.TuDiabetes.org>  
all types of diabetes

EsTuDiabetes  
<http://www.EsTuDiabetes.org>  
Spanish language community

### Advocacy Organizations:

Diabetes Advocates  
<http://www.DiabetesAdvocates.org>  
a program of Diabetes Hands Foundation



As you start to get more comfortable online you'll start to discover that there are hundreds of websites like these. This list is a good spring board to help you begin that discovery.

### Personal Blogs:

Kerri Sparling  
<http://www.SixUntilMe.com>  
t1 adult female patient opinion leader

Scott Johnson  
<http://www.ScottsDiabetes.com>  
t1 adult male patient opinion leader

Kim Vlasnik  
<http://www.TextingMyPancreas.com>  
t1 adult female patient opinion leader

Lorraine Sisto  
<http://www.ThisIsCaleb.com>  
parent of a t1 son

Kate Cornell  
<http://www.Kates-Sweet-Success.blogspot.com>  
t2 adult female

The Type 2 Experience  
<http://www.TheType2Experience.com>  
t2 adult bloggers

### Online E-Magazines & News Sources:

DiabetesMine at Healthline  
<http://www.healthline.com/DiabetesMine>

A Sweet Life  
<http://www.ASweetLife.org>

diaTribe  
<http://www.diaTribe.org>



## Twitter

You can follow #diabetes related hashtags like #diabetes, #doc, #bgnow, #sweatbetes, #vote4dm, #stripsafely

### Weekly Twitter Chats:

- \* Diabetes Social Media Advocacy  
twitter.com/DiabetesSocMed - #DSMA
- \* Diabetic Connect  
twitter.com/DiabeticConnect - #DCDE
- \* Health Care Social Media  
twitter.com/HealthSocMed - #hscsm



## Facebook

Find thousands of diabetes groups on Facebook. There are many groups that offer conversations about different things like devices, therapies and geography.



# Diabetes Advocacy Online

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 these resources offer opportunities to participate in advocacy efforts at every level of engagement - regulatory, educational, and legislative. To learn more, go to [DiabetesAdvocates.org](http://DiabetesAdvocates.org) - a program of Diabetes Hands Foundation.

## Diabetes Organizations Online

AADE - American Association of Diabetes Educators  
<http://www.diabeteseducator.org>

Find an accredited diabetes education program in your area:  
<http://www.diabeteseducator.org/ProfessionalResources/accred/Programs.html>

ADA - American Diabetes Association  
<http://www.diabetes.org>

Find a recognized diabetes education program in your area:  
[http://professional.diabetes.org/ERP\\_List.aspx](http://professional.diabetes.org/ERP_List.aspx)

CDC - Centers for Disease Control and Prevention  
<http://cdc.gov/diabetes>

CDN - College Diabetes Network  
<http://www.collegediabetesnetwork.org>

DCAF - Diabetes Community Advocacy Foundation  
<http://diabetescaf.org/>

IDF - International Diabetes Federation  
<http://www.idf.org>

JDRF - Juvenile Diabetes Research Foundation  
<http://www.jdrf.org>

NDEP - National Diabetes Education Program  
<http://ndep.nih.gov>

NIDDK - National Institute of Diabetes and Digestive and Kidney Diseases  
<http://niddk.nih.gov>

This resource, available in both web-based and PDF version, was developed by a group of people with diabetes and diabetes educators. It's hosted on Diabetes Hands Foundation's website. If you or your organization is interested in making this resource available on your website, please email [info@diabeteshf.org](mailto:info@diabeteshf.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 on a future update, please email [info@diabeteshf.org](mailto:info@diabeteshf.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.