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
  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

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

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 springboard to help you begin that discovery.
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 - 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

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. 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 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.