# Type 1 Diabetes Resources

<table>
<thead>
<tr>
<th>Organization</th>
<th>Key Points on Website</th>
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| American Diabetes Association diabetes.org | • Overview of type 1 diabetes (T1D) under the type 1 section  
• Nutrition, exercise, medication, and support  
• Recommended A1C levels  
• Base glucose levels before meals |
| Beyond Type 1 beyondtype1.org | • Provide medical facts and information  
• Peer experience on a variety of topics  
• Active social media presence to engage the young adult population  
• Smart phone app to reach young adults  
• Sexual relationships section: open space for those with T1D to learn and share positive and negative experiences  
• “First Thirty Days of Diabetes” for newly diagnosed |
| College Diabetes Network (CDN) collegediabetesnetwork.org | • Solely dedicated to providing information and resources relevant to young adults living with T1D  
• CDN provides resources, information, and blogs as well as a network of student-led chapters to provide in-person peer support on college campuses |
| Diabetes Empowerment diabetesempowerment.org | • Partners with Students With Diabetes and Young Adults With Diabetes organization (founder: Dr Nicole Johnson)  
• Provide support for parents of teens with T1D and moms with T1D or pre-pregnancy  
• Toolkit launch focuses on post college: resume guidance, diabetes management in the workplace, and leadership training |
| GLU myglu.org | • Platform to participate in research studies  
• Interactive online platform: sharing of diagnoses stories (though these are not broken down into age-specific categories)  
• Daily T1D question of the day sent to all members via email—provides insight into others’ agreement/disagreement about living with T1D |
| JDRF jdrf.org | • Originally specific for T1D  
• Provide newly diagnosed toolkits  
• List of resources: blogs, virtual discussions, in-person support groups for a variety of ages and subjects  
• Wide range of topics: “newly diagnosed” and “college life” |
| Joslin Diabetes Center joslin.org | • Discussion boards for those with T1D and caregivers  
• “ Newly Diagnosed” webpage: both T1D and type 2 diabetes (T2D), while also having specific tabs relating to the differences between T1D and T2D, including frequently asked questions, myths, and how the disease is treated  
• Getting started, hypoglycemia/hyperglycemia, carbohydrate counting, exercise, and insulin  
• Going away to college section for young adults and parents |
| TypeOneNation.org (JDRF) typeonenation.org | • Social network for youth and adults >13 years old with T1D and their families/friends |
| Other resources | • Events, conferences, retreats, and Internet blogs  
• Nicole Johnson website: nicolejohnson.com |