

Type 1 Diabetes Resources

Organization	Key Points on Website
American Diabetes Association diabetes.org	<ul style="list-style-type: none"> • 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 beyonddiabetes.org	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Social network for youth and adults >13 years old with T1D and their families/friends
Other resources	<ul style="list-style-type: none"> • Events, conferences, retreats, and Internet blogs • Nicole Johnson website: nicolejohnson.com

Psychosocial Educational Needs of College Students Newly Diagnosed With Type 1 Diabetes

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