



Peer Support from Your Diabetes Community

MAGNACARESM
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Finding Support

When you first learn you have diabetes, you rely on your medical care team to guide your treatment, while your family and friends offer personal support. **But what about support from those who, like you, are dealing with diabetes?** People who may have more knowledge when it comes to the latest trends and treatments, know where to find needed resources or can provide the benefit of their experience living day to day with diabetes?

Local Diabetes Support Groups

You can find people with diabetes in your community—or even start your own support group.

The American Diabetes Association (ADA) has support chapters in states **across the country**, which can help you find local peer support groups.

The Defeat Diabetes Foundation has supported research-based solutions for preventing and managing type 2 diabetes for over 30 years. It also provides **community-based programs, outreach and resources** to people with diabetes, including a support group directory, with support organized by states.

The Lions Clubs International offer peer support groups for people with diabetes **worldwide**. You may have to become a member to participate. Contact your local club for details.

Diabetes Sisters is a national nonprofit that hosts **online and in-person groups** for women ages 18 and over with diabetes or prediabetes. Check the organization's directory or fill out an interest form to find a nearby group.

Online Support Groups

In the last decade, online support for people with diabetes has spread across the world. Here are some of the most prominent support and information platforms.

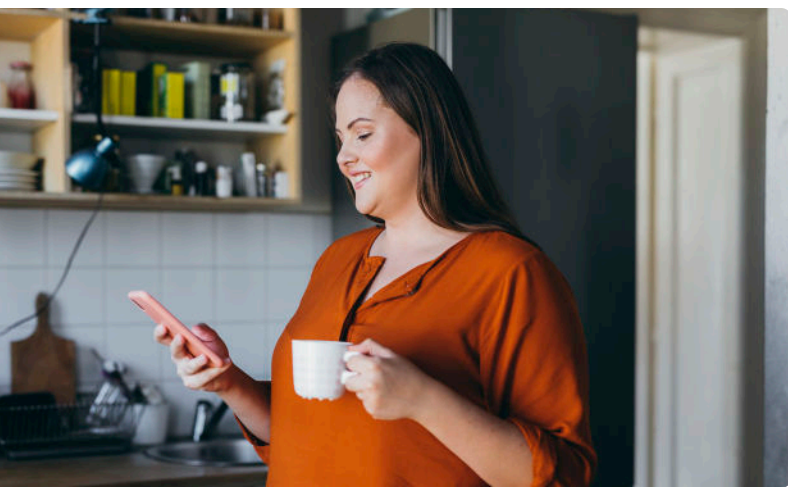
Diabetes Daily is one of the largest online diabetes communities, with over **70,000 members and 2.5 million annual visitors**. Diabetes Daily was originally founded as a social network, and members now use it to ask questions, plan meals and find coping strategies. Its thriving forum still provides a platform for people to seek and share advice. Its motto? *"Helping people touched by diabetes thrive."*

TuDiabetes is a **peer-to-peer** virtual diabetes health community for people with diabetes, their families and their caregivers. It's a vibrant online community where members are free to share in a safe space—recent forums include threads for people new to type 2, glucose control, the cost of insulin pumps and the like.

Diabetes Online Community (DOC for short) has a **wide-ranging mix of members**—those with diabetes, caregivers, diabetes healthcare providers, foundations and other organizations. Their common goal is to *"offer support and share knowledge to improve the lives and health of people with diabetes."*

Diabetes UK may be located in the United Kingdom, but it provides **forums and resources** for people around the world. Its online forum features well over one million posts, while its tailored advice section "Diabetes and Me" has a personal profile feature that allows you to save useful information like favorite recipes, advice on medication and more.

Type2diabetes.com is hosted by Health Union, which connects people living with chronic conditions of all types. It features stories by people describing their experiences with type 2—you can post your own, if you like—as well as forums, recipes and advice from **patient advocates, medical professionals, nutritionists and dieticians**. You can also sign up for a free, informative e-mail newsletter.



Sources: <https://beyondtype1.org/diabetes-podcasts/#:-:~:text=Diabetics%20Doing%20Things%20is%20a%20living%20with%20type%201%20diabetes> | <https://hopkinsdiabetesinfo.org/podcasts/> | <https://podcasts.apple.com/us/podcast/taking-control-of-your-diabetes-the-podcast/id1616081428> | <https://www.adces.org/practice/the-huddle-podcast> | <https://tudiabetes.org/> | <https://beyondtype1.org/the-diabetes-online-community-doc/> | <https://www.happydiabetic.com/podcast> | <https://type2diabetes.com/>

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Podcasts

There are roughly **39 million people in American with diabetes**, so it's no surprise that there are many useful and entertaining podcasts that focus on the disease.



Diabetes Deconstructed is a truly informative podcast produced as part of the Johns Hopkins University's **"Patient Guide to Diabetes."** Dr. Rita Kalyani, a Hopkins Professor of Medicine focusing on Endocrinology, Diabetes & Metabolism, hosts forty-minute episodes in which she discusses various issues relating to diabetes—sleep, dental health, obesity—with other medical experts.

Taking Control of Your Diabetes is a podcast hosted by **Drs. Jeremy Pettus and Steve Edelman**, who are both endocrinologists and who have both been living with diabetes since they were 15 years old. They speak to experts and the topics are serious—but, they say, *"sometimes we just need to laugh at the craziness that comes with living with diabetes."*

Produced by the Association of Diabetes Care & Education Specialists (ADCES), **The Huddle: Conversations with the Diabetes Care Team**, is intended for **Certified Diabetes Care and Education Specialists**. However, people with diabetes can listen as well for professional-level knowledge and insight into the care and treatment of their condition.

The Happy Diabetic Kitchen is an **instructive and often mouthwatering podcast** hosted by Chef Robert Lewis, a Culinary Institute of America graduate with type 2 diabetes, who, along with his guests, explores topics like portion control, eating on a budget and healthy (and easy) recipes. Chef Robert's motto is *"diabetes-friendly food does NOT have to be bland."*