

FIND YOUR COMMUNITY

TYPE 1 & 2 DIABETES: TOOLS, SUPPORT, AND EQUITY FOR BLACK AND BROWN COMMUNITIES

Black and Brown communities are often diagnosed late, have less access to diabetes tools, and don't always get care that fits their needs.

Find community, build support, and know where to get trusted information.

FIND YOUR COMMUNITY



*Support Groups & Networks

- [Diversity in Diabetes](#)
- [Diabetes Sangha](#)
- [Type 1 Diabetes Lounge \(Black and POC peer group\)](#)
- [The Diabetes Link](#)

Local or Virtual Peer Support

- [Beyond Type 1](#)
- * [Diversity in Diabetes](#)
- [The diaTribe Foundation](#)
- [Black Diabetic Girl](#)
- [Type 1 Sami](#)
- [Breakthrough T1D - Talk T1D peer support](#)
- [Diabestie](#)

You can also find peer support via your local health centers, church, pharmacy, community organizations or community health workers

STAY INFORMED



*News & Updates

Stay up to date on new treatments & technology

- [American Diabetes Association](#)
- [Breakthrough T1D](#)
- [Beyond Type 1](#)

*Learn more about clinical trials

Representation improves medical outcomes, builds trust & shapes future standard of care

- [GluCoach](#): Peer mentoring for CGM uptake
- [Family Intervention for Black Teens with T1D](#)

*Technology: Know what tools are out there/what is best for you & your lifestyle

- [DiabetesWise](#)- compare and choose diabetes devices (like pumps, CGMs, smart pens) that suit your lifestyle and priorities



FINANCIAL RESOURCES



Medication and technology sometimes are not fully covered by health insurance. Find financial assistance below:

Insulin Access:

- [GetInsulin.org](#)

Prescription outreach/patient, CGM & insulin pump financial assistance or discount programs:

- [Rxoutreach.org](#)
- [ADCES Diabetes Technology Resource Hub](#)
- [Needy Meds](#)
- [GoodRx](#)

Manufacturers often have rebates, co-pay cards, lower medication prices or patient assistance programs directly on their websites. Check your manufacturer for more information:

- [Sanofi](#)
- [Eli Lilly & Company](#)
- [Novo Nordisk](#)

Blue Circle Health- Free 6 month T1D clinical care, education and support in various states.

**Medicaid & CHIP access by state
Free Clinics & FQHCs**

ADVOCACY



Advocating plays a big role in your health and safety. Learn what advocacy organizations are doing and how you can get involved.

- [Diabetes Patient Advocacy Coalition](#)
- [Association for Diabetes Care and Education Specialists \(ADCES\)](#)
- [American Diabetes Association](#)

Access to Care: ensures consistent access to medical care, insulin, and supplies needed

Lower Costs: care can be expensive, advocates work to reduce cost of medications and devices like glucose monitors

Education & Awareness: many people don't understand what diabetes is. Advocacy helps teach schools, workplaces, and communities about early screening (eg. autoantibody testing) and how to support you

Fair Laws & Policies: push for laws that protect you - like allowing kids to test blood sugar at school, use your devices at work, or making sure insurance covers your needs

Support & Empowerment: creates space for you to be seen, heard, and empowered

**SUPPORT
CAN CHANGE
EVERYTHING**
—
**COMMUNITY
IS POWER!**

If you feel your care team is not a right fit or not advocating for you, it is your right to get a second opinion or find a different care team.

You deserve to be heard. You deserve the right care, from the start.



NATIONAL
MINORITY QUALITY
FORUM



Center for
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Quality and Equity