DIABETES SELF-MANAGEMENT SUPPORT PLAN
Pediatric Endocrine

Please select one or more of the following support plans.

- Join an online or local support group:
  - Diabetic Connect [http://www.diabeticconnect.com/]
  - Welcome to Type 1 [http://welcometotype1.com/en-us/]
  - Teen and Tween Support Group Memorial City (contact Louis Duce. 713-973-3426; louiseduce@yahoo.com. Woodlands (contact Dr. Paul Piper or Patricia Henry. 281-259-4302. phenry@tomballhospital.org)
  - Under 18 support group or Over 18 support group Clearlake (contact Jerard and Cindy Smith. 281-620-4302 jerardinccindy@earthlink.net)
  - Type One Diabetes Network Medical Center (contact John Mucha, PA or Emily Hurst. hurste@gmail.com)
  - A1cers Inner Loop (contact Courtney Boudreux. 281-330-9255. Crh0123@yahoo.com)
  - Under 18 support group or Over 18 support group [https://collegediabetessnetwork.org/]
  - Girl Scouts of San Jacinto [http://www.gssjc.org/]

- Visit educational websites:
  - American Diabetes Association Community [http://community.diabetes.org/]
  - American Association of Diabetes Educators [http://www.aadenet.org]
  - American Diabetes Association [http://www.diabetes.org/]
  - Juvenile Diabetes Research Foundation International [http://www.jdf.org/]

- Subscribe to a diabetes self-management or nutrition focused publication:
  - Local Resources
    - ADA Houston Facebook [https://www.facebook.com/ADAHouston]
    - Children with Diabetes [www.childrenwithdiabetes.org]
    - Diabetes and Exercise Sports [www.diabetes-exercise.org]
    - Houston Type 1 Family Network [www.t1fn.com]
    - Type One Nation [www.typeonenation.org]
    - Tu Diabetes [www.tudiabetes.org]
  - Cooking
    - Diabetes Digest – [www.diabetesdigest.com]
    - Diabetes Cooking – [http://diabeticcooking.com/]

Clinical Nutrition Services at Texas Children’s Hospital © Updated 5/31/2016
Books
- “Type 1 Diabetes: Cellular, Molecular, and Clinical Immunology” George S. Eisenbarth

- Download mobile phone applications or get nutrition calculators to assist in healthy eating:
  - Glucose Buddy
  - Calorie King
  - MyFitnessPal
  - Fit Bit
  - Go Meals

- Join a local gym (e.g. YMCA, 24hr Fitness, Lifetime, etc.)
- Join a local weight loss program or support group