

Module 6: Learn More About Diabetes

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Information Websites

- National Diabetes Education program offers a section specifically for teens who have Diabetes: <http://ndep.nih.gov/teens/>
- The Australian Diabetes Council offers an interactive website for children and teens: <http://diabeteskidsandteens.com.au/teens.html>. You have to be careful not to get confused about some differences because in Australia they do have different measurements (like blood sugar being mmol/L vs. mg/dl), but overall this is a fun site to explore!
- University of Oxford has a website called Youth Health Talk that gives information just for teens who have Type 1. <http://www.healthtalk.org/young-peoples-experiences/diabetes-type-1/managing-diabetes-teenager>
- The Goryeb Children's Hospital of the Atlantic Health System provides a fun resource guide for teens: <http://www.thinklikeapancreas.com>
- The American Diabetes Association provides a section just for families: <http://www.diabetes.org/living-with-diabetes/parents-and-kids>
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- Eat Smart Play Hard Healthy Lifestyle offers information, games, activities, and tools for healthy eating and physical activity for parents and caregivers of children: <http://www.fns.usda.gov/core-nutrition/core-nutrition-messages>

Mobile Phone Apps

Whether you are on a computer, have an iPhone or Android, Carb Counting with Lenny helps you learn how to count carbs in a fun way! <http://www.lenny-diabetes.com/carb-counting-with-lenny.html>

mySugrJunior is an easy way for you to be independent, but still get some help from your parent or guardian for managing your diabetes daily. It is available for iPhone and Android phones: <https://mysugr.com/junior/>

[Glucose Buddy](#) has handy notifications that remind you to keep track of your numbers. You can input your glucose numbers, insulin dosages and how many carbs you take in at each meal. Other features help you track your exercise, blood pressure, weight and more. You can sync your data so you can view it online or even print it out. The clean design makes Glucose Buddy easy to understand and manage. It's available for both iPhones and Androids

[Fooducate](#) is an app that helps you choose better foods. You can scan any product and find out what's really in your food and maybe some better alternatives! You can track your food and exercise too. It is available for both iPhones and Androids

Great job!!

You're another step closer to finishing the CHECK Diabetes Online Program.
Hopefully you were able to explore different websites and phone apps about diabetes.

Now you can move on to the next topic, which talks about how you transition from your parent taking care of everything to having your own health insurance and seeing an adult doctor.

