

## How We Work

We **EDUCATE** women about diabetes and the implications so they can develop sound management strategies throughout various life stages.

We provide a nonjudgmental peer **SUPPORT** network of women who serve as role models, and a new source of information and perspective.

We **ADVOCATE** for the 181 million women worldwide living with diabetes by advancing research, serving on advisory panels, and providing a framework for women with diabetes to become stronger self-advocates.

“ Having my Sisters grounds me. It means I don't have to go through the ups and downs of diabetes alone. They are always there for me when I need support, to vent or ask questions. It gives me the strength, courage, and confidence I need to live a healthy life.”



—Diane Butler, type 1 diabetes

“ As a volunteer leader, I have had the privilege of supporting and learning from newly diagnosed women and women who have lived with diabetes for over 50 years. What I've learned is that we ALL need help sometime. No one knows everything there is to know about diabetes and no one can do it alone. This sisterhood is my refuge!”



—Lesley Gray, type 2 diabetes

## No Woman Should Walk Alone in her Diabetes Journey

More than 15 million women in the U.S. and 181 million women worldwide are currently living with diabetes. They quietly face unique challenges every day such as fluctuating blood sugars due to pregnancy, menses, and menopause. For reasons not fully understood, women with diabetes also face increased health risks with heart disease, depression, eating disorders, osteoporosis, and ketoacidosis. And they also report higher levels of loneliness and isolation.



## Our Mission

To improve the health and quality of life of women with, and at risk for, diabetes and to advocate on their behalf.

## Our Vision

A world where women are fully empowered to effectively manage their diabetes.

*DiabetesSisters*

info@diabetessisters.org • www.diabetessisters.org

*DiabetesSisters*

**COME TOGETHER**



**WOMEN**

**DIABETES**

**LIFE**

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## Who We Are

- DiabetesSisters was founded in 2008 by a woman living with diabetes
- We are a federally recognized 501(c)(3) international nonprofit and the only organization worldwide focused exclusively on women with diabetes
- Our headquarters is located in North Carolina, with programming in the U.S. and Canada

## What We Believe

- We talk about sisterhood because building strong, lasting relationships between women with diabetes is central to our mission
- We are open to all women with all types of diabetes, regardless of race, religion, socioeconomic status, background or sexual orientation
- We recognize the value of peer support and shared experiences that connect women with diabetes to improve their health and quality of life

*“My involvement with DiabetesSisters over the past seven years has increased my understanding of the important role that peer support plays in improving the lives of women with diabetes.”*

—John Buse, MD, PhD  
Chief, Endocrinology Division, Dept. of  
Medicine, UNC-CH School of Medicine

## Live Programming

### PODS Meetups

Since 2010, these meetups have provided a safe, welcoming, nonjudgmental environment where women with diabetes can share, connect, and learn from each other. **PODS (Part of DiabetesSisters)** meetups take place at member homes, libraries, YMCAs, and coffee shops.



### Conference and Leadership Institute

We have been bringing women with diabetes together since 2010. The goal is for them to take part in innovative education sessions led by diabetes experts and advocates, and participate in valuable networking events.



### Life Class Webinars

We focus on topics of relevance to women with diabetes. The webinar format allows us to meet women where they are — whether in the office, at home, or traveling — with critical diabetes education and skill-building opportunities.



To get involved in our programs,  
please visit

[www.diabetessisters.org](http://www.diabetessisters.org)

## Online Programming

### Women's Forum

Our vibrant online community allows women with diabetes to connect with others like themselves, talk openly, ask questions on various topics, and get advice from peers without fear of judgment.

### sisterTALK Blogs

Women with diabetes share their real-life, day-to-day experiences, including challenges, joys, and successes. Topics cover type 1 and type 2 diabetes, motherhood and diabetes, and many more. Friends and family members also share experiences and DiabetesSisters' staff keep you up-to-date on all of the behind-the-scenes happenings.

### Monthly eNewsletter

This free monthly publication provides the latest news on the organization, emerging trends in diabetes research and technology, and ways to connect and learn through our programs.

### Expert Articles

Find expert articles sprinkled throughout our website to arm women with knowledge on legal issues, nutrition, healthcare, mental wellness, and general health. We want to empower women to take a more active role in their personal health.

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