



JILLIAN
[@insulin_and_tonic](#)

41K ▲ 0.59%
Followers

 Los Angeles
Location

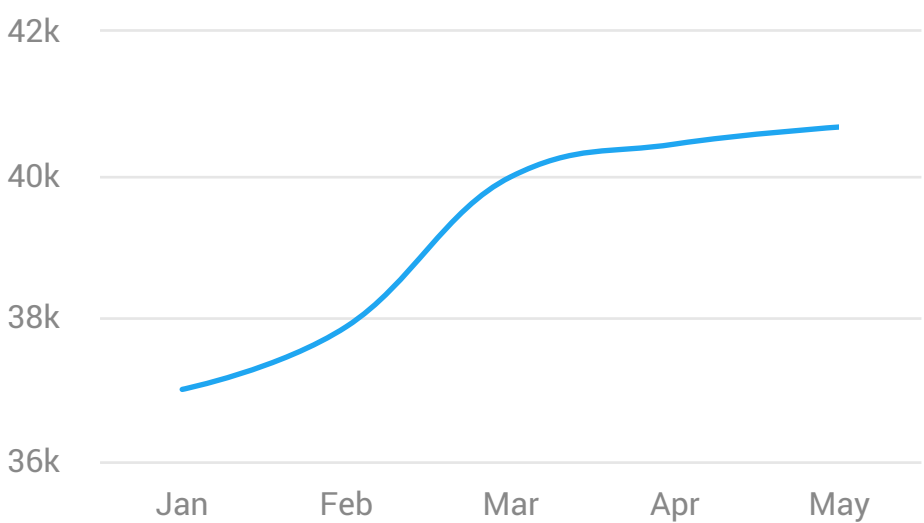
17K
Avg Views

40
Avg Comments

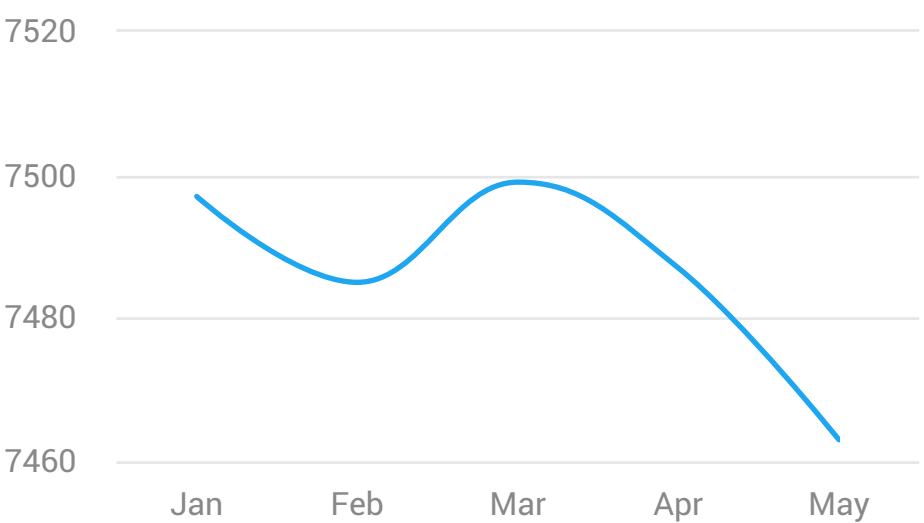
1.8K ▼ 9.96%
Avg Likes

Influencer Details

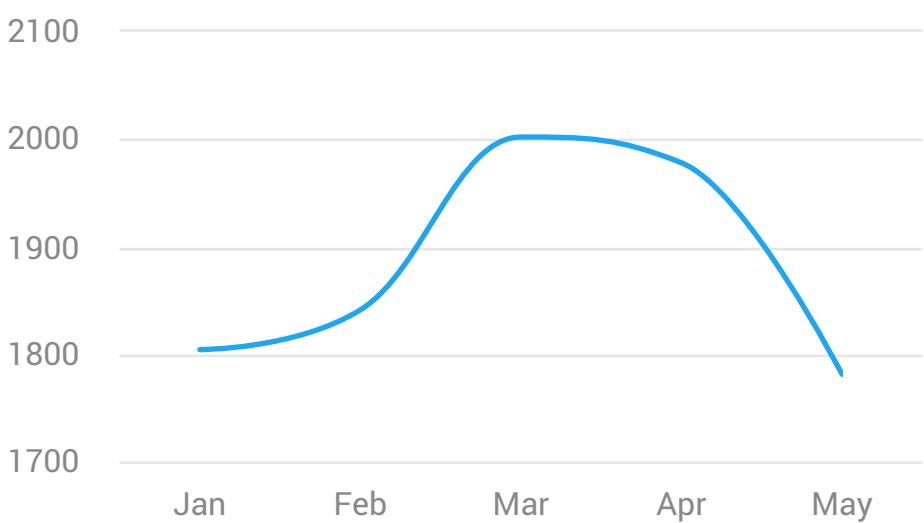
Followers ▲ 0.59% this month



Following ▼ 0.32% this month

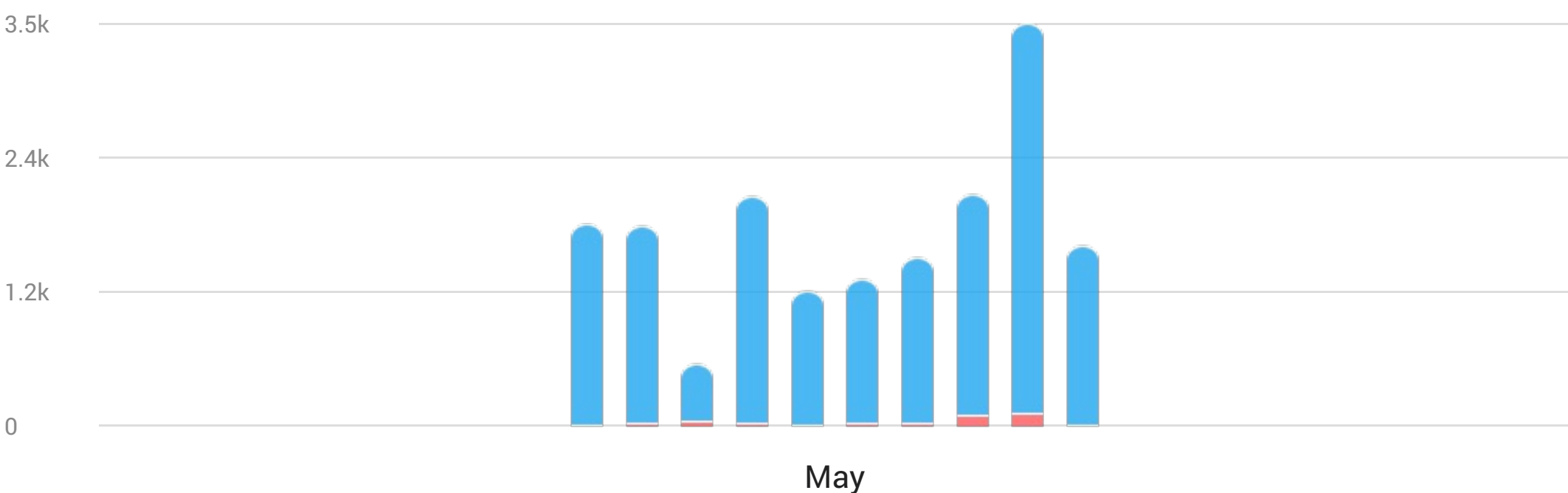


Likes

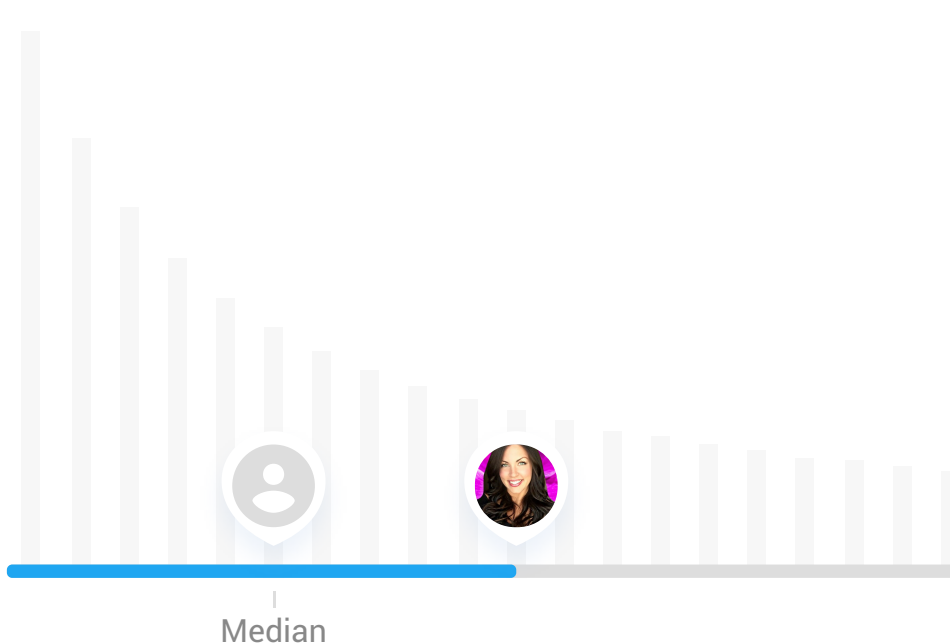


Engagements spread for last posts

♥ Likes 💬 Comments



Engagement Rate **4.38%**



Influencer Details

Influencer Interests

 Restaurants, Food & Grocery

Popular # and @

#type2diabetes #t1d #typeone #diabadass
#typeoned diabetes #diabetic #diabetesawareness
@jianinaalondra @aarondonald99 @fonts
@trishapaytasbackup @alextoussaint25

Lookalikes

-  [@welivabetes](#)
Diabetes - Type Thrive - T1D
-  [@bittersweetbetes](#)
Samira H | Type 1 Diabetic
-  [@type1badassxo](#)
TYPE1BADASSXO 🩺🩸
-  [@omnipod](#)
Omnipod
-  [@omnipodca](#)
Omnipod CA
-  [@typeonesunshine](#)
Kate
-  [@type1badassxoshop](#)
Type1badassxoshop

Influencer Brand Affinity

 Reese's

TopicTensor®

t1diabetic type1strong
type1diabadass
type1diabetes
omnipod t1d typeone
t1dlooklikeme
typeoned diabetes
t1diabetes

Audience Details by Followers

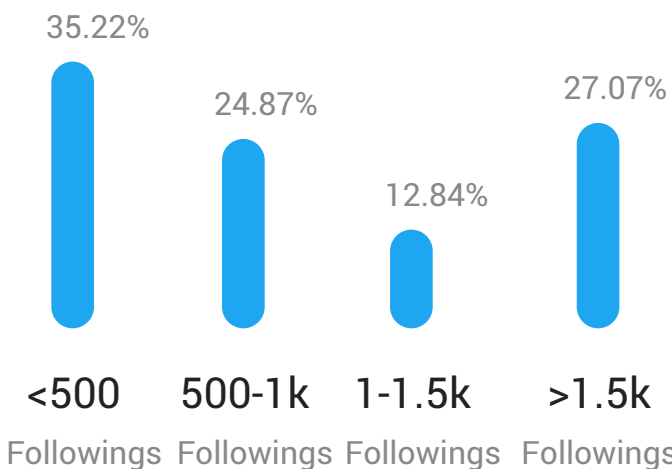
82.65%

Followers Credibility

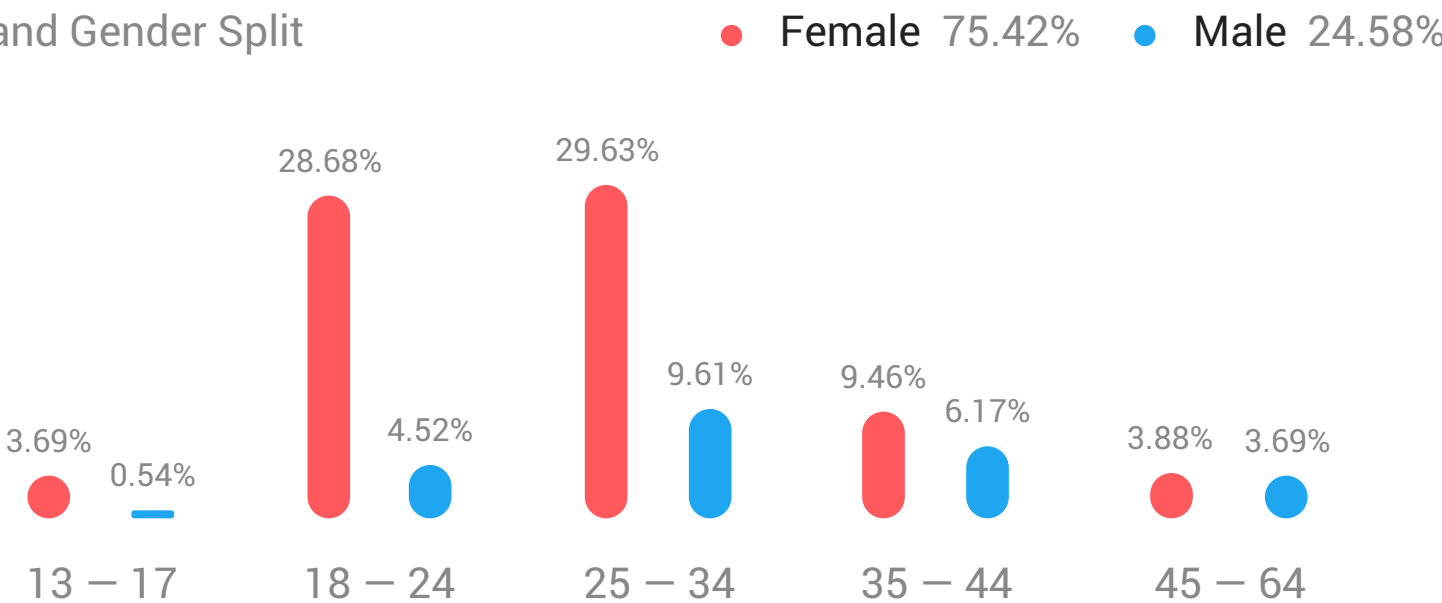
22.57%

Notable Followers

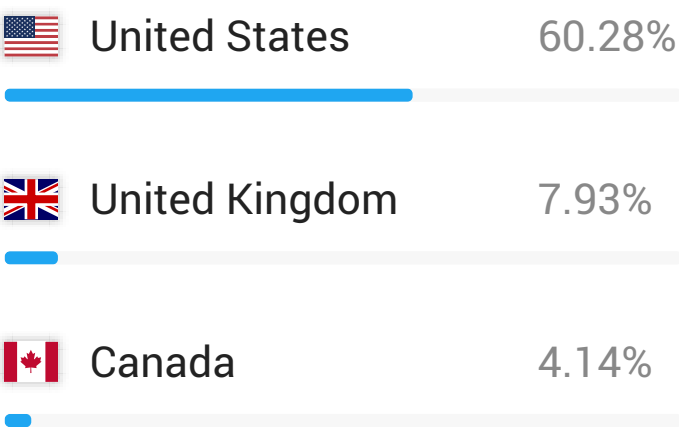
Audience Reachability



Age and Gender Split



Location by Country



Audience Brands

	Walt Disney	14.31%
	Apple	14.03%
	Starbucks	10.48%
	Amazon	8.56%
	Netflix	6.8%

Audience Interests

	Restaurants, Food ...	47.22%
	Friends, Family & R...	43.26%
	Toys, Children & Baby	37.96%
	Healthy Lifestyle	36.46%
	Fitness & Yoga	34.56%

Audience lookalikes

	@empatheticdiabetic Holly Jane
	@type1livabetic DAVE ⚡
	@jerseydoesthings Jersey and Sela

Location by City



	Los Angeles	2.63%
	New York City	2.08%
	London	1.56%
	Chicago	1.52%
	San Diego	1.07%

Audience Details by Likes

89.45%

Likers Credibility

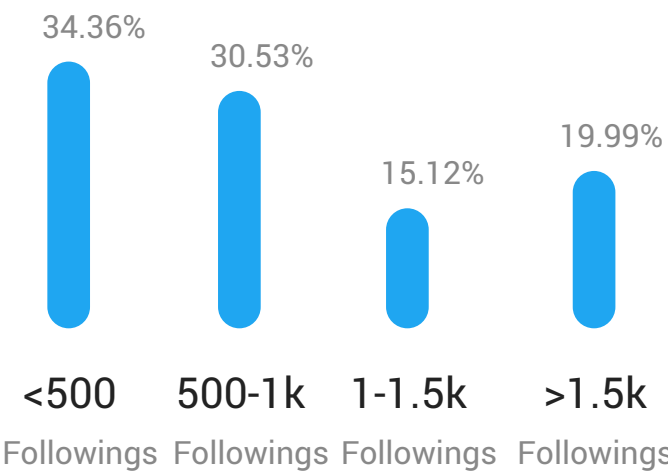
22.11%

Notable Likes

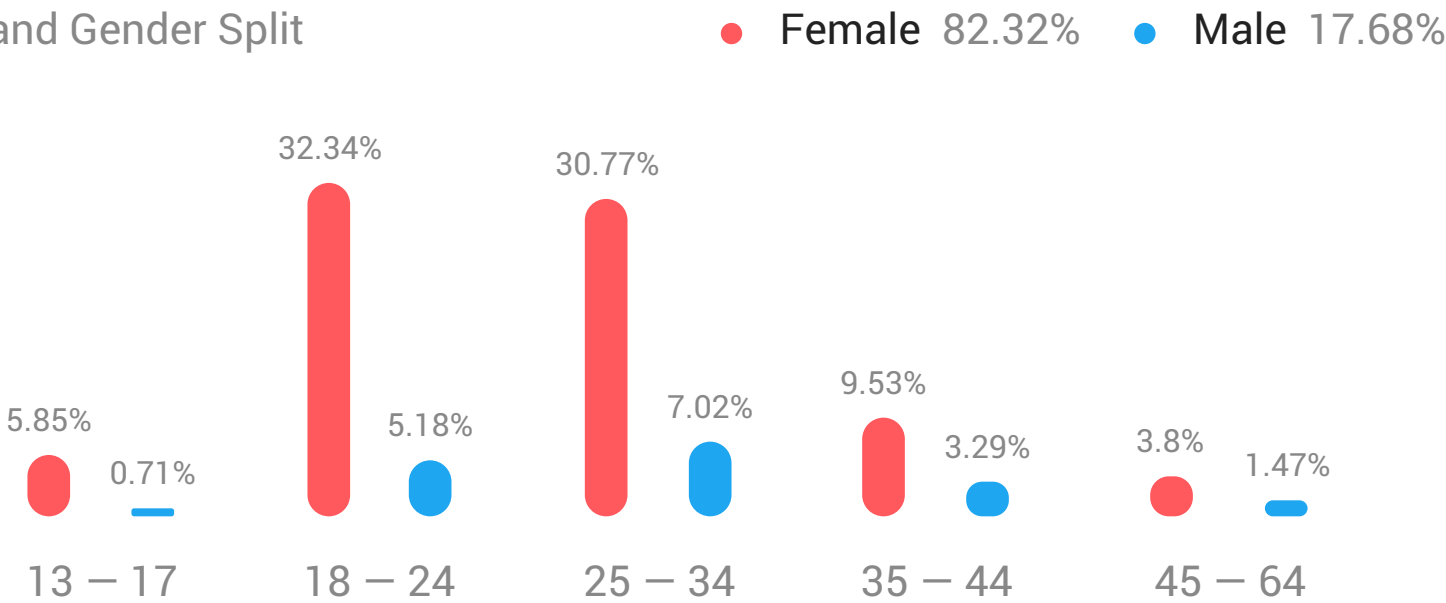
65.03%

Likes not from Followers

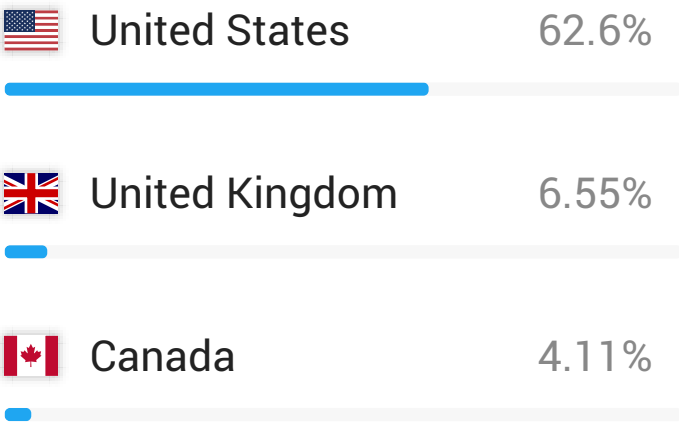
Audience Reachability



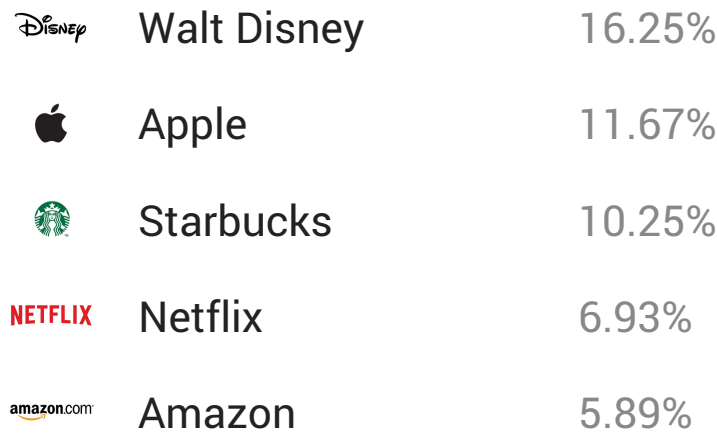
Age and Gender Split



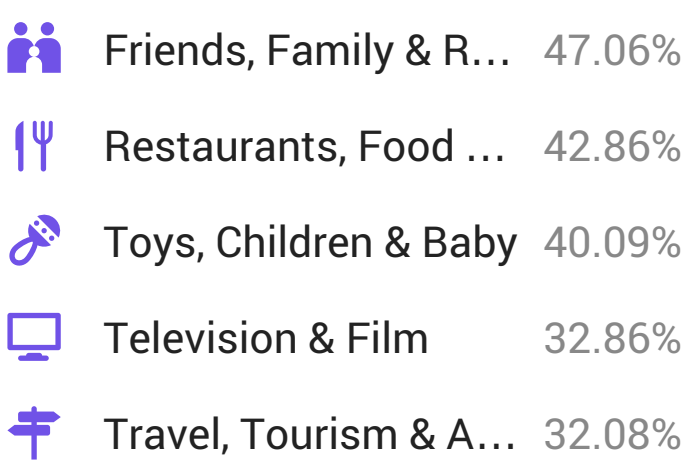
Location by Country



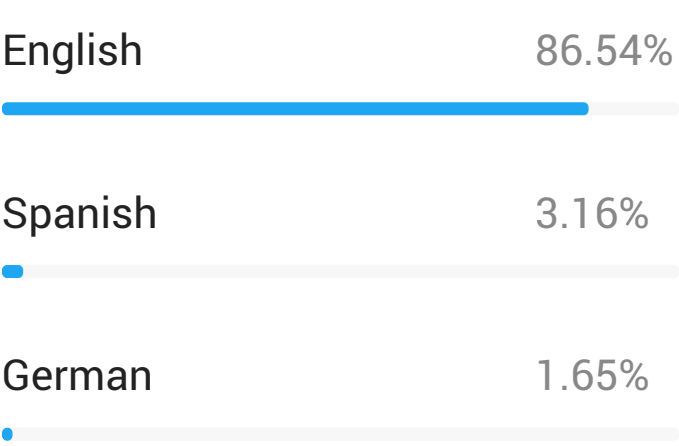
Audience Brands



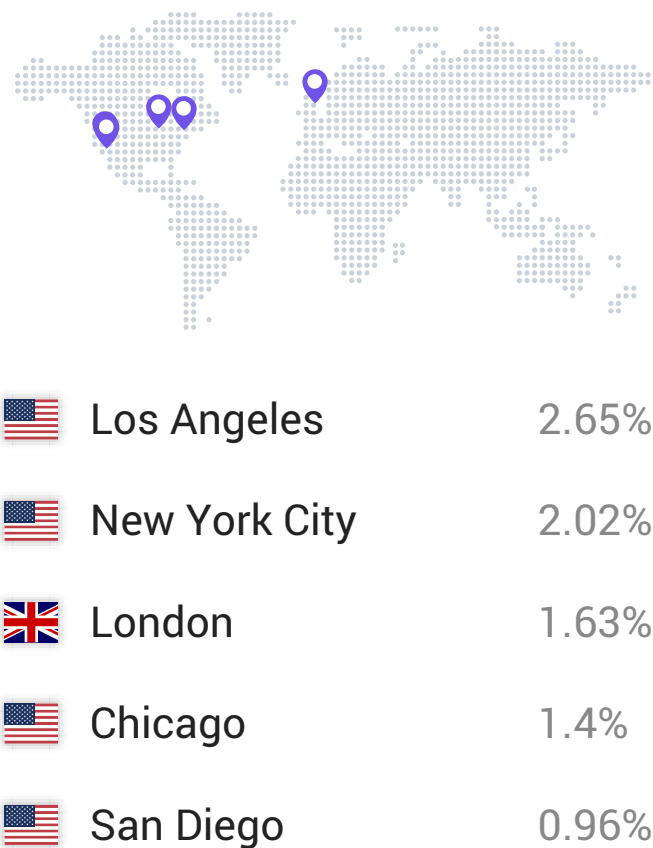
Audience Interests



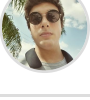
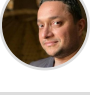
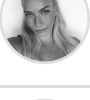
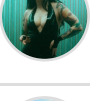
Language

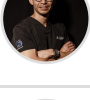
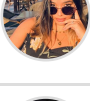
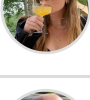


Location by City



Notable Followers

Influencer	Likes	Followers
 Laurie Hernandez @lauriehernandez	19k	1.5m
 Grace Bonney @designsponge	1.7k	842k
 R A E L Y N N @raelynnoofficial	13k	684k
 Derek Theler @derektheler	6.4k	625k
 Dont'a Hightower @_boomtower	6.8k	377k
 TRANSFORM  @transformbyally	23	374k
 Trader Joe's Kitchen @traderjoeskitchen	1.7k	364k
 Koke Wave @koke.wave	581	321k
 Dr hani essam @hanyesam1	189	253k
 Jess Buettner @djessicabuettner	19k	252k
 Visa Vie @visavieofficial	20k	193k
 @misfitmarceline	1.1k	175k
 Bella Bucchiotti @bellabucchiotti	5k	172k
 Mallory Barton @ellucystitches	1.3k	163k
 Schoolyard Snacks® @schoolyardsnacks	24	152k

Influencer	Likes	Followers
 Everyday Health @everydayhealth	653	137k
 Tanner Patrick @tannerpatrick	1.8k	127k
 KNOW Foods @knowfoods	154	118k
 Tommy Re  @molddoctor	2.7k	115k
 Beyond Type 1 @beyondtype1	508	113k
 Corinne Tatum @thecorinnetatum	7.3k	111k
 Angie Crabtree @angie_crabtree	1.2k	108k
 Molly Sanyour • Artist/Teacher @mollysanyour...	899	107k
 Robby Barbaro, MPH @mindfuldiabeticrobby	1k	93k
 Adrian Amos Jr @smashamos.31	7.4k	90k
 DR CARLOS D ORTIZ @drcarlosortizmx	130	90k
 My Workout Routine (salma) @my_workout_ro...	2.6k	88k
 @_crystalimani	979	88k
 Domino Stålvant @healthydeli	146	87k
 Nick Isasi @nickisasi	943	86k

Notable Likers

Influencer	Likes	Followers
 Derek Theler @derektheler	6.4k	625k
 Real Good Foods Co. @realgoodfoods	693	423k
 An-Katrien Casselman @ankatrien	604	180k
 @misfitmarceline	1.1k	175k
 Bella Bucchiotti @bellabucchiotti	5k	172k
 Mallory Barton @ellucystitches	1.3k	163k
 Everyday Health @everydayhealth	653	137k
 Lindsey @xlindzey	12k	132k
 Sami Milan Fox @sami_milan_fox	44	121k
 Corinne Tatum @thecorinnetatum	7.3k	111k
 Molly Sanyour • Artist/Teacher @mollysan...	899	107k
 Robby Barbaro, MPH @mindfuldiabeticrob...	1k	93k
 Ready Stock NOW @sk_satinscarf	36	86k
 J E N S E R E N @jennseren	3.3k	75k
 Mariegiselle @mariegiselleca	607	74k

Influencer	Likes	Followers
 The Diabetic Journey @thediabeticjourney	2.4k	48k
 Jillian T1Dchick @t1dchick	534	47k
 Cory D. Foster® @corydfoster	1.2k	45k
 Nush Foods @nush_foods	368	45k
 CARRIELANE @officialcarrielande	520	44k
 OfficialGlucoseSOS @officialglucosesos	18	44k
 You're Just My Type @yourejustmytype1	73	43k
 Martina Failla @thebrownparmigiana	1.9k	43k
 ICONIC Protein @drinkiconic	104	38k
 Keto Diabeto @keto.diabeto	112	32k
 Melanie Betrei @melanie_betrei	3.2k	32k
 Senna Arshad @sennaarshad	986	30k
 Diabetes Strong @diabetesstrong_ig	229	28k
 Eoin 🇮🇪 Online Diabetic PT @insuleoin	254	27k
 Lina Kazi @linakaziii	778	27k

Lookalikes (similar topics)

Influencer	Likes	Followers
 Diabetes - Type Thrive - T1D @welivabetes	681	9k
 Samira H Type 1 Diabetic @bittersweetbe...	330	4k
 TYPE 1 BADASS XO 🩺🩸 @type1bad...	334	14k
 Omnipod @omnipod	3.7k	26k
 Omnipod CA @omnipodca	332	1.1k
 Kate @typeonesunshine	102	1.3k
 Type1badassxoshop @type1badassxosho...	44	3.9k
 Center Health @centerhealth_	117	7.9k
 Sarah 🦖 @diabetesaurus	337	2.4k
 PAUL @type1d.paul_diagodfather	306	6.8k
 Type 1 Tactical @type1tactical	138	13k
 Heather Lampert @doctordiabeatit	259	2.6k
 Cait @betic.cait	185	1.1k
 Type 1 Warriors @type1warriors	460	7.4k
 Type 1 Active @type1active	95	8.6k

Influencer	Likes	Followers
 Delaney Blue @mydbluelife	228	4.9k
 Sophie 🌟 @_sophelizabethd	560	6.5k
 Lulu @mermaidoninsulin	79	1.5k
 Pip Lancets @piplancets	49	3.1k
 Keary + Zola @type1brave	328	4.4k
 Kateřina T1D @cukrovka_bez_obalu	305	2k
 Jess @my_fun_with_type_one	24	1.2k
 Raquel @typeoneday	169	8k
 The Diabetic Journey @thediabeticjourney	2.4k	48k
 Type One Life @typeone.life	368	8.2k
 JEANMARIE T1D TEEN @type1_jj	276	2k
 Sasha 🌻 @typeonesasha	44	1k
 NANINE Diabetes Blogger @glitterandtypeone	52	1.9k
 Kelly More Than A Type @morethanatype	44	1k
 T1D Adventures @t1dadventures	207	2k

Audience Lookalikes

Influencer	Likes	Followers
 Holly Jane @empatheticdiabetic	126	4.8k
 DAVE ⚡ @type1livabetic	97	17k
 Jersey and Sela @jerseydoesthings	133	4.5k
 Type 1 Diabetes Awareness @type1diabet...	764	42k
 badass diabetic @badass_diabetic	40	11k
 The Diabetic Journey @thediabeticjourney	2.4k	48k
 Organising Chaos T1D @_organising.cha...	249	13k
 Drew Linsalata @the.anxious.truth	429	35k
 Shannon O'Donnell DeLorme @sweet_dsstr	33	2.6k
 Diabetes Memes 📌 @kissmypancreass	1.1k	30k
 Kionna Rae @kionnarae	104	7k
 abigail @abbieboyle	0	2.4k
 The College Diabetes Network @collegedia...	76	7k
 Diabetes Community @diabetescommunit...	1.8k	77k
 The Adriene Awards @adrieneawards	197	4.2k

Influencer	Likes	Followers
 Delaney Blue @mydbluelife	228	4.9k
 Beyond Type 1 @beyondtype1	508	113k
 T1D's Meredith & Kayla @type1diabetesmemes	680	15k
 J A M I E @jxmienorton	0	4.3k
 Jillian T1Dchick @t1dchick	534	47k
 Aandy Ttraynor @andytraynor94	160	12k
 Hession Hairdressing Dublin @hessionhairdres...	72	9.6k
 Shannon Creed @shannoncreed19	119	1.9k
 Sarah Johnson @thediabeticcactus	188	20k
 Anaïs 🦋 @its.anais	285	3k
 THE DIVABETIC™ @thedivabetic	335	11k
 Daniele Love @diabetesdominator	48	5k
 Eden Connell @eden.connell	57	4.7k
 Zyia with MaLee 🌙 @actively.uplift	28	4.7k
 Marvin Thomas III @lrc_rono	125	1.9k

Popular #hashtags

Hashtag	Percent
#type2diabetes	100%
#t1d	100%
#typeone	100%
#diabadass	100%
#typeoned diabetes	100%
#diabetic	100%
#diabetesawareness	100%
#happiness	100%
#typetwodiabetic	100%
#insulindependent	100%
#chicagodiabetic	100%
#chicago	100%
#diababe	100%
#instagood	100%
#type2	100%

Popular @mentions

Mention	Percent
@jianinaalondra	20%
@aarondonald99	20%
@fonts	20%
@trishapaytasbackup	20%
@alextoussaint25	20%

Popular #hashtags

Hashtag	Percent
#curet1d	100%
#diabuddies	100%
#tgif	100%
#selflove	100%
#type1warrior	100%
#diatribe	100%
#insulinandtonic	100%
#latergram	100%
#typeonediabetic	100%
#t1dlookslikeme	100%
#diabetes	100%

Gender Split

Gender	Followers	Likes
Female	30,674 / 75.42%	1,466 / 82.32%
Male	9,996 / 24.58%	315 / 17.68%

Ethnicity

Group	Followers	Likes
White / Caucasian	34,437 / 84.68%	1,482 / 83.24%
African American	962 / 2.37%	61 / 3.45%
Hispanic	3,154 / 7.76%	122 / 6.84%
Asian	2,116 / 5.2%	115 / 6.47%

Languages of Audience

Language	Followers	Likes
English	35,221 / 86.6%	1,541 / 86.54%
Spanish	1,375 / 3.38%	56 / 3.16%
German	564 / 1.39%	29 / 1.65%
Portuguese	822 / 2.02%	25 / 1.39%
Italian	358 / 0.88%	25 / 1.39%
French	503 / 1.24%	20 / 1.15%
Russian	274 / 0.67%	11 / 0.6%
Polish	156 / 0.38%	11 / 0.59%
Swedish	196 / 0.48%	11 / 0.59%
Dutch	134 / 0.33%	9 / 0.49%

Age Split

Age	Followers	Likes
13-17	1,721 / 4.23%	117 / 6.55%
18-24	13,502 / 33.2%	668 / 37.51%
25-34	15,960 / 39.24%	673 / 37.79%
35-44	6,357 / 15.63%	228 / 12.82%
45-64	3,077 / 7.57%	94 / 5.27%
65+	53 / 0.13%	1 / 0.05%

Male Age Split

Age	Followers	Likes
13-17	219 / 0.54%	13 / 0.71%
18-24	1,838 / 4.52%	92 / 5.18%
25-34	3,909 / 9.61%	125 / 7.02%
35-44	2,510 / 6.17%	59 / 3.29%
45-64	1,499 / 3.69%	26 / 1.47%
65+	21 / 0.05%	

Female Age Split

Age	Followers	Likes
13-17	1,502 / 3.69%	104 / 5.85%
18-24	11,664 / 28.68%	576 / 32.34%
25-34	12,050 / 29.63%	548 / 30.77%
35-44	3,848 / 9.46%	170 / 9.53%
45-64	1,578 / 3.88%	68 / 3.8%
65+	32 / 0.08%	1 / 0.04%

Location by Country

Country		Followers	Likes
	United States	24,517 / 60.28%	1,115 / 62.6%
	United Kingdom	3,225 / 7.93%	117 / 6.55%
	Canada	1,683 / 4.14%	73 / 4.11%
	Germany	810 / 1.99%	49 / 2.74%
	Australia	1,570 / 3.86%	47 / 2.62%
	Italy	591 / 1.45%	34 / 1.88%
	Brazil	782 / 1.92%	23 / 1.27%
	Spain	535 / 1.32%	21 / 1.16%
	France	542 / 1.33%	19 / 1.08%
	India	493 / 1.21%	

Location by US State

State	Followers	Likes
California	3,760 / 9.25%	164 / 9.19%
Florida	1,887 / 4.64%	88 / 4.94%
Texas	1,641 / 4.03%	79 / 4.41%
New York	1,584 / 3.9%	69 / 3.87%
Illinois	993 / 2.44%	47 / 2.62%
Pennsylvania	1,000 / 2.46%	44 / 2.5%
Georgia	810 / 1.99%	35 / 1.98%
Michigan	606 / 1.49%	34 / 1.9%
North Carolina	577 / 1.42%	30 / 1.68%
Ohio	598 / 1.47%	28 / 1.59%
Colorado	563 / 1.39%	27 / 1.54%
Arizona	500 / 1.23%	26 / 1.44%
Massachusetts	514 / 1.26%	25 / 1.42%
New Jersey	444 / 1.09%	25 / 1.4%
Washington	542 / 1.33%	24 / 1.35%
Virginia	415 / 1.02%	23 / 1.32%
Tennessee	521 / 1.28%	21 / 1.16%

Location by City by Followers

City	Followers
 Los Angeles	1,070 / 2.63%
 New York City	845 / 2.08%
 London	634 / 1.56%
 Chicago	620 / 1.52%
 San Diego	437 / 1.07%
 Atlanta	359 / 0.88%
 Melbourne	268 / 0.66%
 Philadelphia	261 / 0.64%
 Toronto	239 / 0.59%
 Austin	225 / 0.55%
 Boston	225 / 0.55%
 Nashville	211 / 0.52%
 Seattle	204 / 0.5%

Location by City by Likes

City	Likes
 Los Angeles	47 / 2.65%
 New York City	36 / 2.02%
 London	29 / 1.63%
 Chicago	25 / 1.4%
 San Diego	17 / 0.96%
 Philadelphia	14 / 0.79%
 Melbourne	12 / 0.7%
 Toronto	11 / 0.63%
 Atlanta	11 / 0.62%

Audience Interest Affinity

Interest	Followers	Followers affinity	Likes	Likers affinity
 Friends, Family & Relationships	17,596 / 43.26%	1.66	838 / 47.06%	1.81
 Restaurants, Food & Grocery	19,203 / 47.22%	1.98	763 / 42.86%	1.80
 Toys, Children & Baby	15,437 / 37.96%	1.93	714 / 40.09%	2.04
 Television & Film	11,820 / 29.06%	1.70	585 / 32.86%	1.93
 Travel, Tourism & Aviation	12,917 / 31.76%	1.60	571 / 32.08%	1.62
 Clothes, Shoes, Handbags & Accessories	12,110 / 29.78%	1.19	540 / 30.3%	1.21
 Pets	10,935 / 26.89%	1.80	539 / 30.27%	2.03
 Camera & Photography	10,617 / 26.11%	1.20	537 / 30.13%	1.39
 Sports	11,572 / 28.45%	1.74	491 / 27.58%	1.69
 Healthy Lifestyle	14,828 / 36.46%	3.87	478 / 26.86%	2.85
 Wedding	10,320 / 25.37%	2.58	472 / 26.5%	2.69
 Fitness & Yoga	14,057 / 34.56%	3.08	460 / 25.85%	2.30
 Beauty & Cosmetics	8,812 / 21.67%	1.36	430 / 24.17%	1.52
 Music	7,793 / 19.16%	1.18	414 / 23.24%	1.43
 Electronics & Computers	11,289 / 27.76%	1.91	408 / 22.94%	1.58

Audience Brand Affinity

Brand		Followers	Followers affinity	Likes	Likers affinity
	Walt Disney	5,818 / 14.31%	1.64	289 / 16.25%	1.87
	Apple	5,705 / 14.03%	1.26	208 / 11.67%	1.05
	Starbucks	4,261 / 10.48%	2.11	182 / 10.25%	2.06
	Netflix	2,767 / 6.8%	1.92	123 / 6.93%	1.96
	Amazon	3,482 / 8.56%	3.28	105 / 5.89%	2.25
	Nike	1,904 / 4.68%	0.88	91 / 5.13%	0.96
	DC Entertainment	1,550 / 3.81%	1.06	74 / 4.13%	1.15
	Star Wars	1,295 / 3.18%	1.40	71 / 3.98%	1.75
	Walmart	1,713 / 4.21%	4.08	67 / 3.79%	3.67
	Trip	970 / 2.38%	0.50	53 / 2.95%	0.62
	Marvel Entertainment	1,026 / 2.52%	1.05	51 / 2.88%	1.19
	Adidas	941 / 2.31%	0.51	48 / 2.71%	0.59
	Spotify Music	941 / 2.31%	1.23	48 / 2.71%	1.44
	Vans	772 / 1.9%	1.10	47 / 2.63%	1.52
	Nutella	920 / 2.26%	1.22	43 / 2.41%	1.29

Influencer Brand Affinity

Brand		Interest	
	Reese's		Restaurants, Food & Grocery

Popular Posts

If you enjoy roller coasters I cannot recommend diabetes enough

March 9, 2022 21:36

12

#Typeoned diabetic #t1d
#typeone #diabadass
#insulindependent #diabetic
#chicagodiabetic #curet1d
#t1dlookslikeme #typeone
#diabetes #typeoned diab...

Likes
5,260

Comments
102

This Valentine's Day give them something expensive



February 14, 2022 15:01

Happy Valentine's Day ❤️❤️❤️
 ❤️ 😊 😊 #Typeonediabetic #t1d
 #typeone #diabadass
 #insulindependent #diabetic
 #chicagodiabetic #curet1d
 #t1dlookslikeme #typeone
 #diabetes #typeonediabete...

Likes
5,016

Comments
61

Dark diabetic humor be like



February 22, 2022 02:28

Coping mechanism   

#Typeonedidiabetic #t1d

#typeone #diababass

#insulindependent #diabetic

#chicagodiabetic #curet1d

#t1dlookslikeme #type...

Likes
4,513

Comments
69

Your diabetic friends aren't
ghosting you were just exhausted
from fighting for our lives everyday

February 16, 2022 14:20

♥♥♥... #Typeoned diabetic
#t1d #typeone #diabadass
#insulindependent #diabetic
#chicagodiabetic #curet1d
#t1dlookslikeme #typeone
#diabetes #typeoned diabetes
#diabetesawareness #ty...

Likes
4,508

Comments
49

Popular Posts

Them: diabetics can't have sugar
Me having a lil snacky snack



February 10, 2022 01:09

Mind ya business 🤔🤔🤔🤔🤔
😏😏😏 😊😊 #Typeonediabetic
#t1d #typeone #diabadass
#insulindependent #diabetic
#chicagodiabetic #curet1d
#t1dlookslikeme #typeone
#diabetes #typeonedia...

Likes 4,394
Comments 94

Diabetics be like
"this is SUCH a vibe" and it's literally
just a 120ish blood sugar

March 3, 2022 02:22

You & your perfect pancreas
have no idea how hard we work
for that 😏😏😏😏😏😏😏😏😏😏
😏😏😏 😊😊 #Typeonediabetic
#t1d #typeone #diabadass
#insulindependent #diabetic
#chicagodiabetic #cure...

Likes 4,089
Comments 57

"So tell me about yourself"
Me with my blood sugar at 35 trying to
remember who I am



February 6, 2022 17:08

Let me get back to you in a few
🤔🤔🤔🤔🤔🤔🤔🤔🤔🤔🤔🤔
🤔 😊😊 #Typeonediabetic #t1d
#typeone #diabadass
#insulindependent #diabetic
#chicagodiabetic #curet1d
#t1dlookslikeme #type...

Likes 3,913
Comments 49

When your blood sugar has the nerve to
be so outta control your meter just says
HIGH



February 11, 2022 18:36

Unbelievable 🤔🤔🤔🤔🤔🤔
😏 😊😊 #Typeonediabetic #t1d
#typeone #diabadass
#insulindependent #diabetic
#chicagodiabetic #curet1d
#t1dlookslikeme #typeone
#diabetes #typeonedia...

Likes 3,557
Comments 50

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