



What's New at the NIDDK? - NIDDK Health Information News

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NIDDK Health Information News

What's New at the NIDDK?

Staying Active at Any Size

The Weight-control Information Network (WIN) fan favorite [Active at Any Size](#) (recently renamed Staying Active at Any Size) provides doable tips and is back in stock. Find tips and resources for being more active and healthier at any size. You can order a copy [here!](#)



NIDDK Creates New Videos on Managing Diabetes

The NIDDK has released [new videos](#) that offer support to people with diabetes and steps they can take to manage their disease. This series of videos features people living with diabetes. The video topics include:

- The link between diabetes and heart disease
- Living with diabetes and kidney disease
- What to do when blood glucose—also called blood sugar—gets too high or too low
- How to cope with stress related to managing a chronic health problem

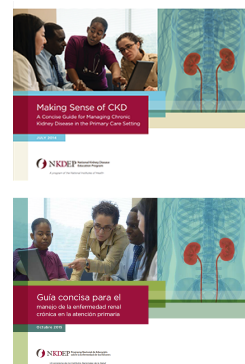


A new [animated video short](#), "What is Diabetes?" complements the series. Using plain language, it explains what diabetes is, the differences between type 1 and 2 diabetes, possible complications, and ways to manage the disease.

NIDDK Materials in Action!

Many NIDDK resources and tools can be used by organizations and groups to educate patients, health care professionals, and the public. Puerto Rican health insurance company Medical Card System, Inc. (MCS) is now using Spanish versions of NIDDK's National Kidney Disease Education Program (NKDEP) materials for physician and patient education on chronic kidney disease (CKD). MCS uses Making Sense of CKD, a Concise Guide for Managing CKD in the Primary Care Setting, available in both [English](#) and [Spanish](#), as the basis for a Continuing Medical Education (CME) activity for physicians.

[NKDEP Spanish materials](#) are also used by MCS health education programs, case managers, and Center for Medicare and Medicaid (CMS) Quality Improvement programs for CKD Stage 4 patients. Visit the NIDDK to find even more resources you can use in your community or organization.



Social Media

Trending on Twitter

Join the conversation: [#BehaviorChange](#), [#StayActive](#), [#Diabetes](#), [#T2D](#), [#T1D](#), [#KidneyHealth](#)



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