



National Institute of  
Diabetes and Digestive  
and Kidney Diseases



# Free Online Resources for Managing Diseases and Promoting Healthy Habits

[www.niddk.nih.gov](http://www.niddk.nih.gov)

## Guiding Principles for the Care of People With or at Risk for Diabetes

Ten clinically useful principles that aim to identify and synthesize areas of agreement among existing guidelines to help primary care providers and health care teams deliver quality care to patients with or at risk for diabetes



## GAME PLAN for Preventing Type 2 Diabetes

Toolkit to provide health care professionals and teams with evidence and resources to identify, counsel, and support patients to prevent or delay the onset of type 2 diabetes



**Body Weight Planner**  
*Balancing Your Food and Activity*

## Body Weight Planner

An online “calculator” to help people set personal physical activity and calorie targets to achieve and maintain their weight goals

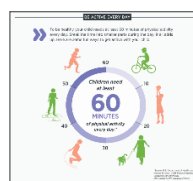
## Promoting Medication Adherence

Materials for health care professionals to promote consistent medication-taking behavior in patients

## Diabetes HealthSense

Library of resources to assist health care professionals in encouraging their patients to make lifestyle changes and meet their goals — whether they have diabetes or are at risk for the disease

## What’s Your Next Move?



An infographic of statistics on childhood obesity and tips for healthy eating and physical activity



## CKD Nutrition Management Training Program

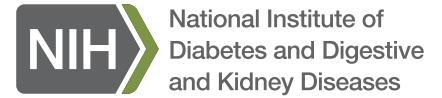
Earn continuing professional education credits through the Academy of Nutrition and Dietetics with NKDEP’s five training modules on chronic kidney disease (CKD) nutrition management

## CKD and Nutrition for Dietetic Educators

A suite of materials to support dietetic educators in teaching students and interns about nutritional interventions for patients with chronic kidney disease (CKD)

To request paper copies of NIDDK materials, visit [catalog.niddk.nih.gov](http://catalog.niddk.nih.gov) and use code AND16 at checkout.

# Did You Know the NIDDK Has Video Content?



## Eating and Nutrition – Tips for K-12

NIDDK Director Dr. Griffin Rodgers gives parents tips on how to help their children achieve a healthy weight.



<https://youtu.be/loSLvzRbdxs>



## Healthy Eating with Diabetes

Making changes in the way you eat can be difficult. Learn about small steps for healthy eating to help you manage your weight.



<https://youtu.be/LYGNf3SSWVE>

## Eat Healthy Even When You Don't Have Time to Cook

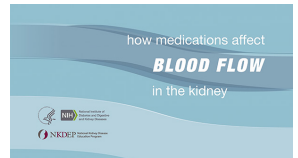
Dr. Rodgers provides tips to save you time and money as you try to eat healthy.



<https://youtu.be/P6PPnhl-qr4>

## Renal Hemodynamics Animation

This animation demonstrates how prescription and over-the-counter drugs affect blood flow through the kidneys.



<https://youtu.be/dXegerFJgCs>

## Eating Healthy on a Budget

Dr. Rodgers notes that healthy meals don't need to be expensive, and shares tips for eating healthy on a budget.



[https://youtu.be/y\\_bmki67n0k](https://youtu.be/y_bmki67n0k)

## Dietary Supplements: What You Need to Know

Dr. Rodgers is joined by Dr. Josie Briggs from the National Center for Complementary and Integrative Health (NCCIH), who explains what you need to know about dietary supplements.



<https://youtu.be/y82jpHFL6Xg>



## NEW NIDDK VIDEOS

### What is Diabetes?



<https://youtu.be/2TWelC6SHr8>

An animated video that explains what diabetes is, and other helpful information on the disease.

### Behavior Change Videos



[ndep.nih.gov/resources/diabetes-healthsense/](https://ndep.nih.gov/resources/diabetes-healthsense/)

New videos that offer support to people with diabetes and steps they can take to continue to manage their disease.

[www.niddk.nih.gov](http://www.niddk.nih.gov)



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