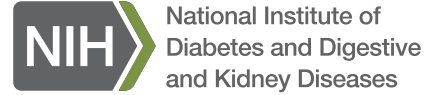


Did You Know the NIDDK Has Video Content?



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

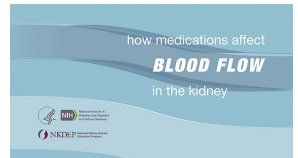
Dr. Rodgers provides tips to save you time and money as you try to eat healthy.



<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

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/

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

www.niddk.nih.gov



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