

Health Information

Free, science-based information for patients, families, and health care professionals

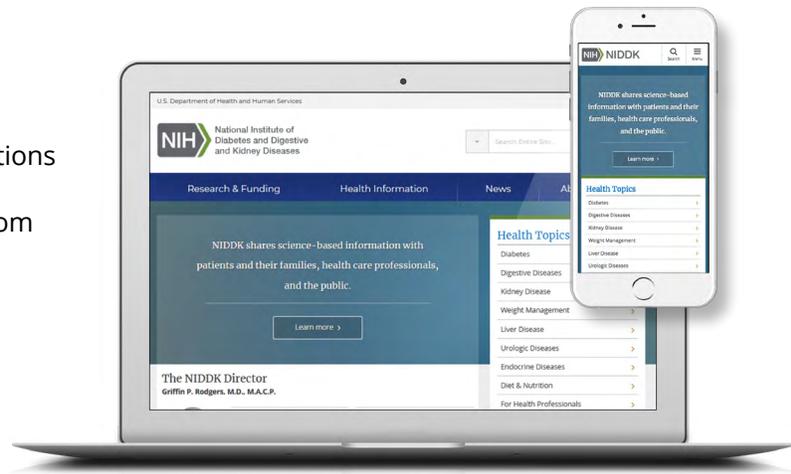
Online Health Content to Share with Your Patients and Community

Access the NIDDK's evidence-based health information. Many topics are also available in Spanish.

- 1 Visit www.niddk.nih.gov
- 2 Select a health topic from 200 + diseases and conditions
- 3 Share by email, social media, or print from the bottom of each page



Health information is informed by NIDDK research, reviewed by experts, and provided to help your patients understand diseases and conditions.



Free Health Content for Your Website Using Content Syndication

The NIDDK now offers a free and easy way for you to get trusted, up-to-date content for your website.

- 1 Create a free account on the HHS Syndication Storefront at digitalmedia.hhs.gov
- 2 Choose NIDDK health topics — you can select a source or search by keyword
- 3 Add the code to your site and content will update automatically

Topics include diabetes, digestive diseases, kidney disease, weight management, endocrine diseases, liver disease, diet and nutrition, urologic diseases, and blood diseases. Many are available in Spanish.

Contact [1-800-860-8747](tel:1-800-860-8747) or healthinfo@niddk.nih.gov for specific content request or feedback.

Health Fair Fact Sheets

Consumer-friendly fact sheets on a variety of health topics. Each one-page fact sheet has an English side and a Spanish side.



- Healthy Eating and Physical Activity Tips for Families
- Managing Your Weight
- Diabetes
- Chronic Kidney Disease

Search "[NIDDK Health Fair Fact Sheets](#)" to see the full list of titles and to download and print.

To receive free printed copies for your event, contact [1-800-860-8747](tel:1-800-860-8747) or healthinfo@niddk.nih.gov.

Get Free Web Content from NIDDK

NIDDK offers free and easy ways for you to get trusted, up-to-date content for your electronic health record (EHR) systems or website.

NIDDK on MedlinePlus Connect

Health information from NIDDK is available on [MedlinePlus Connect](#), a service that allows patient portals, electronic health record (EHR) systems, or health IT systems to deliver an authoritative, up-to-date health information resource for patients, families, and health care providers.

MedlinePlus Connect

- Is a free service
- Provides responses in English and Spanish
- Is available as a [web application](#) or a [web service](#)
- Can be used alongside other patient education sources.

MedlinePlus Connect responds to requests based on medical codes. When an EHR or patient portal submits a code request, MedlinePlus Connect returns a response that includes links to relevant MedlinePlus information.

Start using MedlinePlus Connect by following the instructions for implementing the [web application](#) or [web service](#).

For more information, see

- [How MedlinePlus Connect works](#)
- Demonstrations — [web application](#) and [web service](#)
- [Technical information for developers](#)
- [Frequently Asked Questions \(FAQs\)](#)

NIDDK on HHS Syndication Storefront

It's simple to get access!

- Create a free account at the [HHS Syndication Storefront](#).
- Sign in, search, and choose your [NIDDK health topics](#).
- Add the code to your site; information will update on your site automatically in real time.

[Step by step instructions](#) are available on NIH's website.

Didn't find a topic you were looking for? Need assistance?

NIDDK offers content on diabetes, digestive diseases, kidney disease, weight management, endocrine diseases, liver disease, diet and nutrition, urologic diseases, and blood diseases as well as Healthy Moments YouTube videos associated with many of these diseases and conditions in the Storefront. Many of our syndicated pages are also available in Spanish. Please [Contact Us](#) if you have a specific content request or have any feedback.

Connect with us on social media
@niddkgov



Community Health Improvement

Encourage health improvement in your community with weight management and kidney disease awareness guides

Sisters Together: Move More, Eat Better Program Guide

Designed to encourage African American women to reach and maintain a healthy weight by being more physically active and making healthier food choices.

Do you see a need in your community?

The Sisters Together program guide includes six steps to help you start your program.

1. **Get Started:** Learn about your community's needs.
2. **Set Goals, Create a Budget:** Create goals and deadlines for your program.
3. **Identify Resources:** Learn how resources and partners in your community can help.
4. **Plan Activities:** Promote your message with core activities and events.
5. **Spread the Word:** Use media outlets to promote and attract participants.
6. **Measure Success:** Track your program's progress and keep it running.



Visit www.niddk.nih.gov and search "[Sisters Together](#)" to download your free guide.

Kidney Sundays Toolkit - Make the Kidney Connection

You don't need to be an expert to be a kidney champion for your faith community. Be the one to raise awareness about the risks for kidney disease and the importance of getting tested. Plan a Kidney Sundays event today.



The Kidney Sundays Toolkit includes:

- A Kidney Sundays checklist for your event
- Talking points for your presentation
- Resources to print for your faith community

Visit www.niddk.nih.gov and search "[Kidney Sundays](#)" to download your free toolkit.

Family Reunion Health Guide

Having a family reunion this summer? Use the **Family Reunion Health Guide** to start a conversation about kidney disease with your family. Talk with them about the connection between diabetes, high blood pressure, and kidney disease.



The Family Reunion Guide includes:

- Three sample approaches for presenting kidney health information
- Fact sheets and printable handouts
- Planning tips to make you a kidney champion

Visit www.niddk.nih.gov and search for "[Family Reunion Guide](#)" to download your free guide.

Health Observances

Enhance the reach of your health-promotion activities with NIDDK resources to coincide with health awareness observances.

- [Diabetes Alert Day](#)
 - [National Diabetes Month](#)
 - [National Kidney Month](#)
 - [Weight Management & Healthy Living Tips](#)
-

[Healthy Moments Radio](#)

One-minute tips on living a healthy lifestyle featuring Dr. Griffin Rodgers, Director of NIDDK.



**Connect with us on social media
@niddkgov**

