

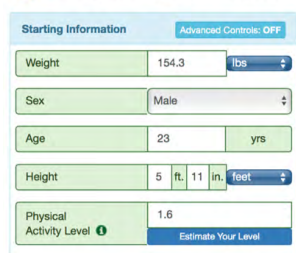
# Tools You Can Use

Free online tools to support weight management, diabetes, and chronic kidney disease education

## Body Weight Planner (BWP)

Helps adults set personal physical-activity and calorie targets to achieve and maintain weight goals.

### Body Weight Planner



The BWP is unique because it accounts for changes in metabolism as people alter their diet and physical activities and has been validated using data from multiple controlled studies in adults.

Visit [www.niddk.nih.gov/bwp](http://www.niddk.nih.gov/bwp) to learn more!

## Body Mass Index (BMI) Calculator

An easy-to-use online tool that

- Helps estimate body fat using a simple measure of weight relative to height
- Is also a good measure of a patient's risk of obesity-related diseases

The higher the BMI, the higher the risk for heart disease, high blood pressure, type 2 diabetes, gallstones, osteoarthritis, sleep apnea, and certain cancers. *Available in standard or metric measures and in English or Spanish.*

Search online for "[NHLBI BMI Calculator](#)."

## Diabetes Risk Test



Nearly 1 in 4 adults living with diabetes, or 7.2 million Americans, are unaware that they have the disease.

Help people understand the risk factors for type 2 diabetes and take steps to stay healthy. The NIDDK adapted the American Diabetes Association's online type 2 diabetes risk test into a PDF version.

Encourage your patients to take the quick and free test.

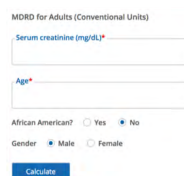
Visit [www.niddk.nih.gov](http://www.niddk.nih.gov) and search for "[Diabetes Risk Test](#)."

## GFR Calculators

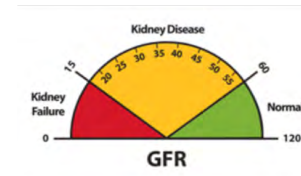
Estimated glomerular filtration rate (eGFR) is a key method for identifying people with chronic kidney disease (CKD). eGFR calculated using the Modification of Diet in Renal Disease (MDRD) study equation or the CKD-EPI equation provides a more clinically useful measure of kidney function than serum creatinine alone.

The NIDDK has free, online GFR calculators to estimate kidney function for adults and children, plus content to help patients understand GFR.

*Sample GFR Calculator*



*Sample patient education on GFR*



Search online for "[NIDDK GFR Calculators](#)."

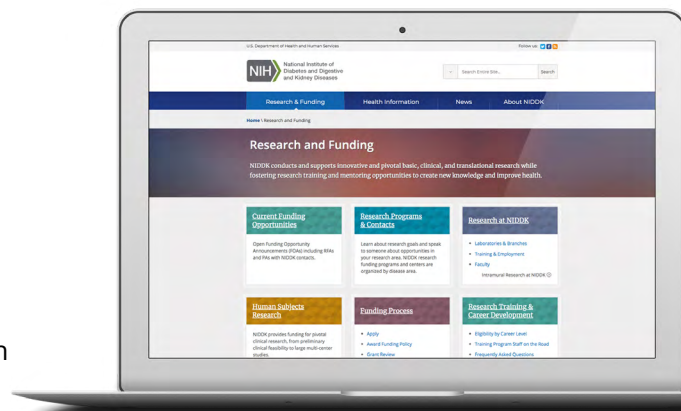
# Funding and Training

NIDDK conducts and supports basic, clinical, and translational research while fostering research training and mentoring opportunities

## Apply for research funding from NIDDK

Scientists from universities and labs around the country are encouraged to apply.

- Determine if your research aligns with NIDDK's mission
- Register with [grants.gov](https://grants.gov) (may take 6 weeks to process request, can't apply without registering)
- Identify a funding opportunity that applies to your research
- Contact relevant staff members to discuss your plans



Visit [niddk.nih.gov/research-funding](https://niddk.nih.gov/research-funding) to find current funding opportunities and staff.

## Apply for a training grant

NIDDK supports the training of medical and graduate students, postdoctoral fellows, and physician scientists through institutional and individual grants. Look on our website for research training grants or fellowships you may be eligible for based on your career level.

Search "[NIDDK Research Training & Career Development](#)"

High School &  
Undergraduate  
Student

Doctoral &  
Medical  
Student

Post  
Doctorate

Junior  
Faculty

Established  
Investigator

## Become an NIDDK peer reviewer

The NIDDK is always on the lookout for grant reviewers. If you plan to apply for your own grant, serving as a peer reviewer can increase your awareness of grantsmanship pitfalls and help you tune your own submission.

Search "[Become an NIDDK reviewer](#)" to apply.

## Training opportunities in NIDDK Labs

NIDDK offers research internships and fellowships at its laboratories and clinical facilities in Bethesda, MD, and Phoenix, AZ.

Search online for "[NIDDK Training and Employment](#)" to view opportunities by career stage.