



ONLINE RESOURCES FOR PATIENTS AND PROVIDERS

Organization	URL	Resources
American Diabetes Association	www.diabetes.org	<ul style="list-style-type: none"> • General information about diabetes • Nutrition and recipes • Weight loss/ exercise strategies • Preventive tools (risk calculators) • Current statistics and research findings
American Dietetic Association	www.eatright.org	<ul style="list-style-type: none"> • Nutrition fact sheets and information • Registered dietitian locator • Professional development materials
American Heart Association	www.americanheart.org	<ul style="list-style-type: none"> • Healthy lifestyle patient materials • Culturally-appropriate tools and information • Discussion of CVD warning signs • Information on lipidemias, diabetes, hypertension
National Institute of Diabetes and Digestive and Kidney Diseases	www.niddk.nih.gov	<ul style="list-style-type: none"> • <i>Weight-Control Information Network</i> (diet and physical activity guidelines; obesity-related clinical trials and research; Spanish language format) • <i>National Diabetes Information Clearinghouse</i> (> 100 publications, including easy-to-read and Spanish language)
National Diabetes Education Program	www.ndep.nih.gov	<ul style="list-style-type: none"> • Resources geared toward parents, children, high-risk ethnic populations • Multiple language formats (Spanish, Asian, Pacific Islander) • Patient education tools for providers
US Department of Agriculture; Center for Nutrition Policy and Promotion	www.pyramid.gov	<ul style="list-style-type: none"> • Detailed dietary guidelines • Personalized meal plans and calculators • Diet quality and activity level assessment tools
Diabetes Exercise and Sports Association	www.diabetes-exercise.org/index.asp	<ul style="list-style-type: none"> • Guidelines for exercise and diabetes • Networking and support
Partnership for Healthy Weight Management	www.consumer.gov/weightloss	<ul style="list-style-type: none"> • Goal-setting guidelines
DLife	www.dlife.com	<ul style="list-style-type: none"> • Resources for persons with diabetes (nutrition, blood sugar management) • Personalized meal manager • Support forums