

# HEALTHY MOMENTS

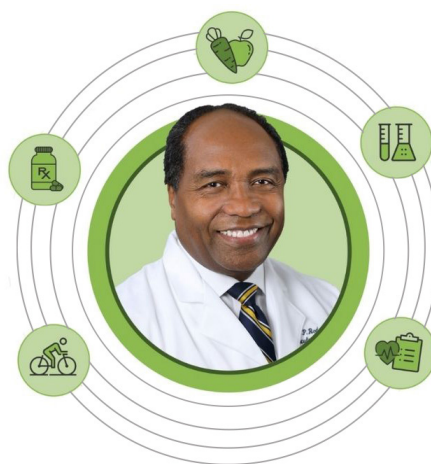
## shares reliable information in quick bites

NIDDK's weekly wellness radio series reaches audiences across the nation

**G**etting the word out about science-based, healthy lifestyle tips is a challenge. People are short on time and bombarded with information from unreliable sources. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) wants to cut through the noise.

Every week, the *Healthy Moments* radio broadcast shares valuable information in one-minute episodes. NIDDK Director Griffin P. Rodgers, M.D., M.A.C.P., hosts the series and often features special guests. The show covers topics related to NIDDK's mission and the conditions they study.

*Healthy Moments* premiered in 2008 on one station in Washington, DC. Episodes have focused on diabetes, healthy eating and weight management, digestive diseases such as irritable bowel syndrome and celiac disease, liver disease, and prostate health, among others. Episodes have also covered what it's like to participate in clinical trials at NIH. Listeners can learn how NIDDK works to improve equity and diversity in health care and in the biomedical research workforce.



**NIDDK Director Dr. Griffin P. Rodgers hosts *Healthy Moments* each week.**

“Over the past decade, we’ve grown to about 60 million listeners. *Healthy Moments* is syndicated on stations across the country, particularly in areas with the highest rate of conditions within NIDDK’s mission,” Dr. Rodgers said.

Past celebrity guests include Barbra Streisand, Sugar Ray Leonard, Debbie Allen, and Laila Ali. NIH researchers and directors also share their expertise in an easy-to-understand, quick format.

The show airs on [select radio stations](#) in Atlanta, Baltimore, Cleveland, Dallas, Houston, and Washington, DC. Episodes also air alongside these nationally syndicated radio shows:

- *Rickey Smiley Morning Show*
- *Willie Moore Jr. Show*
- *Get Up! Mornings with Erica Campbell*
- *Keepin’ It Real with Rev. Al Sharpton*

If your local radio does not broadcast *Healthy Moments*, you can [stream episodes](#) on NIDDK’s website. Check out some videos—including some Spanish-translated episodes—on the institute’s [YouTube channel](#). NIDDK also provides text transcripts of each episode. ■

**Listen now and understand your health better!**

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