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# National Diabetes Information Portal www.diabinfo.de

**New German-language website on diabetes mellitus is now online**

What can I do if I have diabetes mellitus? How can I protect myself against type 2 diabetes? The new national diabetes information portal [www.diabinfo.de](http://www.diabinfo.de) – a quality-tested and independent website about the disease group diabetes mellitus – provides information in German about the causes and risk factors of the various forms of diabetes and about effective prevention of the disease.

Upon the initiative of the Federal Centre for Health Education (BZgA), the new information portal was created by the leading centers of diabetes research in Germany – Helmholtz Zentrum München, the German Diabetes Center (DDZ) and the German Center for Diabetes Research (DZD).

**German Health Minister Jens Spahn:** “The new national information portal [www.diabinfo.de](http://www.diabinfo.de) offers reliable and independent information on how to reduce your risk of diabetes through a health-promoting lifestyle or how to positively influence an already existing disease through good treatment. [www.diabinfo.de](http://www.diabinfo.de) thus makes an important contribution to supporting people with diabetes in dealing with their disease and to improving the health competence of the population."

**Dr. Heidrun Thaiss, MD, executive director of the Federal Centre for Health Education (BZgA)**: "For many people, the internet is a first go-to source when looking for information on health topics. In terms of quality and origin, the immense amount of health information is often confusing and non-transparent. [www.diabinfo.de](http://www.diabinfo.de), the new information portal we initiated, offers quality-assured, science-based and easy-to-understand information. It supports people in becoming competent for their own health. Because type 2 diabetes is avoidable in most cases, women and men who are aware of their risk and who change their health behavior accordingly can significantly reduce the probability of developing the disease.“

**Professor Matthias Tschöp**, **scientific director of Helmholtz Zentrum München**: "We have been working at the forefront of diabetes research worldwide for many years, developing personalized and preventive medical solutions for environmentally related diseases such as diabetes. With the new diabinfo portal, we are making our knowledge about diabetes directly available to the people for whom we conduct research. In this way, we are supporting those affected by diabetes to take responsibility for their own health and diabetes management and are further advancing prevention, especially for people who have an increased diabetes risk.

**Professor Michael Roden,** **scientific director of the German Diabetes Center and board member of the German Center for Diabetes Research**: "With diabinfo, we offer up-to-date information for people with diabetes or with an increased diabetes risk as well as the interested public. Based on our outstanding achievements in clinical research, our experts can give first-hand advice regarding diagnosis, treatment options and issues of everyday life with diabetes. Another feature of the website is that you can test your diabetes risk online and, by means of the diabetes cockpit, assess your personal health status. It also provides information about healthy nutrition and motivational aids for the targeted prevention of diabetes.“

The information provided on [www.diabinfo.de](http://www.diabinfo.de) is aimed at people with diabetes, people at particular risk of diabetes and their family members. In the section [www.diabinfo-leben.de](http://www.diabinfo-leben.de) the question of how to live with diabetes is addressed. Information and answers on diabetes prevention can be found in the section [www.diabinfo-vorbeugen.de](http://www.diabinfo-vorbeugen.de).

In addition to basic knowledge, current reports, background articles and frequently asked questions, the online portal includes explainer videos, podcasts, infographics and knowledge transfer via quizzes. In addition, people with diabetes, family members and interested people will have the opportunity to ask personal questions. These will be answered individually by experts.

Further information: [www.diabinfo.de](http://www.diabinfo.de)