







Website review dukedietaandfitness.org

Generated on September 18 2024 12:16 PM






The score is 69/100







SEO Content

	<p>Title</p>	<p>Lifestyle and Weight Management Medically Supervised Weight Loss Duke Health</p> <p>Length : 80</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p>														
	<p>Description</p>	<p>Duke weight management specialists help you adopt healthy lifestyle habits, lose weight, and maintain your weight loss.</p> <p>Length : 119</p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>														
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1346 1481 1973"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>site_name</td> <td>Duke Health</td> </tr> <tr> <td>type</td> <td>article</td> </tr> <tr> <td>url</td> <td>https://www.dukehealth.org/treatments/weight-loss-options/lifestyle-and-weight-management</td> </tr> <tr> <td>title</td> <td>Lifestyle and Weight Management</td> </tr> <tr> <td>image</td> <td>https://www.dukehealth.org/themes/custom/dukehealth/images/duke_logo_facebook.jpg</td> </tr> <tr> <td>description</td> <td>Duke weight management specialists help you adopt healthy lifestyle habits, lose weight, and maintain your weight loss.</td> </tr> </tbody> </table>	Property	Content	site_name	Duke Health	type	article	url	https://www.dukehealth.org/treatments/weight-loss-options/lifestyle-and-weight-management	title	Lifestyle and Weight Management	image	https://www.dukehealth.org/themes/custom/dukehealth/images/duke_logo_facebook.jpg	description	Duke weight management specialists help you adopt healthy lifestyle habits, lose weight, and maintain your weight loss.
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	<p>Headings</p>	<table border="1"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>5</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table>	H1	H2	H3	H4	H5	H6	1	5	0	0	0	0		
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SEO Content

		<ul style="list-style-type: none"> • [H1] Lifestyle and Weight Management • [H2] Medically Supervised Weight Loss • [H2] How We Can Help You • [H2] Medical Weight Loss Services • [H2] Our Team • [H2] Additional Services
	Images	<p>We found 1 images on this web page.</p> <p>Good, most or all of your images have alt attributes.</p>
	Text/HTML Ratio	<p>Ratio : 23%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.</p>
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 33 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 42.42%</p> <p>Internal Links 57.58%</p>

In-page links

Anchor	Type	Juice
Skip Navigation	Internal	Passing Juice


In-page links

Sign up now	External	Passing Juice
view our FAQs	External	Passing Juice
&times;	External	Passing Juice
Weight Loss Options	Internal	Passing Juice
Lifestyle and Weight Management for Adults	Internal	Passing Juice
Keto Diet for Weight Management	Internal	Passing Juice
Cardiometabolic Weight Management	Internal	Passing Juice
Primary Care Weight Management	Internal	Passing Juice
OPTIFAST® Weight Loss Program	Internal	Passing Juice
Nourish: Fundamentals of Medical Weight Management	Internal	Passing Juice
Nourish: Fundamentals of Medical Weight Management FAQ	Internal	Passing Juice
Treatments for Adults	Internal	Passing Juice
Duke Health and Fitness Center	Internal	Passing Juice
Load More	External	Passing Juice
Duke Health Anti-Racism Pledge	Internal	Passing Juice
Notice of Nondiscrimination	Internal	Passing Juice
Notice of Privacy Practices	External	Passing Juice
Accessibility	External	Passing Juice
Price Transparency	Internal	Passing Juice
Terms and Conditions	Internal	Passing Juice
Website Privacy Policy	Internal	Passing Juice
Duke Children's	External	Passing Juice
Duke School of Medicine	External	Passing Juice
Duke School of Nursing	External	Passing Juice
Duke University	External	Passing Juice
About Duke Health	Internal	Passing Juice
Careers	External	Passing Juice
Contact Us	Internal	Passing Juice

In-page links

Email Sign Up	Internal	Passing Juice
Giving	External	Passing Juice
Newsroom	External	Passing Juice
Referring Physicians	External	Passing Juice





SEO Keywords

 Keywords Cloud	lifestyle weight filter management duke help loss medical health more
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
weight	52	✓	✗	✓	✓
management	25	✓	✗	✓	✓
loss	21	✓	✗	✓	✓
duke	20	✓	✗	✓	✗
health	20	✓	✗	✓	✗

Usability

 Url	Domain : dukedietandfitness.org Length : 22
 Favicon	Great, your website has a favicon.
 Printability	We could not find a Print-Friendly CSS.
 Language	Good. Your declared language is en.
Dublin Core	This page does not take advantage of Dublin Core.

Usability



Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.



Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Optimization

	XML Sitemap	Great, your website has an XML sitemap.
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Optimization

		https://www.dukehealth.org/treatments/weight-loss-options/lifestyle-and-weight-management
	Robots.txt	http://dukedietandfitness.org/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.