



## **Weight Management and Obesity Resource List January 2009**

This publication is a collection of resources for consumers on the topics of weight management and obesity. The resources on this list are in a variety of information formats: articles, pamphlets, books, and full-text materials on the World Wide Web.

This list was developed to provide reliable nutrition information about weight loss, weight management, and obesity, and is not intended to provide specific medical advice. The Food and Nutrition Information Center (FNIC) urges consumers to consult with a qualified physician or Registered Dietitian (RD) for answers to individual questions.

Materials included in this list may also be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any materials on this list.

This Resource List is available from the FNIC's Web site at:

<http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

Each item has been placed in one or more of the following sections, and may be organized by resource type (e.g., book, brochure, Web site):

- A. Defining Overweight and Obesity
  - 1. Definitions
  - 2. Trends, Statistics, and Costs
- B. Health Effects of Overweight and Obesity
- C. Resources for Weight Management
  - 1. General Resources
  - 2. Interactive Weight Management Tools
  - 3. Evaluating Popular Diets and Weight Loss Methods
  - 4. Supervised Approaches to Weight Loss
- D. Weight Management Resources for Children and Adolescents

## A. Defining Overweight and Obesity

### 1. Definitions

#### **BMI – Body Mass Index**

Department of Health and Human Services (DHHS), Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion

**Web site:** <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

**Description:** Provides a definition for BMI as well as separate BMI calculators for adults and for children and teens. Additional nutrition, weight and health resources are also available.

#### **Defining Overweight and Obesity**

DHHS, CDC, National Center for Chronic Disease Prevention and Health Promotion

**Web site:** <http://www.cdc.gov/nccdphp/dnpa/obesity/defining.htm>

**Description:** Discusses obesity and obesity measures while detailing dangers and risks. Defines overweight and obesity for adults, children and teens.

#### **Obesity**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/obesity/DS00314/DSECTION=1>

**Description:** Comprehensive overview of obesity discussing causes, treatment and prevention.

#### **Overweight, Obesity & Weight Management**

International Food Information Council Foundation, *2007-2009 IFIC Foundation Media Guide on Food Safety and Nutrition*, Chp. 5

**Full text** (PDF|416 KB): <http://www.ific.org/nutrition/obesity/upload/obesitybackgrounder.pdf>

**Description:** Discusses scope of overweight and obesity in the U.S., measurements, health implications, and provides strategies for healthful weight management.

#### **Weight-control Information Network**

DHHS, National Institutes of Health (NIH), National Institute for Diabetes and Digestive and Kidney Diseases (NIDDK)

**Web site:** <http://win.niddk.nih.gov/index.htm>

**Description:** Provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

#### **Ordering Information:**

The Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 1-877-946-4627 Fax: 202-828-1028

Publications Order Form: <http://win.niddk.nih.gov/order/orderpub.htm>

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)



### **Obesity, Physical Activity, and Weight Control Glossary**

**Full text:** <http://win.niddk.nih.gov/publications/glossary.htm>

**Description:** Defines words that are often used when people talk or write about obesity, physical activity, and weight control.

### **Understanding Adult Obesity**

**Full text:** <http://win.niddk.nih.gov/publications/understanding.htm>

**Description:** Provides definitions of overweight and obesity including BMI and body fat distribution. Also discusses possible causes, health consequences, prevention and treatment of overweight and obesity.

### **Weight and Waist Measurement: Tools for Adults**

**Full text:** <http://win.niddk.nih.gov/publications/tools.htm>

**Description:** Explains how to measure BMI and waist circumference, and what these measures mean for your health.

### **What Are Overweight and Obesity?**

DHHS, NIH, National Heart, Lung and Blood Institute

**Web site:** [http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe\\_whatare.html](http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe_whatare.html)

**Description:** Defines overweight and obesity, and discusses possible causes, risks associated with overweight and obesity, and treatment and prevention.

## **2. Trends, Statistics, and Costs**

### **Americans Consume Too Many Calories from Solid Fat, Alcohol, and Added Sugar**

U.S. Department of Agriculture (USDA), Center for Nutrition Policy and Promotion

*Nutrition Insight* 33, June 2006.

**Full text** (PDF|47 KB): <http://www.cnpp.usda.gov/Publications/NutritionInsights/Insight33.pdf>

**Description:** Describes the amounts of discretionary calories (from all sources of solid fat, alcohol, and added sugar) consumed by Americans.

### **The Contribution of Expanding Portion Sizes to the US Obesity Epidemic**

Lisa R. Young, PhD, RD and Marion Nestle, PhD, MPH

*American Journal of Public Health*, 92(2):246-250, 2002.

**Full text** (PDF|141 KB): <http://steinhardt.nyu.edu/nutrition.olde/PDFS/young-nestle.pdf>

**Description:** Examines what role "super sized" portions play in the current obesity epidemic.

### **From Wallet to Waistline: The Hidden Costs of Super Sizing**

National Alliance for Nutrition and Activity (NANA)

**Full text** (PDF|184 KB): <http://www.cspinet.org/w2w.pdf>

**Description:** Summarizes the true costs of super sizing portions and focuses on the fact that bigger is not necessarily better. Nutrient analysis tables are also included in this article.



## **Obesity Statistics**

The Obesity Society

**Web site:** <http://www.obesity.org/statistics/>

**Description:** Links to data on obesity trends, estimated adult obesity-attributable percentages and expenditures by state, and a funding table that demonstrates how much money goes to obesity research (compared to research on other diseases) from the National Institutes of Health.

## **Overweight and Obesity: Economic Consequences**

DHHS, CDC, National Center for Chronic Disease Prevention and Health Promotion

**Web site:** [http://www.cdc.gov/nccdphp/dnpa/obesity/economic\\_consequences.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/economic_consequences.htm)

**Description:** Provides data on direct and indirect financial cost of overweight and obesity at the State and National levels.

## **Overweight and Obesity – Statistics**

American Heart Association

**Full text** (PDF|415 KB):

<http://www.americanheart.org/downloadable/heart/1197994908531FS16OVR08.pdf>

**Description:** Compiles and lists overweight and obesity statistics based on current research and available data.

## **The Price is Right: Economics and the Rise in Obesity**

Jayachandran N. Variyam

USDA Economic Research Service, *AmberWaves*, February 2005.

**Full text:** <http://www.ers.usda.gov/amberwaves/february05/features/thepriceisright.htm>

**Description:** Discusses the effect that technological advances, declining food prices (between 1952 and 2003) and rising incomes have had on obesity rates in the U.S.

## **Statistics Related to Overweight and Obesity**

NIDDK, Weight-control Information Network

**Web site:** <http://win.niddk.nih.gov/statistics/>

**Description:** Provides statistics related to the prevalence, economic costs, and health related risks of overweight and obesity.

## **U.S. Obesity Trends 1985-2007**

DHHS, CDC, National Center for Chronic Disease Prevention and Health Promotion

**Web site:** <http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm>

**Description:** Shows the increase in U.S. obesity rates by state and by year in a series of Power Point slides. Slides provide a visual image of the increased prevalence of obesity across each of the states.



## **Weighing In On Obesity**

*Food Review*, Vol. 25, Issue 3, Winter 2002.

**Full text:** <http://www.ers.usda.gov/publications/foodreview/dec2002/>

**Description:** Looks at the economics of obesity in a series of articles about the American diet, caloric intake and its relationship to obesity, and misperceptions about weight status.

## **B. Health Effects of Overweight and Obesity**

### **The Health Risks of Obesity: Worse than Smoking, Drinking, or Poverty**

RAND Research Brief (RB-4549), 2002.

**Full text:** <http://www.rand.org/publications/RB/RB4549/>

**Description:** Summarizes research done by RAND Health examining the comparative effects of obesity, smoking, heavy drinking and poverty on public health issues.

### **Obesity Among Older Americans**

Georgetown University, Center on an Aging Society

Data Profile Number 10, July 2003.

**Full text:** <http://hpi.georgetown.edu/agingsociety/pubhtml/obesity2/obesity2.html>

**Description:** Discusses specific chronic illnesses and health issues associated with obesity among the older population.

### **Obesity and Disability: The Shape of Things to Come**

RAND Health Research Highlights (RB-9043-1), 2007.

**Full text:** [http://www.rand.org/pubs/research\\_briefs/RB9043-1/index1.html](http://www.rand.org/pubs/research_briefs/RB9043-1/index1.html)

**Description:** Highlights the link between obesity and other chronic diseases, including increased disability rates, and reviews the health care costs related to obesity.

### **Obesity Fact Sheets**

The Obesity Society

**Web site:** <http://www.obesity.org/information/factsheets.asp>

**Description:** Provides information regarding the health impacts of obesity. Specific fact sheets on health-related outcomes include:

- Obesity and Diabetes: [http://www.obesity.org/information/diabetes\\_obesity.asp](http://www.obesity.org/information/diabetes_obesity.asp)
- Obesity and Cancer: [http://www.obesity.org/information/cancer\\_obesity.asp](http://www.obesity.org/information/cancer_obesity.asp)
- Obesity, Bias and Stigmatization:  
[http://www.obesity.org/information/weight\\_bias.asp](http://www.obesity.org/information/weight_bias.asp)



## **Weight-control Information Network**

DHHS, NIH, National Institute for Diabetes and Digestive and Kidney Diseases (NIDDK)

**Web site:** <http://win.niddk.nih.gov/index.htm>

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Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

### **Do You Know the Health Risks of Being Overweight?**

**Full text:** [http://win.niddk.nih.gov/publications/health\\_risks.htm](http://win.niddk.nih.gov/publications/health_risks.htm)

**Description:** Provides information about the health risks which may be increased by overweight and obesity.

### **Weight Cycling**

**Full text:** <http://www.niddk.nih.gov/health/nutrit/pubs/wcycling.htm>

**Description:** Discusses the myths and realities of repeated weight loss and regain.

## **What Are the Health Risks of Overweight and Obesity?**

DHHS, NIH, National Heart, Lung and Blood Institute

**Web site:** [http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe\\_risks.html](http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe_risks.html)

**Description:** Reviews overweight and obesity-related health problems in adults, as well as children and teens.

## **C. Resources for Weight Management**

### **1. General Resources**

#### **Books**

#### **365 Days of Healthy Eating From the American Dietetic Association**

Roberta Larson Duyff, MS, RD, FADA, CFCS

Hoboken, NJ: John Wiley & Sons, Inc., 2004, 256 pp.

**ISBN:** 0471442216

**Description:** Provides daily tips, hints and strategies for healthy eating and active living.



### **American Dietetic Association Complete Food and Nutrition Guide, 3<sup>rd</sup> Edition**

Roberta Larson Duyff, MS, RD, FADA, CFCS  
Hoboken, NJ: John Wiley & Sons, Inc., 2006, 678 pp.

**ISBN:** 9780470048429

**NAL Call Number:** RA784 .D89 2006

**Description:** Addresses healthy eating guidelines and strategies for adults, teens, and children. Includes chapters on food intolerance and allergies, vegetarian eating, athletics and nutrition, and dietary supplements. Discusses how to spot health quackery and when to seek the advice of a nutrition professional.

### **The Calorie Counter, 4<sup>th</sup> edition**

Annette B. Natow, PhD, RD, and Jo-Ann Heslin, MA, RD  
New York: Pocket Books, 2007, 673 pp.

**ISBN:** 1-4165-0982-8

**Description:** Provides calorie counts for more than 20,000 foods, including over 600 take-out foods and 97 restaurant chains. Introductory text offers information on energy (calorie) needs and portion control.

### **The Complete Food Counter, 3<sup>rd</sup> edition**

Annette B. Natow, PhD, RD, and Jo-Ann Heslin, MA, RD  
New York: Pocket Books, 2009, 722 pp.

**ISBN:** 1-4165-6666-X

**Description:** Provides nutrient values, including calories, fat, cholesterol, protein, carbohydrates, fiber, and sodium, for over 17,000 foods. Introductory text offers information on how to adequately eat or limit each of the above nutrients.

### **Dieting for Dummies, 2<sup>nd</sup> Edition**

Jane Kirby, RD, and the American Dietetic Association  
Indianapolis, IN: Wiley Publishing, Inc., 2004, 358 pp.

**ISBN:** 0764541498

**Description:** Offers weight-loss strategies, methods to cope with cravings, tools to evaluate popular diets and weight-loss medications, and tips for eating healthfully at home and in restaurants.

### **Dr. Jo's Dining Lean: How to Eat Healthy When You're Not at Home, 3<sup>rd</sup> Edition**

Joanne V. Lichten, PhD, RD  
Marietta, GA: Nutrifit Publishing, 2007, 299 pp.

**ISBN:** 1880347504

**Description:** Teaches how to find, order, and eat healthful food items when dining out by providing portion control tips for meals and snacks, and examining a variety of ethnic cuisines for more healthful options. The final section provides calorie, fat, sodium, and fiber content for foods at 67 popular restaurant chains.



**Eating On the Run, 3<sup>rd</sup> Edition**

Evelyn Tribole, MS, RD

Champaign, IL: Human Kinetics, 2004, 215 pp.

**ISBN:** 0736046089

**NAL Call Number:** RA784 .T75 2004

**Description:** Offers tips, including shopping strategies, menu selection techniques, and how to choose healthful food on the road, for fitting healthy meals and snacks into a busy schedule. Also provides meal ideas and a fast food nutrition facts chart.

**Eat Out, Eat Right: The Guide to Healthier Restaurant Eating, 3<sup>rd</sup> Edition**

Hope Warshaw, MMSc, RD, CDE

Chicago, IL: Surrey Books, 2008, 284 pp.

**ISBN:** 1572840927

**Description:** Provides an overview of restaurant eating habits and introduces skills and strategies that can be used at any restaurant to make healthier choices. Includes nutrition information for a variety of restaurant foods and cuisines, and offers tips for decoding “menu lingo.”

**A Healthier You: Based on the Dietary Guidelines for Americans**

U.S. Department of Health and Human Services

Washington, DC: Government Printing Office, 2005, 355 pp.

**ISBN:** 0160725259

**NAL Call Number:** TX360.U6 H43 2005

**Description:** Reviews key concepts from the *Dietary Guidelines* and provides user-friendly tips for following the *Dietary Guidelines* recommendations. Also contains worksheets, sample eating plans, shopping lists, and recipes. The *Dietary Guidelines for Americans, 2005* is re-printed in full at the end of the book.

**Ordering Information:**

U.S. Government Printing Office

P.O. Box 979050

St. Louis, MO 63197-9000

Phone: 866-512-1800

Web site: <http://bookstore.gpo.gov>

**Intuitive Eating: A Revolutionary Program That Works**

Evelyn Tribole, MS, RD, and Elyse Resch, MS, RD, FADA

New York: St. Martin's Press, 2003, 284 pp.

**ISBN:** 0312321236

**NAL Call Number:** RM222.2 .T717 2003

**Description:** Encourages thoughtful eating behaviors, such as eating when hungry and challenging the traditional “dieting” mentality, to reach weight loss or maintenance goals.



**Joy's LIFE Diet: Four Steps to Thin Forever**

Joy Bauer, MS, RD, CDN

New York: HarperCollins, 2009, 317 pp.

**ISBN:** 9780061665745

**Description:** Guides weight loss efforts based on four steps: “release” old habits, “relearn” how to eat healthfully, “reshape” an eating plan, and “reveal” weight-loss success. Provides menus and recipes.

**Mayo Clinic Healthy Weight for Everybody**

Donald Hensrud, MD (Editor), and the Mayo Clinic

Rochester, MN: Mayo Clinic Health Information, 2005, 319 pp.

**ISBN:** 1893005348

**NAL Call Number:** RA784.M375

**Description:** Describes weight-loss techniques that formerly overweight patients and their Mayo Clinic doctors have used and have found to be successful over the long run. The information in this book is based on Mayo Clinic's Healthy Weight Pyramid, which serves as a foundation for weight loss and weight maintenance.

**Mindless Eating: Why We Eat More Than We Think**

Brian Wansink, PhD

New York: Bantam Dell, 2006, 292 pp.

**ISBN:** 978-0-553-38448-2

**Description:** Discusses why, how much, and what people are eating—often without realizing it. Provides “reengineering strategies” to help curb mindless eating behaviors. Appendices compare popular diet plans and give tips for “defusing your diet danger zones.”

**No-Fad Diet: A Personal Plan for Healthy Weight Loss**

American Heart Association

New York: Clarkson Potter, 2005, 445 pp.

**ISBN:** 1400051592

**NAL Call Number:** RM222.2 .N64 2005

**Description:** Promotes a personalized approach to weight-loss planning based on three key concepts: think smart, eat well, and move more. Provides menus for three calorie levels, as well as recipes and several appendices.

**The Perfect Recipe for Losing Weight & Eating Great**

Pam Anderson

New York: Houghton Mifflin, 2008, 308 pp.

**ISBN:** 0618835962

**Description:** Includes healthy recipes inspired by the author's own successful weight loss and maintenance. Recipes offer estimated calorie counts per serving.



**Real Solutions Weight Loss Workbook**

Toni Piechota, MS, RD

American Dietetic Association, 2004, 50 pp.

**ISBN:** 0880913231

**NAL Call Number:** RM222.2.P497

**Description:** Guides people seeking to lose weight or maintain weight loss by incorporating principles of behavior modification. Includes meal patterns, calorie tables, food record forms, and sample contracts.

**Small Changes, Big Results: A 12-Week Action Plan to a Better Life**

Ellie Krieger, MS, RD, with Kelly James-Enger

New York: Three Rivers Press, 2005, 256 pp.

**ISBN:** 0307335879

**Description:** Introduces small changes each week in three core areas—diet and nutrition, fitness, and emotional wellness—that can lead to a healthier life. Introduces the concept of “usually,” “sometimes,” and “rarely” foods.

**So What Can I Eat?!: How to Make Sense of the New Dietary Guidelines for Americans and Make Them Your Own**

Elisa Zied, MS, RD, with Ruth Winter, MS

Hoboken, NJ: John Wiley & Sons, Inc., 2006, 212 pp.

**ISBN:** 0471772011

**NAL Call Number:** TX360. U6Z54 2006

**Description:** Provides guidance for creating a healthful eating plan using principles from the *Dietary Guidelines for Americans* and the MyPyramid Food Guidance System. Chapter 4 is devoted to recommendations and tips for “Moving toward a Healthier Weight,” while Part Two provides sample menus and recipes.

**The Step Diet Book: Count Steps, Not Calories, to Lose Weight and Keep It Off Forever**

James O. Hill, PhD, John C. Peters, PhD, and Bonnie T. Jortberg, MS, RD

New York: Workman Publishing Company, 2004, 282 pp.

**ISBN:** 0761133240

**Description:** Uses the principle of energy balance to emphasize how making small changes, like reducing portion size and counting daily steps (when walking), can lead to lasting weight loss. Includes a pedometer.

**Thin for Life: 10 Keys to Success From People Who Have Lost Weight and Kept It Off**

Anne M. Fletcher, MS, RD

New York: Houghton Mifflin, 2003, 415 pp.

**ISBN:** 0618340556

**Description:** Based on personal success stories and findings from the National Weight Control Registry (a study of people who have maintained weight loss), as well as other scientific research, the author shares secrets for weight management from the “masters” at weight control. Also features recipes and additional resources.



## **The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories**

Barbara Rolls, PhD

New York: HarperCollins, 2005, 317 pp.

**ISBN:** 0060737301

**Description:** Shows how to select foods that provide satisfying portions while still allowing people to feel full on fewer calories. Includes 125 recipes, as well as charts and a starter menu plan.

## **The Way To Eat**

David L. Katz, MD, MPH, and Maura Gonzalez, MS, RD

Naperville, IL: Sourcebooks, Inc., 2002, 336 pp.

**ISBN:** 1-4022-0264-4

**Description:** Encourages lifelong weight control that supports good health and enjoyment of food. Provides strategies for behavior change and making healthy food choices. Sample meal plans, recipe tips, shopping guides, and cooking techniques are incorporated.

## **Brochures, Booklets, and Tools**

### **Aim for a Healthy Weight**

DHHS, NIH, National Heart, Lung and Blood Institute (NHLBI)

NHLBI Publication No. 05-5213

**Web site:** [http://www.nhlbi.nih.gov/health/public/heart/obesity/aim\\_hwt.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.htm)

**Description:** Contains practical, easy-to-use information for losing and maintaining weight, including tips on healthy eating and physical activity, setting weight loss goals, and rewarding success. Also includes portion and serving size information, sample reduced calorie menus, tips on dining out, a sample walking program, and a weekly food and activity diary.

#### **Ordering Information:**

NHLBI Health Information Center

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: 301-592-8573 Fax: 240-629-3246

Email: [NHLBIinfo@nhlbi.nih.gov](mailto:NHLBIinfo@nhlbi.nih.gov)

Web site: <http://www.nhlbi.nih.gov/index.htm>

### **Drawing the Line on Calories, Carbs, and Fats**

Roberta Schwartz Wennik, MS, RD

**Web site:** <http://www.advantagediets.com/drawingtheline.htm>

**Description:** Allows users to track food intake and exercise by connecting a series of dots (“drawing the line”), rather than writing down all foods eaten. Available for purchase in hard copy, downloadable eBook, and DVD from the Web site.

**Online Ordering:** <http://www.advantagediets.com/buynow.htm>



### **Finding Your Way to a Healthier You: Based on the *Dietary Guidelines for Americans***

Department of Health and Human Services, U.S. Department of Agriculture

**Full text:** <http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>

**Description:** A 12-page brochure based on the *Dietary Guidelines for Americans, 2005* that highlights how to make smart food choices, balance food and physical activity, and get optimal nutrition.

### **Mayo Clinic Wellness Solutions for Weight Loss**

MayoClinic.com Bookstore, Mayo Foundation for Medical Education and Research

**Description:** Ninety-eight minute DVD video demonstrates how to lose weight and keep it off by combining conventional and alternative methods.

**Ordering Information:**

Mayo Clinic Bookstore

P.O. Box 3301

Big Sandy, TX 75755-9343

Phone: 1-800-291-1128

E-mail: [customerservice@mayopublications.com](mailto:customerservice@mayopublications.com)

**Online Ordering:** <http://bookstore.mayoclinic.com/products/bookDetails.cfm?mpid=50>

### **Watch Your Weight! ¡Cuide Su Peso!**

DHHS, NIH, National Heart, Lung and Blood Institute (NHLBI)

NHLBI Publication No. 96-4047

**Full text:** [http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_wt.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_wt.htm)

**Description:** Written especially for Latino families, these bilingual booklets (English and Spanish) describe healthy dietary changes people can make to reduce their risk of having a heart attack or stroke.

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Publications Order Form: <http://win.niddk.nih.gov/order/orderpub.htm>

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

### **Active at Any Size**

**Full text:** <http://win.niddk.nih.gov/publications/active.htm>

**Description:** Encourages physical activity for individuals of any size. Suggested physical activities and safety tips are provided, as well as resources to get started.



### **Better Health and You: Tips for Adults**

**Full text:** [http://win.niddk.nih.gov/publications/better\\_health.htm](http://win.niddk.nih.gov/publications/better_health.htm)

**Description:** Provides tips for eating right and being active to help individuals reach or maintain a healthy weight.

### **Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida (Healthy Eating & Physical Activity Across Your Lifespan)**

**Full text:** [http://win.niddk.nih.gov/publications/para\\_adultos.htm](http://win.niddk.nih.gov/publications/para_adultos.htm)

**Description:** Discusses how eating well and physical activity contribute to healthy living.

### **Improving Your Health: Tips for African American Men and Women**

**Full text:** <http://win.niddk.nih.gov/publications/improving.htm>

**Description:** Provides tips for making changes to physical activity and eating habits that can improve health.

### **Just Enough For You: About Food Portions**

**Full text:** [http://win.niddk.nih.gov/publications/just\\_enough.htm](http://win.niddk.nih.gov/publications/just_enough.htm)

**Description:** Discusses the difference between portions and serving sizes, and shows how to identify serving sizes by comparing them to everyday objects.

### **Physical Activity and Weight Control**

**Full text:** <http://win.niddk.nih.gov/publications/physical.htm>

**Description:** Discusses the importance of physical activity and provides tips for a safe physical activity program.

### **Sisters Together: Move More, Eat Better**

- Energize Yourself & Your Family

**Full text:** <http://win.niddk.nih.gov/publications/energize.htm>

- Fit and Fabulous as You Mature

**Full text:** <http://win.niddk.nih.gov/publications/mature.htm>

**Description:** Sisters Together: Move More, Eat Better is a national media-based program designed to encourage African American women 18 and over to maintain a healthy weight by becoming more physically active and eating healthier foods.

### **Weight-loss and Nutrition Myths: How Much Do You Really Know?**

**Full text:** <http://win.niddk.nih.gov/publications/myths.htm>

**Description:** Provides information about the myths and realities of weight loss in an easy to follow question and answer format.

### **Weight Loss for Life**

**Full text:** [http://win.niddk.nih.gov/publications/for\\_life.htm](http://win.niddk.nih.gov/publications/for_life.htm)

**Description:** Gives an overview of overweight, the types of programs available for weight loss, portion size, and other weight control strategies.



## Web Sites

### **Aim for a Healthy Weight: Information for Patients and the Public**

DHHS, NIH, NHLBI, Obesity Education Initiative

**Web site:** [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/patmats.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/patmats.htm)

**Description:** Summarizes key recommendations for weight loss, and allows users to assess their risk factors related to overweight or obesity. Also provides links to physical activity and behavior change guides, shopping tips, recipes, sample menus and a daily food diary to help people get started.

### **Belly Fat in Men: What You Need to Know**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/belly-fat/MC00054>

**Description:** Discusses health risks linked to excess abdominal fat in men.

### **Belly Fat In Women: How to Keep It Off**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/belly-fat/WO00128>

**Description:** Examines the risks of abdominal obesity in women, and provides lifestyle tips and targeted abdominal exercises to help flatten the belly and tone the abdominal muscles.

### **Diet & Nutrition**

American Heart Association

**Web site:** <http://www.americanheart.org/presenter.jhtml?identifier=1200010>

**Description:** Provides links to information on dietary fats, healthy recipes, nutrition facts, diet recommendations, and grocery shopping. Also links to an overview of the American Heart Association's *No-Fad Diet* book and related information.

### **Energy Density and Weight Loss: Feel Full on Fewer Calories**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/weight-loss/NU00195>

**Description:** Explains the concept of energy density and provides tips for choosing foods that can help people feel full on fewer calories.

### **How Can I Manage My Weight?**

American Heart Association

**Web site:** <http://www.americanheart.org/presenter.jhtml?identifier=3004970>

**Description:** Downloadable information sheet provides advice on how to reach and maintain a healthy weight.

### **Lose Weight the Healthy Way**

American Institute for Cancer Research

**Web site:** [http://www.aicr.org/site/PageServer?pagename=dc\\_oo\\_weight](http://www.aicr.org/site/PageServer?pagename=dc_oo_weight)

**Description:** Provides a three-step approach to losing weight. Also includes a serving size finder to help control portion sizes.



## **Losing Weight: Start By Counting Calories**

Linda Bren

*FDA Consumer Magazine*, January-February 2002 (revised April 2004)

**Full text:** [http://www.fda.gov/fdac/features/2002/102\\_fat.html](http://www.fda.gov/fdac/features/2002/102_fat.html)

**Description:** Provides an overview of components involved in weight loss, including a section on prescription weight loss drugs.

## **The New American Plate**

American Institute for Cancer Research

**Web site:** [http://www.aicr.org/site/PageServer?pagename=pub\\_nap\\_index\\_21](http://www.aicr.org/site/PageServer?pagename=pub_nap_index_21)

**Description:** Gives a graphic representation of a healthy portion and plate of food, and invites comparison to people's current proportion of foods and portion sizes on their own plates. Sample menus and recipes are also included.

**Online Ordering** (brochures and health aids):

[http://www.aicr.org/site/PageServer?pagename=pub\\_nap\\_materials](http://www.aicr.org/site/PageServer?pagename=pub_nap_materials)

## **Nutrition.gov**

U.S. Department of Agriculture, U.S. Department of Health and Human Services

**Web site:** <http://www.nutrition.gov>

**Description:** Serves as a gateway to reliable information on nutrition, healthy eating, and physical activity for consumers in the effort to reduce obesity and other food-related diseases. Offers an online article, "Interested in Losing Weight?", that reviews resources and hints for getting started; article is available at <http://www.nutrition.gov/losingweight>.

## **Obesity and Weight Loss**

DHHS, National Women's Health Information Center

**Web site:** <http://womenshealth.gov/faq/weightloss.htm>

**Description:** Addresses health effects of being overweight or obese and gives tips for improving diet and increasing physical activity. Also discusses surgical options for weight loss and how to keep children healthy.

## **Obesity Education Initiative: Tip Sheets**

DHHS, NIH, NHLBI, Obesity Education Initiative

**Web site:** [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/ob\\_tips.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/ob_tips.htm)

**Description:** Provides links to various tip sheets including:

**Eating Healthy Starts With Healthy Food Shopping:**

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/shop.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/shop.htm)

**Eating Healthy When Dining Out:**

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/dine\\_out.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/dine_out.htm)

**Eating Healthy With Ethnic Food:**

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/eth\\_dine.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eth_dine.htm)

**Fat Matters, But Calories Count:**

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/cal\\_cnt.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/cal_cnt.htm)



## Shape Up!

Shape Up America! Healthy Weight for Life

**Web site:** [http://shapeup.org/shape/index\\_shape.php](http://shapeup.org/shape/index_shape.php)

**Description:** Aims to raise obesity awareness and provide information for healthy weight management. Provides links to allow users to assess their activity level, flexibility, and endurance, as well as links to other topic areas including “Breakfast Benefits,” “Cyberkitchen,” and “10,000 Steps.”

## Weight Gain After Menopause

Mayo Clinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/invoke.cfm?id=HQ01076&printpage=true>

**Description:** Describes physical changes that occur during menopause and ways to maintain a healthy weight and a realistic acceptance of inevitable body changes.

## Weight Management -- Strategies for Success

American Dietetic Association

**Web site:** [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_5417\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_5417_ENU_HTML.htm)

**Description:** Details five common sense ways to manage weight for long-term success.

## What You Should Know Before You Start a Weight Loss Plan

American Academy of Family Physicians

**Web site:** <http://familydoctor.org/online/famdocen/home/healthy/food/improve/788.html>

**Spanish:** <http://familydoctor.org/online/famdoces/home/healthy/food/improve/788.html>

**Description:** Discusses the importance of consulting with a doctor before starting a weight loss plan, and provides tips on getting active.

## 2. Interactive Weight Management Tools

### America On the Move

America On the Move Foundation

**Web site:** <http://aom.americaonthemove.org>

**Description:** Allows users to keep track of their physical activity (steps) and dietary progress.

### BMI – Body Mass Index Calculator

DHHS, CDC, National Center for Chronic Disease Prevention and Health Promotion

**Web site:** <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

**Description:** Calculates body mass index (BMI) for adults, children and teens in both English and Metric measurements.



### **Cyberkitchen**

Shape Up America

**Web site:** <http://www.shapeup.org/atmstd/kitchen/page0.php>

**Description:** Shows how to balance food intake with physical activity. Also provides information on how to achieve and maintain a healthy weight through interactive assessment, meal planning, and recipes.

### **Healthy Body Calculator**

Ask the Dietitian - Joanne Larsen, MS, RD, LD

**Web site:** <http://www.dietitian.com/calcbody.php>

**Description:** Calculates body mass index (BMI), and provides information on nutrient composition, body shape, and corresponding disease risk. This Web site also gives personalized suggested activities for weight loss.

### **HealthyDiningFinder.com**

Healthy Dining

**Web site:** <http://www.healthydiningfinder.com>

**Description:** Searches for healthier meals at restaurants ranging from fast food to fine dining. Corresponding nutrition information such as calories, fat, and sodium is also provided.

### **How Active Are You? Calorie Calculator**

Center for Science in the Public Interest

**Web site:** [http://www.cspinet.org/nah/09\\_03/calorie\\_calc.html](http://www.cspinet.org/nah/09_03/calorie_calc.html)

**Description:** Determines a targeted calorie intake determined by a person's gender, age, height, weight and activity level.

### **Interactive Menu Planner**

DHHS, NIH, NHLBI, Obesity Education Initiative

**Web site:** <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

**Description:** Guides daily food and meal choices based on a person's daily calorie needs.

### **Make Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management**

Food and Drug Administration (FDA), Center for Food Safety and Applied Nutrition

**Web site:** <http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

**Description:** Interactive learning program that provides users with information to help plan a healthful diet while managing calorie intake.

### **The Mayo Clinic Healthy Weight Pyramid Tool**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/weight-loss/NU00595>

**Description:** An online tool to help people manage their weight and improve their health. The pyramid emphasizes low energy density high volume foods and focuses on increasing intakes of fruits and vegetables.



## **MyPyramid.gov**

USDA, Center for Nutrition Policy and Promotion

**Web site:** <http://www.mypyramid.gov>

**Spanish:** <http://www.mypyramid.gov/sp-index.html>

**Description:** MyPyramid replaces the old Food Guide Pyramid; it incorporates recommendations from the *Dietary Guidelines for Americans, 2005*, and offers personalized eating plans, interactive tools to help users plan food choices, and advice on how to balance food and physical activity. The following resources are also included:

- **MyPyramid Menu Planner:** <http://www.mypyramidtracker.gov/planner/launchPage.aspx>  
An interactive Web tool where users can plan food choices and menu items to meet MyPyramid goals.
- **MyPyramid Plan:** <http://www.mypyramid.gov/mypyramid/index.aspx>  
Receive a customized food guide based on age, sex, weight, height and physical activity.
- **MyPyramid Tracker:** <http://www.mypyramidtracker.gov/>  
An online dietary and physical activity assessment tool.

## **Nutriinfo eTools**

Nutriinfo.com, Minu Interactive, Inc.

**Web site:** <http://www.nutriinfo.com/etools/etools.jsp>

**Description:** Calculates body mass index, waist-to-hip ratio, daily caloric needs, and calories burned during exercise. Each tool provides information about health status and weight loss goals. eTools are free to download.

## **Portion Distortion**

DHHS, NIH, National Heart, Lung and Blood Institute

**Web site:** <http://hp2010.nhlbihin.net/portion/>

**Description:** Interactive Web site with two quizzes to compare portion sizes now and 20 years ago.

## **SmallStep.gov**

U.S. Department of Health and Human Services

**Web site:** <http://www.smallstep.gov/>

**Spanish:** [http://www.smallstep.gov/esp\\_index.cfm](http://www.smallstep.gov/esp_index.cfm)

**Description:** Stories, newsletter, tips and recipes geared to helping people manage their weight and body image. Includes the Small Step Activity Tracker that allows users to set physical activity goals and track progress.

## **USDA National Nutrient Database for Standard Reference**

USDA, Agricultural Research Service, Nutrient Data Laboratory

**Web site:** <http://www.nal.usda.gov/fnic/foodcomp/search/>

**Description:** Provides detailed nutrient analysis for over 7,200 foods.



### 3. Evaluating Popular Diets and Weight Loss Methods

#### Books

##### **Internet Guide to Medical Diets and Nutrition**

Lillian R. Brazin, MS, AHIP

Binghamton, NY: Haworth Press, Inc., 2006, 141 pp.

**ISBN:** 0789023598

**NAL Call Number:** RM217.B75 2006

**Description:** Provides resources to help consumers evaluate internet sources of information on diet and nutrition. Includes chapters on Web sites that address general diet and nutrition, health assessment, weight loss, and nutrition for medical conditions.

#### Brochures, Booklets, and Tools

##### **Losing Weight Safely**

Food and Drug Administration (FDA)

**Full text** (PDF|277 KB): <http://www.fda.gov/opacom/lowlit/weightls.pdf>

**Spanish** (PDF|397 KB): <http://www.fda.gov/opacom/lowlit/sweghtls.pdf>

**Description:** Explains how to lose weight safely, warns about diets that promise quick and easy weight loss, discusses use of diet pills, and provides questions to ask before signing up for a weight loss program.

##### **Red Flag Bogus Weight Loss Claims**

Federal Trade Commission

**Web site:** <http://www.ftc.gov/bcp/online/edcams/redflag/index.html>

**Spanish:** <http://www.ftc.gov/bcp/online/edcams/redflag/espanol/index.html>

**Description:** Designed as a reference guide for the media, this brochure lists examples of false weight loss claims the consumer can look out for.

##### **Weight-control Information Network**

DHHS, NIH, National Institute for Diabetes and Digestive and Kidney Diseases

**Web site:** <http://win.niddk.nih.gov/index.htm>

**Description:** Provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

##### **Ordering Information:**

The Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 1-877-946-4627 Fax: 202-828-1028

Publications Order Form: <http://win.niddk.nih.gov/order/orderpub.htm>

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)



### **Choosing a Safe and Successful Weight-loss Program**

**Full text:** <http://win.niddk.nih.gov/publications/choosing.htm>

**Description:** Provides guidance about speaking to your health care professional about weight loss and gathering the best information before choosing a program.

### **Weight Cycling**

**Full text:** <http://win.niddk.nih.gov/publications/cycling.htm>

**Description:** Discusses the myths and realities of repeated weight loss and regain.

### **Weight-loss and Nutrition Myths: How Much Do You Really Know?**

**Full text:** <http://www.niddk.nih.gov/health/nutrit/pubs/myths/index.htm>

**Description:** Provides information about the myths and realities of weight loss in an easy to follow question and answer format.

### **Weight Loss: Finding a Weight Loss Program that Works for You**

The Partnership for Healthy Weight Management

**Full text** (PDF|2.2 MB): <http://www.ftc.gov/bcp/edu/pubs/consumer/health/hea05.pdf>

**Description:** Assists in choosing weight loss products and programs. Provides forms for assessing risks and weight loss services.

## **Web Sites**

### **Ask the Dietitian: Nutrition Information on the Internet**

Cleveland Clinic Heart and Vascular Institute

**Web site:** [http://my.clevelandclinic.org/heart/prevention/askdietician/ask7\\_01.aspx](http://my.clevelandclinic.org/heart/prevention/askdietician/ask7_01.aspx)

**Description:** Provides strategies for deciphering between a science-based Web site and a less reliable—or even fraudulent—one.

### **Consumer Diet and Lifestyle Book Reviews**

American Dietetic Association

**Web site:** [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_8815\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_8815_ENU_HTML.htm)

**Description:** Provides links to brief reviews of popular diet books by American Dietetic Association (ADA) spokespeople.

### **Facts for Consumers: Weighing the Evidence in Diet Ads**

Federal Trade Commission

**Web site:** <http://www.ftc.gov/bcp/edu/pubs/consumer/health/hea03.shtm>

**Description:** Gives examples of false claims consumers should look out for.



## **Making Good Decisions About the Diet: Weight Loss is Not Weight Maintenance**

George L. Blackburn, MD, PhD

*Cleveland Clinic Journal of Medicine*, 69(11):864-865, 2002.

**Full text** (PDF|376 KB): <http://www.ccjm.org/content/69/11/864.full.pdf+html>

**Description:** Addresses healthy, effective diets for weight loss and discusses the dangers of low carbohydrate diets.

## **Nutrition Fact Sheet: Popular Weight Loss Diets**

Northwestern University, Feinberg School of Medicine

**Web site:** <http://www.feinberg.northwestern.edu/nutrition/factsheets/fad-diets.html>

**Description:** Compares nutrient adequacy for several types of popular diets and discusses research findings about various popular diets. Find links to “Fad Diet Fact Sheets”

(evaluations of several types of popular diets) here:

<http://www.feinberg.northwestern.edu/nutrition/fact-sheets.html> .

## **Popular Diets Reviewed 2006**

American Dietetic Association

**Full text** (PDF|115 KB): [http://www.eatright.org/ada/files/Popular\\_Diets\\_Reviewed\\_2006.pdf](http://www.eatright.org/ada/files/Popular_Diets_Reviewed_2006.pdf)

**Description:** This 2006 Nutrition Fact Sheet provides brief reviews of popular diets by ADA media spokespeople.

## **Popular Diets Reviewed 2007**

American Dietetic Association

**Full text** (PDF|71 KB): [http://www.eatright.org/ada/files/Popular\\_Diets\\_Reviewed\\_2007.pdf](http://www.eatright.org/ada/files/Popular_Diets_Reviewed_2007.pdf)

**Description:** This 2007 Nutrition Fact Sheet provides brief reviews of popular diets by ADA media spokespeople.

## **Quick-Weight-Loss or Fad Diets**

American Heart Association

**Web site:** <http://www.americanheart.org/presenter.jhtml?identifier=4584>

**Description:** Overviews ways to spot fad diets, including discussion of the flaws of these types of diets.

## **4. Supervised Approaches to Weight Loss**

### **DISCLAIMER:**

People considering bariatric surgery (i.e., use of a band or staples to reduce the size of the stomach and/or restructuring of the digestive tract), medication, or a special diet (e.g., very low-calorie) for weight loss should first consult with a physician who can help them determine which, if any, of these methods are appropriate given their health and medical needs.



## Books

### **The Doctor's Guide to Weight Loss Surgery: How to Make the Decisions that Could Save Your Life**

Louis Flancbaum, MD, Deborah Flancbaum, and Erica Manfred  
New York: Bantam Dell, 2003, 250 pp.

**ISBN:** 0553382462

**Description:** Written by a doctor who performs bariatric surgery, this book discusses various types of weight loss surgeries including expectations, risks, care after surgery, and frequently asked questions. The appendix provides additional information and recipes geared especially for bariatric surgery patients.

### **Weight Loss Surgery for Dummies**

Marina Kurian, MD, FACS, Barbara Thompson, and Brian K. Davidson  
Hoboken, NJ: Wiley Publishing, Inc., 2005, 352 pp.

**ISBN:** 0764584472

**Description:** Discusses who should consider weight loss surgery, types of procedures, and provides input on selecting medical centers and surgical teams to achieve a desired result. Also gives tips for preparing meals and eating well post-operatively.

## Brochures, Booklets, and Tools

### **Weight-control Information Network**

DHHS, NIH, National Institute for Diabetes and Digestive and Kidney Diseases

**Web site:** <http://win.niddk.nih.gov/index.htm>

**Description:** Provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

#### **Ordering Information:**

The Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 1-877-946-4627 Fax: 202-828-1028

Publications Order Form: <http://win.niddk.nih.gov/order/orderpub.htm>

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

### **Bariatric Surgery for Severe Obesity**

**Full text:** <http://win.niddk.nih.gov/publications/gastric.htm>

**Description:** Reviews what the surgery entails, and discusses risks and benefits as well as the cost involved. Also provides additional resources.



### **Prescription Medications for the Treatment of Obesity**

**Full text:** <http://win.niddk.nih.gov/publications/prescription.htm>

**Description:** Discusses uses of specific types of medications, their benefits/risks, as well as who might benefit from the use of these medications. The pamphlet ends with a frequently asked questions section.

### **Very Low-calorie Diets**

**Full text:** [http://win.niddk.nih.gov/publications/low\\_calorie.htm](http://win.niddk.nih.gov/publications/low_calorie.htm)

**Description:** Discusses the uses and dangers of very low calorie diets (typically, less than 800 calories per day) for weight loss.

## **Web Sites**

### **Gastric Bypass Surgery: What Can You Expect?**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/gastric-bypass/HQ01465>

**Description:** Addresses the benefits and risks of gastric bypass surgery, as well as alternative weight-loss surgery options.

### **High Protein Diets**

American Heart Association

**Web site:** <http://216.185.112.5/presenter.jhtml?identifier=11234>

**Description:** A warning from the American Heart Association.

### **Over-the-Counter Weight-loss Pills: Do They Work?**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/weight-loss/HQ01160>

**Description:** A review of several non-prescription weight-loss pills (including herbal or dietary supplements)—the claims and pitfalls of weight-loss pills. Also discusses Alli, an over-the-counter pill approved for use by the Food and Drug Administration in 2007.

### **Weight-loss Drugs: Can a Prescription Help You Lose Weight?**

MayoClinic.com, Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/weight-loss-drugs/WT00013>

**Description:** Discusses potential uses of prescription weight-loss medications, and who may benefit from taking them. Advises people to discuss the potential benefits and risks with their doctor.

### **Weight-loss Options: Bariatric Surgery**

Obesity Action Coalition

**Web site:** <http://www.obesityaction.org/weightlosoptions/bariatricsurgery.php>

**Description:** Discusses types of weight-loss surgery, advantages and potential complications of each one, and advises careful consultation with a doctor before deciding whether surgery is the right option.



## **Weight-loss Options: Physician-supervised Weight-loss**

Obesity Action Coalition

**Web site:** <http://www.obesityaction.org/weightlosoptions/physiciansupervisedprograms.php>

**Description:** Reviews weight management options, including diet and behavior modification, medication, and referrals to related services, under the guidance of a physician.

## **Weight Loss Surgery**

MedlinePlus, National Library of Medicine

**Web site:** <http://www.nlm.nih.gov/medlineplus/weightlossurgery.html>

**Description:** Provides a brief overview of weight loss surgery, and gives links to overviews, news, and related issues.

## **D. Weight Management Resources for Children and Adolescents**

### **Books**

#### **If Your Child Is Overweight: A Guide for Parents, 3<sup>rd</sup> Edition**

Sharon M. Kosharek

Chicago, IL: American Dietetic Association, 2006, 52 pp.

**ISBN:** 9780880913621

**NAL Call Number:** RJ399.C6 K67 2006

**Description:** Assists parents and children ages 4-12 in making positive lifestyle changes that will improve their overall health and well-being.

#### **I'm, Like, So Fat! Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World**

Dianne Neumark-Sztainer, PhD

New York, NY: The Guildford Press, 2005, 317 pp.

**ISBN:** 1572309806

**NAL Call Number:** RJ506.E18 N48 2005

**Description:** Guides parents in how to encourage healthy eating and positive body image in teens.

#### **Overcoming Childhood Obesity**

Colleen A. Thompson, MS, RD and Ellen L. Shanley, MBA, RD, CDN

Boulder, CO: Bull Publishing Company, 2004, 232 pp.

**ISBN:** 9780923521783

**Description:** Outlines strategies for improving nutrition, decreasing reliance on fast foods, increasing physical activity, and eating together as a family. Helpful illustrations, charts, and tables are included.



### **A Parent's Guide to Childhood Obesity: A Roadmap to Health**

Sandra Hassink, MD

Elk Grove Village, IL: American Academy of Pediatrics, 2006, 256 pp.

**ISBN:** 1581101988

**Description:** Offers nutritional guidance, strategies for dealing with a variety of parenting challenges, and approaches for encouraging physical activity.

### **Your Child's Weight: Helping Without Harming**

Ellyn Satter, MS, RD, LCSW, BCD

Madison, WI: Kelcy Press, 2005, 472 pp.

**ISBN:** 0967118913

**NAL Call Number:** RJ206 .S288 2005

**Description:** Presents parents and caregivers with ways to improve a child's health status through positive behavior changes.

## **Brochures, Booklets, and Tools**

### **Fitness, Food and a Healthy Weight for Your Child**

Channing Bete Company, Inc.

**Description:** Encourages parents to engage in physical activity and healthy eating behaviors with their families.

**Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

**Online ordering:** <http://www.channing-bete.com/>

### **Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents**

American Dietetic Association

**Full Text:**

[http://www.wellpoint.com/commitments/healthy\\_habits\\_for\\_healthy\\_kids/healthy\\_parenting/index.html](http://www.wellpoint.com/commitments/healthy_habits_for_healthy_kids/healthy_parenting/index.html)

**Description:** Tells parents how to make healthy eating and physical activity a part of daily life. Discusses realistic goals for parents concerned about their child's weight.



### **Healthy Weight: Obesity Prevention for You and Your Family**

Channing Bete Company, Inc.

**Description:** Explains that preventing obesity can also help prevent associated health problems, including diabetes and heart disease.

**Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

**Online ordering:** <http://www.channing-bete.com/>

### **Help Me Be Healthy Series**

Crabtree and Company, Inc.

**Web site:** [http://www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/helpmebehealthy.htm](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/helpmebehealthy.htm)

**Description:** Offers guidance on child health and nutrition issues from birth through five years of age. Also available in Spanish.

**Ordering Information:**

Crabtree and Company, Inc.

200 Park Avenue

Falls Church, VA 22046

Phone: 888-531-9001

Email: [info@helpmebehealthy.net](mailto:info@helpmebehealthy.net)

**Online ordering:** <http://www.helpmebehealthy.net/html/order.html>

### **Helping Your Child: Tips for Parents**

DHHS, NIH, NIDDK, Weight-control Information Network

**Full text:** <http://win.niddk.nih.gov/publications/child.htm>

**Description:** Highlights ways parents can encourage healthy eating and physical activity within their families.

**Ordering Information:**

The Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 1-877-946-4627 Fax: 202-828-1028

Publications Order Form: <http://win.niddk.nih.gov/order/orderpub.htm>

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

### **Nibbles for Health Nutrition Newsletters for Parents of Young Children**

USDA, FNS, Team Nutrition

**Full text:** <http://teamn nutrition.usda.gov/Resources/nibbles.html>

**Description:** Series of newsletters on the topics of healthy eating and physical activity; includes discussion of portion sizes and weight management.



## **Understanding Child Obesity**

Obesity Action Coalition

### **Full text:**

<http://www.obesityaction.org/educationaltools/brochures/uoseries/understandingchildhoodobesity.php>

**Description:** Defines childhood obesity and explains potential causes of childhood obesity. Also highlights prevention and treatment measures.

## **Web Sites**

### **BMI Calculator for Child and Teen**

DHHS, Centers for Disease Control and Prevention

**Web site:** <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>

**Description:** Calculates body mass index (BMI) for children and teens ages 2-19 years. Information on interpreting BMI values can be found on a corresponding Web page, "About BMI for Children and Teens," located here:

[http://www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/childrens\\_BMI/about\\_childrens\\_BMI.htm](http://www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/childrens_BMI/about_childrens_BMI.htm)

### **Eat Smart, Play Hard™ Healthy Lifestyle**

USDA, Food and Nutrition Service

**Web site:** <http://www.fns.usda.gov/eatsmartplayhard/>

**Description:** Encourages children and adults to eat healthy and be physically active every day. Resources include games and activities for children, brochures for parents, and tools for health professionals and educators.

### **Is Dieting OK for Kids?**

Nemours Foundation

#### **Full text:**

[http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=307&cat\\_id=119&article\\_set=22521](http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=307&cat_id=119&article_set=22521)

**Description:** Discusses why dieting may be inappropriate for children and provides suggestions for things kids can do to stay at a healthy weight.

### **Kidnetic.com**

International Food Information Council Foundation

**Web site:** <http://www.kidnetic.com/>

**Description:** Interactive Web site for kids with games, including physical activity challenges, kid-friendly recipes, and short articles.



## **MyPyramid for Kids/MyPyramid for Preschoolers**

USDA, Center for Nutrition Policy and Promotion

### **MyPyramid for Kids**

**Web site:** <http://www.mypyramid.gov/kids/index.html>

**Description:** Designed to motivate children 6-11 years old to make healthy food choices and be physically active. The Web site includes worksheets, an online game and tips for parents.

### **MyPyramid for Preschoolers**

**Web site:** <http://www.mypyramid.gov/preschoolers/index.html>

**Description:** Encourages healthy eating and physical activity behaviors for children ages 2-5. Includes sections on growth, dealing with a picky eater, and food safety.

## **Obesity in Children**

MedlinePlus, National Library of Medicine

**Web site:** <http://www.nlm.nih.gov/medlineplus/obesityinchildren.html>

**Description:** Provides an overview of obesity in children and links to helpful resources on news, treatment and prevention.

## **Overweight and Obesity: Patient and Family Resources**

American Academy of Pediatrics

**Web site:** <http://www.aap.org/obesity/PatientandFamily.htm>

**Description:** Links to books, brochures and fact sheets for parents and caregivers.

## **Schools Can Play a Role in Preventing Childhood Obesity**

The National Academies, Institute of Medicine

**Full text** (PDF|135 KB): <http://www.iom.edu/Object.File/Master/22/615/0.pdf>

**Description:** Provides facts about the school food environment and suggestions for improving the quality of children's diets in school.

## **Tips for Parents – Ideas to Help Children Maintain a Healthy Weight**

DHHS, Centers for Disease Control and Prevention

**Web site:** <http://www.cdc.gov/nccdphp/dnpa/healthyweight/children/index.htm>

**Description:** Addresses concerns related to the risks of childhood obesity and provides tips on how parents can help to prevent it.

## **VERB: It's What You Do**

DHHS, Centers for Disease Control and Prevention

**Web site:** <http://www.cdc.gov/youthcampaign/>

**Description:** Developed to encourage children ages 9-13 to be physically active everyday. Includes background information on the campaign, as well as educational materials available in English and Spanish.



## **We Can! Ways to Enhance Children's Activity & Nutrition**

DHHS, NIH, National Heart Lung and Blood Institute

**Web site:** <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

**Description:** Supports families and communities in helping children maintain a healthy weight. The program focuses on improving food choices, increasing physical activity and reducing screen time.

## **Your Child's Weight: Help Your Child with Successful Weight Management**

Baylor College of Medicine, Children's Nutrition Research Center

**Full text:** <http://www.bcm.edu/news/packages/childsweight.cfm>

**Description:** Reviews components of overweight, family strategies to promote healthy eating, and guidelines for lifetime weight management. Also available in Spanish.

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