

## Resources

### Web Sites

American Academy of Family Physicians (AAFP)

*Practical Advice for Family Physicians to Help Overweight Patients (2003)*

[http://www.aafp.org/PreBuilt/afpmonograph\\_obesity.pdf](http://www.aafp.org/PreBuilt/afpmonograph_obesity.pdf)

American College of Preventive Medicine (ACPM)

*Weight Management Counseling of Overweight Adults (2001)*

[www.acpm.org/polstmt\\_weight.pdf](http://www.acpm.org/polstmt_weight.pdf)

American Medical Association

*Assessment and Management of Adult Obesity: A Primer for Physicians.*

[www.ama-assn.org/ama/pub/category/10931.html](http://www.ama-assn.org/ama/pub/category/10931.html)

National Heart, Lung, and Blood Institute (NHLBI)

*Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (1998)*

[www.nhlbi.nih.gov/guidelines/obesity/ob\\_home.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm)

NHLBI's Obesity Education Initiative provides the *Clinical Guidelines on Overweight and Obesity in Adults* to physicians in a free interactive program for use on handheld electronic devices. This electronic resource allows physicians to generate individualized assessment and treatment recommendations at the point of care.

<http://hin.nhlbi.nih.gov/obgdpalm.htm>

Health Information Center

This center presents a wealth of information on the prevention and treatment of heart, lung, and blood diseases. Patient educational materials and publications intended for health professionals are available on many topics including cholesterol, high blood pressure, heart disease, exercise, and obesity. Clinical practice guidelines on high blood cholesterol, high blood pressure, and obesity are also made available.

[www.nhlbi.nih.gov/health/infoctr/index.htm](http://www.nhlbi.nih.gov/health/infoctr/index.htm)

Aim for a Healthy Weight

This Web site offers information for both health professionals and the general public. The educational materials for health care professionals include clinical guidelines for obesity, a BMI calculator and table, and access to continuing medical education courses.

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

North American Association for the Study of Obesity (NAASO) and the National Heart, Lung, and Blood Institute (NHLBI)

*The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (2000)*

[www.nhlbi.nih.gov/guidelines/obesity/practgde.htm](http://www.nhlbi.nih.gov/guidelines/obesity/practgde.htm)

America on the Move (AOTM)

Partnership to Promote Healthy Eating and Active Living

The AOTM program is accessible to all Americans through an interactive Web site, which offers several tools for participants to track their steps and progress.

[www.AmericaOnTheMove.org](http://www.AmericaOnTheMove.org)

Fruits & Veggies - More Matters

National Cancer Institute (NCI), Produce for Better Health Foundation

The national program is designed to encourage Americans to eat more servings of fruits and vegetables every day. The program provides consumers with practical and easy ways to incorporate more fruits and vegetables into their daily eating patterns. For health care professionals, it offers promotional and educational materials as well as information and access to additional resources.

<http://www.fruitsandveggiesmorematters.org>

Steps to a HealthierUS

U.S. Department of Health and Human Services (DHHS)

*Steps to a HealthierUS* is an initiative from DHHS that encourages physical activity, a nutritious diet, healthy choices, and preventive screenings.

[www.healthierUS.gov](http://www.healthierUS.gov)



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

This Web site translates nutrition research into publications and reports for use by physicians, and also into brochures and information for the general public. The new personalized food guide pyramid, dietary guidelines, and recipes are among the resources available.  
[www.usda.gov/cnpp](http://www.usda.gov/cnpp)

Division of Nutrition, Physical Activity, and Obesity

Centers for Disease Control and Prevention (CDC) National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)  
The CDC developed this site to address the role of nutrition and physical activity in living a healthy lifestyle and reducing chronic illnesses. It serves as a resource for guidelines, fact sheets, and other types of publications on topics related to nutrition and physical activity. In addition, a section designed specifically for health professionals offers access to data and statistics, programs, and recommendations.

[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

Food and Nutrition Information Center  
USDA Agricultural Research Service (ARS)

The ARS collects and disseminates information on food and human nutrition. It contains dietary guidelines, the food guide pyramid, links to various databases, additional resources, and much more.

[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

Mayo Clinic

The Mayo Clinic Web site contains up-to-date information, programs, and interactive tools that include health management programs, health decision guides, a personal health scorecard, and various health centers that address food and nutrition, fitness and sports medicine, women's health, men's health, and more.

[www.mayoclinic.com](http://www.mayoclinic.com)

Weight Control Information Network

National Institute of Diabetes and Digestive and Kidney Diseases

The network disseminates science-based information on obesity, weight control, and nutrition to health care professionals and the general consumer. It also offers various types of statistics, publications, and videotapes on clinical weight loss and control.

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

Nutrition.gov

This national resource provides access to all on-line federal government information about nutrition, healthy eating, physical activity, and food safety.

[www.nutrition.gov](http://www.nutrition.gov)

American Heart Association

The American Heart Association is committed to reducing disability and death from cardiovascular diseases and stroke. Its comprehensive Web site presents detailed information on topics regarding heart disease and health, as well as numerous health tools such as the cardiovascular disease risk assessment tool, exercise diary, and the body mass index Web calculator for use by the general consumer. Health care professionals can retrieve scientific publications, statistics, patient information sheets, treatment decision tools, guidelines, and performance measures.

[www.americanheart.org](http://www.americanheart.org)

Calorieking.com

This site provides information and tools to control weight and lead a healthy lifestyle. An on-line food and exercise diary, and meal plans are available, as is a food and diet diary for computers and handheld devices.

[www.calorieking.com/handheld/](http://www.calorieking.com/handheld/)

American Dietetic Association

This is the nation's largest organization of food and nutrition professionals and it serves the public by promoting optimal nutrition, health, and well-being. The Web site provides resources and information on food and nutrition, as well as a referral service that links consumers with registered dietetic professionals. Additionally, its professional reference publications section offers patient educational materials and books for physicians.

[www.eatright.org](http://www.eatright.org)

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AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis.

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The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture. <http://www.mypyramid.gov>.

Department of Health and Human Services, Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion. Division of Nutrition, Physical Activity, and Obesity.

Alliance for a Healthier Generation. William J. Clinton Foundation/American Heart Association. <http://www.healthiergeneration.org>.

Food and Drug Administration/Center for Food Safety & Applied Nutrition. <http://www.cfsan.fda.gov/~dms/foodlab.html>.

U.S. Department of Health & Human Services. <http://www.smallstep.gov>.

The National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). The National Heart, Lung, and Blood Institute (NHLBI) launched the National Cholesterol Education Program (NCEP).