



## Roadmaps for Clinical Practice

Case Studies in Disease Prevention and Health Promotion

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### **Assessment and Management of Adult Obesity:**

A Primer for Physicians

Resources for  
Physicians and  
Patients

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*Assessment and Management of Adult Obesity: A Primer for Physicians* is not intended to function as a clinical guideline, standard of medical care, or definitive resource for the assessment and management of obesity. The instruments included in this publication are clinical tools, not research tools. Consequently, they have not been evaluated to establish reliability and validity. The American Medical Association neither endorses nor encourages use of the programs and resources listed in this document. They are meant to be a starting point and are not intended to be an exhaustive list of educational resources for physicians or patients seeking medical information.

Medical care is determined on the basis of all the facts and circumstances involved in an individual case and is subject to change as scientific knowledge and technology advance and patterns of practice evolve. This publication reflects the view of the experts and reports in the scientific literature as of 2003.

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# Introduction

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This booklet provides physicians with a list of resources that can be used to locate additional information about programs, organizations, and support materials to aid in their assessment and treatment of overweight and obese patients or those who are at risk for these conditions.

The first section lists clinical guidelines that are accessible online. These guidelines have been selected specifically for their focus on the identification, evaluation, and treatment of overweight and obesity.

The next section lists various national programs that are designed to improve the health of the population by promoting healthy eating and physical activity, as well as awareness of the risk factors for obesity and related chronic diseases. Physicians can access patient education and health promotion materials and information about the programs in which to involve their patients.

The sections that follow provide a listing of online sources of information, databases, non-profit organizations, professional organizations, federal initiatives, and special medical office and health-related equipment. Information centers, along with brief descriptions and Web addresses that are especially useful in presenting science-based information about obesity, heart disease, physical activity, weight control, and adult nutrition are listed. Research findings, statistics, journal articles, and practice guidelines are also available on the Web sites.

The databases offer physicians access to a wealth of resources, including various types of publications, data, and clinical practice guidelines, as well as links to additional support materials and information.

The organizations and agencies were chosen for their unique missions and goals, all of which contribute to promoting health and reducing the prevalence of death and disability related to overweight and obesity. The organizations communicate information and provide resources that are specially prepared for health care professionals treating overweight or obese patients.

A section containing online continuing medical education (CME) courses that are available to physicians lists programs that have been selected for their concentration on issues concerning obesity, as well as their online availability and free access.

The medical and health-related equipment section provides resources for ordering hospital gowns, scales, examination tables, large adult blood pressure cuffs, body mass index (BMI) calculators, and pedometers.

The last section presents clinical tools to assist physicians in their treatment of overweight and obese patients. These tools, which are located throughout this primer, are organized based on their specific uses, eg, assessing health risks for obesity or assessing patient readiness to change behaviors. Physicians are also encouraged to use the handouts specifically designed for patients. Although each handout has a different application, they are helpful in supporting patients manage their weight and increase physical activity.

The American Medical Association neither endorses nor encourages use of the programs and resources listed in this directory. They are meant to be a starting point and are not intended to be an exhaustive list of educational resources for physicians seeking medical information. Patients seeking medical information should consult a physician or specialist before diagnosing, managing, or treating any health problem. Under no circumstances should the information in this guide be used in lieu of or to override the judgment of the treating physician.

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## Clinical guidelines

### American Academy of Family Physicians (AAFP)

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

[www.aafp.org/prebuilt/obesitymonograph.pdf](http://www.aafp.org/prebuilt/obesitymonograph.pdf)

### American Association of Clinical Endocrinologists (AACE)

*AACE/ACE Obesity Position Statement on the Prevention, Diagnosis, and Treatment of Obesity (1998)*

[www.aace.com/clin/guidelines/obesityguide.pdf](http://www.aace.com/clin/guidelines/obesityguide.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 Gastroenterological Association (AGA)

*Position Statement and Recommendations of the AGA on Obesity. (2002)*

Klein S, Wadden T, Sugerman HJ. AGA Technical Review: Obesity. *Gastroenterology* 2002;123:882–932.

[www2.gastrojournal.org/scripts/om.dll/serve?action=searchDB&searchDBfor=art&artType=fullfree&id=agast1230879#head1](http://www2.gastrojournal.org/scripts/om.dll/serve?action=searchDB&searchDBfor=art&artType=fullfree&id=agast1230879#head1)

### National Cholesterol Education Program (NCEP)

*Third Report of the Expert Panel on the Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) (2002)*

[www.nhlbi.nih.gov/guidelines/cholesterol](http://www.nhlbi.nih.gov/guidelines/cholesterol)

### 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 devices. This electronic resource allows physicians to generate individualized and evidence-based assessment and treatment recommendations for each patient at the point of care.

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

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

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

[www.naaso.org/information/practicalguide.asp](http://www.naaso.org/information/practicalguide.asp)

## National programs and initiatives

### Active Living Partners

#### Human Kinetics, The Cooper Institute

The mission of Active Living Partners is to help adults adopt and maintain physically active lifestyles. Its premier course, *Active Living Every Day*, teaches people skills they need to realistically fit physical activity into their daily lives. *Active Living Every Day* is offered both as an online course and as an in-person course through registered community centers.

[www.activeliving.info/ActiveLiving](http://www.activeliving.info/ActiveLiving)

### America on the Move™ (AOTM)

#### Partnership to Promote Healthy Eating and Active Living

America on the Move™ provides people with simple tools for achieving energy balance. The AOTM program is available to all Americans through an interactive Web site, which offers AOTM step counters, “Quick Start” guides, and personalized tools for participants to track their steps and progress.

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

### 5-A-Day for Better Health Program

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

The national 5-A-Day for Better Health Program is designed to encourage Americans to eat five or more servings of fruits and vegetables every day for better health.

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://5aday.gov>

### Healthy People 2010 (HP 2010)

#### US Department of Health and Human Services (DHHS), Office of Disease Prevention and Health Promotion (ODPHP)

HP 2010 is a set of health objectives for the nation to achieve over the first decade of this century. Its two main goals are to increase quality and years of life and to eliminate health disparities. Two of the 10 leading health indicators which will be used to measure the health of the nation are physical activity and overweight and obesity.

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

### National Cholesterol Education Program (NCEP)

#### National Heart, Lung, and Blood Institute (NHLBI)

The NCEP strives to raise awareness and understanding about high blood cholesterol as a risk factor for coronary heart disease and the benefits of lowering cholesterol levels. Both health professionals and the general public can retrieve information about high blood pressure, cholesterol, obesity, and heart attack on this Web site.

[www.nhlbi.nih.gov/about/ncep](http://www.nhlbi.nih.gov/about/ncep)

### National High Blood Pressure Education Program (NHBPEP)

#### National Heart, Lung, and Blood Institute (NHLBI)

The goal of the National High Blood Pressure Education Program is to reduce death and disability related to high blood pressure through professional, patient, and public education programs. Accordingly, the NHBPEP presents programs, educational materials, and information about the risk factors for high blood pressure, as well as methods for reducing it.

<http://hp2010.nhlbihin.net/nhbpep.htm>

### Nutrition Education for New Americans Project

#### Georgia State University

Its purpose is to assist low-income immigrants, refugees, and children to learn about healthy eating practices. Using the US Department of Agriculture food pyramid as its focus, the materials, handouts, and programs, available in many different languages, are designed to include both traditional ethnic foods as well as American foods.

<http://multiculturalhealth.org>

### Obesity Education Initiative

#### National Heart, Lung, and Blood Institute (NHLBI)

The overall purpose of this initiative is to help lessen the prevalence of overweight and physical inactivity in order to reduce the risk of coronary heart disease (CHD), overall morbidity and mortality from CHD, and the prevalence and severity of sleep apnea. Its Web site contains information for physicians and the general public on topics concerning obesity along with useful applications like the body mass index calculator, a portion distortion interactive quiz, and an interactive menu planner.

[www.nhlbi.nih.gov/about/oei](http://www.nhlbi.nih.gov/about/oei)

### Put Prevention into Practice (PPIP)

#### Agency for Healthcare Research and Quality (AHRQ)

AHRQ's PPIP initiative is a national, public-private cooperative effort to disseminate US Preventive Services Task Force (USPSTF) recommendations to clinicians, health plans, health systems, and patients. PPIP tools and resources are designed to facilitate and enhance the delivery of clinical preventive services such as screening tests and counseling.

[www.ahrq.gov/clinic/ppipix.htm](http://www.ahrq.gov/clinic/ppipix.htm)

### Shape Up America!

Shape Up America! is a national initiative to promote healthy weight and increased physical activity in America involving a broad-based coalition of industry, medical and health, nutrition, physical fitness, and related organizations and experts. It is committed to providing credible, science-based health messages on the importance of healthy weight and increased physical activity. Its professional center contains tools and information on obesity assessment, treatment, and monitoring.

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

### Steps to a HealthierUS

#### US Department of Health and Human Services (DHHS)

*Steps to a HealthierUS* is a new initiative from DHHS that advances the goal of helping Americans live longer, better, and healthier lives by encouraging physical activity, a nutritious diet, healthy choices, and preventive screenings.

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

## Online sources of educational information

### Aim for a Healthy Weight

#### National Heart, Lung, and Blood Institute (NHLBI)

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, an online body mass index (BMI) calculator, a BMI table, access to continuing medical education courses, and more.

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

### Center for Nutrition Policy and Promotion

#### US Department of Agriculture (USDA)

The Center for Nutrition Policy and Promotion is the focal point within the USDA where scientific research is linked with the nutritional needs of the general public. It translates nutrition research into publications and reports for use by physicians, as well as into brochures and information for the general consumer. The food pyramid, dietary guidelines, and recipes are among the resources available on this site.

[www.usda.gov/cnpp](http://www.usda.gov/cnpp)

### Dietary Guidelines for Americans

#### US Department of Agriculture (USDA)

The USDA recommended dietary guidelines give authoritative advice on how good dietary habits can promote health and reduce the risk for major chronic diseases.

[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

### Division of Nutrition and Physical Activity

#### 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)

### Food Stamp Nutrition Connection

#### USDA National Agricultural Library, University of Maryland

The Food Stamp Nutrition Connection is a resource system for nutrition education providers to find training and educational materials for their audiences. It also retrieves general information, statistics, and reports on various topics, including overweight and obesity, physical activity, adult nutrition, and weight control.

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

### Health Information Center

#### National Heart, Lung, and Blood Institute (NHLBI)

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 numerous 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 on this Web site.

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

### The Institute of Medicine of the National Academies (IOM)

The IOM provides science-based advice about issues of medicine and public health. The IOM's mission is to advance and disseminate scientific knowledge to improve human health. Its Web site provides plenty of information about food and nutrition, as well as public health and prevention.

[www.iom.edu](http://www.iom.edu)

### 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)

### National Women's Health Information Center (NWHIC)

#### DHHS Office on Women's Health

This center provides a gateway to women's health information resources that cover more than 800 topics. A special section designed for health care professionals consists of practice guidelines, women's health statistics, and drug resources, as well as links to medical dictionaries and encyclopedias, anatomy and physiology guides, glossaries, and journals.

[www.4women.gov](http://www.4women.gov)

A special section of the NWHIC Web site communicates information on the health risks and leading health concerns of minority women. This includes topics related to nutrition and wellness such as exercising, healthy eating, and methods for reducing stress.

[www.4women.gov/minority/index.cfm](http://www.4women.gov/minority/index.cfm)

### ObesityHelp.com

This Web site contains an array of information and resources on obesity and bariatric surgery. It also connects patients, surgeons, hospitals, physicians, and others in the fight against obesity.

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

## Obesity and Genetics: A Public Health Perspective

### CDC Office of Genomics and Disease Prevention

This public health perspective focuses on obesity and comprises information and commentary on discoveries of genetic variants; related disease outcomes; and the complex social, legal, and ethical issues surrounding genetic discoveries. Additional information and links to journal articles, news articles, and more are made available to consumers.

[www.cdc.gov/genomics/info/perspectives/obesity.htm](http://www.cdc.gov/genomics/info/perspectives/obesity.htm)

### Patient-Centered Assessment and Counseling for Exercise (PACE)

#### San Diego State University

This program was developed to overcome barriers to provider counseling for physical activity and thus offers a comprehensive approach to physical activity and nutrition counseling. The materials for use by the health professional include a provider manual, physical activity and nutrition assessment forms, interactive counseling protocols, nutrition guides, and other type of support materials.

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

### 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.

[www.niddk.nih.gov/health/nutrit/win.htm](http://www.niddk.nih.gov/health/nutrit/win.htm)

## Databases

### Combined Health Information Database (CHID)

#### National Institutes of Health (NIH), Centers for Disease Control and Prevention (CDC)

CHID is a bibliographic database that displays titles, abstracts, books, fact sheets, and health information and health education resources. CHID lists a wealth of health promotion, education, and audiovisual materials, as well as program descriptions that are not indexed elsewhere.

[www.chid.nih.gov](http://www.chid.nih.gov)

### Healthfinder

#### US Department of Health and Human Services (DHHS)

This award-winning federal Web site serves as a key resource for finding the best government and nonprofit health and human services information on the Internet.

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

### International Bariatric Surgery Registry (IBSR)

#### University of Iowa

The purpose of IBSR is to promote optimum care of patients undergoing surgical treatment of severe obesity. IBSR is a centralized database of clinical research information for physicians with an interest in patient outcome analysis and assessment of medical treatment effectiveness. Results are used to study patient selection, practice variation, and operative techniques in the surgical treatment of obesity.

[www.surgery.uiowa.edu/ibsr](http://www.surgery.uiowa.edu/ibsr)

### Medem

#### American Medical Association (AMA)

Medem offers an online medical information library that provides access to comprehensive peer-reviewed health care information for physicians.

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

### MEDLINEplus® Health Information

#### US National Library of Medicine and the National Institutes of Health (NIH)

This Web site contains information for both health professionals and consumers. MEDLINEplus® has extensive information from the National Institutes of Health and other trusted sources on more than 600 diseases and conditions. It also lists hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials.

<http://medlineplus.gov/> or [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

### National Center for Health Statistics (NCHS) Centers for Disease Control and Prevention (CDC)

As the nation's principal health statistics agency, NCHS compiles statistical information to guide actions and policies to improve the health of the population as well as to serve as a public resource for health information and statistics on topics including overweight prevalence, exercise and physical activity, and nutrition and diet.

[www.cdc.gov/nchs](http://www.cdc.gov/nchs)

### National Guideline Clearinghouse Agency for Healthcare Research and Quality (AHRQ)

The National Guideline Clearinghouse is a comprehensive database of evidence-based clinical practice guidelines and related documents.

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

### US National Library of Medicine (NLM) National Institutes of Health (NIH)

The Web site of the world's largest biomedical library offers an extensive index of resources for services, databases, publications, and research activities.

[www.nlm.nih.gov](http://www.nlm.nih.gov)

### National Weight Control Registry Lifespan

This research study contains a database of people who have been successful at long-term maintenance of substantial weight loss. Journal articles describing the eating and exercise habits of individuals who have successfully lost weight, the behavioral strategies they use to maintain their weight, and the effect of successful weight loss maintenance on other areas of their lives have been published based on the research findings of this registry.

[www.lifespan.org/services/bmed/wt\\_loss/nwcr](http://www.lifespan.org/services/bmed/wt_loss/nwcr)

### Nutrition.gov

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

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

### Nutrition Navigator Tufts University

The Navigator includes critiques and reviews of nutrition-related Web sites and provides general information and access to them for both health professionals and the general public.

[www.navigator.tufts.edu/index.html](http://www.navigator.tufts.edu/index.html)

### PubMed National Library of Medicine

PubMed offers access to more than 12 million MEDLINE citations, as well as additional life science journals. It includes links to many sites that provide full text articles and other related resources.

[www.ncbi.nlm.nih.gov/PubMed](http://www.ncbi.nlm.nih.gov/PubMed)

### State-based Physical Activity Program Directory CDC National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), Division of Nutrition and Physical Activity

This Internet-based, searchable directory presents information on physical activity programs involving state departments of health. It is searchable by state and other key categories and includes brief program descriptions with information about partner organizations, status, scope, target population, setting, purpose, program components, evaluation, and products. Contact information for programs within each state is also provided.

<http://apps.nccd.cdc.gov/DNPAProg>

## Federal agencies and initiatives

### Centers for Disease Control and Prevention (CDC) National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

This Web site communicates information regarding obesity and overweight, which includes obesity prevention and control, obesity trends, improved nutrition, and health consequences. A resource guide for nutrition and physical activity programs to prevent and control obesity and other chronic diseases is also available.

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

**Centers for Disease Control and Prevention (CDC), Office of Minority Health (OMH)**  
OMH's mission is to promote health and quality of life by preventing and controlling the disproportionate burden of disease, injury, and disability among racial and ethnic minority populations. It includes a wealth of detailed health information on several distinct minority populations, reports, publications on various health-related issues concerning minorities, and links to more resources.

[www.cdc.gov/omh](http://www.cdc.gov/omh)

### National Cancer Institute (NCI)

In addition to the wealth of information on cancer, the NCI also presents a report on the findings of research that studied the potential link between obesity and cancer risk.

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

### Office of the Surgeon General

This site contains the report, The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, as well as information on topics concerning obesity including health consequences and weight advice. It also provides access to several resources for further information on nutrition, physical activity, and weight loss.

[www.surgeongeneral.gov/topics/obesity](http://www.surgeongeneral.gov/topics/obesity)

### Partnership for Healthy Weight Management

This partnership is a coalition of representatives from science, academia, the health care profession, government, commercial enterprises, and organizations whose mission is to promote sound guidance on strategies for achieving and maintaining a healthy weight. Its site contains information about topics regarding weight loss, a body mass index chart, and weight loss brochures that can be downloaded or ordered for free copies.

[www.consumer.gov/weightloss](http://www.consumer.gov/weightloss)

### President's Council of Physical Fitness and Sports

Its goal is to promote, encourage, and motivate Americans of all ages to become physically active and participate in sports. The Web site offers useful information on the importance of physical activity as well as several publications or guidelines on fitness, nutrition, health, and sports. Additionally, it presents research digests with the latest scientific information on specific physical activity topics for health care professionals.

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

### US Department of Health and Human Services (DHHS) National Health Information Center (NHIC)

NHIC is a health information referral service that helps health professionals and the general public answer health-related questions and locate organizations or other reliable resources that are best able to answer their questions.

[www.health.gov/nhic](http://www.health.gov/nhic)

### US Department of Health and Human Services (DHHS), Office of Minority Health

The Office of Minority Health is dedicated to improving and protecting the health of racial and ethnic minority populations through the development of health policies and programs that will eliminate health disparities. It provides information on many health-related issues concerning minorities as well as links to more resources.

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

### US Food and Drug Administration (FDA)

The FDA presents information, various publications, and links to additional resources on topics that include dietary supplements, food labeling and nutrition, medical devices, and drugs.

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

### US Preventive Services Task Force (USPSTF), Agency for Healthcare Research and Quality (AHRQ)

This independent panel of experts in primary care and prevention systematically analyzes the scientific evidence for effectiveness on a wide range of clinical preventive services in primary care and develops reviews and recommendations.

[www.ahcpr.gov/clinic/uspstfix.htm](http://www.ahcpr.gov/clinic/uspstfix.htm)

## Non-profit organizations

### American Cancer Society

The American Cancer Society is a nationwide, community-based voluntary health organization. Its Web site communicates detailed information on various topics dealing with cancer such as its treatment, prevention, early detection, and more. It also offers various support programs and services to cancer patients, survivors, and loved ones. Health professionals can access programs, statistics, guidelines, and various types of publications on the Web site.

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

### American Council on Exercise

The American Council on Exercise (ACE) is dedicated to improving standards of the fitness industry and encouraging all segments of society to enjoy the benefits of exercise. It presents a wealth of information on topics dealing with physical activity and exercise including cardiovascular exercise, flexibility, strength and resistance training, and supplements. It also provides tools for locating health clubs as well as ACE certified personal trainers and other types of fitness experts.

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

### American Diabetes Association

The American Diabetes Association is the nation's leading nonprofit health organization that provides diabetes research, advocacy, and information on various topics regarding diabetes and healthy living. It also presents opportunities to become involved in volunteer organizations, advocacy efforts, different outreach and support groups, and much more. For physicians, it offers journals, books, clinical practice information, and a toolkit to assist in counseling patients at risk for diabetes.

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

### 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)

### American Institute of Cancer Research

This cancer charity fosters research on diet and cancer prevention and educates the public with its findings. The organization offers recipes for healthy dishes, a nutrition hotline, and a free Cancer Resource informational program that helps cancer patients and their families understand more about cancer, its treatment, and the resources available to help them in overcoming this disease. It also supports health professionals through publications, educational materials, and advice in planning programs or securing materials on diet, nutrition, and cancer prevention.

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

**American Obesity Association**

The goal of the American Obesity Association is to combat the condition and consequences of obesity. Its comprehensive site communicates information regarding prevention, treatment guidelines, research, and advocacy updates, as well as a list of prevention and wellness programs.

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

**American Stroke Association**

The American Stroke Association is the division of the American Heart Association that is solely focused on reducing disability and death from stroke through research, education, fundraising, and advocacy. This comprehensive site deals with topics related to this disease including the impact of a stroke, effects of a stroke, and its risk factors. It also consists of a wealth of information and resources for health care professionals through programs, toolkits, statements, and practice guidelines, as well as a directory containing descriptions of completed and ongoing stroke therapeutic trials.

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

**Association for Morbid Obesity Support**

This association offers resources and peer support related to morbid obesity and weight-loss surgery. Its Web site includes an interactive movie, multimedia weight loss surgery tutorials, plastic surgery and nutrition forums, a photo gallery with before and after pictures, an information library, and directories for bariatric professionals and hospitals.

[www.obesityhelp.com/morbidobesity](http://www.obesityhelp.com/morbidobesity)

**Center for Science in the Public Interest**

The Center for Science in the Public Interest is a nutrition advocacy organization that educates the public. Its Web site offers information on health, nutrition, and diet with a section devoted to obesity. The obesity section includes 10 tips for staying lean, a list of diet books along with reviews and comments, information on policies aimed to reduce obesity, and more.

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

**Council on Size and Weight Discrimination**

The council is a not-for-profit, advocacy group for consumers that works to change people's attitudes about weight, especially in areas of medical treatment, job discrimination, and media images. It also presents information and guidelines on how to become active in fighting weight discrimination.

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

**International Federation for the Surgery of Obesity**

IFSO is housed on the Obesity Online Internet Magazine Web site, a multi-disciplinary forum for research and treatment of obesity, including plastics, psychiatry, endocrinology, nutrition, nursing, dietetics, and allied health. Its site contains information about meetings, treatments, and scientific articles. The IFSO site also contains links to its publication *Obesity Surgery Journal* and selected abstracts, as well as a listing of bariatric surgeons.

[www.obesity-online.com/ifso](http://www.obesity-online.com/ifso)

**International Food Information Council**

This organization addresses issues on food safety and nutrition with obesity and weight management as one of its foci. It offers access to various publications including booklets and brochures that are understandable and useful for consumers. Additionally, health professionals can retrieve a variety of publications that cover various nutrition and food safety topics from its Web site.

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

**International Obesity Task Force**

The mission of the task force is to inform the world about obesity. It works with the World Health Organization and examines a range of issues that can be accessed through various publications and research news on its Web site. The site also presents a comprehensive list of useful links to government agencies, academic institutions, and resources for health-related information.

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

**National Association to Advance Fat Acceptance**

NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support. NAAFA's Web site, brochures, newsletters, special interest groups, and conferences provide information on health, legal issues, and the progress of the size acceptance movement. Specific resources available on the site include guidelines for health care providers, facts about hypertension, and myths about weight loss and fat people.

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

**National Eating Disorders Organization**

This not-for-profit organization works to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia, and binge eating disorders, as well as those concerned with body image and weight issues. For health professionals, the organization offers information on its various programs, including a referral program that provides support services and extensive lists of physicians, nutritionists, and counselors who can help individuals struggling with disordered eating.

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

**National Mental Health Association**

The National Mental Health Association is the country's oldest and largest nonprofit organization that addresses all aspects of mental health and mental illness. It works to improve the mental health of Americans through advocacy, education, research, and service. This site contains mental health information, an advocacy resource center, an online bookstore, as well as programs in mental health, prevention, and recovery.

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

### North American Association for the Study of Obesity

NAASO is a scientific society dedicated to encouraging research on the causes and treatment of obesity and to keeping the medical community and public informed of new advances. Information about obesity, along with a list of links to additional resources, is available on its Web site for both physicians and the general public.

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

### Oldways

Oldways collects and disseminates nutrition science into consumer-friendly health promotional tools like the four healthy eating pyramids that were developed jointly with Harvard School of Public Health and other institutions. This set of unique dietary guides, which is based on worldwide dietary traditions and Asian, Latin American, Mediterranean, and vegetarian diets, promotes good health. It also offers educational activities including conferences and continuing education courses for health professionals.

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

## Professional organizations

### American Academy of Family Physicians

The AAFP is one of the largest national medical organizations, representing more than 94,300 family physicians, family practice residents, and medical students nationwide. Family practice is the medical specialty that provides continuing and comprehensive health care for the individual and the family. The AAFP Web site includes articles, reference information, and guidelines that pertain to the treatment of obesity. The organization recently released a guide for family physicians to help their overweight patients and launched a 10-year fitness initiative called *Americans in Motion*.

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

### American Academy of Pediatrics

Members of the AAP include pediatricians, pediatric medical sub-specialists, and pediatric surgical specialists. The Web site provides links to articles and policy and advocacy resources on the health, safety, and well-being of all infants, children, adolescents, and young adults, including information on childhood obesity.

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

### American Association of Clinical Endocrinologists

AACE is a professional medical organization devoted to the enhancement of the practice of clinical endocrinology. The AACE/ACE Position Statement on Prevention, Diagnosis, and Treatment of Obesity, as well as articles, resources, and relevant links are available on its Web site.

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

### American College of Cardiology

The American College of Cardiology is a professional organization for those who are part of the cardiac care team, including physicians, registered nurses, nurse practitioners, clinical nurse specialists, and physician assistants. The Web site provides information about ACC educational materials, conferences, press releases, articles, and studies, many of which share information about the relationship of obesity and overweight to the risk of heart disease.

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

### American College of Gastroenterology

The American College of Gastroenterology advances the scientific study and medical practice of diseases of the gastrointestinal tract. Educational information, research findings, and publications are available on its Web site.

[www.acg.gi.org](http://www.acg.gi.org)

### American College of Obstetricians and Gynecologists

ACOG is a professional medical organization devoted to the practice of obstetrics and/or gynecology. The Web site provides information for health care providers and the public about obesity and pregnancy, weight gain, and certain cancers.

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

### American College of Physicians

ACP members are physicians in general internal medicine and related subspecialties, including cardiology, gastroenterology, nephrology, endocrinology, hematology, rheumatology, neurology, pulmonary disease, oncology, infectious diseases, allergy and immunology, and geriatrics. The ACP Web site provides links to journal articles and publications on obesity and related medical conditions.

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

### American College of Preventive Medicine

ACPM is the national professional society for physicians committed to disease prevention and health promotion. Its Web site includes links to policy, education, and resources, such as the ACPM and US Preventive Services Task Force evidence-based recommendations regarding the delivery of clinical preventive services.

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

### American College of Sports Medicine

This organization advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. Its Web site contains information about health and physical activity, including guidelines for healthy aerobic activity, calculating exercise heart rate range, active aging tips, and a newsletter.

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

### American College of Surgeons

The American College of Surgeons is a scientific and educational association of surgeons. The Web site contains links to conferences and presentations, as well as articles and recommendations that cover bariatric surgeries.

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

**American Dietetic Association**

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

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

**American Gastroenterological Association**

The AGA is a society of physicians, surgeons, scientists, and other individuals within the health care community who have a demonstrated and continued interest in the functions and disorders of the digestive system. It has a special section for professionals interested in nutrition and obesity and has published several releases about obesity, including guidelines for the management of obesity-related gastrointestinal diseases and gastrointestinal complications of weight-loss therapy by gastroenterologists.

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

**American Medical Association**

The AMA's purpose is to promote the science and art of medicine and the betterment of public health. Its Web site provides links to reports, publications, resources, and articles that discuss the medical and health effects of overweight and obesity.

[www.ama-assn.org](http://www.ama-assn.org)

**American Osteopathic Association**

The AOA is the national organization for the advancement of osteopathic medicine in the United States. Its site provides fact sheets about healthy eating and fitness, diabetes, and cholesterol.

[www.aoa.net](http://www.aoa.net)

**American Public Health Association**

The mission of APHA is to continue to strive to prevent disease and promote health. Physicians can retrieve information on obesity and related chronic diseases, as well as preventive approaches in primary care through its journals, articles, and books from its Web site.

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

**American Society for Bariatric Surgery**

This professional medical society includes bariatric surgeons and allied health professionals. The Web site provides general information about bariatric surgery, as well as a rationale for surgical treatment of morbid obesity.

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

**American Society of Bariatric Physicians**

This professional medical specialty society includes licensed physicians who offer specialized programs in the treatment of obesity and its associated conditions through bariatric medicine. Its Web site contains up-to-date information and news in the field of obesity treatment and medical weight loss.

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

**American Society for Clinical Nutrition**

The ASCN is the premier scientific society for clinical nutritionists in medicine and the health sciences.

[www.faseb.org/ascn/](http://www.faseb.org/ascn/)

**Endocrine Society**

The Endocrine Society is the professional organization of endocrinologists and leading source of research and clinical advancements in endocrinology and metabolism. Its site contains many links to articles and information about obesity, the metabolic syndrome, diabetes, and growth hormones.

[www.endo-society.org](http://www.endo-society.org)

**Society of American Gastrointestinal Endoscopic Surgeons**

The Society of American Gastrointestinal Endoscopic Surgeons is the leading professional society representing surgeons who use endoscopy and laparoscopy as an integral part of their treatment of patients. The SAGES Web site includes their guidelines on laparoscopic and conventional surgical treatment of morbid obesity (2000) and guidelines for institutions granting bariatric privileges utilizing laparoscopic techniques (2003).

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

## Online Continuing Medical Education (CME) courses

**Assessment and Management of Overweight and Obesity in Adults**

Developed by the North American Association for the Study of Obesity with the National Heart, Lung, and Blood Institute, the two CME modules presented here review the importance of weight management, health risks, treatment, weight loss motivations, and appropriate strategies. Cine-Med, Inc. has designated each educational activity for a maximum of two category 1 credits toward the AMA Physician's Recognition Award.

<http://obesitycme.nhlbi.nih.gov/>

**Office Management of Obesity**

North American Association for the Study of Obesity's first online CME course provides 2 hours of credit. Course information includes diet and counseling suggestions, physical health guidelines, strategies to facilitate reimbursement, and approaches to creating a suitable office environment.

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

**Practical Advice for Family Physicians to Help Overweight Patients**

Developed by the American Academy of Family Physicians, this monograph provides up to 2 hours of CME credit.

[www.aafp.org/x24076.xml](http://www.aafp.org/x24076.xml)

**Treating Obesity Seriously: A Call to Action**

Sponsored by the American Association of Clinical Endocrinologists, this program reviews practical approaches to managing and treating obesity in clinical practice for endocrinologists, primary care physicians, and clinicians.  
[www.obesity-cme.com/home.asp](http://www.obesity-cme.com/home.asp)

**Medical and health-related equipment****Office supplies****American Family Medical Supplies and Equipment**

Sells bariatric medical equipment like patient recliners, large adult blood pressure cuffs, exam tables, and scales.  
[www.amerifamily.com](http://www.amerifamily.com)

**ConvaQuip**

Specializes in patient bariatric equipment that includes office chairs, transport chairs, scales, and more.  
[www.convaquip.com](http://www.convaquip.com)

**Detecto**

Provides a variety of mechanical and digital scales as well as specialty medical scales, such as chair scales, in-bed scales, and patient lift scales.  
<http://scalesgalore.com/pdetecto.htm>  
 800-832-0055

**Exami-Gowns**

Sells hospital gowns and other types of gowns in sizes up to 4X, which can accommodate patients of up to 400 pounds.  
[www.exami-gowns.com](http://www.exami-gowns.com)

**Healthcare Furniture**

Offers several styles of bariatric chairs, suitable for health care facilities, that are certified to hold up to 1000 pounds.  
[www.healthcarefurniture-inc.com/bariatric.htm](http://www.healthcarefurniture-inc.com/bariatric.htm)

**Health Gear Inc.**

Provides hospital gowns and other types of patient gowns with sizes up to 5X.  
[www.healthgearweb.com](http://www.healthgearweb.com)

**Healthometer**

Produces numerous types of scales, including wheelchair ramp scales, wheelchair scales, and oversized platform scales.  
[www.balances.com/healthometer](http://www.balances.com/healthometer)

**Medical Supplies and Equipment**

Sells medical supplies and equipment tailored to obese patients, including heavy-duty beds, walkers, commodes, large adult blood pressure cuffs, and wheelchairs.  
[www.medical-supplies-equipment.net](http://www.medical-supplies-equipment.net)

**Medical Resource.com**

Supplies office medical equipment like bariatric stretchers, office chairs, wheelchairs, blood drawing chairs, and treatment tables for obese patients.  
[www.medicalresources.com](http://www.medicalresources.com)

**Nemshoff**

Offers a selection of stylish bariatric chairs that are certified to hold up to 1000 pounds.  
[www.nemschoff.com](http://www.nemschoff.com)

**Precision Weighing Balances**

Provides many different types of health care scales with capacities greater than 300 pounds from various manufacturers.  
[www.scaleman.com](http://www.scaleman.com)

**Scale-Tronix**

Supplies numerous types of scales, including wheelchair, chair, dialysis, bed, and bariatric stand-on scales, with capacities up to 1000 pounds.  
[www.scale-tronix.com](http://www.scale-tronix.com)

**Softcare Innovations**

Offers several stylish bariatric chairs that can accommodate individuals up to 750 pounds.  
[www.softcarein.com/](http://www.softcarein.com/)

**Tanita**

Produces an assortment of scales, including body composition analyzer/scales, digital health care scales, and specialty scales with capacities greater than 400 pounds.  
[www.tanita.com](http://www.tanita.com)

**BMI calculators**

- <http://Medcalc3000.com>
- [www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)
- [www.cdc.gov/nccdphp/dnpa/bmi](http://www.cdc.gov/nccdphp/dnpa/bmi)
- [www.americanheart.org](http://www.americanheart.org)

## Step counters

### New-Lifestyles, Inc.

New-Lifestyles is dedicated to helping people develop a new lifestyle through the combination of physical activity and healthful eating practices. Its Web site contains information on nutrition, exercise, and wellness.

<http://new-lifestyles.com/> or [www.digiwalker.com](http://www.digiwalker.com)  
888 748-5377

### Accusplit's AccuSTEP Activity Wellness Programs

These programs are designed to motivate individuals to increase activity levels and to develop and maintain healthy lifestyles.

<http://accusplit.com/>  
800 935-1996

### America On the Move™

The America on the Move program is designed to get Americans to wear inexpensive step counters and walk an additional 2,000 steps (about 1 mile) a day or cut out 100 calories. America on the Move™ is an initiative of the Partnership to Promote Healthy Eating and Active Living.

<http://americaonthemove.org>

## Electronic weight management devices

### Balancelog® by HealtheTech

BalanceLog® provides a personalized nutrition and weight management program, which can run on a computer or handheld device. It contains a database of more than 4,000 foods and 300 exercises which assist in tracking calories, nutrients, and physical activity against nutrition and weight management goals.

[www.healthetech.com/consumer\\_balancelog.html](http://www.healthetech.com/consumer_balancelog.html)

### Calorieking.com

This site provides innovative information and tools to control weight and lead a healthy lifestyle. An online 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/)

### Diet and Exercise Assistant by Handango

This device helps patients manage daily nutrition, exercise, and health. The software helps them to achieve fitness and weight loss objectives by providing tools necessary to manage their diet.

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

## Clinical tools

### Assessment of health risks

- Determining Body Mass Index (BMI); Disease Risks Associated with Overweight and Obesity; and Measuring Waist Circumference
  - Figure 2.1 Determining BMI
  - Figure 2.2 Body Mass Index table
  - Figure 2.3 Classification of Overweight and Obesity by BMI, Waist Circumference and Associated Disease Risks
  - Figure 2.4 Measuring Waist Circumference
- Figure 2.7 Obesity-related Risk Factors and Conditions
- Figure 2.9 Algorithm for Treating Overweight and Obesity

### Assessment of patient readiness

- Figure 3.2 Patient Readiness Checklist
- Figure 3.4 Stages of Change and Behavioral Counseling Strategies, with Sample Dialogues

### Treatment options

- Figure 3.5 Guide to Selecting Treatment for Overweight and Obese Patients Based on BMI and Comorbidities
- Figure 6.1 Guide to Weight Loss Medications
- Figure 6.2 Current FDA-approved Long-term Medications for Obesity

### The office environment

- Figure 9.1 Checklist for Office-based Obesity Care
- Figure 9.2 Office Audit for Delivery of Office-based Obesity Care

### Patient handouts

Please see Figure 4.7 the Patient Resources Directory for a list of patient resources, including organizations, programs, and Web sites.

#### Weight loss and management

- Body Mass Index Chart
- Graphing Your Weight Gain
- Weight Loss Questionnaire
- Eating Pattern Questionnaire
- Food and Activity Diary
- Ten Tips for Losing Weight
- Recommendations for a Well-balanced Diet
- Learning about Serving Sizes

#### Physical activity management

- Physical Activity Questionnaire
- Physical Activity Time Study Worksheet
- Barriers to Physical Activity Worksheet
- Benefits of Physical Activity Worksheet
- Physical Activity Calendar

#### Pharmacological management

- Patient's Guide to Sibutramine
- Patient's Guide to Orlistat
- Patient's Guide to Phentermine

#### Surgical management

- Bariatric Surgery: Patient Resources

# Strategy for treatment of overweight and obesity

## Evaluate your patients for current and potential health risks related to weight (Booklet 2)

- Measure body mass index (BMI)
- Measure waist circumference
- Assess for presence/extent of suspected comorbid diseases

## Talk to your patients about weight loss (Booklet 3)

- Explain the importance of weight loss
- Assess your patients' readiness to make behavior changes
- Work with your patients to establish realistic treatment goals

## Help your patients manage weight through dietary management (Booklet 4)

- Collaborate on strategies for reducing calories and balancing the diet
- Recommend weight loss programs and resources as needed
- Follow up with your patients to monitor progress and provide support

## Help your patients manage weight through physical activity (Booklet 5)

- Collaborate on strategies for increasing physical activity in the daily lifestyle
- Recommend physical activity programs and resources as needed
- Follow up with your patients to monitor progress and provide support

## If indicated, help your patients manage weight through pharmacotherapy (Booklet 6)

- Determine whether your patients are candidates for pharmacotherapy at this time
- If pharmacotherapy is an option, help your patients make and carry out treatment decisions
- Monitor your patients for weight loss and medication side effects

## If indicated, help your patients manage weight through surgery (Booklet 7)

- Determine whether your patients are candidates for bariatric surgery at this time
- If surgery is an option, help your patients and their bariatric team make and carry out treatment decisions
- Manage your patients post-operatively

## Optimize your communication and counseling style (Booklet 8)

- Establish an effective patient–physician partnership
- Help your patients obtain skills for self-management
- Be sensitive to anti-fat bias and approach the topic of weight sensitively

## Optimize your office environment (Booklet 9)

- Be more sensitive to your patients' needs by adapting office practices and the waiting room configuration
- Set up your office with the equipment needed to assess and manage your patients
- Facilitate patient care through a team approach

Adapted from Serdula MK, Khan LK, Dietz WH. Weight loss counseling revisited. *JAMA*. 289;1747-1750:2003.