

Publications List

The following materials are available from the Weight-control Information Network (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH). Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

Publications provided by WIN are reviewed for scientific accuracy, content, and readability. Materials produced by other sources are also reviewed for scientific accuracy. All WIN publications are also available on the WIN website at <http://www.win.niddk.nih.gov>.

To order publications, complete this form indicating item(s) and quantity desired, fill out mailing information, and return to WIN at the address listed below. A **total order of up to 25 publications is free**. To cover postage and handling for a total order of more than 25 publications, send a check or money order in the appropriate amount (see shipping fees) payable to Weight-control Information Network. **Due to the cost of shipping, orders from individuals as well as organizations are limited to a total of 100 publications. The WIN Publications CD is limited to one per order.**

Fact Sheets*

The following fact sheets provide information about obesity and related issues. Consumers are encouraged to share this information with their health care providers.

- **Bariatric Surgery for Severe Obesity**
Revised 2008, 6 pages. [CD only]
- **Binge Eating Disorder**
Revised 2008, 6 pages. [CD only]
- **Changing Your Habits: Steps to Better Health** **NEW**
2008, 8 pages.
- **Choosing a Safe and Successful Weight-loss Program**
Revised 2008, 5 pages.
- **Dieting and Gallstones**
Revised 2008, 5 pages. [CD only]
- **Do You Know the Health Risks of Being Overweight?**
Revised 2007, 6 pages. [CD only]
- **Helping Your Overweight Child**
Revised 2008, 4 pages.
- **Medical Care for Obese Patients**
Revised 2007, 6 pages.
- **Physical Activity and Weight Control**
Revised 2007, 4 pages. [CD only]
- **Prescription Medications for the Treatment of Obesity**
Revised 2007, 8 pages. [CD only]
- **Statistics Related to Overweight and Obesity**
Revised 2006, 9 pages. [CD only]
- **Talking With Patients About Weight Loss: Tips for Primary Care Professionals**
Revised 2007, 6 pages.

- **Understanding Adult Obesity**
Revised 2008, 6 pages. [CD only]
- **Very Low-calorie Diets**
Revised 2008, 3 pages. [CD only]
- **Weight and Waist Measurement: Tools for Adults**
Revised 2008, 4 pages.
- **Weight Cycling**
Revised 2008, 3 pages. [CD only]
- **Weight-loss and Nutrition Myths**
Revised 2006, 5 pages.
- **You Can Control Your Weight as You Quit Smoking**
Revised 2006, 4 pages. [CD only]

Consumer Brochure

The following consumer information presents the health risks, management tools, and treatments for people who are overweight or obese.

- **Active at Any Size**
Revised 2006, 28 pages.
- **Getting on Track: Physical Activity and Healthy Eating for Men** **NEW**
2008, 11 pages.
- **Improving Your Health: Tips for African American Men and Women**
Revised 2008, 14 pages.
- **Just Enough for You: About Food Portions**
Revised 2006, 16 pages.
- **Take Charge of Your Health! A Guide for Teenagers!**
Revised 2006, 16 pages.

— **Tips to Help You Get Active**

2006, 20 pages.

— **Walking ... A Step in the Right Direction**

Revised 2007, 8 pages.

— **Weight Loss for Life**

Revised 2006, 13 pages.

Sisters Together: Move More, Eat Better

Sisters Together: Move More, Eat Better is an initiative designed to encourage Black women age 18 and over to maintain a healthy weight by becoming more physically active and eating healthier foods. Materials include a program guide and informational pamphlets for consumers.

— **Celebrate the Beauty of Youth**

Revised 2008, 2 pages.

— **Energize Yourself and Your Family**

Revised 2008, 20 pages.

— **Fit and Fabulous as You Mature**

Revised 2007, 14 pages.

— **Sisters Together: Move More, Eat Better Program Guide**

Revised 2007, 61 pages.

Healthy Eating & Physical Activity Across Your Lifespan

This four-part series for consumers provides information on the benefits of eating well, tips for healthy eating, and tips on becoming physically active. These publications are also available in Spanish (see "Información en Español").

— **Helping Your Child (Tips for Parents)**

Revised 2007, 24 pages.

— **Better Health and You (Tips for Adults)**

Revised 2008, 24 pages.

— **Young at Heart (Tips for Older Adults)**

2007, 23 pages.

— **Fit for Two (Tips for Pregnancy)**

Revised 2006, 23 pages.

Información en Español*

— **Caminar ... Un paso en la dirección correcta**

Revised 2008, 5 pages.

— **¡Hazte cargo de tu salud! Guia para jóvenes**

2007, 28 pages.

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

This four-part series for consumers and health care providers offers culturally appropriate information about healthy eating and physical activity.

— **Cómo ayudar a su hijo (Helping Your Child)**

Revised 2007, 24 pages.

— **Cómo mejorar su salud: consejos para adultos (Tips for Adults)**

Revised 2008, 26 pages.

— **Consejos para la futura mamá (Tips for Pregnancy)**

Revised 2007, 30 pages.

— **Sugerencias para personas mayores (Tips for Older Adults)**

Revised 2006, 30 pages.

WIN Notes

WIN Notes is a newsletter that features information from NIDDK and other organizations about obesity, weight control, physical activity, and weight related nutritional disorders. To view the latest issue, visit <http://win.niddk.nih.gov/notes>.

Other

— **WIN Publications CD**

This CD contains PDF versions of all WIN publications. Brochures and fact sheets designated as "CD only" cannot be ordered in hard copy format.

*These publications are not copyrighted. You are encouraged to duplicate and distribute these items.

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