

## **Weight Management Resources Tools You Can Use**

There are many great free resources for healthcare providers. If you become familiar with what is available, you can expand your tool chest and help meet your patient's needs.

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

The Aim for a Healthy Weight web site offers education materials for patients, the public and health professionals. [http://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)  
There is also a comprehensive booklet providing information on weight loss and maintenance, meal planning, behavior modification, physical activity and more. It is available for sale or in downloadable PDF format. National Institutes of Health (NIH), National Heart Lung and Blood Institute (NHLBI), NIH Publication No. 05-5213  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/aim\\_hwt.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf)

### ***Tips to Weight Loss Success***

This weight-loss tip sheet provides an interactive weight and health profile form for the patient. It is available in PDF format or in 30-sheet tablets. NIH Publication No. 02-5210  
[http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim\\_kit/tips.pdf](http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim_kit/tips.pdf)

### ***Joslin Clinical Guidelines***

Joslin Diabetes Center has published a *Clinical Nutrition Guideline for Overweight and Obese Adults with Type 2 Diabetes, Prediabetes or Those at High Risk for Developing Type 2 Diabetes*. This Guideline is also the basis of Joslin's highly successful weight management program, "Why WAIT™". [http://www.joslin.org/Files/Nutrition\\_Guideline\\_Graded.pdf](http://www.joslin.org/Files/Nutrition_Guideline_Graded.pdf)

### ***The Road to Health Tool Kit***

This is a publication of the National Diabetes Education Program (NDEP). The tool kit provides material to start a community outreach program with the message that type 2 diabetes can be prevented or delayed. It is designed to reach African Americans and Hispanics/Latinos who are at risk for type 2 diabetes. The website also provides information on how to obtain continuing education credits by reading the User's Guide, Flip Chart, and Activities Guide.  
<http://www.ndep.nih.gov/publications/index.aspx>

### ***Diabetes Prevention Program (DPP) Lifestyle Intervention Curriculum.***

This website provides the DPP lifestyle change program materials that were successfully used to prove that diet and exercise sharply reduced the development of type 2 diabetes in people with impaired glucose tolerance (IGT). [www.bsc.gwu.edu/dpp/lifestyle/dpp\\_acor.html](http://www.bsc.gwu.edu/dpp/lifestyle/dpp_acor.html)

### ***America on the Move (AOM)***

Turn to this website for information to promote healthy eating and fitness to individuals, groups, families and health professionals. AOM is a national non-profit organization.  
<http://aom2.americaonthemove.org/Home.aspx>