

RESOURCES GUIDE

For a complete collection of resources on topics of weight management and obesity published by the Food and Nutrition Information Center of the United States Department of Agriculture, go to www.nal.usda.gov/fnic/pubs/weight.pdf.

For a listing of Nutrition Research and Obesity Centers across the United States, please go to <http://www3.niddk.nih.gov/centers/norc.shtml>.

Professional Resources	DESCRIPTION	CONTACT
American Academy of Pediatrics	Resource for recommendations and guidelines for pediatric preventive health care.	www.aap.org
Academy of Nutrition and Dietetics	Find a Registered Dietitian in your area plus up-to-date and evidence based food and nutrition information.	www.eatright.org
National Associate of School Nurses	Established to advance the specialty practice of school nursing to improve the health and academic success of all students.	www.nasn.org
American Society for Metabolic and Bariatric Surgery	Provides educational and support programs for surgeons and integrated health professionals to advance the art and science of metabolic and bariatric surgery.	www.asmb.org
International Obesity Taskforce	Research-based think tank of international obesity experts.	http://www.iaso.org/iotf/
National Institute for Health Care Management	Nonprofit, nonpartisan group that conducts research on health care issues and disseminates research findings in hopes to that promote and enhance access to health care.	http://www.nihcm.org/publications/obesity
The Obesity Society	A leading scientific society dedicated to the study of obesity.	http://www.obesity.org/
Preventive Cardiovascular Nurses Association	A leading nursing organization dedicated to preventing cardiovascular disease through assessing risk, facilitating lifestyle changes, and guiding individuals to achieve treatment goals. Extensive resources for professionals and consumers.	http://pcna.net/index.php http://pcna.net/clinical-tools/tools-for-healthcare-providers/heart-healthy-toolbox
World Health Organization- Nutrition	Provides leadership on global health matters within the United Nations. Helps shape health research agendas, sets and follows emerging health trends, and guides evidence-based policy decisions.	http://www.who.int/nutrition/en/
Yale Rudd Center for Food Policy & Obesity	A non-profit research and public policy organization devoted to improving the world's diet, preventing obesity, and reducing weight stigma.	http://yaleruddcenter.org/

Consumer Resources	DESCRIPTION	CONTACT
The American Heart Association	Covers everything from physical activity to eating out the healthy way. Includes advice about how to grocery shop and manage weight.	www.americanheart.org
BMI calculator	Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.	http://www.nhlbisupport.com/bmi/
Centers for Disease Control's Division of Nutrition, Physical Activity, and Obesity (DNPAO)	Working to implement policy and environmental strategies to make healthy eating and active living accessible and affordable for everyone.	http://www.cdc.gov/obesity/index.html
Let's Move	Let's Move! is a comprehensive initiative, launched by the First Lady Michelle Obama, dedicated to solving the problem of obesity within a generation.	www.letsmove.gov
Live Better America	Get ideas of how to eat, cook and move better with recipes and tips for healthy living.	http://www.livebetteramerica.com
NHLBI Obesity Education Initiative	An initiative to help reduce the prevalence of overweight along with the prevalence of physical inactivity in order to reduce the risk of coronary heart disease and overall morbidity and mortality from coronary heart disease.	www.nhlbi.nih.gov/about/oei/index.htm
Surgeon General Childhood Overweight and Obesity Prevention Initiative	Outlines strategies communities can use to combat the obesity problem.	www.surgeongeneral.gov/topics/obesity
Weight-control Information Network	Provides up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues	http://win.niddk.nih.gov/
Aim for a Healthy Weight	Learn key recommendations for weight loss, assess your risk factors related to overweight and obesity and use interactive tools to help you eat better and sustain behavior change.	http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
HealthyDiningFinder.com	Finds the healthier options at restaurants with corresponding nutrition information such as calories, fat, and sodium.	http://www.healthydiningfinder.com
Healthfinder	This website is from the National Health Information Center, U.S. Department of Health & Human Services. You can find answers to nutritional questions that affect health.	www.healthfinder.gov
Medlineplus	Web resource that presents research and current information on a variety of diseases.	www.medlineplus.gov
Nutrition.gov	Provides easy, online access to government information on food and human nutrition.	http://www.nutrition.gov/
Portion Distortion	Want to know what portion sizes were like 20 years ago compared to today? Take these two quizzes on this website to find out.	http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/portion/index.htm
Strategies to Overcome and Prevent Obesity Alliance "Weigh In: Talking to Your Children About Weight and Health"	Online guide to fill the information gap and offer practical advice for parents struggling with how to discuss weight and health with their children.	http://www.stopobesityalliance.org/wp-content/themes/stopobesityalliance/pdfs/stopobesityalliance-weighin.pdf
United States Department of Agriculture:	Incorporates recommendations from the Dietary Guidelines for Americans 2010 and offers	www.choosemyplate.gov

ChooseMyPlate	personalized eating plans, interactive tools to help users plan food choices, and advice on how to balance food and physical activity.	