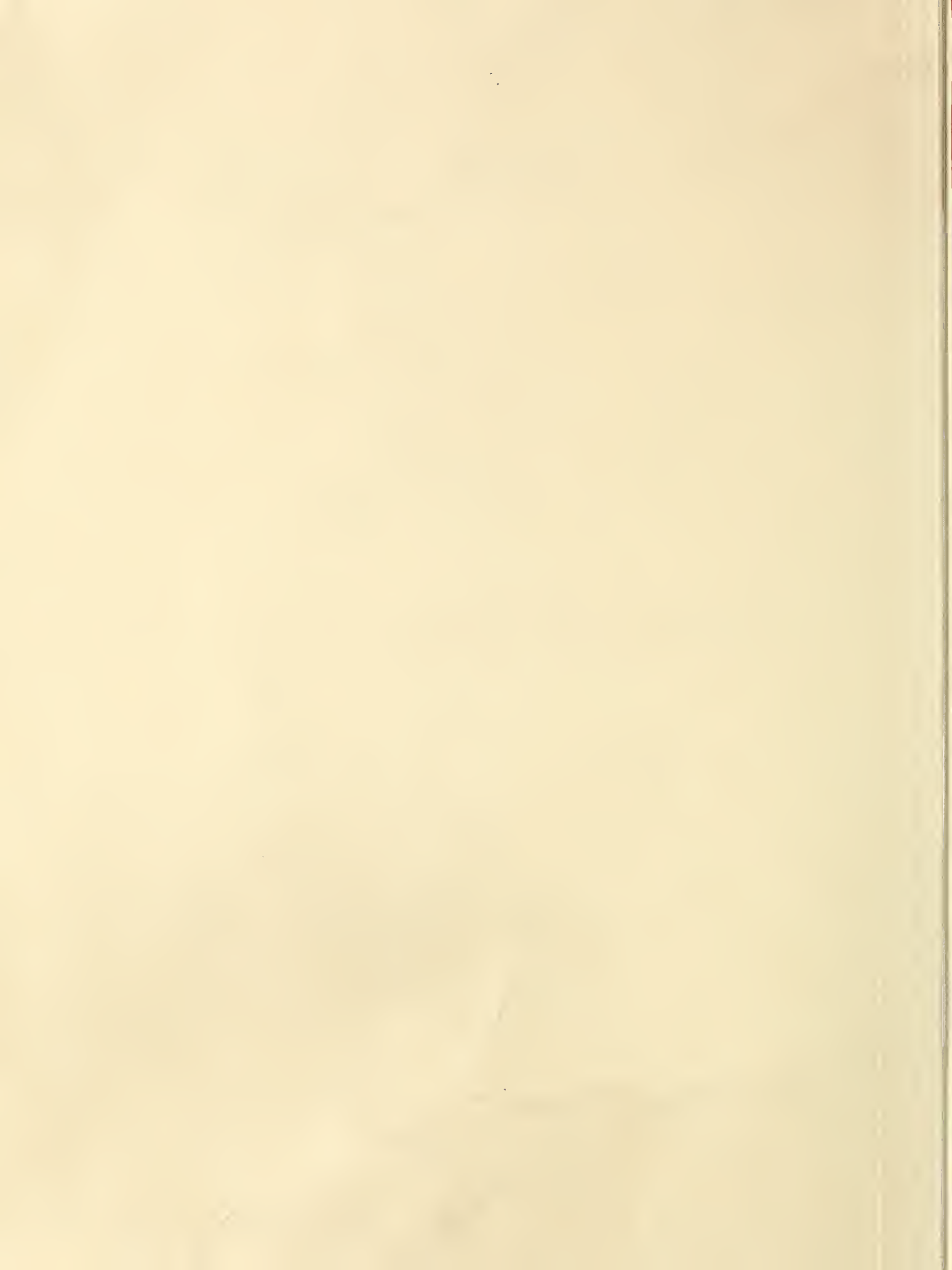


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Weight Control and Obesity

Overview (in order by year)

Workshop on Prevention and Treatment of Childhood Obesity, September 11-12, 1995.
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Obesity: Theory and Therapy. Albert J. Stunkard and Thomas A. Wadden. New York: Raven Press. 1993. 377 pp.

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Perceptions (in order by year)

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Pathogenesis (in order by year)

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Genetics and Environment (in order by year)

- “Comparisons for body mass index and body fat percent among Puerto Ricans, Blacks, Whites, and Asians living in New York City area.” Jack Wang, et al. *Obesity Research*, 4(4):377-384. July 1996.
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- “Evaluating success of weight loss programs with an application to fluoxetine weight reduction clinical trial data.” Mary E. Sayler, et al. *International Journal of Obesity*, 18:742-751. 1995.
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- “Nursing guide to good nutrition & sensible weight control.” *Nursing*, 23(5):67-69. 1993.
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Periodical Series (in alphabetical order by title)

Healthy Weight Journal. Healthy Living Institute, 402 S. 14th Street, Hettinger, ND 58639. (701) 567-2646; Fax (701) 567-2602.

The Weight Control Digest. American Health Publishing Company, P.O. Box 35328, Dept. 30, Dallas, TX 75235-0328. (800) 736-7323.

Weight Control Programs for Instructors (in alphabetical order by title)

The Balancing Act: Nutrition & Weight Guide. Fourth Edition. Georgia G. Kostas. Dallas, TX: Balancing Act. 1996. 320 pp. (214) 239-7223.

The Body Shop (weight control program for children and teens). Farmington Hills, MI: American Institute for Preventive Medicine. 1996. 400 pp. Available from American Institute for Preventive Medicine, 30445 Northwestern Highway, Suite 350, Farmington Hills, MI 48334. (810) 539-1800.

Healthy Heart Weight Management. Nancy L. Schwartz. 1996. Available from Healthy Heart Weight Management, 5754 Merrill Mission Road, Papillion, NE 68133-2731. (402) 592-6860.

HUGS Facilitator Kit: Anti-Diet Lifestyle Program. HUGS for Better Health. Available from HUGS International Inc., Box 102A, RR#3, Portage la Prairie, MB, Canada R1N3A3. (204) 428-3432; Fax (204) 428-5072. E-mail: lomichin@portage.net

Lightenup: an Adolescent Weight Management Curriculum. Bethann Witcher. College Station, TX: Texas Agricultural Extension Service, Texas A & M University System, 1994. 164 pp.

Mirror Mirror: a Resource Guide for Helping Adolescents Develop a Positive Body Image and Maintain a Healthy Weight. Chicago, IL: Education Dept., National Live Stock & Meat Board, 1992. 1 resource packet, 4 pamphlets, and 9 duplicating masters. Available from Cattlemen's Association, 444 North Michigan Ave., Chicago, IL 60611. (312) 467-5520.

My New Weigh of Life. Madeleine Sigman-Grant. 1996. (Leader and Participant's Guides) 1 volume each. Available from College of Agricultural Sciences, 112 Ag. Admin. Building, The Pennsylvania State University, University Park, PA 16802. (814) 865-6713.

Now That You've Lost It: How to Maintain Your Best Weight. Joyce D. Nash. Palo Alto: Bull Pub. Co. 1992. 228 pp.

SHAPEDOWN: Weight Management Program for Children and Adolescents. Available from Distribution & Support, Balboa Publishing, 11 Library Place, San Anselmo, CA 94960. (415) 453-8886.

Size Acceptance Packet. Joanne P. Ikeda. Contains resources for assisting people with size acceptance. Available from Cooperative Extension, Nutritional Sciences, Morgan Hall, Room 9, University of California, Berkeley, CA 94720-3104. (510) 642-2790.

Handouts (in alphabetical order by organization)

Available from Agriculture and Natural Resources Publications, University of California, 6701 San Pablo Avenue, Oakland, CA 94608-1239. (510) 642-2790.

Children and Weight: What's a Parent to Do? (Que Deben Hacer Los Padres De Los Ninos Que Pesan Mucho) 1993.

Food Choices for Good Health (Escoja Alimentos Sanos) 1993.

If My Child Is Too Fat, What Should I Do About It? 1993.

Available from The American Dietetic Association, 216 West Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600, ext. 5000.

Exchange Lists for Weight Management. 1995.

If Your Child Is Overweight: A Guide for Parents. 1993.

Managing Your Weight for Better Health. 1993.

Skim the Fat: A Practical and Up-to-Date Food Guide. 1995.

Available from Food and Drug Administration, Office of Public Affairs, Public Health Service, Dept. of Health and Human Services, 5600 Fishers Lane, Rockville, MD 20857. (301) 443-3170.

An FDA Guide to Dieting. 1991.

Available from National Center for Nutrition and Dietetics, 216 W. Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600.

Facts about Fat Substitutes. Nutrition Fact Sheet. 1995.
Weight Loss Readiness Quiz. Nutrition Fact Sheet. 1995.

Available from Nutrition Health Services, 9660 Hillcroft, Suite 325, Houston, TX 77096. (713) 721-7755.

The Non Diet Approach...Made Easy (reproducible masters for handouts). 1996.

Available from Health Promotion Resource Center, Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, 100 Welch Road, Palo Alto, CA 94304-1885. (415) 723-0003.

The Weight Kit: A Four-Step Guide to Losing Weight and Keeping It Off. 1991.

Audiovisuals (in alphabetical order by title)

The 7 Most Popular Weight Management Myths (1993). Los Angeles, CA: National Health Video, Inc. (310) 268-2809. **Includes:** 10 min. (VHS) videocassette. **Content:** Discusses the most popular myths and truths about weight control. **Audience:** Consumers

MVE-TV: the Channel for Moderation, Variety and Exercise (1994). (800) 368-3136. Freeman Pictures. Chicago, IL: The Board. **Includes:** 10 min. (VHS) videocassette, 1 wall chart, 12 duplicating masters, 1 leader guide, and 1 evaluation form. **Content:** Designed to help students develop good eating habits. Provides an overview of essentials for a low-fat balanced diet. **Audience:** Teenagers

- Children and Weight: What's a Parent to Do?* (1993). University of California Cooperative Extension. Davis, CA: Cooperative Extension. Distributed by: Visual Media, UC Davis, CA 95616. (916) 668-8194. **Includes:** 12 min. (VHS) videocassette and 3 booklets. **Content:** Video offers sound advice and practical suggestions concerned about preventing or treating childhood obesity. The authors encourage unconditional love and acceptance of the child, as well as sensible eating and a physically active lifestyle. **Audience:** Health professionals and caregivers
- Chow!: a Nutrition Curriculum for Grades 7-12* (1995). Jennifer Douglas, Peggy Zamore, and Michael Jacobson. Washington, DC: Center for Science in the Public Interest. (202) 332-9110. **Includes:** 1 (VHS) videocassette, 1 curriculum, 1 teacher's guide, 1 teacher's survey, 1 activity booklet, and 1 Food Guide Pyramid model. **Content:** The activities in this curriculum provide useful nutrition information for students to base their food choices. They cover food advertising, weight control, and the relationship between food and the environment. **Audience:** Secondary school students
- Cut the Fat in Your Diet: Following the Food Guide Pyramid* (1994). Huntsville, TX: Educational Video Network. (409) 295-5767. **Includes:** 28 min. (VHS) videocassette and 1 study guide. **Content:** Explains the effects of dietary fats upon the body and gives practical tips on healthy eating and food preparation. **Audience:** Consumers
- Eat More, Weigh Less* (1993). Dr. Dean Ornish. New York, NY: Harper Audio. (212) 207-7000, (800) 242-7377. **Includes:** 90 min. sound cassette and 5 recipe cards. **Content:** Discusses how to lose weight safely while eating a lot of food. **Audience:** Consumers
- Healthy Eating for a Healthy Weight* (1995). Mosby Great Performance and the American Dietetic Association. Beaverton, OR: Mosby Great Performance. **Includes:** 9 min., 48 sec. (VHS) videocassette and 1 booklet. **Content:** Emphasizes nutritious eating style and regular activity versus diet to maintain a healthy weight. Discusses how to achieve best personal weight; how to determine what healthy weight is; what determines body shape; and how to develop healthy eating and exercise habits that will last a lifetime. **Audience:** Consumers
- Lifesteps: Weight Management* (1994). Rosemont, IL: National Dairy Council. Call your local Dairy Council. **Includes:** 2 (VHS) videocassettes, 1 leader's guide, 1 participant notebook, 128 cards, 17 duplicating masters, 1 poster, 4 booklets, 1 chart, and 1 pamphlet. **Content:** A program that helps participants develop new eating habits through behavior modification. **Audience:** Consumers

Low Fat Express (1995). Owatonna, MN: Pineapple Appeal. (800) 321-3041. **Includes:** 1 book, 1 cookbook, 1 leader's guide, 1 calendar, 2 tubes of fat, 1 deck of cards, 1 measuring spoon, 1 jar-opening aid, and 1 nutrition fact sheet. **Content:** This collection of nutrition education materials provides a variety of low-fat messages. **Audience:** Adults with low-literacy skills

Managing Your Weight Without Dieting (1993). John Caps. Pleasantville, NY: Human Relations Media. (800) 431-2050. **Includes:** 28 min., 14 sec. (VHS) videocassette and 1 teacher's guide. **Content:** Introduces students to misconceptions about dieting. Focuses on fast-food restaurants and importance of physical activity in a well-balanced weight management program. **Audience:** Teenagers

New Lean Life Foods, 1995 Edition. Eve Lowry and Nutrivisuals. Shingle Springs, CA: NutriVisuals. ((916)677-1969. **Includes:** 31 min. (VHS) videocassette. **Content:** Addresses the issue of too much fat in the American diet. Analyzes typical American meals and shows how to modify them to cut down on fats and calories. **Audience:** Consumers

Weight: Maintaining a Healthy Balance (1996). Evanston, IL: Altschul Group Corporation Educational Media. (800) 421-2363. **Includes:** 12 min. (VHS) videocassette. **Content:** Teaches viewers a variety of skills to help them control their weight. Shows ways to shop sensibly for low-fat foods, how to read labels, ways to cook light, tips on maintaining a desired weight, the importance of a healthy lifestyle, and the role of exercise in weight control. **Audience:** Consumers

Weight Management: Steps for Lasting Success (1994). Beaverton, OR: Mosby Great Performance. **Includes:** 11 min., 36 sec. (VHS) videocassette and 1 booklet. **Content:** Demonstrates weight management skills including: how to make personal choices that are right; what a healthy weight is; and what skills need to be mastered to achieve lasting weight control. **Audience:** Consumers

Contacts for Assistance

National Contacts:

The American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4854. Web site: <http://www.eatright.org/>

Calorie Control Council, 5775 Peachtree-Dunwoody Road, Suite 500-G, Atlanta, GA 30342. (404) 252-3663.

Center for Child and Adolescent Obesity, Dept. of Family and Community Medicine, University of California, MU3 East, Box 0, San Francisco, CA 94143-0900. (415) 476-4138.

Cooperative Extension, Iowa State University, 103 Morrill, Ames, IA 50011. (515) 294-3178.
Web site: <http://www.exnet.iastate.edu/Pages/pubs/Food.html>

Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service, United States Department of Agriculture, Room 304, 10301 Baltimore Ave., Beltsville, MD 20705-2351. (301) 504-5719. Web site: <http://www.nal.usda.gov/fnic>
E-mail: fnic@nal.usda.gov

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354.
(909) 824-4690 (located in California) or (816) 228-4595 (located in Missouri).
Web site: <http://www.primenet.com/~ncahf/>

National Health Information Center, ODPHP, P.O. Box 1133, Washington, DC 20013.
(800) 336-4797. In Maryland (301) 565-4167. Web site: <http://nhic-nt.health.org/>

National Maternal and Child Health Clearinghouse, Health Resources and Services, Administration, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536.
(703) 821-8955 ext. 254.

Weight-Control Information Network, 1 WIN Way, Bethesda, MD 20892-3665.
(301) 570-2177 or (800) 946-8098. Web site: <http://www.niddk.nih.gov>
E-mail: win@matthewsgroup.com

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