



Aim for a Healthy Weight

**GUIDELINES AND PRACTICAL TOOLS FOR IDENTIFYING, ASSESSING,
AND TREATING OVERWEIGHT AND OBESE PATIENTS**

- ♥ Do you know the cut-points to classify your patients as overweight or obese?
- ♥ Do you know your patients body mass index (BMI) and waist circumference?
- ♥ Do you know the goals for weight loss?
- ♥ Do you know when to use pharmacotherapy as compared to dietary therapy and physical activity?

The National Heart, Lung, and Blood Institute (NHLBI) provides the answers to these questions and more in the first set of Federal clinical guidelines* and materials designed to address the issues of overweight and obese patients.

- ♥ Evidence-based
- ♥ Long-term solutions
- ♥ Team-focused
- ♥ Goal-oriented
- ♥ Step-wise approach
- ♥ Includes interactive tools to assess and treat

**The clinical guidelines were endorsed by representatives of two cardiovascular National Education Programs coordinated by the National Heart, Lung, and Blood Institute from over 50 professional societies, government agencies, and consumer organizations, as well as the North American Association for the Study of Obesity, and the National Institute of Diabetes and Digestive and Kidney Diseases National Task Force on the Prevention and Treatment of Obesity.*

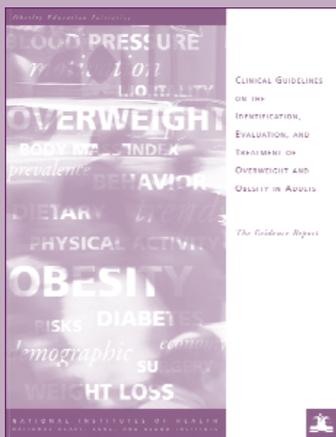
ABOUT OVERWEIGHT & OBESITY

- ♥ 55 percent of the American adult population are overweight or obese.
- ♥ Overweight & obesity increase the risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gall bladder disease, osteoarthritis, sleep apnea and respiratory problems, as well as endometrial, breast, prostate and colon cancers.
- ♥ Higher body weights are associated with increases in all-cause mortality.
- ♥ The total costs attributable to obesity-related disease approach \$100 billion annually in the United States.
- ♥ Obesity is a chronic disease; patient and practitioner must understand that successful treatment requires a lifelong effort.

Overweight Obesity



Publications for the Health Professional and Patient



The Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report (1998)

The Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report (1998)

The first published guidelines to address overweight and obesity developed by the Federal government. Recommendations are based on the most extensive review of the scientific literature to date. The review was undertaken by a 24-member Expert Panel that sought to answer 35 key clinical questions on how different treatment strategies affect weight loss and how weight control affects the major risk factors for heart disease and stroke, as well as other chronic diseases and conditions. The resulting guidelines present a new approach for the assessment of overweight and obesity and establish principles of safe and effective weight loss. *The Evidence Report* was released by the National Heart, Lung, and Blood Institute (NHLBI) in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases.

**228 pages. #4083 \$8 each/25 copies, \$170/
100 copies, \$640**

The Executive Summary of the Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (1998) has been acclaimed as one of the best articles printed in the *Archives of Internal Medicine*. It provides the key points of the Evidence Report, including the evidence-based methodology used, the classification of overweight and obesity using body mass index (BMI), and the scientific evidence and recommendations for treating overweight and obesity in adults.

**13 pages. #55-892 \$1.50 each/25 copies, \$31.85/
100 copies, \$120**

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

Based on *The Evidence Report*, this document provides health care practitioners the necessary tools to assess and manage overweight and obesity. It includes:

- Practical information on dietary therapy, physical activity, and behavior therapy.
- Guidance on appropriate use of pharmacotherapy and surgery as treatment options.
- Patient materials, including information on choosing and preparing healthy foods, sample menus, a food exchange list, a physical activity guide, a behavior change guide, and a food and activity diary.
- Tear-out quick reference card summarizing the steps of assessment, classification and treatment (ACT).

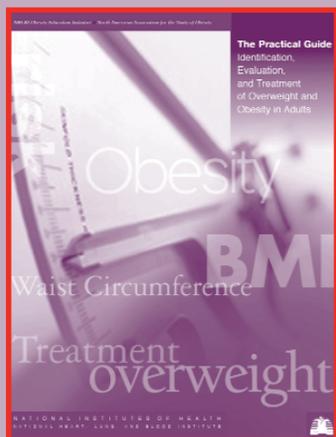
The Guide was prepared in collaboration with the North American Association for the Study of Obesity.

**56 pages. #4084 \$5 each/25 copies, \$106.25/
100 copies, \$400**

Clinical Guidelines: Highlights for Patients

This packet includes practical information for patients on dietary therapy, physical activity, and behavior therapy. Materials include guides for choosing and preparing healthy foods, sample menus, a food exchange list, a physical activity guide, a behavior change guide, and a food activity diary.

**31 pages. #55-909 \$1 each/25 copies, \$12.50/
100 copies, \$40**



NEW!

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

Online Tools and References

www.nhlbi.nih.gov

Aim for a Healthy Weight Web Page

This web page provides information for patients and public as well as health practitioners and professionals.

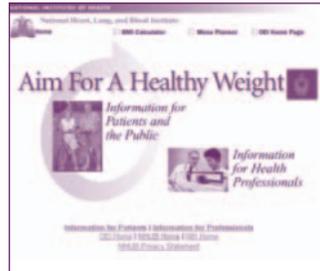
The **patient** pages take individuals through determining their weight status, then moves them step-by-step through choosing lifestyle changes to effectively lose weight. The pages include:

- BMI Calculator
- Obesity-Associated Disease Risk Chart
- Interactive Menu Planner
- Shopping List and Ideas
- Guide to Physical Activity
- Menus and Recipes

The **professional** pages include the full text of *The Clinical Guidelines Evidence Report*, *The Executive Summary of the Guidelines*, and *the Practical Guide*. Other useful tools to assist practitioners who evaluate and treat obese and overweight patients include:

- **Electronic Textbook**

This interactive guide is based on various sections of *The Evidence Report* and will provide the information in an easy to access Web format. It will include an interactive menu planner and BMI calculator. CME component coming in 2001.



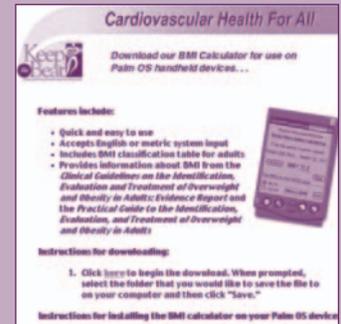
- **Palm OS Tools**

A succinct and practical point-of-care reference for download and use on Palm OS devices. The BMI Calculator and highlights of the guidelines are packaged for use in the clinical setting (coming November 2000).

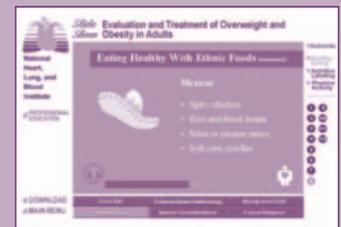
- **Slide Show**

Appropriate for both professionals and the public, *The Evidence Report* is formatted as a PowerPoint™ presentation. Includes 150 slides and accompanying notes consisting of six sections:

- Clinical Guidelines Core Set
- Evidence-Based Methodology
- Background Data
- Practical Tips
- Special Considerations
- Future Research



Palm OS Tools for Professionals



Patient and Public Tipsheet Eating Healthy with Ethnic Food

Join NHLBI's online partnership with health professionals.

Receive free updates on NHLBI programs, research findings, resources, and upcoming events. Participate in shaping this emerging online society dedicated to eliminating health disparities in our communities and promoting health for all Americans by the year 2010. Join by visiting <http://hp2010.nhlbihin.net/> and clicking on "Join the Network."

