

DBHS Quarterly Health Initiative Kit
Obesity Resources for Professionals:

American Obesity Association
<http://www.obesity.org/>

National Heart Lung and Blood Institute
<http://www.nhlbi.nih.gov/>

National Institute of Diabetes and Digestive and Kidney Diseases: Talking to Patients about Weight Loss
<http://win.niddk.nih.gov/Publications/talking.htm>

Aim for a Healthy Weight Education Kit is a patient education kit from the National Heart, Lung, and Blood Institute (NHLBI) that helps health care providers develop effective weight-management programs in their offices or clinics. It is available at www.nhlbi.nih.gov/health/heart/obesity/aim_kit. NIH Publication No. 02–5212. 2002.

BMI Calculator is a free tool for Palm® hand-held computers from NHLBI. It is available online at http://hin.nhlbi.nih.gov/bmi_palm.htm Or for an instant calculator click on: <http://www.nhlbisupport.com/bmi/bmicalc.htm>

Medical Care for Obese Patients is a fact sheet from WIN to help health care providers offer optional medical care to patients who are obese. This publication features a complete BMI table. NIH Publication No. 03–5335.

The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults is an 88-page guide from NHLBI for health care providers about helping patients control weight. Includes tools for patients. It is available at www.nhlbi.nih.gov/guidelines/obesity/practgde.htm. NIH Publication No. 00–4084.

Weight and Waist Measurement: Tools for Adults is a WIN fact sheet that describes how to accurately take these two measures and explains the health risks associated with excess weight. NIH Publication No. 04–5283.