

Selected Obesity Information Resources for Hispanic/Latino Americans

Resources for the Health Professional

Body Mass Index Calculator. (Centers for Disease Control and Prevention)

<http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm>

Body Mass Index, a number that shows body weight adjusted for height, can be calculated with simple math using inches and pounds, or meters and kilograms. For adults aged 20 years or older, BMI falls into one of these categories: underweight, normal, overweight, or obese.

Dietary Guidelines for Americans. (U.S. Department of Agriculture)

<http://www.health.gov/dietaryguidelines/>

Dietary Guidelines for Americans has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs.

[Dietary Guidelines for Americans 2005](#) was released January 12, 2005, by HHS

Secretary Tommy G. Thompson and USDA Secretary Ann M. Veneman. Visit

www.healthierus.gov/dietaryguidelines/ for more information on the 2005 *Guidelines*

Do You Know the Health Risks of Being Overweight? (Weight Control Information Network.

National Institute of Diabetes and Digestive and Kidney Diseases)

http://win.niddk.nih.gov/publications/health_risks.htm

This NIDDK page addresses the risks involved in being overweight or obese, and provides resources to assist the consumer in dealing with those risks.

Food and Nutrition Information Center. (National Agricultural Library)

<http://www.nal.usda.gov/fnic/>

The Food and Nutrition Information Center at the National Agricultural Library has been a leader in food and nutrition information dissemination since 1971. The web site provides a directory to credible, accurate, and practical resources for consumers, nutrition and health professionals, educators and government personnel. Included are printable format educational materials, government reports, research papers, and more.

Glycemic Index.

<http://www.glycemicindex.com/>

The glycemic index is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. It compares foods gram for gram of carbohydrate. Carbohydrates that break down quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have low glycemic indexes. Here you will find information on the Glycemic Index of foods, latest GI data, GI books, GI testing services and information on the GI symbol program.

Nutrition & Physical Activity. (National Center for Chronic Disease Prevention and Health Promotion. Centers for Disease Control and Prevention)

<http://www.cdc.gov/nccdphp/dnpa/>

CDC's Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. The scope of DNPA activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.

Overweight and Obesity. (Centers for Disease Control and Prevention)

<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

In the United States, obesity has risen at an epidemic rate during the past 20 years. One of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%. Research indicates that the situation is worsening rather than improving.

PubMed

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>

PubMed, a service of the National Library of Medicine, includes over 14 million citations for biomedical articles from the 1950s to the present. These citations are from MEDLINE and additional life science journals. PubMed includes links to many sites providing full-text articles and other related resources.

Roadmaps for Clinical Practice series: Assessment and Management of Adult Obesity. (American Medical Association)

<http://www.ama-assn.org/ama/pub/category/10931.html>

Produced with support from the Robert Wood Johnson Foundation, and developed in collaboration with the U.S. Department of Health and Human Services, *Assessment and Management of Adult Obesity* consists of 10 booklets that offer practical recommendations for addressing adult obesity in the primary care setting. The primer offers practical advice on:

- evaluating patients for current and potential health risks related to weight - beginning with a measure of the body mass index (BMI);
- understanding medication and surgical options;
- improving communication and counseling; and
- making office environments more accommodating to obese patients.

The booklets are in PDF format, and will require [Adobe Reader](#) to view.

Consumer & Patient Health Information

American Heart Association

<http://www.americanheart.org/>

Type “obesity” in the search box at the top of the home page to retrieve information on obesity.

American Obesity Association.

<http://obesity1.tempdomainname.com/>

The American Obesity Association is the only obesity organization focused on changing public policy and perceptions about obesity. This organization has helped to change federal policy: having the Social Security Administration and the Internal Revenue Service (IRS) recognize obesity as a disease, providing evidence to the IRS to make the costs of obesity treatment eligible for the medical deduction, and having Medicare change its policy language on obesity as a disease.

AOA Fact Sheets: Obesity in Minority Populations (American Obesity Association).

http://obesity1.tempdomainname.com/subs/fastfacts/Obesity_Minority_Pop.shtml

The AOA FastFacts sheet presents statistics about obesity in minority populations from the National Health and Examination Survey published in 2002 by the Centers for Disease Control and Prevention’s National Center for Health Statistics.

Calorie Control Council

<http://www.caloriecontrol.org/>

This site includes information on cutting calories and fat in your diet, achieving and maintaining a healthy weight, information on favorite low-calorie, reduced-fat foods and beverages, and the ingredients that make them possible.

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/>

Click on the letter O from the A-Z index beneath the search box on the CDC home page and then on Obesity & Genetics or Obesity and Overweight to retrieve information.

DIRLINE (National Library of Medicine)

<http://dirline.nlm.nih.gov/>

On this directory website of links to health-related organizations type in “obesity” in the search box to identify organizations related to work with obesity.

FDA Proposes Action Plan to Confront Nation's Obesity Problem

<http://www.fda.gov/oc/initiatives/obesity/>

This link will take you to the Food and Drug Administration’s initiatives concerning obesity. Another approach is to go to the FDA home page (<http://www.fda.gov/>) and type in “obesity” in the search box.

FirstGov

<http://www.firstgov.gov/>

FirstGov.gov, the official U.S. gateway to all government information, is the catalyst for a growing electronic government. On FirstGov.gov, you can search millions of web pages from federal and state governments, the District of Columbia and U.S. territories. Type “obesity” in Search box to access information, or click on Health and Nutrition under Government Information by Topic, and

then click on Food, Nutrition, and Fitness on the resulting screen to access information on nutrition and obesity, diet, and more.

Healthfinder

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=592&super=112&Branch=5>

An award-winning Federal Web site for consumers, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Since 1997, [healthfinder.gov](http://www.healthfinder.gov) has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. [healthfinder.gov](http://www.healthfinder.gov) links to carefully selected information and Web sites from over 1,500 health-related organizations.

HealthierUS.gov

<http://www.healthierus.gov/>

A source of credible, accurate information to help Americans choose to live healthier lives. Topics addressed include physical fitness, nutrition, prevention, and making healthy choices.

KidsHealth

<http://www.kidshealth.org/Search01.jsp>

KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, the award-winning KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has been on the Web since 1995 — and has been accessed by about 300,000,000 visitors. KidsHealth has separate areas for kids, teens, and parents — each with its own design, age-appropriate content, and tone. Follow the instructions to search for obesity as a topic.

Mayo Clinic

<http://www.mayoclinic.com/index.cfm>

On the Mayo Clinic home page, search for nutrition and obesity information, which includes lots of information, recipes, and news on related health care topics.

MEDLINEPlus

<http://www.medlineplus.gov>

The consumer health information web site developed by the U.S. National Library of Medicine, MedlinePlus has extensive information from the National Institutes of Health and other trusted sources on over 740 diseases and conditions. There are also lists of hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials. MedlinePlus is updated daily and can be bookmarked at the URL: [medlineplus.gov](http://www.medlineplus.gov). There is no advertising on this site, nor does MedlinePlus endorse any company or product.

Obesity

<http://www.nlm.nih.gov/medlineplus/obesity.html>

This provides a good starting point from which to identify resources on obesity. Sections include **Basics**, covering Overviews, Latest News, Diagnosis/Symptoms, Treatment, And Prevention/Screening; **Learn More**, focusing on, Coping, Specific Conditions, and Related Issues; **Multimedia & Cool Tools**, including Health Check Tools; **Research**, covering Financial Issues, Clinical Trials, Research, and Journal Articles; **Reference Shelf**, containing Dictionaries/Glossaries, Directories, Organizations, Newsletters/Print Publications, Law & Policy, and Statistics; and **For You**,

in which resources focus on specific population groups, including Children, Men, and Women.

Overweight and Obesity NIH (National Heart, Lung and Blood Institute)

http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe_whatare.html

This site provides an overview on obesity, including information on causes, risks, what population groups are at risk, signs & symptoms, diagnosis, treatments, prevention, key points, and links to further information about overweight and obesity from NHLBI and other resources.

Understanding Adult Obesity NIH (National Institute of Diabetes and Digestive and Kidney Diseases)

<http://win.niddk.nih.gov/publications/understanding.htm>

On this site you can learn what obesity is, how it is measured, about the Body Mass Index and Body Fat Distribution, causes of obesity, including genetic, environmental and other factors, the consequences of obesity including health risks and psychological and social effects, who should lose weight, and how obesity is treated.

Working with Your Doctor to Overcome Overweight and Obesity (American Academy of Family Physicians) **Also Available in Spanish**

<http://familydoctor.org/online/famdocen/home/healthy/food/improve/788.html>

<http://familydoctor.org/online/famdoces/home/healthy/food/improve/788.html>

A range of practical ideas for dealing with overweight and obesity. You'll find advice about healthy eating and physical activity for adults and children, as well as suggestions on how to set realistic, achievable personal goals. The information in this section is based on a recent publication of the American Academy of Family Physicians (AAFP): "Practical Advice for Family Physicians to Help Overweight Patients." This publication was prepared by the AAFP Panel on Obesity, a group made up of experts in the fields of family medicine, nutrition, epidemiology, and psychology.

National Cancer Institute

<http://www.cancer.gov/>

Type "obesity" in the search box on the NCI home page to retrieve information on obesity as it relates to cancer.

National Institutes of Health

<http://www.nih.gov/>

Type in "obesity" into the search box on the NIH home page to find information and resources related to obesity.

National Women's Health Information Center

<http://www.4woman.gov/>

This website and toll-free call center were created to provide FREE, reliable health information for women everywhere. Browse their database for resources or take a look through Special Sections on topic areas like heart disease, disabilities and pregnancy. Type "obesity" in the search box to find information directly.

New York Online Access to Health (NOAH)

<http://www.noah-health.org/en/healthy/nutrition/index.html>

In 1994, four New York City library organizations joined forces to establish a single

website to provide end-users a place on the World Wide Web to reach reliable consumer health information. The organizations: The City University of New York Office of Library Services (CUNY); the Metropolitan New York Library Council (METRO); The New York Academy of Medicine Library (NYAM); and The New York Public Library (NYPL) - later joined by the Queens Borough Public Library and the Brooklyn Public Library - had as a goal the development of a website which would provide health care information easily accessible and understandable to the layperson. The result was NOAH: New York Online Access to Health. This page has many links to information on obesity and weight control.

Nutrition.gov

<http://www.nutrition.gov/home/index.php3>

A user friendly, searchable version of the authoritative National Nutrient Database is available for download onto personal computers (PCs) and laptops free of charge. Sections include Food Facts, Food Safety, Lifecycle Issues, Health Management, and more.

The Obesity Society

<http://www.obesity.org>

A U.S. organization focusing on advocacy and education on obesity. This web site is a comprehensive site with links to resources on education, research, prevention, treatment, consumer protection, and discrimination.

Overweight and Obesity (American Academy of Pediatrics)

<http://www.aap.org/obesity/>

The American Academy of Pediatrics (AAP) is committed to children's health and recognizes childhood overweight and obesity as a serious health concern. The Academy continues to work for improvements in obesity prevention, treatment, advocacy and reimbursement.

Portion Distortion! (National Heart, Lung and Blood Institute)

<http://hin.nhlbi.nih.gov/portion/>

A fun interactive consumer site developed by NHLBI, this site will lead you to the differences, in the last 20 years, between the size and number of calories of foods that have undergone "portion distortion over the years."

¿Qué es la Obesidad? (American Obesity Association)

http://obesity1.tempdomainname.com/subs/fastfacts/whatisobesity_spanish.shtml

This Spanish language AOA fact sheet provides information and statistics about obesity and how to calculate your Body Mass Index.

Weight-control Information Network (WIN)

<http://www.niddk.nih.gov/health/nutrit/win.htm>

The Weight-control Information Network (WIN) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues. The collection of abstracts includes materials such as books; journal, magazine, and newsletter articles; education materials; program descriptions; and audiovisual materials on weight control and related topics.

World Health Organization

<http://www.who.int/en/>

WHO is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends. Click on Health Topics, then on the letter O from the A-Z menu, and then on Obesity from the resulting menu to identify resources related to obesity on a global health scale. This page provides links to descriptions of activities, reports, news and events, as well as contacts and cooperating partners in the various WHO programs and offices working on this topic. Also shown are links to related web sites and topics.

Resources for News Related to Obesity

BBC News

<http://news.bbc.co.uk/2/hi/health/default.stm>

Search the BBC News Health section for free access and excellent coverage on all health issues including obesity.

New York Times

<http://www.nytimes.com/pages/health/index.html>

The *New York Times* Health section, updated weekly, offers free access to health information, but requires registration.

NPR (National Public Radio)

<http://www.npr.org/>

Type "obesity" in the search box to get full text and/or audio streaming of news stories related to obesity.

Reuters

<http://www.reuters.com/>

Free access to excellent coverage of health care issues. Click on Health to get the latest stories, information on the latest publications, and publications related to health and obesity.