

# **Directory of Overweight and Obesity Management Organizations and Related Websites**



**This directory is an expanded list of government agencies, voluntary associations, and private organizations that provide obesity information and resources.**

**These organizations and related websites offer educational materials and support to people who are overweight or obese and the general public. Other sites are specific to health care professionals.**

**Links to non-federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by the Army Medical Department (AMEDD) or the Department of Defense (DoD) and none should be inferred. The AMEDD and the DoD is not responsible for the content of the individual organization's web page found via these web sites or their links.**

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## WEB SITES and RELATED INFORMATION

### **Agency for Healthcare Research and Quality (AHRQ)**

[www.ahrq.gov/](http://www.ahrq.gov/) The Agency for Healthcare Research and Quality (AHRQ) provides evidence-based information on health care outcomes, quality, cost, use, and access. Information from AHRQ's research helps people make more informed decisions and improve the quality of health care services. Find obesity related information under clinical information and consumers and patients.

### **America On the Move Foundation (AOM)**

[www.aom.americaonthemove.org/](http://www.aom.americaonthemove.org/) America On the Move Foundation is a national nonprofit dedicated to helping communities make positive changes to improve the health and quality of life of all their citizens. The Foundation's program, America On the Move (AOM), initiates and maintains meaningful and measurable individual, social, and environmental behavior changes that support healthy eating and active living habits in our society. Toolkits available for order.

### **American Academy of Family Physicians (AAFP)**

<http://familydoctor.org/> Provides online patient information and a resource for patient education booklets and pamphlets covering obesity and healthy living.

### **American Dietetic Association (ADA)**

<http://www.eatright.org/> The American Dietetic Association publishes a monthly professional journal, "The Journal of the American Dietetic Association," and a monthly newsletter, "ADA Courier" and many books and other resources for consumers and professionals. Has links to food and nutrition information.

### **American Society for Nutrition**

[www.nutrition.gov/](http://www.nutrition.gov/) Provides online access to government information on food and nutrition and links to other government sites.

### **Association of American Indian Physicians**

[www.aaip.org/](http://www.aaip.org/) or <http://ndep.nih.gov/> The **Move It!** kit is helpful in any general intervention promoting physical activity among **youth**. While **Move It!** was designed for school-based interventions, it may be adapted for use at community events as well as those in workplace and clinical settings to promote primary prevention of diabetes among high risk individuals and reduce obesity through increased physical activity. All National Diabetes Education Program (NDEP) products are in the public domain and copyright free. To receive **Move It!** kit materials can also be downloaded from either site.

### **Centers for Disease Control and Prevention (CDC)**

<http://www.cdc.gov/diabetes> CDC distributes several publications including a patient guide for people with diabetes (available in English and Spanish); a diabetes surveillance report; and an 8-page National Diabetes Fact Sheet; national estimates and general information on diabetes in the United States. State-based diabetes control programs develop and maintain local programs, and produce materials on diabetes for the general public and health professionals.

## Overweight and Obesity Guideline Web Links and Related Websites

### Consumer Information Center

<http://www.pueblo.gsa.gov/health.htm> This site offers publications for consumers addressing general health, diabetes, diet, and medications.

### Dietary Guidelines for Americans

<http://www.health.gov/dietaryguidelines> Online access to the fifth edition of "Nutrition & Your Health: Dietary Guidelines for Americans," a joint publication of the U.S. Departments of Health & Human Services and Agriculture.

### Food and Drug Administration

<http://www.fda.gov> The Food and Drug Administration website provides a wide array of information directed at both the healthcare professional and the consumer on a variety of topics. Some areas of interest are foods, human drugs, biologics, regulations and information and medical products. Specific website for new drug information for the consumer is found at:  
<http://www.fda.gov/cder/consumerinfo/default.htm>

### For Your Heart

<http://www.4woman.gov/> Information for women about cardiovascular disease, including exercise, nutrition, smoking, diabetes, cholesterol, and high blood pressure.

### Hardin Meta Directory (MD) of Internet Health Sources

<http://www.lib.uiowa.edu/hardin/md/weightloss.html> A directory that contains a list of websites related to obesity or other disease states.

### Healthfinder

<http://www.healthfinder.org> A Department of Health and Human Services search engine that allows a link for numerous obesity related web resources and organizations. Healthfinder® is a free gateway to reliable consumer health and human services information developed by the U.S. Department of Health and Human Services. Healthfinder® can lead to online publications, clearinghouses, databases, web sites, and support and self-help groups, as well as the government agencies and not-for-profit organizations that produce reliable information for the public.

### Healthy People 2010

<http://www.healthypeople.gov> Healthy People 2010 is a set of health objectives for the Nation to achieve over the first decade of the new century. It can be used by many different people, States, communities, professional organizations, and others to help them develop programs to improve health.

### Interactive Healthy Eating Index

<http://www.usda.gov/cnpp> Provides a quick assessment of the quality of your diet, including nutrition information targeted to your specific score.

### Institute for Health Care Improvement (IHI)

<http://ihi.org> The institute for Health Care Improvement offers resources and services to help health care organizations make dramatic and long-lasting improvements that enhance clinical outcomes and reduce costs.

## Overweight and Obesity Guideline Web Links and Related Websites

### **KidsHealth**

[www.kidshealth.org](http://www.kidshealth.org) KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence

### **MEDLINEplus**

[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus) This site contains up-to-date, quality health care information from the National Library of Medicine at the National Institutes of Health, access to extensive information about specific diseases and conditions and links to consumer health information. Dictionaries, lists of hospitals and physicians, health information in Spanish and other languages, and clinical trials are also available.

### **Medscape**

[www.medscape.com/homepage](http://www.medscape.com/homepage) This website aims to support all healthcare professionals in their everyday practice; providing a portal to high quality evidence-based guideline-related information, as well as a range of teaching materials and links to other medical information sites.

### **National Heart, Lung, and Blood Institute (NHLBI) Information Center**

<http://www.nhlbi.nih.gov/> Patient education materials are available on numerous topics including cholesterol, high blood pressure, asthma, heart disease, exercise, obesity, and other topics. Provides links to heart healthy recipes, Body Mass Index Calculator, menu planner, portion distortion quiz, education campaigns such as "Hearts and Parks."

### **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

<http://www.niddk.nih.gov/> The National Institute of Diabetes and Digestive and Kidney Diseases is the government's lead agency for diabetes research. NIDDK operates three information clearinghouses of potential interest to people seeking diabetes information and funds six Diabetes Research and Training Centers.

### **North American Association for the Study of Obesity (NAASO)**

<http://www.naaso.org/> The Obesity Society is the leading scientific society dedicated to the study of obesity. Since 1982, The Obesity Society has been committed to encouraging research on the causes and treatment of obesity, and to keeping the medical community and public informed of new advances.

### **Nutrition Education for New Americans Project**

<http://multiculturalhealth.org> This organization creates innovative programs and materials designed to teach about American foods and health practices in a culturally sensitive manner. The programs and materials are designed to respect traditional foodways while educating the target population about the pluses and minuses of American foods.

### **Nutrition Navigator**

<http://navigator.tufts.edu/> A rating guide to nutrition web sites.

### **President's Challenge**

<http://www.presidentschallenge.org/> The President's Challenge has expanded into a whole series of programs designed to help improve anyone's activity level. Young or old. It's about choosing to live healthier - and finding things you really like to do. Programs offer a personal activity log to track your progress online - along with awards for reaching your goals. You can even join with others to take the Challenge as a group.

## Overweight and Obesity Guideline Web Links and Related Websites

### **President's Council on Fitness and Sports**

[www.fitness.gov](http://www.fitness.gov) This is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.

### **Produce for Better Health Foundation**

[www.5aday.org](http://www.5aday.org) The Produce for Better Health Foundation has a mission to improve our nation's health. The organization educates Americans, promotes produce and increased consumption levels of fruits and vegetables.

### **U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM)**

<http://chppm-www.apgea.army.mil/> CHPPM's mission is to provide worldwide technical support for implementing preventive medicine, public health, and health promotion and wellness services into all aspects of America's Army and the Army Community rapidly responding to operational needs and adapting to a changing world environment.

### **USDA Food Pyramid**

[www.MyPyramid.gov](http://www.MyPyramid.gov) MyPyramid.gov is your access point for the USDA food guidance system. This section contains the latest news, background information, and resources about the food guidance system. The system provides many options to help Americans make healthy food choices and to be active every day.

### **Veterans Health Administration MOVE! Program**

<http://www.move.med.va.gov> MOVE! is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention (NCP), a part of the Office of Patient Care Services, to help veterans lose weight, keep it off and improve their health

### **WebMD**

<http://www.webmd.com> Articles and links to all diseases and medical conditions, newsletters and alerts, boards and events, medical library, clinical trials, health insurance, diet and nutrition and much more.

### **We Can!**

<http://wecan.nhlbi.nih.gov> *We Can!* promotes a community approach to help families to eat well and get more physically active. The Web site is full of information about maintaining a healthy weight, nutrition, and physical activity and includes recipes, healthy tips, and additional resources.

### **Weight-Control Information Network (WIN)**

<http://win.niddk.nih.gov/> Fact sheets, pamphlets, reprints, consensus statements, reports, and literature searches on weight control, obesity, and weight-related nutritional disorders are found here. WIN's newsletter, "WIN Notes," offers health professionals the latest research findings and progress about the WIN program.