

Resources for People Who Want to Lose Weight

Nonprofit Support Groups

These groups do not promote any specific weight-loss plan. Rather, members following various plans meet for support.

- Overeaters Anonymous: 505-891-2664, www.oa.org/
- TOPS (Take Off Pounds Sensibly): 800-932-TOPS, www.tops.org/

Commercial Weight-Loss Programs

Each of these programs promotes a specific plan for losing weight.

- Diet Center: 800-656-3294, www.dietcenterworldwide.com/
- Jenny Craig: 800-597-JENNY, www.jennycraig.com
- Nutri/System: 877-336-0305, www.nutrisystem.com/
- Weight Watchers: 800-651-6000, www.weightwatchers.com

Clinical Weight-Loss Programs

Health care providers run clinical programs. They generally are very-low-calorie diets meant for people who have a lot of weight to lose.

- Health Management Resources: 800-418-1367, www.yourbetterhealth.com/
- Optifast: 800-662-2540, www.optifast.com

Books

- *The Commonsense Guide to Weight Loss for People With Diabetes*. By Barbara Caleen Hansen and Shauna S. Roberts. Published by the American Diabetes Association in 1998. Scientifically sound weight-loss information tailored to people with diabetes.
- *Thin for Life: 10 Keys to Success from People Who Have Lost Weight and Kept It Off*. By Anne M. Fletcher. Published by Houghton Mifflin in 2003. Weight-loss methods of people who have lost and kept off at least 20 pounds.

- *Weighing the Options: Criteria for Evaluating Weight-Management Programs*. Edited by Paul R. Thomas. Published by the National Academy Press in 1995. How to find the right weight-loss program for you. Much useful information, but technical and somewhat dated.
- *Small Steps, Big Rewards: Walking Your Way to Better Health*. Published by the American Diabetes Association in 2003. Advice and tips for walking for health. Comes with a pedometer to count every step you take.

Government Web Sites Related to Weight Loss

- **Weight Control Information Network:** www.niddk.nih.gov/health/nutrit/win.htm
- **National Institute of Diabetes and Digestive and Kidney Diseases Weight Loss and Control:** www.niddk.nih.gov/health/nutrit/nutrit.htm
- **Federal Trade Commission Diet, Health & Fitness Consumer Information:** www.ftc.gov/bcp/menu-health.htm. Brochures on many health topics, including exercise and weight loss.
- **Partnership for Healthy Weight Management:** www.consumer.gov/weightloss/bmi.htm. Here you can find out your body-mass index to learn whether you weigh too much.

Nutrition Information

- **American Dietetic Association Nutrition Fact Sheets:** www.eatright.org/Public/index_11722.cfm
- **Food and Drug Administration Information About Losing Weight and Maintaining a Healthy Weight:** www.cfsan.fda.gov/~dms/wh-wght.html
- **American Diabetes Association “Weight Loss Matters” Brochures:** www.diabetes.org/health/weightloss/default.jsp

Fitness Information

- **Shape Up America!:** www.shapeup.org/. Information on becoming more fit and losing weight.
- **American College of Sports Medicine:** www.acsm.org/health%2Bfitness/brochures.htm. Brochures on exercise equipment and other exercise topics.
- **American Running Association:** www.americanrunning.org/displayindustrynews.cfm. Articles on many aspects of exercise, not just running.

Finding Health Professionals and Exercise Experts

If you want expert help, start by asking your doctor for a referral. If that does not work out, here are other places to find experts.

- **American Dietetic Association:** 800-366-1655, www.eatright.org/Public/index_7684.cfm. Referrals to registered dietitians and registered dietetic technicians.
- **American Association of Diabetes Educators:** 800-338-3633, www.aadenet.org/FindAnEduc/index.html. Referrals to diabetes educators.
- **American Council on Exercise:** 800-825-3636 x654, www.acefitness.org/profreg/default.aspx.

Referrals to personal trainers and other certified fitness professionals.

- **American Council on Exercise:** www.acefitness.org/clublocator/. Locate a health club.
- **Eating Disorder Referral and Information Center:** 858-792-7463, www.edreferral.com/. Referrals to treatment centers, eating disorder specialists, telephone and online counseling, workshops, and support groups.
- **National Association of Anorexia Nervosa and Associated Disorders:** 847-831-3438, www.altrue.net/site/anadweb/. Provides information and referrals to support groups and health care professionals.
- **American Society of Bariatric Physicians:** 301-770-2526, www.asbp.org/locate.htm. Referrals to doctors with special training in helping people lose weight.
- **American Board of Bariatric Medicine:** 303-779-0279, www.abbmcertification.org/find_physician.html. Referrals to doctors who have passed exams testing their knowledge of obesity.
- **American Society for Bariatric Surgery:** 352-331-4900, www.asbs.org/html/member.html. Provides names of doctors who do obesity surgery.

