

Publications Order Form

WIN provides the general public, health professionals, and the media with up-to-date materials and tips. Topics include healthy eating, barriers to physical activity, portion control, and eating and physical activity myths. Materials are reviewed for scientific accuracy, cultural relevance, and reading grade level (explained below). You may use this form to order materials. You may also download materials from our website at <http://www.win.niddk.nih.gov>. To use this form:

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How reader-friendly are WIN's materials?

WIN aims to make all of its materials easy to read and use, but some materials include medical words and phrases. The reading level range for each group of materials can help you decide which groups may include items with complex language. For example, "Reading level = 8 to 10" means the items score between 8th grade and 10th grade in readability.

Fact Sheets

The fact sheets below offer tips about weight control and related issues. Patients and the general public may want to speak with their doctors about the technical information.

(Reading level = 9 to 12)

- ___ **Bariatric Surgery for Severe Obesity**
Revised 2011, 6 pages. (WIN-08-4006)
- ___ **Binge Eating Disorder**
Revised 2008, 6 pages. (WIN-04-3589) [CD only]
- ___ **Changing Your Habits: Steps to Better Health**
2008, 8 pages. (WIN-08-6444)
- ___ **Choosing a Safe and Successful Weight-loss Program**
Revised 2008, 5 pages. (WIN-08-3700) [CD only]
- ___ **Dieting and Gallstones**
Revised 2008, 5 pages. (WIN-02-3677) [CD only]
- ___ **Do You Know the Health Risks of Being Overweight?**
Revised 2007, 8 pages. (WIN-07-4098) [CD only]
- ___ **Helping Your Overweight Child**
Revised 2008, 6 pages. (WIN-08-4096)
- ___ **Medical Care for Patients with Obesity**
Revised 2011, 8 pages. (WIN-03-5335)
- ___ **Physical Activity and Weight Control**
Revised 2010, 8 pages. (WIN-03-4031) [CD only]
- ___ **Prescription Medications for the Treatment of Obesity**
Revised 2010, 8 pages. (WIN-07-4191) [CD only]
- ___ **Statistics Related to Overweight and Obesity**
Revised 2010, 7 pages. (WIN-04-4158) [CD only]
- ___ **Talking With Patients About Weight Loss: Tips for Primary Care Professionals**
Revised 2007, 8 pages. (WIN-07-5634)

- ___ **Understanding Adult Obesity**
Revised 2010, 8 pages. (WIN-06-3680) [CD only]
- ___ **Very Low-calorie Diets**
Revised 2008, 3 pages. (WIN-03-3894) [CD only]
- ___ **Weight and Waist Measurement: Tools for Adults**
Revised 2008, 4 pages. (WIN-04-5283)
- ___ **Weight Cycling**
Revised 2008, 4 pages. (WIN-01-3901) [CD only]
- ___ **Weight-loss and Nutrition Myths**
Revised 2009, 6 pages. (WIN-04-4561)
- ___ **You Can Control Your Weight as You Quit Smoking**
Revised 2010, 7 pages. (WIN-03-4159) [CD only]

Brochures and Tip Sheets

The brochures below provide information and tips about the benefits of healthy eating and physical activity.
(Reading level = 7 to 10)

- ___ **Active at Any Size**
Revised 2010, 27 pages. (WIN-10-4352)
- ___ **Charge Up! Healthy Meals and Snacks for TEENS** **NEW!**
2011, 2 pages. (WIN-11-7813)
- ___ **Get Moving!** **NEW!**
2011, 2 pages. (WIN-11-7814)
- ___ **Getting on Track: Physical Activity and Healthy Eating for Men**
2008, 11 pages. (WIN-09-6272)
- ___ **Improving Your Health: Tips for African American Men and Women**
Revised 2008, 7 pages. (WIN-08-3494) [CD only]
- ___ **Just Enough for You: About Food Portions**
Revised 2009, 17 pages. (WIN-09-5287)

Brochures and Tip Sheets (continued)

(Reading level = 7 to 10)

— **Take Charge of Your Health! A Guide for Teenagers!**

Revised 2009, 16 pages. (WIN-09-4328)

— **The World Around You**

2010, 8 pages. (WIN-09-7461)

— **Tips to Help You Get Active**

Revised 2009, 18 pages. (WIN-06-5578)

— **Walking ... A Step in the Right Direction**

Revised 2010, 2 pages. (WIN-07-4155)

— **Weight Loss for Life**

Revised 2009, 12 pages. (WIN-04-3700)

Sisters Together: Move More, Eat Better

Sisters Together: Move More, Eat Better is a program designed for black women ages 18 and over to help them exercise and make healthy food choices. Items include a program guide, brochures, and a tip sheet. (Reading level = 7 to 12)

— **Celebrate the Beauty of Youth**

Revised 2008, 4 pages. (WIN-08-4903)

— **Energize Yourself and Your Family**

Revised 2008, 16 pages. (WIN-08-4926)

— **Fit and Fabulous as You Mature**

Revised 2007, 16 pages. (WIN-03-4927)

— **Sisters Together Program Guide: Move More, Eat Better**

Revised 2007, 72 pages. (WIN-07-3329)

Healthy Eating & Physical Activity Across Your Lifespan

This four-part series for the general public offers guidance on the benefits of healthy eating and tips on becoming physically active. These items are also offered in Spanish (see "Publicaciones en Español"). (Reading level = 8 to 10)

— **Better Health and You (Tips for Adults)**

Revised 2008, 23 pages. (WIN-08-4992)

— **Fit for Two (Tips for Pregnancy)**

Revised 2009, 24 pages. (WIN-06-5130)

— **Helping Your Child (Tips for Parents) **NEW!****

Revised 2012, 22 pages. (WIN-04-4955)

— **Young at Heart (Tips for Older Adults)**

2007, 24 pages. (WIN-02-4993)

Publicaciones en Español

These materials provide culturally appropriate information about physical activity and healthy eating for the general public and health care providers. (Reading level = 6 to 9)

— **Caminar ... Un paso en la dirección correcta**

Revised 2008, 6 pages. (WIN-08-5382s)

— **Cómo ayudar a su hijo a controlar el exceso de peso**

2009, 4 pages. (WIN-09-4096s)

— **¡Hazte cargo de tu salud! Guía para jóvenes**

2007, 28 pages. (WIN-07-4328s)

Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida (Healthy Eating & Physical Activity Across Your Lifespan)

This four-part series offers tips for children and adults. (Reading level = 6 to 9)

— **Cómo ayudar a su hijo (Helping Your Child)**

Revised 2008, 22 pages. (WIN-08-4955s)

— **Cómo mejorar su salud: consejos para adultos (Tips for Adults)**

Revised 2008, 27 pages. (WIN-08-4992s)

— **Consejos para la futura mamá (Tips for Pregnancy)**

Revised 2009, 31 pages. (WIN-07-5130s)

— **Sugerencias para personas mayores (Tips for Older Adults)**

Revised 2009, 39 pages. (WIN-09-4993s)

WIN Notes

WIN Notes is a newsletter featuring news from NIDDK and other sources about obesity, weight control, physical activity, and related topics. To subscribe, visit <https://public.govdelivery.com/accounts/USNIDDK/subscriber/new?>

Other

— **Strategic Plan for NIH Obesity Research (full)**

2011, 40 pages. (NIH 11-5493)

— **Strategic Plan for NIH Obesity Research (summary)**

2011, 8 pages. (NIH 11-5493-a)

— **WIN Publications CD**

Limited to one per order, the CD has PDFs of all WIN materials, including those not offered in print.

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March 2012