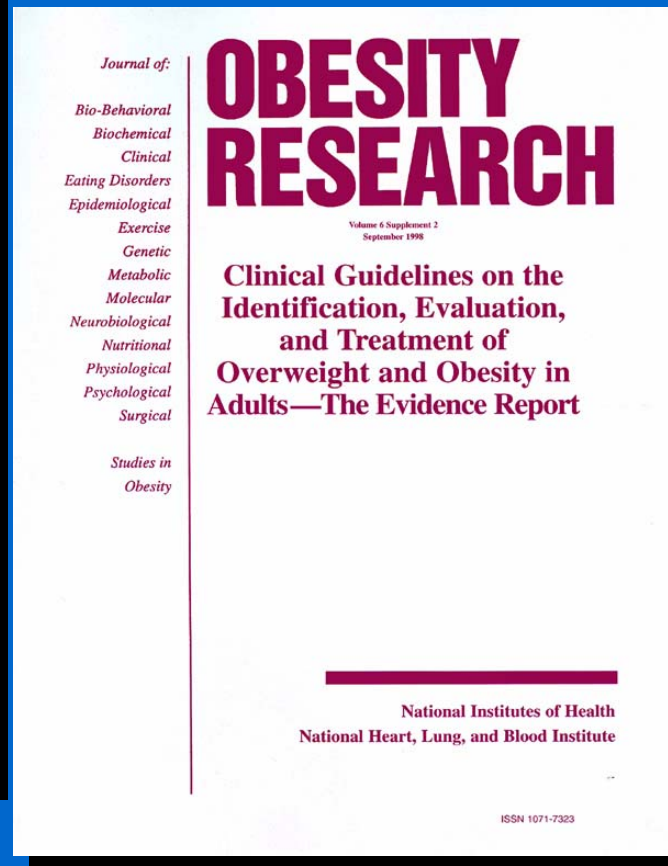
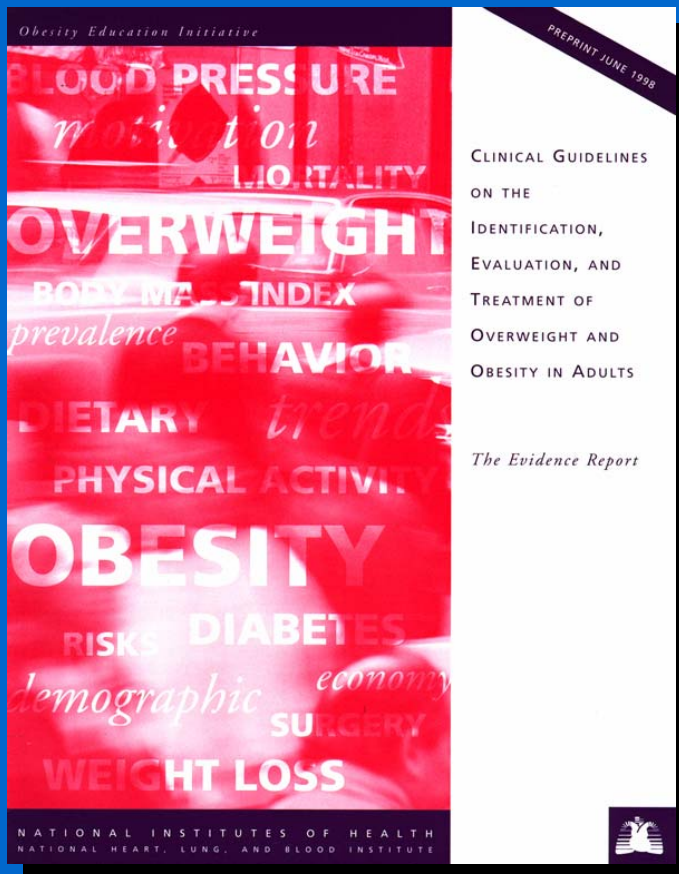


# Educational Materials: The Clinical Guidelines




# The Practical Guide




# OEI Web Page...www.nhlbi.nih.gov


NATIONAL INSTITUTES OF HEALTH

 National Heart, Lung, and Blood Institute

[Home](#)      [BMI Calculator](#)      [Menu Planner](#)      [OEI Home Page](#)

## Aim For A Healthy Weight

 *Information for Patients and the Public*

 *Information for Health Professionals*

[Information for Patients](#) | [Information for Professionals](#)  
[OEI Home](#) | [NHLBI Home](#) | [NIH Home](#)  
[NHLBI Privacy Statement](#)



# Professional Education Web Page



**National Heart, Lung, and Blood Institute**

Home   Healthy Weight Home   BMI Calculator   Menu Planner   OEI Home Page

## Aim for a Healthy Weight



### Information for Health Professionals

The National Heart, Lung, and Blood Institute, in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, released the first Federal guidelines on the identification, evaluation, and treatment of overweight and obesity. In 1999, almost 108 million adults in the United States were overweight or obese. Obesity and overweight substantially increase the risk of morbidity from hypertension; dyslipidemia; type 2 diabetes; coronary heart disease; stroke; gallbladder disease; osteoarthritis; sleep apnea and respiratory problems; and endometrial, breast, prostate, and colon cancers. Higher body weights are also associated with increases in all-cause mortality.

- ▶ [Guidelines Evidence Report](#)
  - [Guidelines Executive Summary](#)
  - [Evidence Tables and Model](#)
  - [Press Release](#)
- ▶ [Treatment Guidelines in Palm OS Format](#)
- ▶ [Electronic Textbook](#)
- ▶ [Slide Show](#)
- ▶ [Practical Guide](#)
- ▶ [BMI Calculator](#)
- ▶ [BMI Calculator in Palm OS Format](#)
- ▶ [BMI Table](#)



# Clinical Guidelines Home Page

## Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults

The National Heart, Lung, and Blood Institute, in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, released the first Federal guidelines on the identification, evaluation, and treatment of overweight and obesity. About 97 million adults in the United States are overweight or obese. Obesity and overweight substantially increase the risk of morbidity from hypertension; dyslipidemia; type 2 diabetes; coronary heart disease; stroke; gallbladder disease; osteoarthritis; sleep apnea and respiratory problems; and endometrial, breast, prostate, and colon cancers. Higher body weights are also associated with increases in all-cause mortality.

The following items related to the guidelines are available below:



[Electronic Textbook](#)



[Full Report](#)



[Executive Summary](#)



[Practical Guide](#)  
\*\*Final\*\*



[Aim For A  
Healthy Weight](#)



[Body Mass Index  
Calculator](#)



[BMI Calculator  
for Palm OS](#)



[Obesity Guidelines  
for Palm OS](#)



[http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_home.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm)



# Electronic Textbook



[Home](#) • [Resources](#) • [Search](#) • [Textbook Map](#) • [DEI Home](#) • [NHLBI Home](#)

## Guidelines on Overweight and Obesity: Electronic Textbook

[Introduction](#) • [Rationale](#) • [Methodology and Trial Evidence](#) • [Treatment Guidelines](#) • [References](#) • [Appendices](#)

This Electronic Textbook allows easy access to information contained in *The Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*, produced by the National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases. Topics addressed in the *Clinical Guidelines* include the health risks associated with overweight and obesity, as well as the assessment, treatment, and management of overweight and obese patients.

You can read from chapter to chapter or quickly find a particular area of interest by using the Search engine. Chapter titles are located on the first level of the navigation bar on top of the home page. By clicking onto a specific chapter, you are provided the option of choosing specific sections or even sub-sections of the chapter. As you navigate through the sections or sub-sections of the chapters, the text titles are highlighted in red to help you see your path. There are also links to tables, the treatment algorithm, references, and appendices within the body of the text.



If you would like to print any text contained within this site, the [Clinical Guidelines are available in Portable Document Format \(PDF\)](#).

For further enrichment, activities are available within this site that allow you to interact with the Overweight/Obesity Treatment Algorithm from the evidence report, a [Menu Planner](#), a [Body Mass Index Calculator](#), and the [Evidence Model](#) that was used to develop the guidelines and includes corresponding evidence statements and available evidence tables. You may also navigate through the resources page, search the site, or go to the NHLBI and OEI web pages for additional information.




# Palm OS Devices



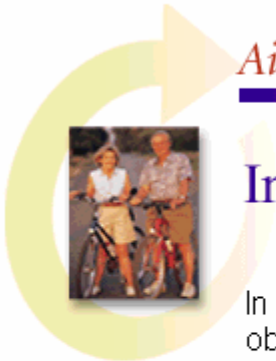
# Public/Patient Education Web Page

NATIONAL INSTITUTES OF HEALTH

 National Heart, Lung, and Blood Institute

[Home](#)   [Healthy Weight Home](#)   [BMI Calculator](#)   [Menu Planner](#)   [OEI Home Page](#)

## *Aim for a Healthy Weight*



### Information for Patients and the Public

In 1999, almost 108 million adult Americans were overweight or obese. If you are overweight or obese, carrying this extra weight puts you at risk for developing many diseases, especially heart disease, stroke, diabetes, and cancer. Losing this weight helps to prevent and control these diseases. The NHLBI guidelines provide you with a new approach for the measurement of overweight and obesity and a set of steps for safe and effective weight loss.


- [Key Recommendations](#)
- Getting Started






# Menu Planner

NATIONAL INSTITUTES OF HEALTH *Interactive Menu Planner*


[National Heart, Lung, and Blood Institute Home](#)
  
 [➤ Healthy Weight Home](#)
  
 [➤ BMI Calculator](#)
  
 [➤ OEI Home Page](#)  
[➤ About the Menu Planner](#)
  
 [➤ Start Over](#)

---

**Select Calories and a Meal** 

Number of daily planned calories:

Select Meal:


Total Allowable Calories:

**Total Calories Used:**

**Calories Remaining:**


**Total Fat (gm):**

**Total Carbohydrates (gm):**

**Meal Menu** 

<i>Item</i>	<i>Serv.</i>	<i>Cal.</i>
Fruits	<input type="text" value="0"/>	<input type="text" value="0"/>
Vegetables	<input type="text" value="0"/>	<input type="text" value="0"/>
Milk	<input type="text" value="0"/>	<input type="text" value="0"/>
Grains & Starches	<input type="text" value="0"/>	<input type="text" value="0"/>
Meats & Proteins	<input type="text" value="0"/>	<input type="text" value="0"/>
Beverages	<input type="text" value="0"/>	<input type="text" value="0"/>
Fats	<input type="text" value="0"/>	<input type="text" value="0"/>

---

**Meal Selections** 

<i>Breakfast</i>	<i>Servings</i>	<i>Item</i>	<i>Calories</i>
	None		



# Materials for Patients & the Public

- Clinical Guidelines: Highlights for Patients
- IQ Quizzes on Physical Activity/Weight
- Native Americans/Hispanics/African Americans
- Lower reading level materials
- National Cholesterol Education Program (NCEP)
- National High Blood Pressure Education Program (NHBPEP)



# NHLBI Health Information Center

Phone: (301) 592-8573

Fax: (301) 592-8563

E-mail: [NHLBIinfo@rover.nhlbi.nih.gov](mailto:NHLBIinfo@rover.nhlbi.nih.gov)

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

Address: P.O. Box 30105  
Bethesda, MD  
20824-0105



# NHLBI Health Information Network

<http://email.nhlbihin.net/hp2010>

- Digital link to professionals
- Provides Health Action E-Bulletins, Online Continuing Education, and Web casts

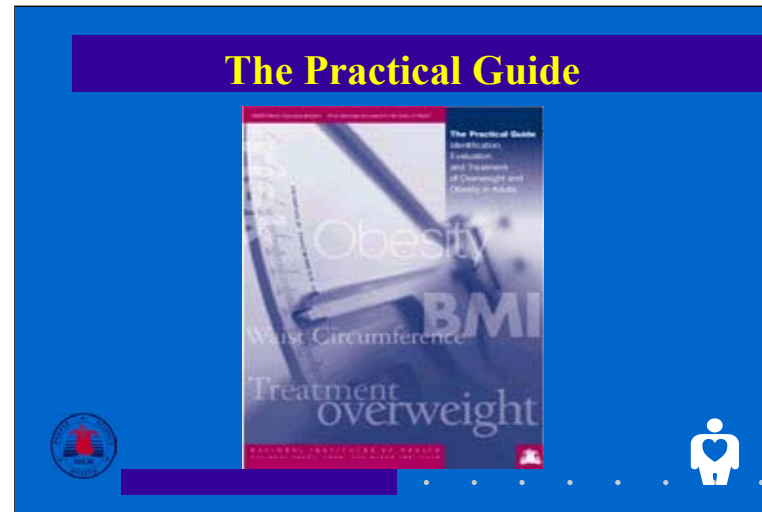


## Educational Materials: The Clinical Guidelines



The NHLBI has a variety of educational materials available for professionals. The *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: Evidence Report* released in June 1998 forms the foundation for all Obesity Education Initiative educational materials.

- *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report* explains the rationale behind the guidelines; the methodology used to develop the guidelines, including the evidence model and criteria to rank the evidence; the review of the literature on various treatment strategies; and the practical treatment guidelines. The appendices include information on special populations; practical dietary advice, including menus for a variety of 1,200 and 1,600 calorie diets; shopping and eating-out tips; and additional resources. The complete evidence report is available from the NHLBI and was also published in the *Journal of Obesity Research* as the September 1998 supplement. The executive summary of the Guidelines was published in the September 1998 *Journal of the Archives of Internal Medicine* and the October 1998 *Journal of the American Dietetic Association* and the *American Journal of Clinical Nutrition*.
- Individuals can also access the full report, the evidence tables, a BMI calculator or BMI table, as well as some practical information from the NHLBI Web site: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

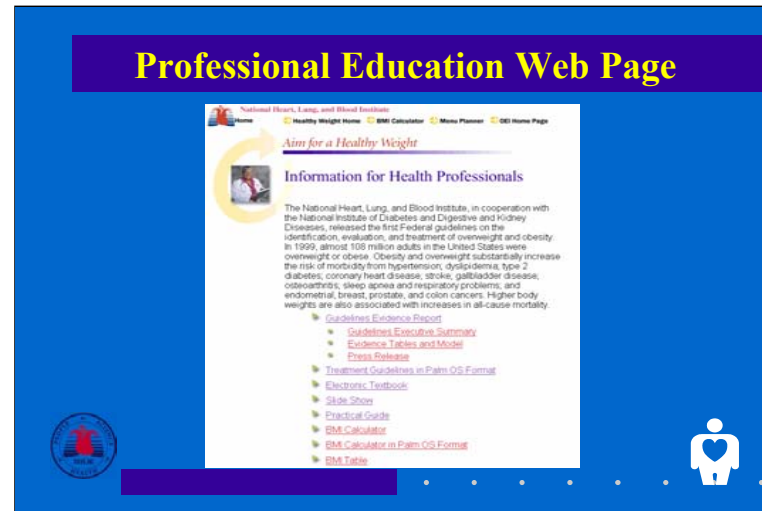


*The Practical Guide to the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.* NHLBI has collaborated with the North American Association for the Study of Obesity (NAASO) to develop this abbreviated version of the full report. It focuses on practical information to help practitioners appropriately assess, classify, and treat overweight and obese patients. Features include:

- A 10-step plan to treat overweight and obese patients in primary care settings
- A 2-page tear out algorithm to assess, classify, and treat patients (ACT)
- Behavioral assessment of patient readiness
- Quick guide to selecting treatment options
- Reproducible educational materials for patients



Many of the Obesity Education Initiative (OEI) materials and products developed as a result of the clinical guidelines are included on the OEI Web page, “Aim for a Healthy Weight”, shown here. It offers information for health professionals, and for patients and the public.



The professional education web page is shown here. In addition to the actual Clinical Guidelines Evidence Report, a variety of educational materials based on the guidelines are available to health care providers and professionals. They include:

- The executive summary of the Guidelines published in the *Journal of the Archives of Internal Medicine* (September 1998), the *Journal of the American Dietetic Association* (October 1998) and the *American Journal of Clinical Nutrition* (October 1998).
- *The Practical Guide to the Identification, Evaluation, and Treatment of Overweight and Obesity*, was developed in collaboration with the North American Association for the Study of Obesity and focuses on practical treatment techniques.
- Another format of the guidelines is the electronic textbook which allows easy internet navigation of the clinical guidelines.
- The slide show has over 150 slides separated into 6 different sections complete with notes. The slide set is available in PowerPoint and as PDF files.
- The latest products for health professionals include tools in Palm Os format for calculating Body Mass Index and an interactive program to actually assess and treat overweight and obese at the point-of-care.













## Clinical Guidelines Home Page

**Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults**

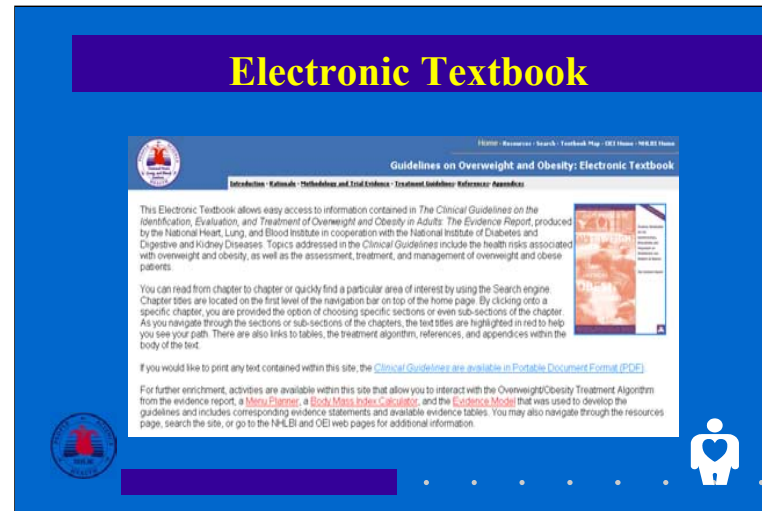
The National Heart, Lung, and Blood Institute, in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, released the first Federal guidelines on the identification, evaluation, and treatment of overweight and obesity. About 97 million adults in the United States are overweight or obese. Obesity and overweight substantially increase the risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and endometrial, breast, prostate, and colon cancers. Higher body weight are also associated with increases in all-cause mortality.

The following items related to the guidelines are available below:

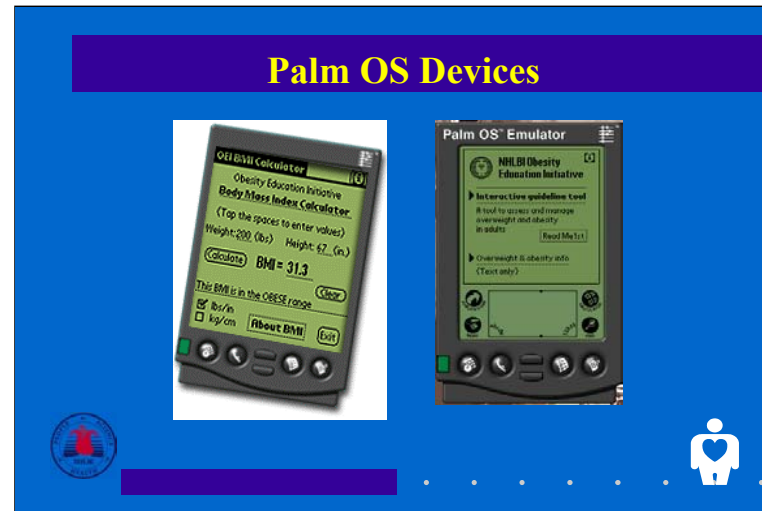
 <a href="#">Electronic Textbook</a>	 <a href="#">Full Report</a>	 <a href="#">Evidence Summary</a>	 <a href="#">Practical Guide for Health Care</a>
 <a href="#">App For A Health Worker</a>	 <a href="#">Body Mass Index Calculator</a>	 <a href="#">BMI Calculator for Palm OS</a>	 <a href="#">Screen Guidelines for Palm OS</a>

 [http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_home.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm) 

Here one can see all of the various items related specifically to the Obesity Clinical Guidelines available to health professionals visiting the OEI Web site. Individuals can download the full report, as well as access the evidence model and evidence tables used to develop the recommendations. Also available is a BMI calculator, BMI table of weights and heights, and Palm OS hand-held applications.



The electronic textbook shown here is a Web-based edition of the Obesity Clinical Guidelines. It is easy to navigate, is searchable, and has specific web addresses for the various pages. There are also links to tables, the treatment algorithm, references, and appendices within the body of the text. A CME component is planned for the future.



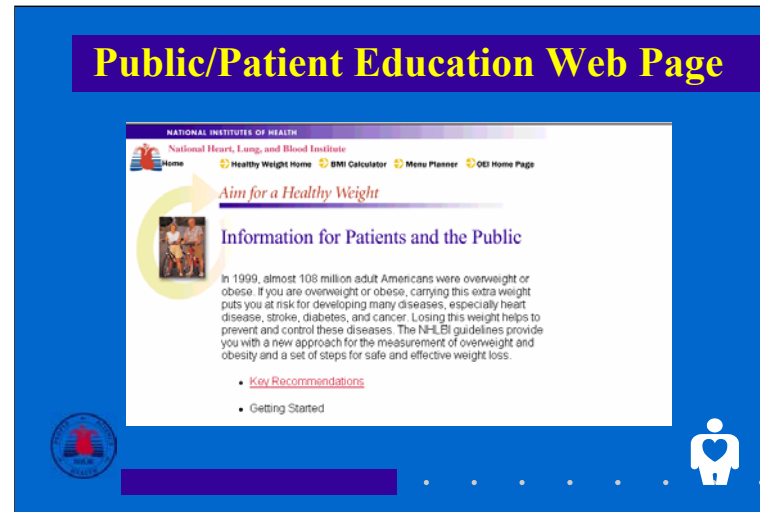
The latest technology provides new educational and clinical opportunities through the use of Palm OS applications. The BMI Calculator and OEI Treatment Guidelines Implementation Tools are designed to help practitioners in the clinical setting to assess and treat overweight and obese patients.

#### BMI Calculator:

- Based on the BMI chart found in the Clinical Guidelines Evidence Report, this tool will quickly calculate a patient's BMI when height and weight are inputted in either English or metric measurements.
- Provides evidence-based information about BMI.
- Download instructions are included.

#### OEI Treatment Guidelines Implementation Tool:

- Based on the Clinical Guidelines Evidence Report and the Practical Guide, this tool allows providers to enter patient information and to receive individualized BMI calculations, risk factor assessments, weight loss goals, and treatment options.
- Provides evidence-based information on BMI and various aspects of the guidelines.
- Download instructions are provided.



This slide addresses the OEI's other important target, getting information into the hands of patients and the general public. This web page focuses on:

- Helping patients to get started, to determine their weight status by assessing BMI and waist circumference, and to know whether weight loss or weight maintenance is preferable.
- Tips for lifestyle changes to help patients and the general public lose weight if necessary. Also includes recipes, suggestions on dining out, and food and activity diaries.



A popular tool for patients and the general public is the interactive Menu Planner. The Menu Planner:

- Is designed to guide daily food and meal choices based on one day's selected calorie allowance, ranging from 1200-2000 calories.
- Contains foods based on the Exchange Lists from the American Diabetes Association/American Dietetic Association.
- Keeps track of the number of calories, carbohydrate, and fat consumed in a day as individuals record their various food choices and number of servings consumed at each meal.

## Materials for Patients & the Public

- Clinical Guidelines: Highlights for Patients
- IQ Quizzes on Physical Activity/Weight
- Native Americans/Hispanics/African Americans
- Lower reading level materials
- National Cholesterol Education Program (NCEP)
- National High Blood Pressure Education Program (NHBPEP)



Publications for patients and the public are shown on this slide. These include the OEI Clinical Guidelines: Highlights for Patients, a packet of reproducible materials on dietary therapy, physical activity, and behavior therapy.

Other NHLBI materials that address the issue of overweight or maintaining a healthy weight, include IQ Quizzes on physical activity and weight. Also available are materials targeting specific minority groups, materials at lower reading levels, or products of the NCEP and NHBPEP.

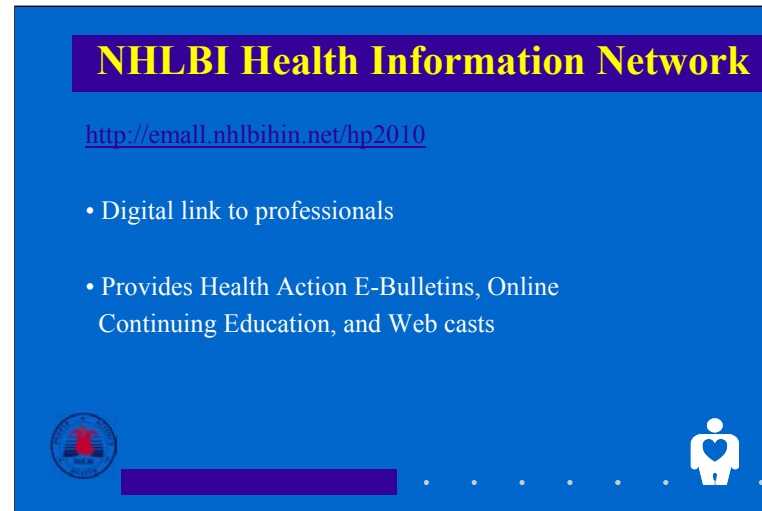
## NHLBI Health Information Center

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Internet: <http://www.nhlbi.nih.gov>  
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20824-0105



The NHLBI Health Information Center provides information and resources on heart, lung, and blood diseases for professionals and the public.

To order publications or to obtain information, individuals may contact the NHLBI Health Information Center by telephone, fax, electronic, and/or postal mail.



The NHLBI Health Information Network (HIN) is NHLBI's digital link to health professionals. It provides:

- Health Action E-Bulletins: E-mailed summaries of NHLBI research findings and their practical application to clinical care.
- Online Continuing Education: Professional education resources may include Continuing Medical Education (CME) and Certified Health Education Specialists (CHES) credits.
- Web casts: Opportunities to participate in scientific conferences without leaving the office.