

Help Your Community Take Steps Toward Better Health



Who We Are

- Health program to encourage black women ages 18 and older to become more physically active and eat healthier foods.
- Program created by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, part of the U.S. Department of Health and Human Services.

What We Do

- Work with groups and organizations to raise awareness among black women about the benefits of healthy eating and regular physical activity.

Why This Initiative Matters

- More than 80 percent of all black women in the United States are overweight or obese.
- Overweight and obesity increase the risk of type 2 diabetes, heart disease, and other health problems.

How We Got Started

- Pilot program developed by the Weight-control Information Network (WIN) of NIDDK. The pilot program consisted of community activities, focus group testing, materials development, seminars, and more.

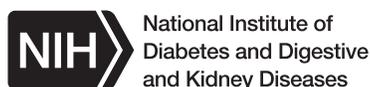
TO GET MORE INFORMATION, request a program guide, or order the publications outlined on the next page, visit the *Sisters Together* web page on WIN's website at <http://win.niddk.nih.gov/sisters/index.htm> or call 1-877-946-4627.

Weight-control Information Network
1 WIN Way, Bethesda, MD 20892-3665
<http://www.win.niddk.nih.gov>

NIH...Turning Discovery Into Health®

How to Start a Program in Your Community

- **Step 1.** Getting Started
- **Step 2.** Identifying Community Resources
- **Step 3.** Setting Your Goals
- **Step 4.** Spreading the Word about *Sisters Together*
- **Step 5.** Planning Activities
- **Step 6.** Measuring Your Success



Sisters Together Publications

In addition to a program guide, the *Sisters Together* program has several other publications, described below, that you may want to use with your local group. These materials are all geared to help black women move more and eat better.

You can call, email, fax, or write the WIN information service to place a total order of up to 100 free publications. You can also download and print these publications from the WIN website. These materials are not copyrighted. You may copy or print as many of these items as you would like for sharing with your coworkers, family, friends, members of your place of worship, *Sisters Together* group, and many others where you live.

To Order Publications

Call toll free: 1-877-946-4627

Fax: 202-828-1028

Email: win@info.niddk.nih.gov

Download:

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

Write:

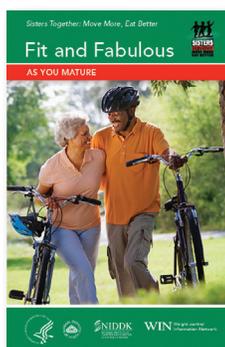
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Celebrate the Beauty of Youth, shares ideas for busy young women on how to stay active, healthy, and strong (available online at <http://www.win.niddk.nih.gov/publications/celebrate.htm>).



Energize Yourself and Your Family describes how being healthy and active can help you gain the energy you need to keep up with the demands of your busy life. Tips suggest how you can take better care of yourself to be there for the people who depend on you (available online at <http://www.win.niddk.nih.gov/publications/energize.htm>).



Fit and Fabulous as You Mature, provides tips to help older women get moving and consume healthy foods and beverages (available online at <http://www.win.niddk.nih.gov/publications/mature.htm>).



Walking... A Step in the Right Direction explains how to start a walking program, presents a sample program, and shows stretches for warming up and cooling down (available online at <http://www.win.niddk.nih.gov/publications/walking.htm>).

