



Publications Order Form

WIN provides the general public, health professionals, and the media with science-based, up-to-date, culturally relevant materials and tips. Topics include how to consume healthy foods and beverages, 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).

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 eighth grade and tenth grade in readability.

How do I order WIN's materials?

WIN publications are free of charge. The maximum number of copies an individual or group may order is 100. (These copies can be all one title or a combination of titles.) To order, write the number of copies you want next to the titles, fill out the address box on the back of this form, and then fax the form or send it via U.S. mail. Please allow 4 to 7 weeks for delivery. Items marked "web only" are not available in print. **You can download WIN materials from the website at <http://www.win.niddk.nih.gov>.**

FACT SHEETS

This content offers tips about weight control and related issues. (**Reading level = 9 to 12**)

___ **Bariatric Surgery for Severe Obesity**
Revised 2011, 6 pages. (WIN-08-4006)

Binge Eating Disorder

Web only, Revised 2012, 4 pages. (WIN-04-3589)

___ **Changing Your Habits: Steps to Better Health**
Revised 2013, 8 pages. (WIN-08-6444)

Choosing a Safe and Successful Weight-loss Program

Web only, Revised 2012, 5 pages. (WIN-08-3700)

Dieting and Gallstones

Web only, Revised 2013, 5 pages. (WIN-02-3677)

Do You Know Some of the Health Risks of Being Overweight?

Web only, Revised 2012, 8 pages. (WIN-07-4098)

Improving Your Health: Tips for African Americans

Web only, Revised 2014, 8 pages. (WIN-08-3494)

___ **Medical Care for Patients with Obesity**
Revised 2011, 8 pages. (WIN-03-5335)

Overweight and Obesity Statistics

Web only, Revised 2012, 6 pages. (WIN-04-4158)

Talking with Patients about Weight Loss: Tips for Primary Care Providers

Web only, Revised 2012, 6 pages. (WIN-05-5634)

Understanding Adult Overweight and Obesity

Web only, Revised 2012, 6 pages. (WIN-06-3680)

Very Low-calorie Diets

Web only, Revised 2012, 3 pages. (WIN-03-3894)

Weight-loss and Nutrition Myths

Web only, Revised 2014, 8 pages. (WIN-04-4561)

E-NEWSLETTER

The *WIN Notes Update* features recent research findings, program updates, tips and tools, and more. To subscribe, check the box on the back of this form and include your email address or visit <http://win.niddk.nih.gov/notes>.

BROCHURES AND TIP SHEETS

This content provides information and tips about the benefits of making healthy food and beverage choices and engaging in regular physical activity. (**Reading level = 7 to 10**)

Active at Any Size

Web only, Revised 2014, 23 pages. (WIN-10-4352)

___ **Charge Up! Healthy Meals and Snacks for TEENS**
2011, 2 pages. (WIN-11-7813)

___ **Get Moving!**
2011, 2 pages. (WIN-11-7814)

___ **Getting on Track: Physical Activity and Healthy Eating for Men**
2008, 13 pages. (WIN-07-6272)

___ **Helping Your Overweight Child**
Revised 2013, 11 pages. (WIN-08-4096)

___ **Just Enough for You: About Food Portions**
Revised 2012, 21 pages. (WIN-09-5287)

___ **Take Charge of Your Health: A Guide for Teenagers**
Revised 2012, 16 pages. (WIN-09-4328)

___ **The World Around You: Use What You Have to Stay Healthy and Fit**
2010, 8 pages. (WIN-09-7461)

___ **Tips to Help You Get Active**
Revised 2013, 18 pages. (WIN-06-5578)

Sisters Together: Move More, Eat Better

This program offers five publications to help black women ages 18 and over move more and make healthy food and beverage choices. (Reading level = 7 to 12)

Celebrate the Beauty of Youth

Web only, Revised 2013, 4 pages. (WIN-08-4903)

— **Energize Yourself and Your Family!**
Revised 2013, 15 pages. (WIN-08-4926)

— **Fit and Fabulous as You Mature**
Revised 2012, 23 pages. (WIN-03-4927)

— **Sisters Together Program Guide: Move More, Eat Better**
Revised 2012, 44 pages. (WIN-07-3329) **LIMIT ONE**

Walking...A Step in the Right Direction

Web only, Revised 2014, 2 pages. (WIN-07-4155)

Healthy Eating & Physical Activity Across Your Lifespan

This four-part series offers guidance on consuming healthy foods and beverages and physical activity for different age groups. Also in Spanish (see "Publicaciones en español"). (Reading level = 8 to 10)

Better Health and You (Tips for Adults)

Web only, Revised 2012, 27 pages. (WIN-08-4992)

— **Fit for Two (Tips for Pregnancy)**
Revised 2013, 28 pages. (WIN-06-5130)

Helping Your Child (Tips for Parents)

Web only, Revised 2012, 25 pages. (WIN-04-4955)

— **Young at Heart (Tips for Older Adults)**
Revised 2012, 28 pages. (WIN-02-4993)

OTHER

Choose one copy only of either the full or summary version.

— **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)

PUBLICACIONES EN ESPAÑOL

This content provides culturally appropriate information about physical activity and consuming healthy foods and beverages. (Reading level = 6 to 9)

— **Caminar...Un paso en la dirección correcta**
(Walking...A Step in the Right Direction)
Revised 2012, 2 pages. (WIN-08-5382s)

— **Cómo ayudar a su hijo a controlar el exceso de peso**
(Helping Your Overweight Child)
2009, 4 pages. (WIN-09-4096s)

— **¿Cuánto debo comer?**
(Just Enough for You: About Food Portions)
2012, 24 pages. (WIN-12-7780s)

— **¡Hazte cargo de tu salud! Guía para jóvenes**
(Take Charge of Your Health: A Guide for Teenagers)
Revised 2013, 17 pages. (WIN-09-4328s)

La nutrición y la pérdida de peso: mitos y verdades

(Weight-loss and Nutrition Myths)

Web only, 2014, 8 pages. (WIN-13-4561s)

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

This four-part series offers guidance on consuming healthy foods and beverages and physical activity for different age groups. (Reading level = 6 to 9)

— **Cómo ayudar a su hijo (Tips for Parents)**
Revised 2008, 26 pages. (WIN-08-4955s)

— **Cómo mejorar su salud: consejos para adultos**
(Tips for Adults)
Revised 2008, 31 pages. (WIN-08-4992s)

— **Consejos para la futura mamá (Tips for Pregnancy)**
Revised 2007, 36 pages. (WIN-07-5130s)

— **Sugerencias para personas mayores**
(Tips for Older Adults)
Revised 2009, 43 pages. (WIN-09-4993s)

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