

Obesity

Resources available on the Internet

Healthy Eating (Public health agency of Canada). www.canadian-health-network.ca

Healthy Eating www.healthyeating.net/he_1.htm A wealth of information and tools

Dietitians of Canada (in English and French). www.dietitians.ca Informative and interactive website

Weight Watchers, Canada. www.weightwatchers.ca/

Provides information about local meetings, costs, average about \$15.00 CDN per week

Overeaters Anonymous (no dues or fees). <http://www.oa.org/index.htm>

Canadian Family Physician provides information pamphlets:

Weight Control. Losing weight and keeping it off:

www.cfpc.ca/local/files/Programs/Education%20PDF/Weight_Control.pdf

Exercise. A healthy habit to start and keep:

www.cfpc.ca/local/files/Programs/Education%20PDF/Exercise.pdf

NICE, a respected information source in the UK, has pamphlets on:

- Guidance on the use of Orlistat for treatment of obesity in Adults (available in PDF format):

www.nice.org.uk/pdf/Orlistat_patient_leaflet_english.pdf

- Guidance on the use of Sibutramine for the treatment of obesity in Adults:

www.nice.org.uk/pdf/sibutraminepatientleafletenglish.pdf

- Guidance on the use of surgery to aid weight reduction for people with morbid obesity:

www.nice.org.uk/pdf/morbid_obesity_patient_leaflet.pdf

Patient information and health tools (e.g., BMI calculator, jogging calorie counter calculator, keeping a food diary)

available from the AAFP patient website, familydoctor.org, such as

an interactive BMI calculator

an interactive jogging calorie counter calculator

advice on "Keeping a food diary"

overview of 20 different "Fad diets"

"Working with your doctor to overcome overweight and obesity"

"Weight control: the power of healthy choices"

Check with your local Public Health Department.

They often have excellent brochures that are particularly helpful for your region/community.

In some regions, **pedometers** (to count your steps each day) are available for loan at select libraries.

