

Clinical Nutrition and Obesity Lecture Series DVD Order Form

The following DVDs are available from the Weight-control Information Network (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH). Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

The DVDs (formerly in VHS format) listed below provide health professionals with background information on various nutrition and nutrition-related disorders. The information captured in the DVDs provides a snapshot of the research topic in question, not an exhaustive review. The lecture series, recorded between 1992 and 1996, was sponsored by the Division of Digestive Diseases and Nutrition, NIDDK, in cooperation with the Nutrition Department of the NIH Clinical Center.

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| <p><input type="checkbox"/> Behavioral Approaches to the Treatment of Obesity and Type II Diabetes
Rena R. Wing, Ph.D. 60 min. 1993. Discusses behavioral interventions to overcome weight regain, including treating obesity as a lifelong disease, providing incentives, combining standard behavioral intervention with very low-calorie diets, using diets that restrict fat as well as calories, and combining diet and exercise.</p> <p><input type="checkbox"/> Control of Food Intake
Barbara J. Rolls, Ph.D. 75 min. 1992. Describes research on how the variety of food available and restriction of fat intake affect overall food consumption.</p> <p><input type="checkbox"/> Gender, Genetics, and Obesity
M.R.C. Greenwood, Ph.D. 60 min. 1992. Presents different patterns of obesity that tend to occur in men and women, and evidence from various studies suggesting that fat distribution may be the factor contributing most to the health risks of obesity.</p> | <p><input type="checkbox"/> Living Without Dieting
John P. Foreyt, Ph.D. 60 min. 1993. Discusses the emotional problems and discrimination that people may face because of their weight. Fat reduction versus calorie reduction is discussed. The importance of normalized eating, very gradual changes, realistic weight goals, and support from family and friends is emphasized.</p> <p><input type="checkbox"/> Physical Activity, Diet Composition, and Obesity
James O. Hill, Ph.D. 80 min. 1993. Discusses the research involved in manipulating diet composition and physical activity and observing the effect on body composition and body weight.</p> <p><input type="checkbox"/> Physical Activity, Metabolism, and Weight Control
Judith Stern, Sc.D. 90 min. 1994. Discusses several animal and human studies that show how diet, exercise, and genes affect obesity and perhaps explain why maintaining weight loss is so difficult.</p> |
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Foreign Mailing Policy

DVDs must be prepaid in U.S. dollars. DVDs may be mailed only to locations in the United States and U.S. Territories.

_____ Total Cost of DVDs (\$5 per DVD)

- Check this box if you would like to receive WIN Notes, a biannual newsletter. There is no charge for this subscription.

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