

# References

- Abraham S. Obese and overweight adults in the United States. Hyattsville, MD: *Vital and Health Statistics*, Series II, No 230; 1983. DHHS Pub. No. PHS 83-1680.
- ACC/AHA 2002 guideline update for exercise testing: summary article: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Committee to Update the 1997 Exercise Testing Guidelines). *Circulation*. 2002 Oct 1;106(14):1883-92.
- American College of Sports Medicine. *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities*. Illinois: Human Kinetics; 1997.
- American College of Sports Medicine. *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*. New York: Lippincott Williams & Wilkins; 2001.
- American College of Sports medicine. *ACSM's Guidelines for Exercise Testing and Prescription*. 6th ed. Philadelphia. Lippincott Williams & Wilkins; 2000.
- American Dietetic Association Manual of Clinical Dietetics*. 1996:16.
- Arterburn D. Obesity Chapter in *BMJ Clinical Evidence*. Volume 12. December 2004: 160-162.
- Balady GJ, et al. Recommendations for Cardiovascular Screening, Staffing, and Emergency Policies at Health/Fitness Facilities. AHA/ACSM Scientific Statement. *Circulation*. 1998;97:2283-2293.
- Bandura A. *Social Foundations of Thought and Action: A Social Cognitive Theory*. Englewood Cliffs, NJ: Prentice Hall; 1986.
- Breen HB, Ireton-Jones CS. Predicting Energy Needs in Obese Patients. *Nutrition in Clinical Practice*. 2004;19(3):284-289.
- CDC Division of Nutrition and Physical Activity Webpages. CDC Web site. Available at: [www.cdc.gov/nccdphp/dnpa/physical/index.htm](http://www.cdc.gov/nccdphp/dnpa/physical/index.htm).
- Cowan GSM, Hiler ML, Buffinton, C. Criteria for Selection of Patients for Bariatric Surgery. *Euro Jour of Gastro & Hep*. 1999;11:69-75.
- Cummings S, Parham ES, Strain GW. Position of the American Dietetic Association: Weight Management. *J Am Diet Assoc*. 2002;108:1146-1155.
- Curtis JP, Selter JG, Wang Y, Rathore S, Jovin IS, Jadbabaie F et al. The Obesity Paradox: Body Mass Index and Outcomes in Patients With Heart Failure. *Arch Int Med*. 2005;165:55-61.
- Dansinger ML, Gleason JA, Griffith JL, Selker HP, Schaefer EJ. Comparison of the Atkins, Ornish, Weight Watchers, and Zone Diets for Weight Loss and Heart Disease Risk Reduction. *JAMA* 2005. 293(1):43-53.
- Das S, Kinsinger LS, Yancy WS, Wang A, Ciesco E, Burdick M, Yevich SJ. Obesity Prevalence Among Veterans at Veterans Affairs Medical Facilities. *Am J Prev Med*. 2005;28(3):291-294.
- Dunn C, Rollnick, S. *Lifestyle Change-Mosby Rapid Reference*. Elsevier Limited. London, UK; 2003.
- Duyff RL. *American Dietetic Association Food and Nutrition Guide*. 2<sup>nd</sup> edition. Hoboken, NJ: John Wiley & Sons, Inc.; 2002.
- Elkins G, Whitfield P, Marcus J, Symmonds R, Rodriguez J, Cook T. Noncompliance with behavioral recommendations following bariatric surgery. *Obes Surg*. 2005;15:546-551.
- Elliot K. Nutritional considerations after bariatric surgery. *Crit Care Nurs Q*. 2003 Apr-Jun; 26(2):133-8.

Energy and protein requirements. World Health Organization Web site. Available at: <http://www.fao.org/DOCREP/003/AA040E/AA040E00.HTM>.

Engle GL. The need for a new medical model: A challenge for biomedicine. *Science* 1977;196:129-136.

Example dialogs reprinted in slightly modified form with permission from: Dunn C, Rollnick S. *Lifestyle Change-Mosby Rapid Reference*. Elsevier Limited. London, UK; 2003.

Forbes BG, Welle SL. Lean body mass in obesity. *International Journal of Obesity*.1983;7:99.

Foster GD, McGuckin B. Nondietering approaches: principles, practices, and evidence. In: Wadden TA, Stunkard AJ, eds. *Handbook of Obesity*. New York, NY: Guilford Press; 1993:506-512.

Foster GD, Nonas CA, eds. *Managing Obesity: A Clinical Guide*. American Dietetic Association. 2004.

Freedman M, et al. Popular Diets: a scientific review. *Obes Res*. 2001;9(Suppl 1):1S.

Fujioka K. Follow-up of Nutritional and Metabolic Problems after Bariatric Surgery. *Diabetes Care*. 2005;28(2):481-484.

Gallagher D, et al. Healthy percentage body-fat ranges: an approach for developing guidelines based on body mass index. *Am J Clin Nutr*. 2000;72:694.

Garrow JS. Composition of weight loss during therapeutic dietary restriction. In: Kral JG, Van Itallie TB, eds. *Recent Developments in Body Composition Analysis; Methods and Applications*. London, England:Smith-Gordon; 1993:121-127.

*Gastrointestinal Surgery for Severe Obesity*. Reprinted from NIH Cons Dev Conf Cons Stmt. 1991; Mar 25-27:9(1).

Gauer RL, O'Connor FG. *How to Write an Exercise Prescription*. Department of Family Medicine, Uniformed Services University of the Health Sciences. Available at [www.hooah4health.com/toolbox/exRx/default.htm](http://www.hooah4health.com/toolbox/exRx/default.htm).

Grillo CM, Masheb RM, Brody M, Toth C, Burke-Martindale CH, Rothschild, BS. Childhood maltreatment in extremely obese male and female bariatric surgery candidates. *Obes Res*. 2005;13(1):123-30.

Harris JA, Benedict FG. *A Biometric Study of Basal Metabolism in Man*. Carnegie Institution of Washington, Philadelphia: J.B. Lippincott; 1919:190-227. Pub. No. 279.

Hellerstein MK. No common energy currency: de novo lipogenesis as the road less traveled. *Am J Clin Nutr*. 2001;74:707.

Helm KK, Klawitter B. *Nutrition Therapy Advanced Counseling Skills*. Lake Dallas, TX: Helm Seminars; 1995.

Hirsch J. Role and benefits of carbohydrate in the diet: key issues for future dietary guidelines. *Am J Clin Nutr*. 1995;61:996S.

Institute of Medicine of the National Academies. *Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids*. Washington, DC; 2002. The National Academies Press. [www.nap.edu](http://www.nap.edu).

Jain A. *What works for obesity? A summary of the research behind obesity interventions*. BMJ Publishing Group. 30 April 2004.

Jensen MD. Research techniques for body composition assessment. *J Am Diet Assoc*. 1992;55:641.

Kushner RF. *Roadmaps for Clinical Practice: Case Studies in Disease Prevention and Health Promotion—Assessment and Management of Adult Obesity: A Primer for Physicians*. Chicago, Ill: American Medical Association; 2003.

Lacy DF, Armstrong LL, Goldman MP, Lance LL. *Drug Information Handbook 10th edition*. Hudson, OH: Lexi-Comp Inc; 2002.

Lyons P, Miller WC. Effective healthcare for large people. *Healthy Weight J*. 2000;14:71.

Maggard MA, Shugarman LR, Suttorp M, Maglione M, Sugarman HJ, Livingston EH et al. Meta-Analysis: Surgical Treatment of Obesity. *Ann Intern Med*. 2005;142:547-559.

Mahan LK, Escott-Stumps S. *Krause's Food Nutrition & Diet Therapy*, 11th edition. Elsevier; 2004.

Marlatt, GA. Relapse: A Cognitive Behavioral Model. In Brownell KD, Fairburn, CG.(eds) *Eating disorders and Obesity: A Comprehensive Handbook*. New York, NY: Guilford; 1995: 541-546.

Matson AS, Dershem T, Jaroch L. *Nutritional Implications of Bariatric Surgery: Perspectives of Practitioners*. American Dietetic Association; 2004.

McDevitt RM, et al. De novo lipogenesis during controlled overfeeding with sucrose or glucose in lean and obese women. *Am J Clin Nutr*. 2001;74:737.

McFarlane T, Polivy J, McCabe RE. Help, not harm: Psychological foundation for a nondieting approach toward health. *J Social Issues*. 1999;55:261-276.

McTigue KM, Harris R, Hemphill B, Lux L, Sutton S, Bunton AJ, Lohr KN. Screening and interventions for obesity in adults: summary of the evidence for the US Preventive Services Task Force. *Ann Intern Med*. 2003;139 (11):933-49.

Meridia® [package insert]. North Chicago, IL: Abbot Laboratories; October 2003.

Mifflin MD, St. Jeor ST, Hill LA, Scott BJ, Daugherty SA, Koh YO. A new predictive equation for resting energy expenditure in healthy individuals. *Am J Clin Nutr*. 1990;51:241-247.

Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. *JAMA*. 2004; Mar 10;291(10):1238-45.

Mokdad A, Marks JM, Stroup D, Gerberding J. Correction: Actual Causes of Death in the United States, 2000. *JAMA*. 2005;293(3):293.

MOVE! Clinical Reference Manual; August 2004.

MOVE! Quick Start Manual; November 2005.

Multiple Authors. Special Report-Betsy Lehman Center for Patient Safety and Medical Error Reduction: Report of Expert Panel on Weight Loss. *Obesity Research*. 2005;13(2):205-305.

[NAASO slide sets available at www.NAASO.org](http://www.NAASO.org)

Naeye R, Roode P. The sizes and numbers of cells in visceral organs in human obesity. *American Journal of Clinical Pathology*. 1970;54:251.

National Institute for Clinical Excellence. *Guidance on the use of surgery to aid weight reduction for people with morbid obesity*. Technology Appraisal Guidance No. 46. London, England; July 2002.

National Institutes of Health. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*; 1998. NIH Publication No. 98-4083 .

National Institutes of Health: National Heart, Lung and Blood Institute: North American Association for the Study of Obesity. *The Practical Guide: Identification, Evaluation and Treatment of Overweight and Obesity in Adults*. National Institutes of Health; 2000. NIH Publication No. 00-4084.

NHS Centre for Reviews and Dissemination. CRD Report 10 *Systematic review of interventions in the treatment and prevention of obesity*. 1997. Available at <http://www.york.ac.uk/inst/crd/obesity.htm>. Access verified 10/31/2005.

Nieman DC, Trone GA, Austin MD. A new hand-held device for measuring resting energy expenditure and oxygen consumption. *J Am Diet Assoc.* 2003;103:556S-562S.

Nonas CA. A model for chronic care of obesity through dietary treatment. *J Am Diet Assoc.* 1998;98(Suppl 2):S16-S22.

Obesity: Etiology, Treatment, Prevention, and Applications in Practice. *J Am Diet Assoc.* 2005;105(Suppl 1).

Perri MG, Corsica JA. Improving the Maintenance of Weight Lost in Behavioral Treatment of Obesity. In Wadden TA, Stunkard AJ. (Eds.) *Handbook of Obesity Treatment.* New York, NY: Guilford; 2002:357-379.

Perri, MG. Methods for Maintaining Weight Loss. In Brownell KD, Fairburn, CG.(Eds) *Eating disorders and Obesity: A Comprehensive Handbook.* New York, NY: Guilford; 1995:547-551.

*Physicians' Desk Reference.* 56th ed. Montvale, NJ: Medical Economics Company, Inc; 2002.

Pierson RN Jr, et al. Body composition and metabolic rate. In: Dalton S, editor: *Overweight and weight management.* Gaithersburg, MD: Aspen Publishers; 1997.

Pi-Sunyer FX. Short-term medical benefits and adverse effects of weight loss. *Ann Intern Med.* 1993;119:722-726.

Post-Operative Bariatric Surgery Guidance compiled from various VA and non-VA clinical providers of bariatric surgery.

Project PACE Research and Development Team. *PACE Physical Activity Manual.* San Diego State University and San Diego Center for Health Interventions; 2001.

Rathmann W, Funkhouser E, Dyer AR, Roseman JM. Relations of hyperuricemia with the various components of the insulin resistance syndrome in young black and white adults: the CARDIA study. *Coronary Artery Risk Development in Young Adults. Ann Epidemiol.* 1998;4:250-261.

Rippe JM, McInnis KJ, Melanson KJ. Physician involvement in the management of obesity as a primary medical condition. *Obesity Research.* 2001;9:S302-S311.

Rollnick S, Mason P, Butler C. *Health Behavior Change: A Guide for Practitioners.* Edinburgh, UK: Churchill Livingstone, Harcourt Brace and Company Limited; 1999.

Saltzman E, Anderson W, Apovian CM, Boulton H, Camberlain A, Cullum-Dugan D et al. Criteria of Patient Selection and Multidisciplinary Evaluation and Treatment of the Weight Loss Surgery Patient. *Obes Res.* 2005;13:234-243.

Saunders, R. Post-surgery group therapy for gastric bypass patients. *Obes Surg.* 2005;15:1128-1131.

Schneider BE, Mun EC. Surgical Management of Morbid Obesity. *Diabetes Care.* 2005;28(2):475-480.

Seguin RA, Epping JN, Buchner DM, Bloch R, Nelson ME. *Growing Stronger: Strength Training for Older Adults.* Published by CDC and Tufts University; 2002.

Shils ME, Goodhart RS. *Modern Nutrition in Health and Disease.* 6th ed. Philadelphia, Lea & Febiger; 1980.

Snow V, Barry P, Fitterman N, Qaseem A, Weiss K. Pharmacologic and Surgical Management of Obesity in Primary Care: A Clinical Practice Guideline from the American College of Physicians. *Ann Intern Med.* 2005;142:525-531.

Sogg S., Mori D. The Boston Interview for Gastric Bypass: Determining the Psychological Suitability of Surgical Candidates. *Obesity Surgery* 2004. 14:370-380.

St. Jeor ST, Howard BV, Prewitt TE, Bovee V, Bazzarre T, Eckel RH. Dietary protein and weight reduction: a statement for healthcare professionals from the Nutrition Committee of the Council

on Nutrition, Physical Activity, and Metabolism of the American Heart Association. *Circulation*. 2001;104:1869-1874.

TIP Series #35. Substance Abuse and Mental Health Services Administration. *Enhancing Motivation for Change in Substance Abuse Treatment*; 1999. DHHS Publication No. (SMA)99-3354.

Tsai AG, Wadden TA. Systematic Review: An evaluation of major commercial weight loss programs in the United States. *Ann Intern Med*. 2005;142:56-66.

U.S. Department of Health and Human Services. *Physical Activity and Health: A Report of the Surgeon General*. Atlanta, GA: U. S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion; 1996.

US Dept of Health and Human Services and US Department of Agriculture. *Dietary Guidelines for Americans*; 2005. HHS Publication No. HHS-ODPHP-2005-01-DGA-A.

US Dept of Health and Human Services. *Exercise: A Guide from the National Institute on Aging*; April 2004. NIH Publication No. 01-4258.

US Preventive Services Task Force. *Screening for Obesity in Adults. Recommendations and Rationale*. Agency for Healthcare Research and Quality, Public Health Service, US Department of Health and Human Services; December 2003. AHRQ Pub No. 04-0528A.

Van Itallie TB, Yang MU. Diet and weight loss. *N Engl J Med*. 1977;297:1158-1161.

VHA Handbook 1109.2. *Clinical Nutrition Management*; Dec. 27, 2001.

VHA Information Letter: *Efficacy of High Protein Low Carbohydrate Diet in Promoting Weight Loss*: IL 10-2005-005.

VHA Information Letter: *The Managing Overweight and/or Obesity for Veterans Everywhere (MOVE!) Program*: IL 10-2004-014.

VHA National Formulary. VHA Pharmacy Benefits Management Strategic Health Group. <http://vaww.pbm.med.va.gov/pbm/natform.htm>

VHA Nutrition and Foodservice Patient Education Materials - Bariatric Surgery <http://vaww.va.gov/nfs/clinical/PtEd.htm#surgery>

VHA Pharmacy Benefits Management Strategic Healthcare Group and Medical Advisory Panel. *Antipsychotics and Metabolic Effects 2002-2003 Update*; Updated Feb 2004. <http://vaww.pbm.med.va.gov/guidelines/Atypical%20AntipsychoticsME.pdf>

VHA Pharmacy Benefits Management Strategic Healthcare Group and Medical Advisory Panel. *Recommendations for Atypical Anti-psychotic Use in Schizophrenia and Schizoaffective Disorders*; Updated May 2004. <http://vaww.pbm.med.va.gov/guidelines/Atypical%20algorithm%202004.pdf>.

VHA Pharmacy Benefits Management Strategic Healthcare Group and the Medical Advisory Panel. National PBM Drug Monograph Orlistat (Xenical®); January 2005.

VHA Pharmacy Benefits Management Strategic Healthcare Group and the Medical Advisory Panel. National PBM Drug Monograph Sibutramine (Meridia®); January 2005.

Villareal et al. Obesity in Older Adults: Technical Review and Position Statement of the American Society for Nutrition and NAASO, The Obesity Society. *Obesity Research*. November 2005. Vol 13(11) 1849-1863.

*VISN 6 Diet Manual* found at: <http://vaww.netsix.med.va.gov/netsix/clinical/nfs.cfm?facility=durham>.

Wadden TA, Didie E. What's in a name? Patients' preferred terms for describing obesity. *Obes Res*. 2003;11(9):1140-6.

Wadden TA, Vogt RA, Andersen RE, Bartlett SJ, Foster GD, Kuehnel RH, Wilk J, Weinstock R, Buckenmeyer P, Berkowitz RI., Steen SN. Exercise in the treatment of obesity: effects of four interventions on body composition, resting energy expenditure, appetite and mood. *J Consult Clin Psychol.* 1997;65:269-277.

Wadden TA, Berkowitz FI, Womble LG, Sarwer DB, Phelan S, Cato RK et al. Randomized Trial of Lifestyle Modification and Pharmacotherapy for Obesity. *NEJM* 2005. 353(20): 2111-2120.

Weight-control Information Network (WIN). *Active at any Size.* (NIH Pub No 04-4352) National Institute of Health. U.S. Department of Health and Human Services. Reprint April 2004.

Xenical® [package insert]. Nutley, NJ: Roche Laboratories, Inc.; December 2003.

Yang MU, Van Itallie TB. Effects of energy restriction on body composition and nitrogen balance in obese individuals. In: Wadden TA, Van Itallie TB, eds. *Treatment of the Seriously Obese Patient.* New York, NY: Guilford Press; 1992:83-106.