



# Help Your Community Take Steps Toward Better Health



## Who We Are

- National initiative to encourage Black women to become more physically active and eat healthier foods.
- Created by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH), part of the U.S. Department of Health and Human Services (DHHS).

## What We Do

- Work with groups and organizations to raise awareness among Black women about the benefits of healthy eating and regular physical activity.
- Provide technical assistance to organizations that create programs using the *Sisters Together* planning kit.

## Why This Initiative Matters

- Nearly 80 percent of all Black women in the United States are considered 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). The pilot program consisted of focus group testing, seminars, materials development, community activities, and more.

## How to Start a Program in Your Community

- Step 1. Determine your community's needs and resources.
- Step 2. Form partnerships with individuals and groups within your community.
- Step 3. Get the media involved.
- Step 4. Plan activities.
- Step 5. Measure your success.





# Sisters Together Move More, Eat Better

## Publications

How communities can start a *Sisters Together* program.

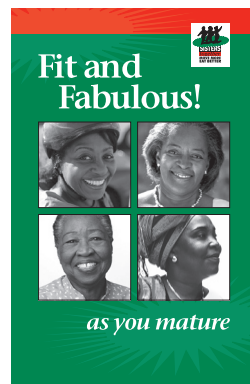


**Sisters Together:  
Move More, Eat Better  
Program Guide**

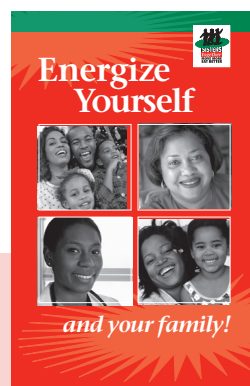
Three age-appropriate brochures with tips on how to get moving, how to prepare healthy, tasty meals, and how to eat right when you are on the go.



**Celebrate the  
Beauty of Youth**

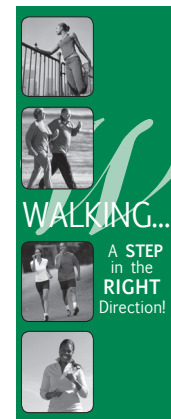


**Fit and Fabulous  
as You Mature**



**Energize Yourself  
and Your Family**

Brochure with walking plan to encourage women to walk.



**Walking ...  
A Step in the Right  
Direction**

For more information or to order publications, visit the *Sisters Together* website at [www.win.niddk.nih.gov/sisters/](http://www.win.niddk.nih.gov/sisters/) or call 1-877-946-4627

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