

Patient Education

A Healthy Lifestyle

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STUDIES SUPPORT THE VALUE of patient education by the physician. Sometimes getting started or being pointed in the right direction is all a patient needs. A simple suggestion, a gentle reminder, or even a brochure can motivate a patient, keep her focused, or get her back on the right track. Lifestyle behaviors, such as a balanced diet and regular exercise, can go a long way toward promoting optimal health. Regarding disease prevention, the recommendations for most chronic diseases are the same and are echoed in the *Dietary Guidelines for Americans*. These guidelines list seven key nutritional factors that can help people invest in their health.

The *Journal of Women's Health* has amassed a list of educational brochures to encourage a healthy lifestyle. Information on diet, exercise, and smoking is provided for your consideration. You may want to order samples for placement in your waiting room or examination rooms, or you might want to use them as handouts to support your patients' desire to optimize their health in the coming year.

U.S. DEPARTMENT OF AGRICULTURE

Nutrition and Your Health: Dietary Guidelines for Americans

This pamphlet highlights seven guidelines that are considered essential for a healthy diet (4th edition, 1995). A single copy is free. Cost is \$53/packet of 50.

USDA's Food Guide Pyramid

A brochure that explains the agency's food selection system in order to put the *Dietary Guidelines* into action. It explains the correct amounts and types of foods that should be eaten to maintain a healthy, low-fat diet (Revised 1996). A single copy is free. Cost is \$49/packet of 50.

Ordering information: Contact the USDA's Center for Nutrition Policy and Promotion publications department at (202) 606-8000 for one copy or the Government Printing Office at (202) 512-1800 for bulk orders.

NATIONAL HEART, LUNG AND BLOOD INSTITUTE

Achieve Your Healthy Weight!

This extensive brochure provides information on the NHLBI's guidelines on assessing and treating overweight, including setting realistic goals and tools to meet those goals.

Empower Yourself!

A series of seven booklets aimed at improving the cardiovascular health among African Americans. The set covers physical activity, eating less salt and sodium, losing weight, preventing high blood pressure, learning your cholesterol number, eating foods lower in saturated fat and cholesterol, and stopping smoking (publication No. 55-832). Cost is \$3/single packet and \$37.50/packet of 25.

Ordering information: Call the NHLBI Information Center at (301) 251-1222.

HEALTH SCIENCE INSTITUTE, INC.

The Activity Pyramid

This pamphlet is a clever guide to the types and amounts of physical activity to strive for each day. It is the most effective and approachable piece on the subject that I have come across. Cost is \$5.95/packet of 100.

Dietary Guidelines

A handout that highlights the seven dietary habits that have been linked to optimal health. Cost is \$5.95/packet of 100.

Cooking Tips

A handout of healthy cooking tips for preparing meals at home. Cost is \$5.95/packet of 100.

Ordering information: Call HSI, McLean, VA, at (800) 474-6211; e-mail: hsieduc@aol.com

AMERICAN DIETETIC ASSOCIATION

There's Good News for Women

Based on ADA's Nutrition & Health Campaign for Women, this brochure promotes the role of nutrition as a means to optimal health. It encourages women to take charge of their health by achieving a healthy weight and making small changes that will reduce their risks of heart disease, diabetes, osteoporosis, and certain cancers. Cost is \$15/packet of 25.

Take a Fresh Look at Nutrition

This 16-page full-color nutrition guide provides a positive message about taking responsibility for one's health with realistic, practical tips on meals, snacks, shopping, and on-the-go eating. Featured are the Food Guide Pyramid and the Activity Pyramid. Cost is \$18/packet of 15.

Snack Attacks Are Okay

This pamphlet discusses the need to snack and the ways in which snacks can be obtained in a va-

riety of settings, including fast-food restaurants, convenience stores, and vending machines. Cost is \$7.50/packet of 25.

Healthful Eating All Around Town

A pamphlet that offers guidance in making meal selections from menus in a variety of dining situations, including fine dining, casual, fast food, and ethnic dining. Cost is \$7.50/packet of 25.

Ordering information: Contact ADA customer service at (800) 877-1600, ext. 5000.

NATIONAL CANCER INSTITUTE

Why Do You Smoke?

Here is a self-test to help individuals determine why they smoke and suggestions for alternatives and substitutes that can help them stop.

I Mind Very Much if You Smoke

Quite appropriate for a waiting room, this brochure provides information on the health hazards of secondhand smoke and on the fact that secondhand smoke has been classified as a carcinogen by the Environmental Protection Agency.

Clearing the Air: A Guide to Quitting Smoking

This information is aimed at assisting the smoker who really wants to quit. A variety of approaches to cessation is provided.

Eat 5 Fruits and Vegetables Every Day

The simple, color brochure offers five ways to incorporate five or more servings of produce into the diet every day. Servings sizes are explained to ensure that proper amounts are ingested.

Time to Take Five: Eat 5 Fruits and Vegetables a Day

This brochure explains the importance of eating sufficient produce and offers helpful techniques for getting the recommended amounts in the diet on a daily basis, including snacks, desserts, eating on the go, and cooking.

Ordering information: Call the NCI orderline at (800) 422-6237. There is no charge for materials beyond shipping and handling.

SHAPE UP AMERICA!*Fitting Fitness In Even When You're Pressed for Time*

A simple pamphlet that provides ideas to help busy women weave exercise into a hectic schedule. Cost is \$46/packet of 100.

Eating Smart Even When You're Pressed for Time

The pamphlet is designed to help women identify specific steps that will gradually lead to better eating habits, an improved diet, and more control over body weight. Cost is \$46/packet of 100.

Healthy Weight, Healthy Living: A Comprehensive Guide to Weight Management

This booklet was written for women who want to understand how to seek help for weight control. It provides a list of questions that can be used to encourage a discussion with the patient's healthcare professional. Cost is \$46/packet of 100.

99 Tips for Family Fitness Fun

A pamphlet that provides suggestions for ways in which family members can participate in physical activities together. Cost is \$42.50/packet of 25.

Ordering information: Requests must be made in writing to Shape Up America!, 6707 Democracy Boulevard, Suite 306, Bethesda, MD 20817; or check the website at www.shapeup.org.

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