



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 (HHS).

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 individuals and groups that create programs using the *Sisters Together* planning kit.

Why This Initiative Matters

- Recent statistics show that more than 80 percent of black women in the United States are 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.



NIH... Turning Discovery Into Health



Sisters Together Move More, Eat Better

Publications

How individuals and groups can start a *Sisters Together* program.

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.

Brochure with walking plan to encourage women to walk.



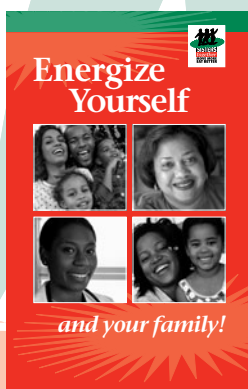
**Sisters Together:
Move More, Eat Better
Program Guide**



**Celebrate the
Beauty of Youth**



**Fit and Fabulous
as You Mature**



**Energize Yourself
and Your Family**



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

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

Weight-control Information Network
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