

WINNNotes

WEIGHT-CONTROL INFORMATION NETWORK



Lifestyle Intervention Helps Slow the Loss of Mobility among Adults with Diabetes

Healthy eating and physical activity may help prevent mobility problems among adults with type 2 diabetes who are considered to be overweight and obese. Four-year results from the Look AHEAD (Action for Health in Diabetes) trial show that an intervention addressing these types of lifestyle changes promoted weight loss, improved fitness, and slowed the loss of mobility in adults in middle age and older. For more on these findings, see <http://www.nejm.org/doi/full/10.1056/NEJMoa1110294>.



LEARN MORE ONLINE

The Look AHEAD trial is a long-term study funded by the National Institutes of Health (NIH). Find out more at <http://lookaheadtrial.org>.

RECENT research findings

Diabetes Prevention Program May Lower Health Care Costs

Programs to prevent or delay type 2 diabetes in high-risk adults would result in fewer people developing diabetes and lower health care costs over time, researchers concluded in a study funded by the NIH. Over 10 years of follow-up, the Diabetes Prevention Program lifestyle intervention prevented the onset of diabetes among many high-risk adults and reduced associated medical costs. Full findings are available at <http://care.diabetesjournals.org/content/35/4/723.long>.



LEARN MORE ONLINE

For more information on diabetes, check out the National Diabetes Education Program website at <http://www.yourdiabetesinfo.org> and the website of the National Diabetes Information Clearinghouse at <http://diabetes.niddk.nih.gov>.



WIN Offers Public Information

The Weight-control Information Network (WIN) is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). WIN provides the general public, health professionals, and the media with science-based, up-to-date, culturally relevant materials and tips. Topics include healthy eating, barriers to physical activity, portion control, and eating and physical activity myths.

TOLL-FREE NUMBER:
1-877-WIN-4627 (1-877-946-4627)

PHONE: 202-828-1025

FAX: 202-828-1028



<http://www.facebook.com/win.niddk.nih.gov>

WIN Publications Ordering Information

Visit <http://www.win.niddk.nih.gov> to read and download any WIN publication free of charge. To request a copy of a publication to be mailed to you, contact the WIN Information Line at 1-877-946-4627. Be advised that you may order up to 25 publications for free, and fees as explained in the chart apply to orders greater than 25.

The order limit is 100 total publications.

The order fees are as follows:

Number of Items	Cost
1-25	FREE
26-50	\$20
51-100	\$30

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To view WIN publications, visit our website at <http://www.win.niddk.nih.gov>.

NIH Publication No. 13-7410

RECENT research findings

Weight-loss Surgery May Promote Diabetes Control

Adults with type 2 diabetes who are obese may find that weight-loss surgery helps control blood sugar, suggest findings from two recent studies. The first trial, funded in part by the NIH, followed patients for 1 year after the surgery. It found that medical therapy plus bariatric surgery helped more patients control their blood sugar than medical therapy alone. For more details on the study's findings, see <http://www.nejm.org/doi/full/10.1056/NEJMoa1200225>.

Conducted in Italy, the second trial followed patients for 2 years. Patients undergoing bariatric surgery achieved better control of blood sugar than those who were given medical therapy. For more information, see <http://www.nejm.org/doi/full/10.1056/NEJMoa1200111>.



LEARN MORE ONLINE

More research is needed to find out if the benefits found in these two studies will remain over time. For an overview of bariatric surgery, see WIN's *Bariatric Surgery for Severe Obesity* at <http://www.win.niddk.nih.gov/publications/gastric.htm>.

Weight-loss Surgery May Increase Alcohol Use Problems

Undergoing weight-loss surgery may increase the risk of alcohol use disorders among adults. NIH researchers found an increase in these disorders among patients 2 years after the procedure. The disorders were more common among men, younger adults, smokers, and those who drank alcohol on a regular basis. Patients who had gastric bypass surgery were more likely to develop alcohol use disorders than those who had other types of weight-loss surgery. For more information on the study's findings, see <http://jama.jamanetwork.com/article.aspx?articleid=1185618>.



LEARN MORE ONLINE

The Longitudinal Assessment of Bariatric Surgery (LABS) is a long-term study of patients at 10 hospitals across the United States. Find more information about LABS at <http://www.niddklabs.org>.

FDA Approves Belviq and Qsymia to Treat Obesity

The first weight-loss drug approved by the U.S. Food and Drug Administration (FDA) in more than a decade, Arena's Belviq may be prescribed for obese adults or those with a body mass index (BMI) of 27 or above who also have other medical problems, like diabetes. Based on results from clinical trials with nearly 8,000 patients, the FDA cleared Belviq for use along with a program of healthy eating and exercise. To read more about Belviq and the approval process, visit the FDA website at <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm309993.htm>.

Approved just after Belviq, Qsymia may be used by adults with a BMI of 30 and above or 27 and above plus one or more health conditions related to weight. Tested in clinical trials with about 3,700 patients, Qsymia (formerly called Qnexa) combines two FDA-approved drugs, phentermine and topiramate. Pregnant women should not use Qsymia, as it may harm a developing fetus. Learn more about Qsymia and its FDA approval at <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm312468.htm>.

The Weight of the Nation Sounds the Alarm about Overweight and Obesity

Cable network HBO and the Institute of Medicine recently worked with the NIH, the Centers for Disease Control and Prevention (CDC), Kaiser Permanente, and the Michael & Susan Dell Foundation to create *The Weight of the Nation*, a documentary film series. *The Weight of the Nation* explores overweight and obesity in the United States and lets people know how they can help combat these issues. Check out the NIH Health Information page on *The Weight of the Nation* at <http://www.nih.gov/health/NIHandweightofthenation>.

NKDEP Redesigns Its Website

The National Kidney Disease Education Program (NKDEP) has redesigned its website to make it easier for primary care providers to help their patients with chronic kidney disease (CKD). A new section, called Identify and Manage Patients, provides information to assist with patient management, from initial CKD diagnosis to preparation for renal replacement therapy. To learn more about NKDEP and see the new content, visit <http://www.nkdep.nih.gov/identify-manage.shtml?ref=WIN-news>.

NDEP Marks 15th Anniversary: Changing the Way Diabetes Is Treated

Launched in 1997, the National Diabetes Education Program (NDEP) and its partners are celebrating 15 years of educating the public about diabetes, its risk factors, and how to prevent and manage diabetes. NDEP is a partnership of the NIH, the CDC, and more than 200 other organizations. More information about the NDEP and how you can help them celebrate their 15th anniversary is available at <http://ndep.nih.gov/about-ndep/anniversary>.

WIN often exhibits at professional and community events. We enjoy speaking both with people who already use WIN materials and services and those who may be interested in learning about WIN. Here are some highlights from recent exhibits:

APRIL 27, 2012

Maryland Dietetic Association Annual Meeting; Linthicum Heights, MD

"WIN materials are so helpful and easy to read. All my clients love them, because everything is clearly spelled out."

—Carol Kuong, R.D.

MAY 12, 2012

D.C. Metro Area Dietetic Association Annual Meeting; Washington, D.C.

"I love your Sisters publications! They really speak to me, and the group I work with can relate to the publications."

—Joan Lewis, R.D., L.D.

MAY 19–22, 2012

Digestive Disease Week Conference; San Diego, CA

"I have heard of NIDDK, of course, but not your group. I am happy to see that NIH is doing something to specifically address [obesity and weight control]. Obesity is a big problem in the states. The more science-based information we can share, the better."

—Anna Diaz

AUGUST 1–4, 2012

American Association of Diabetes Educators; Indianapolis, IN

"Young at Heart is a wonderful booklet for my seniors because they can relate to it."

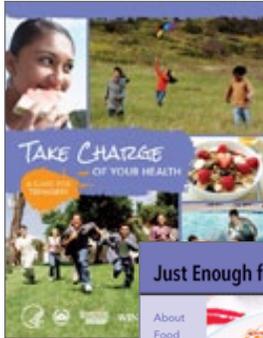
—Lucinda Ross, Saint George, UT

Mark Your Calendars!

Please check the "WIN on the Road" section of our Facebook page for information on where you can find WIN exhibits in the coming months.

We look forward to seeing you there!

Brighten Your Resource Library with Colorful New WIN Materials



Several of WIN’s most popular brochures have received a facelift with full-color graphics and revised content based on the latest scientific research and the *Dietary Guidelines for Americans, 2010*. Check the website (<http://www.win.niddk.nih.gov/publications>) to download the latest updates or call us toll free to order print copies of these free materials (1-877-946-4627):

Fit and Fabulous as You Mature provides tips to help older women get moving and eat healthy foods. Includes a new section for vegetarians.

Helping Your Child: Tips for Parents suggests ways that parents can take active roles in guiding their children to eat healthy foods and be physically active. Contains a new section on reducing inactive screen time in front of TVs, computers, and cell phones.

Just Enough for You: About Food Portions reflects changes in the dietary guidelines, explains the difference between a portion and a serving, and shares ideas for eating healthy portions.

Take Charge of Your Health: A Guide for Teenagers has bright, updated graphics, “Did You Know?” fact boxes on exercise and healthy eating, and fresh tips to be media smart and reduce screen time. A tear-off sheet with ideas for planning healthy, teen-friendly meals and a checklist for daily habits is perfect for hanging on your fridge or in a school locker.



COMMUNITY snapshot

WIN Partners Find Creative Ways to Make Their Communities Healthier

MARK JOHNSON, longtime *Sisters and Brothers Together* program leader, recently managed an outreach effort to African American and Latino hair salons. Johnson, Health Equity Team Leader with the Lexington-Fayette County Health Department in Kentucky, arranged delivery of fresh fruit baskets and health information, including WIN materials, to the salons. Studies have shown that hair salons can help their customers build healthy habits. Learn more about Johnson’s work at his health department’s website, <http://www.lexingtonhealthdepartment.org>.

PATRICIA LYNCH, another WIN partner and Professor at North Carolina A&T State University, hosted a free community health fair at a large African American church in her area. Lynch has hosted this event for the last 6 years. This year’s fair featured a group walk, cooking classes, talks by doctors, free screenings and services, and activities for children. Free materials, including *Sisters Together* publications, were also available. Find out more about Lynch’s work at the North Carolina A&T website at <http://www.ncat.edu>.

SISTERS SPOTLIGHT

Take your *Sisters Together* program to the next level with a “Health Champion Action Plan.” Come up with a tip each week, post or email the tip to participants or mention it at a group meeting, and ask participants to submit their own tips. Getting group members’ ideas will keep them involved and excited about improving their health.



Boost Healthy Living with SuperTracker Online Tools

Based on the *Dietary Guidelines for Americans, 2010*, and the ChooseMyPlate icon, the FDA's SuperTracker interactive tools can help you create a healthy eating plan and manage your weight. Use the six tools to find nutrition facts on 8,000 foods; track

your meals and exercise; set goals and work with a virtual coach; and create reports to track your progress. To get started on your plan for healthier living, go to <https://www.choosemyplate.gov/SuperTracker>.

Some ChooseMyPlate materials are also available in Spanish for download at <http://www.choosemyplate.gov/en-espanol.html>.

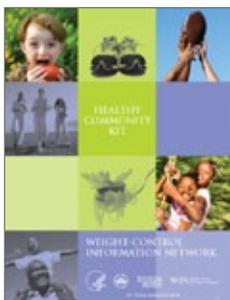
Visit WIN's Facebook Page for "Thursday Thoughts" on Healthy Eating and Physical Activity



If you're on Facebook, you can catch WIN's weekly updates with health tips, links to new and updated resources, and news of our activities, as well as those of other federal agencies. We also have a "WIN on the Road" area where you can note our exhibit schedule in the coming months. While you're at it, be sure to

"like" WIN at <http://www.facebook.com/win.niddk.nih.gov>.

WIN's Healthy Community Kit Now Available Online



Are you wondering about easy ways to share WIN's tips on healthy eating and physical activity with your colleagues? Use the guidelines in this kit, which includes colorful tip sheets to liven up bulletin boards, classrooms, and community centers while providing health tips for kids, adults, and parents. Download the kit at <http://www.win.niddk.nih.gov/publications>.

Stay Tuned to WIN Notes in Spring 2013 for . . .

As trees and flowers start blossoming with new growth in the spring, we think about renewal. Watch the next newsletter for stories related to starting up, starting over, and keeping up the journey toward better health.

Do You Need Tips for Managing Your Child's High Blood Pressure?



High Blood Pressure and Children: What Parents Need to Know, published by NKDEP, offers parents a helpful resource for learning more about the risks of high blood

pressure in children. To learn more about what you can do if your children have high blood pressure and how you can help them keep their blood pressure within a healthy range, visit <http://nkdep.nih.gov/resources/children-high-blood-pressure.shtml>.

Updated Tip Sheets from WIN

Being Healthy Is a Big Deal spotlights kid-friendly tips with bold colors and smiling faces. Also available in Spanish as *Tu salud es muy importante*.

Parents . . . Splash into a Healthy Summer with These Ideas offers tips for family fun and healthy eating, many of which can be used year round.

Both tip sheets are available online at <http://www.win.niddk.nih.gov/publications>.

HEALTHY EATING TIP

Rather than skipping your favorite home-cooked foods, prepare them in slightly different ways. Bake or grill instead of frying, and cook with extra herbs rather than butter to add flavor. Reduce the amount of salt you use—you may find it helps you notice a food's flavor more.

PHYSICAL ACTIVITY TIP

Be physically active with a friend or a group. You can cheer each other on, have a good time while being active, and feel safer when you are outdoors.