1982

Resource guide for health and fitness program development

Sandra D. Butler

The University of Montana

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DATE: 1982
RESOURCE GUIDE
FOR
HEALTH AND FITNESS PROGRAM DEVELOPMENT

By
Sandra D. Butler
B.A., Gustavus Adolphus College
St. Peter, Minnesota, 1981

Presented in partial fulfillment
of the requirements for the degree of

Master of Science
UNIVERSITY OF MONTANA
1982

Approved by:
Chair, Board of Examiners
Dean, Graduate School

Date
The need for a resource guide of health and fitness materials exists for optimum development and implementation of employee health management programs. By request of the United States Forest Service (USFS) Equipment Development Center of Missoula, Montana, a resource guide was developed to help units of the USFS, as well as other organizations and individuals, implement health and fitness programs.

The scope of the health and fitness resource guide includes: health and wellness; nutrition; weight control; exercise and fitness; stress management; blood pressure control; and smoking cessation. The types of resource materials include pamphlets, booklets, books, films and slide-tape presentations. Specific publication lists, resource catalogs and resource organizations are also listed.

Letters of request for materials to be submitted for review and possible inclusion in the resource guide were sent to government health and fitness agencies; state, regional and national organizations; corporations with employee health and fitness programs; and resource individuals. Resource materials were reviewed, analyzed and selected according to technical soundness, cost effectiveness and applicability and accessibility of the resources. The information given for each resource includes: the title; date; publication number, if available; the author or organization involved in writing the materials; where to write for the material; type of source; page numbers; approximate costs; for whom the material is intended; contents.
ACKNOWLEDGMENTS

I would like to express my sincere appreciation to Stephen Ballard and my parents for their continual encouragement, love, and prayers throughout the writing of this paper. I would also like to thank Dr. Brian Sharkey for making this project available to me and for giving me guidance along the way, and Dr. Kathleen Miller for her special contributions, not only with this project, but throughout my graduate study.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABSTRACT</td>
<td>ii</td>
</tr>
<tr>
<td>ACKNOWLEDGMENTS</td>
<td>iii</td>
</tr>
<tr>
<td><strong>PART A</strong></td>
<td></td>
</tr>
<tr>
<td>GENERAL CONSIDERATIONS CONCERNING THE DEVELOPMENT OF THE HEALTH AND FITNESS RESOURCE GUIDE</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter</strong></td>
<td></td>
</tr>
<tr>
<td>1. INTRODUCTION</td>
<td>1</td>
</tr>
<tr>
<td>Statement of the Problem</td>
<td>2</td>
</tr>
<tr>
<td>Subproblems</td>
<td>2</td>
</tr>
<tr>
<td>Delimitations</td>
<td>3</td>
</tr>
<tr>
<td>Limitations</td>
<td>3</td>
</tr>
<tr>
<td>Assumptions</td>
<td>3</td>
</tr>
<tr>
<td>2. METHODS AND PROCEDURES</td>
<td>5</td>
</tr>
<tr>
<td>Resource Survey</td>
<td>5</td>
</tr>
<tr>
<td>Inquiry Process</td>
<td>6</td>
</tr>
<tr>
<td>Review Process</td>
<td>7</td>
</tr>
<tr>
<td>Resource Guide Organization and Development</td>
<td>7</td>
</tr>
<tr>
<td>3. RESULTS AND DISCUSSION</td>
<td>10</td>
</tr>
<tr>
<td>4. SUMMARY AND RECOMMENDATIONS</td>
<td>12</td>
</tr>
<tr>
<td>Summary</td>
<td>12</td>
</tr>
<tr>
<td>Recommendations</td>
<td>13</td>
</tr>
<tr>
<td>REFERENCE</td>
<td>14</td>
</tr>
</tbody>
</table>

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PART B

HEALTH AND FITNESS RESOURCE GUIDE

HEALTH AND WELLNESS ........................................... 15

Need for Health and Fitness Programs ......................... 15

Additional Resources for Demonstrating a Need for
Health and Fitness Programs .................................. 16

Total Health and Fitness Program Development .............. 16

Additional Resources for Total Program Development ...... 18

Program Resources for Health and Wellness ................. 20

Additional Program Resources for Health and Wellness ... 22

Resources for Cardiovascular Disease ...................... 23

Additional Resources for Cardiovascular Disease ........... 23

Health and Wellness Organizations with Newsletters ....... 24

Additional Health and Wellness Newsletters ............... 25

Health and Wellness Publication Lists and
Resource Catalogs .............................................. 25

Health and Wellness Resource Organizations ............... 26

NUTRITION .......................................................... 27

General Nutrition Program Resources ......................... 27

Comprehensive Nutrition Program Resources ................ 29

Additional Nutrition Program Resources ..................... 31

Nutrition Publication Lists and Resource Catalogs ......... 33

Additional Nutrition Resource Catalogs .................... 34

Nutrition Resource Organizations ........................... 34
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGHT CONTROL</td>
<td>35</td>
</tr>
<tr>
<td>Weight Control Program Resources</td>
<td>35</td>
</tr>
<tr>
<td>Weight Control Behavior Modification Manuals</td>
<td>38</td>
</tr>
<tr>
<td>Caloric and Nutritive Food Value Resources</td>
<td>40</td>
</tr>
<tr>
<td>Weight Control Publication Lists and Resource Catalogs</td>
<td>42</td>
</tr>
<tr>
<td>Weight Control Resource Organizations</td>
<td>42</td>
</tr>
<tr>
<td>EXERCISE AND FITNESS</td>
<td>43</td>
</tr>
<tr>
<td>United States Forest Service Resources</td>
<td>43</td>
</tr>
<tr>
<td>Exercise and Fitness Program Resources</td>
<td>44</td>
</tr>
<tr>
<td>Additional Exercise and Fitness Program Resources</td>
<td>48</td>
</tr>
<tr>
<td>Exercise and Fitness Resource Organizations</td>
<td>49</td>
</tr>
<tr>
<td>STRESS MANAGEMENT</td>
<td>50</td>
</tr>
<tr>
<td>Stress Management Program Resources</td>
<td>50</td>
</tr>
<tr>
<td>Stress Management Techniques</td>
<td>51</td>
</tr>
<tr>
<td>Stress Management Resource Organizations</td>
<td>53</td>
</tr>
<tr>
<td>BLOOD PRESSURE CONTROL</td>
<td>54</td>
</tr>
<tr>
<td>Blood Pressure Control Program Resources</td>
<td>54</td>
</tr>
<tr>
<td>Pamphlets by the U.S. Department of Health,</td>
<td>55</td>
</tr>
<tr>
<td>Education and Welfare</td>
<td></td>
</tr>
<tr>
<td>Pamphlets by the American Heart Association</td>
<td>56</td>
</tr>
<tr>
<td>Employee Blood Pressure Control</td>
<td>57</td>
</tr>
<tr>
<td>Blood Pressure Control Publication Lists and</td>
<td>60</td>
</tr>
<tr>
<td>Resource Catalogs</td>
<td></td>
</tr>
<tr>
<td>Blood Pressure Control Resource Organizations</td>
<td>61</td>
</tr>
</tbody>
</table>
PART A

GENERAL CONSIDERATIONS CONCERNING
THE DEVELOPMENT OF THE
HEALTH AND FITNESS RESOURCE GUIDE
CHAPTER 1

INTRODUCTION

Organizations are becoming more and more aware of the health benefits associated with physical fitness. Corporations are offering health and fitness programs for their employees in hopes of improving health, reducing absenteeism, controlling the cost of health care and increasing productivity. Employee health management programs stress the concept of wellness by utilizing health risk analysis techniques and counseling in areas of stress management, nutrition and diet, weight control and smoking cessation. A special emphasis is placed on the development of cardiovascular fitness to reduce the likelihood of cardiac disease.

Numerous educational materials and guides for health and fitness program development exist, but selecting and locating these sources are frequently difficult. Often in the development of a health management program, an organization finds that it needs additional information and teaching materials for a more effective program but does not have a means of obtaining this essential information.

With the assistance of Dr. Brian J. Sharkey of the University of Montana, the United States Forest Service Equipment Development Center of Missoula, Montana devised an Employee Health Program (1) which emphasizes the prevention of illness, an individual's responsibility for health and the cost effectiveness to the organization. The program maintains the need for a health risk profile, blood chemistry analysis
and periodic medical examinations. The Employee Health Program stresses the need for the development of health programs which include printed and audiovisual aids in the areas of stress reduction, nutrition, weight control and exercise. Although the Employee Health Program describes how to evaluate and implement health and fitness programs, it does not deal specifically with the resource material needed to best meet the goals of the program. As an aid to individual Forest Service units attempting to implement the program, the United States Forest Service wished to develop an informational resource guide of exceptional health and fitness program materials.

It was because of the great need for this type of resource guide for the development and implementation of health and fitness programs that this researcher intended to compile a list of sources to be utilized by the United States Forest Service as well as other organizations and individuals. Having access to this resource information will allow organizations to devise a well-rounded health and fitness program to achieve the highest possible level of employee wellness.

Statement of the Problem

The purpose of this study was to devise a resource guide containing material to be utilized in the development and implementation of employee health and fitness programs.
Subproblems

1. A health and fitness resource survey was conducted.

2. Health and fitness resource materials were analyzed and selected for inclusion in a resource guide.

Delimitations

The scope of this study included the following areas:

a. health and wellness
b. nutrition
c. weight control
d. exercise and fitness
e. stress management
f. blood pressure control
g. smoking cessation

Limitations

1. The review of health and fitness program resource materials was limited to the number of contact sources the researcher was able to obtain.

2. Not all individuals or organizations responded to the request to review their resource materials.

3. The purchase of resource materials was within the financial limitations set by the United States Forest Service Equipment Development Center of Missoula, Montana.
Assumptions

1. There is a need for a resource guide of health and fitness program materials.

2. Organizations will continue to offer health and fitness programs for their employees.

3. With increased knowledge and scientific evidence of the benefits of exercise and healthy lifestyles, a greater number of organizations will be interested in developing employee health and fitness programs.

4. An increase in the number of organizations beginning employee health and fitness programs will create an increased need for a resource guide.
CHAPTER 2

METHODS AND PROCEDURES

Resource Survey

The scope of the health and fitness resource survey included health and wellness; nutrition; weight control; exercise and fitness; stress management; blood pressure control; and smoking cessation. The health areas of alcohol and drug abuse were not included in the resource guide because excellent community referral organizations such as Alcoholics Anonymous and other drug dependency agencies are generally available for assistance. The types of resources included pamphlets, booklets, books, films and slide-tape presentations.

The initial search for health and fitness resource materials was conducted at the United States Forest Service Equipment Development Center in Missoula, Montana. Government publications, United States Forest Service health and fitness guides, brochures from national and regional health conferences and conventions, as well as journals, books, pamphlets and brochures were reviewed for leads to government health and fitness agencies; state, regional and national organizations; corporations with employee health and fitness programs; and reference individuals who may be able to aid in the development of the resource guide.

University of Montana experts in specific health-related areas
were asked for suggestions of resource possibilities. Physical education book lists and catalogs, as well as health and fitness newsletters were also reviewed for resource materials.

**Inquiry Process**

Letters were sent to prospective organizations, government agencies, corporations and resource individuals informing them of the development of the health and fitness resource guide and the health areas and types of resources contained in the guide. Criteria for evaluation and selection of materials was discussed as including technical soundness, cost effectiveness and applicability and accessibility of the resources to users in remote locations as is the case with certain United States Forest Service units. The inquiry letter explained that the University of Montana's Human Performance Laboratory had been asked by the United States Forest Service (Equipment Development Center of Missoula, Montana) to research and assemble the guide and that its use was intended to help units of the Forest Service implement health and fitness programs suitable for their size and location. It was also noted that the guide would be available to the public, as is the case with all government publications. Requests were made for health and fitness materials to be submitted for review and possible inclusion in the resource guide.
Review Process

The first review consisted of a broad overview of the materials with preliminary decisions of acceptability made according to the appropriateness and validity of the contents. Information as to contents, cost and date of publication were listed and attached to each resource.

In the second, in-depth review the materials were placed into sub-categories according to the type of information presented. Materials were further analyzed for technical soundness, cost effectiveness and availability.

As materials were reviewed, additional health and fitness resources, organizations and individuals were discovered. Inquiry letters were thus continuously sent out as materials came in and were reviewed.

Resource Guide Organization and Development

The health and fitness resources were organized first by broad topic headings and then more specifically by their purpose in the program. Each topic includes the sub-categories of program resources, additional resources, publication lists and resource catalogs, and resource organizations. Additional sub-categories were added when necessary.

The materials were not ranked from the first to last resource choice but were instead listed by a combination of the form of material and comprehensiveness of its contents. Pamphlets and brochures were
usually listed first. The variability in the type and amount of contents often made it impossible to rank the material or comment on its specific use. For this reason, all materials listed were evaluated as being helpful in the development of a health and fitness program. The subcategory materials under the heading, "Additional Resources," were considered helpful but because of cost or specific content appropriateness, were not included with the other resources.

The specific information in the resource guide includes the title; date; publication number, if available; the author or organization involved in writing the material; and where to write for the resource material. Also covered are the type of resource; page numbers; appropriate cost; for whom the material is intended; and a brief summary of the resource contents.

The date of some booklets and small pamphlets do not appear in the resource guide because the date was not printed. These materials were included if the contents were applicable. The organization or publishing company of whom to write for the resource is indented immediately under the title, date, publication number and author. All resource addresses are alphabetically listed in Appendix B.

Because the prices of resource materials change periodically, the resources were placed into four cost categories rather than listing specific prices. The ranges of cost are abbreviated and designated as: (I) no cost; (II) low cost: $0.20-$3.00; (III) cost: $3.00-$10.00;
(IV) high cost: over $10.00. Films, of course, were over $10.00 and thus rated as high cost. The preview, rental, and purchase prices of the listed films are comparable to other film prices. Most film companies failed to respond to the request for review or requested a film preview fee. For this reason, along with the fact that most film descriptions contained inadequate content material, only three films were listed.

Each resource is designated as being appropriate for the program director, employee or both with abbreviations of PD, E and PD/E respectively. The resources are not restricted entirely by the specified label, but are given as guidelines for program development.

Resource contents are presented by separating the main themes or topics by semicolons and related information by commas. Specific comments are only given to clarify reasons for placing some resources under the "Additional Resources" heading.
CHAPTER 3

RESULTS AND DISCUSSION

The health and fitness resource survey resulted in a 66.24% return. Inquiry letters were sent to 234 organizations, government agencies, corporations, publishing companies and individuals. One hundred fifty-five responded by sending resource materials and/or letters referencing other organizations and resources for review while 79 did not respond. Each organization was only counted once although many were written to more than one time when additional resources were discovered.

Several contributing factors may have lowered the percent return:

1. Many of the initial inquiry letters were sent to several resource individuals and organizations who it was thought may not respond. This was done to try and receive information and leads from a wide variety of places, organizations and individuals.

2. Several State Health Departments were written to in hopes of receiving examples of free information available to in-state and out-of-state residents. Some responded by saying they could not send information to other states because of financial reasons.

3. The organizations were responsible for paying the postage on
materials they sent for review.

4. Many corporations may not have responded because they used personal company publications.

5. Some organizations may not have had appropriate materials to send or did not want to take the time to respond.

6. Some letters were returned because of organization name or address changes and could not be forwarded.

The best response came from the government agencies who were also found to have many of the best and least expensive materials. These resources are generally well researched, periodically updated and comprehensive.
Summary

A resource guide which contains materials to be utilized in the development and implementation of employee health and fitness programs was devised by request of the United States Forest Service Development Center of Missoula, Montana. The scope of the health and fitness resource guide included: health and wellness; nutrition; weight control; exercise and fitness; stress management; blood pressure control; and smoking cessation. The types of materials consisted of pamphlets, booklets, books, films and slide-tape presentations. Specific publication lists, resource catalogs and resource organizations were also listed.

Letters of inquiry were sent to government health and fitness agencies; state, regional and national organizations; corporations with employee health and fitness programs; and individuals known as experts in the areas of health and fitness. Requests were made for materials to be submitted for review and possible inclusion in the resource guide.

Resource materials were reviewed, analyzed and selected according to technical soundness, cost effectiveness and applicability and accessibility of the resources. The information given for each
Recommendations

1. A condensed version of the information in this resource guide is being developed by the United States Forest Service as an aid to units of the Forest Service in the development and implementation of employee health management programs. For further information, contact the United States Forest Service, Equipment Development Center, Fort Missoula, Bldg. 1, Missoula, Montana 59801.

2. Corporations and other organizations can benefit by using this resource guide to develop new employee health and fitness programs or improve existing programs.

3. The resource guide can be utilized in the school setting by instructors and students in the Health Promotion field as a guide to collateral materials for health education unit development.

4. Continued survey and review of health and fitness resource materials are necessary for a complete, comprehensive and up-to-date resource guide.

5. As the health and fitness resource guide becomes available, more organizations and individuals will become aware of the guide and send their materials to be reviewed.
REFERENCE

Sharkey, Brian J. *Employee Health Program: A Proposal for the Eighties.*
United States Department of Agriculture, February 1981.

14

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PART B

HEALTH AND FITNESS RESOURCE GUIDE
HEALTH AND WELLNESS

Need for Health and Fitness Programs

DHEW (OHS) Publication No. 79-55071
U.S. Department of Health, Education and Welfare
Superintendent of Documents, U.S. Government Printing Office

165 page paperback III PD

health statistics of Americans; risks to good health; prevention of disease; broad National goals of infants, children, adolescents, adults and older adults; actions for prevention, health protection, health promotion

.Promoting Health/Prevention Disease: Objectives for the Nation (1980)

86 page paperback III PD

specific and quantifiable objectives necessary for attainment of the broad goals stated in Health People (above); nature and extent of health problems, health implications, status trends; prevention, promotion; specific National objectives for improved health status, reduced risk factors, improved awareness, improved services and protection, improved surveillance and evaluation.

.Employer and Employee Expenditures for Private Health Insurance (Date Preview 7)
HHS Publication No. (PHS) 81-3297
U.S. Department of Health And Human Services Office of Health Research, Statistics and Technology

15 page preview report I PD

Section of a larger National Health Care Expenditures
study by the National Center for Health Services Research; preliminary estimates of several key measures of health insurance, health services use and health care expenditures

Additional Resources for Demonstrating a Need for Health and Fitness Programs

DHHS (PHS) Publication No. 82-1232

251 page paperback III PD

6th annual report on U.S. health status; analytic articles on selecting health topics; statistical tables of health status and determinants, utilization of health resources, health care sources and expenditures; trends and comparisons over time

comments: does not specifically apply to health and fitness program development

 Prevention '80 (1980)
DHHS (PHS) Publication No. 81-50157

143 page paperback III PD

annual report describing Federal preventive activities; reviews major accomplishments of past year

comments: does not specifically apply to health and fitness program development

Total Health and Fitness Program Development

 A Proposal for the Eighties: Employee Health Program (1981)
Brian J. Sharkey, Ph.D.
United States Forest Service, Missoula, Montana

41 page booklet II PD
detailed results of Missoula Equipment Development Center's pilot health program, Project Life Style; brief description of three basic types of employee health programs for prevention, early detection and periodic medical examination; implementation and evaluation of programs; potential value to employees and employers

**Employee Fitness** (1977)  
Martin L. Collis, PH.D.  
Supply and Services, Canada

comprehensive description of developing a successful employee fitness program: benefits of program, promotion, motivation, leadership, evaluation and legal aspects of a fitness program; sample Canadian programs, questionnaires, health hazard appraisal

**Employee Fitness "The How to ..."** (1979)  
(Proceedings of the Ontario Employee Fitness Workshop, Seneca College, King City, Ontario; March 1979)  
Fitness Ontario Enforme

193 page booklet

comprehensive discussion of the development of employee health and fitness programs: rationale and organization support; fitness program possibilities and considerations; fitness testing; leadership; motivation; evaluation; finances; resource list

**Managing Health Promotion in the Workplace: Guidelines for Implementation and Evaluation** (1982)  
Rebecca S. Parkinson and Associates  
Mayfield Publishing Company

314 page hardcover

program guidelines: needs and objectives; designing the program; identifying and allocating resources; evaluation of program; examples of existing company programs; background papers on health and fitness program components

Robert M. Cunningham, Jr.
considerations for beginning a program: records, employee opinion survey; making a program work in a company; major portion deals with sample corporate health programs.

YMCA Corporate Health Enhancement Program Kit (1980)
(Two Manuals: (1) program development; (2) course outline)

YMCA of the USA

(1) 97 page manual (2) 84 page manual

(1) comprehensive overview of steps involved in setting up corporate fitness program: planning, promotion, advertising the program, record keeping, evaluation; presenting the need for a program to corporate heads and employees; sample letters and forms
(2) background information; treatment components; relationship to total health; potential solutions; developing personal action plans; sources of additional information and recommended reading for the participants and the presenters

comments: written for YMCA program director but can be adapted.

Cardiovascular Primer for the Workplace (1981)
NIH Publication No. 81-2210
U.S. Department of Health and Human Services, the National Institutes of Health

88 page booklet

risk factors of cardiovascular disease; economics of cardiovascular disease in business and industry; approaches for starting a program; resources; statistical information

Additional Resources for Total Program Development

Toward a Healthy Community: Organizing Events for Health Promotion
DHHS (PHS) Publication No. 80-50113

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system-centered health promotion; shortcomings of health promotion; initial considerations in program management; characteristics of an effective health promotion program, program implementation, maintenance, evaluation; health risk questionnaire

Bull Publishing Company

program manual

includes the manual, risk factor appraisal: questionnaire and profile and program component books (listed below; each discussed in appropriate resource guide category)

Individual Learning Programs:
- *Taking Charge of Your Weight and Well-Being*
- *Learning to Eat*
- *Managing Stress Before it Manages You*
- *Taking Charge of Your Smoking*

Additional program components not included in total program cost:
- **Nutrition:** *A Change for Heart*
  - *Realities of Nutrition*
  - *Fat Counter Guide*
- **Stress:** *Feeling Good About Feelings*
- **Exercise:** *Exercise: The Why and The How*

comments: all books may be purchased separately and used with the more comprehensive planning and implementation resources found in the section of Health and Fitness Program Development

Lawrence A. Golding, Ph.D., Clayton Myers, Ph.D. and Wayne Sinning, Ph.D.
YMCA of the USA

172 page hardcover
magnitude and scope of YMCA Health Enhancement Program Kit
(above); planning and organization; questions and answers
about exercise physiology; YMCA physical fitness test
battery; exercise principles and guidelines; program
resources

comments: less expensive program development books are
available

YMCA Risk Factor Management  (1978)
YMCA of the USA

large booklet III PD

three detailed programs: stress management; nutrition
and weight control; smoking cessation

comments: may be used with YMCA Health Enhancement Program
Kit

Program Resources for Health and Wellness

Health Risk Appraisals: An Inventory (1981)
DHHS (PHS) Publication No. 81-50163
U.S. Department of Health and Human Services
National Health Information Clearinghouse

32 page booklet I PD

inventory of 29 health risk appraisals currently available
to the public; cost, method of analysis, specified target
population, special ordering information, general description;
bibliography of books and journals that provide further
information on the concept and use of the health risk appraisal

NOTE: State Health Departments usually have available HRA's
at low cost. Government agencies should contact the
Center for Disease Control for HRA assistance

A Healthy Lifestyle: One Key to Lower Health-Care Costs
Abbott Laboratories

4 page pamphlet I E

general information on steps to a healthy lifestyle: moderate
exercise; sleep; balanced diet; moderate weight; smoking
abstinence; moderate alcohol consumption
(A Scriptographic Booklet)
Channign L. Bete Co., Inc.

15 page booklet II E

general information regarding a healthy lifestyle: factors that can and cannot be controlled: diet, exercise, rest, stress, bad habits, attitude

.Health and Lifestyle
Spectrum Films

28 minute film (16mm or 3/4" video-cassette) IV E

comprehensive presentation of patterns of daily living which contribute to optimum health: stress management, nutrition, weight control, exercise; suggests lifestyle as an individually controlled decision

comments: endorsed by the American Occupational Medical Association and by the American Association of Fitness Directors in Business and Industry; Blue Ribbon Award, 1980 American Film Festival, New York City

.The American Way of Life Need Not Be Hazardous to Your Health (1978)
John W. Farquhar, M.D.
Stanford Alumni Association, The Portable Stanford

191 page paperback III PD/E

habits and lifestyles of Americans; achieving self-directed change: stress management; exercise; nutrition and food patterns; weight control; smoking

.7 Steps to Heart and Lung Fitness (1978)
Richard Rylander Blide, M.D.
The Athletic Institute (or Anna Publishing, Inc.)

64 page paperback III PD/E

overview of exercise and fitness, nutrition and weight control, stress management, smoking
Physiology of Fitness (1978)
Brian J. Sharkey, Ph.D.
Human Kinetics Publishers

420 page paperback III PD/E

Comprehensive overview of the physiology of aerobic and muscular fitness, prescription for fitness; weight control; health and lifestyle in relation to fitness

Additional Program Resources for Health and Wellness

Patient Information Library
(variety of patient health information booklets)

8-32 page booklets II E

Explanation of causes, diagnosis, care and treatment, strength and flexibility rehabilitation exercises, anatomy; importance of early diagnosis, ongoing treatment, changes in lifestyle


David K. Miller and T. Earl Allen
The Athletic Institute (or Burgess Publishing Company)

250 page paperback III PD

Designed primarily for college physical education students with major objectives of understanding the purpose of exercise, evaluating physical fitness and designing a personalized exercise program; written in textbook form with goals and objectives for each chapter

Gordon Edlin and Eric Golanty
Science Books International

603 page paperback IV PD
comprehensive discussion of positive wellness in a holistic approach: healthy lifestyle as a combination of physical, psychological, emotional, social, spiritual and environmental factors; examples of health topics: nutrition and weight control; life stress and illness; illness and disease; emotional distress; alcohol use and abuse, smoking; preventing cardiovascular disease; intimate relationships

comments: contains more than health and fitness program resource materials

Resources on Cardiovascular Disease

American Heart Association pamphlets

American Heart Association

2-12 page pamphlets I E

examples:
Six Important Facts for a Healthier Heart (1979)
Why Risk Heart Attack: Seven Ways to Guard Your Heart (1981)
Reduce Your Risk of Heart Attack (1981)
Facts About Congestive Heart Failure (1982)
Eat Well But Eat Wisely (to reduce one of your risks of heart attack) (1969)
Save Food Dollars and Help Your Heart (1974)
The Way to a Man's Heart (A fat-controlled, low cholesterol meal plan to reduce the risk of heart attacks) (1972)
Fact Sheet on Heart Attack, Stroke and Risk Factors (1982)

American Heart Association

25 page booklet I PD/E

U.S. statistics on heart facts: coronary heart disease, mortality, costs, prevalence, cardiovascular operations, risk factors; concise description of heart functions, atherosclerosis, high blood pressure, heart attack, stroke, congenital heart disease, rheumatic heart disease; glossary of heart terms

Additional Resources for Cardiovascular Disease

Medicine for the Layman: Heart Attacks (1981)
NIH Publication No. 81-1803
U.S. Department of Health and Human Services
Office of Information, National Heart, Lung and Blood Institute

32 page booklet II PD/E

heart attack causes; how the heart works; magnitude of the problem; symptoms, treatment, prevention; questions and answers

NIH Publication No. 81-2034
U.S. Department of Health and Human Services
Office of Information, National Heart, Lung and Blood Institute

62 page booklet III PD

technical discussion of arteriosclerosis: present knowledge of the disease, application of knowledge: prevention and education, past accomplishments, past and present research

Health and Wellness Organizations with Newsletters

*.The Center for Consumer Health Education*

provides and assists with programs for health promotion; publications: pamphlets, reference books and newsletter:

Taking Care
6 page monthly publication IV E
contents: health and fitness issues: nutrition, weight control, exercise, smoking cessation, stress management

*.Medical Datamation*

health risk and lifestyle analysis; health education booklets; health strategy seminars; positive health speakers bureau; followup service; newsletter:

Health 80's/MDI Newsletter
8 page monthly publication IV E
contents: developments in health screening, education and promotion (focus on Medical Datamation user experience); articles on health and wellness
American Running and Fitness Association
(formerly the National Jogging Association)

nonprofit educational organization which promotes health through aerobic exercise; information on running and fitness, guidelines for successful exercise programs; tabloid newspaper:
Successful Jogging
4 page bimonthly publication IV E
contents: medical advice; discounts on running gear, stress tests, sportsmedicine clinics and podiatrist services

Additional Health and Wellness Newsletters

Environmental Nutrition, Inc.
newsletter:
Environmental Nutrition
4 page monthly publication IV E
contents: information on diet and nutrition; tips on special diets, recipes, consumerism, reviews of popular nutrition publications, resource list of recommended books, government pamphlets, etc.

Society for Nutrition Education
publication:
The Journal of Nutrition Education
quarterly publication IV (no cost to members) E
designed to stimulate interest and research in applied nutritional sciences; information for educators; nutrition articles, reviews of books and educational materials, editorials, discussions of current issues

Health and Wellness Publication Lists and Resource Catalogs

Consumer Information Catalog
Consumer Information Center

Selected U.S. Government Publications
Supertintendent of Documents, U.S. Government Printing Office

Bull Publishing Company: Books on Nutrition, Health and Cancer Care
Bull Publishing Company
AMA Publications...to help you lead a healthier, happier life
American Medical Association

National Health Information Clearinghouse
National Health Information Clearinghouse

Health and Wellness Resource Organizations

National:
  .American Alliance for Health, Physical Education, Recreation and Dance
  .American Association of Fitness Directors in Business and Industry
  .American Cancer Society (and local chapter)
  .American College of Sports Medicine
  .American Heart Association (and local chapter)
  .American Lung Association (and local chapter)
  .Association of the Advancement of Health Education
  .Center for Health Promotion (American Hospital Association)
  .Center for Health Promotion and Education (Center for Disease Control) (formerly the Bureau of Health Education)
  .Center for Medical Consumers and Health Care Information (helps to teach how to critically evaluate health information)
  .Health and Welfare Canada
  .National Association of Community Health Centers, Inc.
  .National Center for Health Education
  .National Health Information Clearinghouse
  .Office of Health Information and Health Promotion
  .Washington Business Group on Health

Regional:
  .Be-Well (services the Broward County, Florida area)
  .Health Education Center (services the Pittsburgh area)
  .Health Planning Council (services southern Wisconsin)

State and local:
  .state and local health department
  .county extension cooperative service
  .state and local medical society
  .local hospital patient information
  .local college university health and physical education department
  .community health programs, organizations, associations
General Nutrition Program Resources

.Nutrition and Your Health
U.S. Department of Agriculture, U.S. Department of Health and Human Services
Superintendent of Documents, U.S. Government Printing Office

19 page pamphlet I E

dietary guidelines for Americans: variety of foods; body weight; fat, saturated fat, cholesterol; starch and fiber; sugar; sodium; alcohol

(A Scriptographic Booklet)
Channing L. Bete Co., Inc.

15 page booklet II E

general nutrition information: six basic nutrients, recommended daily allowances for infant, male, female; balanced diet: the basic four food groups

Center for Consumer Health Education

7 page pamphlet I E

nutrition basics: well-balanced diet, foods to avoid: saturated fat and cholesterol, sodium, sugar, saccharine; special nutritional considerations of babies, children, pregnant or breast feeding women, the elderly, people with special conditions: diabetes, high blood pressure

.Good Health: Exercise/Nutrition
Illinois State Council on Nutrition, Governor's Council on Health and Fitness

7 page pamphlet I E

combination of sensible diet and exercise programs for fitness: basic four food groups, nutrients, approximation of calories needed per body weight; exercise tips; calorie value of various activities; minimum requirements for improving cardiovascular fitness and weight control

27

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Nutrition: Food at Work For You
Prudential Insurance Company of America

16 page booklet II E

basic four food groups; tips on meal planning; nutrients: what they do, where found; mineral and vitamins; water; food energy; maintaining desirable weight

Nutrition Fact Sheet (1981)
Nutrition Information and Resource Center, Pennsylvania State University

23 page fact sheets I E

examples of nutrition topics: sodium, fiber, sugar, diet and heart disease, fad diet frauds, weight control, fast foods, convenience foods, food forms, nutrition during pregnancy, vegetarianism; nutrition resource lists: pamphlets, books, low fat and low sodium cookbooks

National Dairy Council

6 page booklet I E

energy nutrients and their effects on health; sources of nutrients; food groups; recommended dietary allowances; nutrition labeling

Diet and Coronary Disease (1978)
American Heart Association

6 page booklet I PD

factors associated with coronary heart disease; general dietary recommendations: caloric intake, reduced saturated fats and cholesterol, carbohydrate, sodium, other dietary factors

Your Diet and Your Heart (1982)
(A Scriptographic Booklet)
Channing L. Bete Co., Inc.

15 page booklet II E
simplified nutrition factors and heart disease: 
atherosclerosis, obesity, reduction in cholesterol, fats; basic four food groups; total health strategy: 
periodic medical check-up, healthy eating habits, exercise, avoid stress

National Dairy Council

2 page fact sheet I E

discussion of function of vitamins; recommended dietary 
allowances; supplements generally not needed; naturally 
occuring vitamins, synthetic and "natural" vitamin 
supplements; large chart of fat-soluble and water-soluable 
vitamins and their recommended dietary allowances, signifi-
cant sources, major physiological functions, deficiency 
symptoms, overconsumption functions

.Vitamins: An Alphabet Soup for Good Health 
Abbott Laboratories

6 page pamphlet I E

discussion and chart of vitamin functions, deficiency 
conditions, food sources; importance of balanced diet

Comprehensive Nutrition Program Resources

.Weighing the Choices: Positive Approaches to Nutrition 
Spectrum Films

20 minute film (16 mm or 3/4" video-cassette) IV E

positive food choices for healthier living; short-term 
payoff of feeling better and eventual reduced risk of 
disease and disability; weight control: food choices 
rather than dieting; lifetime eating habits

comments: endorsed by the American Occupational Medical 
Association and by the American Association of Fitness 
Directors in Business and Industry
Best Foods Nutrition Information Service

22 page booklet II (single Copy: I) E

facts about fats, fat composition, cholesterol, fats in foods, package labels, food choices

The Medicine Called Nutrition (1979)
Best Foods Nutrition Information Service

67 page booklet II (single copy: I) PD

comprehensive overview of nutrition for better health: reports by experts in the field; guidelines for nutrition counseling: protein, fats, carbohydrates; choosing foods for health; nutrition vs. disease, hypertension, atherosclerosis, obesity, cancer, diabetes; lipids, proteins and fat metabolism

Candy Cummings and Vicki Newman
Prentice-Hall, Inc.

170 page paperback III E

informational nutrition facts and recommendations:
food intake health questionnaire; types of fats; fiber; sugar; cholesterol; salt: sodium content in various foods, spices as alternatives; caffeine: content in selected foods, beverages and drugs; weight control; several recipes with minimal sugar, salt and fat comments: easy reading with humor and cartoon illustrations

A Change for Heart: Your Family and the Food You Eat (1978)
James M. Ferguson, M.D. and C. Barr Taylor
Bull Publishing Company

183 page paperback III E

self-instructed guide for eating behavior modification;
family involvement in planning for change; eating behavior charts, food check lists, graphs; glossary of medical and dietary words; references and recommended readings
Additional Nutrition Program Resources

**Your Age & Your Diet: Infancy to Adulthood** (1981)
American Medical Association

9 page pamphlet II E

energy and nutrient requirements for infants, children, adolescents, adults, pregnancy, aging adults; daily food guide: minimum servings of the four food groups for each age group; sources of additional information

**A Guide for Food and Nutrition in Later Years** (1980)
Society for Nutrition Education

18 page booklet II E

nutritional needs in later years, weight control, shopping tips, protein foods; special nutrition problems, realities of "health" foods and vitamin/mineral supplementation; nutrition chart: major nutrients, their sources, functions and recommended daily serving; resource organizations, programs, books and publications

**Nutrition Labeling: Food Selection Hints for Fat-Controlled Meals** (1978)
American Heart Association

9 page pamphlet I E

how to read food labels, guidelines for shopping for fat-controlled meals

**Read the Label, Set a Better Table** (1976)
DHEW publication No. (FDA) 76-2049
U.S. Department of Health, Education and Welfare Food and Drug Administration

7 page pamphlet I E

reading a nutrition label; key nutrients: functions, sources; using the labels to serve a better meal and to save money; U.S. recommended daily allowances
The Sodium Content of Your Food (1981)
U.S. Department of Agriculture
Superintendent of Documents, U.S. Government Printing Office

43 page booklet I PD/E

overview discussion of sodium content in food; chart of sodium content in foods and beverages, selected non-prescription drugs

Sodium in Food, Medicine and Water
Water Quality Association

56 page pamphlet I PD/E

chart of sodium content in foods and beverages, common medicines, and in the water of U.S. cities; lists the products portion size, weight in grams, sodium content in milligrams

Facts About Potassium (1977)
American Heart Association

9 page booklet I PD/E

potassium facts: what it is, normal diet usually sufficient, increased need due to some heart disease medications, selected references; potassium and sodium content of selected foods

Nutrition, Food, and Weight Control (1981)
Brent O. Hafen
Allyn and Bacon, Inc.

250 page paperback III PD

reference text: comprehensive overview of the basic nutrients, vitamins and minerals: functions, sources; digestion, absorption, metabolism; contemporary issues in nutrition: cereals, breads, flour: whole wheat vs. white bread; sugar; fiber; caffeinated beverages; vegetarianism; nutrition and disease; nutrition, learning and behavior; food additives; nutrition labeling; overweight and obesity: myths and facts; obesity and health; weight control fads and fallacies; nutritive values of the edible parts of foods

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<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author</th>
<th>Publisher</th>
<th>Pages</th>
<th>Format</th>
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Reference text: basic principles of energy, exercise and fat; principles of weight control; food content and labeling; carbohydrates, proteins, fats; vitamins, minerals; application of nutrition principles; modern technology and food: processed vs. "natural" foods, additives, pesticides

**Nutrition Publication Lists and Resource Catalogs**

- **American Dietetic Association Catalog**
  - American Dietetic Association

- **Supplement to Guidelines for the Development of Nutrition Programs**  (1981)
  - American Heart Association

- **Selected List of DHHW Nutrition Publications**
- **Vitamin and Mineral Resource List**
  - National Health Information Clearinghouse

- **Nutrition Education Materials**
  - Nutrition Foundation

- **Publications of the Food and Nutrition Service**
  - Food and Nutrition Service

- **Nutrition for Everybody: An Annotated List of Resources**
- **Nutrition Education Resource Series No. 12: Fitness and Nutrition**  (March 1981)
- **The SNE Catalog**
  - Society for Nutrition Education

Publication lists or resource guides also available from:
- **American Medical Association, Department of Foods and Nutrition**
- **Foods and Nutrition Information Center, National Agricultural Library Building**
- **National Heart, Lung and Blood Institute, Public Inquires and Reports Branch**
- **Vital and Health Statistics Publications Series, National Center for Health Statistics**

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Additional Nutrition Resource Catalogs

• **Audiovisual Resources in Food and Nutrition** (1979)
  National Agricultural Library, USDA
  Oryx Press
  232 page paperback IV PD

• **Food and Nutrition Resources** (10th edition) (1982)
  National Agricultural Library, USDA
  Oryx Press
  345 page paperback IV PD

Nutrition Resource Organization

National:
  • American Dietetic Association
  • American Heart Association
  • American Medical Association, Department of Foods and Nutrition
  • Best Foods Nutrition Information Service
  • Food and Drug Administration, Consumer Communications
  • Food and Nutrition Information Center
  • Health and Welfare Canada
  • Human Nutrition Center SEA, U.S. Department of Agriculture
  • National Health Information Clearinghouse
  • National Nutrition Education Clearinghouse
  • Nutrition Foundation
  • Nutrition Information and Resource Center, Pennsylvania State University
  • Society of Nutrition Education

State and local:
  • state and local health department
  • county extension cooperative service
  • state and local medical society
  • local hospital patient information
  • community health programs, organizations, associations
WEIGHT CONTROL

Weight Control Program Resources

The Healthy Approach to Slimming (1979)
American Medical Association

21 page pamphlet II E

weight conscious vs. health conscious approaches to weight control; desirable weight; short term weight changes; deceptive gain and loss; calories as fuel; planning a diet: basic four food groups, sample diets

You and Your Weight (1982)
(A Scriptographic Booklet)
Channing L. Bete Co., Inc.

15 page booklet II E

basic weight control; why the problems; health problems; desirable weights; controlling the diet: four food groups; exercise, getting started; balancing diet and exercise; determining calorie intake and expenditure; other weight loss plans: crash diets, mechanical devices, drugs

Exercise and Weight Loss (1980)
President's Council on Physical Fitness and Sports
Superintendent of Documents, U.S. Government Printing Office

8 page pamphlet I E

weight control fallacies: energy expenditure in exercise, appetite and exercise; advantages of exercise; importance of diet; exercise and modern living: regular exercise schedule, supplementary physical exercise, stepped-up ordinary exercise, physical activity in the day's occupation

How You Can Control Your Weight (1979)
(Stay Well Series)
Metropolitan Life Insurance Company

6 page pamphlet I E

35
desirable weight chart: varies according to amount fat weight and muscle mass; healthy eating: lifetime habit; dieting tips; effects of exercise; behavior modification methods: food diary

.Overweight and Your Health: The Vital Connection! (1978)
Weight Watchers International, Inc.
14 page booklet

health risks of being overweight: causes, related health problems, long term affects; respiratory problems, cardiovascular diseases, diabetes, gynecologic problems, gall-bladder disease, osteoarthritis, varicose veins, skin conditions, surgical risks, shortened life expectancy; health hazards from improper dieting; choosing a sensible diet

.Life Plan for Weight Control (1980)
Center for Consumer Health Education
7 page pamphlet

diet myths; two methods of simple weight assessment; mirror test, pinch test; getting started; sensible food substitutions; question checklist for determining weight control program

.Personalized Weight Control (1981)
Betty Taif
National Dairy Council
15 page pamphlet

inventory of present food habits; quality vs. quantity of calories: carbohydrates, proteins fats; guide to good eating: basic four food groups; tips for preparing foods, packing lunches, snacks, restaurant earing; exercise: physical activity throughout the day

.What to Know About a Weight Control Diet Before You Eat One (1982)
National Dairy Council
8 page pamphlet
general information on the basics of a good weight control diet: basic four food groups, nutrients cutting calorie input, increasing energy output through exercise; basic behavior modification principles: eating habits; tips for the beginning a weight control diet

*Weight Reduction (1975)*
American Heart Association

12 page pamphlet I E

daily food patterns: basic four food groups; guide for selecting and preparing food, serving sizes, approximate calorie amounts

*Proper and Improper Weight Loss Programs* (position paper)
American College of Sports Medicine

9 page paper I PD
statements and recommendations for weight loss based on current research: severely restricted caloric intake and the loss of water, electrolytes, minerals, glycogen stores and minimal fat loss; large muscle dynamic exercise and higher percentage of fat loss; need for nutritionally sound diet, lifetime commitment to proper eating habits and regular physical activity

*Thin and Fit: Your Personal Lifestyle (1982)*
Dorothy E. Dusek, Ph.D.
Wadsworth Publishing Company

278 page paperback III PD/E
comprehensive discussion of weight control as total lifestyle involvement: nutrition and eating patterns, physical activity, stress management, relaxation and positive relationships; readiness profile for estimating success of weight reduction program; setting goals, methods of determining ideal weight; role of calories in weight reduction, behavior modification techniques; stress management; analyzing personal diet, planning a new healthy diet; exercise profile: importance of strength, flexibility and endurance as exercise components; developing a program; references, suggested readings
Weight Control Behavior Modification Manuals

**Take It Off and Keep It Off: A Behavioral Program for Weight Loss and Healthy Living (1977)**
D. Balfour Jeffrey and Roger C. Katz
Prentice-Hall, Inc.

354 page paperback III PD/E

causes of becoming overweight; eating, exercise, psychological habits; realistic goal setting, rewarding success; nutritional facts, diet guidelines; role of exercise in weight control; managing food: buying, preparing, servings, eating, snacking; emotional aspect of eating; weight loss maintenance techniques; improving child's eating habits; eating behavior and exercise charts and records

**Learning to Eat: Behavioral Modification for Weight Control (1975)**
(student and leader manuals)
James M. Ferguson, M.D.
Bull Publishing Company

170 page manuals (approx.) III PD/E

leaders manual: outline lesson plans, charts, graphs used in programs; student manual: major proportion behavioral charts and graphs; ten week weight control program, one lesson per week involving class lecture/discussion, daily homework: monitoring and charting eating behaviors and activity; weight habit awareness; eliminating eating cues; changing eating behaviors; analyzing behavior and progress, problem solving techniques; energy expenditure: increase normal activities, enjoyable exercise; snacks and holiday control

**Habits, Not Diets: The Real Way to Weight Control (1976)**
James M. Ferguson, M.D.
Bull Publishing Company

252 page paperback III E
self-instructed behavioral weight loss course: same contents as Learning to Eat (above); large portion of text is charts and graphs for self-monitoring of eating habits

Richard B. Stuart and Barbara Davis
Research Press

163 page paperback

self-instructed guide to behavioral weight control: discussion of obesity; how to succeed in a weight control program, managing the behaviors prior to eating: eating-related feelings, availability of desirable and problem foods; retraining one's urge to eat; managing the act of eating: pre-planning and pre-recording what is eaten; managing the consequences of successful eating behavior; ideas in planning what to eat; choosing a personalized food plan guide

Slim Yourself (1979)
Morton L. Arkaya, Ph.D.
Moss William Publishing Co., Inc.

174 page paperback

health and social/psychological problems and causes of obesity; behavior modification and weight control: specifying problem behaviors, observing and recording behavior, analyzing records, applying behavioral control strategies; self control of eating: tips on shopping, storing, packaging and cooking food; mood eating; food and nutrition myths; exercise and weight control: elements of aerobic exercise; energy expenditure; applying self control principles; other approaches to weight control; caloric values of common foods; two week supply (57 page) of personal data charts and graphs

Taking Charge of Your Weight and Well-Being (1978)
Joyce D. Nash, Ph.D. and Linda H. Ormiston, Ph.D.
behavioral approach to weight control: identifying and managing underlying problems; comprehensive workbook manual: approximately 50% pages of charts and graphs for personalized data; used as individually self-instructed manual or used in groups; leaders guide available; sample topics: choosing what to eat, coping with emotions, eating for a healthy heart, self-reward, managing self-image and special situations

Caloric and Nutritive Food Value Resources

Bull Publishing Company

131 page paperback  II  E

caloric values of common foods: data on protein (% of U.S. RDA), carbohydrate, calories, fat calories, total calories; emphasis on quantity of fats in foods: information sections on calories, too much protein in American diet, carbohydrate as main energy source; all foods in one section: alphabetical

(Agriculture Information Bulletin No. 364)
Science and Education Administration, U.S. Department of Agriculture
Superintendent of Documents, U.S. Government Printing Office

80 page pocket booklet  II  E

total caloric value of common foods, listed by food types: alphabetical; index to general table headings, small section of basic nutritional information: choosing foods for weight control, four food groups, reducing caloric intake

.Your Calorie Counter (1980)
National Dairy Council
caloric values and generalized vitamin/mineral data on basic foods; listed by food groups including popular main dishes, desserts and snacks, beverages; two day personal calorie data chart; male/female table of desirable weights

Agricultural Research Services, U.S. Department of Agriculture
Superintendent of Documents, U.S. Government Printing Office

290 page paperback III PD/E

comprehensive nutritive information of American Foods; one list, alphabetical; information includes description of the food, approximate measure or unit, several sizes, proportions and types of preparations, corresponding weight in grams

Table 1: percent water, calories, protein, fat, total saturated and unsaturated fat, carbohydrate, calcium, phosphorus, iron, potassium, vitamin A, thiamin, riboflavin, niacin, ascorbic acid
Table 2: fatty acid values: total fat, total saturated fatty acids, oleic and linoleic unsaturated fatty acids, principal sources of fat

Science and Education Administration, U.S. Department of Agriculture
Superintendent of Documents, U.S. Government Printing Office

34 page booklet II PD/E

condensed version of Nutritive Value of American Foods in Common Units (above); items listed alphabetically by food groups
Weight Control Publication Lists and Resource Guides

*Health Pointer: Weight Control*
National Health Information Clearinghouse

*Weight Control and Obesity (Resource Series No. 7) (1981)*
Society for Nutrition Education

Weight Control Resource Organizations

*see Nutrition Resource Organizations*
EXERCISE AND FITNESS

United States Forest Service Resources

.Fitness and Work Capacity (1977) (FS-315) (Stock No. 001-001-00426-0)
Brian J. Sharkey, Ph.D.
U.S. Department of Agriculture/Forest Service
Superintendent of Documents, U.S. Government
Printing Office

81 page booklet III PD

aerobic and muscular fitness related to work capacity and health; intensity, duration, frequency of exercise; sample walk-jog programs; muscular strength prescriptions; special considerations of training; facilities, running technique, shoes and clothing, environmental factors: heat, altitude, air pollution, exercise problems; weight control tips; fitness exercises: weight control tips; fitness exercises: warm-up, weight lifting, calisthenics, isokinetic exercises

.Measuring Your Physical Fitness (Title No. 007939)
U.S. Department of Agriculture/Forest Service National Audiovisual Center

80-slide program; 16 page booklet IV PD/E

step test: explanation, procedures; equipment; test background and rationale; scoring methods; 1½-mile run alternate test; medical considerations of test administration

.Fitness Trail (1977)
Brian J. Sharley, Ph.D.
U.S. Department of Agriculture/Forest Service
United States Forest Service, Missoua, Montana

29 page booklet II PD

the use of a fitness trail as a testing and training facility; how to build, sign and use the trail

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Exercise and Fitness Program Resources

*An Introduction to Physical Fitness (1978)*
DHEW Publication No. (OS) 79-50068
President's Council on Physical Fitness and Sports
Superintendent of Documents, U.S. Government Printing Office

25 page pamphlet II E

self-testing; graded exercise programs: warm-up exercises, conditioning exercises, cardiovascular activities; exercise programs are designed primarily for beginners

*"E" is for Exercise (1977)*
American Heart Association

6 page pamphlet I E

effects of exercise; types of exercises: isotonic, isometric, dynamic; proper exercise procedure: warm-up, conditioning, warm-down; lifetime commitment

*Finding Your Own Way*
Center for Consumer Health Education

9 page pamphlet I E

importance of staying physically fit; basic guidelines on what exercises are best and how to exercise

*Physical Fitness and Your Heart (1976)*
(A Scriptographic Booklet)
Channing L. Bete Co., Inc.

15 page booklet II E

basic, generalized description of effects of exercise on the heart; beginning an exercise program, best types of exercise; basic office exercises; motivational tips for continuing a program
Physical Fitness for Fire Fighters
President's Council on Physical Fitness and Sports

8 page fold-out brochure

flexibility, strength and endurance exercise program; description and visual diagram of exercise including intensity, duration and frequency

Walking as an Exercise
Illinois Governor's Council on Health and Fitness

4 page pamphlet

general information on frequency, duration, intensity of exercise; benefits of walking compared to running; tips for a walking program

Exercise for Office Workers
Illinois Governor's Council on Health and Fitness

4 page pamphlet

importance of making exercise part of daily activities; stretching exercises for office and home; cardiovascular exercises

How to Keep Fit at Your Desk: The Desk-R-Cize Way (1980)
Doug MacLennan
The Fitness Institute

31 page booklet

the dangers of desk work: reduced circulation, muscular weakness, poor posture, pain and stiffness, fatigue, muscle tension; simple tests for determining fitness; exercises for the office, plane, bus, car

Shaping Up for the Long Run (Whether Measured in Miles or Years
Best Foods Nutrition Information Service

24 page booklet

(single copy: I)
informative discussion of bodily changes due to exercise, proper nutrition; reasons running is one of best exercises for health and fitness; weight control: exercise and diet; components of a nutritional diet for someone on a fitness program; muscular fitness; exercise guide: warm-up, warm-down, building muscles, endurance training

_Beyond Diet...Exercise Your Way to Fitness and Heart Health_ (1981)
Best Foods Nutrition Information Service

36 page booklet  II(single copy: I)  E

informative discussion on proper diet and exercises: effects on decreasing the risk of heart attack; starting an exercise program; guideline medical questionnaire for the need to consult physician; type and frequency of exercise; mets and calories of various exercises; warnings for stopping, evaluating, readjusting a program; specific exercise programs; motivation; heart rate profile chart

_Fitness Head-On_ (A Participation Book)
Accidental Life Insurance Company of Canada

32 page booklet  III  E

two common problems in attaining fitness: getting started and keeping going; strategies for overcoming the "ten most common problems that stand between people and fitness:" misconceptions, indecision, time, old habits, lack of satisfaction, social pressures, self-consciousness, defeatist attitudes, tension, giving up

_Fitness for Everybody_ (1980)
Linda Garrison and Ann Read
The Athletic Institute (or Mayfield Publishing Company)

138 page paper back  III  PD/E

information concerning nutrition; weight control; beginning an exercise program; flexibility, strength and endurance exercise: goals and objectives, explanation and diagram of exercises; male/female differences: body composition, hormones, conditioning; creating a more active environment

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P. Vodak
Bull Publishing Company
77 page paperback II PD
reasons for exercise; intensity, duration and frequency of exercise; determining the need for medical check-up; heart disease risk factor analysis; starting an exercise program; cardiovascular sports; discontinuous sports; references

Institute for Aerobic Research
Ideals Publishing Corporation
package of six 12 page booklets IV PD/E
(1) "The Shape You're In": determining physical fitness, what it means, why it is important; (2) "The Human Machine": how the body works, what it can do; (3) "What It takes" to get in shape: how long, how much, now hard; (4) "The Activities": which activities improve fitness, which make most sense to the individual; (5) "The Benefits of Fitness" (6) "The Final Ingredient": getting started, motivation

Health and Fitness Through Physical Activity (1978)
(American College of Sports Medicine Series)
Michael L. Pollack, Jack H. Wilmore and Samuel M. Fox
John Wiley & Sons
357 page hardcover III PD
comprehensive text on exercise, health and fitness: research findings on exercise, health maintenance and performance, medical screening and evaluation procedures, exercise prescription guidelines: preliminary considerations, cardiorespiratory fitness and weight control programs; nutrition and human performance; cardiac rehabilitation; special considerations: shoes and clothing, injury prevention, environment, age and sex, training, motivation
Additional Exercise and Fitness Program Resources

  American College of Sports Medicine
  Lea & Febiger

  151 page paperback III PD

  reference book: guidelines for evaluation of health status prior to exercise testing; graded exercise test administration, exercise prescription, types of exercise programs, exercise program administration; role of physicians in exercise programs; certification of prevention and rehabilitative exercise program personnel

• Exercise (1978)
  (Stay Well Series)
  Metropolitan Life Insurance Company

  5 page pamphlet II E

  basic questions and answers on exercise; office exercises

  DHHS (PHS) Publication No. 81-50164
  National Health Information Clearinghouse

  24 page booklet I PD/E

  organizations and resources for fitness: bicycling, bowling, calisthenics, dance, hiking-camping-backpacking, racketball, running-jogging, skating, skiing, softball, swimming, tennis, volleyball, walking, yoga; general organizations and resources for special groups: blind, deaf, diabetic, elderly, handicapped, mentally retarded, post-coronary

• Aqua-Dynamics: Physical Conditioning Through Water Exercises (1981)
  President's Council on Physical Fitness and Sports
  Superintendent of Documents, U.S. Government Printing Office
water exercises: diagrams explanations

*Feel Better* (1980)
Eddie Miller
Blue Cross Association

29 page booklet II E

information on exercise benefits; designed primarily for the sedentary individual not interested in exercise

*The Fitness Challenge...in the Later Years* (1981)
President's Council on Physical Fitness and Sports; and the Administration on Aging
Superintendent of Documents, U.S. Government Printing Office

28 page booklet I (single copy) PD/E

information on the benefits of exercise to the aging person; programs based on current fitness level

Exercise and Fitness Resource Organizations

National:
*American Alliance for Health, Physical Education, Recreation and Dance*
*American Association of Fitness Directors in Business and Industry*
*American College of Sports Medicine*
*American Heart Association (and local chapter)*
*American Lung Association (and local chapter)*
*American Running and Fitness Association*
*Health and Welfare Canada*
*President's Council on Physical Fitness and Sports*

State and local:
*state and local health department*
*area college or university health and physical education department*
*community health programs, organizations, associations*
STRESS MANAGEMENT

Stress Management Program Resources

_Some Ways of Handling Stress_ (1980)
Center for Consumer Health Education

7 page pamphlet II E

general information on why people feel stress; physiological reactions; situations that cause stress; Holmes scale of life changes; reducing stress; resources

_Stress and Your Health_ (1980)
Metropolitan Life Insurance Company

4 page pamphlet II E

definition of stress, types and degrees of stress: mental, emotional, physical; bodily reactions; treatment: discovering the causes, physical check-up, releasing tension, reducing stress

_Coping With Stress_ (1979)
Keyword Publications

14 page booklet II E

general information on stress: definition; physical and psychological stress; scale of life changes related to stress; effects of stress: alarm, resistance and adaptation, exhaustion; recognition; symptoms; reduction of stress

_What Everyone Should Know About Stress_ (1982)
(A Scriptographic Booklet)
Channing L. Bete Co., Inc.

15 page booklet II E

general discussion of stress: causes; tension, anxiety, depression; reduction of stress; problems with self-medication; questions and answers

_How to Deal With Your Tensions_
National Mental Health Association

9 page pamphlet II E
discussion of useful and harmful anxiety and tension; practical and constructive actions for reducing stress.

*Stress, Work, Health* (1980)
Department of Environmental, Public and Occupational Health
American Medical Association

23 page booklet II PD

variables in occupational stress: specific tasks, occupational positions, organizational environment; major stress factors in organizations: emotional distress, cardiovascular symptoms, gastrointestinal disorders, respiratory allergies, medication use or abuse; encountering stress rather than avoiding it: personality, constitution (control over own life), social support systems; the stress of relocation: recognition and prevention; programs for dealing with emotional stresses and anxieties; references

*Taking It in Stride: Positive Approaches to Stress Management*
Spectrum Films

22 minute film (16mm of 3/4" video-cassette) IV E

comprehensive presentation of approaches to stress management: focus on skills for coping with stress, adapting to life situations, productively managing stress

comments: endorsed by the American Occupational Medical Association and by the American Association of Fitness Directors in Business and Industry

**Stress Management Techniques**

*Controlling Stress and Tension: A Holistic Approach* (1979)
Daniel Girdano and George Everly
Prentice-Hall, Inc.

248 page paperback III PD
nature of stress, stress-response, mind and body's reaction to stress, psychosomatic theory of disease; causes of stress: factors that trigger the stress response, self assessment and personal stress profile; creating personal stress management systems: relaxation techniques, exercise, diet, coping strategies

Managing Stress Before It Manages You (1980)
Jenny Steinmetz, Jon Blankenship, Linda Brown, Deborah Hall, Grace Miller
Bull Publishing Company

114 page paperback II PD/E

self-instructional or group oriented workshop manual: healthy and unhealthy stress; identifying the stress cycle; causes of personal stress; recognition of physical, emotional, behavioral symptoms; techniques for changing reactions to stressors: relaxation exercises, cognitive restructuring, active listening, assertion training

John D. Curtis and Richard A. Detert
Mayfield Publishing Company

222 page paperback III PD/E

stress management in relation to the total person concept; components of stress; recognizing and controlling stressors; problems with stress, benefits of relaxation; skills for reducing/eliminating stress; several methods and techniques of stress reduction; effective communication, time management, nutrition and exercise; includes sequencial relaxation exercises, practice schedules and daily logs for personal relaxation program

Douglas A. Bernstein, Ph.D. and Thomas D. Borkovec, Ph.D.
Research Press

66 page paperback III PD
detailed step-by-step procedures for effective teaching of progressive relaxation: background of relaxation training; discovering causes of reported tensions; physical setting; rationale; basic procedures and variations; differential and conditional relaxation; possible problems and suggested solutions; record included as supplementary illustration of proper words, intonation, sequencing and timing of the relaxation procedure

Stress Management Resource Organizations

National:
  .International Stress and Tension-Control Association
    (formerly the American Association for the Advancement of Tension Control)
  .National Clearinghouse for Mental Health Information
  .National Health Information Clearinghouse (and resource list)
  .National Institute of Mental Health
  .National Mental Health Association

State and local:
  .local mental health center
  .personal physician
  .local social service department
BLOOD PRESSURE CONTROL

Blood Pressure Control Program Resources

.The High Blood Pressure Story (1981)
Colman Ryan, M.D.
Patient Information Library

16 page booklet II E

general description of blood pressure, how the heart works; possible causes of high blood pressure; how controlled; health factors related to high blood pressure; importance of regular check-ups, treatments: lifestyle change, nutrition and diet, exercise, medication

.Your Blood Pressure (1977)
Sandra C. Malanga
American Medical Association

13 page pamphlet II E

explanation of high blood pressure; how measured; prevalence in Americans; causes; why harmful; essential hypertension; detection and treatment; nationwide screening

.Watch Your Blood Pressure (1981)
Public Affairs Pamphlet No. 483B
Theodore Irwin
Public Affairs Committee, Inc.

28 page booklet II E

normal blood pressure; explanation; hypertension: essential, secondary, acceleration; people most often afflicted with high blood pressure; possible underlying causes; diagnosis; blood pressure control; methods of treatment

American Heart Association
29 page booklet. II PD

equipment for indirect measurement of blood pressure; determination of blood pressure: technique, effect of arm position, blood pressure in thigh, legs and forearm, basal blood pressure and home recording; blood pressure recording in special situations: arrhythmias, clinical shock, obesity; determination of blood pressure in infants and children; epidemiological methods: measurement errors, clinical implications

Pamphlets by the U. S. Department of Health, Education and Welfare

High Blood Pressure Information Center

8-11 pages I or II E

general information on who can get high blood pressure, likelihood of no symptoms, importance of continuing treatment if doctor prescribes medication

NIH Publishing No. 81-2025

basic explanation of high blood pressure; no symptoms: diagnosis, control: medication, nutrition and diet, decreased salt intake; family help and support

comments: written in Spanish and English

*Questions About Weight, Salt, and High Blood Pressure* (1982)
NIH Publishing No. 82-1459

questions and answers about weight and salt reductions and its effects on high blood pressure

*Blacks and High Blood Pressure* (1980)
NIH Publication No. 81-2024

basic information about high blood pressure; prevalence in blacks, diagnosis medication, weight control, salt reduction, family help and support

Marvin Moser

explanation of blood pressure; myths and facts about high blood pressure; causes often unknown; heredity, environment, diet; effects of high blood pressure: the heart, stroke, arteriosclerosis, heart attack; medications: types, possible side effects; other risk factors in cardiovascular problems; treatments: diet, exercise, others; glossary

Pamphlets by the American Heart Association

American Heart Association

2-9 pages I or II E

.Ten Commandments: For the Patient with High Blood Pressure

important reminders for a person with high blood pressure

.High Blood Pressure

basic definition; effects on the body, diagnosis; importance of periodically checking high blood pressure


general explanation of high blood pressure; unknown causes; genetics; diagnosis; effects of high blood pressure: treatments

.High Blood Pressure: What It is; What I Can Do; What You Can Do About It (1980)

information on blood pressure: systolic, diastolic; high blood pressure; effected by body chemistry, emotions, heredity; health and high blood pressure; treatments; general health habits; importance of checking blood pressure, remaining on medication if prescribed

.What Every Woman Should Know About High Blood Pressure

high blood pressure and oral contraceptives, pregnancy, overweight, after menopause, black women, family history; blood pressure control

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description of blood pressure: systolic, diastolic; high blood pressure in children, causes, treatments; parents role: continued support, encouragement, help with diet

How You Can Help Your Doctor Treat Your High Blood Pressure (1980)

explanation of high blood pressure; essential and primary hypertension; development of high blood pressures; heart mechanics; treatments; medications and possible side effects; high-potassium/low-sodium foods

Employee Blood Pressure Control

High Blood Pressure in the Workplace Fact Sheet (1980)

High Blood Pressure Information Center

1 page fact sheet I PD/E

prevalence, risk, deaths, absenteeism and lost earnings due to high blood pressure

Blood Pressure Control at the Work Site: Manual of Procedures for Blood Pressure Control Programs in Industrial Settings

John C. Erfurt and Andrea Foote

Institute of Labor & Industrial Relations, Worker Health Program

83 page booklet III PD

comprehensive guide for devising and implementing an employee high blood pressure program: screening and referral: procedures, screening forms and pamphlets, employee education, referral to physician, record keeping; follow-up procedures: records, follow-up letters to employees and physicians, telephone contacts, filing system, evaluation of follow-up results, program evaluation forms

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High Blood Pressure Control in the Work Setting: Issues, Models, Resources (1976)  
(Proceedings of the National Conference October 14, 1976, Washington, D.C.)  
High Blood Pressure Information Center

102 page booklet I PD

potential of high blood pressure control in the work setting identified through presentation of four operational models and speaker presentations: confidentiality and job security, economic considerations, interdependence of occupational and private medicine, need for more trained occupational health personnel

re: High Blood Pressure Control in the Worksetting  
National High Blood Pressure Education Program, National Heart, Lung and Blood Institute  
High Blood Pressure Information Center

12 page booklet I PD

expanded issue of High Blood Pressure Control in the Worksetting (above): seven examples of workplace hypertension control programs; programs include large corporations and small companies, variety of employees, wide range of settings, approaches, resources; programs initiated by companies, public or voluntary organizations

Handbook for Improving High Blood Pressure Control in the Community (1976)  
DHEW Publication No. (NIH) 77-1086  
High Blood Pressure Information Center

105 page booklet I PD

community high blood pressure control: detection, diagnosis, therapy, essential services, critical considerations; improving community high blood pressure control: identification of needs, resources, constraints, alternate activities, implementation, monitoring, evaluation, several sample forms, questionnaires, reports

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NIH Publication No. 81-1088
U.S. Department of Health and Human Services
Superintendent of Documents, U.S. Government Printing Office

24 page booklet III PD

comprehensive description of elements involved in detection, evaluation and treatment of high blood pressure: detection, confirmation, referral; evaluation: history, physical examination, minimal laboratory tests, explanation of findings to the patient, classification of hypertension; therapy: benefits, goals, non-drug and drug therapy; long-term maintenance of therapy; management of special patient groups: elderly, cerebrovascular disease, coronary artery disease, renal impairment, isolated systolic hypertension in the young

Cost of Worksite Hypertension Treatment (1980)
NIH Publication No. 81-2115
U.S. Department of Health and Human Services

46 page booklet I PD

results from a 1978 cross-sectional analysis study of the cost of treating hypertensives in 11 worksite clinics in the greater New York metropolitan area: the worksite program; cost of providing hypertension treatment in community setting worksite clinic cost analysis: cost of care and blood pressure control over time, cost of treatment changes over time; discussion of lower costs and better blood pressure control compared to physician private practice of hospital out-patient setting

comments: results of one geographical area but may be helpful for implementation or evaluation of worksite hypertension programs

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Blood Pressure Control Publication Lists and Resource Catalogs

No cost:

. Materials on High Blood Pressure Control in the Work Setting (1 page list)
. National High Blood Pressure Education Program: Materials for Patients and Consumers
. National High Blood Pressure Education Program, High Blood Pressure Information Center

Cost:

  NIH Publication No. 81-1244
  98 page catalog IV PD

. Audiovisual Aids for High Blood Pressure Education (1979)
  NIH Publication No. 80-1663
  195 page catalog III PD

  HEW Publication No. (NIH) 77-1243
  366 page catalog IV PD

  DHEW Publication No. (NIH) 77-1244
  56 page catalog III PD

  National High Blood Pressure Education Program, High Blood Pressure Information Center

(all of above)

  Learning Resource Center, University of Michigan Medical School
Blood Pressure Control Resource Organizations

National:
  .American Heart Association (and local chapter)
  .High Blood Pressure Information Center

State and local:
  .community health programs, organizations, associations
  .local hospital patient information
  .county extension cooperative service
  .state and local health department
  .state and local medical society
SMOKING CESSATION

Smoking Information and Facts

*Smoking: Facts You Should Know* (1977)
American Medical Association

9 page pamphlet II E

health hazards; respiratory and circulatory system; cigarettes, cigars, pipes; safety; women, pregnancy and smoking; quitting; rights of nonsmokers

*Smoking and Heart Disease* (1981)
American Heart Association

6 page pamphlet I E

smoking and heart disease, circulation, atherosclerosis, peripheral vascular disease, heart attack, angina pectoris, chronic lung disease, oral contraceptives, low tar and nicotine cigarettes

*Word of Mouth* (1976)
American Cancer Society

2 page pamphlet I E

brief discussion of smoking and oral cancer, importance of dental check-ups, symptoms and prevention

*Medicine for the Layman: The Lungs* (1979)
NIH Publication No. 79-1802
U.S. Department of Health, Education and Welfare
U.S. Department of Health and Human Services, National Institutes of Health

23 page booklet II PD/E

lung function, physician evaluation, industrial and non-industrial causes of lung disease, cigarette smoking, new diagnostic techniques, signs and symptoms of lung lung dysfunction precautions, questions and answers
behavior and attitudes toward smoking: adult, health professionals, teenagers, teenage girls, young women; biomedical effects of smoking: cigarette smoke, smoking effects on health, effects of changes in smoking behavior; effectiveness of public information and education; smoking cessation programs: those most likely to quit, cessation programs, evaluation; legal restrictions on smoking; the tobacco industry: cigarette sales, advertising

health benefits of quitting; decreased life expectancy of smokers, heart attacks and strokes, lung cancer, emphysema and chronic bronchitis, other cigarette-related cancers; women and smoking; filter cigarettes, tips on quitting

colored illustration and description of the normal lung and lungs with emphysema and cancer; tips for quitting smoking

parental smoking influence on children, reasons young people start smoking; health problems and deaths from cigarette-related diseases
Cigarette Smoking: The Facts About Your Lungs (1979)
American Lung Association

4 page pamphlet I E

American death rates due to effects of cigarette smoking; effects of smoking one cigarette; hot smoke and its harmful compounds; men, women and teenagers: influential factors of smoking, trends of smoking; pregnancy and smoking; tips on quitting; facts for non-smokers

Second-Hand Smoke (1980)
American Lung Association

5 page pamphlet I E

informative facts about the effects of tobacco smoke to non-smokers: open burning, sidestream and mainstream smoke, carbon monoxide, hazardous levels, effects of the gas; animal research; effects on children and asthmatics; Nonsmoker's Bill of Rights

If You Must Smoke... (1974)
DHEW Publication No. (CDC) 75-8706
U.S. Department of Health, Education, and Welfare
National Clearinghouse for Smoking and Health

5 page pamphlet I E

suggestions to help reduce some dangers of smoking; effects of smoking on risk factors of heart disease; prevalence and symptoms of chronic bronchitis, emphysema, lung cancer, other health risks to smokers

We Americans Have Seen the Light...And We're Putting it Out
DHEW Publication No. (PHS) 79-50070
U.S. Department of Health, Education and Welfare
Office of Cancer Communications

6 page pamphlet II E

report on smoking and quitting: declining trend of smokers; tips on quitting, immediate rewards, long-range benefits; important considerations of low-tar, low-nicotine cigarettes: check other constituents, amount of inhalation; woman, pregnancy and smoking
Women and Smoking

*When a Woman Smokes* (1975)
American Cancer Society

3 page pamphlet

basic information about rising trend of female smokers: rate of health problems and diseases equalling male rates; pregnancy and smoking; smoking prevalence of teenage girls; tips on quitting

*Why Start a Life Under a Cloud*
American Cancer Society

4 page pamphlet

pregnancy and smoking; reasons to quit: fetal growth, infant mortality, health of mother

*2 Things Every Woman Should Know About Smoking Cigarettes*
DHEW Publication No. (PHS) 80-50114
U.S. Department of Health and Human Services
Office on Smoking and Health

2 page pamphlet

brief, informative discussion on women and smoking; smoking effects unborn child; lung cancer is no longer a man's disease

Smoking and Weight Control

*Weight Control Guidelines in Smoking Cessation*
American Heart Association

5 page pamphlet

identification of common problems related to weight control during smoking cessation; possible solutions

*Guidelines for a Weight Control Component in a Smoking Cessation Program*
American Heart Association
comparison of excess body weight to cigarette smoking as a hazard to health: suggested ways to incorporate weight control into a smoking cessation program; common problems and possible solutions to weight control during smoking cessation

_Slim & Smokeless: A Guide to Weight Control After Quitting Cigarettes_ (1977)
DHEW Publication No. (CDC) 77-8346
U.S. Department of Health, Education and Welfare
National Clearinghouse for Smoking and Health
(or Superintendent of Documents, U.S. Government Printing Office)

emphasis on program of regular exercise with guidelines of physician; choosing correct foods, counting calories: general information on cholesterol, saturated, polyunsaturated, monosaturated fats

**Smoking Cessation Programs**

_How to Stop Smoking_  
American Heart Association

5 week smoking withdrawal guide: consideration of personal reasons for smoking and how to change attitudes and behaviors towards smoking; behavior modification techniques: developing smoking cigarette tally: time of day, occasion for smoking, feelings, valued importance, rating of the cigarette; tips on smoking cessation, smoker's test: discussion about cigarette craving, addiction vs. habit

_How to Stop Smoking_ (1981)  
(A Scriptographic Booklet)  
Channing L. Bete Co., Inc.

15 page booklet
general information on breaking the smoking habit: smoking facts: immediate, long-term effects; benefits of quitting; sources of outside help; tips for self-treatment and maintenance; basic questions and answers

American Cancer Society

22 page pamphlet

benefits of quitting; factors describing smoking habits: stimulation, handling, relaxation, crutch, craving, habit; 7 day gradual plan to stop smoking: smoking record, exercise, list of reasons for quitting, tips on quitting, tips to help in maintenance of non-smoking; facts on smoking

NIH Publication No. 81-1647
U.S. Department of Health and Human Services
Office of Cancer Communications

37 page booklet

variety of tips and methods for smoking cessation: examples: tips to involve someone's else, switch brands, cut down number of cigarettes, use incentives and rewards, avoid temptation, find new habits, recording progress; tips on avoiding weight gain; sample four-week program, formal program resources

"Helping Smokers Quit" Kit (1981)
U.S. Department of Health and Human Services, National Cancer Institute
Office of Cancer Communications

I

NIH Publication No. 81-1822
5 page booklet
questionnaire and explanation of results

Calling It Quits (1980)
NIH Publication No. 80-1824-A
37 page booklet
same contents as Clearing the Air (above): designed
for smoker to develop best way to quit based on self-test results

*What Happens After You Quit?*
NIH Publication No. 81-1823
4 page follow-up booklet: maintenance tips; immediate rewards; long-range health benefits; recovery symptoms; development of new habits to counter fatigue and weight gain

5 page booklet
reasons people smoke; introducing quitting approaches: explanation and guidelines for the *Helping Smokers Quit Kit*: typical patient reasoning for smoking, explanatory feedback

*Kicking the Smoking Habit* (in print)
Morton L. Arkava, Ph.D.
Department of Social Work, University of Montana
79 page draft copy

facts on smoking and health; reasons people smoke; ten-step behavioral approach to stop smoking; behavior modification: avoiding signals to smoke, planning alternatives; reducing stress; relaxation; aversive methods of smoking cessation; behavioral contracting; other methods; references groups and programs for help

*Taking Charge of Your Smoking* (1981)
Joyce D. Nash, Ph.D.
Bull Publishing Company
175 page paperback

for group use; six learning units: analyzing habits, preparing for quitting, the act of quitting using four options ranging from cold turkey to aversive rapid smoking; managing urges to smoke: altering signals, imagery, meditation, managing outcomes; coping with failure: irrational beliefs, restructuring thinking; how to be a non-smoker; weight management: nutrition and food choices; leaders guide provides step-by-step instruction; organization, running the program

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.Freedom From Smoking Program (1980)  
American Lung Association

III  PD

two program approaches:
(1) self-help program; two workbook manuals:
   .Freedom From Smoking in 20 Days
      64 page manual with supplementary materials

   comprehensive self-help approach to smoking cessation; gradual withdrawal program; record keeping; awareness; deepbreathing relaxation techniques; alternatives to smoking, avoiding smoking, coping techniques; physical exercise; weight control; rewards; cigarette withdrawal symptoms; several behavior modification techniques; non-smoker contract

   .A Lifetime of Freedom From Smoking
      28 page manual with supplementary materials

   pocket reminder: personal reasons for quitting; awareness of signals to smoke; coping and avoiding techniques; establishing physical fitness program; relaxation exercises; rewards, coping with urges, tension, feelings, social situations; social help and support; self image; weight control

(2) seven-session, seven-week group clinic program
   .Freedom From Smoking Guide for Clinic Leaders (large notebook including clinic leader training manual)

   similar to self-help approach; major concepts; rating and recording smoking information, triggers and coping; plan of action; panel of ex-smokers; contracts and rewards; deep breathing and other relaxation exercises; physical exercise; maintenance and "A Lifetime of Freedom From Smoking" (group participants receive the second maintenance manual)

Smoking Cessation Resource Guide


NIH Publication No. 81-1841

U.S. Department of Health and Human Services, National Cancer Institute

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Smoking Cessation Resource Organizations

National:
  . Action on Smoking and Health
  . American Cancer Society (and local chapter)
  . American Heart Association (and local chapter)
  . American Lung Association (and local chapter)
  . National Association on Smoking and Health
  . National Clearinghouse for Smoking and Health
  . National Interagency Council on Smoking and Health
  . Office of Cancer Communications
  . Office of Smoking and Health

State and local:
  . state and local health department
  . community health programs, organizations, associations
  . personal physician
APPENDICES
APPENDIX A

Resource Guide Abbreviations

Cost Categories

I: no cost
II: low cost ($0.20–$3.00)
III: cost ($3.00–$10.00)
IV: high cost (over $10.00)

Intended User

PD: Program Director
E: Employee
PD/E: Program Director and Employee
### APPENDIX B

#### Resource Guide Addresses

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City, State, Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Action of Smoking and Health</td>
<td>2000 H Street, N.W., Suite 301</td>
<td>Washington, D.C. 20006</td>
</tr>
<tr>
<td>Abbott Laboratories</td>
<td>Public Affairs Dept. 383P</td>
<td>Abbott Park, North Chicago, Illinois 60064</td>
</tr>
<tr>
<td>American Alliance for Health</td>
<td>Physical Education Recreation</td>
<td></td>
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<tr>
<td>American Association of Fitness</td>
<td>Directors in Business and Industry (AAHPER)</td>
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<tr>
<td>American Cancer Society</td>
<td>Public Information Department</td>
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</tr>
<tr>
<td>American College of Sports Medicine</td>
<td>1440 Monroe Street</td>
<td>Madison, Wisconsin 53706</td>
</tr>
<tr>
<td>American Dietetic Association</td>
<td>430 North Michigan Avenue</td>
<td>Chicago, Illinois 60611</td>
</tr>
<tr>
<td>American Heart Association/National Center</td>
<td>7320 Greenville Avenue</td>
<td>Dallas, Texas 75231</td>
</tr>
<tr>
<td>American Lung Association</td>
<td>1740 Broadway</td>
<td>New York, N.Y. 10019</td>
</tr>
<tr>
<td>American Medical Association</td>
<td>535 Dearborn Street</td>
<td>Chicago, Illinois 60610</td>
</tr>
<tr>
<td>American Running &amp; Fitness Assoc.</td>
<td>2420 K Street, N.W.</td>
<td>Washington, D.C. 20037</td>
</tr>
<tr>
<td>Anna Publishing Company</td>
<td>2469 Aloma Avenue</td>
<td>Winter Park, Florida 32792</td>
</tr>
<tr>
<td>Association of the Advancement of Health Educators</td>
<td>1201 16th Street, N.W.</td>
<td>Washington, D.C. 20036</td>
</tr>
<tr>
<td>The Athletic Institute</td>
<td>200 Castlewood Drive</td>
<td>No. Palm Beach, Florida 33408</td>
</tr>
<tr>
<td>Blue Cross Association</td>
<td>676 St. Clair Street</td>
<td>Chicago, Illinois 60611</td>
</tr>
<tr>
<td>Best Foods</td>
<td>Nutrition Information Service</td>
<td>Box 307, Coventry, Connecticut 06238</td>
</tr>
<tr>
<td>Be-Well</td>
<td>P.O. Box 1314</td>
<td>Fort Lauderdale, Florida 33302</td>
</tr>
<tr>
<td>Bull Publishing Company</td>
<td>Box 208</td>
<td>Palo Alto, California 94302</td>
</tr>
</tbody>
</table>
Burgess Publishing Company
7108 Ohms Lane
Minneapolis, Minnesota 55435

Center for Consumer Health Education
380 West Maple Avenue, Suite 301
Vienna, Virginia 22180

Center for Health Promotion
American Hospital Association
840 North Lake Shore Drive
Chicago, Illinois 60611

Center for Health Promotion and Education
1300 Clifton Road, Building 14
Center for Disease Control
Atlanta, Georgia 30333

Center for Medical Consumers and Health Care Information
237 Thompson Street
New York, NY 10012

Channing L. Bete Co., Inc.
200 State Road
South Dearfield, Massachusetts 01373

Consumer Information Center
Pueblo, Colorado 81009

Department of Social Work
University of Montana
Missoula, Montana 59812

Environmental Nutrition, Inc.
52 Riverside Drive, Suite 15-A
New York, NY 10024

The Fitness Institute
255 Yorkdale Blvd.
Willowdale, Ontario
Canada M2J IS3

Fitness Ontario En forme
Ministry of Culture & Recreation
Sports and Fitness Branch
77 Bloor Street West, 8th Floor
Toronto, Ontario, Canada M7A 2R9

Food and Drug Administration
Consumer Communications(HFE-88)
Office of Consumer Affairs
5600 Fishers Lane
Rockville, Maryland 20857

Food & Nutrition Information Center
National Agriculture Library
Building, Room 304
10301 Baltimore Boulevard
Beltsville, Maryland 20705

Food and Nutrition Service
U.S. Dept. of Agriculture
Washington, D.C. 20205

G.P. Putnam's Sons
200 Madison Avenue
New York, NY 10016

Health and Welfare Canada
Health Promotion Directorate
#202-560 West Broadway
Vancouver, B.C., Canada V57-1E9

Health Education Center
200 Ross Street
Pittsburgh, Pennsylvania 15219

Health Planning Council
310 Price Place, Suite 206
Madison, Wisconsin 53705

High Blood Pressure Information Center
National Heart, Lung and Blood Institute
120/90 National Institutes of Health
Bethesda, Maryland 20205

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National Center for Health
Education
211 Sutter Street, 4th Floor
San Francisco, California 94108

National Clearinghouse for
Mental Health Information
Public Inquiry Section
National Institute of Mental Health
5600 Fishers Lane
Rockville, Maryland 20857

National Clearinghouse for
Smoking and Health
Bureau of Health Education
Center for Disease Control
Atlanta, Georgia 30333

National Dairy Council
6300 North River Road
Rosemont, Illinois 60018

National Health Information
Clearinghouse
P.O. Box 1133
Washington, D.C. 20013-1133

National Heart, Lung and Blood
Institute
Public Inquiries & Reports Branch
Building 31, Room 4A-19A
Bethesda, Maryland 20205

National Institute of Mental Health
5600 Fishers Lane
Rockville, Maryland 20857

National Interagency Council on
Smoking and Health
Suite 1005, 291 Broadway
New York, NY 10007

National Mental Health Assoc.
1800 North Kent Street
Arlington, Virginia 22209

National Nutrition Education
Clearinghouse
Suite 1110, 2140 Shattuck Avenue
Berkeley, California 94704

Nutrition Foundation
489 Fifth Avenue
New York, NY 10018

Nutrition Information and
Resource Center
Pennsylvania State University
Benedict House
University Park, Pennsylvania 16802

Office of Cancer Communications
National Cancer Institute
National Institutes of Health
Bethesda, Maryland 20205

Office of Health Information and
Health Promotion
Office of the Surgeon General
Etp. of HEW(Room 721B HHH)
200 Independence Avenue, S.W.
Washington, D.C.

Office of Information
National Heart, Lung, and Blood
Institute
National Institutes of Health
Bethesda, Maryland 20205

Office on Smoking and Health
Technical Information Center
5600 Fishers Lane, Room 158
Rockville, Maryland 20857
The United States Forest Service (Equipment Development Center of Missoula, Montana) has asked the University of Montana's Human Performance Laboratory to research and assemble a guide to health related resource materials. Areas to be included in this guide are:

- health & wellness; health risk analysis
- nutrition and diet
- weight control
- exercise and fitness
- stress management
- smoking abstinence

This informational brochure will list resources such as:

- books
- audio-visual aids
- resource organizations and individuals
- pamphlets
- computer programs
- exercise equipment

Criteria used for including resource materials in this brochure will include technical soundness, cost effectiveness, and availability. A panel of experts will review the items submitted. We would appreciate the opportunity to review materials you feel would be appropriate.

The Forest Service is a decentralized agency with regional offices in large cities, forest offices in smaller cities and many rural or remote ranger districts. The resource guide is intended to help units of the agency implement a health and fitness program suitable for their size and location. Since project costs are limited we cannot purchase each item reviewed. We will be happy to return audio-visual and other more expensive items following the review process.

We look forward to the opportunity to review materials you submit. The deadline for receipt of materials is June 15, 1982. Incidentally, the published resource guide will be available to the public.

Sincerely yours,

Sandra Butler
Research Assistant
Department of HPE
University of Montana

Brian J. Sharkey, Ph.D.
Director Human Performance Lab
University of Montana
Missoula, Montana 59812

BJS/bmr

Equal Opportunity in Education and Employment