

Availability:
 BB 420 M45 2007 Health Information & Wellness
 Centre, both locations.

COMMUNITY RESOURCES

Dietitians of Canada

Tel: 416-596-0857

*NB – Nutrition counseling with a registered
 Dietitian is on a fee for service basis.

Eat Right Ontario Helpline

Tel: 1-877-510-5102

to speak to a registered Dietitian
 9 a.m. – 5 p.m. Mon, Wed, and Fri
 9 a.m. – 9 p.m. Tue and Thur

Peel Department of Public Health

Tel: 905-799-7700 (Ask for Dietitian)

Phone consultations on healthy lifestyle and
 referrals to local programs & services. Free service
 for Peel residents only.

Toronto Public Health – Toronto Health Connection

Tel: 416-338-7600 (Ask for Dietitian)

Phone consultations on healthy lifestyle. Free
 service for Toronto residents only.

The Plastic Surgery Clinic

Tel: 905-278-7077

Toll Free: 1-866-803-6415

Performs Laparoscopic Adjustable Gastric
 Banding surgery for suitable patients after
 consultation. Fee for service basis.

<http://tinyurl.com/dxhe99>

For information on related topics, see our
 HealthFinder titles **Nutrition** and **Physical
 Activity**

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
 Mississauga L5B 1B8
 905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
 Toronto M9C 1A5
 416-521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905- 615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not
 imply recommendation of any treatment and should not be substituted
 for the advice of a health care provider.

To support the provision of health information at Trillium Health
 Centre, we have developed "HealthFinders" on a variety of health
 topics. These serve as starting points on your quest for health
 information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

HEALTH INFORMATION
 AND WELLNESS CENTRE

HEALTHFINDER

Weight Management



INTERNET SITES

Dietitians of Canada

<http://www.dietitians.ca>

This is an excellent site from the experts on food and nutrition. Click on the Eat Well, Live Well link at the homepage to access numerous resources and information on all aspects of good nutrition. It also provides a searchable database of registered dietitians across the country.

National Heart, Lung & Blood Institute – Aim for a Healthy Weight

<http://tinyurl.com/bbz6c>

This site from the NHLBI in the U.S. provides comprehensive information on achieving and maintaining a healthy weight. It includes a BMI calculator, food shopping and preparation tips, dining out ideas, low calorie menu plans, and physical activity plans.

Weight Control Information Network

<http://win.niddk.nih.gov/index.htm>

This provides up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues. While the site is aimed primarily at health professionals, it does have information for the general public available in the form of a large number of useful fact sheets on relevant topics.

KidsHealth

<http://www.kidshealth.org>

This lively and informative site is divided into three separate sections for children, teens, and parents – each with its own design and age-appropriate contents. It provides excellent articles on childhood obesity in all three sections. Enter the appropriate section from the home page and type the word 'overweight' in the search box at the resulting page to access this information.

BOOKS & DVDs

Mayo Clinic Healthy Weight for Everybody

ed. by Donald D. Hensrud. Rochester, MN: Mayo Clinic, 2005

The simple, common-sense program detailed in this book can lead to a healthier weight, better fitness, increased energy, and improved odds of living a long and healthy life. Topics covered include nutrition, meal planning, physical activity, special diets, weight medications and surgery.

Availability for loan:

BB 400 H36 2005 Health Information & Wellness Centre, both locations

Conquering Obesity: Your Guide to Healthy and Successful Weight Management

by Lance Levy. Toronto: Key Porter, 2002

Dr. Levy offers a highly individual approach for dealing with weight management that recognizes obesity as a symptom of larger, often undiagnosed problems such as mood disorders or chronic tiredness.

Availability for loan:

BB 420 L38 2002 Health Information & Wellness Centre, both locations
616.398 LEV Toronto Public Library System

Lose Weight and Keep it Off A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2009.

This report explores the reasons people gain weight and what they can do to lose it. It includes information on popular diets, supplements, self-help weight loss programs, prescription drugs, and surgeries. There is also a week's worth of recipes and lifestyle advice to help maintain a healthy weight.

Availability for loan:

BB 400 H27 2009 Health Information & Wellness Centre, both locations.

Behavioral Approaches to Treating Obesity

by Birgitta Adolphsson and Marilynn S. Arnold.

Alexandria, VA: Metabolic Books, 2006

This book is aimed at health professionals, but it is clearly written in non-technical language. It contains useful information for anyone wishing to permanently manage their weight by making lifestyle changes.

Availability for loan:

BB 420 A36 2006 Health Information & Wellness Centre, both locations

Get a Healthy Weight for Your Child

by Brian W. McCrindle and James G. Wengle. Toronto: Robert Rose & Hospital for Sick Children, 2005

The Healthy Weight Program was designed to help children become healthy and fit. This book provides guidelines for parents to help their children adjust their lifestyles accordingly and includes worksheets, weight charts, nutrition and activity guidelines, menu plans and exercise routines.

Availability for loan:

BB 200.5 T63 2005 Health Information & Wellness Centre, both locations
613.2083 MCC Mississauga Library System
613.2083 MACC Toronto Public Library System

Overweight: Who's in Control 2nd ed. Timonium, MD: Milner-Fenwick, 2007. 15:14 min.

This DVD stresses lifestyle change and helps increase awareness of behaviour patterns, emotional aspects of eating and pitfalls. It stresses that exercise is a key part of both weight loss and weight maintenance.