



obesity

Taking small steps can
make a big difference.

Obesity Action Kit

This Obesity Action Kit was created to provide you with valuable tools and resources to work with your overweight and obese patients to achieve a healthy weight. We hope you use these materials and talk with your patients about how taking even small steps can make a big difference in battling obesity.

Clinical Tools

- Adult Preventive Care Flow Sheet
- My Plate Planner
- My Self-Management Goal for a Healthy Weight Sheet
- Test Your Knowledge on Portion Sizes Flipchart
- What is Your BMI? Poster

Resources

- "Are Health Care Professionals Advising Obese Patients to Lose Weight?"
- Obesity Pocket Guide
- "Preventing and Managing Overweight and Obesity in Adults," City Health Information. 2007; Vol. 26(4): 23-30
- How to Order More Materials

Patient Education Materials

- Easel and Palm Cards
- Health Bulletin # 51: "How to Lose Weight"
- Wall Poster



Michael R. Bloomberg,
Mayor
Thomas R. Frieden, M.D., M.P.H.,
Commissioner

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Patient Education
Materials

Clinical Tools and
Provider Resources





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