Objective 30: Increase the proportion of adults who are at a healthy weight

Maryland SHIP Vision Area 5: Chronic Disease
Tools, Resources, and Promising Practices
updated March 2013

Tool Intended Audience

General Public *Clinicians* *Planners*

Information, Facts, and Figures

Be Active your Way Guidelines for Adults	Resources to help adults increase their physical activity.	
National Heart, Lung, & Blood Institute—Obesity Information	Resource for educational tools, understanding the research and evidenced based practice for obesity and the effect obesity has on chronic disease and early death.	
Dietary Guidance	Diet and nutrition guidelines relevant to multiple cultural groups, including Hispanics, Native Americans, and Asians.	
CDC - Adult obesity	Obesity is common, serious and costly. Get the latest facts and figures from the CDC on adult obesity.	
Physical Activity Guidelines for Americans	Physical activity guidelines packet, including science-based guidance to help Americans improve health through physical activity.	

Maryland Services and Hotlines

Healthy Maryland Businesses	Workplace Wellness Programs are helping to control employee health risks and health care costs, reduce absenteeism, reduce injuries, and improve quality of life.	
Farmers Markets	Resources for locating nearby farmers markets in Maryland.	

Personalized Tools

SuperTracker – Free USDA Food Tracker	The SuperTracker can help you plan, analyze, and track your diet and physical activity. You can look up individual foods to compare their nutritional value, find recommendations for what you should eat, compare your food choices to these recommendations and to your nutrient needs, and assess personal physical activities and identify ways to improve.	
The Eatery iphone app	The Eatery app lets you snap photos of your food each time you eat, and self-rate how healthy each snack and meal is on a scale from “Fit” to “Fat.” The app also lets you share your meal data with others and encourage them to rate and comment on the healthfulness of your eating habits.	
National Heart, Lung, & Blood Institute—BMI	Online BMI Calculator.	

Calculator

National Heart, Lung, & Blood Institute—Menu Planning	Easy to use, online menu planner that allows for dietary planning and tracking.

Promising Practices

National Heart, Lung & Blood Institute—Hearts 'n Parks	Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.
Healthy Eating	Includes "My Plate" nutrition guidelines, tips, tools, and assessment for healthy eating.
Prevent Obesity among People with Disabilities	Factsheet about obesity among people with disabilities and steps for prevention.
Institute for a Healthiest MD	Institute for a Healthiest Maryland is a valuable resource providing evidence-based policies and practices to better inform community leaders about changes that can promote healthy lives and environments. Focus on obesity prevention, tobacco prevention, and management of hypertension and high cholesterol. Provides interactive ways to learn more about issues in Maryland and affords individuals opportunities to get involved and join an action coalition to promote healthy Maryland communities.

Spanish Tools

Go Red Por Tu Corazon	Go Red Por Tu Corazon pays tribute to the energy, passion and power we have to unite Hispanic women to eradicate heart disease, the leading cause of death among Latinas. This movement focuses on cultural family traditions to provide information about keeping your and your family's heart healthy, teaches you how to eliminate risk factors for heart disease and stroke, and motivates you to promote a healthy lifestyle within the Hispanic community. It also presents healthy recipes.
Be Active Your Way Factsheet—Spanish	Physical activity guidelines in Spanish.
Be Active your Way Guidelines for Adults - Spanish	Resource in Spanish to help adults increase their physical activity.
Mi Plato	Mi Plato shows how to build a healthy plate and provides tips for selecting the best choices in each food group. Additional recommendations include food whose intake should be reduced, how to eat enough food for your body, and how to be active in your own way.

La Liga de la Leche	La Leche League helps mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education. Visit La Leche League for answers to frequently asked questions about breastfeeding, online chats, podcasts, breastfeeding help forums, publications, and other resources.	

Toolkit

Healthier Worksite Initiative	CDC initiative addresses workforce health promotion (WHP). Well-constructed and well-run programs can reduce costs to the employer and improve employee health and morale. The website provides information, resources, and step-by-step toolkits to help improve the health of your employees.	