Weight Management Resources

Your doctor or registered dietitian can help explain your results to you. They can also help you change your lifestyle to decrease health risk and manage weight. A variety of weight management resources are described below.

UW Health Nutrition Services
www.uwhealth.org/nutrition
We are staffed by registered dietitians and provide nutrition education and counseling. We promote healthy eating and activity at any age. This service is offered for children and adult patients who would like to know how to prevent and manage diseases. We work with patients to set realistic goals for gradual weight loss and to help you maintain it. We can help you:
- Change your behavior
- Follow healthy nutrition
- Find safe, routine physical activities

We suggest follow-up sessions to review your progress and adjust goals as needed. You may schedule an appointment by calling the number listed at the end of this handout.

We also offer many classes and programs to help you manage your weight. For a complete list of classes, go to the website listed above.

Sports Medicine Fitness Center
(608) 263-7936
http://www.uwhealth.org/sports-medicine/fitness-center/13072
This fitness center is designed for everyone who enjoys physical activity. We provide a warm and friendly atmosphere to help you achieve and maintain good health. This fitness center is open to the public and is located in the UW Clinics Research Park Facility at 621 Science Drive.

Wisconsin Department of Health Services: Nutrition and Physical Activity
https://www.dhs.wisconsin.gov/physical-activity/index.htm
Here you can find the Nutrition, Physical Activity, and Obesity Program. This program offers resources to people who live in Wisconsin on healthy eating, activity, and weight management. Here you can find:
- Tools used to track nutrition and activity
- Wisconsin biking maps and routes
- Searchable list of restaurants in Wisconsin that offer healthy menu items.

Academy of Nutrition and Dietetics
www.eatright.org
This is the world’s largest group of food and nutrition experts. They are committed to improving the nation’s health. Many resources on healthy weight can be found by using the link above.

National Heart, Lung and Blood Institute: Aim for a Healthy Weight
The NHLBI has a wealth of resources for weight management. These include:
- Recipes
- Shopping guides,
- Physical activity ideas
- Menu planner and
- Tips for behavior change to help you achieve a healthy weight.
Choose MyPlate
www.choosemyplate.gov
This website provides helpful information and tips to help Americans build healthier diets. MyPlate is based on the 2010 Dietary Guidelines for Americans. A number of useful resources and tools can be found for weight management at the website listed above.

Many insurance providers will cover nutrition counseling for conditions that result from or are related to obesity. Contact your insurance company to find out if they will pay for all or some of the costs.

Teach Back
What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#528