

**Adult Weight Management Self-Study Module
Comprehensive Required Module Readings**

| Article | Learning Activity |
|---|-------------------|
| American Dietetic Association. Ethics Opinion: Weight Loss Products and Medications. J Am Diet Assoc. 2008;108(12):2109-2113. | 2 |
| American Dietetic Association. Nutrient Supplementation. J Am Diet Assoc. 2009;109(12):2073-2085. | 5 |
| American Dietetic Association. Position of the American Dietetic Association: Weight Management. J Am Diet Assoc. 2009;109(2):330-346. | 2 |
| Bray GA, Champagne CM. Current Research: Beyond Energy Balance: There is More to Obesity than Kilocalories. J Am Diet Assoc. 2005;105(5):S17-23. | 1 |
| Burke LE, Wang J, Sevick MA. Self-Monitoring in Weight Loss: A Systematic Review of the Literature. J Am Diet Assoc. 2011;111(1):92-102. | 5 |
| Cummings S, Apovian CM, Khaodhlar L. Obesity Surgery: Evidence for Diabetes Prevention/Management. J Am Diet Assoc. 2008;108(4):S40-S44. | 2 |
| DiLillo V and West DS. Motivational Interviewing for Weight Loss. Psychiatr Clin N Am 2011;34(4):861-869. | 4 |
| Ditschuneit HH, Flectner-Mors M, Johnson TD, Adler G. Metabolic and Weight-Loss Effects of a Long-Term Dietary Intervention in Obese Patients. Am J Clin Nutr. 1999;69:198-204. | 2 |
| Donnelly JE, Blair SN, Jackicic JM, et al. Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. Medicine & Science in Sports & Exercise. 2009;41(2):459-471. | 2 |
| Fabricatore AN. Behavior Therapy and Cognitive-Behavioral Therapy of Obesity: Is There a Difference? J Am Diet Assoc. 2007;107(1):92-99. | 4 |

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| Flegal KM, Carroll MD, Kit BK, & Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999-2010. JAMA. 2012; 307(5):491-97. | 1 |
| Frankenfield D, Roth-Yousey L, Compher C. Comparison of Predictive Equations for Resting Metabolic Rate in Healthy Nonobese and Obese Adults: A Systematic Review. J Am Diet Assoc. 2005;105(5):775-789. | 2 |
| Glisson JK, Walker LA. How Physicians Should Evaluate Dietary Supplements. Am. J Med. 2009;10:577-582. | 5 |
| Houston DK, Nicklas BJ, Zizza CA. Weighty concerns: The Growing Prevalence of Obesity in Older Adults. J Am Diet Assoc. 2009;109(7):1886-1895. | 2 |
| Klein S, Allison DB, Heymsfield SB, Kelley DE, Leibel RL, Nonas C, Kahn R. Waist Circumference and Cardiometabolic Risk: A Consensus Statement from Shaping America's Health: Association for Weight Management and Obesity Prevention; NAASO, The Obesity Society; the American Society for Nutrition; and the American Diabetes Association. Obesity. 2007;15:1061-1067. | 3 |
| Manzoni GM, Pagnini F, Corti S, Molinari E, Castelnuovo G. Internet-Based Behavioral Interventions for Obesity: An Updated Systematic Review. Clin Pract Epidemiol Ment Health. 2011;7:19-28. | 2 |
| Nutrition Care Process and Model Part I: The 2008 Update. Writing Group of the Nutrition Care Process/Standardized Language Committee. J Am Diet Assoc. 2008;108(7):1113-1117. | 2 |
| Nutrition Care Process Part II: Using the International Dietetics and Nutrition Terminology to Document the Nutrition Care Process. Writing Group of the Nutrition Care Process/Standardized Language Committee. J Am Diet Assoc. 2008;108:1287-1293. | 2 |
| Parekh N; Okada T; Lu-Yao GL. Obesity, insulin resistance, and cancer prognosis: Implications for practice for providing care among cancer survivors. J Am Diet Assoc. 2009;109:1346-1353 | 2 |

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| Pi Sunyer X, Kris-Etherton PM. Commentary: Improving Health Outcomes: Future Directions in the Field. J Am Diet Assoc. 2005;105(5):S14-S16. | 1 |
| Plodkowski RA, Drenkel J. Case Study: Combined Treatment for Obesity and the Metabolic Syndrome. J Am Diet Assoc. 2005;105(5-Suppl. 1):S124-S130. | 2 |
| Polotsky HN, Polotsky AJ. Metabolic Implications of Menopause. Seminars in Reproductive Medicine. 2010;28(5):426-34. | 1 |
| Rosal MC, Ebbeling CB, Lofgren I, Ockene JK, Ockene IS, Hebert JR. Facilitating Dietary Change: The Patient-Centered Counseling Model. J Am Diet Assoc. 2001;101(3):332-338, 341. | 4 |
| Rudd-Center for Food Policy & Obesity, Yale University - Weight Bias in Clinical Settings: Improving Health Care Delivery for Obese Patients. | 2 |
| Sacks FM, Bray GA, Carey VJ, Smith SR, Ryan DH, et al. Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates. N Engl J Med. 2009;360:859-73. | 2 |
| Saldanham LG, Dwyer JT, Andrews KW. et al. Online dietary supplement resources. J Am Diet Assoc. 2010;110(10):1426-1431. | 5 |
| Spahn JM, Reeves RS, Keim KS, Laquatra I, Kellogg M, Jortberg B, Clark NA. State of the Evidence Regarding Behavior Change Theories and Strategies in Nutrition Counseling to Facilitate Health and Food Behavior Change. J Am Diet Assoc. 2010;110(6):879-891. | 4 |
| Stunkard AJ. Eating disorders and obesity. Psychiatr Clin N Am. 2011;34(34):765-771. | 4 |

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| The National Heart, Lung, and Blood Institute Expert Panel on the Identification, Evaluation and Treatment of Overweight and Obesity In Adults. Executive summary of the Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. J Am Diet Assoc. 1998;98(10):1178-1191. | 1 |
| Trust for America's Health, "Community Profiles: Where You Live, How Much You Weigh", "F" is for Fat: How Obesity Threatens America's Future, 2011 Report. 2011, pages 81-93. | 5 |
| U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans. ODPHP Publication No. U0036. Washington, DC, 2009. | 2 |
| The Practical Guide Identification, Evaluation and Treatment of Overweight and Obesity in Adults. Bethesda, MD: National Institutes of Health, National Heart, Lung, Blood Institute, North American Association for the Study of Obesity. 2000: NIH publication number 00-4084:1- 42 | 2 |
| Wolf AM et al. Effects of lifestyle intervention on health care costs: Improving control with activity and nutrition (ICAN). J Am Diet Assoc. 2007;107(8):1365-1373. | 1 |
| Woods SC, Alessio DA. Central control of body weight and appetite. J Clin Endocrinol Metab 2008;93(11):537-550. | 1 |