

Educational materials review: Choosing a Safe and Successful Weight-loss Program and You Can Control Your Weight as You Quit Smoking.

Choosing a Safe and Successful Weight-loss Program and You Can Control Your Weight as You Quit Smoking. Weight-control Information

Network, 2003. From Weight-control Information Network, 1 WIN Way, Bethesda, MD 20892-3665, (877) 946-4627, brochures and Web site, 5 pp, free.

The Choosing a Safe and Successful Weight-Loss Program and You Can Control Your Weight as You Quit Smoking handouts and Web site are designed to assist people in managing their weight. The first handout provides potential questions to ask when choosing a weight loss program, whereas the second handout addresses how to not gain weight once the smoker has stopped smoking.

The educational handout Choosing a Safe and Successful Weight-Loss Program was informative, with an easy to follow format. Designed as a checklist of potential questions, the handout also included valuable tips on healthful eating, physical activity, and a healthful, average weekly weight loss. The accompanying Web site offered additional links on exercise and healthful eating.

The second handout, You Can Control Your Weight as You Quit Smoking, addresses the health risks associated with weight gain versus the health risks of continued smoking and tips on preventing or minimizing weight gain owing to smoking cessation in a question-and-answer format. The corresponding Web site is easy to navigate and American Dietetics Association compliant and contains top of the page options.

The overall content of the Choosing a Safe and Successful Weight-Loss Program and You Can Control Your Weight as You Quit Smoking handouts and accompanying Web site is basic, has a low literacy level, and includes simple design features, thus enhancing their versatility for use with many populations. The publications do include references and additional resources that can aid in the search for the right weight loss program and tips for smoking cessation in regard to weight gain. These publications can be found in health departments, in physician offices, or at health fairs, where the general public may show an interest in weight loss or smoking cessation.

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