

## Obesity, Weight Control, and Nutrition Organization Resource List

### **Federal Clearinghouses**

#### **National Cancer Institute Office of Cancer Communications**

Building 31, Room 101A16  
9000 Rockville Pike  
Bethesda, MD 20892  
800-4-CANCER (422-6237)  
800-332-8615 (TTY)

Web: <http://www.nci.nih.gov>  
E-mail: [cis@icic.nci.nih.gov](mailto:cis@icic.nci.nih.gov)

Provides information about nutrition and cancer prevention as part of its 5 A Day campaign to encourage Americans to eat five or more servings of fruits and vegetables a day.

#### **National Diabetes Information Clearinghouse**

1 INFORMATION WAY  
BETHESDA, MD 20892-3560  
301-654-3327  
301-907-8906 (Fax)

Web: <http://www.niddk.nih.gov>  
E-mail: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

Provides information about diabetes to health professionals and the public. Develops, identifies, and distributes educational materials.

#### **National Digestive Diseases Information Clearinghouse**

2 INFORMATION WAY  
BETHESDA, MD 20892-3570  
301-654-3810  
301-907-8906 (Fax)

Web: <http://www.niddk.nih.gov>  
E-mail: [nddic@info.niddk.nih.gov](mailto:nddic@info.niddk.nih.gov)

Provides information on the prevention and management of digestive diseases to health professionals and the public. Develops, identifies, and distributes educational materials.

#### **National Health Information Center**

P.O. Box 1133  
Washington, DC 20013-1133  
800-336-4797 or 301-565-4167  
301-984-4256 (Fax)

Web: <http://nhic-nt.health.org>  
E-mail: [nhicinfo@health.org](mailto:nhicinfo@health.org)

Helps the public and health professionals locate health information by identifying resources.

Prepares and distributes directories on health topics.

**National Heart, Lung, and Blood Institute  
Information Center**

P.O. Box 30105  
Bethesda, MD 20824-0105  
301-592-8573  
301-592-8563 (Fax)

Web: <http://www.nhlbi.nih.gov>

E-mail: [nhlbiinfo@rover.nhlbi.nih.gov](mailto:nhlbiinfo@rover.nhlbi.nih.gov)

Provides information about cardiovascular, lung, and blood diseases to health professionals and the public. Develops, identifies, and distributes educational materials.

**National Institutes of Health Consensus  
Program Clearinghouse**

Office of Medical Applications for Research  
P.O. Box 2577  
Kensington, MD 20891  
888-NIH-CONSENSUS (644-2667)  
301-816-2494 (Fax)

Web: <http://odp.od.nih.gov/consensus>

E-mail: [consensusstatement@nih.gov](mailto:consensusstatement@nih.gov)

Provides National Institutes of Health consensus statements on biomedical technologies to health professionals and the public.

**National Institute of Mental Health**

6001 Executive Boulevard  
Rm. 8184, MSC 9663  
Bethesda, MD 20892  
301-443-4513  
301-443-4279 (Fax)

Web: <http://www.nimh.nih.gov>

E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

Provides information about mental health, including eating disorders, to health professionals and the public. Develops, identifies, and distributes educational materials.

**Office of Minority Health**

Resource Center  
P.O. Box 37337  
Washington, DC 20013  
800-444-6472  
301-589-0884 (Fax)  
301-589-0951 (TDD)

Web: <http://www.omhrc.gov>

E-mail: [info@omhrc.gov](mailto:info@omhrc.gov)

Provides information on minority health issues to health professionals. Bilingual staff members are available to serve Spanish-speaking requesters.

**Weight-control Information Network**

1 WIN WAY  
BETHESDA, MD 20892-3665  
301-984-7378  
301-984-7196 (Fax)

Web: <http://www.niddk.nih.gov/health/nutrit/win.htm>

E-mail: [WIN@info.niddk.nih.gov](mailto:WIN@info.niddk.nih.gov)

Provides information about weight control, obesity, and related topics to health professionals and the public. Develops, identifies, and distributes educational materials.

**Other Federal Agencies**

**Center for Nutrition Policy and Promotion**

USDA, 1120 20<sup>th</sup> Street, NW  
Suite 200, North Lobby  
Washington, DC 20036-3406  
202-418-2312  
202-208-2322 (Fax)

202-606-8000 (Pubs. Order Line)

Web: <http://www.usda.gov/fcs/cnpp.html>

E-mail: [cnpp-web@www.usda.gov](mailto:cnpp-web@www.usda.gov)

Provides information on nutrition and food selection. Maintains data on the nutrient value of the U.S. food supply.

**Federal Trade Commission**

Public Reference Branch, Room 130

600 Pennsylvania Avenue, NW

Washington, DC 20580

202-326-2222

202-326-2012 (Fax)

202-326-2502 (TDD)

Web: <http://www.ftc.gov>

E-mail: [consumerline@ftc.gov](mailto:consumerline@ftc.gov)

Provides the public and health professionals with information about weight-loss products and programs. Develops materials to help identify health misinformation.

**Food and Drug Administration**

Office of Consumer Affairs

5600 Fishers Lane

Rockville, MD 20857

888-INFO-FDA (463-6332)

301-443-9767 (Fax)

Web: <http://www.fda.gov>

E-mail: [webmail@oc.fda.gov](mailto:webmail@oc.fda.gov)

Provides information and publications on drug and food-related subjects to health professionals and the public.

**Food and Nutrition Information Center**

USDA, National Agricultural Library

10301 Baltimore Avenue, Room 304

Beltsville, MD 20705-2351

301-504-5719

301-504-6409 (Fax)

301-504-6856 (TTY)

Web: <http://www.nal.usda.gov/fnic>

E-mail: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov)

Provides information on human nutrition, food labeling, food service management, and food technology to health professionals.

**National Center for Health Statistics**

Data Dissemination Branch

6525 Belcrest Rd., Room 1064

Hyattsville, MD 20782

301-436-8500

Web: <http://www.cdc.gov/nchswww>

E-mail: [nchsquery@cdc.gov](mailto:nchsquery@cdc.gov)

Responds to requests with publications and electronic data products. Specific statistical data collected by the Centers for Disease Control and Prevention are available.

**President's Council on Physical Fitness and Sports**

200 Independence Avenue, SW

Humphrey Building, Room 738H

Washington, DC 20201

202-690-9000

202-690-5211 (Fax)

Web: <http://www.indiana.edu/~preschal/>

E-mail: [preschal@indiana.edu](mailto:preschal@indiana.edu)

Works to promote the development of physical fitness, facilities, and programs. Offers a variety of testing, recognition, and incentive programs.

**U.S. Department of Agriculture**

Cooperative State Research, Education, and Extension Service

14<sup>th</sup> and Independence Avenue, SW

Rm. 304-A, Whitten Bldg.

Washington, DC 20250

202-720-4423

202-720-8987 (Fax)

Web: <http://www.usda.gov>

E-mail: [webmaster@fns.usda.gov](mailto:webmaster@fns.usda.gov)

Responds to questions from the general public on nutrition, food safety, and other food-related topics. Each county has its own Cooperative Extension Service.

## **Non-government Agencies**

### **Diseases and Disorders**

#### **American Diabetes Association**

1660 Duke Street  
Alexandria, VA 22314  
800-342-2383  
703-549-6995 (Fax)

Web: <http://diabetes.org>

E-mail: [customerservice@diabetes.org](mailto:customerservice@diabetes.org)

Provides information to the public on diabetes and related topics, including nutrition, exercise, and treatment. The association also offers patient referrals.

#### **American Heart Association**

National Center  
7272 Greenville Avenue  
Dallas, TX 75231-4596  
800-242-1793 ext. 1179  
410-539-5049 (Fax)

Local Chapters: 800-242-8721

Web: <http://www.americanheart.org>

E-mail: [inquire@amhrt.org](mailto:inquire@amhrt.org)

Distributes publications on diet, nutrition, weight reduction, and exercise to the public. Cookbooks by the AHA are available at local bookstores.

#### **American Institute for Cancer Research**

1759 R Street, NW  
Washington, DC 20009  
800-843-8114  
202-323-7744 (in DC)  
202-328-7226 (Fax)

Web: <http://www.aicr.org>

E-mail: [aicrweb@aicr.org](mailto:aicrweb@aicr.org)

Provides research-based publications on nutrition and cancer prevention to health professionals and the public.

#### **National Organization for Rare Disorders (NORD)**

P.O. Box 8923  
New Fairfield, CT 06812-8923

800-999-6673  
203-746-6518 (in CT)  
203-746-6481 (Fax)

Web: <http://www.rarediseases.org>

E-mail: [orphan@rarediseases.org](mailto:orphan@rarediseases.org)

Provides information on rare disorders to health professionals and the public and maintains the Rare Diseases Database.

### **Eating Disorders**

#### **American Anorexia/Bulimia Association, Inc.**

165 West 46<sup>th</sup> Street, Suite 1108  
New York, NY 10036  
212-575-6200  
212-278-0698 (Fax)

Web: <http://www.aabainc.org>

E-mail: [info@aabainc.org](mailto:info@aabainc.org)

Provides information on eating disorders to health professionals and the public. Provides the public with referrals to treatment programs.

#### **Eating Disorders Awareness and Prevention, Inc.**

603 Stewart Street, Suite 803  
Seattle, WA 98101  
800-931-2237  
206-382-3587 (in WA)  
206-292-9890 (Fax)

Web: <http://members.aol.com/edapinc/home.html>

Provides educational resources on eating disorders and their prevention for schools, health professionals, community organizations, and individuals.

#### **National Association of Anorexia Nervosa and Associated Disorders**

P.O. Box 7  
Highland Park, IL 60035  
847-831-3438  
847-433-4632 (Fax)

Web: <http://members@aol.com/anad20/index.html>

E-mail: [anad20@aol.com](mailto:anad20@aol.com)

Operates a hotline, Monday-Friday 9 a.m. to 5 p.m., where information can be obtained on eating disorders, therapist referrals, and support groups.

## Nutrition

### **American Dietetic Association**

216 West Jackson Boulevard  
Chicago, IL 60606-6995  
900-225-5267 (Nutrition hotline)  
800-877-1600 ext. 5000 (Publications)  
312-899-0040 (in IL)  
312-899-4899 (Fax)

Web: <http://www.eatright.org>

E-mail: [webmaster@eatright.org](mailto:webmaster@eatright.org)

Operates a nutrition hotline to give nutrition information to the public. There is a fee of \$1.95 the first minute and an additional \$.95 each additional minute.

### **International Food Information Council Foundation**

1100 Connecticut Avenue, NW, Suite 430  
Washington, DC 20036  
202-296-6540  
202-296-6547 (Fax)

Web: <http://ificinfo.health.org>

E-mail: [foodinfo@ific.health.org](mailto:foodinfo@ific.health.org)

Provides information on food safety, food ingredients, and nutrition to health professionals and the public. Single copies are available free of charge.

### **Nutrition Information Service**

University of Alabama, UAB Station  
Webb Building, Room 206  
Birmingham, AL 35294  
800-231-DIET (3438)

Responds to nutrition questions from health professionals and the public. Nutrition publications may be obtained by sending \$1 and a SASE to the above address.

## Obesity

### **American Obesity Association**

1250 24<sup>th</sup> Street, NW  
Suite 300  
Washington, DC 20037  
800-98-OBESE (986-2373)  
202-776-7711 (in DC)  
202-776-7712 (Fax)

Web: <http://www.obesity.org>

Promotes education, research, and community action to improve the quality of life for people with obesity.

## Obesity Treatment

### **American Society for Bariatric Surgery**

140 NW 75<sup>th</sup> Drive  
Suite C  
Gainesville, FL 32607  
352-331-4900  
352-331-4975 (Fax)

Web: <http://www.asbs.org>

E-mail: [Mallorygn@asbs.org](mailto:Mallorygn@asbs.org)

Provides information on obesity, gastric surgery, and related topics to the public. Provides patients with referrals.

### **American Society of Bariatric Physicians**

5600 South Quebec Street  
Suite 109-A  
Englewood, CO 80111  
303-779-4833 (automated referral line)  
303-770-2526 (members line)  
303-779-4834 (Fax)

Web: <http://www.asbp.org>

E-mail: [bariatrc@asbp.org](mailto:bariatrc@asbp.org)

Provides information on obesity, gastric surgery, and related topics to the public. Provides patient referrals to physicians who specialize in obesity.

## Physical Activity/Exercise

### **American College of Sports Medicine**

P.O. Box 1440

Indianapolis, IN 46206-1440

317-637-9200

317-634-7817 (Fax)

Web: <http://www.acsm.org/sportsmed>

E-mail: [pipacsm@acsm.org](mailto:pipacsm@acsm.org)

Provides publications, audio tapes, and video-tapes on physical fitness and weight loss to health professionals and the general public.

### **American Running and Fitness Association**

4405 East-West Highway

Suite 405

Bethesda, MD 20814-4535

800-776-ARFA (2732)

301-913-9517 (in MD)

301-913-9520 (Fax)

Web: <http://www.arfa.org>

E-mail: [arfarun@aol.com](mailto:arfarun@aol.com)

Provides information on exercise and nutrition to the public.

### **Shape Up America**

6707 Democracy Blvd.

Suite 306

Bethesda, MD 20817

301-493-5368

301-493-9504 (Fax)

Web: <http://www.shapeup.org>

E-mail: [suainfo@shapeup.org](mailto:suainfo@shapeup.org)

Provides health messages on the importance of maintaining a healthy weight and increasing physical activity.

## Size Acceptance

### **Council on Size and Weight Discrimination, Inc.**

P.O. Box 305

Mount Marion, NY 12456

914-679-1209

914-679-1206 (Fax)

E-mail: [councilswd@aol.com](mailto:councilswd@aol.com)

Provides information on eating disorders, "sizism," the nondieting movement, and size discrimination. Provides patient referrals.

### **National Association to Advance Fat Acceptance**

P.O. Box 188620

Sacramento, CA 95818

916-558-6880

916-558-6881 (Fax)

Web: <http://naafa.org>

E-mail: [naafa@naafa.org](mailto:naafa@naafa.org)

Provides support and attempts to eliminate discrimination against fat people. Provides information to health professionals on how to treat very large patients (e.g., weighing).