

# Adult Obesity Management Toolkit

## STEP 1)

Adult Obesity Management Toolkit  
**Voice Thread TUTORIAL**

<http://voicethread.com/share/2637597/>

## STEP 2)

Omaha System EB-SCP AOM: *Individual*  
**Voice Thread TUTORIAL**

<http://voicethread.com/share/2624899/>

## STEP 3)

Omaha System EB-SCP AOM: *Community*  
**Voice Thread TUTORIAL**

<http://voicethread.com/share/2630094/>

## STEP 2a)

Omaha System EB-SCP AOM: *Individual*

<http://db.tt/po1OJX06>

## STEP 3a)

Omaha System EB-SCP AOM: *Community*

<http://db.tt/buioAOGa>

**STEP 4) Excel Spreadsheet**  
*Individual/Community*

<http://db.tt/MZP6GrI0>

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<b>CDC Adult Obesity Guidelines</b>	<a href="http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf">http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf</a>
<b>BMI calculator</b>	<a href="http://www.nhibisupport.com/bmi/bmicalc.htm">http://www.nhibisupport.com/bmi/bmicalc.htm</a>
<b>Waist circumference</b>	<a href="http://www.cdc.gov/healthyweight/assessing/index.html">http://www.cdc.gov/healthyweight/assessing/index.html</a>
<b>Obesity Risk Factors</b>	<a href="http://www.cdc.gov/obesity/causes/health.html">http://www.cdc.gov/obesity/causes/health.html</a>
<b>Healthy Weight Loss</b>	<a href="http://www.cdc.gov/healthyweight/losing_weight/getting_started.html">http://www.cdc.gov/healthyweight/losing_weight/getting_started.html</a>
<b>Physical activity</b>	<a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html">http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html</a>
<b>Dietary guidelines</b>	<a href="http://www.choosemyplate.gov/myplate/index.aspx">http://www.choosemyplate.gov/myplate/index.aspx</a>
<b>Portion Distortion</b>	<a href="http://hp2010.nhlbihin.net/portion/">http://hp2010.nhlbihin.net/portion/</a>
<b>Improving Eating Habits</b>	<a href="http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html">http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html</a>
<b>Readiness for Change</b>	<a href="http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf">http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf</a>

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**CDC LEAN Works!**

<http://www.cdc.gov/leanworks>

**MDH Work Well  
Healthy Minnesota**

<http://www.health.state.mn.us/divs/hpcd/NGAtoolkit/toolkit.pdf>

**EATWELL WORKWELL  
Coalition**

<http://www.eatwellworkwell.org/resources.htm>

**Walkability  
Assessment Tool**

<http://www.walkableamerica.org/checklist-walkability.pdf>

**Smart Meal  
Coalition**

<http://www.smartmealcolorado.com/home.aspx>

**CDC Coalition Building  
On-line Interactive Tool**

<http://www.cdc.gov/leanworks/index.html>

**CDC Wise Woman  
Obesity Prevention**

<http://www.center-trt.org/index.cfm>

**LEAN Works !  
Newsletter**

[http://www.co.carver.mn.us/departments/PH/docs/March\\_Worksite\\_Environment.pdf](http://www.co.carver.mn.us/departments/PH/docs/March_Worksite_Environment.pdf)

**Wellness Council of  
America (WELCO)**

<http://www.welcoa.org/>

**CDC<sub>3</sub>Community Guide**

<http://www.thecommunityguide.org/index.html>