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## Lecture Series Video List

The following materials are available from the Weight-control Information Network (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH). Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

Publications provided by WIN are reviewed for scientific accuracy, content, and readability. Materials produced by other sources are also reviewed for scientific accuracy. Please use the attached forms to order publications.

### Clinical Nutrition and Obesity Lecture Series Videos

These videos provide health professionals and the public with background information on various nutrition and nutrition-related disorders. The lecture series, taped between 1992 and 1996, is sponsored by the Division of Digestive Diseases and Nutrition, National Institute of Diabetes and Digestive and Kidney Diseases, in cooperation with the Nutrition Department of the Clinical Center. The following videos can be purchased from WIN for \$5 each.

#### **Antioxidants and Atherogenesis**

Alan Chait, M.D. 75 min. 1994. Discusses the role of oxidation in atherogenesis, current knowledge gaps, and future research agendas.

#### **Behavioral Approaches to the Treatment of Obesity and Type II Diabetes**

Rena R. Wing, Ph.D. 60 min. 1993. Discusses behavioral interventions to overcome weight regain, including treating obesity as a lifelong disease, providing incentives, combining standard behavioral intervention with very low-calorie diets, using diets that restrict fat as well as calories, and combining diet and exercise.

#### **Clinical Implications of Body Composition and Energy Measurements**

Steven B. Heymsfield, M.D. 70 min. 1994. Describes new methods for measuring energy intake, storage, and loss.

#### **Control of Food Intake**

Barbara J. Rolls, Ph.D. 75 min. 1992. Describes research on how the variety of food available and restriction of fat intake affect overall food consumption.

#### **Critical Periods in the Development of Childhood Obesity**

William Dietz Jr., M.D., Ph.D. 1993. Discusses factors contributing to obesity during the prenatal, childhood, and adolescent stages of life. Describes the relationship between obesity in adolescence and adulthood.

#### **Eating Disorders: Prevention and Treatment**

Marsha D. Marcus, Ph.D. 60 min. 1995. Presents an overview of eating disorders, their clinical course and outcome, and their causes and treatments.



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OF HEALTH AND  
HUMAN SERVICES

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### **Gender, Genetics, and Obesity**

M.R.C. Greenwood, Ph.D. 60 min. 1992. Presents different patterns of obesity that tend to occur in men and women, and evidence from various studies suggesting that fat distribution may be the factor contributing most to the health risks of obesity.

### **Human Studies on Obesity**

Jules Hirsch, M.D. 90 min. 1993. Discusses the theory that genetic predisposition plays a crucial role in the development of obesity.

### **Living Without Dieting**

John P. Foreyt, Ph.D. 60 min. 1993. Discusses the emotional problems and discrimination that people may face because of their weight. Fat reduction versus calorie reduction is discussed. The importance of normalized eating, very gradual changes, realistic weight goals, and support from family and friends is emphasized.

### **Long-term Pharmacotherapy for Obesity**

Susan Yanovski, Ph.D., National Institutes of Health. 30 min. 1996. Discusses the rationale for long-term use of appetite suppressant medications in the management of obesity. This lecture is based on the December 1996 *JAMA* article by the National Task Force on Prevention and Treatment of Obesity. An overview of the literature is given.

### **Nutrition and Inflammatory Bowel Disease**

Michael D. Sitrin, M.D. 90 min. 1995. Discusses the pathogenesis of Inflammatory Bowel Disease (IBD) and the advantages of nutritional therapy in its treatment.

### **Nutrition and the Injury/Stress Response in the Hospitalized Patient**

Bruce R. Bistrian, M.D., Ph.D. 60 min. 1992. Describes the metabolic "stress response" that occurs in severely ill or injured patients and reviews the provision of nutritional support to these patients to foster metabolic response and encourage healing.

### **Nutritional Findings and Interventions in the AIDS Patient**

Donald Kotler, M.D. 80 min. 1994. Discusses malnutrition as an independent risk factor for mortality that may affect immune dysfunction, disease progression, quality of life, response to therapies, and use of health care resources.

### **Physical Activity, Diet Composition, and Obesity**

James O. Hill, Ph.D. 80 minutes. 1993. Discusses the research involved in manipulating diet composition and physical activity and observing the effect on body composition and body weight.

### **Physical Activity, Metabolism, and Weight Control**

Judith Stern, Sc.D. 90 min. 1994. Discusses several animal and human studies that show how diet, exercise, and genes affect obesity and perhaps explain why maintaining weight loss is so difficult.

### **Severe Obesity, the New Epidemic: Surgical Update**

Walter J. Pories, M.D. 60 min. 1995. Discusses how morbid obesity can be controlled through improved gastric bypass surgical procedures.

### **Visceral Obesity: More Than a Weight Problem**

Jean-Pierre Despres, Ph.D. 75 min. 1995. Discusses visceral obesity and its being indicative of complications and cardiovascular diseases (CVD).

### **Vitamin D: Not Just for Bones**

Hector F. DeLuca, Ph.D. 60 min. 1992. Discusses the major functions of vitamin D in the body and potential therapeutic uses for synthetic vitamin D compounds.

# WIN Video Order Form

To order videos, indicate the title(s) and quantity desired, fill out mailing information, and return to WIN at the address listed below. The videos are \$5 each. Please send a check or money order in the appropriate amount payable to: **Weight-control Information Network**. All orders must be prepaid.

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- Visceral Obesity: More Than a Weight Problem
- Vitamin D: Not Just for Bones

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*Videos must be prepaid in U.S. dollars. Videos may be mailed only to locations in the United States and U.S. Territories.*

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