# Your Weight, Your Medications:

## Healthy Resources



In recent years, physicians have noted that some medications — including several that are commonly prescribed for psychiatric disorders — may contribute to weight gain. This handout offers resources to help you monitor and manage your weight. The goal? Get the most out of your medical treatment while maintaining and improving your overall health.

### Where can you find help?

- Your psychiatrist, psychiatric advanced practice RN (APRN), or primary care provider.
  - Your psychiatrist or APRN can discuss which medications may be contributing to your weight problem, along with other medication and non-medication options. This treatment provider can also discuss ways to help manage your weight.
  - Your primary care provider (also known as "your regular doctor") has the big picture view of your health and lifestyle and can help you create a weight management plan that works for you.
  - Please discuss any weight loss medications with both your primary care provider and your psychiatrist or psychiatric APRN.
- A registered dietitian (RD). An RD can teach you about nutrition, help you choose foods, and monitor and help celebrate your progress.
   Ask your doctor for a referral or find an RD in your area by accessing: intermountainhealthcare.org/services/nutrition-services/contact
- A structured program. Now is a great time to check out a weight management course or program.
  - Intermountain's Weigh to Health program. With individual and group sessions, Weigh to Health gives information, support, and tools to help you achieve and maintain a healthy weight and a healthier life. Topics include exercise, meal planning, stress management, and positive body image. This program may be covered by your health insurance with no copay. To find a Weigh to Health program in your area, go to intermountainhealthcare.org/weight and choose "Weigh to Health Nutrition Brochure of Classes."
  - Other community programs. Many other programs are also available, such as Weight Watchers or exercise groups. Your doctor may have advice on other programs or groups in your area.

### **OTHER WEB RESOURCES**

- The American Dietetic Association (ADA) Nutrition information www.eatright.org
- American Heart Association Fitness Center www.startwalkingnow.org
- Centers for Disease Control (CDC)
   Nutrition and physical activity
   www.cdc.gov/nccdphp/dnpa
- National Institutes of Health Weight-control information win.niddk.nih.gov
- National Institutes of Health
   Aim for a healthy weight
   www.nhlbi.nih.gov/health/
   public/heart/obesity/lose\_wt
- New USDA guidelines
   Tips to help you plan meals
   www.choosemyplate.gov
- Utah Walks www.utahwalks.org
- Weight Watchers
   Various Utah locations
   (call 1-800-729-8746)
   www.weightwatchers.com
- 23 ½ Hours
   A YouTube video about the most important thing you can do for your health goo.gl/zVZPM

#### **BOOKS**

- Eat, Drink and Be Healthy. Walter C. Willett, MD (Harvard School of Public Health). Simon & Schuster, 2001.
- Mayo Clinic on Healthy Weight: Answers to Help You Achieve and Maintain the Weight That's Right for You. Donald P. Hensrud (editor). Mayo Clinic, 2000.
- A Healthier You. United States Health and Human Services, 2005.
- The Culprit and The Cure. Steven Aldna. Maple Mountain Press, 2004.
- Mindless Eating: Why We Eat More Than We Think. Brian Wansink, Ph.D. Random House Publishing Group, 2010.
- Intuitive Eating: A Revolutionary Program that Works. Evelyn Tribole and Elyse Resch. St. Martin's Griffin, 2003.
- The Volumetric Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories. Barbara Rolls. Morrow Cookbooks, 2005.

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