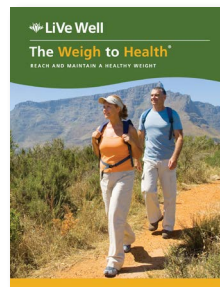


Your Weight, Your Medications: Healthy Resources

In recent years, physicians have learned 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-mental health nurse practitioner (PMHNP), or primary care provider.**
 - Your psychiatrist or PMHNP can discuss which medications may be contributing to your weight problem. They may be able to suggest alternative medication and non-medication options that may help. 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 PMHNP.
- **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
- **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/services/nutrition-services/services/weigh-to-health-nutrition-program. Ask your provider for *The Weigh to Health* booklet.
 - **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
eatright.org
- **American Heart Association**
Physical activity
heart.org/en/healthy-living/fitness
- **Centers for Disease Control (CDC)**
Nutrition and physical activity
cdc.gov/nccdphp/dnpa
- **National Institutes of Health**
Weight-control information
win.niddk.nih.gov
- **National Institutes of Health**
Aim for a healthy weight
nhlbi.nih.gov/health/educational/lose_wt
- **New USDA guidelines**
Tips to help you plan meals
choosemyplate.gov
- **Weight Watchers**
Various Utah locations
(call 1-800-729-8746)
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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