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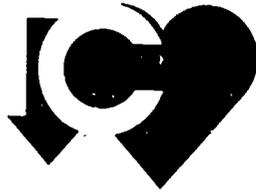
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ABSTRACT

This guide is divided into two sections, one for physicians and the other for patients. The physician section lists different resources including continuing medical education opportunities on the medical and scientific aspects of cholesterol and heart disease and on the physician's role in diagnosis and patient management. Additional materials on the dietary aspects of blood cholesterol lowering are also given. The patient section guides readers to information sources that offer practical tips to achieve the goals set by the physician. Since dietary changes are the first line of treatment, information on three major topics is covered: (1) fat and cholesterol content of foods; (2) guidelines for cooking and choosing foods; and (3) how to locate a dietitian to give personalized nutrition counseling for blood cholesterol lowering effects. Worksheets for both physician and patient are included. (JD)

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National Cholesterol Education Program
National Heart, Lung, and Blood Institute

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
National Institutes of Health

Community Guide To Cholesterol Resources

NIH Publication No. 88-2927
February 1988

Community Guide To Cholesterol Resources

1. Cholesterol Resources For Physicians

Introduction for the Physician

Why you, as a physician, need this guide

The job of lowering blood cholesterol takes work, and to comply with physician advice, patients will need help with the day to day aspects of changing eating habits or taking drugs correctly. In addition, physicians may want to expand their knowledge of cholesterol management issues. To cover these two areas, this guide is divided into two sections. The first is for physicians. The second section is for patients.

The physician section

In the physician section, different resources are listed. These include CME opportunities on the medical and scientific aspects of cholesterol and heart disease and on the physician's role in diagnosis and patient management. Additional materials for professional audiences on the dietary aspects of blood cholesterol lowering are also given. Information to give to patients on cholesterol lowering drugs is listed too.

Publications and CME materials are listed by title. Those with a (\$) are for sale, and prices are noted where known. Items without the (\$) symbol are free.

The patient section

The patient section guides readers to information sources that offer practical tips to achieve the goals set by the physician. Since dietary changes are the first line of treatment, information on three major topics are covered. These are: (1) fat and cholesterol content of foods, (2) guidelines for cooking and choosing foods, and (3) how to locate a dietitian to give personalized nutrition counseling for blood cholesterol

lowering efforts. This section may be photocopied and given to patients for their own use.

Locating nutrition counseling resources

For patients who do not respond well to initial attempts at dietary approaches and who need individualized nutrition counseling, physicians may want to take the lead in making referrals to qualified dietitians. The American Dietetic Association (ADA) maintains a roster of dietitians and the national office will respond to written requests for assistance in locating registered dietitians in a given state or area. Registered dietitians are qualified to do nutrition counseling for blood cholesterol lowering. The ADA also has a network of state affiliate associations. Officers in state ADA affiliates could be helpful in identifying local dietitians who will accept referrals from physicians for nutrition counseling. To locate the state ADA affiliate, physicians should also write to the national ADA office. Once information has been gathered from the national or state ADA components, physicians can selectively transfer local information to the worksheet provided with the physician section of this resource guide. This tailored list of dietitians can then be photocopied and given to patients who require nutrition counseling to complement the physician's own advice for blood cholesterol lowering.

Some local divisions of the American Heart Association may also maintain lists of dietitians who will do counseling for heart healthy nutrition, and will generally give this information to doctors and patients alike. Referrals for nutrition counseling may

also be available through hospitals, state or local health departments, or nutrition departments of universities. These latter three sources may be researched by patients themselves and a patient worksheet is provided.

Resources for Physicians

Information Sources and
How to Find Them

Who to Contact

What to Request

Federal Government Information Sources

U.S. Department of Health and Human Services

National Institutes of Health, National Cholesterol Education Program

National Heart, Lung, and
Blood Institute
C-200
Bethesda, Maryland 20892
(301) 951-3260

Information Specialist

Adult Treatment Panel Report—*Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults*—includes guidelines and patient management approaches.

Highlights of the Adult Treatment Panel Report—a summary of the longer, complete report.

Heart to Heart: A Manual on Nutrition Counseling for the Reduction of Cardiovascular Disease Risk Factors

U.S. Department of Agriculture

Food and Nutrition Information Center, National Agricultural Library Building

Room 304
10301 Baltimore Blvd.
Beltsville, Maryland 20705
(301) 433-3719

Information Specialist/
Nutritionist

Pathfinder—Dietary Fat and Heart Disease—a list of books, booklets, journal articles, and audio-visual materials in the National Agricultural Library on the given topic.

Professional Associations

The American Dietetic Association

Suite 1100
208 South LaSalle Street
Chicago, Illinois 60604-1003
(312) 899-0040

Division of Practice

Nutritionists/dietitians in private practice who will accept patients on referral from a physician for dietary counseling for blood cholesterol lowering.

Location of state ADA affiliate and name and address of current officers to use as a reference for identifying educational seminars for professionals or activities for patients.

Publications
Department

Hyperlipidemia: Lipid Metabolism and Food Patterns—a self-study kit (\$29.95).

American Heart Association

National Center
7320 Greenville Avenue
Dallas, Texas 75231
(214) 750-5300

Scientific Sessions
Director at the
national AHA office

Scientific sessions for physicians at the annual meeting in November of each year.

Nutritionist/Health
Educator/Program
Specialist

Counseling the Patient with Hypercholesterolemia
Counseling Adolescents for Dietary Changes—describes methods that are useful for adults as well.

Rationale of the Diet-Heart Statement of the American Heart Association

The Physician's Cholesterol Education Handbook: Recommendations for the Detection, Classification, and Treatment of High Blood Cholesterol

To find a **local AHA affiliate or division**: Consult the business white pages under "American Heart" or "Heart Association"

Resources for Physicians

Information Sources and
How to Find Them

Who to Contact

What to Request

Professional Associations (continued)

American Heart Association (continued)

To find a **local AHA affiliate or division**: Consult the business white pages under "American Heart" or "Heart Association"

Nutritionist/Health Educator/Program Specialist

Dietary Guidelines for Healthy American Adults: A Statement for Physicians and Health Professionals

Heart Rx—a package of educational materials and guides for use in developing office-based, CVD risk factor reduction, patient education programs. Contains materials on the topics of 1) Diet Modification and Nutrition, 2) Smoking—Helping the Smoker to Quit, 3) High Blood Pressure Control, and 4) Early Warning Signs of Heart Attack and Stroke. The nutrition section contains selected AHA professional publications listed above plus many of the AHA lay publications listed in the patient section of this resource guide. In addition special materials such as reproducible masters for a diet history sheet and behavior change contracts are included. *Heart Rx* offers a wealth of practical guidance to the physician and useful patient level materials.

Program Specialist

Dates, times, and locations of upcoming seminars in the Physician's Cholesterol Education Program

Physician's Cholesterol Education Program—seminars held by local AHA affiliates/divisions to increase physician knowledge of how to detect, treat, manage and provide counseling to patients with elevated serum cholesterol levels. Some seminars will be held in conjunction with normal physician education networks such as county medical societies, hospital grand rounds, and CME efforts

Nutritionist

List of local dietitians who can do personal dietary counseling for cholesterol lowering diets on referral from a physician.

United States Pharmacopeial Convention

12601 Twinbrook Parkway
Rockville, Maryland 20852
(301) 881-0666

Order Processing Department

USP DI: Volume I: Drug Information for the Health Care Provider (1988 edition)—detailed information on many drugs, including those that lower cholesterol; updated with supplements bimonthly (\$95.00).

USP Drug Information Volume II: Advice for the Patient (1988 edition)—contains reproducible sheets of patient oriented information on many drugs, including types of cholesterol-lowering drugs; updated with supplements bimonthly (\$35.00).

Resources for Physicians

Information Sources and
How to Find Them

Who to Contact

What to Request

Professional Associations (continued)

**American Society of
Hospital Pharmacists**
4630 Montgomery Avenue
Bethesda, Maryland 20814
(301) 657-3000

Publications
Department

Consumer Drug Digest—book giving patient-oriented information on more than 250 drugs, including several of the lipid lowering drugs (\$11.00).

**Society for Nutrition
Education**
Suite 300
1700 Broadway
Oakland, California 94612
(415) 444-7133

Publications
Department

Journal of Nutrition Education, Review Section—helpful reviews of new educational materials for professionals and patients alike.

National Weight Control Resource Directory (available in summer 1988)—descriptions and listings of books, educational programs, audio-visuals, kits, cookbooks, computer software, and local resources on the topic of weight control (\$).

Community Resources

Hospitals

For listings of hospitals in a given area, consult the yellow pages under "Hospitals"

Continuing Medical
Education (CME)
Office/Library

CME courses or self-teaching materials on cholesterol and heart disease.

Library

Interlibrary loan for materials listed in the National Agricultural Library Pathfinder: *Dietary Fat and Heart Disease* or for other items in the physician or patient resource lists.

University or Large Hospital

Library

"Guide to Materials for Use in Teaching Clinical Nutrition in Schools of Medicine, Dentistry and Public Health II" in *American Journal of Clinical Nutrition*, 1987, volume 45, pages 643-660—an article with an extensive materials list.

Materials review section of the bimonthly *Journal of Nutrition Education*.

State Medical Society

Continuing Medical
Education (CME)
Office/Education
Office

Courses and CME programs in cholesterol and heart disease.

Locations of family residency programs, preventive medicine residency programs, community teaching hospitals that have reference copies of the NHLBI CME module *Cholesterol: Current Concepts for Clinicians*.

Resources for Physicians

Information Sources and
How to Find Them

Program Name

Program Descriptions

Continuing Medical Education Opportunities

Science and Medicine

909 Third Avenue
New York, New York 10022
(202) 909-9348

Cholesterol and
Coronary Disease . . .
Reducing the Risk

Newsletter with documented articles on aspects of cholesterol research and patient management plus a set of audiotapes.

Speakers for local physician groups also available.

CME credit through Columbia University College of Physicians and Surgeons.

Johns Hopkins Preventive Cardiology Program

Harvey 402
Johns Hopkins Hospital
600 N. Wolf Street
Baltimore, Maryland 21205
(301) 955-7671

The Johns Hopkins
Physician's Lipid
Education Program

Monographs in booklet form with practical bibliographies.

CME credit through Johns Hopkins University Medical School.

Two new versions, one for medical students and one for physicians in practice will be available in spring 1988. Limited copies available of existing version through spring 1988.

National Cholesterol Education Program, National Heart, Lung, and Blood Institute

C-200
Bethesda, Maryland 20892
(301) 951-3260

Cholesterol: Current
Concepts for
Clinicians

A monograph, reprints of scientific articles and reports, and patient education materials.

CME credit through Hahnemann University School of Medicine.

Available locally through state medical societies, family residency programs, preventive medicine residency programs, and CME offices of local teaching hospitals.

Physician Worksheet for Locating Dietitians Who Will Do Nutrition Counseling for Cholesterol Lowering

Local Resources of The American Dietetic Association

Information obtained from the national office of the American Dietetic Association (ADA) (Suite 1100, 208 South LaSalle Street, Chicago, Illinois 60604-1003, phone (312) 899-0040):

State affiliate of the American Dietetic Association

Affiliate Name _____

President or Executive Director (Name, Address, Phone) _____

Program/Education: Coordinator (Name, Address, Phone) _____

ADA members in my practice area who do dietary counseling for reduction of saturated fat and cholesterol:

Name	City or Town	Phone
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____

Local Resources from The American Heart Association

Information obtained from the local division of the American Heart Association (AHA), as listed in the business white pages under "Heart Association" or "American Heart."

Nutritionists/dietitians recommended by the AHA who will do dietary counseling for blood cholesterol reduction:

Name	City or Town	Phone
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____

For _____ (patient) From Dr. _____

Registered Dietitians Who Will Do Nutrition Counseling For Reduction of Saturated Fat and Cholesterol

Dietitians recommended by the American Dietetic Association:

Name	Town or City or Neighborhood	Phone
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____

Dietitians recommended by the American Heart Association:

Name	Town or City or Neighborhood	Phone
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____

Community Guide To Cholesterol Resources

2. **Cholesterol Resources For Patients**

Introduction for the Patient

Why you, as a patient, need this list

Reaching the lower blood cholesterol level advised by your doctor will require some changes and challenges.

Since the mainstay of lowering blood cholesterol is a change in eating habits, this list will help you locate information about the practical aspects of (1) choosing and cooking foods in new ways, (2) fat and cholesterol content of foods, and (3) finding a dietitian who can give personalized nutrition counseling to help you in your cholesterol lowering efforts.

How the list is organized

The list is divided into sections according to whether information is available from government agencies, health associations, or local community sources. Each leads you to information in different ways.

In all of the sections, some books and pamphlets are listed by titles which you can request. Those with a (\$) symbol are for sale, and prices are given when they are known. Others, the ones without the (\$) symbol, are free if you ask for one copy of each. Publications by the federal government may be obtained as single copies from the agency listed or may be purchased directly from the U.S. Government Printing Office by following the instructions at the end of this introduction.

How you can use this list

Much valuable information is offered through the associations which are listed in the second section. The address of each national office is given first, followed by instructions on how to find state or local offices, if they exist. Although most pamphlets and books are

produced by the national office, they are usually available through local offices as well. Local offices may have additional materials of their own. Services such as classes or nutrition counseling are available only through the local chapters, so it is a good idea to contact a local office first.

The third section gives ideas for finding information in your own community. Often you will have to consult the telephone directory and make a few phone calls. Many state and local health departments have excellent pamphlets on fats and heart disease. Some may offer classes or nutrition counseling as well. To record the information you have tracked down, worksheets are provided.

A fourth section gives nutrition contacts for state health departments. Although the list is current as of fall of 1986, it is subject to change. However, by contacting the office listed for your state you can be referred to any person or office that may handle heart disease nutrition information in the future.

How to find nutrition counseling services

If your doctor has recommended that you consult a dietitian to help you with the dietary changes needed to lower your blood cholesterol, he or she may give you a list of persons to contact. However, your doctor may also advise you to seek this type of consultation on your own. If so, ideas for finding qualified registered dietitians are given in this resource guide.

How to order publications from the U.S. Government Printing Office

The publications listed on the following page may be purchased directly from the U.S. Government Printing Office (GPO).

To order, write the title, the GPC stock number, and your name and address with zip code and send this information with payment to:

Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

The price includes shipment within the continental U.S. Checks or money orders should be made payable to: Superintendent of Documents. Delivery takes three to four weeks. Items marked with an (*) are temporarily out of stock but will be reprinted.

If you cannot afford to buy these publications, you may wish to ask your library to add them to the reference collection or to get them through an interlibrary loan.

Title	GPO Stock No.	Price
Nutritive Value of Foods: Home and Garden Bulletin 72 (1955) (72 pgs.)	001-000-04457-5	\$ 2.75
Nutritive Value of American Foods in Common Units: Agricultural Handbook 456 (1975) (291 pgs.)	001-000-03184-8	\$ 8.50
Mini Bulletin: Avoid Too Much Fat, Saturated Fat, and Cholesterol: Home and Garden Bulletin 232-3 (1986) (Included as 1 of 7 pamphlets in the Dietary Guidelines and Your Diet series) (52 pgs. in the series)	001-000-04467-2	\$ 4.50

Volumes in the new Handbook 8 Series:

Series Title	GPO Stock No.	Price
AH-8-1 Dairy and Egg Products (1976) (158 pgs.)	001-000-03635-1	\$ 7.00
AH-8-2 Spices and Herbs (1977) (55 pgs.)	001-000-03646-7	\$ 3.75
AH-8-3 Baby Foods(*)	001-000-03900-8	\$12.00
AH-8-4 Fats and Oils (1979) (142 pgs.)	001-000-03984-9	\$ 7.00
AH-8-5 Poultry Products (1979) (330 pgs.)	001-000-04008-1	\$ 9.50
AH-8-6 Soups, Sauces, and Gravies (1980) (228 pgs.)	001-000-04114-2	\$ 8.00
AH-8-7 Sausages and Luncheon Meats (1980) (92 pgs.)	001-000-04183-5	\$ 6.00
AH-8-8 Breakfast Cereals(*)	001-000-04283-1	\$ 9.00
AH-8-9 Fruits and Fruit Juices (1982) (283 pgs.)	001-000-04287-4	\$ 9.00
AH-8-10 Pork Products (1983) (206 pgs.)	001-000-04368-4	\$ 7.50
AH-8-11 Vegetables and Vegetable Products (1984) (502 pgs.)	001-000-04427-3	\$16.00
AH-8-12 Nut and Seed Products(*)	001-000-04429-0	\$ 7.50
AH-8-13 Beef Products (1986) (396 pgs.)	001-000-04482-6	\$19.00
AH-8-14 Beverages (1986) (173 pgs.)	001-000-04468-1	\$ 9.50
AH-8-15 Fish and Shellfish (1987) (192 pgs.)	001-000-04497-4	\$10.00
AH-8-16 Legumes and Legume Products (1987) (156 pgs.)	001-000-04488-5	\$ 8.50

Resources for Patients and the Public

Information Sources and
How to Find Them

Who to Contact

What to Request

Federal Government Information Sources

U.S. Department of Health and Human Services

National Institutes of Health, National Cholesterol Education Program

National Heart, Lung, and
Blood Institute
C-200
Bethesda, Maryland 20892
(301) 951-3260

Information Specialist

Test Your Healthy Heart I.Q.—a self-quiz.

Facts About . . . Blood Cholesterol—a general fact sheet.

So You Have High Blood Cholesterol—an explanation for patients.

Eating to Lower Your High Blood Cholesterol—dietary changes that work to lower blood cholesterol, explanations of saturated, mono- and poly-unsaturated fat, dietary cholesterol, and content of fat and cholesterol in common foods.

Food and Drug Administration, Office of Consumer Affairs, HFE-88

5600 Fishers Lane
Rockville, Maryland 20857
(301) 443-3170

Consumer Affairs
Department/
Consumer Inquiries
Department

Reprints from *FDA Consumer*—packets of reprints from the magazine *FDA Consumer* on selected topics, including fats and cholesterol, nutrition.

Information on food labeling, fat and cholesterol composition of foods, nutrition.

To locate a **regional FDA Consumer Affairs Office**, consult the U.S. section of the blue government pages under "Health and Human Services, Food and Drug Administration"

Consumer Affairs
Officer

Items available from the main Rockville office are also available from the regional FDA Consumer Affairs Officers on specific request.

U.S. Department of Agriculture

Extension Service

To find a **local office**: Consult the county or state government section of the white pages under "Cooperative Extension" or "Extension"

If extension offices are not readily located through the phone book, consult the master list of county extension agents published by Century Communications

Food and Nutrition
Specialist

Information on low fat, low cholesterol cooking.

Publications on fat and cholesterol content of foods, nutrition, heart healthy eating.

Classes and programs in nutrition.

Related publications and services may vary from state to state.

Book Division
Century
Communications, Inc.
6201 West Howard St.
Niles, Illinois 60648
(312) 647-1200

County Agents Directory—a list of agricultural extension agents updated biannually (\$19.95).

Human Nutrition Information Service

Public Information Office
Room 360, Federal Building
6505 Belcrest Road
Hyattsville, Maryland 20782
(301) 436-8617

Information Specialist

Dietary Guidelines for Americans—seven simple steps for eating patterns that lead to better health.

Mini Bulletin: Avoid Too Much Fat, Saturated Fat, and Cholesterol: Home and Garden Bulletin 232-3—tips on choosing foods low in saturated fat and cholesterol.

Resources for Patients and the Public

Information Sources and
How to Find Them

Who to Contact

What to Request

Federal Government Information Sources (continued)

U.S. Department of Agriculture, continued

Human Nutrition Information Service

Public Information Office
Room 360, Federal Building
6505 Belcrest Road
Hyattsville, Maryland 20782
(301) 436-8617

Information Specialist

Nutritive Value of Foods: Home and Garden Bulletin 72—includes amounts of total fat, saturated fat, and mono- and poly-unsaturated fat, and cholesterol in 908 common foods (\$2.75 from GPO).

Nutritive Value of American Foods in Common Units: Agricultural Handbook 456—includes total fat data on more than 2480 household food items; values for saturated and unsaturated fats are based on older data but are interesting for comparisons (\$8.50 from GPO).

Handbook 8: Composition of Foods—a series of over 15 volumes detailing the nutrient contents of thousands of foods, including saturated fats and cholesterol and the mono- and poly-unsaturated fats and component fatty acids; must be purchased from the U.S. Government Printing Office; titles are (1) *Dairy and Egg Products*, (2) *Spices and Herbs*, (3) *Baby Foods*, (4) *Fats and Oils*, (5) *Poultry Products*, (6) *Soups, Sauces, and Gravies*, (7) *Sausages and Luncheon Meats*, (8) *Breakfast Cereals*, (9) *Fruits and Fruit Juices*, (10) *Pork Products*, (11) *Vegetables and Vegetable Products*, (12) *Nut and Seed Products*, (13) *Beef Products*, (14) *Beverages*, (15) *Fish and Shellfish*, (16) *Legumes and Legume Products*; useful as references (\$ from GPO).

Food and Nutrition Information Center, National Agricultural Library

NAL Building, Room 304
10301 Baltimore Blvd.
Beltsville, Maryland 20705
(301) 344-3719

Information Specialist/
Nutritionist

Pathfinder—Dietary Fat and Heart Disease—a list of books, booklets, journal articles, and audiovisual materials on this topic in the National Agricultural Library.

State and Local Government (Public Health) Information Sources

State Health Departments

To locate offices of the state health department, consult the state section of the government blue pages under "Health"

Nutrition Department/
Health Education
Department/Heart
Disease Risk
Reduction
Coordinator

Location and description of programs in cholesterol and heart disease prevention education throughout the state.

Pamphlets on cholesterol and fats and nutrition.

Location of nutrition counseling services in state health offices or clinics.

Resources for Patients and the Public

Information Sources and
How to Find Them

Who to Contact

What to Request

State and Local Government (Public Health) Information Sources (continued)

State Health Departments (continued)

If you cannot find a nutrition office for your state health department, consult the list of Nutrition Contacts provided with this resource guide.

These may be located within divisions of the same names or in divisions of chronic disease, preventable disease, health promotion, family health, community health or maternal and child health. Departments vary from state to state.

Location of health education centers.

Publications and services will vary from state to state.

County, City, and Local Health Departments

To identify local health department offices, consult the county or city sections of the government blue pages under "Health"

Nutritionist/Registered Dietitian

Nutrition counseling for low fat, low cholesterol diets
Pamphlets on fat and cholesterol and nutrition, heart healthy eating habits.

Publications and services vary from place to place and may be tailored to specific groups and reading levels.

Associations

American Heart Association

National Center
7320 Greenville Avenue
Dallas, Texas 75231
(214) 750-5300

Inquiries Department at the AHA National Center for single copies of listed AHA publications

Nutrition Counseling for Cardiovascular Health: A Consumer Guide—how to choose a nutrition counselor for cholesterol lowering diets.

Cholesterol and Your Heart

The American Heart Association Diet

Recipes for Fat-Controlled Low Cholesterol Meals

Dining Out

Grocery Guide: Tips for Wise Food Selection

Nutrition Labeling: Food Selection Hints for Fat-Controlled Meals

Save Food Dollars and Help Your Heart

A Guide to Losing Weight

Eating for a Healthy Heart: Dietary Treatment of Hypercholesterolemia

Nutritious Nibbles—hints for heart healthy snacking.

Taking It Off—a self-help guide to weight loss

Resources for Patients and the Public

Information Sources and
How to Find Them

Who to Contact

What to Request

Associations (continued)

American Heart Association (continued)

To find a **local AHA affiliate or division**: Consult the business white pages under "American Heart" or "Heart Association"

Nutritionist/Program Specialist/Health Educator in a local AHA affiliate or division for information on local services or copies of specific publications

In Control—a home video weight loss program. Contains an educational video tape, a viewer's guide, and a program diary. May be borrowed or purchased from local AHA affiliates or divisions.

List of local dietitians who can do dietary counseling for diets to lower blood cholesterol.

Instructors and institutions sponsoring Culinary Hearts Kitchen Course—classes in low fat, low cholesterol, low salt cooking.

The American Dietetic Association

Suite 1100
208 S. LaSalle Street
Chicago, Illinois 60604-1003
(312) 899-0040

Publications Department

Division of Practice

Food 2: The Dieter's Guide (\$4.00)

Food 3: Eating the Moderate Fat and Cholesterol Way (\$2.50).

Registered dietitians in private practice who do nutrition counseling for reducing fat and cholesterol; referral from a physician is necessary.

Society for Nutrition Education

Suite 300
1700 Broadway
Oakland, California 94612
(415) 444-7133

Publications Department

The Family Health Cookbook—gives the fat content of each recipe (\$9.95).

National Weight Control Resource Directory (available summer of 1988)—listings and descriptions of books, educational programs, audiovisuals, low fat cookbooks, computer software, and local resources on the topic of weight control (\$).

American Society of Hospital Pharmacists

4630 Montgomery Avenue
Bethesda, Maryland 20814
(301) 657-3000

Publications Department

Consumer Drug Digest—gives patient information on over 250 drugs, including several that lower cholesterol (\$11.00).

Diabetes Center, Inc.

P.O. Box 739
Wayzata, Minnesota 55343
1-800-848-2793

Publications Order Department

Fast Food Facts: Nutritive and Exchange Values for Fast-Food Restaurants—includes total fat content and fat exchange values (\$3.50).

Central Indiana District Dietetic Association

P.O. Box 1712
Indianapolis, Indiana 46206

Publications Order Office

Food Composition Tables for Convenience Foods—includes total fat content and fat exchange values (\$9.50).

Citizens for Public Action on Cholesterol

Suite 608
1101 17th Street, N.W.
Washington, D.C. 20036

Staff

Combat High Cholesterol: Cut Down on Heart Disease

Resources for Patients and the Public

Information Sources and
How to Find Them

Who to Contact

What to Request

Community Resources

Hospitals

For listings of hospitals in a given area, consult the yellow pages under "Hospitals"

Wellness Department/
Health Promotions/
Dietary Department/
Nutrition Outpatient
Clinic/Public Relations

Nutrition information for lowering high blood cholesterol.
Nutrition counseling
Educational programs for reducing heart disease risk
Low fat and low cholesterol cooking classes

Health Maintenance Organizations

For listings of HMO's in a given area, consult the yellow pages under "Health Maintenance Organizations"

Registered Dietitian/
Nutritionist/Health
Educator/Public
Relations Department

Nutrition information for lowering high blood cholesterol.
Nutrition counseling
Low fat, low cholesterol cooking classes.

School Systems or Education Departments of Counties, Cities, Towns

For offices of continuing or community education, consult the government blue pages under "Education" or "Schools"

Adult Education/
Continuing
Education/Evening
Education/Community
Education

Classes in low fat, low cholesterol, heart healthy cooking.
Weight control classes.

County and Community Colleges

To locate county and community colleges, consult the yellow pages under "Schools—Universities and Colleges (Academic)"

Adult Education
Office/Continuing
Education/Community
Education

Low fat, low cholesterol, heart healthy cooking classes.

Library

Reference books on fat and cholesterol content of foods.

YMCA's and YWCA's

To locate facilities, consult the business white pages under "YMCA" or "YWCA" or "Young Men's Christian Association" or "Young Women's Christian Association"

Community
Education Office

Classes in low fat, low cholesterol, heart healthy cooking.

State Universities

To locate major state universities and land grant colleges, consult the business white pages under the specific name of each local university

Agriculture
Department,
Cooperative
Extension Service/
Agricultural Extension
Service/Home
Economics
Department/Nutrition
Department/Food
Sciences Department/
Dietetics Department

Dietitians who will do nutrition counseling for low fat, low cholesterol diets.

Resources for Patients and the Public

Information Sources and
How to Find Them

Who to Contact

What to Request

Community Resources (continued)

State Universities (continued)

Main Library/
Agricultural Library/
Home Economics
Library

Books on fat and cholesterol contents of foods: the
15+ volumes of *USDA Handbook 8*.

Other publications by the U.S. Department of
Agriculture.

Book Stores

To identify book stores, consult
the yellow pages under "Book
dealers—retail"

Order Department/
Display area for
cookbooks or health

American Heart Association Cookbook 4th Edition
(\$10.95 paperback, \$16.95 hard cover)

Other low fat, heart healthy cookbooks

Public Libraries

To identify local libraries
consult the government blue
pages for a given locality
under "Libraries"

Reference Librarian

Low fat, heart healthy cookbooks

Interlibrary loan of materials listed in the National
Agricultural Library *Pathfinder: Fat and Heart
Disease* or of any other reference materials listed in
this resource guide.

Nutrition/health magazines

Low fat recipes in family and women's magazines

Nutrition Contacts in State Health Departments

Alabama

Mary Lou Gedel
Director, Division of Nutrition
Services
Alabama Department of Public
Health
State Office Building
Montgomery, AL 36130
(205) 261-5661

Alaska

Joan M. Pelto
Chief Nutritionist
Alaska Department of Health
and Social Services
P.O. Box H
Juneau, AK 99811-0611
(907) 465-3103

Arizona

Sheryl Lee
Chief, Office of Nutrition Services
Arizona Department of Health
Services
1740 West Adams Street
Phoenix, AZ 85007
(602) 255-1886

Arkansas

Mary T. Bell
Director, Nutrition Services
Arkansas Department of Health
4815 West Markham St.
Little Rock, AR 72205
(501) 661-2253

California

Susan B. Foerster
Nutrition Consultant
Consultation Unit
Adult Health Section
Preventive Medical Services
Division
California Department of Health
Services
714 P Street
Sacramento, CA 95814
(916) 324-7758

Colorado

William Eden
Director, Nutrition Section
Colorado Department of Health
4210 East 11th Avenue
Denver, CO 80220
(303) 331-8380

Connecticut

Nancy E. Zinneman
Chief, Nutrition Section
Community Health Division
Connecticut Department of
Health Services
150 Washington Street
Hartford, CT 06106
(203) 566-2520

Delaware

Deborah Clendaniel
Director, Nutrition Services
Delaware Department of Health
and Social Services
Robbins Building
802 Silver Lake Blvd. and
Walker Road
Dover, DE 19901
(302) 736-4725

District of Columbia

Doris Crosson
Acting Chief
Nutrition Coordinator
Bureau of Maternal and Child
Health
D.C. Department of Human
Services
1875 Connecticut Ave., NW
Washington, D.C. 20009
(202) 673-6707

Florida

Ann Rhodes
Program Supervisor
WIC and Nutrition Services
Florida Department of Health
and Rehabilitative
Services—P.D.H.E.C.P.
1317 Winewood Blvd.
Tallahassee, FL 32301
(904) 488-8985

Georgia

Frances Hanks Cook
Director, Office of Nutrition
Division of Public Health
Georgia Department of Human
Resources
878 Peachtree St., NE
Atlanta, GA 30309
(404) 894-7600

Hawaii

Flora Thong
Chief, Nutrition Branch
Hawaii Department of Health
3627 Kilauea Avenue
Honolulu, HI 96816
(808) 548-6552

Idaho

Mary Lou Beck
Maternal and Child Health
Nutrition Consultant
Bureau of Child Health
Idaho Department of Health and
Welfare
450 West State
Boise, ID 83720
(208) 334-5950

Illinois

Elvira Jarka
Coordinator
Nutrition Services
Illinois Department of Public
Health
535 West Jefferson St.
Springfield, IL 62761
(312) 917-2777

Indiana

Gerry Selfert
Director, Nutrition Division
Indiana State Board of Health
1330 West Michigan St.
Indianapolis, IN 46206-1964
(317) 633-0206

Iowa

Susan Anthony
Nutrition Bureau Chief
Family and Community Health
Iowa Department of Public
Health
Disease Prevention and Health
Promotion
Lucas State Office Bldg.
Des Moines, IA 50319-0075
(515) 281-7501

Nutrition Contacts in State Health Departments (continued)

Kansas

Roni Breslers
Nutrition Consultant
Bureau of Family Health
Kansas Department of Health
and Environment
Landon State Office Bldg.
9th and Jackson
Topeka, Kansas 66620
(913) 862-9360

Kentucky

Peggy Kidd
Manager, Nutrition Branch
Department for Human
Resources
275 East Main Street
Frankfort, KY 40601
(502) 564-3827

Louisiana

Pam McCandless
Acting Administrator
Nutrition Section
Louisiana Department of Health
and Human Resources
325 Loyola Avenue
New Orleans, LA 70112
(504) 568-5065

Maine

Ibrahim Parvanta
Nutrition Consultant
Division of Maternal and Child
Health
Maine Department of Human
Services
Bureau of Health
State House, Station 11
Augusta, ME 04333
(207) 289-3311

Maryland

Diana Schmidt
Chief, Division of Chronic
Disease/Nutrition
Maryland Department of Health
and Mental Hygiene
201 West Preston St.
Baltimore, MD 21201
(301) 225-6783

Massachusetts

Barbara Polhamus
Director of Nutrition Services
Maternal and Child Health
Massachusetts Department of
Public Health
150 Tremont Street
Boston, MA 02111
(617) 727-0941

Michigan

Marion Van Nierop
Chief of Nutrition Services
Bureau of Community Services
Michigan Department of Public
Health
3500 North Logan St.
P.O. Box 30035
Lansing, Michigan 48909
(517) 355-8913

Minnesota

Patricia Elmer
Chief, Nutrition Section
Division of Disease Prevention
and Control
Minnesota Department of Health
717 Delaware Street, SE
P.O. Box 9441
Minneapolis, MN 55440
(612) 623-5437

Mississippi

Agnes Hinton
Director, Nutrition Services
Bureau of Personal Health
Mississippi State Department of
Health
2423 North State Street
P.O. Box 1700
Jackson, MS 39215-1700
(601) 354-6680

Missouri

Deborah Markenson
Nutrition Program Coordinator
Missouri Department of Health
Broadway State Office Building
1730 East Elm Street
P.O. Box 570
Jefferson City, MO 65102
(314) 751-6261

Montana

Pat Hennessey
Nutrition Consultant
Montana Department of Health
and Environmental Sciences
Cogswell Building
Helena, MT 59620
(406) 444-4740

Nebraska

J. Douglas Campbell
Acting Director, Maternal and
Child Health Nutrition Division
Nebraska Department of Health
301 Centennial Mall South
P.O. Box 95007
Lincoln, NE 68509-5007
(402) 471-2781

Nevada

Laura Ball
Chief, Public Health
Nutrition Section
Nevada State Health Division
Capitol Complex
Kinkead Building
505 East King Street
Carson City, NV 89701
(702) 885-4797

New Hampshire

Mindy Fitterman
Nutrition Consultant
New Hampshire Division of Public
Health Service
Health and Human Services
Building
6 Hazen Drive
Concord, NH 03301-6527
(603) 271-4551

New Jersey

Georgette Korch
Nutrition Consultant
New Jersey State Department of
Health
120 South Stockton Street
CN 364
Trenton, NJ 08625-0364
(609) 292-6567

Nutrition Contacts in State Health Departments (continued)

New Mexico

Patricia Cleaveland
Section Head, Nutrition Section
Health Services Division
Health and Environment
Department
Health Services Division
Adult Health and Nutrition
Bureau
P.O. Box 968
Santa Fe, NM 87504-0968
(505) 827-2473

New York

Solbritt Murphy
Director, Bureau of Maternal and
Child Health
New York State Department of
Health
Nelson A. Rockefeller
Empire State Plaza
Tower Building
Albany, NY 12237
(518) 473-3609

North Carolina

Barbara Ann Hughes
Head, Nutrition and Dietary
Services Branch
Division of Health Services
North Carolina Department of
Human Resources
325 North Salisbury Street
P.O. Box 2091
Raleigh, NC 27616
(919) 733-2351

North Dakota

Jean Tracy
MCH Nutritionist
Division of Maternal and Child
Health
North Dakota State Department
of Health
Capitol Building
Bismarck, ND 58505
(701) 224-2496

Ohio

Virginia H. Stiver
Chief, Nutrition Division
Ohio Department of Health
246 North High Street
Columbia, OH 43266-0588
(614) 466-0666

Oklahoma

Carole Waldvogel
Director, Division of Nutrition
Services
Oklahoma State Department of
Health
N.E. Tenth and Stonewall
P.O. Box 53551
Oklahoma City, OK 73152
(405) 271-4676

Oregon

Charles Slaughter
Nutrition Consultant
Field Services Section
Oregon State Health Division
P.O. Box 231
Portland, OR 97207
(503) 229-6748

Pennsylvania

Billye June Eichelberger
Chief of Public Health Nutrition
Pennsylvania Department of
Health
P.O. Box 90
Harrisburg, PA 17108
(717) 787-6967

Rhode Island

Tricia Leddy
Chief, Office of Nutrition Services
Division of Family Health
Rhode Island Department of
Health
103 Cannon Building
75 Davis Street
Providence, RI 02908
(401) 277-2312

South Carolina

Janice Hogan
Director
Office of Public Health Nutrition
South Carolina Department of
Health and Environmental
Control
2600 Bull Street
Columbia, SC 29201
(803) 734-4650

South Dakota

Annis Stuart
Director of WIC/Nutrition Services
South Dakota Department of
Health
523 East Capitol
Pierre, SD 57501-3182
(605) 773-3778/3737

Tennessee

H. Lee Fleshood
Director
Division of Nutrition Services
Tennessee Department of Health
100 Ninth Avenue North
Nashville, TN 37219-5405
(615) 741-7218

Texas

Nancy Robinett-Weiss
Director, Nutrition Services
Associateship of Personal Health
Services
Texas Department of Health
1100 West 49th Street
Austin, TX 78756
(512) 458-7321

Utah

Sharon Ernst
Family Health Services
Nutrition Coordinator
Utah Department of Health
44 Medical Drive
Salt Lake City, UT 84113
(801) 538-4084

Vermont

Ellen B. Thompson
Chief, Public Health
Nutrition
Vermont Department of Health
1193 North Avenue
P.O. Box 70
Burlington, VT 05402
(802) 863-7330

Virginia

Doris Clements
Public Health Nutrition Supervisor
Virginia State Department of
Health
James Madison Building
109 Governor Street
Richmond, VA 23219
(804) 786-6776

Nutrition Contacts in State Health Departments (continued)

Washington

Rachel Kalebu
Nutrition Consultant, Chronic
Disease
Washington Department of
Social and Health Services
Mail Stop LK13
Olympia, WA 98504
(206) 586-1822

West Virginia

Margaret E. Ferguson
Director, Nutrition Services
Division of Local Health
West Virginia Department of
Health
1800 Washington Street
Charleston, WV 25305
(304) 348-8870

Wisconsin

(Regional Nutritionists)
Wisconsin Department of Health
and Social Services
P.O. Box 309
Madison, WI 53701

Wyoming

Janet Mathison-Moran
Nutrition Coordinator/WIC
Division of Health and Medical
Services
Wyoming Department of Health
and Social Services
Hathaway Building
Cheyenne, WY 82002
(307) 777-6026

Puerto Rico

Nexy Quinones-Toyos
Director, Nutrition and Dietetics
State Program
Puerto Rico Department of
Health
GPO Box 71423
San Juan, PR 00936
(809) 751-3125

Community Resources for Cholesterol Information: Patient Worksheet

Local American Heart Association Chapter

Chapter Name _____

Address _____

Phone Number _____

AHA Nutritionist's Name _____

Dietitians Who Do Dietary Counseling for Cholesterol Reduction Who Are Recommended by the Local Heart Association

Name _____	Town or City _____	Phone _____
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____

Other Educational Opportunities for Patients (Culinary Hearts cooking classes, other programs on low fat, low cholesterol cooking and eating)

Community Resources for Cholesterol Information: Patient Worksheet

Nutrition/Heart Disease Prevention Officer in State Health Department

Name _____

Title _____

Address _____

Phone (area code _____) _____

State Programs in Heart Healthy Nutrition (low fat, low cholesterol cooking; nutrition counseling; screening and counseling)

Location	Services	Dates/Times
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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Titles of Publications Available

Community Resources for Cholesterol Information: Patient Worksheet

County, City, or Local Health Department Office That Handles Nutrition

Office Name _____

Address _____

Phone (area code _____) _____

Where nutrition counseling or information is available for cholesterol reduction

Place	Phone
-------	-------

_____	_____
-------	-------

_____	_____
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_____	_____
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_____	_____
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_____	_____
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Titles of publications available

Community Resources for Cholesterol Information: Patient Worksheet

Agricultural Extension Service (USDA, state or county offices)

Address _____

Phone (area code _____) _____

Programs or classes

Titles of Publications Available

DISCRIMINATION PROHIBITED: Under provisions of public laws enacted by Congress since 1964, no person in the United States shall, on the grounds of race, color, national origin, handicap, or age, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity (or, on the basis of sex, with respect to any education program or activity) receiving Federal financial assistance. In addition, Executive Order 11141 prohibits discrimination on the basis of age by contractors and subcontractors in the performance of Federal contracts, and Executive Order 11246 states that no federally funded contractor may discriminate against any employee or applicant for employment because of race, color, religion, sex, or national origin. Therefore, the National Heart, Lung, and Blood Institute must be operated in compliance with these laws and Executive Orders.