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# We Can! Materials Order Form

## National Heart Lung & Blood Institute (NHLBI)

<table>
<thead>
<tr>
<th>Material ID</th>
<th>Description</th>
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<tr>
<td>#05-5272</td>
<td>**We Can! Energize Our Community: Toolkit for Action 2005, 126 page, 8.5 x 11 inches, color</td>
<td>First copy $22.00</td>
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<td>2+ copies $20.00 each</td>
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<td>56-260N/261N</td>
<td><strong>We Can!</strong> Wristband (adult/youth) 2005, silicone, .5 x 8 inches (adult) and 0.5 x 7 inches (youth), blue imprinted with <strong>We Can!</strong> logo</td>
<td>1–24 copies $2.00 each</td>
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<td>25–99 copies $1.25 each</td>
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<td>#05-5273/4</td>
<td><strong>We Can!</strong> Families Finding the Balance: A Parent Handbook (English/Spanish) 2005, 32 pages, 8.5 x 11 inches, full color</td>
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<td>#55-909</td>
<td><strong>Aim for a Healthy Weight</strong> Patient Booklet 2005, 40 pages, 8.5 x 11 inches, color</td>
<td>1–24 copies $3.00 each</td>
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<td>**Keep the Beat: Heart Healthy Recipes from the NHLBI, 2003, 152 pages, 6 x 9 inches, color</td>
<td>$4.00 each</td>
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<td><strong>Heart-Healthy Home Cooking</strong> African American Style, 1997, 28 pages, 6 x 9 inches, color</td>
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<td>#KT-021</td>
<td><strong>Aim for a Healthy Weight Primary Care Provider Education Kit, 2003, 12 x 8.75 x 2.5 inches, color</strong></td>
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<td>2+ Boxes $16.00</td>
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<td>#5210</td>
<td><strong>Your Weight and Health Profile-Tips to Weight Loss Success</strong> Patient Action Tablet, 2003, 96-page tear-off pad, 8.5 x 11 inches, color</td>
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<td><strong>Más Vale Prevenir Que Lamentar, 1999, 24 pages, 8.5 x 11 inches, color</strong></td>
<td>$2.50 each</td>
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<td>25 copies $31.00</td>
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<tr>
<td>#55745</td>
<td><strong>Package of Eight, Easy-to-Read Booklets in Spanish and English on Preventing Heart Disease, 1996, 8 booklets of 8 pages each, 6 x 9 inches, color</strong></td>
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<td>25 copies $43.00</td>
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**National Heart, Lung, and Blood Institute**

1. Order online at [http://email.nhlbhin.net](http://email.nhlbhin.net)
2. Phone: (301) 592-8573 TTY: (240) 629-3255 (Please have your charge card ready)
3. Fax: (301) 592-8563 (Please include your charge card information)
4. Mailing: Print Catalog Orders
   NHLBI Health Information Center
   PO. Box 30105, Bethesda, MD 20824-0105

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# We Can! Resource Materials

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# Milk Matters Order Form

## Free Campaign Materials

<table>
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<th>Why Milk Matters Now for Children and Teens</th>
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<tr>
<td><strong>(January 2001)</strong></td>
<td></td>
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<tr>
<td>This 8-panel fact sheet describes the importance of milk and calcium for children and teens. It is designed for the general public, as well as for health professionals, teachers, and other educators.</td>
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<tr>
<th>Why Milk Matters for Your Child's Health</th>
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<tr>
<td><strong>(May 2000)</strong></td>
<td></td>
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<tr>
<td>This 12-page booklet explains to parents why kids need enough milk and calcium. It explains why calcium is important for growing bones, how much kids need at different ages, and suggests foods that are high in calcium.</td>
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<th>Milk Matters Sticker</th>
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<td>Logo stickers are 3 ½” square and contain contact information.</td>
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<th>Questions and Answers for Health Care Professionals: Why Milk Matters</th>
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<tr>
<td><strong>(ONLINE ONLY)</strong></td>
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<tr>
<td>This online fact sheet provides information for health care professionals about: lactose intolerance vs. lactose maldigestion; calcium and bone-building; and other calcium facts. To view the fact sheet, go to the Milk Matters Web site, <a href="http://www.nichd.nih.gov/milk/healthresearch/fact_sheet.cfm">www.nichd.nih.gov/milk/healthresearch/fact_sheet.cfm</a>.</td>
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<th>Public Service Announcements (PSAs)</th>
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<tr>
<td><strong>(OCTOBER 2001)</strong></td>
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<td>PSAs are designed to be reproduced in newspapers, newsletters, magazines, and other printed materials. Each package comes with 2 designs in a variety of sizes. Limit 1 package each.</td>
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<th>Milk Matters Poster</th>
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<th>Milk Matters with Buddy Brush Coloring Book</th>
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<td><strong>(AUGUST 1999)</strong></td>
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<tr>
<td>This 12-page coloring book is designed to teach kids ages 4-8 about the importance of milk for building strong teeth and a healthy body.</td>
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<th>Milk Matters for Your Child's Healthy Mouth</th>
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<td><strong>(MARCH 2001)</strong></td>
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<tr>
<td>This 8-page booklet explains to parents why calcium is important for keeping teeth and gums strong and healthy. It also provides ways to help children get and keep strong teeth and healthy gums.</td>
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<tr>
<th>To order materials:</th>
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<tr>
<td><strong>Contact the NICHD Information Resource Center</strong></td>
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</tr>
<tr>
<td>PHONE: 1-800-370-2943</td>
<td></td>
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<tr>
<td>MAIL: P.O. Box 3006, Rockville, MD 20847</td>
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<tr>
<td>FAX: 301-984-1473</td>
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<tr>
<td>E-MAIL: <a href="mailto:NICHDInformationResourceCenter@mail.nih.gov">NICHDInformationResourceCenter@mail.nih.gov</a></td>
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<tr>
<th>To learn more about Milk Matters:</th>
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<tr>
<td>Visit the Milk Matters Web site, at</td>
<td></td>
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<tr>
<td><a href="http://www.nichd.nih.gov/milk">http://www.nichd.nih.gov/milk</a></td>
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Publications 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.

Fact Sheets

The following fact sheets provide information about obesity and related issues. Consumers are encouraged to share this information with their health care providers.

* Binge Eating Disorder
  Revised 2004, 6 pages. (WIN-04-3589)

* Choosing a Safe and Successful Weight-loss Program
  Revised 2003, 3 pages (photocopy). (WIN-03-3700)

* Dieting and Gallstones
  Revised 2002, 4 pages (photocopy). (WIN-02-3677)

* Gastrointestinal Surgery for Severe Obesity
  Revised 2001, 6 pages. (WIN-01-4006)

* Medical Care for Obese Patients
  2003, 5 pages. (WIN-03-5335)

* Physical Activity and Weight Control
  Revised 2003, 4 pages (photocopy). (WIN-03-4031)

Prescription Medications for the Treatment of Obesity
Revised 2004, 8 pages (photocopy). (WIN-04-4191)

Statistics Related to Overweight and Obesity
Revised 2004, 12 pages (photocopy). (WIN-04-4158)

Understanding Adult Obesity
Revised 2001, 4 pages (photocopy). (WIN-01-3680)

Very Low-Calorie Diets
Revised 2003, 2 pages (photocopy). (WIN-03-3894)

Weight and Waist Measurement: Tools for Adults
Reprinted 2004, 3 pages. (WIN-04-5283)

Weight Cycling
Revised 2001, 2 pages. (WIN-01-3901)

Weight-loss and Nutrition Myths
Revised 2004, 5 pages. (WIN-04-4561)
Consumer Pamphlets

The following consumer information presents the causes, health risks, management tools, and treatments for people who are overweight or obese.

Active at Any Size
Revised 2004, 20 pages. (WIN-04-4352)

Do You Know the Health Risks of Being Overweight?
2004, 6 pages (photocopy). (WIN-04-4098)

Helping Your Overweight Child
Revised 2004, 4 pages. (WIN-04-4096)

Improving Your Health: Tips for African American Men and Women
2003, 22 pages. (WIN-03-3494)

Just Enough for You: About Food Portions
2003, 14 pages. (WIN-03-5287)

Take Charge of Your Health!
A Teenager’s Guide to Better Health
Revised 2001, 15 pages (photocopy). (WIN-01-4328)

Walking...A Step in the Right Direction
Revised 2003, 8 pages. (WIN-03-4155)

Weight Loss for Life
Revised 2004, 12 pages. (WIN-04-3700)

You Can Control Your Weight as You Quit Smoking
Revised 2003, 4 pages (photocopy). (WIN-03-4159)

Sisters Together: Move More, Eat Better Publications

Sisters Together: Move More, Eat Better is an initiative designed to encourage black women ages 18 and over to maintain a healthy weight by becoming more physically active and eating healthier foods. Materials include a program guide and informational pamphlets for consumers.

Celebrate the Beauty of Youth!
Revised 2004, 2 pages. (WIN-04-4903)

Energize Yourself and Your Family
Revised 2004, 15 pages. (WIN-04-4926)

Fit and Fabulous as You Mature
Revised 2004, 14 pages. (WIN-04-4927)


Healthy Eating & Physical Activity Across Your Lifespan

This four-part series for consumers provides information on the benefits of eating well, tips for healthy eating, and tips on becoming physically active. These publications are also available in Spanish (see Consumer Publications in Spanish.)

Helping Your Child (Tips for Parents)
Reprinted 2004, 20 pages. (WIN-04-4955)

Better Health and You (Tips for Adults)
Revised 2004, 24 pages. (WIN-04-4992)

Young at Heart (Tips for Older Adults)
2002, 24 pages. (WIN-02-4993)

Fit for Two (Tips for Pregnancy)
2002, 25 pages. (WIN-02-5130)

Consumer Publications in Spanish

Caminar...Un paso en la dirección correcta
(Walking...A Step in the Right Direction)
2003, 5 pages. (WIN-03-5382s)

Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida (Healthy Eating and Physical Activity Across the Lifespan)

This four-part series for consumers and health care providers offers culturally appropriate information about healthy eating and physical activity.

Cómo ayudar a su hijo (Helping Your Child)
2004, 23 pages. (WIN-04-4955s)

Cómo mejorar su salud: consejos para adultos (Tips for Adults)
2002, 26 pages. (WIN-02-4992s)

Consejos para la futura mamá (Tips for Pregnancy)
2003, 30 pages. (WIN-02-5130s)

Sugerencias para personas mayores (Tips for Older Adults)
2002, 30 pages. (WIN-02-4993s)
## WIN Notes

WIN Notes is an electronic newsletter that features information from NIDDK and other organizations about obesity, weight control, physical activity, and weight-related nutritional disorders.

To subscribe to WIN Notes, send an e-mail to LISTSERV@LIST.NIH.GOV with the message, “subscribe WIN-Notes_NIDDK-L” (without the quotation marks) and your name. Be sure the message is in the body of your email, not the subject line.

## Other

**Long-term Pharmacotherapy in the Management of Obesity**


**Strategic Plan for NIH Obesity Research**

NEW!

2004, 95 pages. (NIH-04-5493)

---

### WIN Photocopy-reproducible Masters Order Form

To order photocopy-reproducible masters, indicate the title(s) you would like, fill out mailing information, and return to WIN at the address listed below. Single copies are free; no bulk orders.

- Active at Any Size (*WIN-04-4352*)
- Binge Eating Disorder (*WIN-04-3589*)
- Choosing a Safe and Successful Weight-loss Program (*WIN-03-3700*)
- Dieting and Gallstones (*WIN-02-3677*)
- Do You Know the Health Risks of Being Overweight? (*WIN-04-4098*)
- Gastrointestinal Surgery for Severe Obesity (*WIN-01-4006*)
- Helping Your Overweight Child (*WIN-04-4096*)
- Improving Your Health: Tips for African American Men and Women (*WIN-03-3494*)
- Just Enough for You: About Food Portions (*WIN-03-5287*)
- Medical Care for Obese Patients (*WIN-03-5335*)
- Physical Activity and Weight Control (*WIN-03-4031*)
- Take Charge of Your Health! (for teenagers) (*WIN-01-4328*)
- Understanding Adult Obesity (*WIN-01-3680*)
- Very Low-Calorie Diets (*WIN-03-3894*)
- Weight and Waist Measurement: Tools for Adults (*WIN-04-5283*)
- Weight Cycling (*WIN-01-3901*)
- Weight-loss and Nutrition Myths (*WIN-04-4561*)
- Weight Loss for Life (*WIN-04-3700*)
- You Can Control Your Weight as You Quit Smoking (*WIN-03-4159*)
- Sisters Together: Move More, Eat Better
  - Celebrate the Beauty of Youth! (*WIN-04-4903*)
  - Energize Yourself and Your Family (*WIN-04-4926*)
  - Fit and Fabulous as You Mature (*WIN-04-4927*)
  - Walking...A Step in the Right Direction (*WIN-03-4155*)
- Healthy Eating & Physical Activity Across Your LifeSpan
  - Helping Your Child (Tips for Parents) (*WIN-04-4955*)
  - Better Health and You (Tips for Adults) (*WIN-04-4992*)
  - Young at Heart (Tips for Older Adults) (*WIN-02-4993*)
  - Fit for Two (Tips for Pregnancy) (*WIN-02-5130*)
- Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida
  - Cómo ayudar a su hijo (Helping Your Child) (*WIN-04-4955s*)
  - Cómo mejorar a su salud: consejos para adultos (Tips for Adults) (*WIN-02-4992s*)
  - Consejos para la futura mamá (Tips for Pregnancy) (*WIN-02-5130s*)
  - Sugerencias para personas mayores (Tips for Older Adults) (*WIN-02-4993s*)

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Send this order form to: **Weight-control Information Network**
1 WIN WAY
BETHESDA, MD 20892-3665

Phone: (202) 828-1025
Fax: (202) 828-1028
Toll-free number: (877) 946-4627

E-mail: WIN@info.niddk.nih.gov

December 2004
WIN Publications Order Form

To order publications, complete this form indicating item(s) and quantity desired, fill out mailing information, and return to WIN at the address listed below. **A total order of up to 25 publications is free.** To cover postage and handling for a total order of more than 25 publications, send a check or money order in the appropriate amount (see fees below) payable to: Weight-control Information Network. **Limit 300 publications.** *(For publications available as photocopies only, please order single copies.)* All orders must be prepaid. Most of these materials are online at: www.niddk.nih.gov/health/nutrit/nutrit.htm.

**Fact Sheets**
- Binge Eating Disorder *(WIN-04-3589)*
- Choosing a Safe and Successful Weight-loss Program *(WIN-03-3700)* [photocopy]
- Dieting and Gallstones *(WIN-02-3677)* [photocopy]
- Gastrointestinal Surgery for Severe Obesity *(WIN-01-4006)*
- Medical Care for Obese Patients *(WIN-03-5335)*
- Physical Activity and Weight Control *(WIN-03-4031)* [photocopy]
- Prescription Medications for the Treatment of Obesity *(WIN-04-4191)* [photocopy]
- Statistics Related to Overweight and Obesity *(WIN-04-4158)* [photocopy]
- Understanding Adult Obesity *(WIN-01-3680)* [photocopy]
- Very Low-Calorie Diets *(WIN-03-3894)* [photocopy]
- Weight and Waist Measurement: Tools for Adults *(WIN-04-5283)*
- Weight Cycling *(WIN-01-3901)*
- Weight-loss and Nutrition Myths *(WIN-04-4561)*

**Consumer Pamphlets**
- Active at Any Size *(WIN-04-4352)*
- Do You Know the Health Risks of Being Overweight? *(WIN-04-4098)* [photocopy]
- Helping Your Overweight Child *(WIN-04-4096)*
- Improving Your Health: Tips for African American Men and Women *(WIN-03-3494)*
- Just Enough for You: About Food Portions *(WIN-03-5287)*
- Take Charge of Your Health! A Teenager’s Guide to Better Health *(WIN-01-4328)* [photocopy]
- Walking… A Step in the Right Direction *(WIN-03-4155)*
- Weight Loss for Life *(WIN-04-3700)*

**Healthy Eating & Physical Activity Across Your Lifespan** *(Also available in Spanish, see Consumer Publications in Spanish)*
- Helping Your Child (Tips for Parents) *(WIN-04-4955)*
- Better Health and You (Tips for Adults) *(WIN-04-4992)*
- Young At Heart (Tips for Older Adults) *(WIN-02-4993)*
- Fit for Two (Tips for Pregnancy) *(WIN-02-5130)*

**Sisters Together: Move More, Eat Better Publications**
- Celebrate the Beauty of Youth! *(WIN-04-4903)*
- Energize Yourself and Your Family *(WIN-04-4926)*
- Fit and Fabulous as You Mature *(WIN-04-4927)*

**Consumer Publications in Spanish**
- Caminar... Un paso en la dirección correcta *(WIN-03-5382s)*
- Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida
  - Cómo ayudar a su hijo *(WIN-04-4955s)*
  - Cómo mejorar su salud: consejos para adultos *(WIN-02-4992s)*
  - Consejos para la futura mamá *(WIN-02-5130s)*
  - Sugerencias para personas mayores *(WIN-02-4993s)*

**Other** *(single copies only—no bulk orders)*
- Long-term Pharmacotherapy in the Management of Obesity *(reprint)*
- Strategic Plan for NIH Obesity Research *(NIH-04-5493)* **NEW!**

**Foreign Mailing Policy:** Bulk orders must be prepaid in U.S. dollars. Copies of WIN Notes and bulk orders may be mailed only to locations in the United States and U.S. Territories.

---

**Total No. of Items Ordered** *(If more than 25 items, please send a check for postage and handling in the amount listed below. For publications available as photocopies only, please order single copies.)*

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**Postage/Handling Fees**

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<tr>
<td>26-99</td>
<td>$20</td>
</tr>
<tr>
<td>100-249</td>
<td>$30</td>
</tr>
<tr>
<td>250-300*</td>
<td>$60</td>
</tr>
</tbody>
</table>

*New maximum quantity

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Please type or print.

**Send this order form to:**
**Weight-control Information Network**
1 WIN WAY
BETHESDA, MD 20892-3665

**Phone:** (202) 828-1025
**Fax:** (202) 828-1028
**Toll-free number:** (877) 946-4627
**E-mail:** WIN@info.niddk.nih.gov

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*These publications are not copyrighted. You are encouraged to duplicate and distribute these items.*
NHLBI Nutrition and Physical Activity Tip Sheets

You can download several helpful tip sheets on nutrition and physical activity from the We Can! Web site, http://wecan.nhlbi.nih.gov

- Aim for a Healthy Weight Patient Booklet
- Guide to Physical Activity
- Low-Calorie Shopping List
- Fat-Free Versus Regular Calorie Consumption
- Low-Calorie, Low-Fat Alternative Foods
- Eating Healthy When Dining Out
- Eating Healthy With Ethnic Foods
- Fat Matters, But Calories Count
- Healthy Eating Starts With Healthy Food Shopping
We Can! Logo Guidelines and Artwork

1. INTRODUCTION TO THE WE CAN! BRAND. We Can! (Ways to Enhance Children’s Activity & Nutrition) is a national public education outreach program charged with helping youth ages 8–13 maintain a healthy weight through activities and programs that encourage improved nutritional choices, increased physical activity, and reduced screen time. We Can! is unique among existing youth obesity-prevention initiatives in its focus on programs and activities for parents and families as a primary group for influencing youth audiences. Audiences will be reached through community outreach, national media and messages, and partnership development. The program has been developed by the National Institutes of Health’s (NIH) National Heart, Lung, and Blood Institute (NHLBI), in collaboration with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institute of Child Health and Human Development (NICHD), and National Cancer Institute (NCI).

We Can! is an overarching and all-encompassing brand for addressing childhood overweight and uses upbeat, encouraging, positive, “do-able,” informative, and reassuring tones to convey its message. The overall goal is to show parents, through easy-to-use materials, that they can influence their children by supporting and enabling good nutrition, and physical activity, and by reducing sedentary time behaviors. We Can! help parents create a home environment conducive to supporting a healthy weight for their children.

These brand guidelines are for We Can! Intensive and General Community Sites, national and local partners, and other groups supporting and promoting the NIH We Can! program. The guidelines address the use of the We Can! branded logo, color palette, URL (http://wecan.nhlbi.nih.gov), and the toll-free number (1-866-35-WECAN).
Intended Use of the We Can! Brand
We encourage you to use the We Can! brand in banners, posters, promotional materials, and give-aways that promote We Can! programming in your community. To maintain the integrity of the We Can! message tone and meaning, the logo can only be used with programs and events with goals consistent with the objectives of NIH’s We Can! program. The logo also can be used in conjunction with other organizations’ logos if the organization’s mission is consistent with the intent of We Can!

Appropriate Use of the We Can! Brand
The We Can! logo, URL, and the toll-free number (1-866-35-WECAN) can be placed on:
• Promotional materials advertising We Can! youth and adult programs
• Handouts printed for programs
• Banners promoting We Can! community and partner events that embody the We Can! objectives of promoting heart healthy nutrition behaviors, increasing physical activity and decreasing screen time
• Give-aways created for distribution at events listed above

Inappropriate Use of the We Can! Brand*
• We Can! is not an “anti” campaign and should not be used on materials that speak negatively about unhealthy or physically inactive behaviors or that discuss tobacco cessation or alcohol use topics.

• Under no circumstances should We Can! be associated with unhealthy behaviors or products, such as alcohol consumption, tobacco use, or firearms, or related companies.
2. BRAND COLORS. Below is the color family for the We Can! brand. These two colors should be used and integrated whenever possible. PMS numbers have been provided. When these color choices are not available, ask your vendor or printer to provide the best possible match.

Blue:
- PMS# 300
- RGB #s for color selection in Microsoft programs:
  Red: 0
  Green: 120
  Blue: 193

Orange:
- PMS# 021
- RGB #s for color selection in Microsoft programs:
  Red: 245
  Green: 142
  Blue: 30

3. LOGO FORMAT. The We Can! logo must always be used without distorting or altering the shape, proportions, letters, or colors.
Please conform to the design formats listed below:

**Print Format:** When using the logo in print and Web documents, both the three people and the tagline (*Ways to Enhance Children’s Activity & Nutrition*) must be included. The logo must be at least 1.5 inches in width (0.71 inch in height). The smallest possible dimensions are seen below.

![Logo](image)

**Promotional Material Format:** For promotional materials (e.g., advocacy bracelets, pens, stress balls, etc.), you may use either the full logo or just the program name, as seen below. This version of the logo is saved as “Logo_promo” on the Web site. The logo must be at least 1 inch in width (0.25 inch in height), as seen below.

![Logo](image)

**4. LOGO COLORS.** There is one color version of the logo: bright blue (PMS# 300) and bright orange (PMS# 021), as seen above. Alternatives to the colored logos are the following versions:

- **a. Black:** This logo is best for one-color print jobs or when printing on a black-and-white laser printer or with a lighter solid color background such as cyan or light green. A black logo file is provided on the program Web site at [http://wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov).

- **b. White:** Either of these logos will look good on a solid background like black or dark colors.
5. LOGO FILE FORMATS

EPS: For professional and high-end printing, use the high-resolution logo (eps version).

JPG: Low-resolution files (jgps) are acceptable for electronic materials, such as Web pages, PowerPoint presentations, or Word documents.

All versions and formats of the logo are provided on the program Web site at http://wecan.nhlbi.nih.gov.

6. NAME USAGE

When using the We Can! name in text, please follow these guidelines:

• Correct usage of program name and tagline We Can! (Ways to Enhance Children’s Activity & Nutrition)

• We Can! (Two words, uppercase “W” and uppercase “C” only, exclamation point and in boldface and italicized type). Example: The goal of promotion is to get people talking about We Can! and eager to take part in it.

• When We Can! requires punctuation after the logo (e.g., when a comma, quotation mark, colon, semicolon, or period is grammatically required after the program name’s exclamation point), the We Can! exclamation point prevails as the ending punctuation and other punctuation marks are not used. Example: These messages are meant to help students connect to We Can! and they are supported by parents involved in We Can!

• When We Can! is in a sentence or heading that is italicized, do not italicize We Can! Example: List of We Can! Activities

*Adapted from VERB™ Logo Guidelines—www.cdc.gov/youthcampaigns/partners/usage-terms.htm
We Can! Healthy Weight Reference List

If you want other We Can! ways to get your family to eat well and get more physically active, call 1-866-35-WECAN or visit the We Can! Web site at http://wecan.nhlbi.nih.gov. The Web site is full of information about maintaining a healthy weight, nutrition, and physical activity. You can also visit the Web site for recipes, healthy tips, and additional resources.

NATIONAL INSTITUTES OF HEALTH (NIH) http://www.nih.gov

  - Calculate Your Body Mass Index (BMI), http://www.nhlbisupport.com/bmi/


- National Institute of Child Health and Human Development (NICHD), http://www.nichd.nih.gov

- National Cancer Institute (NCI), www.nci.nih.gov
  - Body and Soul, http://5aday.nci.nih.gov/about/print_key_soul.html

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS)

U.S. DEPARTMENT OF AGRICULTURE (USDA) PROGRAMS


CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) www.cdc.gov

- VERB™, http://www.cdc.gov/youthcampaign/

U.S. FOOD AND DRUG ADMINISTRATION (FDA) http://www.fda.gov

- Information about Losing Weight and Maintaining a Healthy Weight, http://www.cfsan.fda.gov/~dms/wh-wght.html

PRESIDENT’S COUNCIL ON PHYSICAL FITNESS AND SPORTS http://www.fitness.gov/

- President’s Challenge, http://www.fitness.gov/home_pres_chall.htm
FOR MORE INFORMATION:
The National Heart, Lung, and Blood Institute (NHLBI) Health Information Center is a service of the NHLBI of the National institutes of Health. The NHLBI Health Information Center provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases and sleep disorders. For more information, contact:

NHLBI Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301-592-8573
TTY: 240-629-3255
Fax: 301-592-8563

DISCRIMINATION PROHIBITED: Under provisions of applicable 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 benefits of, or be subjected to discrimination under any program or activity (or, on the basis of sex, with respect to any education program and activity) receiving Federal 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.