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### **TOLL-FREE NUMBER GIVES THE PUBLIC EASY ACCESS TO SOUND NUTRITION INFORMATION**

*RIVERSIDE* –(UC) – The public can get practical ideas for developing healthful eating and exercise habits from the University of California Cooperative Extension by calling AsisTel toll-free at 1-800-514-4494.

The service includes 20 messages with information on such topics as healthful snacking, easy ways to exercise, avoiding dinnertime battles with children and appropriate portion sizes. AsisTel is a free public service alternative that dispenses with fad diets and expensive weight-loss products. It includes only good sense nutrition and physical activity information based on the latest research findings of university scientists.

All the nutrition and weight messages are available in English and Spanish. AsisTel also includes a series of messages about diabetes prevention, diagnosis and treatment in Spanish only.

Following are the message titles and their corresponding numbers. Callers simply dial 1-800-514-4494 and punch in the number of the message they wish to hear. An audio listing of the titles and corresponding numbers is also available on the toll-free line.

- No. 90 – Is my child overweight?
- No. 91 – Fad diets and weight loss products
- No. 92 – Is gastric-bypass surgery the answer?
- No. 93 – Why are the poor more likely to be overweight?
- No. 94 – Why families should live actively
- No. 95 – Fun ways for families to increase physical activity
- No. 96 – Switching to 1% milk
- No. 97 – Understanding portion sizes
- No. 98 – Daily activities to lose weight
- No. 99 – Introducing new foods to children
- No. 100 – Reducing mealtime tension
- No. 101 – Advertising to kids
- No. 102 – Healthy snacking strategies for children
- No. 103 – More snacking ideas for kids
- No. 104 – Packing healthful lunches
- No. 105 – Stocking the pantry
- No. 106 – Senior citizens and obesity
- No. 107 – Physical activity for older adults
- No. 108 – Psychological issues associated with obesity
- No. 109 – What communities can do

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