



WEBSITES for Health Education

Health information should be easy-to-read and available in English and Spanish for CenCal Health members. The following websites are good resources for patient information handouts that can be downloaded and printed, and include other resources for providers.

www.medlineplus.org

MedlinePlus: A service of the US National Library of Medicine and the National Institutes of Health. Written information and audio tutorials on many health topics in English and Spanish. Easy-to-read. Topics in multiple languages.

<http://foundation.acponline.org>

American College of Physicians Foundation: Click on patient materials to download free “Health Tips” in English and Spanish on a variety of health topics, or order easy-to-read diabetes booklets.

www.fda.gov/womens

Food and Drug Administration - Office of Women’s Health; Click on “Free publications for Women” to find easy-to-read handouts in English, Spanish and other languages on nutrition, diabetes, depression and other topics related to women’s health.

www.learningaboutdiabetes.org

Learning About Diabetes, Inc: Easy to read “Handouts and Visual Aids” in color on diabetes care and nutrition to help patients eat the right foods to control blood sugar.

www.win.niddk.nih.gov

Weight Control Information Network: An extensive list of health education materials about healthy weight and physical activity in English and Spanish. Materials can be printed or ordered.

www.ahwg.net

Adolescent Health Working Group: Provider toolkits on adolescent health issues including confidentiality, sexuality and weight issues. Toolkits contain handouts for teens and parents.

www.cencalhealth.org

For provider resources at CenCal Health website, look under **For Providers** and click on **Health Education** to find the following:

- Asthma Action Plans (English and Spanish)
- Diabetes Action Plan (English and Spanish)
- Lead Screening Information for Parents
- Nutrition Education and Healthy Weight Tools (for pediatric weight assessment counseling/referral)
- Smoking Cessation services
- Staying Healthy Forms with Community Resource lists

Member newsletters and other information can be found under *For Members/Health Education*.

For more information or assistance, contact CenCal Health:

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Updated Dec. 2011