

## **Selected Resources for Developing Health Policy and Environmental Interventions for Heart Disease and Stroke Prevention**

### **General**

Association of State and Territorial Directors of Health Promotion and Public Health Education and the U.S. Centers for Disease Control and Prevention. *Policy and Environmental Change: New Directions for Public Health. Final Report and Policy and Environmental Change: New Directions for Public Health. Executive Summary*. Santa Cruz, CA: ToucanEd, 2001.

<http://www.astdhpphe.org/healthpolicyfinalreport.pdf> and

<http://www.astdhpphe.org/healthpolicyexecsumm.pdf>

A state-of-the art review of policy and environmental change interventions in chronic disease prevention and prioritized recommendations for advancing these interventions.

Brownson, Ross C., Remington, P.L., Davis, J.R., eds. *Chronic Disease Epidemiology and Control*, second edition. Washington, DC: American Public Health Association, 1998.

<http://www.apha.org/media/abc1.htm>

A quick, practical reference guide to chronic disease epidemiology, prevention, and control. Provides critical background information for public and professional education and for developing appropriate interventions. Chapter 11 addresses cardiovascular disease.

Centers for Disease Control and Prevention. CDC Evaluation Working Group. <http://www.cdc.gov/eval/>

Highlights of a framework for program evaluation and additional resources that may help when applying the framework. Resources include step-by-step manuals, logic model resources, and planning and performance tools.

Office of Disease Prevention and Health Promotion. *State Healthy People 2010 Tool Library*.

<http://www.phf.org/HPtools/state.htm#Identifying%20and%20Securing>

An online peer resource center to accompany the *Healthy People 2020 Toolkit* from the Public Health Foundation.

Public Health Foundation. *Healthy People 2020 Toolkit*. <http://www.healthypeople.gov/state/toolkit/>

Provides guidance, technical tools, and resources to help develop and promote state-specific Healthy People 2010 plans and serve as a resource for communities embarking on similar health planning initiatives. Includes sections on leadership and structure; identifying and securing resources; identifying and engaging community partners; setting health priorities and establishing objectives; obtaining baseline measures, setting targets, and measuring progress; managing and sustaining the process; and communicating health goals and objectives.

U.S. Department of Health and Human Services. *A Public Health Action Plan to Prevent Heart Disease and Stroke and A Public Health Action Plan to Prevent Heart Disease and Stroke: Executive Summary and Overview*. Atlanta, GA: Centers for Disease Control and Prevention, 2003.

[http://www.cdc.gov/cvh/Action\\_Plan/](http://www.cdc.gov/cvh/Action_Plan/)

A framework for public health action to address prevention, detection, and treatment of heart disease and stroke risk factors; early identification and treatment of heart attacks and stroke; and prevention of recurrent cardiovascular events.

U.S. Department of Health and Human Services. *Promising Practices in Chronic Disease Prevention and Control. A Public Health Framework for Action*. Atlanta, GA: Centers for Disease Control and Prevention, 2003. [http://www.cdc.gov/nccdphp/promising\\_practices/](http://www.cdc.gov/nccdphp/promising_practices/)

A vision of how states and their partners can reduce the prevalence of chronic diseases and their risk factors by instituting comprehensive statewide programs. Recommendations are based on prevention effectiveness research; program evaluations; and the expert opinions of national, state, and local leaders and public health practitioners. Provides numerous resources that describe state and local examples of what can be achieved; state-of-the-art strategies, methods, and tools; and training opportunities.

## **Community**

American Health Decisions. *Ethnic Minority Neighborhood Outreach*. Waltham, MA: Civil Practices Network, 1995. <http://www.cpn.org/tools/manuals/Health/minority.html>

A guide to help front-line workers understand and overcome cultural barriers in order to move across ethnic neighborhood barriers.

Centers for Disease Control and Prevention. *Active Community Environments Initiative (ACES)*. <http://www.cdc.gov/nccdphp/dnpa/aces.htm>

An initiative to encourage environmental and policy interventions that will increase levels of physical activity and improve public health. The goals are to encourage the development of pedestrian and bicycle friendly environments; promote active forms of transportation like walking and bicycling; and provide information related to Active Community Environments.

Centers for Disease Control and Prevention. *Guide to Community Preventive Services*. <http://www.thecommunityguide.org>

A systematic review of the scientific literature to assess both the effectiveness and economic efficiency of community and health care system interventions. Three of the reviews have implications for heart disease and stroke prevention: tobacco use prevention and control, promoting physical activity, and social environments for building healthy communities.

Centers for Disease Control and Prevention. *Physical Activity Evaluation Handbook*. <http://www.cdc.gov/nccdphp/dnpa/physical/handbook/>

Six basic steps of program evaluation with physical activity program examples to illustrate each step. Appendices provide information about physical activity indicators, practical case studies, and additional evaluation resources.

Centers for Disease Control and Prevention. *Promoting Physical Activity: A Guide for Community Action*. <http://www.cdc.gov/nccdphp/dnpa/pahand.htm>

A step-by-step guide to facilitate behavior change both from an individual and a community perspective. Uses social marketing and behavioral science approaches to address your target

population's understanding and skills, the social networks, the physical environments in which they live and work, and the policies that most influence their actions to create physical activity programs and messages.

Centers for Disease Control and Prevention. *Taking Action Against Second-Hand Smoke: An Online Toolkit*. [http://www.cdc.gov/tobacco/ETS\\_Toolkit/](http://www.cdc.gov/tobacco/ETS_Toolkit/)

Tools to reduce secondhand smoke in the community. The Public Places section provides action steps to successfully implement a clean indoor air policy for public buildings; tools and materials to reproduce for your campaign; resources to get more information on demand; best practices for successful campaigns; and key reports and data about secondhand smoke. Additional information will be added to address secondhand smoke issues in restaurants and bars, workplaces, and schools.

Center for Health Improvement. *Prevention-focused Policies*. Sacramento, CA: California Center for Health Improvement. <http://www.healthpolicycoach.org/doc.asp?id=10>

A collection of peer-reviewed policies developed for health care, education, safety, work, and the environment. Each profile includes background information, policy examples, evidence of effectiveness, contact information, and references.

International City/County Management Association. *Active Living and Social Equity: Creating Healthy Communities for All Resident - A Guide for Local Governments*. January 2005. <http://icma.org/upload/library/2005-02/{16565E96-721D-467D-9521-3694F918E5CE}.pdf>

A guide to help local managers design healthy communities. The guide includes: an introduction to the connections between active living and social equity; strategies for promoting healthy living and social equity in key issue areas; case studies of successful local initiatives; and implementation strategies.

National Association of County and City Health Officials and the Public Health Practice Program Office, Centers for Disease Control and Prevention. *Mobilizing for Action through Planning and Partnerships (MAPP)*. Washington, DC: NACHO. [http://mapp.naccho.org/MAPP\\_Home.asp](http://mapp.naccho.org/MAPP_Home.asp)

A community-wide strategic planning tool to help communities prioritize public health issues and identify resources to address them. Includes four assessments that drive the development of the community strategic plan:

- *The Community Themes and Strengths Assessment* identifies themes that interest and engage the community, perceptions about quality of life, and community assets.
- *The Local Public Health System Assessment* measures the capacity of the local public health system to conduct essential public health services.
- *The Community Health Status Assessment* analyzes data about health status, quality of life, and risk factors in the community.
- *The Forces of Change Assessment* identifies forces that are occurring or will occur that will affect the community or the local public health system.

National Heart, Lung, and Blood Institute and the National Recreation and Park Association. *Hearts N' Parks Community Mobilization Guide*. Washington, DC: National Institutes of Health. NIH Publication No. 01-1655. [http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt\\_n\\_pk/cm\\_gde.pdf](http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/cm_gde.pdf)

Guide assists local community, park, and recreation agencies promote heart-healthy lifestyle and changes such as increased physical activity and heart-healthy eating among children and adults.

Provides tools for implementing Hearts N' Parks including background information and materials, techniques for creating and delivering heart-healthy activities to participants, tools and strategies for reaching targeted groups, forming partnerships, and working with the media, as well as assessment tools to measure program performance.

National Heart, Lung, and Blood Institute. *Working with Religious Congregations: A Guide for Health Professionals*. Washington, DC: National Institutes of Health. NIH Publication No. 97-4058. <http://www.nhlbi.nih.gov/health/prof/heart/other/church.pdf>

Guide to help public health professionals and community members reach out to religious congregations and work with them to implement programs to reduce the risk of cardiovascular disease, especially high blood pressure and stroke. Provides information on how to:

- contact and recruit congregation members,
- train volunteer teams within congregations,
- implement effective cardiovascular health programs,
- sustain momentum for continued activities, and
- monitor and evaluate congregation-based programs.

North Carolina Department of Health and Human Services. *North Carolina Blueprint for Changing Policies and Environments in Support of Health Eating*. [http://www.eatsmartmovemorenc.com/esmm/esmm\\_blueprint-eating.pdf](http://www.eatsmartmovemorenc.com/esmm/esmm_blueprint-eating.pdf)

Guide to assist local communities with strategies and activities for implementing policy and environmental change interventions to support healthy eating.

North Carolina Department of Health and Human Services. *North Carolina Blueprint for Changing Policies and Environments in Support of Increased Physical Activity*. [http://www.eatsmartmovemorenc.com/esmm/esmm\\_blueprint-moving.pdf](http://www.eatsmartmovemorenc.com/esmm/esmm_blueprint-moving.pdf)

Guide to assist local communities with strategies and activities for implementing policy and environmental change interventions to support increased physical activity.

North Carolina Division of Public Health. *Winning with ACEs! How You Can Work Toward Active Community Environments*. <http://www.startwithyourheart.com/tools/aces.pdf>

Guide to assist public health professionals and community members in making communities more supportive of physical activity through policy and environmental changes.

Nutrition and Physical Activity Work Group, Susanne Gregory, ed. *Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity*. <http://www.astphnd.org/>

Guide for creating comprehensive nutrition, physical activity, and obesity control programs. Includes chapters on leadership, planning/management, and coordination; environmental, systems, and policy change; mass communication; community programs and community development; programs for children and youth; health care delivery; and surveillance, epidemiology, and research.

Partnership for a Walkable America. *Walkability Checklist: How walkable is your community?* <http://www.walktoschool-usa.org/pdf/walkingchecklist.pdf>

Simple checklist to rate your neighborhood's walkability, with tips on how to improve its walkability. Includes list of resources.

Pearson TA, Bazzarre TL, et al. *American Heart Association Guide for Improving Cardiovascular Health at the Community Level: A Statement for Public Health Practitioners, Healthcare Providers, and Health Policy Makers from the American Heart Association Expert Panel on Population and Prevention Science*. *Circulation* 2003 Feb 4;107(4):645-651 <http://circ.ahajournals.org/cgi/reprint/107/4/645.pdf>

A comprehensive list of goals, strategies, and recommendations that can be implemented on a community-wide basis by health professionals, public health practitioners, voluntary health agencies, and community leaders.

*Pedestrian and Bicycle Information Center*. Chapel Hill, NC. <http://walkinginfo.org>

A clearinghouse for information about pedestrian and bicycle issues. Includes a section on policy making and planning for communities that are bicycle- and pedestrian-friendly.

*Prevention Institute*. Oakland, CA. <http://www.preventioninstitute.org/home.html>

Information, tools, and resources, to foster collaborative approaches to policy and environmental change interventions. The *Nutrition and Physical Activity* section is especially helpful.

Public Health Institute. *The Sustainability Toolkit: 10 Steps to Maintaining Your Community Improvements*. Sacramento, CA: Center for Civic Partnerships. <http://www.civicpartnerships.org/files/SustainabilityToolkit.pdf>

A 10-step process to determine which efforts to maintain and how to successfully continue them. Includes examples and stories from communities throughout the nation; activities to complete on a CD-ROM; sample plans, timelines, and completed activities; and tips and resources.

Technical Assistance Legal Center (TALC). *Ten Ways to Limit Tobacco in Your Community*. <http://www.phi.org/talc/>

Ten ways a community can limit tobacco and a brief description of the illustrated tobacco policies. Examples of a variety of model tobacco policies are also available online.

University of Kansas. *Community Tool Box*. Lawrence, KS. <http://ctb.lsi.ukans.edu/>

"How-to" tools for community health and development, such as leadership, strategic planning, community assessment, advocacy, grant writing, and evaluation. Includes a description of the task, advantages of doing it, step-by-step guidelines, examples, checklists of points to review, and training materials.

U.S. Department of Health and Human Services. *Planned Approach to Community Health (PATCH)*. Atlanta, GA: Centers for Disease Control and Prevention, 1985. <http://www.cdc.gov/nccdphp/patch/>

A model to plan, conduct, and evaluate community health promotion and disease prevention programs. Contains "how to" information on the process, things to consider to adapt the process to your community, and sample overheads and handout materials.

## **Health Care System**

American College of Cardiology and American Heart Association. *Pocket Guidelines*.  
[http://www.acc.org/clinical/pocket\\_guidelines.htm](http://www.acc.org/clinical/pocket_guidelines.htm)

Provides rapid prompts to health care providers for appropriate management of patients with cardiovascular disease.

National Heart, Lung, and Blood Institute. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*.  
[http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_gdlns.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.htm)

Clinical practice guidelines for primary care practitioners to assess overweight and obesity and establish principles of safe and effective weight loss.

National Heart, Lung, and Blood Institute. *The Seventh Report of the Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*. 2003.  
<http://www.nhlbi.nih.gov/guidelines/hypertension/express.pdf>

New guidelines for the prevention and management of hypertension.

North American Association for the Study of Obesity and the National Heart, Lung, and Blood Institute (NHLBI). *The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. <http://www.nhlbi.nih.gov/guidelines/obesity/practgde.htm>

Key recommendations and tools to effectively assess, treat, and manage overweight and obese patients.

Pearson TA, Blair SN, et al. *AHA Guidelines for Primary Prevention of Cardiovascular Disease and Stroke: 2002 Update: Consensus Panel Guide to Comprehensive Risk Reduction for Adult Patients Without Coronary or Other Atherosclerotic Vascular Diseases*. American Heart Association Science Advisory and Coordinating Committee. *Circulation* 2002 Jul 16;106(3):388-391.  
<http://www.circ.ahajournals.org/cgi/content/full/106/3/388>

Guidelines to assist primary care providers in the assessment, management, and follow-up of patients who may be at risk for heart disease and stroke but who have not yet manifested cardiovascular disease.

Robert Wood Johnson Foundation. *The Chronic Care Model*.  
<http://www.improvingchroniccare.org/change/>

Basic elements to improve chronic care in health systems at the community, organization, practice and patient levels.

## **Health Communications and Social Marketing**

Centers for Disease Control and Prevention. *CDCynergy*. <http://www.cdc.gov/cdcynergy/> and *CDCynergy 2001—Cardiovascular Health Edition*  
[http://www.cdc.gov/cvh/library/heart\\_stroke\\_guide/c1\\_tools.htm#cynergy](http://www.cdc.gov/cvh/library/heart_stroke_guide/c1_tools.htm#cynergy)

An interactive CD-ROM designed to help systematically plan communication programs within a public health context.

Centers for Disease Control and Prevention. *Physical Activity: Ready, Set, It's Everywhere You Go: CDC's Guide to Promoting Moderate-intensity Physical Activity.*

[http://www.cdc.gov/nccdphp/dnpa/physical/health\\_professionals/readysset\\_toolkit.htm](http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/readysset_toolkit.htm)

Resources and materials for social marketing strategies, program and event ideas, and media tools to address physical activity.

Centers for Disease Control and Prevention. *Taking Action for Heart-healthy and Stroke-free States: A communication guide for policy and environmental change.*

[http://www.cdc.gov/cvh/library/heart\\_stroke\\_guide/index.htm](http://www.cdc.gov/cvh/library/heart_stroke_guide/index.htm)

Skill-building tools, information, and resources to enhance communication and marketing of cardiovascular health policy and environmental change to policy makers, program decision makers, funders, and other key stakeholders. Provides step-by-step guidance on: tracking and influencing the policy development process; leveraging partnerships; developing a communication plan; framing a message, media advocacy, media relations, presentations and meetings, and materials to implement the plan; using other communication strategies to implement the plan; and conducting process and outcome evaluation. The guide should be used in coordination with *CDCynergy 2001 — Cardiovascular Health Edition*.

Robert Wood Johnson Foundation. *Active Living by Design*. Chapel Hill, NC: UNC School of Public Health.

<http://www.activelivingbydesign.org/index.cfm>

Web site provides numerous resources and links to establish and evaluate innovative approaches to increase physical activity through community design, public policies and communications strategies.

National Training Collaborative for Social Marketing. *Thinking Like a Marketer.*

<http://www.hsc.usf.edu/CFH/ntcsm/TLM/present/index/index.htm>

Online training to increase knowledge and skills in developing a social marketing strategy.

Society of Public Health Educators. *Social Marketing Resource Guide.*

[http://www.sophe.org/Acrobat/social\\_marketing.pdf](http://www.sophe.org/Acrobat/social_marketing.pdf)

An eleven-page guide to print and online resources related to social marketing and health communications.

Turning Point Social Marketing National Excellence Collaborative. Seattle, WA.

*Social Marketing: A Resource Guide*

[http://www.turningpointprogram.org/Pages/social\\_marketing\\_101.pdf](http://www.turningpointprogram.org/Pages/social_marketing_101.pdf)

*Social Marketing and Public Health: Lessons from the Field*

[http://www.turningpointprogram.org/Pages/smc\\_lessons\\_from\\_field.pdf](http://www.turningpointprogram.org/Pages/smc_lessons_from_field.pdf)

*The Basics of Social Marketing: How to Use Marketing to Change Behavior*

[http://www.turningpointprogram.org/Pages/smc\\_basics.pdf](http://www.turningpointprogram.org/Pages/smc_basics.pdf)

*The Manager's Guide to Social Marketing: Using Marketing to Improve Health Outcomes*  
[http://www.turningpointprogram.org/Pages/smc\\_managers\\_online.pdf](http://www.turningpointprogram.org/Pages/smc_managers_online.pdf)

A series of resources to help public health professionals apply effective social marketing to public health programs and practices.

U.S. Department of Health and Human Services. *Making Health Communication Programs Work*. Bethesda, MD: National Cancer Institute, 2002. <http://cancer.gov/pinkbook>

Describes a practical approach for planning and implementing health communication effort. Covers planning and strategy development; developing and pretesting concepts, messages, and materials; implementing the program; and assessing effectiveness and making refinements. Additional resources are provided.

U.S. Department of Health and Human Services. *Making Health Communication Programs Work: A Planner's Guide CD*. Bethesda, MD: National Cancer Institute, 2002.  
<https://cissecure.nci.nih.gov/ncipubs/details.asp?pid=1138>

Presents key principles and steps in developing and evaluating health communications program for the public, patients, and health professionals. Discusses specific steps in program development and includes examples of their use. Sources of additional information are included at the end of the chapters.

## **Schools**

Bogden, Jim. *How Schools Work and How to Work with Schools: A Primer for Education Professionals*. Alexandria, VA: National Association of State Boards of Education, 2003.  
[http://www.nasbe.org/merchant2/merchant.mvc?Screen=PROD&Store\\_Code=N&Product\\_Code=HSWS&Category\\_Code=SHSP](http://www.nasbe.org/merchant2/merchant.mvc?Screen=PROD&Store_Code=N&Product_Code=HSWS&Category_Code=SHSP)

A guide to the benefits for students when health professionals and educators work together; an overview of the core mission of education; a background chapter on how education works at the school, district, state, and national levels; as well as many practical tips for how to work effectively with educators, school administrators, and policymakers.

California Project LEAN. *Taking the Fizz out of Soda Contracts: A Guide to Community Action*.  
<http://www.californiaprojectlean.org/popups/pdfs/sodareport.pdf>

Provides information on the nuts and bolts of soda contracts, strategies and tools to fight soda contracts in communities, fact sheets, and a Power Point presentation that can be used when speaking to school board members or school district staff.

Centers for Disease Control and Prevention. *Guidelines for School and Community Health Programs to Promote Lifelong Physical Activity Among Young People*. Morbidity and Mortality Weekly Report, March 7, 1997;46(RR-6),1-36. <http://www.cdc.gov/nccdphp/dash/physicalactivity/guidelines/>

Strategies most likely to be effective in helping young people adopt and maintain a physically active lifestyle.

Centers for Disease Control and Prevention. *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*. Morbidity and Mortality Weekly Report, June 14, 1996;45(RR-9),1-33. <http://www.cdc.gov/nccdphp/dash/nutrition/guidelines/>

Strategies most likely to be effective in promoting lifelong healthy eating among young people.

Centers for Disease Control and Prevention. *School Health Index: A Self-Assessment and Planning Guide*. Elementary school version and Middle school/high school version. Atlanta, GA, 2004. <http://www.cdc.gov/HealthyYouth/SHI>

A self-assessment and planning tool to enable schools to identify strengths and weaknesses of health promotion policies and programs, develop an action plan for improving student health, and involve teachers, parents, students, and the community in improving school policies and programs.

Center for Science in the Public Interest. *School Foods Tool Kit: A Guide to Improving School Foods and Beverages*. <http://cspinet.org/schoolfood/index.html>

A three-part tool kit designed to improve school foods and beverages. Includes section on goals, strategies, and techniques; model materials and policies; and case studies.

National Association of State Boards of Education. *Fit, Healthy, and Ready to Learn: A School Health Policy Guide*. <http://www.nasbe.org/HealthySchools/fithealthy.mgi>

How to establish an overall policy framework for school health programs and specific policies on physical activity, healthy eating, and tobacco-use prevention.

U.S. Department of Health and Human Services and U.S. Department of Education. *Promoting Better Health for Young People Through Physical Activity and Sports*. Atlanta, GA: Centers for Disease Control and Prevention, 2000. [http://www.cdc.gov/nccdphp/dash/physicalactivity/promoting\\_health/](http://www.cdc.gov/nccdphp/dash/physicalactivity/promoting_health/)

Ten strategies to promote health and reduce obesity through lifelong participation in enjoyable and safe physical activity and sports. Includes a bibliography and appendices of helpful materials.

Williams CL, Hayman LL, et al. *Cardiovascular Health in Childhood: A Statement for Health Professionals from the Committee on Atherosclerosis, Hypertension, and Obesity in the Young (AHOY) of the Council on Cardiovascular Disease in the Young, American Heart Association*. *Circulation* 2002 Jul 2;106(1):143-160. <http://www.circ.ahajournals.org/cgi/content/full/106/1/143>

Provides strategies for promoting cardiovascular health that can be integrated into the comprehensive pediatric care of children. Reviews physical activity, obesity, insulin resistance and type II diabetes mellitus, hypertension, high blood cholesterol, and cigarette smoking and provide background information, methods of assessment, and means for intervention for each major area.

## **Worksites**

Centers for Disease Control and Prevention. *PEP: A Personal Energy Plan*. <http://www.cdc.gov/nccdphp/dnpa/pep.htm>

A 12-week self-directed, worksite program to promote healthy eating and moderate physical activity. Program materials include workbooks for healthy eating and physical activity targeting employees based on their readiness to change. A coordinator's kit, promotional brochures, and posters are also included in the program.

Centers for Disease Control and Prevention. *StairWELL to Better Health: A Worksite Intervention*. <http://www.cdc.gov/nccdphp/dnpa/stairwell/index.htm>

Provides "how-to" information on how to make physical changes to stairwells to increase employee motivation to use the stairs.

Partnerships for a Healthy Workforce. *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*. Washington, DC: Partnerships for Prevention, 2001. [http://www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)

Describes why businesses should invest in health promotion, guidelines for planning a worksite health promotion program, and helpful resources.

Wellness Councils of America. *The Well Workplace Field Manual and Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*. <http://www.welcoa.org/wellworkplace/index.php?category=7>

Resource manuals to help develop worksite wellness programs.

### **Helpful Organizational Web Sites**

Agency for Healthcare Research and Quality

<http://www.ahrq.gov>

AHEC Portal: Health Information for Health Professionals

<http://www.flahec.org/portal/Index.asp>

American Academy of Family Physicians

<http://www.aafp.org/>

American College of Cardiology

<http://www.acc.org>

American Heart Association

<http://www.americanheart.org/>

American Stroke Association

<http://www.strokeassociation.org/>

Association of State and Territorial Health Officials (ASTHO)

<http://www.astho.org/>

Association of State and Territorial Directors of Health Promotion and Public Health Education, ASTHO

<http://www.astdhppe.org/>

Cardiovascular Health Council, Chronic Disease Directors, ASTHO

<http://www.chronicdisease.org/cvh/>

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/>

Centros para el Control y la Prevención de Enfermedades (CDC en Español)

<http://www.cdc.gov/spanish/>

Chronic Disease Directors, ASTHO

<http://www.chronicdisease.org/>

National Association of County and City Health Officials (NACCHO)

<http://www.naccho.org/>

National Heart, Lung, and Blood Institute (NHLBI)

<http://www.nhlbi.nih.gov/>

National Institute of Neurological Disorders and Stroke (NINDS)

<http://www.ninds.nih.gov/>

National Stroke Association

<http://www.stroke.org>

Office of Disease Prevention and Health Promotion

<http://odphp.osophs.dhhs.gov/>

Partnerships for a Healthy Workforce

<http://www.prevent.org/phw.htm>

WELCOA: The Wellness Councils of America

<http://www.welcoa.org>

