

Health Literacy Resources

for Adult Literacy Instructors

Compiled by

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THE CUNY CAMPAIGN AGAINST DIABETES

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INTRODUCTION

*Diabetes is epidemic in New York City, and the rate of diabetes in New York City has more than doubled in the past 10 years. The City University of New York's **CAMPAIGN AGAINST DIABETES** was started by a group of students, faculty and staff concerned about the rise of diabetes in New York City. The **CAMPAIGN AGAINST DIABETES** asks that teachers in Adult Education programs, and others in community settings help in our efforts to prevent and control diabetes.*

*According to the New York City Department of Health, more than **700,000** New Yorkers have diabetes, and a third of them do not know it. Many of the initial symptoms of diabetes are not easily recognizable and so it is common for people to have diabetes for 5-7 years before being diagnosed.*



Students who work on the CUNY Campaign Against Diabetes

For those living with diabetes in New York City, it is estimated that about 100,000 have very poorly controlled diabetes, which places them at increased risk of heart attack, stroke, kidney failure, blindness and amputations. Learning to control blood sugar, cholesterol, high blood pressure, losing weight, keeping medical appointments, and not smoking are all key to controlling diabetes and preventing complications.

*We have compiled this directory which lists **resources** that can be used to help incorporate health and nutrition-related information and discussion topics in your classrooms and communities throughout the year. All of these resources are free or low-cost, and many of the federal agencies and health departments will send you copies of various brochures listed here free of charge.*

We hope that you will help those you work with to learn how to make small changes that can improve their long-term health, regardless of whether they have diabetes or not. Such changes would include:

- * quitting smoking*
- * getting screened for cholesterol, high blood pressure and diabetes*
- * learning to eat healthier and exercise or walk more*
- * learning to use medicines safely*
- * making sure to schedule and keep important medical appointments*

CUNY Campaign Against Diabetes

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SOURCE MATERIAL

This compilation of resources is based largely on recommendations from:

- *World Education’s Health Literacy Special Collection -- <http://healthliteracy.worlded.org/index.htm>*
- *The Virginia Adult Learning Resource Center’s Health Literacy Toolkit -- <http://www.valrc.org/publications/index.html>*
- *The Literacy Assistance Center of New York City—
<http://www.lacnyc.org>*
- *Harvard School of Public Health, Department of Society, Human Development and Health, Health Literacy Studies <http://www.hsph.harvard.edu/healthliteracy/index.html>*
- *Posts made to the “Health & Literacy” email discussion list of the National Institute for Literacy -- http://www.nifl.gov/lincs/discussions/subscribe_all.html*

SECTION 1 – WHAT IS “HEALTH LITERACY?”

To familiarize yourself with the concept of health literacy, you can review any of the below resources. As you review the resources, think how you can work with a local health center, or how can incorporate lessons involving health with your students or community.

- 1) Harvard School of Public Health: In Plain Language **Video** (15 minutes)

Produced by Dr. Rima Rudd and Dr. William DeJong.

Developed for medical and public health professionals. Available online at:

<http://www.hsph.harvard.edu/healthliteracy/overview.html#Two>

- 2) “Integrating Health Across the Curriculum: A Guide for Program Directors in Adult Basic Education” 43-page PDF **Training Module** (July 2001)

Prepared by Marcia Hohn and Alisa Povenmire

Northeast Regional Office of the System for Adult Basic Education Support

Available online at <http://www.sabes.org/curriculum/integrating-health-curriculum.pdf>

- 3) Health Literacy: New Field, New Opportunities **Online Video Tutorial**

World Education online tutorial explaining health literacy and career opportunities for teachers.

Developed by World Education with support from the National Network of Libraries of Medicine. The video is available at

<http://www.healthliteracy.worlded.org/docs/tutorial/SWF/flashcheck/main.htm>

- 4) “Literacy and Health” **Special Issue Journal**

Focus on Basics, Connecting Research and Practice. February 2002; Volume 5, Issue C

A pdf of this special issue on is available on the NCSALL website at

<http://www.ncsall.net/?id=248>

- 5) “Health & Literacy Partnerships” **Journal Article**

Focus on Basics, Connecting Research and Practice. September 2008; Volume 9, Issue B

A pdf of this special issue on is available on the NCSALL website at

<http://www.ncsall.net/index.php?id=1196>

6) Harvard Health Literacy Studies Program Website

An informative site that provides an overview of health literacy, and links to academic literature and policy reports, as well as teacher resources on assessing and creating print materials.

<http://www.hsph.harvard.edu/healthliteracy/>

7) "Numeracy: Conveying Concepts of Quantities, Time and Risk" Conference Presentation

A discussion on numeracy and how the teaching of mathematical concepts is relevant to health literacy.

Helen Osborne, M.Ed. Institute for Healthcare Advancement Conference, May 2008

<http://www.iba4health.org/default.aspx/MenuItemID/338/MenuGroup/Health+Literacy+Conference.htm>

8) "Do you know what your doctor is talking about?" Article

Pauline Chen, New York Times, April 2, 2009

http://www.nytimes.com/2009/04/02/health/02chen.html?_r=1&pagewanted=all

9) American Medical Association Foundation Toolkit for Physicians

Focuses on improving health communication with low literacy patients. Can be purchased for \$30 www.amafoundation.org/go/healthliteracy

*The AMA Health Literacy **Video** (18 minutes) and the link is:*

http://classes.kumc.edu/general/amaliteracy/AMA_NEW3.swf

For an edited version that is less than 5 minutes long, you can visit Wisconsin Literacy's website

http://wisconsinliteracy.org/news_article.php?id=3

SECTION 2 - GENERAL HEALTH LITERACY CURRICULA

A number of centers have developed complete health literacy curricula. You can review the following curricula to find one that matches the needs and interests of your students and community. You can choose to teach the entire curriculum, or select certain lessons or exercises.

- 1) *World Education Health Literacy Special Collection: Tools and Resources for Health Literacy Initiatives:* <http://healthliteracy.worlded.org/index.htm>

This website links to the following health literacy curricula:

Breast and Cervical Cancer Curriculum

<http://healthliteracy.worlded.org/beat/>

HEAL: BCC Curriculum. Lessons designed for ABE and ESOL on breast cancer and cervical cancer awareness. Interactive, with language skill integration. For intermediate-level speakers of English.

Eating Well, Living Well: Nutrition Education for Adult ESL Programs

<http://eatingwell.ca5aday.com/lessons.asp>

Has lessons that address nutrition education for adult ESL students. An online training module demonstrates how to use the lessons.

The El Paso Collaborative Health Literacy Curriculum

<http://www.healthliteracy.worlded.org/docs/el Paso/>

This six-lesson curriculum addresses the topics of diabetes, household hazards, nutrition, breast health, menopause and lead poisoning.

What to Expect When You're Expecting

http://www.whattoexpect.org/baby_basics

Has free guides to childhood immunizations <http://www.whattoexpect.org/news/immunizations>

Baby Basics book in English, Spanish, or Chinese can be purchased for \$8; Baby Basics Planner for \$1 in 14 languages -- for sale only to organizations that provide prenatal healthcare, education or support to expecting women living at or below the poverty level.

Expecting the Best

<http://www.expectingthebest.org>

*This curriculum for ESL students is designed to improve health literacy and functional literacy, and enhance English communication skills. A **CD-ROM** of the 14-lesson curriculum can be ordered for \$15. There are seven lessons on locating appropriate medical facilities for care, recognizing emergencies, visiting the emergency department, scheduling appointments, preparing for medical appointments, communicating with doctors, reading medicine and product labels, and reading immunization requirements, and seven lessons on nutrition.*

Fairfax County, Virginia, Adult & Community Education (ACE)

High Intermediate and Advanced EL Civics Curriculum

<http://www.aelweb.vcu.edu/publications/ELCivics/health/index.htm>

Designed for high intermediate ESL classes, this curriculum includes a health module that addresses preventive care, health insurance, and communicating with health care providers. It includes lessons on preventive care, stress management, making healthy communities, and understanding local health trends. Note: to substitute with local health trends in NYC visit:

<http://www.nyc.gov/html/dob/html/community/community.shtml>

*Health Literacy Curriculum: Beginning ABE Level, National Institute for Literacy,
Dr. Susan Levy*

<http://healthliteracynetwork.org/materials/>

This evidence-based curriculum is designed for beginning-level, adult basic education (ABE) students and has been shown to improve both health knowledge and literacy skills. It includes 18 lessons aimed at improving understanding of different health professionals, emergency care, non-emergency care, self-care, preventive care (regular checkups), preventive care (physical activity and good nutrition), making and keeping an appointment, talking to health professionals, filling out medical and family history forms, tests, medications, following directions and dosages for medications, getting healthier, and paying for care.

H.E.L.P. (Health Education Literacy Program) Curriculum

*The Institute for Healthcare Advancement's (IHA) curriculum is based on their book *What to Do When Your Child Gets Sick*, and a teachers' guide, *Teaching Reading and Health Together*. It is available at*

<http://www.ih4health.org/index.cfm/MenuItemID/232.htm>, where you can

*download lessons on first aid, choking, drowning, head injuries, poisoning, fever, medicines, shots, pinkeye, toothache, colds and flu, colic, diarrhea, food allergies, vomiting, head lice, impetigo, and burns or request that they send you a copy of the lessons on CD-ROM for free. The book *What to Do When Your Child Gets Sick* is available for purchase for \$13, as are the other titles in the series (all are written at a 3rd to 5th grade reading level):*

What to Do When You're Having a Baby

What to Do for Teen Health

What to Do for Senior Health

What to Do for Healthy Teeth

Medicines in My Home (MiMH)

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm092139.htm>

This interactive site includes lessons, handouts and resources for teaching 6th–8th graders and adults about reading medicine labels and using medicines correctly including the safe use of OTC drugs, pain relievers and fever reducers, choosing the right OTCs, OTC medicine labels, tips for parents, and safe daily use of aspirin.

Picture Stories for Adult ESL Health Literacy by Kate Singleton

http://www.cal.org/caela/esl_resources/Health/healthindex.html

This eight-lesson curriculum uses picture stories to address health topics.

Each lesson includes teaching points and can be adapted to any level.

The eight picture stories are titled 1) Emergency, 2) A Doctor's Appointment, 3) Stressed Out!, 4) What Should She Do?, 5 Depressed, 6) The Right Dose, 7) What Happened to My Body?, 8) Snack Attack

Staying Healthy: An English Learner's Guide to Health Care and Healthy Living

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

Written at a 4th to 5th grade reading level.

A publication of the Florida Literacy Coalition, Inc., this easy-to-read health book is written for new immigrants and English language learners. It includes basic information about health issues and health care access. Teacher's guide available. A glossary of important health-related words is available here

http://www.floridaliteracy.org/FLCHLP/files/SE%20Files/SE%20Glossary_93-98web.pdf

The Fairfax County Family Literacy Curriculum

<http://www.aelweb.vcu.edu/publications/healthlit/sections/d/familylit.pdf>

Designed for multi-level ESOL family literacy classes, this curriculum includes a health module that addresses talking with doctors, using medicine, and coping with stress.

The Tobacco and Literacy Education Project

<http://tobaccoliteracy.jsi.com/>

Includes a math lesson on calculating the costs of smoking and a lesson on reading and writing about secondhand smoke.

2) *From Harvard School of Public Health, Health Literacy Studies*

<http://www.hsph.harvard.edu/healthliteracy/curricula.html>

Links to the following curriculum resources are available:

Rosalie's Neighborhood (Kit)

*This 3-part curriculum provides health information for parents about preventive health, dental and dental health. Included are *What is Preventive Health?*, *Why Do I Have to See the Dentist?* and *Let's Talk*, as well as immunization cards for the learners. The books are written at a 4th grade level. Health information is presented in a series of conversations among neighborhood residents, including Rosalie, a nurse's aid and grandmother. The text is accompanied by illustrations.*

<http://www.hsph.harvard.edu/healthliteracy/curricula/rosalie.html>

Rosalie's Neighborhood is available free of charge from the National Institute for Literacy Clearinghouse; CEGA Services. Tel: (202) 632-1500.

TV411

<http://www.hsph.harvard.edu/healthliteracy/curricula/tv411.html>

TV411 is a multi-media adult education curriculum to help adult learners improve basic reading, writing and math skills. The television series features celebrities, such as Dennis Franz and WNBA stars, and real-life adult learners who share their experiences, and each episode has a 12-page instructional workbook (TV411 In Print). Episodes containing health topics include:

Cancer: Video #20, Print #20

Diabetes: Video #8, Print #8

Doctors Visit: Video #3 and #5, Print #3

Nutrition: Video #8, Print #8

Medical Bible: Video #3, Print #3

Asthma: Video #3, Print #3

Pregnancy: Video #5

Health Plans: Video #15, Print #15

To order the TV411 video series or workbooks, or to receive more information on the broadcast schedule for TV411, see ALMA's web site:

<http://www.tv411.org>, call (800) 304-1922 or email: alma@edc.org.

What the HEALTH! A Literacy and Health Resource for Youth

http://www.hsph.harvard.edu/healthliteracy/curricula/what_health.html

Developed by the Canadian Public Health Association.

Provides tools to engage teens in learning about their own health, understanding healthy behaviors and improving health decision-making skills. 210 pages, and is divided into 10 lessons, each of which focuses on a health topic defined as important by youth. Examples of health topics are: Feelings, Safer Sex, Drug Abuse, Living Environments and Healthy Eating.

What the HEALTH! can be purchased from the Canadian Public Health

*Association (CPHA) Health Resources Centre for about \$10. For more information, or to order *What the HEALTH!*, contact CPHA:*

Tel: (613) 725-3769, Fax: (613) 725-9826 or email: hrc@cpha.ca

More information is also available at

<http://www.cpha.ca>

3) *Queens Health Literacy*

You may find the lesson on healthcare access in NYC particularly useful.

Includes a link to their health literacy curriculum for beginning ESOL students.

http://www.queenslibrary.org/index.aspx?page_nm=ALP_for_Teachers

Includes body parts bingo cards, and lessons on the following: Parts of the body; describing ailments and symptoms; colds and flu; taking temperature; making a doctor's appointment; filling in a health history form; medical screenings; talking to the doctor; Following directions to the hospital; Taking medicine and reading prescription labels; health goals; maintaining a healthy weight; healthy foods; reading food labels; medical emergencies; health care access in NYC.

4) *Miscellaneous Health materials for adult literacy classrooms*

Healthy Roads Media - a source of quality health information in many languages and multiple formats.

<http://www.healthyroadsmedia.org>

Information on abuse, asthma, cancer, infants/children, dental, diabetes, diseases, emergencies, heart, housing, immunization, jobs, medicines, medical tests, mental health, nutrition, smoking, staying healthy, tuberculosis, women's health in English, Spanish, Vietnamese, Amharic, Arabic, Somali, Tagalog, Farsi, Burmese, Nepali, Bosnian, Russian, Hmong, Khmer, Korean, French, Kurdish, and Kirundi.

Now I Know Manual

<http://www.nald.ca/CLR/nowiknow/nowiknow.pdf>

Compiled by an adult literacy network in Nova Scotia. Explains a large number of common health conditions in easy-to-read language. Contains comprehension, phonics, and vocabulary development activities.

Sick But Not Scared

<http://www.nald.ca/CLR/sick/cover.htm>

An online Canadian children's book with glossary of health conditions in simple language.

WellZone.org

<http://www.wellzone.org>

Health information in everyday language.

This portal links to 56 sites with basic health information, English and Spanish.

The Wellness Information Zone is a health literacy project in public libraries and nonprofits developed by The Humana Foundation.

Kids Health

<http://www.kidshealth.org>

Has information for kids, parents, teens on anatomy, how the body works, cooking and recipes, health problems, etc.

SECTION 3 - HEALTH INFORMATION ON SPECIFIC HEALTH ISSUES

SCREENING TESTS AND DISEASE RISK QUIZZES

Disease Risk Index

<http://www.diseaseriskindex.harvard.edu/update/>

Quizzes to help you determine your risk of developing five of the most common diseases in the US, and personalized tips for prevention: Cancer, Diabetes, Heart Disease, Osteoporosis, and Stroke.

Women: Stay Healthy at Any Age

<http://www.abrq.gov/ppip/healthymom.htm>

Agency for Healthcare Research and Quality.. This article provides a list of screenings that women are advised to have, and a screening checklist of “what you need and when.”

Staying Healthy at 50+

<http://www.abrq.gov/ppip/50plus>

Agency for Healthcare Research and Quality.

This guide offers information on screening and preventive care, -- “what you need and when” one version is for men, and one is for women.

Men: Stay Healthy at 50+—Checklists for Your Health

<http://www.abrq.gov/ppip/men50.htm>

Women: Stay Healthy at 50+—Checklists for Your Health

<http://www.abrq.gov/ppip/women50.htm>

WOMEN'S HEALTH

Women's Health Information Center

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

An extensive collection. Has statistics, on women's health issues; campaign materials for their campaigns on HIV; developing healthy eating habits for women with adolescent children; Lupus; and physical activity.

ANATOMY AND PHYSIOLOGY

PBS. Red Gold: The Epic Story of Blood

<http://www.pbs.org/wnet/redgold/index.html>

This well-organized site tells you everything about blood.

The Heart: An Online Exploration

<http://www.fi.edu/learn/heart/>

Franklin Institute.

TALKING WITH YOUR DOCTOR

Medline

<http://www.nlm.nih.gov/medlineplus/talkingwithyourdoctor.html>

Has links to several pamphlets in English and Spanish about improving the way you communicate with doctors.

Visiting the Doctor: Lessons in Language and Culture

<http://literacynet.org/vtd>

An interactive site for ESOL learners. Students can learn about communicating with health care providers; includes sample dialogues.

Randall's ESL Cyber-Lab

<http://www.esl-lab.com>

This site has collection of online listening activities. Look through the list for several selections on health and communicating with the doctor.

HEART DISEASE

New York City Department of Health Salt Campaign – Can order copies by calling 311 in New York City.

Learn to Read Food Labels – Sodium

<http://www.nyc.gov/html/doh/downloads/pdf/csi/hyperkit-pt-readlabel-fact.pdf>

Health Bulletin #50 – High Blood Pressure

<http://www.nyc.gov/html/doh/downloads/pdf/public/dohmbnews6-04.pdf>

Blood Pressure Tracking Card

<http://www.nyc.gov/html/doh/downloads/pdf/csi/hyperkit-pt-bptrack-passport.pdf>

Eat and Drink to Lower Blood Pressure

<http://www.nyc.gov/html/doh/downloads/pdf/csi/hyperkit-pt-nutrition-fact.pdf>

Health Bulletin #72: Cut the Salt! And lower your blood pressure and risk of heart attack and stroke.

<http://www.nyc.gov/html/doh/downloads/pdf/public/dohmbnews8-05.pdf>

Choose foods with 0 grams trans fat

<http://www.nyc.gov/html/doh/downloads/pdf/public/dohmbnews5-09.pdf>

Guide to Lowering High Blood Pressure

<http://www.nhlbi.nih.gov/hbp/index.html>

National Heart, Lung and Blood Institute. Also has interesting “real life examples” that can be printed for class discussion.

El Paso Blood Pressure (Spanish)

https://xfiles.uth.tmc.edu/xythoswfs/webui/xy-1937631_1-t_BTd1XO6o

The University of Texas School of Public Health (Houston) - Como Controlar Su Hipertension

Act in Time to Heart Attack Signs

<http://www.nhlbi.nih.gov/actintime/index.htm>

National Heart, Lung and Blood

Institute. Has excellent materials that can be printed for class discussion.

DOMESTIC VIOLENCE

National Domestic Violence Hotline website

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

Contains extensive information on domestic violence and hotlines. There is information for victims, their friends and relatives, teens who are entering the dating world, and children who witness domestic violence. The National Hotline number is 1.800.799.SAFE.

Domestic Violence Shelter Tour, Safe Horizon

<http://www.safehorizon.org/page.php?nav=sb&page=shelvertour>

Gives an easy-to-read tour of a domestic violence shelter so viewers will understand what is offered in a shelter and what people go through who leave a domestic violence situation.

PHARMACY LABELS

Health Education Literacy Program

The Health Education Literacy Program (HELP), a project of the New York City Poison Control Center in collaboration with Literacy Partners, promotes information about medicine safety to adults with limited literacy skills.

<http://www.nyc.gov/html/dob/html/poison/poison2.shtml>

You can order or download copies of the six brochures free of charge in English, Spanish, Russian, Chinese, Haitian Creole, and Bengali.

Learning About Your Medicine

Medicine Safety

Your Over-the-Counter Medicine

Your Prescription Medicine

Vitamins, Herbals, and Minerals

Your Medical Appointment

AHRQ: Your Medicine: Play it Safe

<http://www.abrq.gov/consumer/safemeds/safemeds.htm>

Drug Information from FDA in Spanish

Many publications involving the taking of medication in Spanish.

<http://www.fda.gov/AboutFDA/EnEspanol/default.htm#drugs>

US Pharmacopeia Drug/Pharmacy Labels

<http://www.usp.org/audiences/consumers/pictograms/index.html>

Pictograms standardized graphic images that help convey medication instructions, precautions, and/or warnings to patients and consumers. Pictograms are particularly helpful in passing on important information to patients with a lower level reading ability and patients for whom English is a second language.

<http://www.usp.org/audiences/consumers/resources.html>

Gives advice on information to get before you take medicine and tips to follow while you are taking it. Also has forms on keeping track of your medications, and other pdfs of pictograms, “a dozen questions to help you understand your medications,” etc.

My Medicines

Office of Women's Health, U.S. Food and Drug Association.. This easy-to-read online brochure gives information on reading medicine labels, using medications safely, and asking questions about medications. It has a chart on which you can record your medication names, doses, frequency, and purposes. My Medicines can be obtained:

<http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM132840.pdf>

Mis Medicinas (Spanish)

<http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/ucm129144.pdf>

TOBACCO

1 800 Quit Now

<http://1800quitnow.cancer.gov>

A trained health worker from your state will work with you when you call this number.

There are also a number of publications available here

<http://1800quitnow.cancer.gov/moreinfo.aspx>

CDC Basic Information about Tobacco

http://www.cdc.gov/tobacco/basic_information/index.htm

HANDWASHING

Henry the Hand

Handwashing, Food Safety

<http://www.henrythehand.com/pages/content/research.html>

SECTION 4 - MATERIALS OF RELEVANCE FOR DIABETES PREVENTION AND CONTROL

NUTRITION and MAINTAINING A HEALTHY WEIGHT

Florida WIC – offers many brochures on infant, child, and women's nutrition

<http://www.floridawic.org/pages/nutrition/nutrition.htm>

We Can! Energize Our Families: Curriculum for Parents and Caregivers

National Heart Lung and Blood Institute This curriculum includes fun, hands-on activities to help parents and caregivers address physical activity and calorie balance in an effort to encourage healthy weights for children.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/index.htm>

National Heart Lung and Blood Institute also has other interesting interactive education options and good materials on recognizing heart attacks, portion size, recipes, etc. on their Health Information for the Public page

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

The Food Timeline

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

This timeline tells when many food and beverages are first known to have been used in history. Clicking on the food or beverage name links to other sites with information about the item's history and uses.

Food Pyramid Game, Dairy Council of California – online activity

http://www.dairycouncilofca.org/activities/pyra_main.htm

Learners drag food group names to the correct part of the pyramid, then identify how many servings of each they should eat daily.

Nutrition Information Bulletin Board and Learning Experience (NIBBLE)

<http://www.umass.edu/nibble>

University of Massachusetts. Includes easy readings on nutrition, an interactive diet assessment tool, and quizzes designed for Adult Basic Education.

A Place of Our Own

Produced for childcare providers

Healthy Eating column, with video on making Banana Shake, mini-pizzas, food budgeting, planning healthy meals.

<http://aplaceofourown.org/activity.php?id=28>

Cooking as a Learning Activity, with a video on making sandwiches, and a video on translating books to recipes/food activities

http://aplaceofourown.org/question_detail.php?id=145

Kids and Fitness, has a video on incorporating physical fitness activities with preschoolers

<http://aplaceofourown.org/activity.php?id=26>

Preventing Obesity – has a video on outdoor activities for young children to prevent obesity, an activity for healthy foods in your pantry.

http://aplaceofourown.org/question_detail.php?id=125

Center for Science in the Public Interest

http://www.cspinet.org/new/pdf/liquid_candy_final_w_new_supplement.pdf

A report called «Liquid Candy» Has interesting graphics and facts about the rise of soda consumption in the US.

Channel 13 Afterschool Health Activity – Healthy Eating, Healthy Living

<http://www.thirteen.org/edonline/afterschool/activities/health/healthy.html>

Grade levels 2-3.

Multimedia resources on Diabetes on the New York Times website

<http://query.nytimes.com/search/query?query=diabetes&srchst=m>

US FDA Labelman

<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm>

Weight Control Information for the Public

<http://win.niddk.nih.gov/publications/index.htm#public>

Many publications involving maintaining healthy weight in plain language. Can call or use order form to order copies. 25 Copies are free. WIN CD with publications is limited to 1 per order.

Nutrition information for fast foods is available here – Men's Health Magazine

<http://www.menshealth.com/men/nutrition/diet-strategies/eating-out-restaurants-nutritional-charts/article/0be8573737af3010VgnVCM100000cfe793cd>

DIABETES

Interactive tool on Type 2 Lou (in English or Spanish)

<http://web.diabetes.org/link/chooser.htm>

My Guide to Sugar Diabetes

South Carolina Department of Health

<http://et2.library.musc.edu/reach/materials/booklet.pdf>

A very clearly written and comprehensive booklet, targeted to African Americans.

California Diabetes Program

<http://www.caldiabetes.org/content.cfm?CategoriesID=75>

Using this link, you can access patient education resources, including pdf factsheets on a variety of topics relevant to diabetes, including a printable

Diabetes Health Record card

http://www.caldiabetes.org/content_display.cfm?contentID=19&CategoriesID=75

Viva la Vida! Materials which is a booklet in English and Spanish

http://www.caldiabetes.org/content_display.cfm?contentID=625&CategoriesID=75

Fact sheets on African Americans and limb loss relating to diabetes

http://www.caldiabetes.org/content_display.cfm?contentID=1002&CategoriesID=75

A radio novela called Claudia's Kitchen (in Spanish) about diabetes

http://www.caldiabetes.org/content_display.cfm?contentID=1145&CategoriesID=75

A diabetes stoplight poster to hang in classroom or print for instruction

http://www.caldiabetes.org/content_display.cfm?contentID=627&CategoriesID=75

National Diabetes Education Program

<http://ndep.nih.gov/>

NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.

These publications are written in plain language, and you can request free copies of the brochures. It would be helpful if you could review the basic health information provided the pamphlets titled:

“4 Steps to Control Your Diabetes for Life”

“Small Steps, Big Rewards: Your Game Plan to Prevent Type 2 Diabetes”

You can also use the feature of searching for publications tailored to particular age groups, or ethnicities.

Easy to Read Publications by the National Diabetes Information Clearinghouse

These pamphlets are accurate and easy to read. Available in English and Spanish and can be ordered by calling 1–800–860–8747

<http://www.diabetes.niddk.nih.gov/dm/ez.asp>

Am I at Risk for Type 2 Diabetes?

The Diabetes Dictionary

For Women with Diabetes: Your Guide to Pregnancy

What I need to know about Diabetes Medicines

What I need to know about Eating and Diabetes

What I need to know about Gestational Diabetes

What I need to know about Physical Activity and Diabetes

Your Guide to Diabetes: Type 1 and Type 2

Prevent Diabetes Problems:

Keep Your Diabetes Under Control

Keep Your Eyes Healthy

Keep Your Feet and Skin Healthy

Keep Your Heart and Blood Vessels Healthy

Keep Your Kidneys Healthy

Keep Your Nervous System Healthy

Keep Your Teeth and Gums Healthy

Learning About Diabetes.org

<http://www.learningaboutdiabetes.org>

Has many illustrated picture books and stories, handouts and visual aids in English and Spanish.

SECTION 5 - USEFUL LOCAL RESOURCES

1) We Are New York – A New Way to Learn English on TV

<http://www.nyc.gov/html/weareny/html/episodes/episodes.shtml>

This is a new television series that airs in NYC. Four of the nine episodes deal with health topics (Domestic Violence; Smoking; Diabetes; and Asthma). The dialogue is slowed and easier to comprehend, making it especially useful for those who are learning English.

We Are New York was created by the Mayor's Office of Adult Education and the City University of New York, Office of Academic Affairs.

Classroom teachers can order all 9 episodes for free using this link

<http://www.nyc.gov/html/weareny/html/teachers/teachers.shtml>

Love and Money

Asthma: the Soap Opera

Stop Domestic Violence

Welcome, Parents

Stay in School

New Life Café (Diabetes)

The Hospital

No Smoking

The Wedding

New York City Mayor's Office

2) Mayor's Office of the City of New York "Health Literacy" campaign.

<http://www.nyc.gov/html/adulted/html/health/health.shtml>

The Mayor's office also has several lesson plans for teachers and information about their initiative targeting adult education.

NYC Health Department Community Health information (Trends, community health profiles, data and statistics)

<http://www.nyc.gov/html/dob/html/community/community.shtml>

You can use this website to obtain statistics for NYC for various conditions, as well as community health profiles for specific neighborhoods.

3) Educators

Two of the most important things you can do in order to help students is to participate in professional development classes in Health Literacy at the Literacy Assistance Center of New York City (LAC) or arranging to participate with some of the free public hospitals and clinics in screening activities, or help them access some of the free or low-cost health care insurance programs if they are uninsured.

4) Professional Development

Literacy Assistance Center (LAC)

32 Broadway, 10th Floor

New York, NY 10004

(212)803-3300

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

LAC is a nonprofit organization dedicated to supporting and promoting the expansion of quality literacy services in New York. LAC offers professional development workshops for literacy instructors.

5) Accessing Health Care In NYS

How to Find a Doctor – shows different steps depending on whether you have insurance or not

Publication by NYC Health Department on how to find a doctor, explores eligibility requirements

<http://www.nyc.gov/html/dob/downloads/pdf/public/dobmbnews3-10.pdf>

Call 311 to order copies of this Health Bulletin (#23) for your classes.

The Mayor's Office of Health Insurance Access (HealthStat)

Can be reached by calling 311 in NYC. For help enrolling in government insurance programs and information on health insurance options for small businesses, sole proprietors, and working individuals, including:

New York City Department of Health Smoking Cessation

<http://www.nyc.gov/html/doh/html/smoke/smoke2-cess1.shtml>

Information on Free Patches and other anti-smoking ads.

This resource guide was compiled by the

**CITY UNIVERSITY OF NEW YORK
CAMPAIGN AGAINST DIABETES**