


Appendix C

Selected Resources for Community-Based Health Promotion and Disease Prevention



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General Community Health Promotion Resources

1. *Healthy Alaskans 2010 Volume II: Strategies for Improved Health; Creating Healthy Communities: An Alaskan Talking Circle*, Alaska Department of Health and Social Services Division of Public Health, November 2002. http://www.hss.state.ak.us/DPH/targets/ha2010/volume_2.htm. This volume offers an alternative to the standard strategic health plan. This plan addresses the targets and indicators in Volume I through 14 stories of community-based efforts for public health improvement.
2. CDC Healthy Communities Program: Works with communities through state and national partnerships to improve community leaders' skills and commitments of establishing, advancing, and maintaining effective population-based strategies that reduce the burden of chronic disease and achieve health equity. Links to community action guides and toolkits. <http://www.cdc.gov/healthycommunitiesprogram/>.
3. Mobilizing for Action through Planning and Partnerships (MAPP): A community driven strategic planning framework for improving community health. <http://www.naccho.org/topics/infrastructure/mapp/>.
4. CDC Community Health Program Services: Builds healthy communities and eliminates health disparities by providing national leadership in community health promotion and disease prevention through innovative programs. <http://www.cdc.gov/nccdphp/dach/chaps/>.
5. Community Toolbox: Comprehensive web-based resources for exploring promising approaches to promote community health and development, general and by category. http://ctb.ku.edu/en/promisingapproach/databases_best_practices.aspx?404; http://ctb.ku.edu:80/en/promisingapproach/databases_best_practices.aspx.
6. Beyond Health Care: New Directions to a Healthier America: Recommendations from the Robert Wood Johnson Foundation Commission to Build a Healthier America. <http://www.rwjf.org/pr/product.jsp?id=41008>.
7. Guide to Community Preventive Services: The Community Guide—What Works to Promote Health. The Community Preventive Services Task Force, Centers for Disease Control and Prevention. <http://www.thecommunityguide.org/index.html>.

Health Promotion Resources by Topic

Nutrition and Obesity Prevention Resources

1. Reversing Alaska's Childhood Obesity Trend: A Comprehensive Initiative. www.hss.state.ak.us/dph/chronic/diabetes/Child-Obesity-Trend.pdf.
2. Alaska in Action: Statewide Physical Activity and Nutrition Plan. <http://www.hss.state.ak.us/DPH/chronic/obesity/pubs/AlaskaInAction.pdf>
3. Provides school-based, healthcare-based, community-based, and mass-communication-based goals and strategies, along with links to many Alaska DHSS programs and resources.
4. CDC Strategies for Reducing Consumption of Sugar-Sweetened Beverages. http://inhealthyweight.org/files/StratstoReduce_Sugar_Sweetened_Bevs.pdf.
5. Healthy Foods North www.healthyfoodsnorth.ca/.
6. *Healthy Alaskans 2010: Strategies for Improved Health*, pg 69, example of Dillingham's Ped/Bike path. Funding sources are discussed.
7. School wellness programs. <http://www.hss.state.ak.us/dph/chronic/school/ASWPI.htm>.

Tobacco Prevention and Control Resources

1. Alaskan Partnerships: Statewide Plan to Reduce Tobacco Addiction and Exposure, December, 2007. http://www.hss.state.ak.us/dph/chronic/tobacco/ATCA_Plan.pdf
2. Alaska's Strategic Plan for Eliminating Tobacco-Related Disparities. <http://www.hss.state.ak.us/dph/chronic/tobacco/TobaccoDisparities.pdf>.
3. Robert Wood Johnson Youth Tobacco Cessation Collaborative. <http://www.youthtobacco cessation.org/research/projects.asp>.
4. CDC Community Health Resources Website: Many resources on community tobacco cessation programs. http://apps.nccd.cdc.gov/dach_chaps/Default/index.aspx.
5. Robert Wood Johnson Tobacco Policy Change Program Collaborative: Provides funding and technical assistance for community and regional organizations in tobacco control initiatives. <http://www.tobaccopolicychange.org/FAQsProg-list0.html#3221>.

Injury Prevention Resources

1. ANTHC Injury Prevention Program. <http://www.anthc.org/chs/wp/injprev/index.cfm>.
2. Alaska Injury Prevention Center. <http://www.alaska-ipc.org/>.
3. Hope and Resilience: Suicide Prevention in the Arctic. <http://ichr.ca/2010/03/hope-and-resilience-conference-report/>.
4. ANTHC Suicide Prevention Initiative: Coming together to reduce suicide. <http://www.anthc.org/chs/wp/injprev/suicide-and-suicide-attempt-prevention.cfm>.
5. Preventing Youth Crime and Violence (including substance abuse) using evidence-based practices. http://www.nursefamilypartnership.org/assets/PDF/Journals-and-Reports/CA_GOGYVP_Greenwood_1-27-10.
6. Strategic Plan to End the Epidemic of Sexual Assault and Domestic Violence, Alaska. <http://www.law.state.ak.us/pdf/civil/10yrPlan.pdf>.
7. Preventing Violence Against Women: Program Activities Guide. Center for Disease Control and Prevention. <http://www.cdc.gov/ncipc/dvp/vawguide.htm>.
8. Preventing Child Maltreatment: Program Activities Guide. Centers for Disease Control and Prevention. <http://www.cdc.gov/ncipc/dvp/pcmguide.htm>.

Maternal and Child Health Resources

1. Alaska Breastfeeding Coalition. <http://www.alaskabreastfeeding.com/>.
2. CDC guide to breastfeeding promotion activities. http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf.
3. National campaign to Prevent Teen Pregnancy. www.thenationalcampaign.org/.
4. Alaska DHSS Women's, Children's, and Family Health Perinatal Health Program. <http://www.hss.state.ak.us/dph/wcfh/perinatal/>.
5. Nurse-family partnership. <http://www.nursefamilypartnership.org/proven-results>.
6. Best Beginnings: Alaska's Early Childhood Investment. <http://www.bestbeginningsalaska.org/index.php/Childhood/Alaska-Early-Childhood-Educator-Resources.html>.
7. Early childhood education: Alaska ICE early childhood education initiative, training modules, etc. <http://www.alaskaice.org/material.php?matID=485>.
8. Book *Helping Little Kids Succeed Alaskan Style*. <http://www.alaskaice.org/material.php?matID=72>.

Family Violence Prevention Resources

1. Healthy Alaskans 2010: Strategies for Improved Health: Creating Healthy Communities: An Alaskan Talking Circle:
 - a. Family Spirit Project, p. 33.
 - b. The Mothers' Club.
2. Alaska Office of Children's Services. <http://www.hss.state.ak.us/OCS/>.
3. RID Alaska of Child Abuse directory and online resource center. <http://www.ridalaskaofchildabuse.org/>.
4. Prevent Child Abuse America. <http://www.preventchildabuse.org/index.shtml>.
5. Alaska Child Abuse Prevention Network: Northern office—Resource Center for Parents and Children, Fairbanks office 907-456-2866. http://hss.state.ak.us/ocs/ChildrensTrust/pdf/CRK_PDF_Kit/Alaska%20Child%20Abuse%20Prevention%20Network.pdf.
6. Nurse-family partnership. <http://www.nursefamilypartnership.org/proven-results>.

Cancer Prevention Resource

1. Alaska Comprehensive Cancer Control Plan 2005–2010. <http://www.hss.state.ak.us/publications/alaskaComprehensiveCancerControlPlan.pdf>.