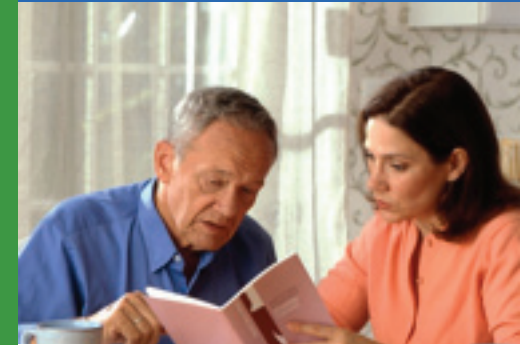


Federal Wellness Resource **GUIDE**

essential federal resources
for employee wellness and health promotion



1 About this Guide

The Federal Workplace Health Collaborative has created the first Federal Wellness Resource Guide as an important step toward making workplace health information more widely available to those who are looking for guidance, technical support, and action steps to improve the health of workers and their families, whether it be in the workplace or the communities they live in. Business managers, human resource staff, corporate wellness managers, and public health professionals working with employers can use this Federal Wellness Resource Guide to promote employee health.

The Resource Guide addresses a number of health topics and issues that are common challenges for employers. This information is based on the Collaborative members' workplace health expertise and experience, scientific research, and existing programs and services.

The guide consists of two main sections:

PART I: The first section contains resources for employees. This set of resources includes ready-made, credible health information (e.g., pamphlets, brochures, fact sheets) on preventive screenings and healthy lifestyles. This provides employers the opportunity to allow their employees to access self-help information from their workstations.

PART II: The second section contains resources for employers, specifically those involved in the design and management of employee health programs. This section includes basic principles, best practices, guidance, and recommendations for workplace health protection and promotion. Each resource pertains to one or more aspects of program development such as planning, implementation of effective interventions, communications, and/or evaluation of programmatic efforts.

Photos and Images

Unless otherwise noted, images in this document credited to NCI Visuals Online (<http://visualsonline.cancer.gov/>), the National Center for Complementary and Alternative Medicine Image Gallery (<http://www.nih.gov/about/nihphotos.htm>), and the NIH Image Bank (<http://media.nih.gov/imagebank/index.aspx>).

This Federal Wellness Resource Guide is a project of the Federal Workplace Health Collaborative (FWHC). The FWHC brings together different government agencies to promote best practices for public and private sector workplace health, and ensures that this information is as available as possible to employers. By making information more accessible through such communication channels as electronic media, publications, and conferences, the awareness of evidence-based workplace health practices may increase among employers and reduce the variability in how workplace health is implemented.

Federal Workplace Health Collaborative

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A special acknowledgment to Rachel Permuth-Levine, PhD, MSPH, (formerly of NIH) for her contribution to this guide.

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PART I for employees

PART I has content that is designed to be shared directly with employees. This set of resources includes ready-made, credible health information (e.g., pamphlets, brochures, fact sheets) on preventive screenings and healthy lifestyles. The employee materials are not copyrighted and can be freely distributed to employees, providing employers the opportunity to allow their employees to access self-help information from their workstations.

RESOURCE KEY



= Recommendations and Guidelines



= Informational Material



= Tools and Toolkits

alcohol abuse



Harmful Interactions: Mixing Alcohol with Medicines

This pamphlet lists medications that can cause harm when taken with alcohol and describes the effects that can result. The list gives the brand name by which each medicine is commonly known (for example, Benadryl®) and its generic name or active ingredient (in Benadryl®, this is diphenhydramine). The list presented here does not include all the medicines that may interact harmfully with alcohol. Most important, the list does not include all the ingredients in every medication.

See <http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm>.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)
Contact: Communications/Public Information: 301-443-3860

cancer



Cancer Information Service (CIS)

Cancer information specialists are trained to answer cancer related questions by telephone (1-800-4-CANCER), LiveHelp instant messaging, and e-mail. In addition to answering questions about cancer and clinical trials, the NCI's CIS also operates the NCI's Smoking Quitline (1-877-44U-QUIT) which provides free cessation information and support to smokers who wish to quit. There is no charge or fee for the service. Service is provided in English and Spanish. See <http://www.cancer.gov/help>.

National Cancer Institute (NCI)

Contact: 1-800-4-CANCER (1-800-422-6237)



Cervical Cancer: Inside Knowledge

This fact sheet about cervical cancer is part of the Centers for Disease Control and Prevention's (CDC) National Gynecologic Cancer Awareness Campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health. See: http://www.cdc.gov/cancer/cervical/pdf/cervical_facts.pdf.

Centers for Disease Control and Control (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)





Understanding Breast Health

This fact page for consumers on breast health includes information on symptoms, risk factors, prevention, screening, diagnosis, and treatment. See: http://www.cdc.gov/cancer/breast/basic_info/.

Centers for Disease Control and Control (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Understanding Mammograms

This fact sheet for consumers includes answers to basic questions about mammograms—What is a mammogram? Why should I get a mammogram? Where can I get a mammogram and who can I talk to if I have questions? It also includes a listing of additional resources. See: http://www.cdc.gov/cancer/breast/basic_info/mammograms.htm.

Centers for Disease Control and Control (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

healthcare services



A Healthier US Starts Here

Medicare can do more than simply cover the costs of doctor and hospital bills. Medicare's preventive benefits can help individuals stay one step ahead of serious illnesses or certain chronic conditions such as diabetes, heart disease and cancer. This publication offers an overview of preventive benefits. See <http://www.medicare.gov/Publications/Pubs/pdf/11308.pdf>.

Centers for Medicare & Medicaid Services (CMS)

Contact: 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY/
TDD)



Are You Up-To-Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep individuals healthy and help find problems early, when treatment is most effective. This publication provides information about preventive services. See <http://www.medicare.gov/Publications/Pubs/pdf/11420.pdf>.

Centers for Medicare & Medicaid Services (CMS)

Contact: 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY/
TDD)





Medicare and Other Health Benefits: Your Guide to Who Pays First

This official government booklet tells you how Medicare works with other types of insurance or coverage, who should pay your bill first, and where to get more help. See <http://www.medicare.gov/Publications/Pubs/pdf/02179.pdf>.

Centers for Medicare & Medicaid Services (CMS)

Contact: 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY, TDD)



Medicare: Getting Started: What You Should Know

This brochure explains the basics of Medicare benefits. This publication is also viewable in Spanish. See <http://www.medicare.gov/Publications/Pubs/pdf/11389.pdf>.

Centers for Medicare & Medicaid Services (CMS)

Contact: 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY, TDD)



Medicare Basics: A Guide for Families and Friends of People with Medicare

This booklet is a guide for families and friends of people with Medicare. It highlights several topics related to the health and care of a person with Medicare. For each of these topics, you'll find basic information about Medicare and suggestions on where to go to find more information. See <http://www.medicare.gov/Publications/Pubs/pdf/11034.pdf>.

Centers for Medicare & Medicaid Services (CMS)

Contact: 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY, TDD)



Medicare and Other Health Benefits: Your Guide to Who Pays First

This publication explains how Medicare works with other types of insurance and coverage, which insurance should pay your bills first, and where to find help. See <http://www.medicare.gov/Publications/Pubs/pdf/02179.pdf>.

Centers for Medicare & Medicaid Services (CMS)

Contact: 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY, TDD)



Staying Healthy: Medicare's Preventive Services

An easy and important way to stay healthy is to get disease prevention and early detection services. Disease prevention and early detection services can keep you from getting certain diseases or illnesses, or can find health problems early when treatment works best. This guide offers information about available prevention services through Medicare. See <http://www.medicare.gov/Publications/Pubs/pdf/11100.pdf>.

Centers for Medicare & Medicaid Services (CMS)

Contact: 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY, TDD)





Talking to Your Healthcare Professionals: Questions are the Answer

Clinicians, the government, and many other groups are working hard to improve healthcare quality, but it's a team effort. You can improve your care and the care of your loved ones by taking an active role in your healthcare. Ask questions. Understand your condition. Evaluate your options. See <http://www.ahrq.gov/questionsaretheanswer/>.

Agency for Healthcare Research and Quality (AHRQ)
Contact: (301) 427-1364

health promotion & disease management



Diabetes at Work

Diabetesatwork.org is a free, easy-to-use resource from the National Diabetes Education Program, a federally sponsored initiative of the Centers for Disease Control and Prevention and National Institutes of Health. Although this site is targeted primarily to those interested in developing worksite programs for managing and preventing diabetes, it also includes many materials to help prevent and manage diabetes and its complications. See www.diabetesatwork.org.

National Institutes of Health (NIH)
Centers for Disease Control and Prevention (CDC)
National Diabetes Education Program (NDEP)
Contact: 1-888-693-NDEP (6337)



HealthierFeds

HealthierFeds, a Web site designed for federal employees and their families but relevant to any working population, provides information and education about healthy living, greater individual responsibility for personal health, and best-treatment strategies. The initiative includes “Four Pillars,” or key elements. They are 1) be physically active every day; 2) eat a nutritious diet; 3) get preventive screenings; and 4) make healthy choices. See <http://www.healthierfeds.gov/>.

U.S. Office of Personnel Management (OPM)
Contact: worklife@opm.gov, (202) 606-1800, (202) 606-2532 (TTY)



Understanding Diabetes: Diabetes & Me

Diabetes is a disease that affects millions of people and their families. This resource provides basic information on diabetes and its complications and tips on how to be active, eat right, and prevent diabetes. See <http://www.cdc.gov/diabetes/consumer/index.htm>.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

healthy aging



Alzheimer's Disease: Unraveling the Mystery

This book explains what Alzheimer's disease is, describes the main areas in which researchers are working, and highlights new approaches for helping families and friends care for people with AD. Visit NIA's Alzheimer's Disease Education and Referral Center Web site at www.nia.nih.gov/Alzheimers. The resources that accompany this book, such as downloadable versions of the illustrations and an animation, show what happens to the changing brain in Alzheimer's disease.

National Institute on Aging (NIA) Information Center
Contact: Phone: 301-496-1752/1-800-222-4225 (TTY)



Be Young at Heart: Tips for Healthy Aging

This publication provides information and education to federal employees and retirees, but is also relevant to the general public, about healthy living, greater individual responsibility for personal health, and best-treatment strategies. See http://win.niddk.nih.gov/publications/young_heart.htm.

National Institute of Diabetes and Digestive Kidney Diseases (NIDDK)
Contact: ndic@info.niddk.nih.gov/1-800-860-8747, 1-866-569-1162 (TTY), 703-738-4929 (Fax)



CDC Healthy Aging Program

CDC's Healthy Aging Program focuses on establishing programs, developing innovative tools, and providing a comprehensive approach to helping older adults live longer, high-quality, productive, and independent lives. The Healthy Aging Program supports projects for health promotion, preventive services, mental health, caregiving, decision making at the end of life, emergency preparedness, and chronic disease management. Among the resources developed by the program for public health and aging services professionals are interactive, Web-based tools that provide data for action. See <http://www.cdc.gov/aging/aginginfo/index.htm>.

Centers for Disease Control and Control (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

This guide can help older individuals take charge of an important part of health. It features information about the benefits of exercise and physical activity, how to get started, reduce risks, and reward progress. It also includes sample exercises and charts for recording activities. Throughout the guide, there are personal stories that show how to be more active every



day. See <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>.

National Institute on Aging (NIA) Information Center
Contact: Phone: 301-496-1752/1-800-222-4225 (TTY)



NIHseniorhealth.gov/

This easy-to-use Web site features basic health and wellness information for older adults from the National Institutes of Health. This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM), both part of the National Institutes of Health (NIH). See <http://nihseniorhealth.gov/>.

National Institute on Aging (NIA) Information Center
Contact: Phone: 301-496-1752/1-800-222-4225 (TTY)

healthy eating



Healthy Eating for a Healthy Weight

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or eating plan. This resource describes the characteristics of a healthy eating plan and covers healthy eating basics, calorie cutting, and meal planning. See http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/index.htm.

Centers for Disease Control and Control (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Federal Nutrition Education Resources

This document provides a comprehensive listing of federal resources that meet nutrition recommendations based on the 2005 Dietary Guidelines for Americans, with active online links. See <http://www.health.gov/dietaryguidelines/> and <http://www.cnpp.usda.gov/dietaryguidelines.htm>

United States Department of Agriculture (USDA)
Contact: MyPyramid Customer Support and Information Line,
Support@cnpp.usda.gov, 1-888-7-PYRAMID



My Foodapedia

This Web site provides quick access to food groups, calories, & comparisons. See <http://www.myfoodapedia.gov/>.

United States Department of Agriculture (USDA) Contact: MyPyramid Customer Support and Information Line,
Support@cnpp.usda.gov, 1-888-7-PYRAMID



Nutrition Overview

This Web site provides easy, online access to government information on food and human nutrition for consumers. See <http://www.nutrition.gov>.

United States Department of Agriculture (USDA) Contact:
MyPyramid Customer Support and Information Line,
Support@cnpp.usda.gov, 1-888-7-PYRAMID





Understand What to Eat: Dietary Guidelines

The Dietary Guidelines for Americans has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for federal food and nutrition education programs. See <http://www.health.gov/dietaryguidelines>.

Office of Disease Prevention and Health Promotion (ODPHP)
U.S. Department of Health and Human Services (HHS)
Contact: (240) 453-8280/ (240)

heart disease & stroke



Facts about High Blood Cholesterol

This fact sheet helps patients understand what high blood cholesterol is, its diagnosis, associated risks, treatment goals, and lifestyle changes needed to manage it. See http://www.nhlbi.nih.gov/health/public/heart/chol/chol_dci.htm.

National Heart, Lung, and Blood Institute (NHLBI) | Contact:
nhlbiinfo@nhlbi.nih.gov, (301) 592-8573, (240) 629-3255 (TTY)

This link gives information on the facts and statistics for cholesterol and heart disease, and what you can do to stay healthy.
<http://www.cdc.gov/cholesterol/>

This link clearly describes the signs and symptoms of stroke:
http://www.cdc.gov/stroke/signs_symptoms.htm

Centers for Disease Control and Prevention | Contact:
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day - cdcinfo@cdc.gov



High Blood Cholesterol: What You Need to Know

This publication for patients and the general public is based on the most recent clinical guidelines and finding on cholesterol testing and management. Find out what cholesterol numbers mean and what treatment the doctor may prescribe to help lower cholesterol levels. It includes a tool to estimate the risk for having a heart attack, and outlines ways to reduce risk. See http://www.nhlbi.nih.gov/health/public/heart/chol/hbc_what.htm.

National Heart, Lung, and Blood Institute (NHLBI) | Contact: nhlbi-info@nhlbi.nih.gov, (301) 592-8573, (240) 629-3255 (TTY)



National Cholesterol Education Program (NCEP)

Through educational efforts directed at health professionals and the public, the NCEP aims to raise awareness and understanding about high blood cholesterol as a risk factor for Coronary Heart Disease (narrowing of the small blood vessels that supply blood and oxygen to the heart) and the benefits of lowering cholesterol levels as a means of preventing coronary heart disease. This Web site contains a number of health information documents and clinical practice guidelines for cholesterol management. See <http://www.nhlbi.nih.gov/about/ncep/>.

National Heart, Lung, and Blood Institute (NHLBI) | Contact:
nhlbiinfo@nhlbi.nih.gov, (301) 592-8573, (240) 629-3255 (TTY)



Prevent and Control America's High Blood Pressure: Mission Possible

This Web site includes fact sheets on healthy activities in English and Spanish, posters for businesses, lists of potential community partners, and recommendations for action in employee populations for preventing and controlling high blood pressure.

See <http://hp2010.nhlbihin.net/mission/>.

National Heart, Lung, and Blood Institute (NHLBI) | Contact:
nhlbiinfo@nhlbi.nih.gov, (301) 592-8573, (240) 629-3255 (TTY)



Your Guide to Lowering Cholesterol with Therapeutic Lifestyle Changes

This easy-to-read booklet is designed to help individuals make the lifestyle changes that will lower blood cholesterol and reduce risk for heart disease. It explains how to follow the TLC diet (low in saturated fat, trans fat, and dietary cholesterol), increase physical activity, and manage weight for people whose cholesterol level is above their goal. The guide includes helpful lists and charts, sample menus, a 10-year coronary heart disease risk calculator, and many tips for success. See http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.htm.

National Heart, Lung, and Blood Institute (NHLBI) | Contact:
nhlbiinfo@nhlbi.nih.gov, (301) 592-8573, (240) 629-3255 (TTY)

This website contains information including facts sheets and podcasts on high blood pressure

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

Centers for Disease Control and Prevention | Contact:
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day - cdcinfo@cdc.gov

men's health



The Pocket Guide to Staying Healthy at 50+ (Men)

Use the checklists in this flyer to help individuals stay healthy at 50+. The checklists help answer questions about what daily steps men can take for good health, whether medicines are needed to prevent disease, and which screening tests are needed and when to get them. See <http://www.ahrq.gov/ppip/men50.htm/>.

Agency for Healthcare Research and Quality (AHRQ)
Contact: (301) 427-1364

physical activity



Physical Activity for Everyone

This Web site contains extensive educational material on physical activity. Topics include recommended activity levels, examples of moderate-level and vigorous-level activities, recommended activities according to age, ways to avoid injury, and a list of additional resources from organizations such as the American Heart Association. See <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)





President's Council on Physical Fitness and Sports Web site

The President's Council on Fitness, Sports, and Nutrition (PCFSN) is a committee of 25 volunteer citizens who advise the President through the Secretary of Health and America. Through its programs and partnerships with the public, private, and nonprofit sectors, PCFSN serves as a catalyst to promote health. This Web site provides information about the council and its work, view publications, and links to resources of other government agencies as well as to health and fitness organizations. See <http://www.fitness.gov/>.

President's Council on Physical Fitness and Sports (PCPFS)

United States Department of Health & Human Services (HHS)

Contact: 240-276-9567, 240-276-9860 (Fax)

<http://www.health.gov/paguidelines/>



tobacco cessation



Tobacco Cessation

This guide can help smokers prepare to quit and support them in the days and weeks after they quit. It also describes problems and challenges to expect when quitting smoking. See <http://www.smokefree.gov/>. Free counseling is available throughout the United States by calling 1-800-QUIT-NOW to reach the caller's state Quitline.

National Cancer Institute (NCI)

Contact: 1-800-4-CANCER (1-800-422-6237)

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),

Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

travel



Traveler's Health

The purpose of the CDC Travelers' Health Web site is to provide information, based on scientific studies, disease surveillance, and best practices, to assist travelers and their healthcare providers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel. See <http://wwwnc.cdc.gov/travel/>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),

Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

women's health



Woman Activity Tracker

Stay physically active all year long! Set personal goals, earn virtual awards, and track success. Once registered, making and tracking your goals is easy. Keep in mind that the program encourages women to get at least 2 hours and 30 minutes of physical activity each week. See <http://www.womenshealth.gov/woman/>.

Office on Women's Health (OWH)

U.S. Department of Health and Human Services (HHS)

Contact: 1-800-994-9662, 1-888-220-5446 (TTY)

PART II

for employers

PART II has content aimed at employers, specifically those involved in the design and management of employee health programs. This section includes basic principles, best practices, guidance, and recommendations for workplace health protection and promotion. Each resource pertains to one or more aspects of program development such as planning, implementation of effective interventions, communications, or evaluation of programmatic efforts. Some resources in this section are specific to one health issue such as obesity or HIV/AIDS in the workplace. Others take a wider, more comprehensive view of health promotion and disease prevention in the workplace.

RESOURCE KEY



= Recommendations and Guidelines



= Informational Material



= Tools and Toolkits

communication



Health Literacy

This site defines health literacy and its importance for communicating health information. Without clear information and an understanding of the information's importance, people are more likely to skip necessary medical tests, end up in the emergency room more often, and have a harder time managing chronic diseases like diabetes or high blood pressure. The site also provides resources and links to other government agencies with information on health literacy, health communications, and cultural competency. See <http://www.cdc.gov/healthmarketing/healthliteracy/>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

disability and health



CDC Disability and Health Program

This site addresses public health issues among at-risk populations, including people with disabilities, with a focus on promoting the health of people who are living with disabilities by using national and state health survey data. See <http://www.cdc.gov/ncbddd/dh/default.htm>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)





Disability.gov: Connecting the Disability Community to Information and Opportunities

Disability.gov is an award-winning federal Web site that contains disability-related resources on programs, services, laws and regulations to help people with disabilities lead full, independent lives. With just a few clicks, visitors can find critical information on a variety of topics, including benefits, civil rights, community life, education, emergency preparedness, employment, housing, health, technology and transportation. See <http://www.disability.gov/>.

U.S. Department of Labor's Office of Disability Employment Policy (ODEP)

Contact: 1-866-ODEP-DOL (633-7365); TTY: 1-877-889-5627

ergonomics



Department of Defense Ergonomics Working Group

This site provides practical, user-friendly information on program development; organizational culture and change; metrics; program implementation and management; best practices; self assessments; cost benefit and return on investments; marketing and communication; ergonomic assessment tools, products, and intranet programs; workstation design; and research initiatives in ergonomics. See <http://www.ergoworkinggroup.org/ewgWeb/IndexFrames/index3.htm>.

United States Army Center for Health Promotion & Preventive Medicine (CHPPM)

Contact: 1-800-222-9698, ext. 3928



Ergonomic eTools

This site offers a series of eTools that provide stand-alone, interactive, Web-based information to address ergonomic hazards. Some eTools address general ergonomic hazards and others target specific industries. See <http://www.osha.gov/SLTC/ergonomics/outreach.html#etools>.

U.S. Department of Labor, Occupational Safety and Health Administration (OSHA)

Contact: 1-800-321-OSHA (6742), TTY: 877-889-5627

national health campaigns



Heart Truth for Women

To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute (NHLBI) and partner organizations are sponsoring a national campaign called The Heart Truth®. The campaign's goal is to give women a personal and urgent wakeup call about their risk of heart disease. See <http://www.nhlbi.nih.gov/educational/hearttruth/index.htm>.

National Heart, Lung, and Blood Institute (NHLBI)

Contact: nhlbiinfo@nhlbi.nih.gov, (301) 592-8573, (240) 629-3255 (TTY), (240) 629-3246 (Fax)



Inside Knowledge: National Gynecologic Cancer Awareness Campaign

This campaign includes a number of education materials such as fact sheets, campaign messages, and links to support and provider organizations to raise awareness of the five main types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar. It is important for women to pay attention to their bodies

and know what is normal for them so that they can recognize the warning signs of gynecologic cancers. See <http://www.cdc.gov/cancer/knowledge/>.

Centers for Disease Control and Control (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
 Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



National Health Observances

Health observances are special days, weeks, or months used to raise awareness of important health topics. Examples include World AIDS Day or the Great American Smoke Out. Healthfinder.gov features one health observance each month in its National Health Observances Toolkit. The toolkit is full of information and ideas to engage the public in health promotion activities. See <http://www.healthfinder.gov/nho/default.aspx>.

United States Department of Health and Human Services (HHS)
Contact: (202) 606-1800, (202) 606-2532 (TTY)



National Women's Health Week

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life. See <http://www.womenshealth.gov/whw/>.



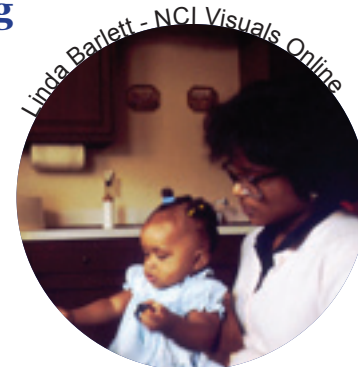
Office on Women's Health (OWH)
U.S. Department of Health and Human Services
Contact: 1-800-994-9662, 1-888-220-5446 (TTY)



National Breastfeeding Awareness Campaign

The U.S. Department of Health and Human Services' Office on Women's Health (OWH) conducted the National Breastfeeding Awareness Campaign from 2004-2006 to promote breastfeeding among first-time parents (mothers and fathers) who would not normally breastfeed their baby. The campaign aimed to empower women to commit to breastfeeding and to highlight new research that shows that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea, respiratory illnesses, and may be less likely to develop childhood obesity. This is a good source of archived information from the campaign. See <http://www.womenshealth.gov/breastfeeding/programs/nbc/index.cfm>.

Office of Women's Health (OWH)
U.S. Department of Health and Human Services
Contact: 1-800-994-9662, 1-888-220-5446 (TDD)





Screen for Life: National Colorectal Cancer Action Campaign

This campaign includes a number of education materials such as Public Service Announcements (PSA), posters, fact sheets, brochures, and print ads in English and Spanish to raise awareness of colorectal cancer and describe the benefits of colorectal cancer screening, and to motivate individuals to talk to their doctor. See <http://www.cdc.gov/cancer/colorectal/sfl/>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

health disparities



CDC Office of Minority Health and Health Disparities

The Office of Minority Health and Health Disparities (OMHD) aims to accelerate CDC's health impact in the U.S population and to eliminate health disparities for vulnerable populations as defined by race/ethnicity, socio-economic status, geography, gender, age, disability status, risk status related to sex and gender, and among other populations identified to be at-risk for health disparities. See <http://www.cdc.gov/minorityhealth/index.html>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



HHS Office of Minority Health and Health Disparities

The mission of the Office of Minority Health (OMH) is to improve and protect the health of racial and ethnic minority populations through the development of health policies and programs that will eliminate health disparities.

OMH was established in 1986 by the U.S. Department of Health and Human Services (HHS). It advises the Secretary and the Office of Public Health and Science (OPHS) on public health program activities affecting American Indians and Alaska Natives, Asian Americans, Blacks/African Americans, Hispanics/Latinos, Native Hawaiians, and other Pacific Islanders. See <http://minorityhealth.hhs.gov/>.

Office of Minority Health and Health Disparities (OMHHD)

Contact: 1-800-444-6472

health promotion and disease management

—Comprehensive Programs—



10x10 Wellness Initiative

The Web site focuses on major activities, i.e., educational materials, quarterly informational updates, bimonthly training teleconferences. See www.10x10.samhsa.gov.

Substance Abuse & Mental Health Services Administration (SAMHSA)

Contact: 10x10@samhsa.hhs.gov, SAMHSA 10 x 10 Wellness Campaign, 2121 K Street, NW, Suite 300, Washington, DC 20037



Employment Guide to Build a Healthy Workplace and other Employment Related Information

This Web page features Brochures, Fact Sheets, Guides and Toolkits that contain information and tools for human resource personnel and managers to use in developing a mental health friendly workplace. See <http://www.promoteacceptance.samhsa.gov/topic/employment/brochures.aspx>.

Substance Abuse & Mental Health Services Administration (SAMHSA)
Contact: promoteacceptance@samhsa.hhs.gov, 1-800-540-0320



Health and Wellness: Employee Health Services Handbook

Many of the leading causes of death and disability in the United States are largely preventable through early detection, intervention and behavior changes. See http://www.opm.gov/Employment_and_Benefits/WorkLife/OfficialDocuments/HandbooksGuides/EmployeeHandbook/index.asp.

U.S. Office of Personnel Management (OPM)
Contact: (202) 606-1800, (202) 606-2532 (TTY)



Healthier Worksite Initiative

This site addresses a wide range of workforce health promotion topics, including the planning and implementation of program, policy, and environmental change strategies for several health topics, and links to key tools



and resources for employers to prevent chronic disease. See <http://www.cdc.gov/workplacehealthpromotion/>

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



NIOSH Databases and Information Collections

Databases on various health related topics including Injury, Illness and Hazards. See <http://www.cdc.gov/niosh/database.html>.

National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Workplace Health Promotion and Wellness

Worksite health promotion refers to the systematic approach endorsed by an organization designed to enhance the health of the company and its most important asset: its employees. In order to reach the greatest health improvement and cost containment potential, programs may include initiatives based in the worksite as well as in the employee's community, clinic, and home. These efforts may take the shape of awareness education, behavior and lifestyle change, and the creation of supportive environments. The ultimate goal of worksite health promotion is to create a culture that values and meets both individual and organizational needs for health improvement. See www.workplace.samhsa.gov/ResourceCenter/r305.pdf.

Substance Abuse & Mental Health Services Administration (SAMHSA)
Contact: promoteacceptance@samhsa.hhs.gov, 1-800-540-0320



Workplace Health Promotion Toolkit

The toolkit is designed to educate business managers, human resource staff, corporate wellness managers, and public health professionals working with employers on approaches to improving employee health featuring a stepwise approach to create or improve a workplace health program including modules on: Assessment, Planning, Implementation, and Evaluation. See www.cdc.gov/workplacehealthpromotion.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
 Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



WorkLife Initiative

This NIOSH initiative envisions workplaces that are free of recognized hazards, with health-promoting and sustaining policies, programs, and practices; and employees with ready access to effective programs and services that protect their health, safety, and well being. The initiative includes 20 essential elements of a high quality worksite health protection and promotion program: A NIOSH resource list for “employers and employer-employee partnerships wishing to establish effective workplace programs that sustain and improve worker health.” See <http://www.cdc.gov/niosh/worklife/default.html#intro>.

National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
 Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

—Communicable Diseases—



Flu Prevention for Workplaces and Employees

To help educate workplaces and their employees on these strategies for preventing flu, CDC provides the following flyers, posters, and other materials to post and distribute in the workplace. See <http://www.cdc.gov/flu/workplace/index.htm>.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)



HIV/AIDS in the Workplace

More people are living and working with HIV than ever before. HIV has not gone away. Neither have the complex issues it raises. Does your workplace handle discrimination, return-to-work, or employee morale issues? CDC’s Business/Labor Responds to AIDS (BRTA/LRTA) program is a resource for these and many other questions. See <http://www.hivatwork.org/>.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)



—Chronic Diseases—



Diabetes at Work

Diabetesatwork.org is a FREE, easy-to-use resource from the National Diabetes Education Program, a federally sponsored initiative of the Centers for Disease Control and Prevention and National Institutes of Health. The resource helps businesses of any size and can be used to create low-cost education programs, fact sheets, and health bulletins that can be printed in company newsletters. All of the resources are copyright-free, which means that you can add your company logo to any of the materials. See www.diabetesatwork.org.

National Institutes of Health (NIH)

Centers for Disease Control and Prevention (CDC)

National Diabetes Education Program (NDEP)

Contact: 1-888-693-NDEP (6337)



Heart Disease and Stroke Prevention at Work

Heart disease and stroke, the principal components of cardiovascular disease (CVD), are among the nation's leading causes of death and disability and the most expensive medical conditions for businesses. The good news is that employers take preventive action to improve worker health and productivity and save on health-care costs. See <http://www.cdc.gov/dhdsp/library/toolkit/>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)

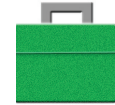


Keep the Beat

The Keep the Beat program is a worksite wellness program that encourages heart healthy behaviors. The program includes physical and nutrition activities that all employees can incorporate into their normal workday routines. See <http://apps.nhlbi.nih.gov/keepthebeat/>.

National Heart, Lung, and Blood Institute (NHLBI)

Contact: nhlbiinfo@nhlbi.nih.gov, (301) 592-8573, (240) 629-3255(TTY), (240) 629-3246



LEAN Works!

This free, Web-based resource offers interactive tools and resources to help employers design effective worksite obesity prevention and control programs. The site contains an obesity cost calculator to determine how much obesity costs your organization and how much you could save by establishing an obesity prevention and control program at your worksite. See <http://www.cdc.gov/leanworks>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

—Stress—



Stress Topic Page

Better understand the influence of what are commonly termed “work organization” or “psychosocial” factors on stress, illness, and injury. Identify ways to redesign jobs to create safer and healthier workplaces. See <http://www.cdc.gov/niosh/topics/stress/>.

National Institute for Occupational Safety and Health (NIOSH)
 Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
 Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Work Organization and Stress Program Portfolio

NIOSH program portfolio on the organization of work and its relevance to work stress provides information about the research and projects that put research into practice being conducted at NIOSH. See <http://www.cdc.gov/niosh/programs/workorg/>.

National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)
 Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
 Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

healthy aging

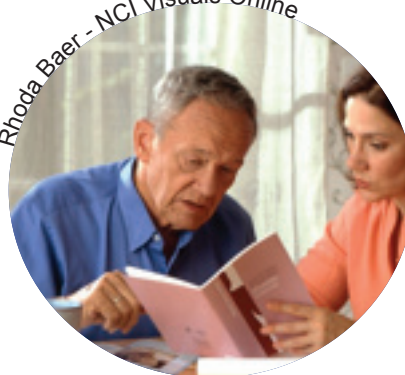


Health and Aging Organizations

This online, searchable database lists more than 300 national organizations that provide help to older people. Use the drop-down menu to search subject areas for information on how to contact these organizations. Click the View All Organizations button to see or print the list. See <http://www.nia.nih.gov/HealthInformation/ResourceDirectory.htm>.

National Institute on Aging (NIA)
Information Center
 Contact: Phone: 301-496-1752/1-800-222-4225 (TTY)

Rhoda Baer - NCI Visuals Online



Promoting Preventive Services for Adults 50–64: Community and Clinical Partnerships

This report highlights opportunities to broaden the use of potentially lifesaving preventive services. The report, “Promoting Preventive Services for Adults 50-54: Community and Clinical Partnerships,” identifies a set of recommended preventive services, delineates successful strategies to promote and facilitate their delivery in community settings, and provides national and state-level data to monitor progress in these services reach this key population. See <http://www.cdc.gov/aging/services/index.htm>.

Centers for Disease Control and Prevention (CDC)
 Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)



Public Health and Aging Listserv

The Public Health and Aging Listserv provides public health and aging services professionals, researchers, policymakers, and others with the opportunity to learn about issues, successes, challenges, and gaps associated with promoting the health of older adults. Topic areas range from health promotion and disease prevention for older adults, to arthritis, epilepsy, osteoporosis, and dementia, as well as Alzheimer’s Disease, cognitive issues, and health-related quality of life. See <http://www.cdc.gov/aging/publications/listserv.htm>

Centers for Disease Control and Prevention (CDC)
 Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)

healthy eating



Center for Nutrition Policy and Promotion

The USDA Center for Nutrition Policy and Promotion works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. CNPP is an agency of USDA's Food, Nutrition, and Consumer Services. MyPyramid offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the Dietary Guidelines for Americans. See <http://www.mypyramid.gov/>.

Center for Nutrition Policy and Promotion (CNPP)
United States Department of Agriculture USDA)
Contact: 703-305-7600; 1-888-7-PYRAMID (888-779-7264)



National Fruit & Vegetable Program

The National Fruit & Vegetable Program is a public private partnership. It is a confederation of government, not-for-profit groups and industry groups working collaboratively and synergistically to increase the consumption of fruits and vegetables for improved public health.

The goal of the National Fruit & Vegetable Program is to promote health through increased consumption of fruits and vegetables. The National Fruit & Vegetable Program supports initiatives to provide education and to improve access to fruits and vegetables. See <http://www.fruitsandveggiesmatter.gov/>.

Centers for Disease Control and Prevention (CDC)
Contact: <http://www.cdc.gov/netinfo.htm>, 1-800-311-3435



Nutrition Topics and Information

This site provides online nutrition information for individuals and contains multiple links to fact sheets, an interactive Web site to individualize information for improving fruit and vegetable consumption, downloadable brochures, information for parents and children, and links to additional useful sites. See <http://www.cdc.gov/nutrition/index.html>.

Centers for Disease Control and Control (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

mental health



Disaster Mental Health

The effects of a disaster, terrorist attack, or other public health emergency can be long-lasting, and the resulting trauma can reverberate even with those not directly affected by the disaster. This page provides general strategies for promoting mental health and resilience. This Web page provides mental and behavioral health information and guidance for disasters and public health emergencies for multiple target audiences (responders and families). See <http://www.bt.cdc.gov/mentalhealth/>.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Promoting Acceptance and Inclusion for People with Mental Health Problems in the Workplace

There are benefits to employers and employees when a business decides to promote a mentally healthy workplace. A mentally healthy workplace can positively affect productivity, cost-containment of healthcare, and employee retention. This presentation focuses on some of the factors involved in a mentally healthy workplace, which may include an atmosphere that welcomes diversity; healthcare that treats mental illnesses with the same urgency as physical illnesses; programs and/or practices that promote and support employee health-wellness and work-life balance; and training for managers and supervisors in mental health workplace issues. See <http://www.promoteacceptance.samhsa.gov/teleconferences/archive/training/teleconference01272009.aspx>.

Substance Abuse & Mental Health Services Administration (SAMHSA)

Contact: promoteacceptance@samhsa.hhs.gov, 1-800-540-0320



Workplaces That Thrive: A Resource for Creating Mental Health-Friendly Work Environments

Human resources personnel or managers can use this guide to become familiar with practices that promote good mental health and with ways to institute them in your workplace. The resource also provides ready-to-use materials for supervisor training and for communicating with employees about their role in creating a Mental Health-Friendly Workplace. See_

<http://www.acmhck.org/common/modules/documentcenter2/documentview.aspx?DID=70>.

Substance Abuse & Mental Health Services Administration (SAMHSA)

Contact: <http://www.allmentalhealth.samhsa.gov>, 1-800-540-0320

safety and health



Does It Really Work?

How to evaluate safety and health changes in the workplace. See <http://www.cdc.gov/niosh/docs/2004-135/>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Emergency Preparedness and Response

This site is intended to increase the nation's ability to prepare for and respond to public health emergencies. See <http://emergency.cdc.gov/>.

Centers for Disease Control and Prevention (CDC)

Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Hazardous Chemical Profiles

On this page, there is information about Contaminants found at Hazardous Waste Sites. See <http://www.atsdr.cdc.gov/toxprofiles/index.asp>.

**Agency for Toxic Substances and Disease Registry (ATSDR)
Centers for Disease Control and Prevention (CDC)**

Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)



Health Hazard Evaluations

At no cost to employers or employees, or their representatives, the NIOSH Health Hazard Evaluation (HHE) program may be able to help with health hazards in your work environment. This site lets you know about the program and how to ask for NIOSH help. It also has links to reports from thousands of HHEs done by NIOSH. See <http://www.cdc.gov/niosh/hhe/>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)



Management of Hazardous Materials Incidents (MHMI)

The MHMI series is a three volume set (with a video) comprised of recommendations for on-scene (pre-hospital), and hospital medical management of patients exposed during a hazardous materials incident. See <http://www.atsdr.cdc.gov/MHMI/index.asp>.

**Agency for Toxic Substances and Disease Registry (ATSDR)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 800-CDC-INFO (800-232-4636), (888) 232-6348 (TTY)



NIOSH Worker Health Chartbook

This publication is a descriptive epidemiologic reference on occupational morbidity and mortality in the United States. A resource for agencies, organizations, employers, researchers, workers, and others who need to know about occupational injuries and illnesses, the Chartbook includes more than 400 figures and

tables describing the magnitude, distribution, and trends of the Nation's occupational injuries, illnesses, and fatalities. See <http://www.cdc.gov/niosh/programs/ti/risks.html>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Older Drivers in the Workplace Crash Prevention for Employers and Workers

Older workers bring a lifetime of skills and experience to their jobs, making valuable contributions into their 70s and beyond. Yet, the normal aging process may affect a worker's ability to drive safely, on or off the job. Safety concerns of older drivers demand more attention from employers and workers. See <http://www.cdc.gov/niosh/docs/2005-159/>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Preventing Work Related Hazards through Design

One of the best ways to reduce and prevent workplace injuries, illnesses, and fatalities is to "design out" or minimize hazards and risks. This Web site addresses interventions and inventions. See <http://www.cdc.gov/Features/PreventionDesign/>.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Safety and Health Publications

The National Institute for Occupational Safety and Health (NIOSH) is the federal agency responsible for conducting research and making recommendations for the prevention of work-related injury and illness. This site provides publications on various topics. See http://www.cdc.gov/niosh/pubs/all_date_desc_nopubnumbers.html.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Safety and Health Resource Guide for Small Businesses

This guide is intended to help small business owners, employers, and managers deal with occupational safety and health concerns. Others involved with the small business community may also benefit from using this resource. This guide contains telephone numbers, e-mail and Internet addresses, and mailing information that will connect small businesses to government agencies, private organizations, consultants, and others who can help with occupational safety and health issues. See <http://www.cdc.gov/niosh/docs/2003-100/default.html>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Workplace Safety and Health

Topics covered are: workplace hazards, illnesses, injuries and health disorders and workplace safety and prevention. See <http://www.cdc.gov/workplace/>.

Centers for Disease Control and Prevention (CDC)
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Workplace Safety and Health by Sectors

NIOSH conducts a range of efforts in the area of research, guidance, information, and service. To better coordinate these efforts, NIOSH is organizing our portfolio into various specific programmatic categories that can be readily communicated and strategically governed and evaluated. See <http://www.cdc.gov/niosh/programs/>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Workplace Solutions

The NIOSH "Workplace Solutions" series offers easy-to-understand, easy-to-access, and easy-to-use recommendations that turn the results of NIOSH research into occupational safety and health practice. See http://www.cdc.gov/niosh/pubs/workplace_date_desc_nopubnumbers.html.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636),
Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Workplace Violence

As an integral part of a broad-based initiative to reduce the incidence of occupational violence in this country, NIOSH conducts, funds, and publishes research on risk factors and prevention strategies related to workplace violence. This site contains information on NIOSH research as well as links to external research programs, statistical reports, and public and private initiatives to address the problems of workplace violence. See <http://www.cdc.gov/niosh/topics/violence/>.

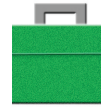
**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Work-Related Roadway Crashes

Roadway crashes are the leading cause of occupational fatalities in the U.S. This resource provides prevention strategies for employers. See <http://www.cdc.gov/niosh/docs/2004-136/>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)



Youth@Work: Talking Safety

Youth@Work: Talking Safety is a foundation curriculum in occupational safety and health. This curriculum is the culmination of many years' work by a consortium of partners dedicated to reducing occupational injuries and illnesses among youth. See <http://www.cdc.gov/niosh/talkingsafety/>.

**National Institute for Occupational Safety and Health (NIOSH)
Centers for Disease Control and Prevention (CDC)**
Contact: cdcinfo@cdc.gov, 1-800-CDC-INFO (1-800-232-4636), Outside the U.S. 513-533-8328, 1-888-232-6348 (TTY)

abbreviations

ACF: Administration for Children and Families
AHRQ: Agency for Healthcare Research and Quality
AoA: Administration on Aging
ASAM: Assistant Secretary for Administration and Management
ASH: Assistant Secretary for Health
ATSDR: Agency for Toxic Substances and Disease Registry
CDC: Centers for Disease Control and Prevention
CMS: Centers for Medicare and Medicaid Services
DAB: Departmental Appeals Board
DS: Office of the Deputy Secretary
FDA: Food and Drug Administration
FOH: Federal Occupational Health
HRSA: Health Resources and Services Administration
IGA: Office of Intergovernmental Affairs
IHS: Indian Health Service
NCI: National Cancer Institute
NIA: National Institute on Aging
NIH: National Institutes of Health
NIOSH: National Institute of Occupational Safety and Health
OCR: Office for Civil Rights
OD: Office on Disability
OGC: Office of the General Counsel
OGHA: Office of Global Health Affairs
OPM: Office of Personnel Management
PMA: President's Management Agenda
VHA: Veterans Health Administration