



Select Tools and Resources on the Prevention and Control of Chronic Diseases

Partnership for Prevention's **Action Guides** translate evidence-based practice recommendations into practical "how to" guidance. These Action Guides help plan and implement evidence-based programs and practices in community and workplace settings to prevent chronic disease and promote health. Topic areas include tobacco, physical activity and nutrition, diabetes, and cancer screening. <http://www.prevent.org/Initiatives/Action-Guides.aspx>

CDC's **Adolescent and School Health** website includes links to a number of resources, such as the *Health Education Curriculum Analysis Tool* and the *School Health Index*, to support and promote adolescent health. <http://www.cdc.gov/healthyyouth/SchoolHealth/tools.htm>

The **Agency for Healthcare Research and Quality (AHRQ)** website includes publications, guidelines, tools to improve quality of care, outcome measures and hospital statistics related to improving diabetes outcomes. Highlights include reviews such as *Comparative Effectiveness and Safety of Oral Diabetes Medications for Adults With Type 2 Diabetes* and *Pills for Type 2 Diabetes: A Guide for Adults*. The *Diabetes Calculator for Employers* and *Diabetes Care Quality Improvement: A Resource Guide for State Action* are designed to help employers and policymakers improve diabetes care quality and value. AHRQ's **Innovations Exchange** highlights innovations in the delivery of care for people with chronic illnesses, including diabetes. <http://www.innovations.ahrq.gov/>.

The **Cancer Control P.L.A.N.E.T.** portal provides access to data and resources that can help planners, program staff, and researchers to design, implement, and evaluate evidence-based cancer control programs. <http://cancercontrolplanet.cancer.gov/>

The **National Comprehensive Cancer Control Program (NCCCP)** helps communities and their partners pool resources to reduce the burden of cancer. These coalitions use data to determine the greatest cancer-related needs in their area, and develop and carry out cancer plans to meet those needs. The CCC plans include activities to encourage people to live a healthy lifestyle, promote cancer screening tests, increase access to good cancer care, and improve the quality of life for people who survive cancer. <http://www.cdc.gov/cancer/ncccp/>

The Community Health Promotion Handbook: Action Guides to Improve Community Health is an evidence-based tool that bridges the gap between research and practice. Five selected recommendations from the Task Force on Community Preventive Services' *The Guide to Community Preventive Services: What Works to Promote Health?* are translated into action guides that provide public health practitioners and others interested in health promotion with the necessary "how to" guidance to implement effective community-level strategies. <http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/index.htm>



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The Community Health Resources Searchable Database can assist community health partners, coalitions and activists as they navigate CDC's web-based resources for planning, implementing, and evaluating community health interventions to address chronic disease and health disparities issues. Community Health Resources includes a variety of chronic disease and other important community health topics, as well as resources developed by CDC, such as program guidelines and recommendations, program planning, and evaluation guides and communication campaigns. http://apps.nccd.cdc.gov/dach_chaps/Default/index.aspx

Diabetesatwork.org can help businesses and managed care companies assess the impact of diabetes in the workplace, and provide intuitive information to help employees manage their diabetes and take steps toward reducing risks for related complications, such as heart disease. <http://www.diabetesatwork.org/>

The Guide to Community Preventive Services (Community Guide) serves as a filter for scientific literature on specific health problems that can be large, inconsistent, uneven in quality, and even inaccessible. The Community Guide summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease. Evidence-based recommendations for programs and policies to promote population health include, but are not limited to: cancer, diabetes, nutrition, obesity, physical activity, and tobacco. <http://www.thecommunityguide.org/>

CDC's **Healthier Worksite Initiative** is a resource for Workforce Health Promotion (WHP) program planners in state and federal government. The web site includes information, resources, and step-by-step toolkits to help you improve the health of your employees. <http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm>

The Center for Health Care Strategies' (CHCS) **Medicaid Best Buys** series helps states, health plans, and policymakers identify programs that have the greatest potential to improve Medicaid quality and control costs for high-risk beneficiaries. The series, made possible through support from the Robert Wood Johnson Foundation, provides policy recommendations and technical resources to guide program development and implementation. http://www.chcs.org/info-url_nocat5108/info-url_nocat_list.htm?attrib_id=17320

Medicaid Redesign: State Innovations in Health Coverage and Delivery, by the National Governor's Association, highlights different mechanisms states are using for Medicaid redesign. Such efforts include, but are not limited to, incorporating prevention and wellness into Medicaid. <http://www.nga.org/cms/home/nga-center-for-best-practices/center-publications/page-health-publications/col2-content/main-content-list/medicaid-redesigned-state-innova.html>



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CDC's **Moving Into Action: Promoting Heart-Healthy and Stroke-Free Communities** suggests how certain sectors of society—policymakers, employers, and health care leaders—can take steps to support the prevention and control of heart disease and stroke. http://www.cdc.gov/dhdsp/moving_into_action.htm

The National Diabetes Education Program (NDEP), a joint initiative of CDC and NIH, provides a number of diabetes education resources and tools designed especially for health care professionals, school personnel, and business and managed care professionals. There are also materials for individuals and families. <http://www.ndep.nih.gov/>

CDC's **Nutrition, Physical Activity, and Obesity Policy Resources** website provides policy and legislation resources for professionals working in the physical activity, nutrition, and obesity arenas. <http://www.cdc.gov/nccdphp/dnpa/policy/index.htm>

Trust for America's Health's (TFAH), **Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities** report, finds that a small strategic investment in disease prevention could result in significant savings in U.S. health care costs. TFAH concluded that an investment of \$10 per person per year in proven community-based programs to increase physical activity, improve nutrition, and prevent smoking and other tobacco use could save the country more than \$16 billion annually within five years. This translates to a return of \$5.60 for every \$1 spent. <http://healthyamericans.org/reports/prevention08/Prevention08.pdf>

A Public Health Action Plan to Prevent Heart Disease and Stroke represents a comprehensive public health strategy to assist in addressing the *Healthy People 2010* goal of improving cardiovascular health through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events. This strategy depends on a balanced investment in all available intervention approaches, from policy and environmental changes designed to prevent risk factors, to assurance of quality care for the victims of heart disease and stroke. It includes education to support individual efforts to prevent or control risk factors. http://www.cdc.gov/dhdSP/action_plan/index.htm

The National Association of State Budget Officers' **Publications** website provides ongoing research such as the semi-annual Fiscal Survey of States, the annual State Expenditure Report, and the biennial Budget Processes in the States. <http://www.nasbo.org/publications-data>



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The National Association of State Medicaid Directors' **Reports and Publications** website includes state perspectives on a number of issues, including: Medicaid Pharmacy Policies and Practices; Emerging Medicaid Long-Term Care Policies and Practices, and Emerging Medicaid Pharmacy Policies and Practices.

<http://medicaiddirectors.org/publications>

CDC's **Screen for Life: National Colorectal Cancer Action Campaign** informs men and women aged 50 years or older about the importance of having regular colorectal cancer screening tests. Screen for Life has created a suite of educational campaign materials in English and Spanish for patients and health professionals. Print materials, including fact sheets, brochures, and posters, can be viewed, printed, and ordered online. Television and radio public service announcements can be viewed and heard online; transcripts are also available.

<http://www.cdc.gov/cancer/colorectal/sfl/>

The **Inside Knowledge: Get the Facts About Gynecologic Cancer** campaign, sponsored by CDC, in collaboration with the Department of Health and Human Services' Office on Women's Health, seeks to raise awareness of the five main types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar. The target audience includes women and health professionals.

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

The Center for Medicare and Medicaid Services' **Site Tools and Resources** provides links to a variety of tools and resources and allows the user to browse by provider type and special topic.

<http://www.cms.hhs.gov/home/tools.asp>

CDC's **State and Community Resources for Tobacco Prevention and Control** website provides links to a number of tobacco-related resources, including *Best Practices for Comprehensive Tobacco Control Programs* and *Cessation Programs Guidelines and Resources*.

http://www.cdc.gov/tobacco/tobacco_control_programs/stateandcommunity/index.htm#policy

The Kaiser Family Foundation's **State Health Facts** contains state-specific information on a number of topics including, but not limited to: Medicaid and SCHIP, Health Care Coverage and the Uninsured, and Health Costs and Budgets. The Medicaid/SCHIP fact sheet allows users to compare a state to another state or to the nation.

<http://www.statehealthfacts.org/index.jsp>



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The National Conference of State Legislatures' website, **State Wellness Legislation**, includes sample state legislation from 2006 through 2008. Features include school wellness policies, legislation with insurance and fiscal incentives, appropriation bills, and other wellness initiatives.

<http://www.ncsl.org/research/health/state-wellness-legislation.aspx>

The Convergence Partnership's website features **Strategies and Tools**, which provide a comprehensive and cross-cutting review of policy, strategy, and program recommendations to create healthy eating and active living environments.

<http://www.convergencepartnership.org/site/c.fhLOK6PELmF/b.3917599/>

The National Association of State Chronic Disease Director's **Success Stories** provides examples of how states are effectively reducing the burden of chronic disease across the United States.

<http://www.chronicdisease.org/?page=SuccessStories>

The U.S. Preventive Services Task Force (USPSTF), sponsored by the Agency for Healthcare Research and Quality (AHRQ), is the leading independent panel of private-sector experts in prevention and primary care. The USPSTF conducts rigorous, impartial assessments of the scientific evidence for the effectiveness of a broad range of clinical preventive services, including screening, counseling, and preventive medications. Its recommendations are considered the "gold standard" for clinical preventive services. The mission of the USPSTF is to evaluate the benefits of individual services based on age, gender, and risk factors for disease; make recommendations about which preventive services should be incorporated routinely into primary medical care and for which populations; and identify a research agenda for clinical preventive care.

<http://www.ahrq.gov/clinic/uspstfix.htm>



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