

## SECTION 2.7 RESOURCE LIST AND WEB SITES

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The following is a list of internet websites for additional information on various family planning related topics. It is intended to assist family planning program staff in delivering services and completing community outreach activities. This list is not complete nor is it to be used as a replacement for client counseling and education. The CDPHE Family Planning Program does not endorse any of the non-governmental resources listed below.

### **Cultural Competency**

- The Office of Minority Health through the Department of Health and Human Services provides information, resources and national standards for cultural competency <http://www.omhrc.gov/templates/browse.aspx?lvl=1&lvlID=3>
- The Office of Minority Health through the Department of Health and Human Services also offers free online cultural competency continuing education programs as well as supplementary tools <https://www.thinkculturalhealth.hhs.gov/>
- The Health Resource and Services Administration offers assessment tools, language/culture and condition specific resources, information on special populations, technical assistance and training (including online options) regarding cultural competency <http://www.hrsa.gov/culturalcompetence/>

### **Domestic Violence**

- The National Center for Victims of Crime provides information for victims of crime and providers <http://www.ncvc.org/ncvc/Main.aspx>
- The National Coalition Against Domestic Violence offers a wide array of information and resources regarding domestic violence <http://www.ncadv.org/>
- The U.S. Department of Justice's Office on Violence Against Women provides up to date information on stalking, domestic violence, sexual assault, and dating violence including legislative issues, federal resources and help for victims <http://www.ovw.usdoj.gov/>

### **Family/Parent Involvement**

- Find information on parental involvement in sexuality and HIV/STD prevention <http://www.emc.cmich.edu/HIV/parentinvolvement.htm>
- Access information for parents and teens about reproductive health issues from The National Campaign to Prevent Teen and Unplanned Pregnancy <http://www.thenationalcampaign.org/parents/default.aspx>
- Tips for adults on how to talk with kids and teens about tough issues <http://www.talkingwithkids.org/>
- Information, links and resources for anyone about sex, sexuality and reproductive health <http://www.familiesaretalking.org/>

### **General Family Planning and Reproductive Health**

- The Guttmacher Institute is a leader in sexual and reproductive health research, policy analysis and public education; statistics and other information <http://www.guttmacher.org/>
- The National Family Planning and Reproductive Health Association provides statistics, information on policy and legislative action and other important information <http://www.nfprha.org/main/index.cfm?Category=Main&Section=Main>
- The Association for Reproductive Health Professionals has resources for providers, including training and education links <http://www.arhp.org/>
- Find provider and patient educational materials and opportunities at <http://www.contraceptiononline.org/index.cfm>

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### Health Disparities

- The federal Office of Minority Health has information available regarding health disparities <http://www.omhrc.gov/>
- Access technical assistance and information about health disparities from the Colorado Office of Health Disparities <http://www.cdphe.state.co.us/ohd/index.html>
- Visit the Provider's Guide to Quality and Culture to find information on serving minority and special populations <http://erc.msh.org/mainpage.cfm?file=1.0.htm&module=provider&language=English&ggroup=&group=>
- Find best practices for addressing health disparities and data from the Center for Health Care Strategies [http://www.chcs.org/info-url\\_nocat5108/info-url\\_nocat.htm?type\\_id=1311](http://www.chcs.org/info-url_nocat5108/info-url_nocat.htm?type_id=1311)

### Health Literacy

- Health Literacy Consulting provides information and training about health literacy <http://www.healthliteracy.com>
- Access fact sheets about health literacy from the Center for Health Care Strategies [http://www.chcs.org/publications3960/publications\\_show.htm?doc\\_id=291711](http://www.chcs.org/publications3960/publications_show.htm?doc_id=291711)
- The Harvard School of Public Health offers a wide range of health literacy resources <http://www.hsph.harvard.edu/healthliteracy>
- The California Health Literacy Initiative has data regarding health literacy issues and how to address those issues <http://www.cahealthliteracy.org>
- The Health and Literacy Compendium discusses how to develop and assess materials for levels of health literacy <http://www.worlded.org/WEInternet/publications/index.cfm?cat=healthlit>
- The American Medical Association offers a Health Literacy Kit including a manual for practitioners and provider education <http://www.ama-assn.org/ama/pub/about-ama/ama-foundation/our-programs/public-health/health-literacy-program/health-literacy-kit.page>
- The Health Resources and Services Administration offers a variety of information and extensive topics on Culture, Language and Health Literacy <http://www.hrsa.gov/CulturalCompetence/index.html>

### Healthy People 2020

Healthypeople.gov provides science-based, 10-year national objectives for improving the health of all Americans. The site provides access to overview, objectives, interventions and evidence based resources on an extensive array of health related topics. The information is available both online and available for download as well. These are the links for the specific topics on:

- *Family Planning*  
<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=13>
- *Health Communication*  
<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=18>
- *HIV*  
<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=22>
- *STDs*  
<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=37>

### Lesbian, Gay, Bisexual and Transgender (LGBT) Health

- For information regarding lesbian health issues and related trainings/education go to <http://www.lesbianhealthinfo.org/index.html>
- The Gay Lesbian Medical Association provides information for providers and patients regarding gay and lesbian health care at <http://www.glma.org/index.cfm?nodeid=1>

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### Limited English Proficiency (LEP)

- For federal guidelines and information on LEP based on Title VI of the Civil Rights Act go to <http://www.lep.gov/>
- The Office of Civil Rights offers information and resources regarding LEP from at <http://www.hhs.gov/ocr/civilrights/resources/specialtopics/lep/>
- Language Line Services offer many types of interpretation and employ interpreters trained in health care interpreting, for a summary of services and contact information go to <http://www.languageline.com/>
- The National Council on Interpreting in Health Care promotes cultural competence in the health care field by providing training, information and resources for health care providers at <http://www.ncihc.org/mc/page.do>
- The Health Resources and Services Administration offers guides and handbooks on several topics such as Quality Health services, cultural competence and diversity at: <http://www.hrsa.gov/CulturalCompetence/race.html>
- The Office of Minority Health through the Department of health and Human Services offers a free online guide to health care language services implementation <https://hclsig.thinkculturalhealth.hhs.gov/>
- Hablamos Juntos offers several affordable models for offering language services in rural and urban settings, tips on translating health materials and translator qualifications <http://www.hablamosjuntos.org/default.about.asp>

### Male Involvement/Male Services

- Wise Guys is an adolescent pregnancy and STI prevention program for males; information for parents, teens and providers is available at <http://www.wiseguysnc.org>
- The U.S. Department of Health and Human Services promotes responsible fatherhood at <http://fatherhood.hhs.gov/index.shtml>
- The National Fatherhood Initiative offers a variety of tools for promoting responsible fatherhood at <http://www.fatherhood.org>
- The New Mexico State Health Department's Family Planning Program has implemented a male involvement program, information can be found at [http://www.health.state.nm.us/phd/fp/male\\_involvement.htm](http://www.health.state.nm.us/phd/fp/male_involvement.htm)
- John Snow, Inc (JSI) offers a compendium of promising practices and marketing strategies for males services <http://www.region8familyplanning.org/Materials/webcompendium.pdf>

### Medicaid

- Learn about the history and basic principles of Medicaid at [http://www.kaiseredu.org/tutorials/medicaidbasics/medicaid\\_basics.html](http://www.kaiseredu.org/tutorials/medicaidbasics/medicaid_basics.html)
- Information about Medicaid in Colorado including eligibility requirements and application forms can be found at <http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1197969485591>

### Men's Health

- The Men's Health Network provides information on a broad range of men's health issues at <http://www.menshealthnetwork.org/>
- Men's health information from the Department of Health and Human Services can be found at <http://www.womenshealth.gov/mens/>

### Mental Health

- Find links to mental health resources including information on substance abuse, mental health and homelessness at <http://www.samhsa.gov/index.aspx>

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### Obesity/Nutrition

- The Colorado Physical Activity and Nutrition program offers resource kits for nutrition and physical activity programs as well as general information  
<http://www.cdphe.state.co.us/pp/COPAN/COPAN.html>
- The Health Resources and Services Administration has developed educational materials (wallet cards, booklets and nutrition guides) through the “My Bright Future: Physical Activity and Health Eating” program for young women. <http://mchb.hrsa.gov/womenshealth/resources.html#bright>
- Visit the Food and Nutrition Center from the USDA for information regarding food and nutrition, nutrition assistance programs, dietary supplements and education programs  
<http://www.nal.usda.gov/fnic/>
- The USDA MyPlate website features practical information and tips to help Americans build healthier diets. It features selected messages to help consumer focus on key behaviors.  
<http://www.choosemyplate.gov/>
- Find information on eating disorders and treatment <http://www.something-fishy.org/>
- The National Heart, Lung and Blood Institute at the National Institutes of Health provides health weight information for patients and providers including a BMI calculator, menu planners, portion information and continuing education programs  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

### Office of Civil Rights

- Find information on federal civil rights laws and the Health Insurance Portability and Accountability Act (HIPAA) <http://www.hhs.gov/ocr/>

### Office of Family Planning

- Information on federal family planning activities including the Title X and Adolescent Family Life programs including regional contacts, provider database and the Family Planning Annual Report (FPAR) <http://opa.osophs.dhhs.gov/titlex/ofp.html>

### STI/HIV/AIDS

- Information on affordable generic pharmaceuticals from Ranbaxy Laboratories Limited  
<http://www.aidonaids.com/forDoctors/for-healthcare-workers.htm>
- The National Prevention Information Network informational page on STIs including HIV and Viral Hepatitis and resource centers for more information and/or questions <http://cdcnpin.org/>
- Informational page with links to learn about symptoms, diagnosis and treatment of STDs  
<http://www.emedicinehealth.com/collections/SU305.asp>
- Tools and training on HIV and STIs for health care providers through The Mountain Plains AIDS Education and Training center <http://www.mpaetc.org/>
- Information on places to get tested, frequent questions on HIV and STIs and general resources to help prevent and treat STIs and HIV, <http://www.cdphe.state.co.us/dc/HIVandSTD/index.html>

### Substance Abuse and Tobacco

- Substance abuse and mental health services administration  
<http://store.samhsa.gov/home>
- Free program to help clients quit smoking, information and tips through the Tobacco Quit line  
<http://www.coquitline.org/Default.aspx?tabID=912>
- Online support program to help clients quit smoking at Quitnet  
<http://www.co.quitnet.com/>
- Find substance abuse and mental health treatments in your area at:

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[http://www.samhsa.gov/treatment/treatment\\_public\\_i.aspx](http://www.samhsa.gov/treatment/treatment_public_i.aspx)

- The Colorado Department of Public Health and Environment Tobacco Prevention and Cessation informational page  
<http://www.cdphe.state.co.us/pp/tobacco/>
- Facts, resources and forums on learning how to quit smoking  
<http://www.ownyourc.com/static/>

### Teen Pregnancy

- The Adolescent Pregnancy Prevention Program from the Children's Aid Society has an "above the waist" approach to pregnancy prevention that focuses on positive life interactions and experiences  
<http://www.stopteenpregnancy.com/>
- Girls Inc. has developed numerous resources and programs for the empowerment of girls and young women across the United States, including some focusing on preventing adolescent pregnancy <http://www.girlsinc.org>
- The National Campaign to Prevent Teen and Unplanned Pregnancy provides multiple resources and data on unintended pregnancy <http://www.thenationalcampaign.org>
- Advocates for Youth provides information for policy makers, providers, teens and parents on a wide range of reproductive health and sexuality topics and other important issues and is available in English, French and Spanish <http://www.advocatesforyouth.org/index.htm>
- Tools are available to design and implement programs that reduce sexual risk-taking behaviors from the Resource Center for Adolescent Pregnancy Prevention <http://etr.org/recapp/index.htm>
- Access information about unintended pregnancy and prevention, including information on contraception and sterilization from the CDC  
<http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/>

### Websites Specifically for Teens

- A selection of videos, comics, quizzes, sex terms, forums and blogs on teen sex. Sex education by teens for teens  
<http://www.sexetc.org>
- Information for teen girls and their parents on several issues such as body fitness, nutrition, drugs, sex, bullying, etc...  
<http://www.4girls.gov/>
- The American Social Health association has created a site for teens and young adults to acquire information on sexual health and STDs  
<http://www.iwannaknow.org>

### Women's Health

- The Federal Government Source for Women's Health Information  
<http://www.4woman.gov/>
- A quick guide to over 1,600 health topics, health news, info requests and personal health tools  
<http://www.healthfinder.gov/>
- The CDPHE's Women's Health Unit provides links and materials on optimal health and well being for all women and men of reproductive age in Colorado  
<http://www.cdphe.state.co.us/pp/womens/index.html>
- Tools and informational center on various topics related to women's health  
<http://www.healthywomen.org/>
- Accurate up-to-date content on a wide range of health topics for women  
<http://www.ourbodiesourselves.org/default.asp>