

Family Health and Literacy

**A Guide to Easy-to-Read Health Education
Materials and Web Sites for Families**

Julie McKinney & Sabrina Kurtz-Rossi

Developed by World Education in collaboration with the
National Institute for Literacy with a grant from **MetLife Foundation**

Table of Contents

| | |
|------------------------------------------------------------------------|----|
| What This Guide Is About | 1 |
| Acknowledgements | 2 |
| How to Get Started | 5 |
| Why is Health Literacy Important? | 5 |
| You Don't Have to be a Health Expert | 7 |
| Introducing Health in the Classroom | 9 |
| Adding an Action-Based Component | 12 |
| How to Engage Students | 13 |
| Using the Internet | 15 |
| Collaborating with Health Organizations | 18 |
| Preparing a Speaker | 20 |
| Local and National Health Organizations to Contact | 24 |
| For Health Educators: How to Find Local Family Literacy Programs | 27 |
| Teacher Support Resources | 27 |
| Easy-to-Read Health Information | 31 |
| Teaching Health by Topic | 33 |
| Nutrition | 33 |
| Childhood Health and Diseases | 39 |
| Safety | 43 |

| | |
|-------------------------------------------------|-----------|
| Healthy Lifestyle | 47 |
| Medicine Use | 51 |
| Women’s Health | 53 |
| Health Care Access | 56 |
| Stress | 60 |
| Miscellaneous | 61 |
| Curricula, Lessons, and Activities | 65 |
| Parents and Children Together | 75 |
| Health Education Activities | 75 |
| Health-Related Children’s Books | 76 |
| Online Health Games | 77 |
| Non-Print Health Information | 81 |
| Resources for Family Health | 85 |
| Research | 93 |

e This symbol stands for “easy.” It marks materials that can be used with beginning readers and English speakers. These materials may use pictures, video, audio, or discussion activities, and only very simple text.

What This Guide is About

This guide is designed to help integrate health and literacy education in family literacy programs. We have included resources that we hope will be helpful to both family literacy teachers, and health educators and practitioners who work with parents with limited literacy skills. For teachers, there is a chapter on how to get started teaching health, which provides some context for how to include health topics in your curriculum. This includes ideas on how to introduce health, how to engage learners, how to enhance literacy and language acquisition using health, and how to collaborate with local health organizations. There are also listings of easy-to-read health information, lesson plans and teaching activities, online activities to use in class, and activities and games for parents and children to do together. Health educators and practitioners can also benefit from the easy-to-read health information, online activities, and ideas for collaborating, which include tips on communicating clearly with adults with limited literacy skills.

The health topics and types of materials listed here were chosen to meet the health information needs of parents in family literacy programs as identified by a national survey of family literacy teachers. All resources had to meet selection criteria developed with guidance from our advisory group of family literacy and health experts to ensure accuracy and appropriateness. Almost all of the resources listed are available for free online. *Family Health and Literacy* (2006) is also available online at <www.worlded.org/us/health/docs/family>.

Acknowledgements

We would like to thank MetLife Foundation for their continued support of health literacy resources for literacy practitioners and health educators working with adults with limited literacy skills. We also want to acknowledge and thank **Lally Stowell** for her contribution to the “How to Get Started” chapter, **Lauren Alexanderson** for helping us to screen resources, and **Deborah Dean** for editing and review. We are especially grateful to our advisory group of family health and literacy experts for their support and guidance.

Dianna Baycich

Coordinator, LINCS Family Literacy Collection
Ohio Literacy Resource Center

Sarah Beaman-Jones, MAT

Literacy Program Director
LIFT-Missouri

Perri Klass, M.D.

Medical Director and President
Reach Out and Read National Center

Kathy Rodriguez

Coordinator, Family Literacy Consortium
Massachusetts Department of Education

Lally Stowell

Family Literacy Teacher
Cambridge Even Start

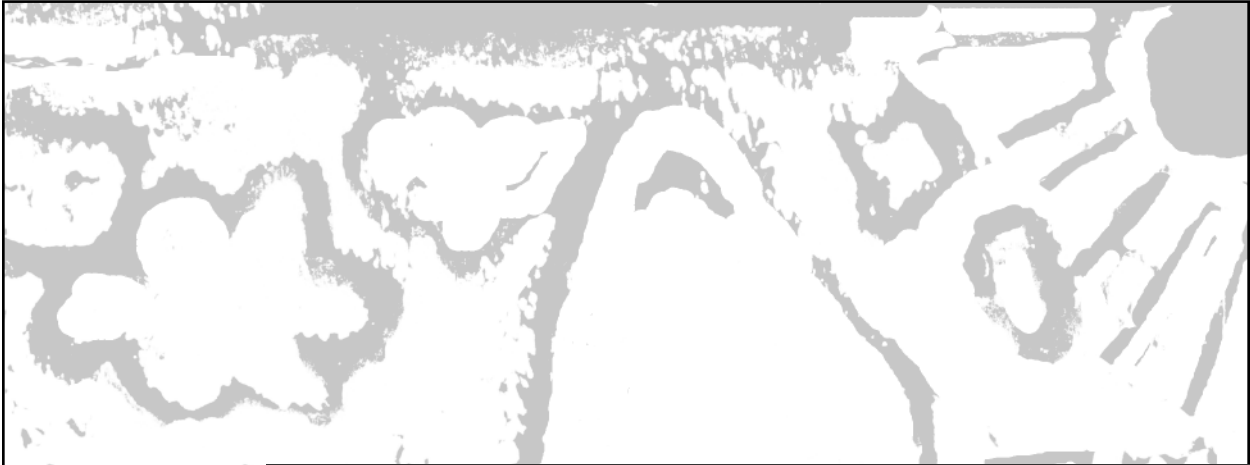
Barbara Van Horn, M.Ed.

Co-Director, Goodling Institute for Research in Family Literacy
The Pennsylvania State University

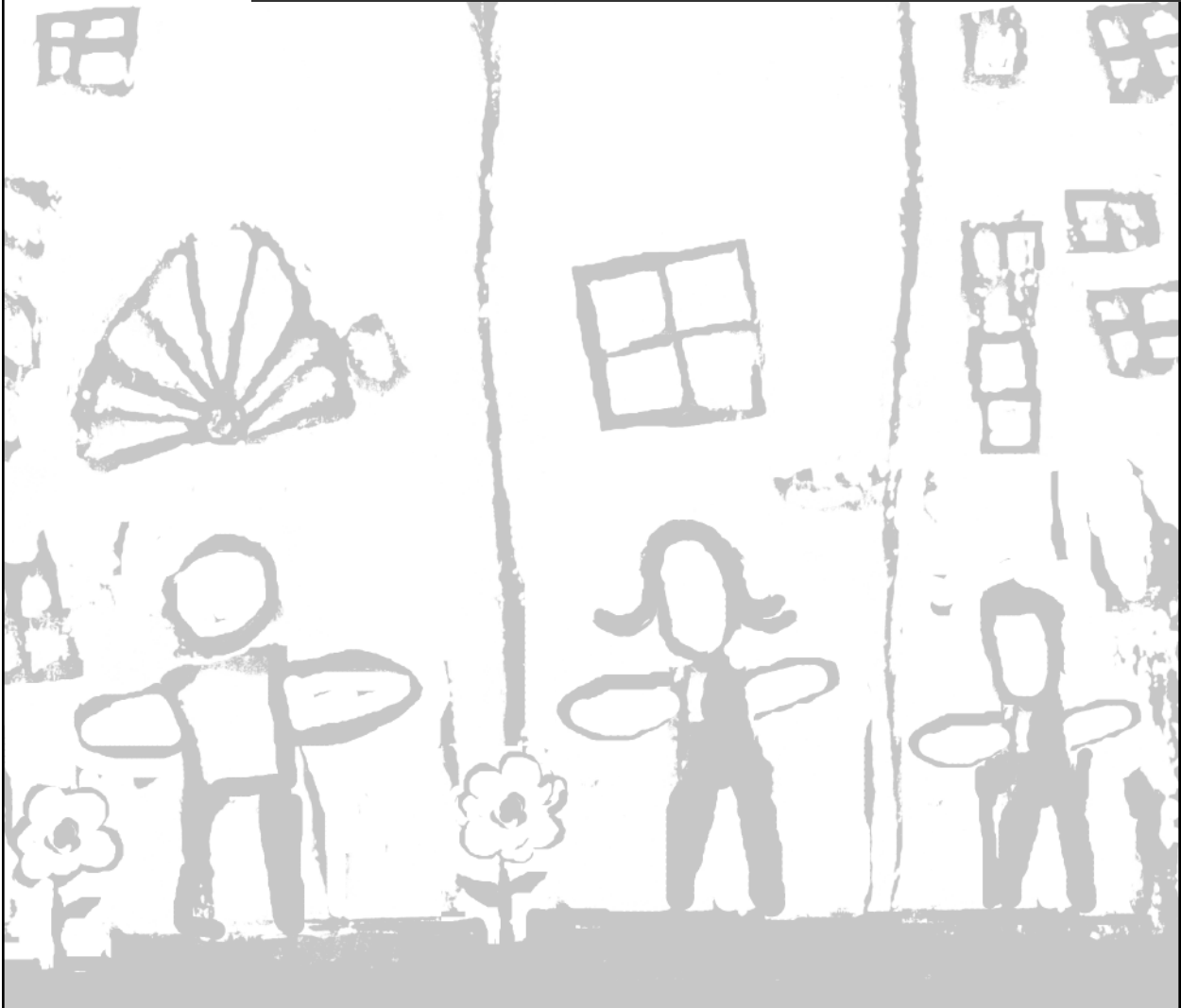
Emily Wolfe

Technical Assistant/Trainer
Pennsylvania Statewide Family Literacy Training Project

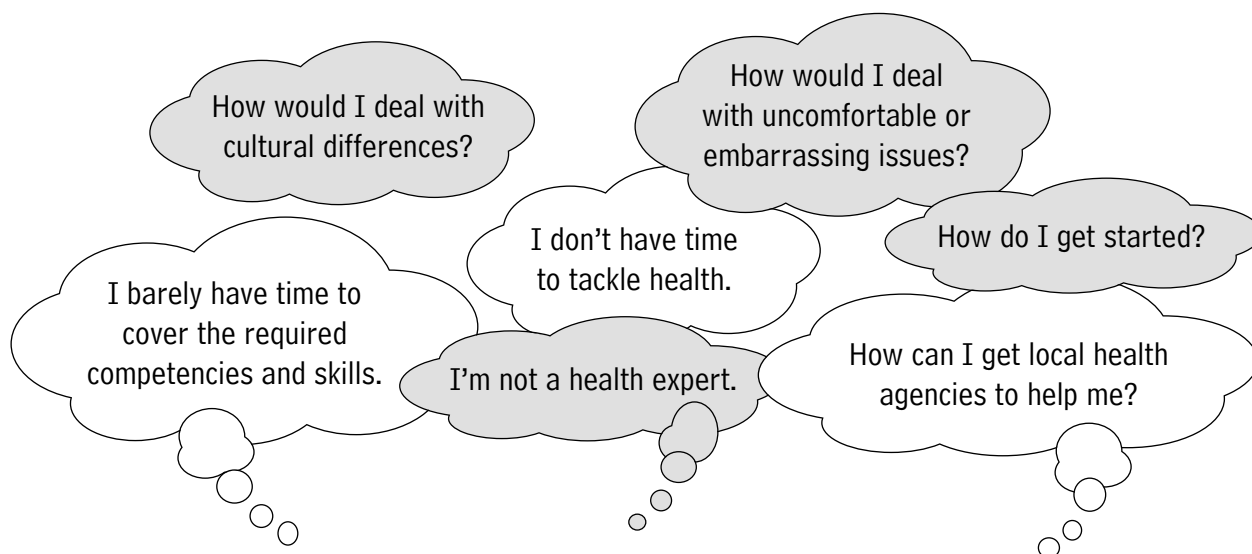
Family Health and Literacy is the third in a series of health literacy resources developed by World Education in collaboration with the National Institute for Literacy with a grant from MetLife Foundation.



How to Get Started



How to Get Started



Many teachers feel anxious about intergrating health into their literacy classes for a variety of reasons. But, as teachers, you naturally use different kinds of content to teach basic skills and help adult learners gain the confidence they need to advocate for themselves and their families. Adults are more successful at learning if the content is meaningful and relevant to their lives (Knowles M, 1984)¹. Health is relevant to everyone but even more so for families with young children, because they are constantly faced with scheduling doctor's visits, managing illnesses, and trying to take steps to keep their family healthy. Learners can dramatically improve their ability to manage these tasks by improving their communication skills, basic health knowledge, and strategies for finding and evaluating health information. The safe and supportive classroom is an ideal place to address these skills and build confidence. Take on the challenge of integrating health into your classes, and the results can be rewarding for teachers and learners alike!

Why is Health Literacy Important?

The most important reason to integrate health into literacy teaching is that health is a vitally important topic for learners to know about. This is especially important for

¹ Knowles, M. (1984). The art and science of helping adults learn. In: Knowles, M. and Associates (Eds.), *Andragogy in action: applying modern principles of adult learning*. San Francisco, CA: Jossey-Bass Publishers.

those who must manage their children's health in addition to their own. Adult learners make health-related decisions every day, decisions that draw on their experience and knowledge of how to keep their families healthy, how to detect and deal with illnesses, and how to access health care services.

Addressing health concerns in the classroom also enhances literacy skills and language acquisition. Because health-related issues are connected to their everyday concerns, learners demonstrate high interest in exploring health topics. This high interest, in turn, increases learner motivation to work on reading, writing, critical thinking, and speaking skills. These skills will improve their ability to learn new information, communicate with health professionals, make decisions, and share their knowledge and experiences with family, friends, and community (Kurtz-Rossi S, Coyne C, Titzle J, 2004)². When health topics are included in the curriculum, health issues are explored and language competencies are developed at the same time.

Integrating health issues into the curriculum is also important because literacy students are among those in the greatest need of better health knowledge and health care. Research shows that adults with limited education and literacy skills have more health problems, greater difficulty understanding health information, and less knowledge about available health care services than adults with higher literacy and education levels (AHRQ, 2004)³. Low-income families are also at risk. They are less likely to have health insurance, to visit a doctor regularly, or to report health problems than families with higher incomes (DHHS, 2000)⁴.

The problem of poor health literacy is more serious than most people realize. The literacy skills required for navigating the U.S. health care system are immense, and increasingly more demands are being placed on patients to participate in decision-making and management of their own care. This makes it even more

² Kurtz-Rossi S, Coyne C, and Titzle J. (2004). Using research to inform health and literacy program development: Results from the HEAL:BCC evaluation study. *Literacy Harvest*. 11, 35-39.

³ Agency for Health Care Quality (2004). *Literacy and Health Outcomes*. Evidence Report/Technology Assessment No. 87. (AHRQ Pub. No. 04-E0007-1). Washington, DC: US Government Printing Office.

⁴ U.S. Department of Health and Human Services (2000). *Healthy People 2010: Understanding and Improving Health*. Washington, DC: US Government Printing Office.

important to have the skills to communicate clearly with health care providers, ask clarifying questions, and act on recommendations and care instructions.

It is especially important for families with young children to have the necessary skills to seek primary care and inform themselves about basic health care and healthy living. Many adults with low literacy tend to avoid seeking health care until they find themselves in the emergency room (Baker, et al, 2002)⁵. This is obviously not a good way to manage anyone's health, but it is completely untenable for young children and babies who need immunizations and frequent well-child visits. As you present your students with new ideas and practices to consider relating to their parenting, you can also present new ideas and practices that relate to seeking regular primary care and maintaining good health.

You Don't Have to be a Health Expert

You may be concerned that your own knowledge of health is not adequate to teach health in your classes. There are three easy ways to make this seem less worrisome.

- Form a realistic plan for integrating health into your existing curriculum.
- Examine your role as a literacy teacher.
- Find an actual health expert to be the expert!

As you decide how to integrate health into your class, remember that you do not have to see this as a “health education” project. You do not have to be the health educator, imparting knowledge to your students. You may approach it as a project in gathering information, helping learners find answers to their own questions by searching for information and evaluating that information critically. You may approach it as a communication project, working to learn vocabulary, honing listening skills, and gaining confidence and fluency in dialogues with health care providers. Or you may see it as an in-depth group exploration of a question that grabs the interest of the class, for example, “How does healthy food help prevent children from getting sick all

⁵ Baker DW, Gazmarian J, Williams M, et al. (2002). Functional health literacy and the risk of hospital admission among Medicare Managed Care enrollees. *Am J Public Health*. 92, 1278-1288.

the time?” In this kind of project, you and your learners would explore the question together. During this process, you work in a variety of literacy skills as you read short articles, brainstorm questions, practice dialogues, do writings, and more.

Once you have decided how to integrate health, re-confirm your role as a teacher, what it is and what it is not. The main thing to remember is that your goal is to teach adult learners the skills they need to successfully navigate the demands of everyday life, including accessing health care.

Remember that your role as a teacher is to promote:

- Language and vocabulary skills to communicate effectively with health care providers.
- Students’ confidence in their communication skills so that they can advocate effectively for their family’s health care needs.
- Methods of finding needed information, and critical thinking skills to evaluate the information they find.

It is also important to remember what is not your role. Here are some examples of roles that you may need to step back from:

YOU DON’T HAVE TO BE A COUNSELOR. It will be tempting for people to turn to you for more help with health issues than you are prepared to give. In these cases, you can guide them to ways of finding information themselves without taking on the task of finding the answer yourself. You can also provide a forum for discussing questions, problems, and possible solutions by tapping into the knowledge and experience of other learners.

YOU DON’T HAVE TO BE A JUDGE. How do you respond to the learner who smokes, feeds the kids junk food every day, or does not believe in preventive care? How do you cover healthy lifestyle habits without seeming judgmental? Again the answer is to continually clarify your role. Your role is not to deem a behavior or belief as bad or good. It is to help students to gain the tools they need to find their own answers, to learn basic facts, and to make informed decisions.

YOU DON'T HAVE TO BE A HEALTH EXPERT. One way to step back from this role is to work with real health experts. Make sure to have at least one health expert on board when you decide to integrate health into your class. It can be a speaker who comes to your class, or a health care provider who gives you a tour of the local clinic. They can be responsible for the factual, technical information, and they can also be sources of referrals for those learners who need more help, advice, or counseling. If there is no expert available to answer a question or clarify something, then you can do an activity that involves searching for information on the Web.

Introducing Health in the Classroom

A literacy classroom is an ideal place to give learners the opportunity to explore health issues in a safe and respectful environment. Learners should feel comfortable communicating at their own pace and expressing their thoughts and concerns about health. One way to introduce health and give each person a chance to voice their ideas is the “What is Good Health?” word mapping activity on the next page. This can also be a way to decide what topics to focus on, and what approach to health will work best for this group. The activity can then be expanded to promote further discussion of cultural differences, personal concerns, and students’ own knowledge and practices. The concepts of staying healthy, dealing with illness, and interacting with health care providers can highlight some significant cultural differences. It is helpful to share and discuss individual beliefs at the beginning and in the context of good health so that you can reinforce the supportive environment of the classroom.

As this activity unfolds, you will see that the exploration of each individual’s attitudes, experiences, and contribution to the group discussion is a dynamic and vital part of the learning process. Different teachers and different groups of learners will all engage in this component in their own way. This process of engaging each learner and drawing out their attitudes, beliefs, experiences, and knowledge serves many purposes related to your goals as a literacy teacher.

“What Is Good Health?”

OBJECTIVES

- To explore the ways learners think about health
- To set a tone of sharing and trust among learners for more in-depth discussion of health topics
- To practice categorizing ideas

STEPS

1. Give each student four index cards.

On the board, write the sentence “Good health is _____.”

Invite students to think of themselves and their families and children when answering the following questions:

- *What is good health?*
- *What do you do to stay healthy?*
- *How do you make sure that your children are healthy?*
- *How do you make sure that you are healthy?*

Then ask each student to complete each sentence on a different card.

2. Ask students to share their answers. Write their responses in a cluster diagram on a large piece of newsprint. You will be clustering similar responses to create categories that students can review and identify at the end of the lesson, or have students put responses on post-its and group them into categories.

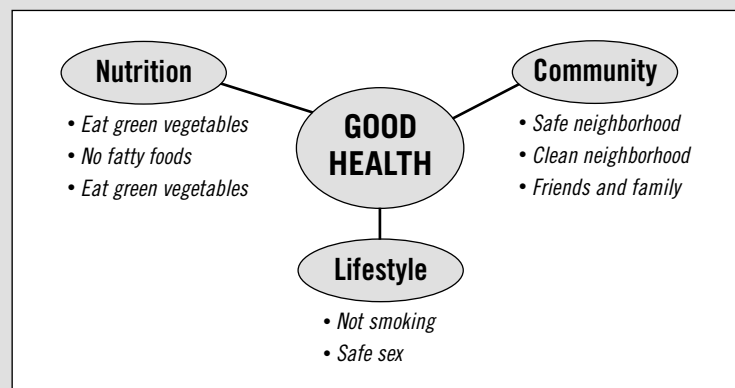
3. Extend the discussion by asking clarifying questions. For example, if someone says good health is taking a walk every day, ask: In what ways does taking a walk help with your health? Or if someone says good health is eating good foods, ask: What kinds of foods?
4. Review the diagram. Ask students what is similar about the ideas in each group. Examples of categories are: healthy lifestyle (exercise, sleeping, safe sex); nutrition (good food, fruits, vegetables, vitamins); professional services (visit my doctor or dentist); spiritual (go to church, pray); community (a clean environment).

FOLLOW UP

Students can copy the diagram into a “good health” journal to use for future writing assignments.

Please go to the following link for an expanded version of this activity, along with more follow up ideas and tips for English language learners:

www.worlded.org/us/health/heal/healBccHtml/index.htm



Adding an Action-Based Component

The most successful examples we have seen of integrating health into adult literacy education usually culminate with some kind of action-based component. This can be a health fair that the students organize with the help of local health agencies, a cookbook of healthy ethnic recipes written by learners, or a presentation made to the class on what has been learned by using the Web to find information on a topic of their choice. There have also been some intriguing projects involving interviewing grandparents about health attitudes and sharing this with the class, creating a mural of art inspired by families' experiences in dealing with a disease, and teaming up with a buddy to go for a long-postponed screening or doctor's visit.

The action-based component serves two important purposes. The first purpose is to provide a concrete and meaningful experience to reinforce a variety of literacy skills. Students prepare by reading, making lists and charts, and practicing dialogues and vocabulary. They wrap up the project by writing about it, organizing the information, and presenting it in spoken and written forms. This improves their ability to acquire language and literacy skills because it uses these skills to accomplish something meaningful in their lives⁶.

The second purpose is to give them the experience of acting on new health knowledge and reinforcing what they have learned. For example, if people learn new vocabulary and some basic anatomy and use this knowledge immediately in a question-and-answer session with a guest speaker, an actual doctor's visit, or a presentation to the class or community, the new information will become part of their knowledge more fully than if they completed a written assignment and filed it away. This is how people can learn the skills and gain the inspiration to take action to better care for themselves and their families. Furthermore, the act of presenting health information to others or interacting with a community resource can encourage students to share new health information with family, friends, and community.

⁶ Jacobson E, Degener S, and Purcell-Gate V. (2003). *Creating Authentic Materials and Activities for the Adult Literacy Classroom: A Handbook for Practitioners*. Boston, MA: NCSALL.

How to Engage Students

When you integrate health and literacy you help students develop the skills and knowledge they need to make good decisions about their health and the health of their families. In order to achieve this goal you must create a classroom environment where students are eager to share what they know and think, value others' ideas, learn and evaluate new information, and incorporate new information into the decisions they make. The following suggestions can help you create a learning environment that engages students and integrates learning about health with developing valuable skills.

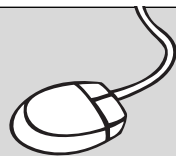
- Involve students in choosing the health topics to explore. This will ensure that the selected topics meet students' needs and interests.
- Have students speak or write about their knowledge and experiences, group and categorize their own and others' contributions, and prioritize topics by level of importance to them.
- Ask students what they already know and think so that they may integrate what they know with the new information and suggestions they encounter.
- Present information or situations that bring up both new and familiar points.
- Choose materials appropriate to students' reading levels, materials that clearly explain basic information without giving too many details.
- Facilitate discussions that encourage students to think critically about these points or ideas.
- Provide opportunities for students to talk and write about past experiences, questions or concerns they have, information they have learned, and new practices they have tried. Students will remember information better and think more deeply about issues if they have to articulate it in their own way, in their own voice.

- Ask students to share their knowledge and information with others in the class or program. The more students practice articulating their knowledge, the more skillfully they will use language when communicating with health professionals.
- Use a variety of learning activities that actively engage students in ways that help them to learn. Examples include brainstorming, dramas, dialogues, skits, videos, reading factual information, reading personal experiences, reflective writing, pair conversations or exercises, written and oral summaries, using the Internet, factual quizzes, vocabulary exercises, interviews, and oral presentations.
- Use speakers from community health organizations who have experience presenting concepts and information in language students will understand. Successful presentations will help students develop vocabulary and broaden their knowledge of resources available in the community.
- Use speakers and other health professionals to help compile a list of community resources and service providers.
- Encourage students to try out suggestions or new practices and then report back on the results.
- Explore with students ways to share new information and ideas with family, friends, and the community.
- Compile lists of new information, facts, ideas, and suggestions that students think are important to remember. Continue to review and add to these lists throughout the class session.
- Be aware of ways that all of the above help build a classroom environment where students gain the confidence and skills they need to learn new information, communicate what they think, ask relevant questions, and make informed health care decisions for themselves and their families.

Using the Internet

Teachers are increasingly using the Internet as a dynamic and engaging learning tool in the classroom. Students also see that using computers, email, and the Internet are vital skills to learn. In this guide, you will find listings of Web sites with information on a variety of health topics. These sites can be used in many ways. They can help you and your students build basic health knowledge, or add to your knowledge about a specific health issue. They can help students develop computer skills to search for and evaluate new health information. Or they can be used to find readings for comprehension and grammar review.

You will also find a listing of Web sites where students can do online activities during class with your guidance, if you have this capacity. As you work through your plan for integrating health into your class, you can build lessons around these online activities, or around fact sheets or reference charts found on the information sites. If you use the principles of engaging learners and encouraging discussion that were described earlier, it will be easy to find ways to use these resources to enrich your curriculum. “How I Learn About Health,” on the following page, is an example of a lesson integrating health, literacy, and the Internet.



WEB TIP

Have you clicked your way to oblivion? Here's a tip to get you back.

Click on the little downward arrow next to the **“back”** button.

– OR –

Right-click on the **“back”** button. You'll get a list of the last several Web pages you visited. Now click on the page you want to get back to.

“How I Learn About Health”

OBJECTIVES

- To identify different sources of health care information on the Internet
- To evaluate the role of each source in providing health care advice

STEPS

1. Post the definition of “advice” on the board or wall:

Advice (n.) *Opinion about what could or should be done about a situation or problem. Information communicated.*

SYNONYMS: *counsel, recommendation, suggestion.*

2. Have students form small groups to discuss the following questions.

- *When you have a problem, where do you go for advice?*
- *How do you know if someone’s opinion is a good one?*
- *Where do you usually get health care advice?*
- *Have you ever gotten bad advice? If so, what did you do?*
- *What changes have you made in your diet or lifestyle in the last five years and why?*
- *Where did you get this advice?*

3. Have students go online to look at two different Web sites with information on asthma. Ask them to go to www.otan.us/webfarm/emailproject/asthma.htm and www.familydoctor.org and look at the asthma information they find.
4. Ask students to review the information they find and consider the following questions:
 - *Who is the author or source of the information?*
 - *How is the information on the two sites different?*
5. Keeping in mind that each site has a different purpose, ask students how that purpose affects the kind of information they found. What are the advantages and disadvantages of the kinds of information they found?
6. Discuss students' findings as a class.

FOLLOW UP

The above lesson idea comes from a more expanded focus on health information sources developed by Hillary Gardner, a teacher from the Center for Immigrant Education and Training in New York. To see the original lesson and how it fits within the context of the larger unit on health go to:

www.worlded.org/us/health/lincs/lessons/gardner.htm

Collaborating with Health Organizations

Collaborating with local health organizations will greatly enhance your experience integrating health and literacy education. There are many reasons for this.

WORKING WITH A LOCAL HEALTH ORGANIZATION PROVIDES OPPORTUNITIES FOR REAL-LIFE EXPERIENCES. It is always enriching to provide a tangible, out-of-the-ordinary experience for students. Field trips, speakers, projects, or anything outside of the usual classroom routine helps learners to stay interested and excited about the material. These experiences will strengthen the new health information learned, and will also be a focus of literacy and language skills practice.

WORKING WITH REAL HEALTH EXPERTS TAKES THE PRESSURE OFF YOU TO KNOW ALL THE ANSWERS. As learners learn new information, raise questions, and consider new health practices, it is useful to have a connection with a local health organization or professional who can answer questions and provide in-depth health information as needed. This gives students access to a reliable source of accurate and complete information without relying on you, the literacy teacher, to provide that knowledge.

COLLABORATING WITH LOCAL ORGANIZATIONS CONNECTS FAMILIES WITH HEALTH CARE SERVICES. Ultimately, families need to connect with local health care providers, and feel comfortable communicating with them in order to get the health care services they need. If learners connect with local health care organizations through their literacy class it can improve their confidence, skills, and knowledge of available services.

WHEN LITERACY TEACHERS AND HEALTH EDUCATORS COLLABORATE, YOU SUPPORT EACH OTHER'S WORK. When you collaborate with a health professional you gain access to expertise on health and information about services and resources that your learners need. You also have a chance to bring a meaningful experience into the curriculum, around which to create activities to teach and reinforce literacy and language skills. The health professional gets a chance to connect with immigrants, new speakers of English, and adults with newly emerging literacy skills, who may not be connected to health services. Many health organizations are mandated to direct

outreach efforts to these populations, and for this reason, public health professionals are often eager to develop meaningful collaborations with literacy programs.

MOST IMPORTANTLY, STUDENTS AND THEIR FAMILIES GAIN FROM LITERACY AND HEALTH COLLABORATIONS. Students gain and reinforce a variety of literacy, language acquisition, and communication skills by using these skills in the real world for the very motivating purpose of keeping their families healthy. They also become familiar with local resources and services, gain confidence in finding information they need, and move toward using these resources independently.

Collaborations can be simple or complex, long term or short term, and they can involve just one class or be integrated into the activities of an entire program.

The following are some examples of collaborations that we have seen work well.

- Have a speaker come to your class to talk about health topics that interest your students.
- Take a tour of a local health clinic, guided by the clinic's outreach or educational staff.
- Schedule a mobile van to do health screenings. Vans can do mammograms, blood pressure checks, and glucose and cholesterol screenings.
- Arrange with a nearby medical or nursing school to have students come and give "mini-exams" to your class.
- Team up with a good outreach worker from a local health clinic who can facilitate a variety of events and speakers from different departments such as pediatrics, OB/GYN, primary care, and free care/insurance advocacy.
- Plan a health fair with help from your local hospital, community health center, department of public health, or national organization with a local chapter.

Whatever the event or interaction, make sure to prepare learners well in advance, plan time for questions and clarifications, and plan follow up activities to reinforce new ideas and practice skills. The lesson on page 22, “Keeping Your Child Healthy at Home,” developed by Lally Stowell, a family literacy teacher, and Dr. Lisa Dobberteen, a local pediatrician, is an example of a successful health and literacy collaboration you might want to try. This lesson uses a 20-minute video of Dr. Dobberteen talking to an Even Start ESOL class about how to care for a sick child at home. The video is divided into 5 sections: (1) what to do when your child eats or drinks something poisonous, (2) what to do when your child has a fever, cold, or flu, (3) what to do when your child is dehydrated or constipated, (4) what to do when your child has a minor cut or scrape, and (5) what to do when your child has a bad sunburn. Viewing and discussing this video helps prepare learners for a live visit from a local pediatrician or family practice provider. With this preparation, the learners and health care professional are better able to communicate their questions and answers and have a meaningful exchange. In the process, learners gain confidence discussing health issues with professionals.

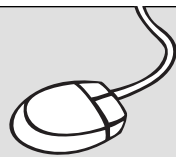
Preparing a Speaker

One of the easiest ways to collaborate with a health professional is to invite a guest speaker to your class. Speakers can answer students’ questions about specific health conditions, symptoms, preventive measures, and treatments. They can provide information about services available, access to these services, and students’ rights and responsibilities. But many health professionals and even health educators are not used to presenting information in ways that adult learners will understand.

Here is a list of tips for ensuring clear communication between your guest speaker and your class.

- Get recommendations for good speakers from other literacy teachers.
- Try to find speakers who have worked with adult learners before.

- Meet with the speaker in advance to give them tips for communicating clearly: use simple vocabulary, define new words as you go, break the information into sections, have a simple written outline displayed as you talk, and display pictures and refer to them as you talk.
- Describe the language and literacy skills of the class to the speaker in advance.
- Encourage the speaker to ask questions and get input from the students during the presentation.
- Encourage the speaker to include a hands-on activity.
- Preview the written materials to be handed out and make sure that they are at an appropriate literacy level.
- Preview the information to be covered and make sure it is at an appropriate level of detail for your class.
- Present some form of the information to your class in advance and let them generate questions for the speaker.
- Plan the class visit so that there are breaks for questions and clarifications frequently during the talk.
- Plan a way for each student to have a chance to speak or ask a question.



WEB TIP

What if I have no computers for my students to use?

You can go a long way with a color printer and some creativity! Anything you see can be printed out and used as handouts. You can print out slide shows, tutorials, parts of online games and quizzes, and, of course, the colorful health brochures.

“Keeping Your Child Healthy at Home”

OBJECTIVES

- To introduce vocabulary, basic health information, and common health care practices
- To strengthen basic language skills and prepare students for a meaningful discussion with a local health professional
- To create a collaboration between a literacy program and a community health care organization

STEPS

1. Preview the video before showing it to your class. Make note of new vocabulary your students will hear used in the video.
2. Show the video one section at a time. Before showing each section, ask students to talk about what they know and believe about the topic. List questions they would like to have addressed in the video.
3. Present important vocabulary words that students will hear in the section of the video they are about to view. Present the words and definitions as they are used in the video.
4. After watching each section of the video, have students summarize what they remember. Ask them what suggestions they liked or disagreed with and what questions they still have. Record their questions on the board for the follow up talk with a local health professional.

5. In pairs, have students talk about suggestions they plan to act on and questions they want to explore further. Add any additional questions to your list.
6. Send the final list of questions to the local health professional scheduled to visit the class. Talk with this person about your students' English literacy levels before they present to your class.
7. Have the health professional come to your class as a guest speaker. This person can respond to the questions that were listed earlier, as well as additional student questions and concerns.

FOLLOW UP

Have students write about what they learned and how they plan to share the information with others. Display final writing samples for other students in the program to read.

Decide on a class project where your class shares the information they learned with others in the program. Possible ideas include developing a brochure, giving oral presentations to other classes, or performing a skit.

For more on this lesson, including a video summary, vocabulary list, and the 20-minute video of Dr. Dobberteen's talk, go to:

<www.worlded.org/us/health/docs/childhealthlesson>

Local and National Health Organizations to Contact

Public or private hospitals, local health clinics, and medical, dental, or nursing schools are local organizations you may want to contact. You will need to find the right person within these organizations to speak with. First, ask people you know for recommendations. Perhaps other teachers or coordinators from your program have worked with someone who was helpful. Otherwise, call the organizations and ask which departments or staff members deal with outreach, education, communication, or public relations. Teaching hospitals and medical, dental, or nursing schools may have projects that involve outreach to underserved populations. Remember, health professionals are often trying to connect with immigrants, low-income families, and those without health insurance. As you forge these connections, present the opportunity as a two-way street.

THE FOLLOWING IS A LIST OF NATIONAL HEALTH ORGANIZATIONS. These organizations work to educate the public about a variety of health issues. Each one has state or regional offices, and should have a contact person who is charged with education and outreach. Some of these organizations publish educational information which is available online or in hard copy to be distributed free of charge. Some offer free posters or small incentive prizes, and some have organized educational programs which include teaching kits and guidance. Some, including your state or regional Department of Public Health, may be involved in outreach efforts aimed at underserved populations. Find a local or regional contact person and ask what types of health campaigns are being promoted in your area.

5 A Day Fruit and Vegetable Campaign

PHONE: (800) 311-3435

STATE COORDINATORS: www.cdc.gov/nccdphp/dnpa/5aday/coordinators/coordinators.htm

PROGRAMS AND CAMPAIGNS: www.cdc.gov/nccdphp/dnpa/programs/index.htm

HOME PAGE: www.cdc.gov/nccdphp/dnpa/5aday/index.htm

American Cancer Society

PHONE: (800) 227-2345

HOME PAGE: www.cancer.org

(Go to “In My Community” for local information.)

American Diabetes Association

PHONE: (800) 342-2383

COMMUNITY PROGRAMS AND LOCAL EVENTS:

www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp

HOME PAGE: www.diabetes.org

American Heart Association

PHONE: (800) 242-1793

LOCAL OFFICES: www.americanheart.org/presenter.jhtml?identifier=10000028

HOME PAGE: www.americanheart.org

Centers for Medicare and Medicaid Services

PHONE: (877) 267-2323

STATE PROGRAMS: www.cms.hhs.gov/medicaid/statemap.asp

MEDICAID CONSUMER INFORMATION: www.cms.hhs.gov/medicaid/consumer.asp

HOME PAGE: www.cms.hhs.gov

Community Voices

PHONE: (404) 752-1977

LOCAL CONTACTS: www.communityvoices.org/Contacts.aspx

HOME PAGE: www.communityvoices.org

Departments of Public Health

STATE-BY-STATE LISTING OF HEALTH AGENCY WEBSITES: www.fda.gov/oca/sthealth.htm

Head Start Program

PHONE: (866) 763-6481

LOCAL CONTACTS: www.acf.hhs.gov/programs/hsb/contacts/index.htm

HOME PAGE: www.acf.hhs.gov/programs/hsb

Home Safety Council

PHONE: (202) 330-4900

FIRE SAFETY LITERACY PROJECT: www.homesafetycouncil.org/expert_network/en_literacy_w001.aspx

LOCAL CONTACTS: www.homesafetycouncil.org/contact/contact.aspx

HOME PAGE: www.homesafetycouncil.org

National Breast and Cervical Cancer Early Detection Program

PHONE: (888) 842-6355

STATE CONTACTS: <http://apps.nccd.cdc.gov/cancercontacts/nbccedp/contacts.asp>

HOME PAGE: www.cdc.gov/cancer/nbccedp/about.htm

National Center for Farmworker Health

PHONE: (800) 531-5120

DIRECTORY OF CENTERS: www.ncfh.org/00_ns_doc.php

HOME PAGE: www.ncfh.org

National Fire Protection Association

PHONE: (800) 344-3555

FIRE SAFETY EDUCATORS: www.nfpa.org/riskwatch/advocate_stbyst.html

RISK WATCH PROGRAM: www.nfpa.org/riskwatch/home.html

HOME PAGE: www.nfpa.org

National Library of Medicine

PHONE: (800) 338-7657

NATIONAL NETWORK OF LIBRARIES OF MEDICINE: www.nlm.nih.gov/nno/nnlmlist2.html

HOME PAGE: www.nlm.nih.gov

Safe Kids Coalition

PHONE: (202) 662-0600

COALITION COORDINATORS: www.usa.safekids.org/tier2_rl.cfm?folder_id=182

HOME PAGE: www.safekids.org

Women, Infants, and Children (WIC)

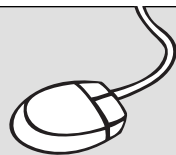
Special Supplemental Nutrition Program

PHONE: (703) 305-2746

LOCAL NUTRITION AND BREASTFEEDING COORDINATORS:

www.fns.usda.gov/wic/Contacts/ContactsMenu.htm

HOME PAGE: www.fns.usda.gov/wic



WEB TIP

Family Health and Literacy

To find these web resources faster, use the web version of this guide at:

<www.worlded.org/us/health/docs/family>

If you prefer the print version, flip through the book to find the resources you want, then go to the online version and just click on the links.

For Health Educators: How to Find Local Family Literacy Programs

If you are a health educator or practitioner, contact a local adult literacy program to see if they are interested in working on a joint project. Each state offers adult literacy services differently. Some states offer literacy classes, others offer one-on-one tutoring. Most offer a combination of adult literacy, English for speakers of other languages (ESOL), and preparation for a high school equivalency diploma (GED). Services are offered through schools, community-based organizations, correctional facilities, family literacy programs, and other settings. Your state may have a literacy resource center or statewide literacy coalition that can help you. Or contact your state department of education to find out about literacy services and programs. You can also try one of the national literacy resources listed below.

Department of Education – Office of Vocational and Adult Education

PHONE: (800) 872-5327

DIRECT LINK: www.ed.gov/about/offices/list/ovae/index.html

(Click on State Resources to find adult education contacts in your state.)

HOME PAGE: www.ed.gov

National Institute for Literacy – America’s Literacy Directory

PHONE: (800) 228-8813

DIRECT LINK: www.literacydirectory.org

(Enter your zip code, city, or state to search for literacy programs near you.)

HOME PAGE: www.nifl.gov

Teacher Support Resources

These are a few unique resources to help guide teachers through the process of integrating health into literacy education.

Health Education and Adult Literacy: Breast and Cervical Cancer

The teacher support companion piece to the Breast and Cervical Cancer Curriculum includes information on the process of connecting health with literacy education.

DIRECT LINK: www.worlded.org/us/health/heal/teachersupport.htm

HOME PAGE: www.worlded.org/us/health/heal

Health Literacy Study Circles: Skills for Health Care Access and Navigation

This 15-hour study circle prepares teachers to help their students develop basic skills needed for accessing health services and navigating health care systems.

DIRECT LINK: www.ncsall.net/index.php?id=891

HOME PAGE: www.ncsall.net

It's Not Just an Earache That I Have

This is one teacher's poignant account of the emotional process she and her learners went through as they explored cancer within their literacy class.

DIRECT LINK: www.worlded.org/us/health/heal/earache.htm

HOME PAGE: www.worlded.org/us/health/heal

System for Adult Basic Education Support Health Page (SABES)

This site includes information on connecting health and literacy education and fostering community collaborations, and shows examples of student health projects.

DIRECT LINK: www.sabes.org/health

HOME PAGE: www.sabes.org

Virginia Health Literacy Toolkit

This toolkit has helpful, concrete advice for adult educators who want to better understand health literacy and creatively integrate health into their literacy instruction.

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit

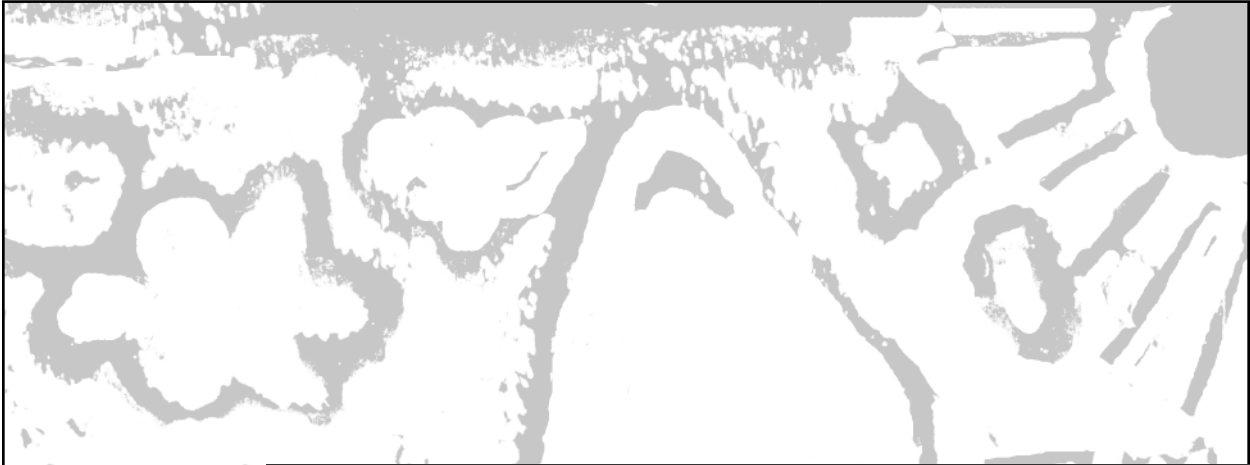
HOME PAGE: www.aelweb.vcu.edu

What is Health Literacy?

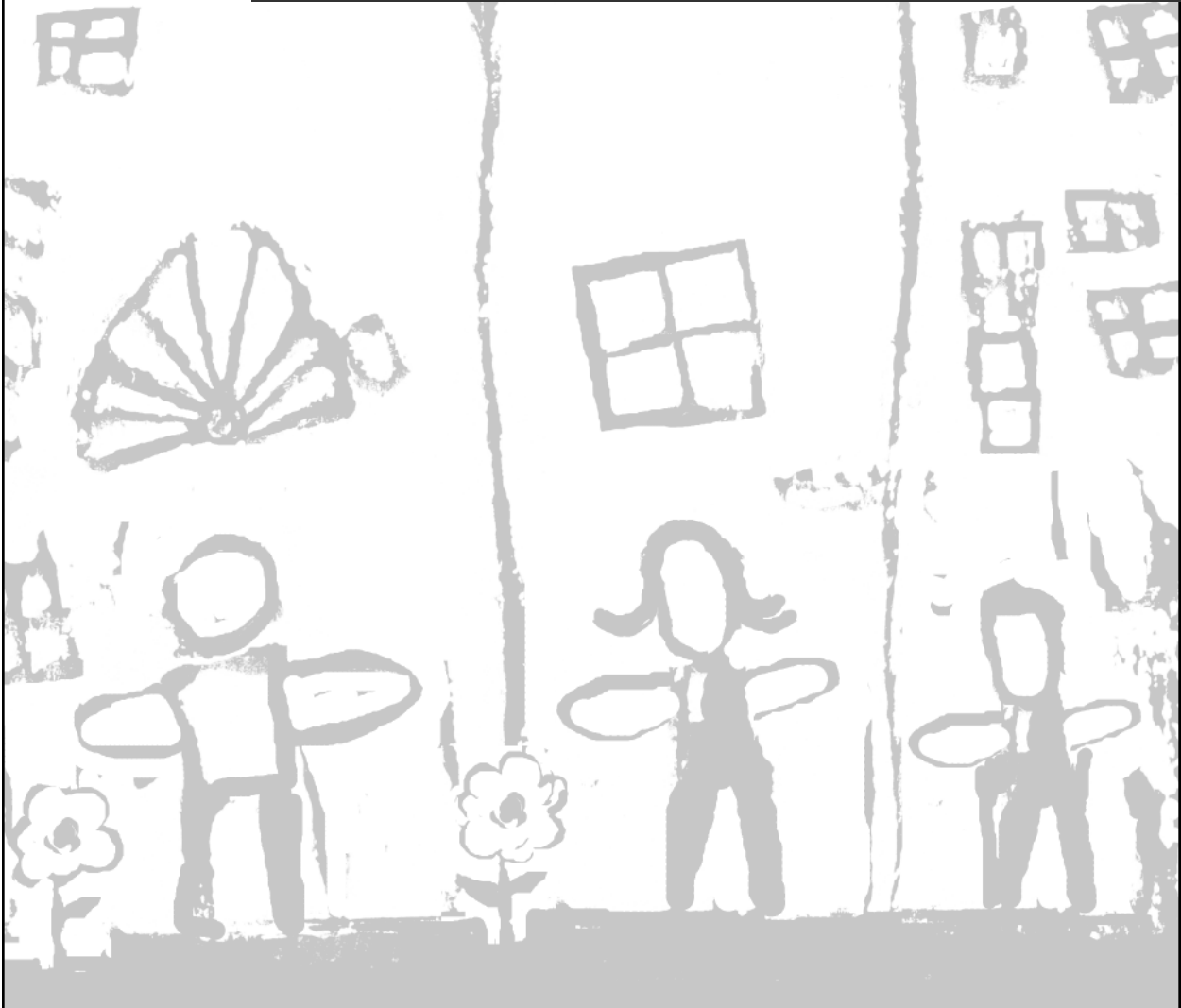
This is an overview of health literacy and its place in adult education. It includes examples of health literacy needs and ideas for forming collaborations with health entities.

DIRECT LINK: www.worlded.org/us/health/lincs/muro.htm

HOME PAGE: www.worlded.org/us/health/lincs



Easy-to-Read Health Information



Easy-to-Read Health Information

Each of these Web sites offers a range of general health information. These are sites where you can browse or search for information on many different health topics.

Familydoctor

This well-organized site has fact sheets with basic information on a huge selection of diseases, conditions, and healthy living strategies. Fact sheets are nicely formatted and in plain language.

HOME PAGE: <http://familydoctor.org>

Healthfinder

This site has a large searchable collection of health topics written at a variety of reading levels, a collection of online health risk quizzes, and information about finding doctors and insurance. There are sections specifically for certain cultural groups, and many fact sheets are available in other languages.

HOME PAGE: www.healthfinder.gov

Healthy Roads Media

This unique site has information in the form of plain language fact sheets, audio, or multimedia tutorials, and in the following languages: English, Spanish, Bosnian, Russian, Somali, Arabic, Vietnamese, Khmer, and Hmong.

HOME PAGE: www.healthyroadsmedia.org

KidsHeath

This colorful site has a large variety of health articles written for kids, parents, and teenagers. You can learn basic anatomy, look up a specific disease, or do interactive games with sound and animated graphics.

HOME PAGE: www.kidshealth.org

MedlinePlus

This site offers health information in print and in the form of interactive tutorials: self-paced slide shows with simple language, sound, and animated graphics. Topics include diseases, diagnostic tests, and treatment options.

HOME PAGE: www.medlineplus.gov

NIH Health Information

This site has a comprehensive list of common and unusual medical conditions and health issues. It is easy to search, and the information is in plain language.

HOME PAGE: <http://health.nih.gov>

NOAH

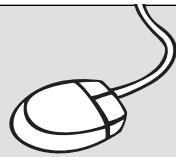
This English and Spanish site has a well-organized collection of health information from a variety of sources and in a range of reading levels.

HOME PAGE: www.noah-health.org

US FDA Easy-to-read Publications

Here you can find colorful, easy-to-read booklets on a selection of 22 common health issues. Each booklet can also be printed in fact sheet form, or viewed on the Web.

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html



WEB TIP

How to find information on the big national health Web sites

Look for a heading that says Health Information,
Consumer Information, or Publications.

Many publications are available to download and print for free.

Or use the search box. Put in your topic or try putting in **“easy to read”**
to find lower literacy materials, it sometimes works.

Teaching Health by Topic

This section is grouped by topic and is meant to provide information, classroom activities, and handouts on some of the most common health topics. Under each health topic there are three types of resources.

WEB SITES WITH INFORMATION ON THE HEALTH TOPIC. These are Web sites where you can browse for information about the topic. This allows you to find what you need to meet the interests of your students or the needs of your community.

CURRICULA, LESSONS, AND ACTIVITIES. These are links to lesson plans, teaching activities, and community education kits that relate to the health topic.

DIRECT LINKS TO HANDOUTS, CHARTS, AND TUTORIALS. These links bring you directly to materials that could be used as a teaching tool, handout, reading activity, or reference. These links are pulled from a variety of sites, and are listed here to save you some of the trouble of searching each site for useful materials.

Note: *In many cases we include both a direct link and a link to the home page.*

This is because direct links often change! If the link is dead, go to the home page and try to find the material from there.

■ Nutrition

Web Sites with Information on Nutrition

Aim for a Healthy Weight

Information and tools for teaching weight control.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

HOME PAGE: www.nhlbi.nih.gov/health

Dole 5 A Day

Teacher resources and child-friendly materials to encourage fruit and vegetable eating.

DIRECT LINK: www.dole5aday.com/teachers/T_index.jsp

HOME PAGE: www.dole5aday.com

Food and Nutrition Information Center

Nutrition information and support for nutrition education, including resources specific to children's nutrition.

DIRECT LINK: www.nal.usda.gov/fnic/etext/000008.html

HOME PAGE: www.nal.usda.gov/fnic

National Heart, Lung, and Blood Institute Publications

Colorful brochures and fact sheets on healthy eating, some geared to ethnic groups and in different languages.

DIRECT LINK: www.nhlbi.nih.gov/health/pubs/pub_gen.htm

HOME PAGE: www.nhlbi.nih.gov/health

NIBBLE

Basic nutrition information, teaching activities, and teacher's guide.

DIRECT LINK: www.umass.edu/nibble/director.html

HOME PAGE: www.umass.edu/nibble

We Can! Ways to Enhance Children's Activity & Nutrition

Slide shows, activities, and information for children's weight control.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

HOME PAGE: www.nhlbi.nih.gov/health

WIC Works Resource System

Information and teaching resources for babies' and children's nutrition.

DIRECT LINK: www.nal.usda.gov/wicworks

HOME PAGE: www.nal.usda.gov

Curricula, Lessons, and Activities

Dole 5 A Day Teachers' Page

Lessons and child-friendly activities.

DIRECT LINK: www.dole5aday.com/Teachers/T_Index.jsp

HOME PAGE: www.dole5aday.com

El Paso Collaborative Health Literacy Curriculum

Lesson on healthy eating with links to handouts.

DIRECT LINK: www.worlded.org/us/health/docs/elpaso/nutrition.htm

HOME PAGE: www.worlded.org/us/health/docs/elpaso

Explore Nutrition with Your Child

Online slide show and lesson.

DIRECT LINK: www.tv411.org/lessons/cfm/learning.cfm?str=learning&num=11&act=1

HOME PAGE: www.tv411.org

Food and Fun for Families

Lesson plans, handouts, slide shows, and community teaching kits.

DIRECT LINK: www.nal.usda.gov/wicworks/Food_Fun/index.html

HOME PAGE: www.nal.usda.gov/wicworks

Food: Safety, Nutrition, Preparation

Slide shows, handouts, games, and activities.

DIRECT LINK: www.lancaster.unl.edu/food/resources

HOME PAGE: www.lancaster.unl.edu/food

Nutrition Lessons from Educator's Reference Desk

A variety of nutrition lessons for pre-K through 12th grade that can be adapted for adults.

DIRECT LINK: www.eduref.org/cgi-bin/lessons.cgi/Health/Nutrition

HOME PAGE: www.eduref.org/Virtual/Lessons/index.shtml

Playing with Children for Good Health

Two-part lesson, one on nutrition and child obesity, the other on exercise.

DIRECT LINK: www.worlded.org/us/health/docs/clclessons/playing

HOME PAGE: www.worlded.org/us/health/docs/clclessons

Ready, Set, PARENT! WebQuest

Scroll down to find "Ready, Set, PARENT!" WebQuest. This lesson uses Web searching to learn parenting skills and information.

DIRECT LINK: www.altn.org/webquests/downloads

HOME PAGE: www.altn.org/webquests

REEP Health Homepage

Online health learning activities for beginning ESOL and literacy.

DIRECT LINK: www.reepworld.org/englishpractice/index.htm

HOME PAGE: www.reepworld.org

Direct Links to Handouts, Charts, and Tutorials

Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.nhlbi.nih.gov/health/public/heart/other/chdblack/smart1.htm

BROCHURE: www.nhlbi.nih.gov/health/public/heart/other/chdblack/smart.pdf

MORE PUBLICATIONS: www.nhlbi.nih.gov/health/pubs/pub_gen.htm

HOME PAGE: www.nhlbi.nih.gov/health

Beginnings Guides: It Matters What a Mother Knows

Easy-to-read booklets on pregnancy and parenthood. You can preview online and order printed copies.

HOME PAGE: www.beginningsguides.net

Better Health and You: Tips for Adults

This plain language 16-page guide with pictures and charts gives basic tips for keeping a healthy weight.

DIRECT LINK: www.win.niddk.nih.gov/publications/better_health.htm

HOME PAGE: www.win.niddk.nih.gov

Cut Down on Fat – Not on Taste

English/Spanish bilingual brochure.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/other/sp_fat.htm

MORE PUBLICATIONS: www.nhlbi.nih.gov/health/public/heart

HOME PAGE: www.nhlbi.nih.gov/health

Cut Down on Salt and Sodium

English/Spanish bilingual brochure.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/other/sp_salt.htm

MORE PUBLICATIONS: www.nhlbi.nih.gov/health/public/heart

HOME PAGE: www.nhlbi.nih.gov/health

Eating For a Healthy Heart

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/hlyheart.html

BROCHURE: www.fda.gov/opacom/lowlit/hlyheartpf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

Feeding Baby with Breastmilk or Formula

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/feedbby.html

BROCHURE: www.fda.gov/opacom/lowlit/feedbbypf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

Food, Nutrition and Physical Activity

PowerPoint presentations for families that can be adapted to handouts for adult learners.

DIRECT LINK: www.unlforfamilies.unl.edu/FoodNutrition/FoodNutrition.htm

HOME PAGE: www.unlforfamilies.unl.edu/Index.htm

Fruit and Vegetable Nutrition Facts Chart

Chart with calories, fiber, vitamins A and C, potassium, and folate.

DIRECT LINK: www.dole5aday.com/ReferenceCenter/NutritionCenter/Chart/R_NutrChart.jsp?topmenu=6

HOME PAGE: www.dole5aday.com

Guide to Good Eating

One-pager with colorful food photos showing healthy balanced diet.

DIRECT LINK: www.umc-cares.org/health_info/article.asp?Category=Nutrition&ArticleID=282#link

HOME PAGE: www.umc-cares.org/index.asp

Household Commodity Fact Sheets

Simple fact sheets for each food that include nutrition information, storage tips, and recipes.

FACT SHEETS: www.fns.usda.gov/fdd/facts/hhpfacts/allhhp_factsheets.htm

HOME PAGE: www.fns.usda.gov

How to Read a Food Label

Colorful graphic with descriptions of each section of the food label.

DIRECT LINK: www.4women.gov/Tools/FoodLabel.htm

HOME PAGE: www.4women.gov

New Food Guide Pyramid

One Size Doesn't Fit All, an interactive online pyramid. Can generate printable handouts.

LINKS TO VERSIONS FOR ADULTS, KIDS, AND SPECIAL POPULATIONS: www.usda.gov/cnpp/graphics.html

HOME PAGE: www.mypyramid.gov

Nutrients in Foods: Brief Explanation

Click on a nutrient for a summary of what it does and what foods have it.

DIRECT LINK: www.umass.edu/nibble/infolist.html

HOME PAGE: www.umass.edu/nibble

Nutrients in Milk: Top 10 Reasons

One page list of nutrients in milk and what they do.

DIRECT LINK: www.bcdf.org/about_milk/nutrients_in_milk/top10reasons.htm

HOME PAGE: www.bcdf.org

Recipes and Tips for Healthy, Thrifty Meals

*Colorful 76-page book with shopping tips, healthy cooking tips, and lots of recipes.
Can download and print.*

DIRECT LINK: www.usda.gov/cnpp/Pubs/Cookbook/thrifty.pdf

HOME PAGE: www.usda.gov/cnpp

Snack Smart for Healthy Teeth

Online or printer-friendly handout on healthy kids' snacks.

DIRECT LINK: www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/ChildrensOralHealth/SnackSmart/default.htm

MORE PUBLICATIONS: www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/ChildrensOralHealth

HOME PAGE: www.nidcr.nih.gov

Vitamins and Nutrients

Colorful chart with functions, food sources, and explanations of nutrients.

DIRECT LINK: www.girlshealth.gov/nutrition/eating_essentials.htm

HOME PAGE: www.girlshealth.gov

Water

Collection of fact sheets, discussion guides, and colorful slides.

DIRECT LINK: www.nal.usda.gov/wicworks/Food_Fun/water1.htm

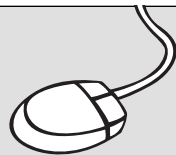
HOME PAGE: www.nal.usda.gov/wicworks

What EVERYONE Feeding a Baby Should Know

Five-page article summarizing basic tips for feeding babies.

DIRECT LINK: www.lancaster.unl.edu/food/ftoct01.htm

HOME PAGE: www.lancaster.unl.edu/food



WEB TIP

DIRECT LINK vs. HOME PAGE

In this guide **DIRECT LINK** will take you to a specific page within a Web site.

This is to save you time, but the links change sometimes. If a link does not work, go to the **HOME PAGE** and try to find the resource from there.

What Foods Are Good Sources of Vitamin A, Vitamin C, Calcium, and Iron?

Nine-page chart with food sources of children's most important nutrients.

DIRECT LINK: <http://209.48.219.52/tn/Resources/appendb.pdf>

HOME PAGE: www.nal.usda.gov/childcare

■ Childhood Health and Diseases

Web Sites with Information on Childhood Health and Diseases

Beginnings Guides: It Matters What a Mother Knows

Easy-to-read booklets on pregnancy and parenthood. You can preview online and order printed copies.

HOME PAGE: www.beginningsguides.net

Canadian Lung Association: Especially For Kids

Information on lung health and disease with colorful, kid-friendly learning activities.

DIRECT LINK: www.lung.ca/children

HOME PAGE: www.lung.ca

Familydoctor.org

Large collection of plain language fact sheets with information on common and unusual health conditions, with special section for parents and kids.

HOME PAGE: www.familydoctor.org

KidsHealth

Huge collection of articles and fact sheets written for kids, parents, and teenagers, with games and lots of pictures.

HOME PAGE: www.kidshealth.org

NOAH Children's Page

Large collection of online children's health information in English and Spanish.

DIRECT LINK: www.noah-health.org/en/healthy/children/

HOME PAGE: www.noah-health.org

What to Do When Your Child Gets Sick

Available in print only. A comprehensive, easy-to-read, 180-page picture-filled paperback with teacher's guide.

ORDER ONLINE: www.iha4health.org/index.cfm?menuitemid=130&menusubid=61

HOME PAGE: www.iha4health.org

Curricula, Lessons, and Activities

El Paso Collaborative Health Literacy Curriculum

Lesson on basic diabetes information, with links to handouts.

DIRECT LINK: www.worlded.org/us/health/docs/elpaso/diabetesfacts.htm

HOME PAGE: www.worlded.org/us/health/docs/elpaso

Healthy Smiles Curriculum

Comprehensive oral health curriculum for family literacy students.

DIRECT LINK: www.pafamilyliteracy.org/pafamilyliteracy/lib/pafamilyliteracy/HealthySmilesCurriculum.pdf

HOME PAGE: www.pafamilyliteracy.org

Keeping Your Child Healthy at Home

Lesson on common childhood illnesses, with video.

DIRECT LINK: www.worlded.org/us/health/docs/childhealthlesson

HOME PAGE: www.worlded.org/us/health/lincs

What to Do When Your Child Gets Sick

Available in print only. A comprehensive, easy-to-read, 180-page picture-filled paperback with teacher's guide.

ORDER ONLINE: www.iha4health.org/index.cfm?menuitemid=130&menusubid=61

HOME PAGE: www.iha4health.org

Direct Links to Handouts, Charts, and Tutorials

A Healthy Mouth for Your Baby

Colorful easy-to-read brochure.

DIRECT LINK: www.nidcr.nih.gov/NR/rdonlyres/B873F673-3FD3-463C-A2E53FAA9777FAB2/3569/healthymouth.pdf

MORE BROCHURES: www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/ChildrensOralHealth

HOME PAGE: www.nidcr.nih.gov

All About Vaccines

Simple one-page fact sheet.

DIRECT LINK: www.fda.gov/oc/opacom/kids/html/vaccines.htm

HOME PAGE: www.fda.gov/oc/opacom/kids

Asthma

Tutorial with colorful pictures and sound.

DIRECT LINK: www.healthsystem.virginia.edu/internet/pediatrics/patients/Tutorials/asthma/home.cfm

HOME PAGE: www.healthsystem.virginia.edu/home.html

Diabetes Easy-to-Read Publications

Plain language fact sheets in English and Spanish.

DIRECT LINK: www.diabetes.niddk.nih.gov/dm/ez.asp

HOME PAGE: www.diabetes.niddk.nih.gov

Fever in Children: When Your Child Has a Fever

Two-page fact sheet with pictures.

FACT SHEET: www.familydoctor.org/069.xml

HOME PAGE: www.familydoctor.org

Head Lice: What They Are and How to Eliminate Them

Fact sheet with the basics.

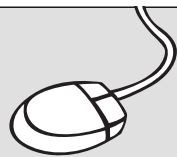
FACT SHEET: www.familydoctor.org/865.xml#top

HOME PAGE: www.familydoctor.org

Headlice.org

Answers to common questions, and funny kids' games.

HOME PAGE: www.headlice.org



WEB TIP

PDF vs. HTML

If a link to a handout, chart, or brochure ends with **“.pdf”** it means it is in a nice, printable format, but it may take a while to download.

If your computer is slow, see if there is a non-pdf version. These mostly end with **“.html”** or **“.htm”** but you may also see other letters or numbers. These will be quicker to view on your computer.

Both formats are printable, but the pdf file will look nicer.

How to Give Medicine to Children

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/medchld.html

BROCHURE: www.fda.gov/opacom/lowlit/medchldpf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

Protecting Your Child from Serious Diseases: Making Sure Kids Get All Their “Shots”

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/shots.html

BROCHURE: www.fda.gov/opacom/lowlit/shotspf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

The Allergy Wizard

Kid-friendly tutorial in English and Spanish with animated graphics and sound.

DIRECT LINK: <http://asthma.nationaljewish.org/disease-info/diseases/allergy/kids/index.aspx>

HOME PAGE: www.nationaljewish.org

The Asthma Wizard

Kid-friendly tutorial in English and Spanish with animated graphics and sound.

DIRECT LINK: <http://asthma.nationaljewish.org/disease-info/diseases/asthma/kids/wizard-index.aspx>

HOME PAGE: www.nationaljewish.org

What To Do About The Flu

Very simple one-page fact sheet.

DIRECT LINK: www.fda.gov/oc/opacom/kids/html/flu.htm

HOME PAGE: www.fda.gov/oc/opacom/kids

What To Do For Colds And Flu

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/clds&flu.html

BROCHURE: www.fda.gov/opacom/lowlit/clds&flupf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

■ Safety

Web Sites with Information on Safety

Familydoctor.org: Safety and Injury Prevention

Collection of fact sheets on safety and injury prevention.

DIRECT LINK: www.familydoctor.org/x5210.xml

HOME PAGE: www.familydoctor.org

Home Safety Council

Learn about a large range of home safety issues and educational programs for families.

HOME PAGE: www.homesafetycouncil.org

Home Safety Council Literacy Project

Print or order free easy-to-read fire safety materials, including picture-based handouts and curricula for literacy students

DIRECT LINK: www.homesafetycouncil.org/expert_network/en_literacy_w001.aspx

HOME PAGE: www.homesafetycouncil.org

KidsHealth: First Aid and Safety

Collection of fact sheets for parents.

DIRECT LINK: www.kidshealth.org/parent/firstaid_safe/index.html

HOME PAGE: www.kidshealth.org

Risk Watch Program

Helps teach safety messages to kids through games, checklists, activities, and lessons.

HOME PAGE: www.nfpa.org/riskwatch/home.html

Safe Kids

Lots of information, including safety tips, recalls, and activities for kids.

HOME PAGE: www.usa.safekids.org

Curricula, Lessons, and Activities

Cooking Safely

A Crossword puzzle.

DIRECT LINK: www.foodsafety.gov/~fsg/f99cword.html

HOME PAGE: www.foodsafety.gov

El Paso Collaborative Health Literacy Curriculum

Lesson on lead poisoning with links to handouts.

DIRECT LINK: www.worlded.org/us/health/docs/elpaso/lead.htm

Lesson on household hazards, with links to handouts.

DIRECT LINK: www.worlded.org/us/health/docs/elpaso/hazards.htm

HOME PAGE: www.worlded.org/us/health/docs/elpaso

Fight Bac! Keep Foods Safe from Bacteria

Food safety information, activities for kids and adults, and resources for educators.

DIRECT LINK: <http://portal.fightbac.org/pfse/toolsyoucanuse>

HOME PAGE: www.fightbac.org

Food: Safety, Nutrition, and Preparation

Slide shows, handouts, games, and activities.

DIRECT LINK: www.lancaster.unl.edu/food/resources.htm

HOME PAGE: www.lancaster.unl.edu/food

Home Fire Safety: What Every Parent Needs to Know

Lesson plan using video, brochure, and discussion.

DIRECT LINK: www.worlded.org/us/health/docs/clclessons

HOME PAGE: www.worlded.org/us/health/lincs

Learn About Chemicals Around Your House

Interactive site with clear information on household products and toxic substances.

DIRECT LINK: www.epa.gov/kidshometour

HOME PAGE: www.epa.gov

REEP Health Homepage

Online health learning activities for beginning ESOL and literacy.

DIRECT LINK: www.reepworld.org/englishpractice/index.htm

HOME PAGE: www.reepworld.org

Risk Watch Lesson Plans

Lessons for pre-K through 8th grade, some adaptable for family literacy programs.

DIRECT LINK: www.nfpa.org/riskwatch/home.html

HOME PAGE: www.nfpa.org

Safekids.org: Teachers' Desk

Lessons for kids that can easily be adapted for family literacy students.

DIRECT LINK: www.usa.safekids.org/tier2_rl.cfm?folder_id=700

HOME PAGE: www.usa.safekids.org

Safety Lessons from Educator’s Reference Desk

Lessons for K through 6th grade, some adaptable for family literacy programs.

DIRECT LINK: www.eduref.org/cgi-bin/lessons.cgi/Health/Safety

HOME PAGE: www.eduref.org

Sparky the Fire Dog

Information, games, and activities to help kids learn fire safety.

HOME PAGE: www.sparky.org

Direct Links to Handouts, Charts, and Tutorials

Beginnings Guides: It Matters What a Mother Knows

Easy-to-read booklets on parenting. You can preview online and order printed copies.

HOME PAGE: www.beginningsguides.net

Car Safety: Protecting Your Family

Two-page fact sheet.

DIRECT LINK: www.usa.safekids.org/tier3_cd.cfm?content_item_id=312&folder_id=170

HOME PAGE: www.usa.safekids.org

Childproofing and Preventing Home Accidents

Two-page fact sheet.

DIRECT LINK: www.kidshealth.org/parent/firstaid_safe/home/childproof.html

HOME PAGE: www.kidshealth.org

Chill: When in Doubt—Throw it Out

Chart showing how long foods last in the fridge or freezer.

DIRECT LINK: www.fightbac.org/doubt.cfm

HOME PAGE: www.fightbac.org

Correct Way to Wear a Bike Helmet

Simple pictures demonstrate right and wrong fit.

DIRECT LINK: www.cpsc.gov/kids/kidsafety/correct.html

HOME PAGE: www.cpsc.gov/kids/kidsafety/index.html

Handouts from Safe Kids USA

Collection of safety tip fact sheets.

DIRECT LINK: www.usa.safekids.org/tier2_rl.cfm?folder_id=166

Collection of safety checklists.

DIRECT LINK: www.usa.safekids.org/tier3_cd.cfm?content_item_id=4370&folder_id=166

HOME PAGE: www.usa.safekids.org

How to Use the 911 Telephone Emergency System

A one-page fact sheet and multimedia presentation available in English, Spanish, Bosnian, and Somali.

FACT SHEET: www.healthyroadsmedia.org/Files/pdf/Eng911.pdf

MULTIMEDIA: www.healthyroadsmedia.org/Files/proj/Eng911.exe

HOME PAGE: www.healthyroadsmedia.org

Hunt for Home Hazards

Through photographs and simple text, follow a family as they search their house for hazards.

DIRECT LINK: www.nfpa.org/sparky/simpson_hunt/hazards_1.html

HOME PAGE: www.nfpa.org/sparky

Lead Poisoning: Is Lead Hiding Here?

Basic facts with links to kid-friendly educational tools.

DIRECT LINK: www.niehs.nih.gov/kids/lead.htm

HOME PAGE: www.niehs.nih.gov/kids

Protect Your Child From Poisons in Your Home

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/poison.html

BROCHURE: www.fda.gov/opacom/lowlit/poisonpf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

Staying Safe While in the Water

A four-page handout.

DIRECT LINK: www.kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html

HOME PAGE: www.kidshealth.org

When to Go to the Emergency Room

A one-page fact sheet and multimedia presentation available in English, Spanish, Bosnian, and Somali.

FACT SHEET: www.healthyroadsmedia.org/Files/pdf/EngMedEm.pdf

MULTIMEDIA: www.healthyroadsmedia.org/Files/proj/EngMedEm.exe

HOME PAGE: www.healthyroadsmedia.org

■ Healthy Lifestyle

Web Sites with Information on Healthy Lifestyle

Aim for a Healthy Weight

Information and tools for teaching weight control.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

HOME PAGE: www.nhlbi.nih.gov

American Heart Association

Information about heart health, diseases, and healthy living.

HOME PAGE: www.americanheart.org

National Heart, Lung, and Blood Institute

Collection of booklets and fact sheets, many are easy-to-read and available in Spanish, Vietnamese, and Filipino.

DIRECT LINK: www.nhlbi.nih.gov/health/pubs/pub_gen.htm

HOME PAGE: www.nhlbi.nih.gov

Passport to Health: A Guide to Staying Well

Thirty-page easy-to-read booklet on keeping healthy, including getting cancer screenings.

DIRECT LINK: www.worlded.org/us/health/heal/passport/index.html

HOME PAGE: www.worlded.org/us/health/heal

Tools to Help You Build a Healthier Life

Calculators, charts, planning tools, and information about staying healthy.

DIRECT LINK: www.4women.gov/Tools

HOME PAGE: www.4women.gov

We Can! Ways to Enhance Children's Activity & Nutrition

Slide shows, activities, and information.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

HOME PAGE: www.nhlbi.nih.gov

Curricula, Lessons, and Activities

Aim for a Healthy Weight

Tools for teaching weight control. Calculate body mass index from height and weight with the BMI Calculator. Plan balanced meals online with the Menu Planner.

CALCULATOR: www.nhlbisupport.com/bmi/bmicalc.htm

MENU PLANNER: <http://hin.nhlbi.nih.gov/menuplanner/menu.cgi>

HOME PAGE: www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt

American Heart Association Activities

Activities, worksheets, and games for pre-K through 8th grade. Use with parents and kids or adapt for adult literacy students.

KIDS PAGE: www.americanheart.org/presenter.jhtml?identifier=3028650

LESSON IDEAS: www.americanheart.org/presenter.jhtml?identifier=3003345

HOME PAGE: www.americanheart.org

Food and Fun for Families

Lesson plans, handouts, slide shows, and community teaching kits.

DIRECT LINK: www.nal.usda.gov/wicworks/Food_Fun/index.html

HOME PAGE: www.nal.usda.gov/wicworks

Picture Story #7: What Happened to My Body?

ESOL literacy lesson on nutrition, exercise, and adjusting to a new culture.

DIRECT LINK: www.cal.org/caela/esl_resources/Health/healthindex.html#Body

HOME PAGE: www.cal.org/caela/esl_resources

Picture Story #8: Snack Attack

ESOL literacy lesson on childhood obesity.

DIRECT LINK: www.cal.org/caela/esl_resources/Health/healthindex.html#Snack

HOME PAGE: www.cal.org/caela/esl_resources

Playing with Children for Good Health

Two-part lesson, one on nutrition and child obesity, the other on exercise.

DIRECT LINK: www.worlded.org/us/health/docs/clclessons/playing

HOME PAGE: www.worlded.org/us/health/docs/clclessons

REEP Health Homepage

Online health learning activities for beginning ESOL and Literacy.

DIRECT LINK: www.reepworld.org/englishpractice/index.htm

HOME PAGE: www.reepworld.org

Skin Cancer Prevention

Lesson on preventing skin cancer.

DIRECT LINK: http://mercury.educ.kent.edu/database/eureka/detail_lesson.cfm?LessonsID=73

HOME PAGE: <http://literacy.kent.edu/eureka>

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

Six-lesson curriculum addressing activity and calorie balance.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_curr.htm

HOME PAGE: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

Direct Links to Handouts, Charts, and Tutorials

Alcoholism

Two-page fact sheet.

DIRECT LINK: www.clevelandclinic.org/health/health-info/docs/0000/0011.asp?index=3909

HOME PAGE: www.clevelandclinic.org/health

Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.nhlbi.nih.gov/health/public/heart/other/chdblack/smart1.htm

BROCHURE: www.nhlbi.nih.gov/health/public/heart/other/chdblack/smart.pdf

HOME PAGE: www.nhlbi.nih.gov

Easy-to-Read English/Spanish Booklets on Heart Health

Set of nine colorful bilingual booklets.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/other/sp-page.htm

HOME PAGE: www.nhlbi.nih.gov

Eating For a Healthy Heart

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/hlyheart.html

BROCHURE: www.fda.gov/opacom/lowlit/hlyheartpf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

Embrace Your Health! Lose Weight if You Are Overweight

Easy-to-read booklet.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/other/chdblack/embrace.htm

HOME PAGE: www.nhlbi.nih.gov

Exercising for a Healthy Heart

Online tutorial with simple text, sound, and animated graphics.

DIRECT LINK: www.nlm.nih.gov/medlineplus/tutorials/exercisingforahealthyheart/htm/index.htm

HOME PAGE: www.medlineplus.gov

HIV/AIDS Basics: Common Questions and Answers

Collection of fact sheets.

DIRECT LINK: <http://hivinsite.ucsf.edu/hiv?page=basics-00-00>

HOME PAGE: <http://hivinsite.ucsf.edu/InSite>

How Can I Manage Stress?

Two-page fact sheet.

DIRECT LINK: www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf

HOME PAGE: www.americanheart.org

How to do Breast Self Exams (BSE)

Online tutorial with sound and video.

DIRECT LINK: www.komen.org/bse

HOME PAGE: www.komen.org

Hypertension (High Blood Pressure)

Online tutorial with simple text, sound, and animated graphics.

DIRECT LINK: www.nlm.nih.gov/medlineplus/tutorials/hypertension/htm/index.htm

HOME PAGE: www.medlineplus.gov

Kick the Smoking Habit

A one-page fact sheet and multimedia presentation, available in English, Spanish, Bosnian, and Somali.

FACT SHEET: www.healthyroadsmedia.org/Files/pdf/EngSmok.pdf

MULTIMEDIA: www.healthyroadsmedia.org/Files/proj/EngSmok.exe

HOME PAGE: www.healthyroadsmedia.org

“Matter of Facts” Pamphlets

Ten easy-to-read pamphlets with information for people living with HIV.

DIRECT LINK: www.aac.org/site/PageServer?pagename=info_matteroffacts

HOME PAGE: www.aac.org

More Fact Sheets on Alcoholism

Collection of fact sheets.

DIRECT LINK: www.niaaa.nih.gov/Publications/PamphletsBrochuresPosters/English

HOME PAGE: www.niaaa.nih.gov

Recommended Screenings and Immunizations for Women

Chart on recommended health screenings by age.

DIRECT LINK: www.4women.gov/screeningcharts/screenings-general.pdf

OTHER TOOLS: www.4women.gov/Tools

HOME PAGE: www.4women.gov

Self Management: Taking Charge of Your Health

Two-page fact sheet on managing a chronic illness, also available with sound.

DIRECT LINK: www.healthyroadsmedia.org/Files/pdf/SelfMan.pdf

HOME PAGE: www.healthyroadsmedia.org

Stay Active and Feel Better!

Easy-to-read bilingual booklet available in English and Spanish.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/other/sp_act.htm

HOME PAGE: www.nhlbi.nih.gov

Watch Your Weight

Available as a one-page fact sheet or multimedia presentation.

FACT SHEET: www.healthyroadsmedia.org/Files/pdf/EngWt.pdf

MULTIMEDIA: www.healthyroadsmedia.org/Files/proj/EngWt.exe

HOME PAGE: www.healthyroadsmedia.org

■ Medicine Use

Web Sites with Information on Medicine Use

Be MedWise

Information, tips, quizzes, and toolkit.

HOME PAGE: www.bemedwise.org

Familydoctor.org: Over the Counter (OTC) Medicines

Information, charts, and fact sheets.

DIRECT LINK: www.familydoctor.org/otc_center.xml

HOME PAGE: www.familydoctor.org

MedlinePlus: Drug Information

Search list of medicines A-Z.

DIRECT LINK: www.nlm.nih.gov/medlineplus/druginformation.html

HOME PAGE: www.medlineplus.gov

Curricula, Lessons, and Activities

Buying Medicine

Lesson for literacy students using drugstore.com website.

DIRECT LINK: www.geocities.com/sgaer/occatosol/drugstore.htm

HOME PAGE: www.geocities.com/sgaer

Family Literacy EL/Civics Health Awareness Curriculum

Full curriculum with section on medications.

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/familylit.pdf

HOME PAGE: www.aelweb.vcu.edu

LaRue Health Literacy Activities

Online slide shows with sound and quizzes, available in English, Arabic, Hmong, and Somali.

DIRECT LINK: www.mcedservices.com/medex/medex.htm

HOME PAGE: www.mcedservices.com

Liquid Medicines: Taking the Right Dose

Hands-on activity to learn proper dosing.

DIRECT LINK: www.worlded.org/us/health/lincs/doses/index.htm

HOME PAGE: www.worlded.org/us/health/lincs

Picture Story #6: The Right Dose

ESOL literacy lesson on how to take medicines correctly.

DIRECT LINK: www.cal.org/caela/esl_resources/Health/healthindex.html#Dose

HOME PAGE: www.cal.org/caela/esl_resources

REEP Health Homepage

Online health learning activities for beginning ESOL and literacy.

DIRECT LINK: www.reepworld.org/englishpractice/index.htm

HOME PAGE: www.reepworld.org

Taking Medicine Responsibly

Online slide show and lesson.

DIRECT LINK: www.tv411.org/lessons/cfm/learning.cfm?str=learning&num=12&act=1

HOME PAGE: www.tv411.org

Direct Links to Handouts, Charts, and Tutorials

How to Give Medicine to Children

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/medchld.html

BROCHURE: www.fda.gov/opacom/lowlit/medchldpf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

Ten Tips for Parents

One-page handout.

DIRECT LINK: www.bemedwise.org/ten_ways/top_tips_parents.htm

HOME PAGE: www.bemedwise.org

The New Drug Facts Label

Graphic of new label with descriptions of each component.

DIRECT LINK: www.bemedwise.org/label/label.htm

HOME PAGE: www.bemedwise.org

Use Medicines Safely

Easy-to-read fact sheet and colorful brochure.

FACT SHEET: www.fda.gov/opacom/lowlit/medsafe.html

BROCHURE: www.fda.gov/opacom/lowlit/medsafepf.pdf

HOME PAGE: www.fda.gov/opacom/lowlit/englow.html

■ Women's Health

Web Sites with Information on Women's Health

Beginnings Guides: It Matters What a Mother Knows

Easy-to-read booklets on pregnancy and parenthood. You can preview online and order printed copies.

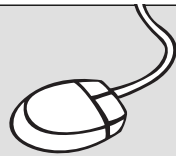
HOME PAGE: www.beginningsguides.net

Familydoctor.org: Women

Information includes physical and mental health, reproductive health, and contraception.

DIRECT LINK: www.familydoctor.org/women.xml

HOME PAGE: www.familydoctor.org



WEB TIP

Another trick if a link doesn't work

Backtrack by erasing part of the Web address from the end until each backslash.

For example: if this link doesn't work:

http://win.niddk.nih.gov/publications/better_health.htm

Erase the end part and try this: <http://win.niddk.nih.gov/publications>

If that doesn't work, try this: <http://win.niddk.nih.gov>

Once you get to a link that works, search from there for the resource you want.

NOAH: Women's Health

Includes information on anatomy and specific health issues.

DIRECT LINK: www.noah-health.org/en/healthy/women

HOME PAGE: www.noah-health.org

Tools to Help You Build a Healthier Life

Calculators, charts, planning tools, and information about staying healthy.

DIRECT LINK: www.4women.gov/Tools

HOME PAGE: www.4women.gov

Violence Against Women

Information and support.

DIRECT LINK: www.4women.gov/violence/index.cfm

HOME PAGE: www.4women.gov

WIC Topics A–Z

Educational materials on breastfeeding, baby nutrition, and more.

DIRECT LINK: www.nal.usda.gov/wicworks/Topics/index.html

HOME PAGE: www.nal.usda.gov/wicworks

Y-Me National Breast Cancer Organization

Information, support, and publications, some available in Spanish, Chinese, Korean, Russian, and Vietnamese.

HOME PAGE: www.y-me.org

Curricula, Lessons, and Activities

Breast and Cervical Cancer Curriculum

Selected lessons from a comprehensive, evidence-based adult literacy curriculum.

HOME PAGE: www.worlded.org/us/health/heal

My Life Story with Cancer

Student-written story in English and Spanish with teacher's guide.

DIRECT LINK: www.worlded.org/us/health/docs/Mary/introduction.html

Stella's Story

Adult literacy lesson on women and stress.

DIRECT LINK: www.worlded.org/us/health/heal/healBccHtml/unit1/unit1_lesson_3htm

What a Friend Can Do for You

Online photonovela with sound.

DIRECT LINK: www.worlded.org/us/health/heal/friends/index.html

El Paso Collaborative Health Literacy Curriculum

Lessons on breast health and menopause with links to handouts.

BREAST HEALTH: www.worlded.org/us/health/docs/elpaso/breast.htm

MENOPAUSE: www.worlded.org/us/health/docs/elpaso/menopause.htm

HOME PAGE: www.worlded.org/us/health/docs/elpaso

Picture Story #4: What Should She Do?

ESOL literacy lesson on domestic violence.

DIRECT LINK: www.cal.org/caela/esl_resources/Health/healthindex.html#Do

HOME PAGE: www.cal.org/caela/esl_resources

Presentations on Breast Cancer

Classroom-tested adult literacy lesson.

DIRECT LINK: www.worlded.org/us/health/lincs/lessons/mujeres.htm

HOME PAGE: www.worlded.org/us/health/lincs

Direct Links to Handouts, Charts, and Tutorials

Breast Cancer: Steps to Finding Breast Lumps Early

Three-page fact sheet with pictures.

DIRECT LINK: www.familydoctor.org/018.xml

HOME PAGE: www.familydoctor.org

Choosing a Birth Control Method

Online questionnaire and information.

DIRECT LINK: www.arhp.org/patienteducation/interactivetools/choosing/index.cfm?ID=275

HOME PAGE: www.arhp.org

Domestic Violence: Protecting Yourself and Your Children

One-page fact sheet.

DIRECT LINK: www.familydoctor.org/052.xml

HOME PAGE: www.familydoctor.org

How to Do Breast Self Exams

Online tutorial with sound and video.

DIRECT LINK: www.komen.org/bse

HOME PAGE: www.komen.org

Menopause Tutorial

Online tutorial with sound and animated graphics.

DIRECT LINK: www.nlm.nih.gov/medlineplus/tutorials/menopauseintroduction/html/index.htm

HOME PAGE: www.medlineplus.gov

Nutrition and Osteoporosis

PowerPoint slide show can be used as handouts for adult learners.

DIRECT LINK: www.lancaster.unl.edu/food/osteoporosis.htm

HOME PAGE: www.lancaster.unl.edu/food

Pap Smears: What They Are and What the Results Mean

Three-page fact sheet with good pictures.

DIRECT LINK: www.familydoctor.org/138.xml

HOME PAGE: www.familydoctor.org

Pregnancy: Taking Care of You and Your Baby

Four-page fact sheet.

DIRECT LINK: www.familydoctor.org/053.xml

HOME PAGE: www.familydoctor.org

Recommended Screenings and Immunizations for Women

Chart on recommended health screenings by age.

DIRECT LINK: www.4women.gov/screeningcharts/screenings-general.pdf

OTHER TOOLS: www.4women.gov/Tools

HOME PAGE: www.4women.gov

■ **Health Care Access**

Web Sites with Information on Health Care Access

About WIC

Information about the Women, Infants, and Children (WIC) Program.

DIRECT LINK: www.fns.usda.gov/wic/aboutwic

HOME PAGE: www.fns.usda.gov/wic

Health Care Information for Consumers

Information about finding services, health insurance, and more.

DIRECT LINK: www.healthfinder.gov/healthcare

HOME PAGE: www.healthfinder.gov

Managed Care and You

Easy-to-read booklet.

DIRECT LINK: www.women.state.vt.us/pdfs/guide.pdf

HOME PAGE: www.women.state.vt.us

Protect Your Families Health...With Confidence

Bilingual English/Spanish brochure.

DIRECT LINK: www.insurekidsnow.gov/confidence/confianza.pdf

HOME PAGE: www.insurekidsnow.gov

Smart Patient Guide

Information on managing your health care, understanding insurance, and talking with doctors.

DIRECT LINK: www.familydoctor.org/x8116.xml

HOME PAGE: www.familydoctor.org

Stay Healthy: Medicare's Preventive Services

Find out what free screenings are available for those with Medicare.

DIRECT LINK: www.medicare.gov/Health/Overview.asp

HOME PAGE: www.medicare.gov

Curricula, Lessons, and Activities

EL/Civics Health Curriculum

Ten-unit, multi-level adult literacy curriculum.

DIRECT LINK: www.ccs.k12.va.us/programs/esl/docs/health/Health_Curriculum.pdf

HOME PAGE: www.ccs.k12.va.us/programs/esl

Fairfax County EL/Civics Curriculum: Health Modules

Curricula addressing how to navigate the U.S. health care system, available in the following versions and levels.

HOME PAGE: www.aelweb.vcu.edu

Family Literacy Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/familylit.pdf

Low Beginner Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/lbhealth.pdf

Low Beginner Health Curriculum Landscape Handouts

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/lbhandouts.pdf

High Beginner Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/hbhealth.pdf

High Beginner Health Curriculum Landscape Handouts

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/hbhandouts.pdf

Low Intermediate Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/lihealth.pdf

Picture Story #1: Emergency

ESOL literacy lesson on going to the emergency room.

DIRECT LINK: www.cal.org/caela/esl_resources/Health/healthindex.html#Emergency

HOME PAGE: www.cal.org/caela/esl_resources

Picture Story #2: A Doctor's Appointment

ESOL literacy lesson on accessing health care.

DIRECT LINK: www.cal.org/caela/esl_resources/Health/healthindex.html#Doctor

HOME PAGE: www.cal.org/caela/esl_resources

REEP Health Homepage

Online health learning activities for beginning ESOL and literacy.

DIRECT LINK: www.reepworld.org/englishpractice/index.htm

HOME PAGE: www.reepworld.org

Direct Links to Handouts, Charts, and Tutorials

Basics for Parents of Children with Special Needs

Three handouts use brief stories and plain language to introduce resources for families of children with special needs, some available in Spanish.

DIRECT LINK: www.nichcy.org/basicpar.asp

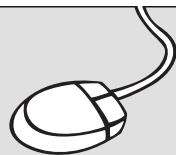
HOME PAGE: www.nichcy.org/index.html

California Advance Health Care Directive

Easy-to-read advance directive form.

DIRECT LINK: www.iha4health.org/html/advance%20directive%20english.pdf

HOME PAGE: www.iha4health.org



WEB TIP

Other ways to scroll

Tired of sliding that right-side bar up and down? You can also use the up and down arrows on your keyboard, or the page up and page down keys.

And if your mouse has a little wheel between the right and left clickers, you can roll this up and down to scroll. Just click on the page first, then roll to scroll.

Emergency Room Visits

A one-page fact sheet and multimedia presentation available in English, Spanish, Bosnian, and Somali.

FACT SHEET: www.healthyroadsmedia.org/Files/pdf/EngER.pdf

MULTIMEDIA: www.healthyroadsmedia.org/Files/proj/EngER.exe

HOME PAGE: www.healthyroadsmedia.org

Finding Help for Young Children with Disabilities (Birth–5)

Overview of how to get free services for young children who are not developing normally.

DIRECT LINK: www.nichcy.org/pubs/parent/pa2txt.htm

HOME PAGE: www.nichcy.org/index.html

How to Talk to Your Doctor or Nurse

One-page plain language handout.

DIRECT LINK: www.4women.gov/Tools/HowToTalk.pdf

HOME PAGE: www.4women.gov

How to Use the 911 Telephone Emergency System

A one-page fact sheet and multimedia presentation available in English, Spanish, Bosnian, and Somali.

FACT SHEET: www.healthyroadsmedia.org/Files/pdf/Eng911.pdf

MULTIMEDIA: www.healthyroadsmedia.org/Files/proj/Eng911.exe

HOME PAGE: www.healthyroadsmedia.org

Patient Rights and Responsibilities

Listing for the purpose of ESOL civics instruction, not a legal document.

DIRECT LINK: www.charlottesville-esl.org/docs/recent/units/AppendixB.pdf

HOME PAGE: www.charlottesville-esl.org

Questions to Ask Your Doctor

Lists of questions to ask about certain health issues.

DIRECT LINK: www.nationaljewish.org/disease-info/symptoms/questions.aspx

HOME PAGE: www.nationaljewish.org/index.aspx

Quick Tips – When Talking with Your Doctor

Two-page plain language handout.

DIRECT LINK: www.ahcpr.gov/consumer/quicktips/doctalk.htm

HOME PAGE: www.ahcpr.gov

When to Go to the Emergency Room

A one-page fact sheet and multimedia presentation available in English, Spanish, Bosnian, and Somali.

FACT SHEET: www.healthyroadsmedia.org/Files/pdf/EngMedEm.pdf

MULTIMEDIA: www.healthyroadsmedia.org/Files/proj/EngMedEm.exe

HOME PAGE: www.healthyroadsmedia.org

■ Stress

Web Sites with Information on Stress

Familydoctor.org: Mental Health and Behavior

Information on stress, depression, anxiety, and more.

DIRECT LINK: www.familydoctor.org/x5411.xml

HOME PAGE: www.familydoctor.org

KidsHealth: Emotions & Behavior

Collection of fact sheets for parents.

DIRECT LINK: www.kidshealth.org/parent/emotions/index.html

HOME PAGE: www.kidshealth.org

National Mental Health Information Center

Mental health information for families.

DIRECT LINK: www.mentalhealth.samhsa.gov/topics/explore/children/

HOME PAGE: www.mentalhealth.samhsa.gov

Curricula, Lessons, and Activities

Family Literacy EL/Civics Health Awareness Curriculum

Curriculum with one lesson on stress.

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/familylit.pdf

HOME PAGE: www.aelweb.vcu.edu

Picture Story #3: Stressed Out!

ESOL literacy lesson on managing stress.

DIRECT LINK: www.cal.org/caela/esl_resources/Health/healthindex.html#Stressed

HOME PAGE: www.cal.org/caela/esl_resources

Stella's Story

Adult literacy lesson on women and stress.

DIRECT LINK: www.worlded.org/us/health/heal/healBccHtml/unit1/unit1_lesson_3.htm

HOME PAGE: www.worlded.org/us/health/heal

Stress is a Part of Life

Classroom-tested adult literacy lesson.

DIRECT LINK: www.worlded.org/us/health/lincs/lessons/swgeorgia.htm

HOME PAGE: www.worlded.org/us/health/heal

Workshop on Stress by the Scale Health Action Team

Scroll down for workshop on stress.

DIRECT LINK: www.sabes.org/health/scale1.htm

HOME PAGE: www.sabes.org

Direct Links to Handouts, Charts, and Tutorials

Childhood Stress

Short article on childhood stress.

DIRECT LINK: www.kidshealth.org/parent/emotions/feelings/stress.html

HOME PAGE: www.kidshealth.org

How Can I Manage Stress?

Two-page plain language fact sheet.

DIRECT LINK: [www.americanheart.org/downloadable/heart/
110167971464923%20HowCanIManageStress.pdf](http://www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf)

HOME PAGE: www.americanheart.org

How to Feel Good: Learning How to Relax and Exercise

Student project about stress.

DIRECT LINK: www.alri.org/feelgood/feelgood.html

HOME PAGE: www.alri.org

Stress: How to Cope Better With Life's Challenges

Two-page fact sheet.

DIRECT LINK: www.familydoctor.org/167.xml

HOME PAGE: www.familydoctor.org

■ Miscellaneous

Helping Children Cope with the Intensive Care Unit

Easy-to-read story with pictures.

DIRECT LINK: [www.vh.org/pediatric/patient/pediatrics/copingwithintensivecareunit/
index.html](http://www.vh.org/pediatric/patient/pediatrics/copingwithintensivecareunit/index.html)

HOME PAGE: www.vh.org

Kids' Quest on Disability and Health

Online activity for kids and teens to learn about disabilities and acceptance.

DIRECT LINK: www.cdc.gov/ncbddd/kids

HOME PAGE: www.cdc.gov/ncbddd

Talking with Kids About Tough Issues

Information for parents on addressing sex, drugs, HIV, and more.

HOME PAGE: www.talkingwithkids.org

The Human Body

Information about anatomy and organ donation, geared for kids/teens.

DIRECT LINK: <http://library.thinkquest.org/5777>

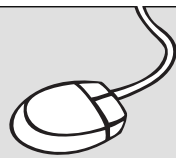
HOME PAGE: <http://library.thinkquest.org>

The Respiratory System

Anatomy stories and games for kids.

DIRECT LINK: www.lung.ca/children/teachers/index.html

HOME PAGE: www.lung.ca/children



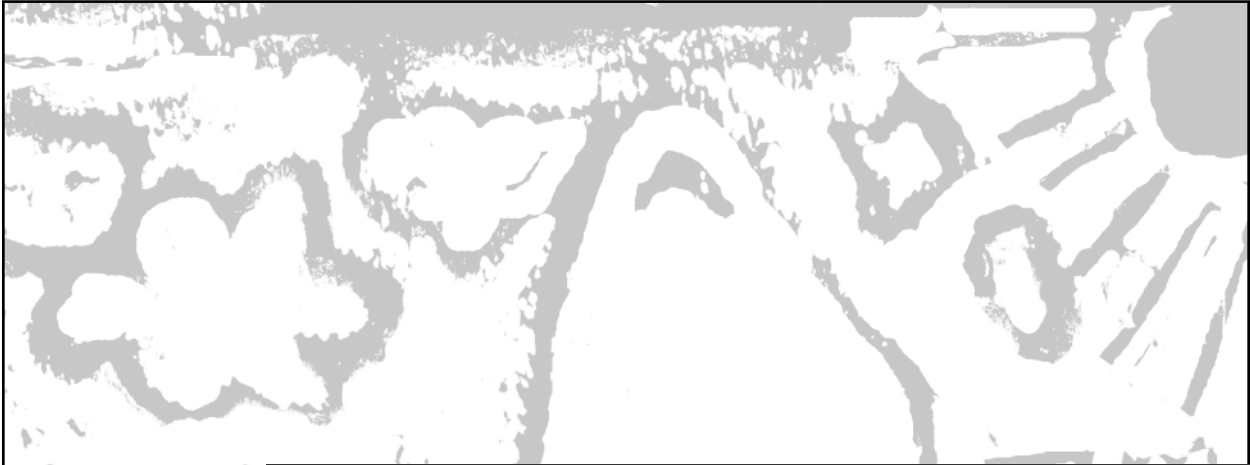
WEB TIP

Links vs. New Windows

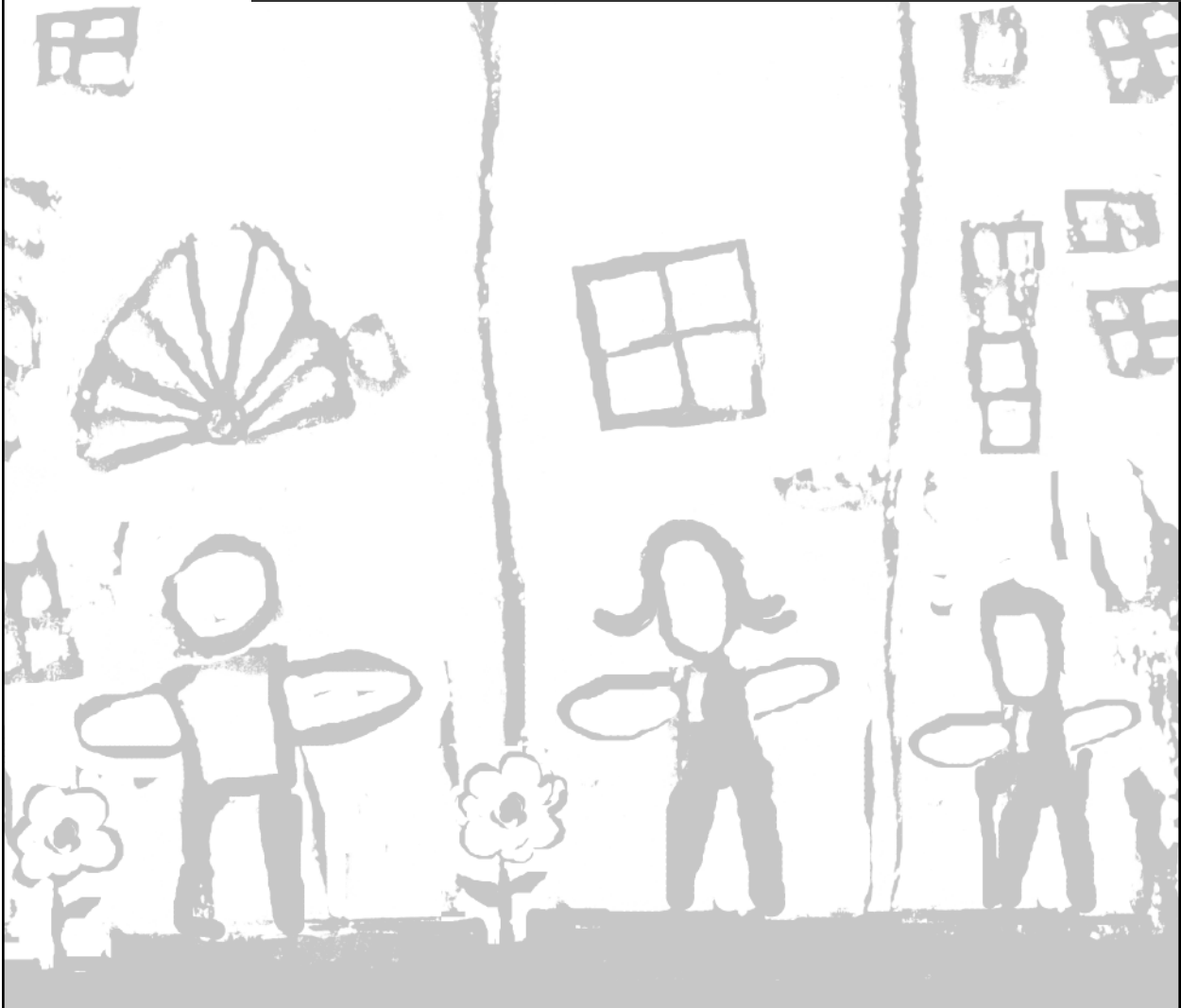
When you click on a link, usually you leave the Web page you are on, and go to a new Web page or site. If you want to get back you hit the **“back”** button. But sometimes the link will open in a new window, so now you have two Web pages or sites available on your screen. You can maximize the new window and explore the new page, then to get back to where you were, you just close the window or minimize it.

This can get confusing if you forget you are in a new window. How can you tell? If the **“back”** button doesn't work, it's probably a new window. You can minimize the new window and drag it out of the way, or close it, and you will find the page or site where you started.

If you like using new windows, you can open any link into a new window by putting the cursor on the link and right-clicking. Then choose **“open new window”**.



Curricula, Lessons, and Activities



Curricula, Lessons, and Activities

This chapter includes teaching tools. You will find a wide assortment of curricula, lessons, and activities to choose from.

CURRICULA: Collections of health lessons in a comprehensive and coherent health literacy teaching unit. Lessons can also be used individually.

LESSONS: Includes clear instructions for teachers to follow, usually with objectives, lists of materials, a step-by-step process, and follow up activities. Some of the sites listed in this section are single lessons, and others are collections of lessons, but not a coherent curriculum.

ACTIVITIES: Includes interactive activities that can easily be developed into lessons, or used to practice or reinforce skills or information learned previously. Some activities are to be done online, either individually or in groups. If you do not have access to computers during class, many activities can be printed out and used creatively in written form. For example, PowerPoint slide presentations can be printed and used as a series of handouts to read, discuss, put in order, and add to.

Curricula

Breast and Cervical Cancer Curriculum

Comprehensive evidence-based adult literacy curriculum.

HOME PAGE: www.worlded.org/us/health/heal

EL/Civics Health Curriculum

Ten-unit, multi-level adult literacy curriculum.

DIRECT LINK: www.ccs.k12.va.us/programs/esl/docs/health/Health_Curriculum.pdf

HOME PAGE: www.ccs.k12.va.us/programs/esl

El Paso Collaborative Health Literacy Curriculum

Six-lesson curriculum with links to handouts and a good introduction to teaching health.

DIRECT LINK: www.worlded.org/us/health/docs/elpaso/index.htm

HOME PAGE: www.worlded.org/us/health/docs/elpaso

Fairfax County EL/Civics Curriculum: Health Modules

Curricula addressing how to navigate the U.S. health care system, available in the following versions and levels.

HOME PAGE: www.aelweb.vcu.edu

Family Literacy Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/familylit.pdf

Low Beginner Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/lbhealth.pdf

Low Beginner Health Curriculum Landscape Handouts

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/lbhandouts.pdf

High Beginner Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/hbhealth.pdf

High Beginner Health Curriculum Landscape Handouts

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/hbhandouts.pdf

Low Intermediate Health Curriculum

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/lihealth.pdf

Healthy Smiles Curriculum

Comprehensive oral health curriculum for family literacy students.

DIRECT LINK: www.pafamilyliteracy.org/pafamilyliteracy/lib/pafamilyliteracy/HealthySmilesCurriculum.pdf

HOME PAGE: www.pafamilyliteracy.org

Picture Stories for Adult ESL Health Literacy

Eight-lesson curriculum using comic-style picture stories and good teaching points for each. Can be adapted to any level.

HOME PAGE: www.cal.org/caela/esl_resources/Health/healthindex.html

What to Do When Your Child Gets Sick

Available in print only. A comprehensive, easy-to-read, 180-page picture-filled paperback with teacher's guide.

ORDER ONLINE: www.iha4health.org/index.cfm?menuitemid=130&menusubid=61

HOME PAGE: www.iha4health.org

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

Six-lesson curriculum addressing activity and calorie balance.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_curr.htm

HOME PAGE: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

Workshop on Stress by the Scale Health Action Team

Scroll down for workshop on stress.

DIRECT LINK: www.sabes.org/health/scale1.htm

HOME PAGE: www.sabes.org

Lessons

American Heart Lesson Ideas and Activities

Great collection of lessons and activities for pre-K through 8th grade. Use with parents and kids or adapt for adult literacy students.

DIRECT LINK: www.americanheart.org/presenter.jhtml?identifier=3003345

HOME PAGE: www.americanheart.org

Buying Medicine

Lesson for literacy students using Drugstore.com Web site.

DIRECT LINK: www.geocities.com/sgaer/occatosol/drugstore.htm

HOME PAGE: www.geocities.com/sgaer

Educator's Reference Desk

Collection of lesson plans for K through 8th grade that can be adapted for adult learners or activities for parents and children together.

DIRECT LINK: www.eduref.org/cgi-bin/lessons.cgi/Health

HOME PAGE: www.eduref.org

Food and Fun for Families

Lesson plans, handouts, slide shows, and community teaching kits.

DIRECT LINK: www.nal.usda.gov/wicworks/Food_Fun/index.html

HOME PAGE: www.nal.usda.gov

Getting Good Advice

Classroom-tested adult literacy lesson.

DIRECT LINK: www.worlded.org/us/health/lincs/lessons/gardner.htm

HOME PAGE: www.worlded.org/us/health/lincs

Home Fire Safety: What Every Parent Needs to Know

Lesson plan using video, brochure, and discussion.

DIRECT LINK: www.worlded.org/us/health/docs/clclessons/firesafety

HOME PAGE: www.worlded.org/us/health/docs/clclessons

Keeping Your Child Healthy at Home

Lesson on common childhood illnesses, with video.

DIRECT LINK: www.worlded.org/us/health/docs/childhealthylesson

HOME PAGE: www.worlded.org/us/health/lincs

My Life Story with Cancer

Student-written story in English and Spanish with teacher's guide.

DIRECT LINK: www.worlded.org/us/health/docs/Mary/introduction.html

HOME PAGE: www.worlded.org/us/health/health

Playing with Children for Good Health

Two-part lesson, one on nutrition and child obesity, the other on exercise.

DIRECT LINK: www.worlded.org/us/health/docs/clclessons/playing

HOME PAGE: www.worlded.org/us/health/docs/clclessons

Presentations on Breast Cancer

Classroom-tested adult literacy lesson.

DIRECT LINK: www.worlded.org/us/health/lincs/lessons/mujeres.htm

HOME PAGE: www.worlded.org/us/health/lincs

Ready, Set, PARENT! WebQuest

Scroll down to find "Ready, Set, PARENT!" WebQuest. This lesson uses Web searching to learn parenting skills and information.

DIRECT LINK: www.altn.org/webquests/downloads

HOME PAGE: www.altn.org

Risk Watch Lesson Plans

Created for pre-K through 8th grade, some are adaptable for family literacy programs.

DIRECT LINK: www.nfpa.org/riskwatch/home.html

HOME PAGE: www.nfpa.org

Rosalie's Neighborhood

Oral health lesson using easy-to-read stories.

DIRECT LINK: www.worlded.org/us/health/docs/Rosalie/

HOME PAGE: www.worlded.org/us/health/lincs

Safekids.org: Teachers' Desk

Lessons for kids that can easily be adapted for family literacy students.

DIRECT LINK: www.usa.safekids.org/tier2_rl.cfm?folder_id=700

HOME PAGE: www.usa.safekids.org

Skin Cancer Prevention

Lessons on preventing skin cancer.

DIRECT LINK: http://mercury.educ.kent.edu/database/eureka/detail_lesson.cmf?LessonsID+73

HOME PAGE: <http://literacy.kent.edu/eureka>

Stella's Story

Adult literacy lesson on women and stress.

DIRECT LINK: www.worlded.org/us/health/heal/healBccHtml/unit1/unit1_lesson_3htm

HOME PAGE: www.worlded.org/us/health/heal

Stress is a Part of Life

Classroom-tested adult literacy lesson.

DIRECT LINK: www.worlded.org/us/health/lincs/lessons/swgeorgia.htm

HOME PAGE: www.worlded.org/us/health/heal

What is Good Health? Word Mapping Lesson

Good lesson for introducing health in the classroom.

DIRECT LINK: www.worlded.org/us/health/heal/healBccHtml/unit1/unit1_lesson_1.htm

HOME PAGE: www.worlded.org/us/health/heal

Activities

Aim for a Healthy Weight

Information and tools for teaching weight control, includes BMI calculator and online menu planner.

DIRECT LINK: www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

HOME PAGE: www.nhlbi.nih.gov

American Heart Association Kids Page

Activities, worksheets, and games for pre-K through 8th grade. Use with parents and kids or adapt for adult literacy students.

DIRECT LINK: www.americanheart.org/presenter.jhtml?identifier=3028650

HOME PAGE: www.americanheart.org

California Distance Learning Project

Online stories and activities with sound.

DIRECT LINK: www.cdllponline.org/index.cfm?fuseaction=stories&topicID=5

HOME PAGE: www.cdllponline.org

Cooking Safely

A crossword puzzle.

DIRECT LINK: www.foodsafety.gov/~fsg/f99cword.html

HOME PAGE: www.foodsafety.gov

Dole 5 A Day Teacher Page

Lessons and child-friendly activities.

DIRECT LINK: www.dole5aday.com/Teachers/T_Index.jsp

HOME PAGE: www.dole5aday.com

Explore Nutrition with Your Child

Online slide show and lesson.

DIRECT LINK: www.tv411.org/lessons/cfm/learning.cfm?str=learning&num=11&act=1

HOME PAGE: www.tv411.org

Fight Bac! Keep Foods Safe from Bacteria

Food safety information, activities for kids and adults, and resources for educators.

DIRECT LINK: <http://portal.fightbac.org/pfse/toolsyoucanuse>

HOME PAGE: www.fightbac.org/main.cfm

Food and Fun for Families

Lesson plans, handouts, slide shows, and community teaching kits.

DIRECT LINK: www.nal.usda.gov/wicworks/Food_Fun/index.html

HOME PAGE: www.nal.usda.gov

Food: Safety, Nutrition, Preparation

Slide shows, handouts, games, and activities.

DIRECT LINK: www.lancaster.unl.edu/food/resources.htm

HOME PAGE: www.lancaster.unl.edu/food

LaRue Health Literacy Activities

Online slide shows with sound and quizzes, available in English, Arabic, Hmong, and Somali.

DIRECT LINK: www.mcdservices.com/medex/medex.htm

HOME PAGE: www.mcdservices.com

Learn About Chemicals Around Your House

Interactive site with clear information on household products and toxic substances.

DIRECT LINK: www.epa.gov/kidshometour

HOME PAGE: www.epa.gov

Liquid Medicines: Taking the Right Dose

Hands-on activity to learn proper dosing.

DIRECT LINK: www.worlded.org/us/health/lincs/doses/index.htm

HOME PAGE: www.worlded.org/us/health/lincs

NIBBLE

Information, activities, and teaching guides.

DIRECT LINK: www.umass.edu/nibble/director.html

HOME PAGE: www.umass.edu/nibble

REEP Health Homepage

Online health learning activities for beginning ESOL and literacy.

DIRECT LINK: www.reepworld.org/englishpractice/index.htm

HOME PAGE: www.reepworld.org

Sparky the Fire Dog

Information, games, and activities to help kids learn fire safety.

HOME PAGE: www.sparky.org

Taking Medicine Responsibly

Online slide show and lesson.

DIRECT LINK: www.tv411.org/lessons/cfm/learning.cfm?str=learning&num=12&act=1

HOME PAGE: www.tv411.org

What a Friend Can Do For You

Online photonovela with sound.

DIRECT LINK: www.worlded.org/us/health/heal/friends/index.html

HOME PAGE: www.worlded.org/us/health/heal

Health & Literacy Discussion List

What is the purpose of the list?

The purpose of the list is to provide a forum for practitioners, healthcare providers, health educators, researchers, policy makers, and others, to discuss the latest health literacy research and promising health literacy practices and policies, as well as to share health literacy resources and experience.

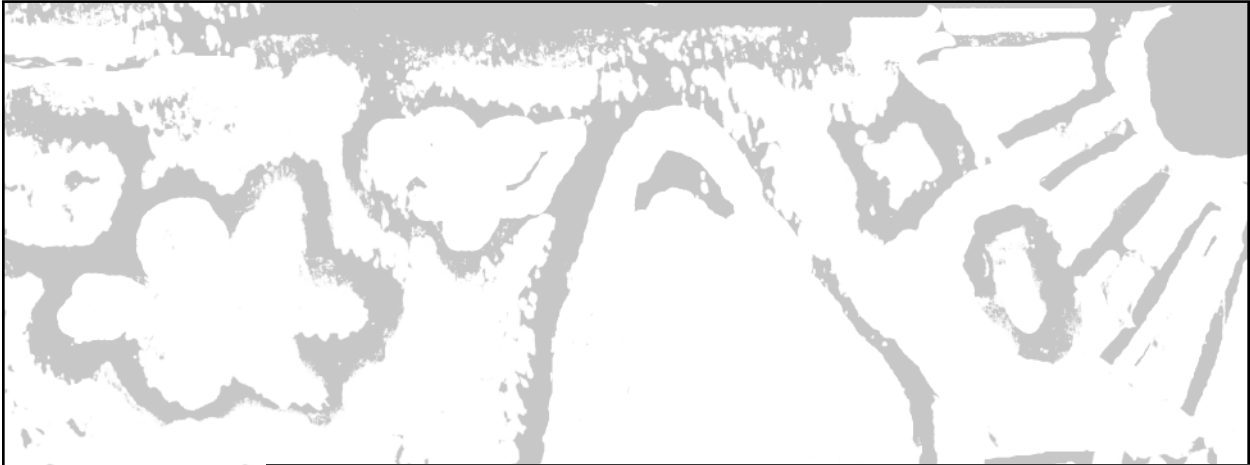
What is discussed on the list?

- Health education in adult literacy programs
- Efforts to address literacy barriers in health care settings
- Materials development and readability formulas
- Health literacy research and assessment tools
- Easy-to-read health information on a variety of health topics
- Health literacy curricula and teaching approaches

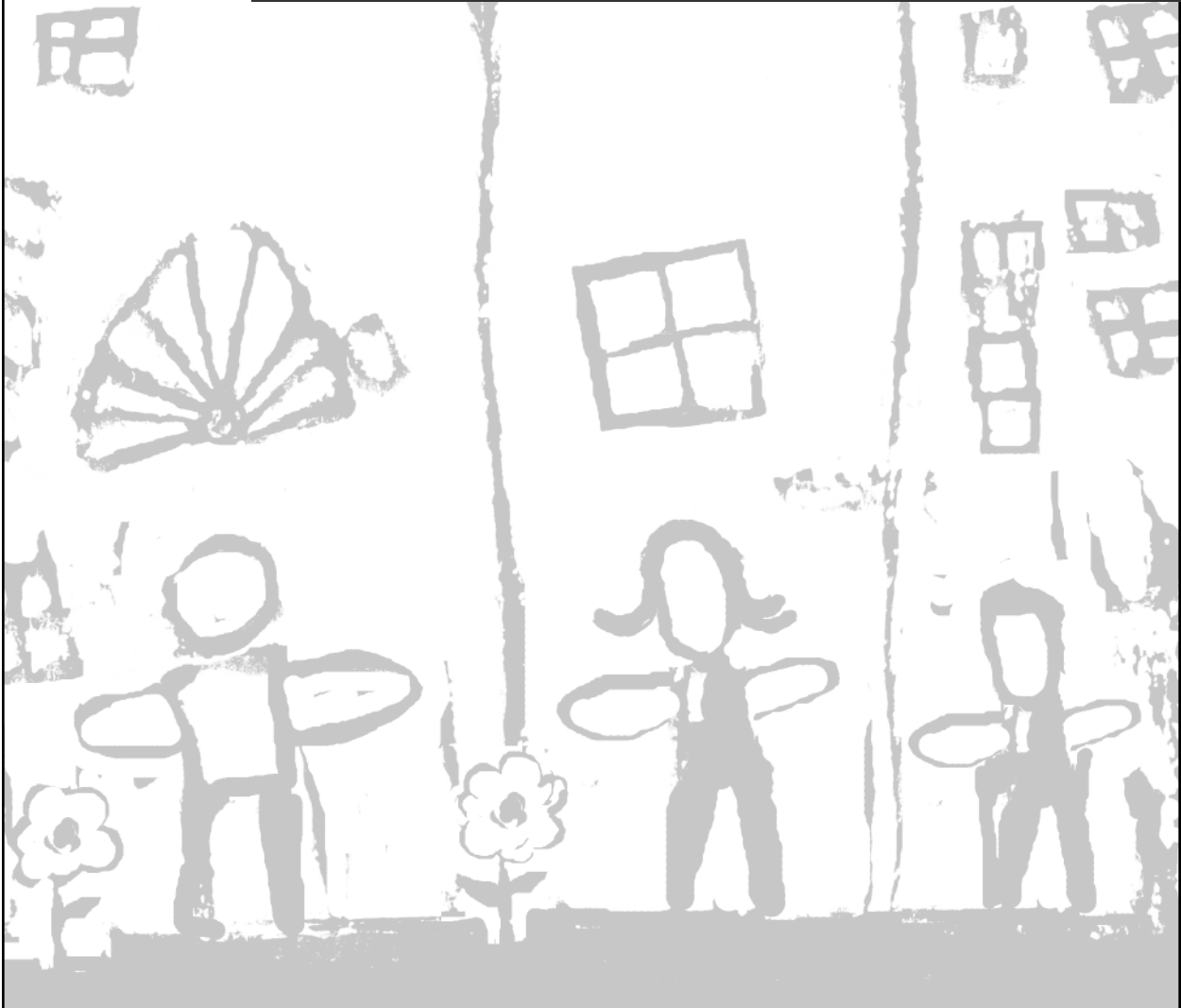
How do I join?

To join the discussion go to <www.worlded.org/us/health/lincs> and click on the “Online Discussions” button on the left.

The Health & Literacy Discussion List is a service of the National Institute for Literacy in partnership with World Education, and moderated by Julie McKinney. For more information contact Julie at: <jmckinney@worlded.org>.



Parents and Children Together



Parents and Children Together

These are health-related activities that parents and children can do together. Health education activities are those that could be done within a family literacy class or community education setting. Health-related children's books and online games can be shared in class or at home.

Health Education Activities

American Heart Association Kids Page

Activities, worksheets, and games. Look for those rated for preschool and kindergarten.

DIRECT LINK: www.americanheart.org/presenter.jhtml?identifier=3028650

HOME PAGE: www.americanheart.org

Color Me Healthy Activities

Simple activities for kids and parents.

DIRECT LINK: www.worlded.org/us/health/docs/colormehealthy

HOME PAGE: www.worlded.org/us/health/lincs

Educator's Reference Desk

Look for lessons rated for preschool and kindergarten.

DIRECT LINK: www.eduref.org/cgi-bin/lessons.cgi/Health

HOME PAGE: www.eduref.org

Family Literacy EL/Civics Health Awareness Curriculum

Each section of this family literacy curriculum includes a parent-child activity.

DIRECT LINK: www.aelweb.vcu.edu/publications/healthlit/sections/d/familylit.pdf

HOME PAGE: www.aelweb.vcu.edu

Food and Fun for Families

Lesson plans, handouts, slide shows, and community teaching kits.

DIRECT LINK: www.nal.usda.gov/wicworks/Food_Fun/index.html

HOME PAGE: www.nal.usda.gov

Nutrition Education Activities

Food-related activities for kids, one is in French.

DIRECT LINK: www.bcdf.org/nutrition_education/downloadableactivities/downloadableactivities_Elementary.htm

HOME PAGE: www.bcdf.org/index.htm

Risk Watch Program

Look for lessons rated for preschool and kindergarten.

DIRECT LINK: www.nfpa.org/riskwatch/home.html

HOME PAGE: www.nfpa.org

Sink Those Germs Game

Learn about germs and food safety.

DIRECT LINK: www.lancaster.unl.edu/food/sinkgerms.htm

HOME PAGE: www.lancaster.unl.edu/food/

Spectacular Me Activity

Poem about the body and keeping healthy, with discussion questions.

DIRECT LINK: www.healthy-start.com/healthy.pdf

HOME PAGE: www.healthy-start.com/index.html

Health-Related Children's Books

There are many good children's books that address health. Use these search sites to find those that fit your needs. Look at both fiction and non-fiction categories to find books that can generate discussion and books with factual information.

Children's Picture Book Database

Contains over 5,000 picture books for children pre-K through 3rd grade. Browse the Health and Medicine category to find health topics of interest. Click on a key word for a list of book titles, each with a short abstract, the author, date, and publisher.

DIRECT LINK: www.lib.muohio.edu/pictbks

HOME PAGE: www.lib.muohio.edu

Helping Books Connection

Includes children's books, pre-K through young adult, that focus on personal issues relevant to kids. You may do a Subject Search by categories such as Social Issues, Social Event, or Life Events to find books on topics such as violence, substance abuse, going to the doctor, illness, and more.

DIRECT LINK: www.helpingbooks.lib.oh.us/booksearch.cfm

HOME PAGE: www.helpingbooks.lib.oh.us

Online Health Games

Animations & Games for Oral Health

Online oral health games and puzzles.

DIRECT LINK: www.ada.org/public/games/games.asp#dental

HOME PAGE: www.ada.org

Arianna's Food Force One

Online nutrition game.

DIRECT LINK: www.nutritionexplorations.org/kids/main.asp

HOME PAGE: www.nutritionexplorations.org/

BBC Kids Health

Explore the body with animated games with sound.

DIRECT LINK: www.bbc.co.uk/health/kids/index.shtml

HOME PAGE: www.bbc.co.uk/health

Department of Human Services Kids' Activities

Links to kid-friendly activities related to health.

DIRECT LINK: www.hhs.gov/kids

HOME PAGE: www.hhs.gov

Dole 5 A Day Games

Nutrition games and activities.

DIRECT LINK: www.dole5aday.com/MusicAndPlay/M_Games.jsp

HOME PAGE: www.dole5aday.com

Fight Bac! Keep Foods Safe from Bacteria

Activities and games for kids and a food safety mobile coloring book.

DIRECT LINK: <http://portal.fightbac.org/kids.cfm>

BOOK AND GAME: www.fsis.usda.gov/food_safety_education/thermy_for_kids/index.asp

HOME PAGE: www.fightbac.org

Food Safety Quiz

Simple online quiz.

DIRECT LINK: www.fda.gov/oc/opacom/kids/html/wash__hands.htm

HOME PAGE: www.fda.gov/oc/opacom/kids

KidsHealth: Game Closet

Online games, animations, and experiments.

DIRECT LINK: www.kidshealth.org/kid/closet

HOME PAGE: www.kidshealth.org

NIEHS Kids Pages

Links to kid-friendly activities related to environmental health.

DIRECT LINK: www.niehs.nih.gov/kids

HOME PAGE: www.niehs.nih.gov

Risk Watch Kids Page

Safety games and activities for readers and non-readers.

DIRECT LINK: www.nfpa.org/riskwatch/kids.html

HOME PAGE: www.nfpa.org/riskwatch/home.html

Sparky the Fire Dog

Information, games, and activities to help kids learn fire safety.

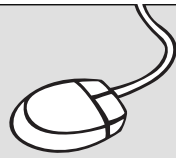
HOME PAGE: www.sparky.org

USDA for Kids

Links to kid-friendly activities related to food and nutrition.

DIRECT LINK: www.usda.gov/news/usdakids

HOME PAGE: www.usda.gov

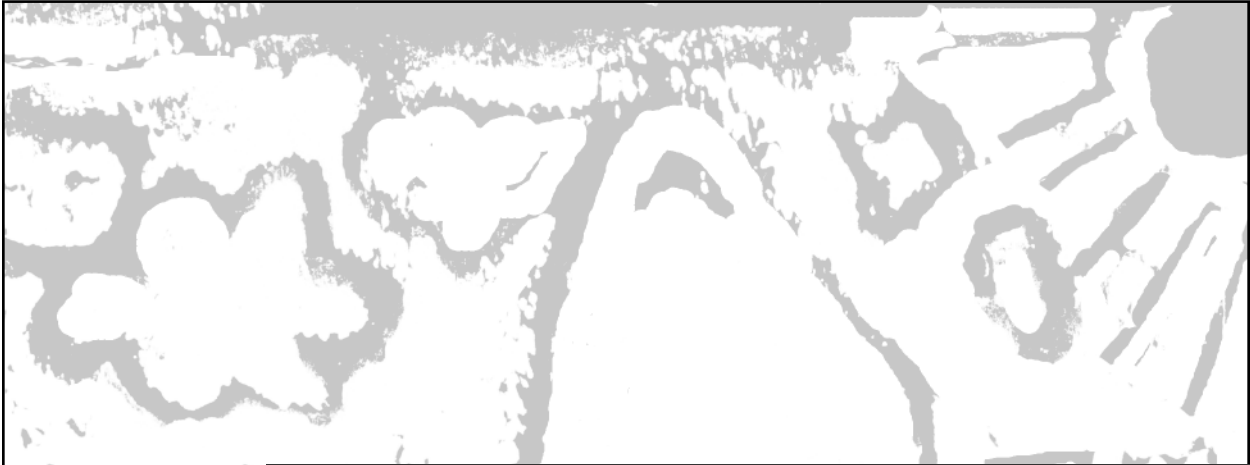


WEB TIP

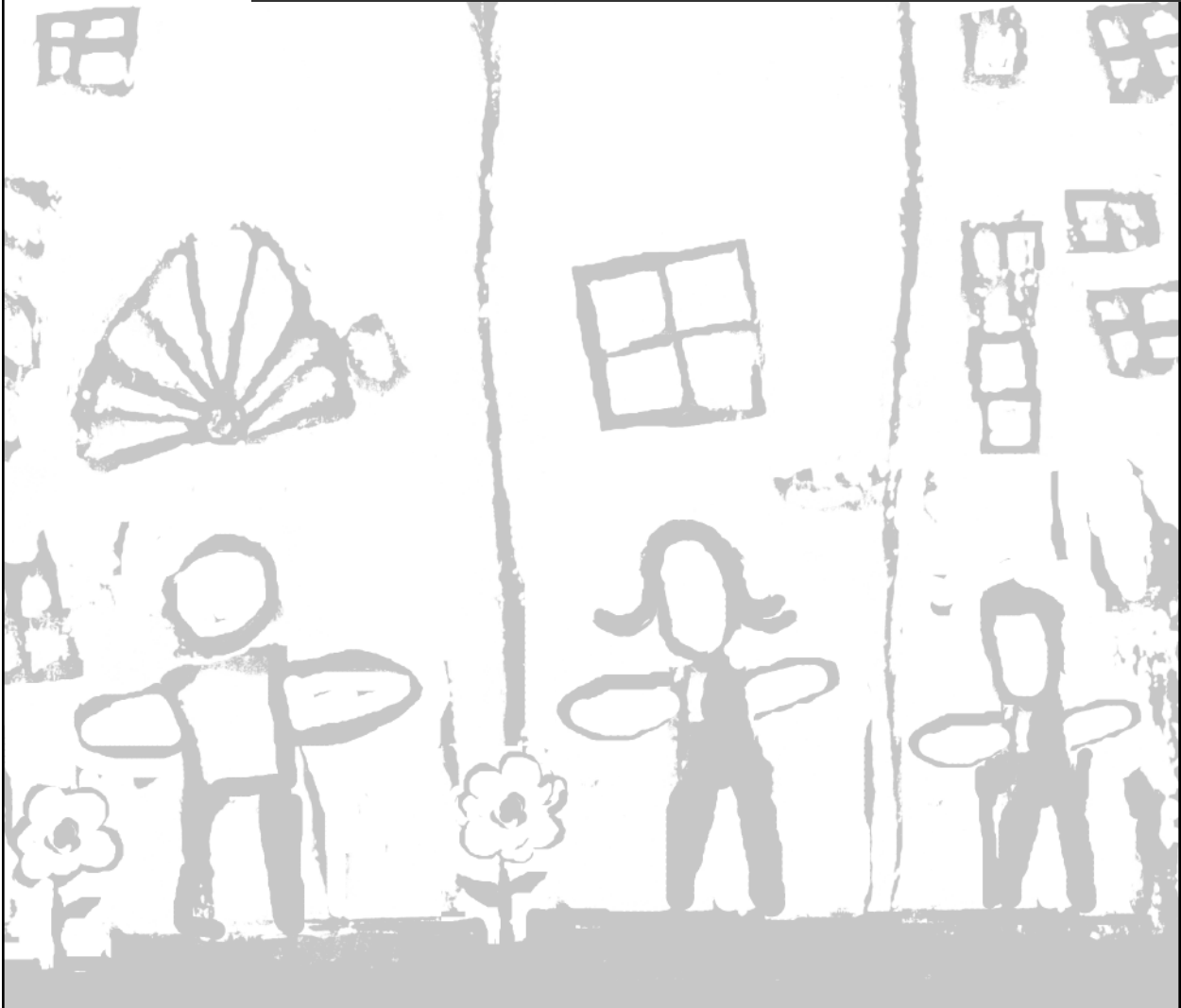
“http://” and “www”

If you are typing in Web addresses (URLs), you usually don't need to put the **“http://”** part: just start at the **“www”**.

However, some URLs (not many) do not have a **“www”** and will not work if you do put in **“www”**.



Non-Print Health Information



Non-Print Health Information

Learn with pictures, video, and sound. Each of these Web sites has something non-readers can use. They may have sound along with the text or slide shows, or they may rely on pictures or video. This list includes Web sites with health information and teaching activities.

California Distance Learning Project

Online stories and activities with sound.

DIRECT LINK: www.cdllponline.org/index.cfm?fuseaction=stories&topicID=5

HOME PAGE: www.cdllponline.org

Explore Nutrition with Your Child

Online slide show and lesson.

DIRECT LINK: www.tv411.org/lessons/cfm/learning.cfm?str=learning&num=11&act=1

HOME PAGE: www.tv411.org

Healthy Roads Media

Health tutorials in nine languages available in text, audio, or multimedia.

HOME PAGE: www.healthyroadsmedia.org

How to Do Breast Self Exams

Online tutorial with sound and video.

DIRECT LINK: www.komen.org/bse

HOME PAGE: www.komen.org

KidsHealth: Game Closet

Online games, animations, and experiments.

DIRECT LINK: www.kidshealth.org/kid/closet

HOME PAGE: www.kidshealth.org

LaRue Health Literacy Activities

Online slide shows with sound and quizzes, available in English, Arabic, Hmong, and Somali.

DIRECT LINK: www.mcdservices.com/medex/medex.htm

HOME PAGE: www.mcdservices.org

Liquid Medicines: Taking the Right Dose

Hands-on activity to learn proper dosing.

DIRECT LINK: www.worlded.org/us/health/lincs/doses/index.htm

HOME PAGE: www.worlded.org/us/health/lincs

MedlinePlus Tutorials

Interactive tutorials with sound and animated graphics.

DIRECT LINK: www.nlm.nih.gov/medlineplus/tutorial.html

HOME PAGE: www.medlineplus.gov

REEP Health Homepage

Online health learning activities with sound, for beginning ESOL and literacy.

DIRECT LINK: www.reepworld.org/englishpractice/index.htm

HOME PAGE: www.reepworld.org

Sparky the Fire Dog

Information, games, and activities to help kids learn fire safety.

HOME PAGE: www.sparky.org

Taking Medicine Responsibly

Online slide show and lesson.

DIRECT LINK: www.tv411.org/lessons/cfm/learning.cfm?str=learning&num=12&act=1

HOME PAGE: www.tv411.org

The Allergy Wizard

Kid-friendly tutorial with animated graphics and sound.

DIRECT LINK: www.nationaljewish.org/disease-info/diseases/allergy/kids/index.aspx

HOME PAGE: www.nationaljewish.org

The Asthma Wizard

Kid-friendly tutorial with animated graphics and sound.

DIRECT LINK: www.nationaljewish.org/disease-info/diseases/asthma/kids/wizard-index.aspx

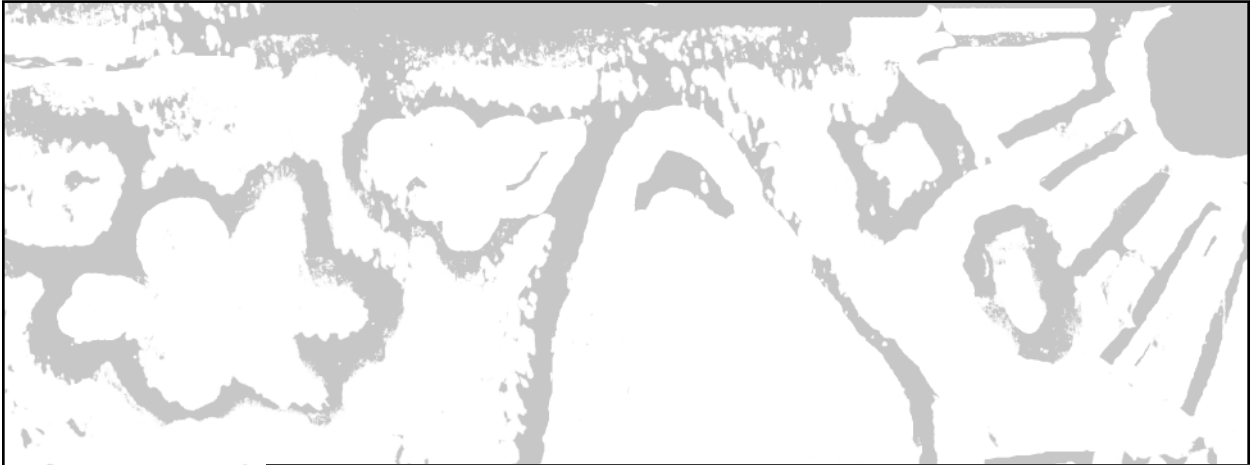
HOME PAGE: www.nationaljewish.org

What a Friend Can Do for You

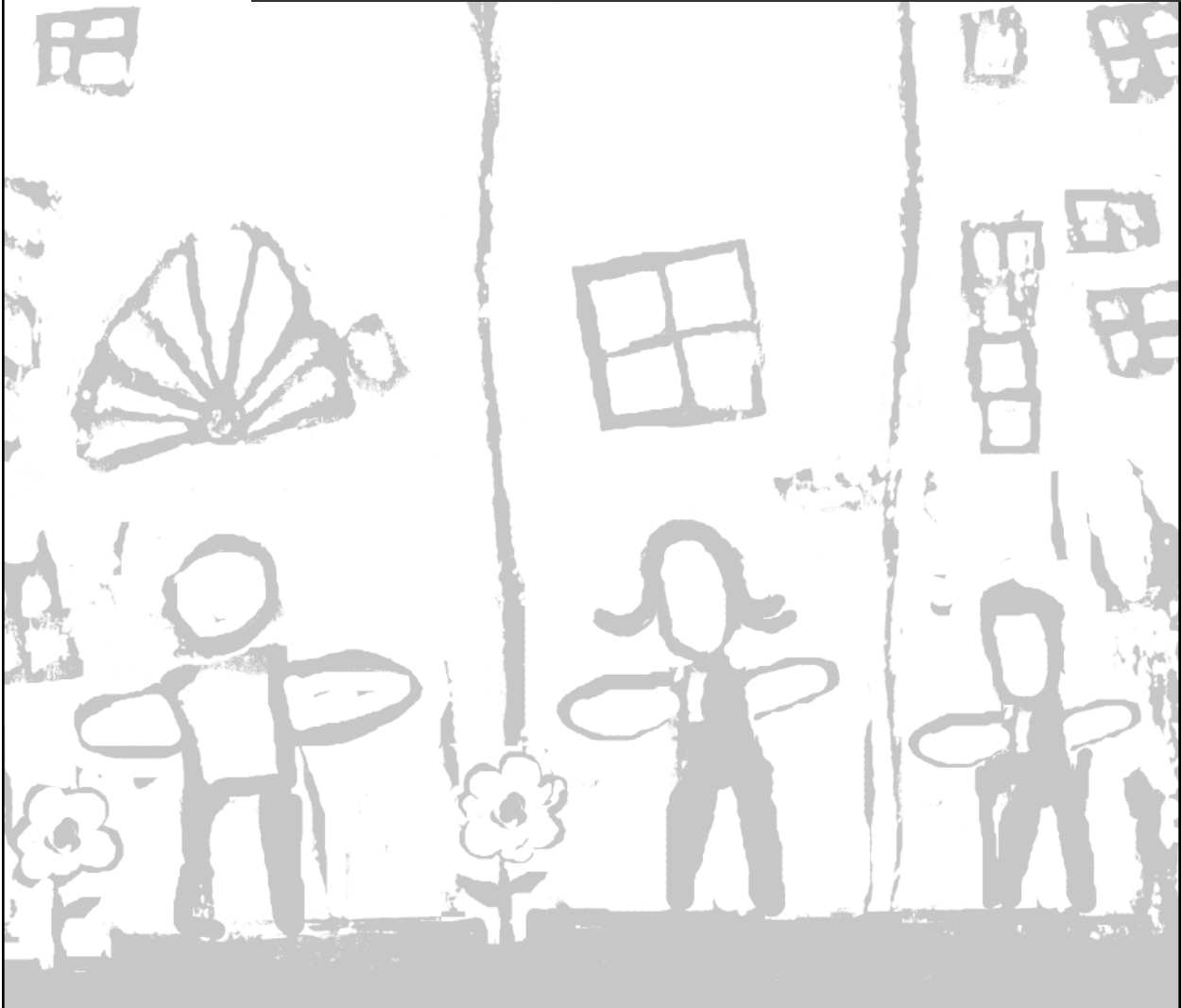
Online photonovela with sound.

DIRECT LINK: www.worlded.org/us/health/heal/friends/index.html

HOME PAGE: www.worlded.org/us/health/heal



Resources for Family Health



Resources for Family Health

This list includes organizations and agencies dedicated to improving public health. A variety of health issues concerning families are covered. Under each resource you will find Web sites, links to local contacts, and a toll free phone number when available.

5 A Day Fruit and Vegetable Campaign

PHONE: (800) 311-3435

STATE COORDINATORS: www.cdc.gov/nccdphp/dnpa/5aday/coordinators/coordinators.htm

PROGRAMS AND CAMPAIGNS: www.cdc.gov/nccdphp/dnpa/programs/index.htm

HOME PAGE: www.cdc.gov/nccdphp/dnpa/5aday/index.htm

Administration for Children and Families

FINANCIAL ASSISTANCE: www.hhs.gov/children/index.shtml#income

REGIONAL CENTERS: www.acf.hhs.gov/programs/oro

HOME PAGE: www.acf.hhs.gov

American Cancer Society

PHONE: (800) 227-2345

HOME PAGE: www.cancer.org

(Go to “In My Community” for local information.)

American Dental Association

PHONE: (312) 440-2500

ACCESS TO DENTAL CARE: www.ada.org/public/topics/access.asp

STATE LISTINGS: www.ada.org/ada/organizations/searchcons1.asp

HOME PAGE: www.ada.org/index.asp

American Diabetes Association

PHONE: (800) 342-2383

COMMUNITY PROGRAMS AND LOCAL EVENTS:

www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp

HOME PAGE: www.diabetes.org/home.jsp

American Heart Association

PHONE: (800) 242-1793

LOCAL OFFICES: www.americanheart.org/presenter.jhtml?identifier=10000028

HOME PAGE: www.americanheart.org

American Public Human Services Association

PHONE: (202) 682-0100

HUMAN SERVICE AGENCIES BY STATE: www.aphsa.org/home/StateContacts.asp

HOME PAGE: www.aphsa.org/Home/News.asp

Centers for Disease Control and Prevention

PHONE: (800) 232-4636

HOME PAGE: www.cdc.gov

Centers for Medicare and Medicaid Services

PHONE: (877) 267-2323

STATE PROGRAMS: www.cms.hhs.gov/medicaid/statemap.asp

MEDICAID CONSUMER INFORMATION: www.cms.hhs.gov/medicaid/consumer.asp

HOME PAGE: www.cms.hhs.gov

Community Voices

PHONE: (404) 752-1977

LOCAL CONTACTS: www.communityvoices.org/Contacts.aspx

HOME PAGE: www.communityvoices.org

Departments of Public Health

STATE-BY-STATE LISTING: www.fda.gov/oca/sthealth.htm

Environmental Protection Agency

PHONE: (202) 272-0167

LIST OF REGIONAL OFFICES: www.epa.gov/epahome/postal.htm

HOME PAGE: www.epa.gov

Head Start Program

PHONE: (866) 763-6481

INFORMATION CENTER: www.headstartinfo.org/infocenter/infocenter.htm

LOCAL CONTACTS: www.acf.hhs.gov/programs/hsb/contacts/index.htm

HOME PAGE: www.acf.hhs.gov/programs/hsb

Health Resources and Services Administration

PHONE: (301) 443-3376

FIND A HEALTH CENTER: <http://ask.hrsa.gov/pc>

HOME PAGE: www.hrsa.gov

Home Safety Council

PHONE: (202) 330-4900

FIRE SAFETY LITERACY PROJECT: www.homesafetycouncil.org/expert_network/en_literacy_w001.aspx

LOCAL CONTACTS: www.homesafetycouncil.org/contact/contact.aspx

HOME PAGE: www.homesafetycouncil.org

Insure Kids Now

PHONE: (877) 543-7669

STATE CONTACTS: www.insurekidsnow.gov/states.htm

HOME PAGE: www.insurekidsnow.gov

National Breast and Cervical Cancer Early Detection Program

PHONE: (888) 842-6355

STATE CONTACTS: <http://apps.nccd.cdc.gov/cancercontacts/nbccedp/contacts.asp>

HOME PAGE: www.cdc.gov/cancer/nbccedp/about.htm

National Cancer Institute

PHONE: (800) 422-6237

PUBLICATIONS: www.cancer.gov/publications

HOME PAGE: www.cancer.gov

National Center for Farmworker Health

PHONE: (800) 531-5120

DIRECTORY OF CENTERS: www.ncfh.org/00_ns_doc.php

HOME PAGE: www.ncfh.org

National Dissemination Center for Children with Disabilities

PHONE: (800) 695-0285

STATE RESOURCES: www.nichcy.org/states.htm

HOME PAGE: www.nichcy.org

National Fire Protection Association (NFPA)

PHONE: (800) 344-3555

FIRE SAFETY EDUCATORS: www.nfpa.org/riskwatch/advocate_stbyst.html

RISK WATCH PROGRAM: www.nfpa.org/riskwatch/home.html

HOME PAGE: www.nfpa.org

National Institute on Alcohol Abuse and Alcoholism

PUBLICATIONS: www.niaaa.nih.gov/Publications/PamphletsBrochuresPosters/English

HOME PAGE: www.niaaa.nih.gov

National Institutes of Health

CONSUMER HEALTH INFORMATION: www.medlineplus.gov

LIST OF INSTITUTES: www.nih.gov/icd

HOME PAGE: www.nih.gov

National Library of Medicine

PHONE: (800) 338-7657

NATIONAL NETWORK OF LIBRARIES OF MEDICINE: www.nlm.nih.gov/nno/nnlmlist2.html

HOME PAGE: www.nlm.nih.gov

National Mental Health Information Center

PHONE: (800) 789-2647

MENTAL HEALTH TOPICS: www.mentalhealth.samhsa.gov/topics/explore/children

EVENTS PAGE: www.mentalhealth.samhsa.gov/topics/events.aspx?topic=Children+and+Families

HOME PAGE: www.mentalhealth.samhsa.gov

NYU Child Study Center: Changing the Face of Child Mental Health

PHONE: (212) 263-6622

PARENT LETTER IN ENGLISH, SPANISH, CHINESE, AND KOREAN: www.aboutourkids.org/aboutour/parent_letter

HOME PAGE: www.aboutourkids.org

Office on Women's Health

PHONE: (800) 994-9662

STATE CONTACTS: www.4women.gov/owh/reg/contacts.htm

HOME PAGE: www.4women.gov

Parents Helping Parents

PHONE: (408) 727-5775

EVENTS LISTING: www.php.com/include/events/?PHPSESSID=8296d6174b19f7338c16bd9b1b8e140f

HOME PAGE: www.php.com

Planned Parenthood

PHONE: (800) 230-7526

LOCAL HEALTH SERVICES: www.plannedparenthood.org/pp2/portal/healthservices/findhealthcenter/

HOME PAGE: www.plannedparenthood.org

Poison Control Centers

PHONE: (800) 222-1222

LOCAL CENTERS: www.aapc.org/findyour.htm

HOME PAGE: www.aapc.org

Safe Kids Coalition

PHONE: (202) 662-0600

COALITION COORDINATORS: www.usa.safekids.org/tier2_rl.cfm?folder_id=182

HOME PAGE: www.safekids.org

Try-to-STOP TOBACCO Resource Center

PHONE: (800) 784-8669 or call (800) 879-8678 if you live in RI, NH, or MA.

QUIT SMOKING SUPPORT: www.trytostop.org/QuitWizardV2

HOME PAGE: www.trytostop.org

Violence Against Women

HOTLINE: (800) 799-7233

STATE RESOURCES: www.4women.gov/violence/state.cfm

HOME PAGE: www.4women.gov/violence

Women, Infants, and Children (WIC) Special Supplemental Nutrition Program

PHONE: (703) 305-2746

LOCAL NUTRITION AND BREASTFEEDING COORDINATORS:

www.fns.usda.gov/wic/Contacts/ContactsMenu.htm

HOME PAGE: www.fns.usda.gov/wic

Y–Me National Breast Cancer Organization

PHONE: (800) 221-2141

LOCAL AFFILIATES: www.y-me.org/affiliates/default.php

HOME PAGE: www.y-me.org

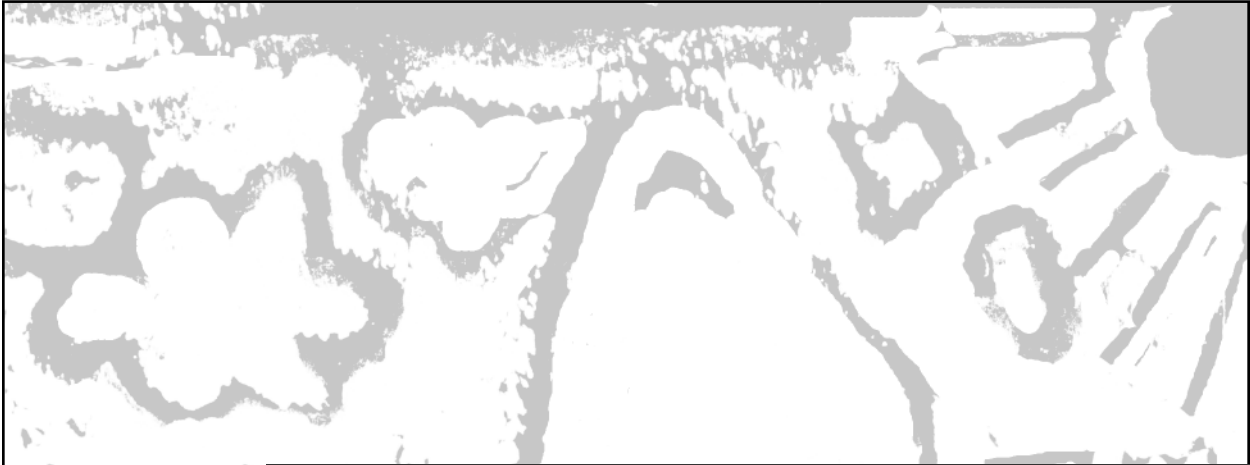
Health & Literacy Special Collection

The Health & Literacy Special Collection supports teachers and health educators interested in integrating health and literacy education in adult basic education programs and increasing health literacy awareness in health care settings. The site also links health care consumers to easy-to-read health information materials and Web sites. On this site you will find:

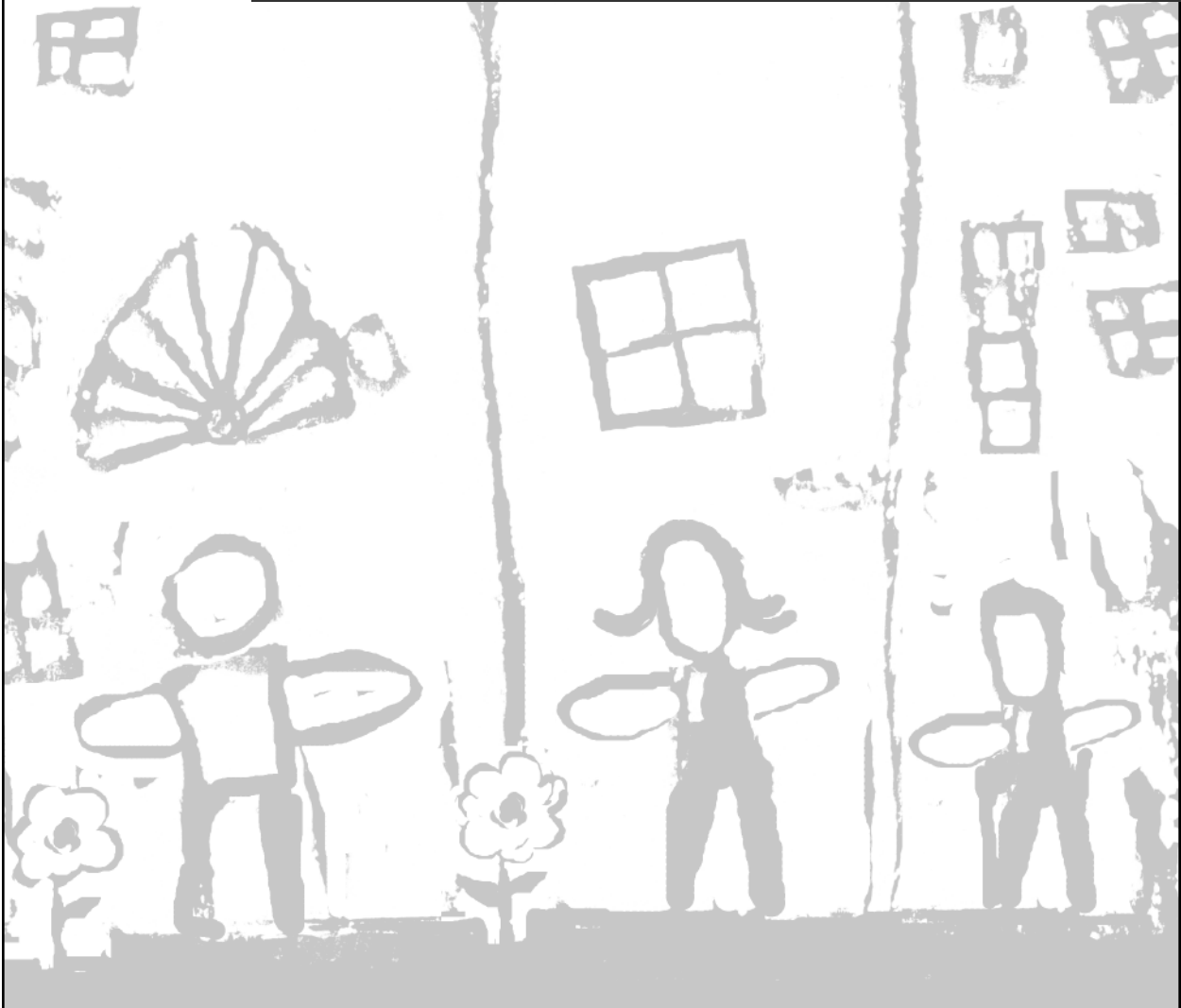
- Health literacy research and technical reports
- Curricula and lessons integrating health and literacy education
- Easy-to-read health information in English and other languages
- Health information tutorials with sound, text, and illustrations in English and Spanish
- Links to health literacy organizations and initiatives

The Collection is maintained by World Education <www.worlded.org> with support from the National Institute for Literacy's Literacy Information and Communication System (LINCS) <www.nifl.gov/lincs>.

You may visit the Health & Literacy Special Collection at:
<www.worlded.org/us/health/lincs>.



Research



Research

No document containing innovative educational approaches would be complete without a research section. While it seems obvious that family health and literacy education are well matched to support each other, the evidence is in the research. Explore the following selected key research links to learn more about how research can inform your family health and literacy work.

Health Literacy Research

Evidence Report: Literacy and Health Outcomes

A systematic review and analysis of the literature to date regarding the relationship between literacy level and health outcomes.

DIRECT LINK: www.ahrq.gov/clinic/epcsums/litsum.htm

HOME PAGE: www.ahrq.gov

Focus on Basics: Literacy and Health

A quarterly journal with an issue on health literacy that presents best practice and current research on adult learning and literacy.

DIRECT LINK: www.ncsall.net/index.php?id=149

HOME PAGE: www.ncsal.net

Health & Literacy Special Collection Research Page

Includes links to a number of research articles that support evidence-based health literacy education.

DIRECT LINK: www.worlded.org/us/health/lincs/research.htm

HOME PAGE: www.worlded.org/us/health/lincs

Literacy Harvest: Health Literacy

A journal by and for literacy practitioners and researchers, this issue focuses on health literacy.

DIRECT LINK: www.lacnyc.org/resources/publications/harvest/HarvestFall04.pdf

HOME PAGE: www.lacnyc.org

Family Literacy Research

Family Literacy Special Collection Research Page

Links to a number of research articles including those that support evidence-based family literacy education.

DIRECT LINK: <http://literacy.kent.edu/Midwest/FamilyLit/research.html>

HOME PAGE: <http://literacy.kent.edu/Midwest/FamilyLit>

Goodling Institute for Research in Family Literacy

The Goodling Institute maintains a constantly updated and searchable annotated bibliography.

DIRECT LINK: www.ed.psu.edu/goodlinginstitute/research.htm

HOME PAGE: www.ed.psu.edu/goodlinginstitute

Literacy Harvest: Family Literacy Forum

A journal by and for literacy practitioners and researcher, this issue focuses on family literacy.

DIRECT LINK: www.lacnyc.org/resources/publications/harvest/harvestFall03.pdf

HOME PAGE: www.lacnyc.org

National Center for Family Literacy – Literacy Facts and Figures

The NCFL maintains a compendium of statistical indicators and research findings related to literacy and other educational and social conditions.

DIRECT LINK: www.famlit.org/Resources/Research/index.cfm

HOME PAGE: www.famlit.org

