

Health Care Resource Guide



MASSACHUSETTS HEALTH COUNCIL, INC.

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The Massachusetts Health Council's Health Resource Guide is a comprehensive compilation of the available Internet accessible information for disease management and control.

This guide was created as part of our agenda to promote prevention and wellness and is designed so consumers, providers, workplaces and state health agencies will have available, in one location, the web site links that provide information on controlling and managing chronic illness and other diseases. It allows access to high quality, credible information on a variety of health related issues.

Organizations providing links to their disease control and prevention information that are members of the MHC are noted with an * after their name. We thank them for their contributions to this Guide which will be updated annually.

If you have a link to consumer friendly disease control and prevention information and would like to have it included in the next Resource Guide update, e-mail the information to mhcpolicy@aol.com and it will be reviewed for inclusion in the next edition.

Program Resources**Astellas Pharma US****Commonwealth of Massachusetts:
Guide to Long-Term Care Services****Family Caregiver Alliance****LeadingAge MA****Massachusetts Executive Office of Elder Affairs****Massachusetts Elder Services****Massachusetts Resources****Massachusetts Senior Care Association****MIT—The Family Caregiver Handbook****RAND Center for the Study of Aging****US Dept. of Housing and Urban Development:
Housing Resources for Seniors****Websites** (click on links)<http://www.vesicare.com/savings-and-resources/helpful-sites><http://www.mass.gov/ocabr/consumer/insurance/health-insurance/consumer-guides/long-term-care-guide/>http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2123<http://www.leadingagemma.org/i4a/pages/index.cfm?pageid=3649><http://www.mass.gov/elders><http://www.eap.partners.org/Worklife/ElderCare/Resources/MassachusettsAgingServiceAccessPoints.asp><http://www.massresources.org/senior-faqs.html><http://www.maseniorcare.org/Community/Resources.asp><http://web.mit.edu/workplacecenter/hndbk/><http://www.rand.org/labor/aging/resources.html><http://www.hud.gov/local/ma/homeownership/seniors.cfm>

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Program Resources

Alanon/Alateen

Alcoholics Anonymous

Alcohol Abuse Info

Atrius health

Boston Public Health Commission*

Caron Comprehensive Addiction Treatment

Harvard Medical School*

Mass. Dept. of Public Health*

Merck & Co.*

National Institute of Alcohol Abuse and Alcoholism

Northeastern University*

Partners for Recovery

QuitAlcohol.com

WebMD

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Websites (click on links)

<http://www.healthwise.net/atrushealth/Content/StdDocument.aspx?DOCHWID=tj2649>

www.aa.org/

<http://www.alcohol-abuse-info.com/>

<http://www.healthwise.net/atrushealth/Content/StdDocument.aspx?DOCHWID=tj2649>

<http://www.bphc.org/programs/aptrss/Pages/Home.aspx>

www.caron.org

<http://www.health.harvard.edu/topic/substance-abuse>

<http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/>

http://www.merckmanuals.com/home/special_subjects/drug_use_and_abuse/alcohol.html

<http://pubs.niaaa.nih.gov/publications/arh293/208-212.pdf>

<http://www.northeastern.edu/open/pdfs/Brochure.pdf>

<http://www.pfr.samhsa.gov/resources.html#workforce>

<http://www.quitalcohol.com/dangers-of-drinking-and-driving.html>

<http://www.webmd.com/mental-health/alcohol-abuse/default.htm>

Program Resources

AARP

<http://healthtools.aarp.org/learning-center/heart-disease>

American Heart Association*

http://www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol_UCM_001089_SubHomePage.jsp

http://www.heart.org/HEARTORG/Conditions/HeartAttack/Heart-Attack_UCM_001092_SubHomePage.jsp

http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure_UCM_002019_SubHomePage.jsp

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp

<http://mylifecheck.heart.org/>

Atrius Health (Heart & Circulation)*

<http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Heart%20and%20Circulation&CATID=cat1021>

Boston Public Health Commission*

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Cardiovas>

Cardiovascular Disease Foundation

<http://www.cvdf.org/programs.aspx>

Centers for Disease Control and Prevention

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

Harvard Medical School*

<http://www.health.harvard.edu/category/heart-and-circulatory-health>

<http://www.health.harvard.edu/category/heart-and-circulatory-health/high-blood-pressure>

Merck & Co.*

<http://www.merckengage.com>

http://www.merckmanuals.com/home/heart_and_blood_vessel_disorders.html

http://www.merckmanuals.com/home/hormonal_and_metabolic_disorders/cholesterol_disorders/overview_of_cholesterol_and_lipid_disorders.html

http://www.merckmanuals.com/home/brain_spinal_cord_and_nerve_disorders/stroke_cva/overview_of_stroke.html

Sanofi-Aventis*

<http://www.padfacts.com/>

U.S. National Library of Medicine

<http://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html>

World Health Organization (Workplace Wellness)

http://www.who.int/cardiovascular_diseases/en/

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Websites (click on links)

Program Resources**Websites** (click on links)

AARP*	http://healthtools.aarp.org/learning-center/cancer
ABCD After Breast Cancer Diagnosis	http://www.abcdbreastcancersupport.org/
American Cancer Society*	http://www.cancer.org/Cancer/index
American Cancer Society	www.cancer.org
Astrazeneca (Breast Cancer)	www.getbcfacts.com
Atrius Health*	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1006&SECHWID=uz2189
Avon Walk for Breast Cancer	http://www.avonwalk.org/
Boston Public Health Commission*	http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5Fx0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Breast%20Cancer
Breast Cancer Network of Strength	http://www.networkofstrength.org
Cancer Care	www.cancercare.org
Cancer-free	http://www.cancer-free.com/
Genentech (Breast Cancer)*	http://www.gene.com/gene/products/education/oncology/breastcancerfact.html
Genentech (Colorectal Cancer)*	http://www.gene.com/gene/products/education/oncology/colorectalcancerfact.html
Genentech (Pancreatic Cancer)*	http://www.gene.com/gene/products/education/oncology/pancreaticcancerfact.html
GlaxoSmithKline*	http://us.gsk.com/html/healthcare/healthcare-cancer.html
Harvard Medical School*	http://www.health.harvard.edu/category/heart-and-circulatory-health/cholesterol http://www.health.harvard.edu/category/heart-and-circulatory-health/cancer
Living Beyond Breast Cancer	http://www.lbbc.org/
Melanoma Foundation of New England	www.mfne.org
Merck & Co.*	http://www.merckmanuals.com/home/cancer.html http://www.merckmanuals.com/home/womens_health_issues/cancers_of_the_female_reproductive_system/overview_of_female_reproductive_system_cancers.html http://www.merckmanuals.com/home/blood_disorders/leukemias/overview_of_leukemia.html http://www.merckmanuals.com/home/childrens_health_issues/childhood_cancers/overview_of_childhood_cancer.html
National Breast Cancer Foundation	http://www.nationalbreastcancer.org/
The National Coalition for Cancer Survivors	http://www.canceradvocacy.org/
Novartis*	http://www.novartisoncology.us/education/index.jsp http://www.novartisoncology.us/education/understandingcancer.jsp
People Living with Cancer	http://www.cancer.net/portal/site/patient
Sanofi-Aventis*	http://www.cancerinformation.com/
Susan G. Komen Breast Cancer Foundation	www.komen.org
Us TOO International Prostate Cancer Education and Support Network	http://www.ustoo.org/
The Wellness Community	www.thewellnesscommunity.org
Y-ME National Organization for Breast Cancer	http://www.y-me.org
Young Survival Coalition	http://www.youngsurvival.org/

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Program Resources

Websites (click on links)

American Diabetes Association	www.diabetes.org/
Bristol-Myers Squibb	http://www.bms.com/togetherondiabetes/media/Pages/diabetes_facts_figures.aspx
Centers for Disease Control and Prevention	http://www.cdc.gov/workplacehealthpromotion/implementation/topics/type2-diabetes.html
Centers for Disease Control and Prevention	http://www.diabetesatwork.org/
GlaxoSmithKline*	http://us.gsk.com/html/healthcare/healthcare-diabetes.html
Harvard Medical School*	http://www.health.harvard.edu/category/heart-and-circulatory-health/diabetes
Healthline	http://www.healthline.com/health/type-2-diabetes
Joslin Diabetes Center	http://www.joslin.org/diabetes_information.html
Mayo Clinic	www.mayoclinic.com/health/diabetes-prevention/DA00127
Merck & Co.*	http://www.merckmanuals.com/home/hormonal_and_metabolic_disorders/diabetes_mellitus_dm/diabetes_mellitus.html
National Diabetes Education Initiative	http://www.ndei.org/v2/website/content/PatientEducation.cfm
National Diabetes Education Program	http://www.ndep.nih.gov/ http://www.ndep.nih.gov/publications/index.aspx
National Diabetes Information Clearinghouse	www.diabetes.niddk.nih.gov
Novo Nordisk*	http://www.novonordisk.com/diabetes/public/default.asp
Sanofi-Aventis*	http://www.a1cchampions.com/ www.whyinsulin.com www.STANDforDiabetes.org
The U.S. Equal Employment Opportunity Commission	http://www.eeoc.gov/facts/diabetes.html
WebMD	http://diabetes.webmd.com/guide/preventing-type-2-diabetes

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Program Resources

American Psychiatric Association

Center for Community Health, Education, Research & Service*

Domestic Violence

Family Violence Prevention Fund

The Health Foundation of Central MA*

Jane Doe, Inc.

Mass. Psychiatric Society*

National Association of Social Workers, MA Chapter

The National Coalition Against Domestic Violence

National Institutes of Health

National Resource Center on Domestic Violence

Neighborhood Health Plan Domestic Violence Advisory Board*

Planned Parenthood League of Mass.*

The Second Step

Survivor Project

Women of Means*

YWCA Boston*

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Websites (click on links)

<http://healthyminds.org/Main-Topic/Domestic-Violence.aspx>

<http://www.cchers.org/cap/about.html>

<http://www.domesticviolence.org/internet-resources/>

<http://endabuse.org/content/campaigns/detail/796>

<http://www.hfcm.org/default.asp?id=GrantsByInit&init=33>

<http://janedoe.org/>

<http://www.healthyminds.org/Home-Page-Feature/Children-and-Violence.aspx>

<http://www.naswma.org/>

<http://www.ncadv.org/#>

<http://www.nlm.nih.gov/medlineplus/domesticviolence.html#cat63>

<http://www.nlm.nih.gov/medlineplus/domesticviolence.html>

<http://www.nrcdv.org/>

<http://www.nrcdv.org/about/assistance-training.php>

<http://www.nrcdv.org/about/resource-materials.php>

http://www.cbsys.ago.state.ma.us/healthcare/hccbar.asp?section=15&head2=Community+Benefits&head3=Hospital+and+HMO+Reports&cbsys_app_ctx=report_summary&cbsys_sub_ctx=entry&org_type=HMO&origin=browse_reports&report_id=89-2009

<http://www.nhp.org/PDFs/Corporate/CommunityBenefitsReport.pdf>

<http://www.plannedparenthood.org/resources/research-papers/relationship-abuse-26786.htm>

http://www.plannedparenthood.org/files/PPFA/re Abuse_06-05.pdf

<http://www.thesecondstep.org/Home.aspx>

<http://www.survivorproject.org/>

<http://www.womenofmeans.org/resources/domestic-violence-hotlines>

<http://www.ywcaboston.org/advocacy/>

Program Resources

AARP*

http://www.aarp.org/home-garden/transportation/driver_safety/

<http://www.aarp.org/home-garden/transportation/info-03-2010/take-aarps-drivers-safetycourse.html>

http://www.aarp.org/home-garden/transportation/info-05-2010/carfit_exam_checklist.html

AAA Foundation for Traffic Safety

<http://www.aaafoundation.org/resources/index.cfm?button=links>

<http://www.aaafoundation.org/resources/index.cfm?button=links#Drivered>

Centers for Disease Control and Prevention

<http://www.cdc.gov/Motorvehiclesafety/index.html>

Central Mass. Chapter National Safety Council

<http://www.centralmasafety.org/training-classes.htm>

John Snow Inc.*

http://www.jsi.com/JSIInternet/DITL/US/Traffic_Monitoring_in_Boston.cfm

Mass. Brain Injury Association*

<http://www.biama.org/pdfs/teendrivingfactcard.pdf>

<http://www.biama.org/pdfs/pressrel/hanovergrant.pdf>

<http://www.biama.org/pdfs/fallfacts.pdf>

<http://www.biama.org/whatdoes/keys.html>

Mass Dept. Of Health*

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/traumatic-brain-injury.html>

http://www.mass.gov/Eeohhs2/docs/dph/substance_abuse/holiday_safety.pdf

MADD*

<http://www.madd.org/>

National Highway Safety Administration

<http://www.nhtsa.gov/people/injury/olddrive/>

<http://www.distraction.gov/>

National Safety Council

http://www.nsc.org/SAFETY_ROAD/INSURANCESTATEREDUCTIONPRGM/Pages/Massachusetts.aspx

http://www.nsc.org/safety_road/teendriving/Pages/teen_driving.aspx

http://www.nsc.org/safety_road/DriverSafety/Pages/driver_safety.aspx

http://www.nsc.org/products_training/Pages/Home.aspx

http://www.nsc.org/products_training/Training/Pages/Home.aspx

National Sleep Foundation

<http://drowsydriving.org/resources/>

Northeastern University*

<http://www.northeastern.edu/publicsafety/tips-abroad.html>

www.northeastern.edu/psychology/wp-content/uploads/winter09.pdf

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Program Resources

Boston Public Health Commission*

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Hepatitis>

Centers for Disease Control and Prevention

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

<http://wwwn.cdc.gov/pubs/hepa.aspx>

<http://www.cdc.gov/hepatitis/Resources/PatientEdMaterials.htm>

<http://www.cdc.gov/niosh/topics/bbp/>

Department of Veterans Affairs

<http://www.hepatitis.va.gov/vahep?page=prtop05-pe-01#S2X>

Genentech (Hep C)*

http://www.gene.com/gene/products/education/virology/hc_factsheet.html

Harvard Medical School*

http://www.health.harvard.edu/press_releases/new-cases-of-hepatitis-c-are-down-but-millions-are-chronically-infected-and-may-not-know-it

HCV Advocate

http://www.hcvadvocate.org/hepatitis/factsheets_pdf/workplace.pdf

<http://www.hcvadvocate.org/hepatitis/materials.asp>

Hepatitis B Foundation

<http://www.hepb.org/expforum/>

<http://www.hepb.org/hepatitisbcd/xplain.html>

http://www.hepb.org/about/outreach_and_education.htm

Hepatitis Central

<http://www.hepatitis-central.com/>

Merck & Co.*

http://www.merckmanuals.com/home/liver_and_gallbladder_disorders/hepatitis/overview_of_hepatitis.html

National Institutes of Health

www.nlm.nih.gov/medlineplus/ency/article/001154.htm; www.nlm.nih.gov/medlineplus/videosandcooltools.html

Novartis*

<http://www.novartisdiagnostics.com/disease-education/hepatitis-c.shtml>

<http://www.novartisdiagnostics.com/disease-education/hepatitis-b.shtml>

World Health Organization

www.who.int/topics/hepatitis/en/

The Scripps Research Institute

<http://www.scripps.edu/philanthropy/hepatitis.html?origin=ggdishepc>

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Program Resources

Websites (click on links)

AIDS Action Committee*	www.aac.org/health
AIDS Healthcare Foundation	http://www.aidshealth.org/
AIDS Project Worcester	http://www.aidsprojectworchester.org/
The Body: The Complete HIV/AIDS Resource	http://www.thebody.com/index.html
Boston Public Health Commission*	http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=AIDS
Centers for Disease Control and Prevention	http://www.cdc.gov/hiv/ http://www.hivatwork.org/ http://www.cdcnpin.org/scripts/search/matlSearch.aspx http://www.cdcnpin.org/scripts/hiv/outreach.asp
Department of Health and Human Services	http://sis.nlm.nih.gov/hiv.html
Free Management Library	http://managementhelp.org/emp_well/aids.htm
GlaxoSmithKline*	http://us.gsk.com/html/healthcare/healthcare-hiv-aids.html
Merck & Co.*	http://www.merckmanuals.com/home/infections/human_immunodeficiency_virus_hiv_infection/human_immunodeficiency_virus_infection.html
New England AIDS Education and Training Center	http://www.aids-ed.org/aidsetc?page=ab-02-06#Massachusetts
Novartis*	http://www.novartisdiagnostics.com/disease-education/hiv1.shtml
Pfizer*	http://www.pfizer.com/responsibility/global_health/connect_hiv.jsp
The Mayo Clinic	http://www.mayoclinic.com/health/hiv-aids/DS00005
The Body: The Complete HIV/AIDS Resource	http://www.thebody.com/index.html

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Program Resources

Websites (click on links)

Disability Resources

<http://www.disabilityresources.org/MASSACHUSETTS.html>

The Arc

<http://www.thearc.org/>

Massachusetts Developmental Disabilities Council

<http://www.mass.gov/anf/employment-equal-access-disability/oversight-agencies/mddc/>

SPED Child and Teen

http://www.spedchildmass.com/learning_disabilities

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Program Resources

Websites (click on links)

ASTHMA

AARP*	http://healthtools.aarp.org/learning-center/chronic-obstructive-pulmonary-disease-copd http://healthtools.aarp.org/learning-center/asthma
American College of Allergy, Asthma, and Immunology	http://www.acaa.org/allergist/asthma/types/Pages/occupational-asthma.aspx
American Family Physician	http://www.aafp.org/afp/2001/1201/p1839.html
American Lung Association*	http://www.lungusa.org/your-lungs/
Astrazeneca*	www.rethinkasthmacontrol.com
Asthma and Allergy Foundation*	www.asthmacapitals.com
Atrius Health*	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1042&SECHWID=tb1835
Boston Public Health Commission*	http://bphc.org/whatwedo/healthy-homes-environment/asthma/Pages/Asthma.aspx
Centers for Disease Control and Prevention	http://www.cdc.gov/asthma/workplace.html & http://www.cdc.gov/niosh/topics/indoorenv/
Environmental Protection Agency	http://www.epa.gov/asthma/
GlaxoSmithKline*	http://us.gsk.com/html/healthcare/healthcare-asthma.html
Mayo Clinic	http://www.mayoclinic.com/health/occupational-asthma/DS00591
Merck & Co.*	http://www.merckmanuals.com/home/lung_and_airway_disorders/asthma/asthma.html http://merckengage.com
United States Department of Labor	http://www.osha.gov/SLTC/occupationalasthma/index.html

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Centers for Disease Control and Prevention	http://www.cdc.gov/copd/
COPD Foundation: Am I at Risk?	http://www.copdfoundation.org/Take-Action/Get-Tested/Am-I-At-Risk.aspx
COPD Foundation: Employer Tool Kit	http://www.copdfoundation.org/Learn-More/For-Employers/COPD-Employer-Toolkit.aspx
Mayo Clinic	http://www.mayoclinic.org/diseases-conditions/copd/basics/definition/CON-20032017
Centers for Disease Control and Prevention	http://www.cdc.gov/copd/
National Heart, Lung and Blood Institute	https://www.nhlbi.nih.gov/health/health-topics/topics/copd/

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Program Resources

Websites (click on links)

Alzheimer's and Dementia Learning Center

<http://www.drugcoupons.com/blog/alzheimers-and-dementia-learning-center.html>

Boston Public Health Commission*

<http://www.bphc.org/programs/cafh/cah/cahservices/mentalhealth/Pages/Home.aspx>

http://www.bphc.org/about/research/hob2010/Forms%20%20Documents/Mental%20Health_DataTables_HOB10_10Aug10.pdf

http://www.bphc.org/about/research/hob/Forms%20%20Documents/HOB%20with%20Charts/11.Mental_Health_text%20w%20tables_HOB09_28Apr09.pdf

Boston University School of Public Health*

<http://sph.bu.edu/insider/index.php/Recent-News/researchers-study-raceethnicity-in-outpatient-mental-health-substance-abuse-treatment.html>

Epilepsy Foundation of MA & RI*

<http://www.epilepsyfoundation.org/epilepsyusa/yebeh/upload/Smith.pdf>

<http://www.epilepsyfoundation.org/about/related/mood/seekinghelp.cfm>

<http://www.epilepsyfoundation.org/about/related/depression/>

<http://www.epilepsyfoundation.org/about/related/mood/types.cfm>

GlaxoSmithKline*

http://www.palscommunity.com/presentations/Mid_Atlantic_Regional_2007/Dr.%20Ram%20Mind%20and%20Body.pdf

Harvard Medical School*

http://www.health.harvard.edu/special_health_reports/Positive-Psychology

Mass. Assoc. of Behavioral Health Systems*

<http://www.abhmass.org/site/>

http://www.abhmass.org/site/images/publications/annual_report/abhfy2010annualreportfinal.pdf

Mass. Dept. of Mental Health*

http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_depression.pdf

http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_dmh_guide.pdf

http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_schizophrenia.pdf

http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_stigma.pdf

Mental Health America

<http://www.nmha.org/>

Mental Help Net

<http://www.mentalhelp.net/>

Merck & Company*

http://www.merckmanuals.com/home/mental_health_disorders.html

National Alliance on Mental Illness

<http://www.nami.org/>

<http://www.namimass.org/resources/wellness>

National Institute of Mental Health

<http://www.nimh.nih.gov/index.shtml>

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Program Resources

Websites (click on links)

AARP*	http://www.aarp.org/health/fitness/
American Heart Association*	http://www.americanheart.org/presenter.jhtml?identifier=4563 http://www.americanheart.org/presenter.jhtml?identifier=3004833
Atrius Health (Healthy Eating)*	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1020&SECHWID=tp27587
Atrius Health (Fitness & Exercise)*	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1016&SECHWID=tb1831
Arthritis Foundation, MA. Chapter*	http://www.arthritistoday.org/nutrition-and-weight-loss/index.php
Boston Public Health Commission*	http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Nutrition
Cambridge Public Health Department (Lifestyle)*	http://www.cambridgepublichealth.org/lifestyle/
Centers for Disease Control and Prevention	http://www.cdc.gov/physicalactivity/ http://www.cdc.gov/workplacehealthpromotion/implementation/topics/physical-activity.html
Harvard Medical School*	http://www.health.harvard.edu/category/heart-and-circulatory-health/exercise-and-fitness http://www.health.harvard.edu/category/heart-and-circulatory-health/nutrition
Live Well	http://www.livewell.alaska.gov/assets/downloads/PhysicalActivity_Work.pdf
Mass In Motion	http://www.mass.gov/?pageID=eohhs2terminal&L=5&LO=Home&L1=Consumer&L2=Prevention+and+Wellness&L3=Healthy+Living&L4=At+Work&sid=Eeohhs2&b=terminalcontent&f=dph_mass_in_motion_work&csid=Eeohhs2
Merck & Co.*	http://www.merckmanuals.com/home/disorders_of_nutrition.html
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/nutrition.html
National Resources on Nutrition	http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1
Shape Up America	http://www.shapeup.com/about/
Spark People	http://www.sparkpeople.com/
United States Department of Agriculture	http://www.mypyramid.gov/ http://www.mypyramid.gov/tools.html
WebMD	http://www.webmd.com/diet/guide/7-tips-eating-while-you-work
World Health Organization	http://www.who.int/topics/physical_activity/en/

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Program Resources

Boston Public Health Commission*

Websites (click on links)

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Obesity>

Centers for Disease Control and Prevention

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

<http://www.cdc.gov/leanworks/costcalculator/index.html>

Fallon Community Health Plan*

<http://www.fchp.org/news/press-releases/2011/FCHP-pediatric-obesity.aspx>

GlaxoSmithKline*

<http://www.gsk.com/infocus/obesity.htm>

Harvard Medical School *

http://www.health.harvard.edu/special_health_reports/exercise

Harvard Pilgrim Health Care*

https://www.harvardpilgrim.org/portal/page?_pageid=213,257080&_dad=portal&_schema=PORTAL

HealthSouth*

<http://www.healthsouth.com/en/experience-healthsouth/wellness-tools-for-health/>

Mass. Assoc. of Community Health, Inc.*

<http://www.massleague.org/Calendar/LeagueEvents/ClinicalQualityConference/2010/BernhardtTreatingandPreventingObesityIntroduction.pdf>

Merck & Company*

http://www.merckmanuals.com/home/disorders_of_nutrition/obesity_and_the_metabolic_syndrome/obesity.html

National Institutes of Health

<http://www.nlm.nih.gov/medlineplus/obesity.html>

Obesity Help.com

<http://www.obesityhelp.com/>

The Obesity Society

www.obesity.org

<http://www.obesity.org/education/office-management-of-obesity.htm>

Obesity Action Coalition

www.obesityaction.org

Pfizer – Obesity in the Workforce

http://www.pfizer.com/files/products/Obesity_in_the_United_States_Workforce.pdf

Weight Watchers At Work

<http://www.weightwatchers.com>

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Program Resources

Websites (click on links)

American Dental Hygienists Association	http://www.adha.org/publichealth/index.html
Atrius Health (Mouth and Dental)*	http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Mouth%20and%20Dental&CATID=cat1029
Better Oral Health for Massachusetts Coalition	http://www.massoralhealth.org/
Boston Public Health Commission*	http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Oral%20Health
Centers For Diseases Control and Prevention	http://www.cdc.gov/OralHealth/ http://www.cdc.gov/OralHealth/guidelines.htm
Consumer Guide to Dentistry	http://www.yourdentistryguide.com/hygiene/
Delta Dental*	http://www.deltadentalma.com/your-oral-health/
DentaQuest Foundation*	http://www.oralhealthfoundation.org/coalition/index.php
Massachusetts Coalition for Oral Health	http://www.fluoridefacts.org/
Massachusetts Department of Public Health	http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/oral-health/oral-health-for-seniors.html http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/oral-health/fact-sheets-and-resources.html
Massachusetts Health and Human Services	http://www.mass.gov/?pageID=eohhs2terminal&L=5&L0=Home&L1=Government&L2=Departments+and+Divisions&L3=Department+of+Public+Health&L4=Programs+and+Services+K+-+S&sid=Eeohhs2&b=terminalcontent&f=dph_com_health_c_pca_oralhealth&csid=Eeohhs2 http://www.mass.gov/?pageID=eohhs2terminal&L=5&L0=Home&L1=Consumer&L2=Prevention+and+Wellness&L3=Disease+Prevention&L4=Oral+Health&sid=Eeohhs2&b=terminalcontent&f=dph_com_health_c_pca_oralhealth_block_diseases&csid=Eeohhs2
Mass Dental Society*	http://www.massdental.org/for_the_public_topics.aspx?id=136
Merck & Co.*	http://www.merckmanuals.com/home/mouth_and_dental_disorders.html
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/dentalhealth.html
Oral Health America	http://www.oralhealthamerica.org/ourwork.html
Word of Mouth USA	http://www.wordofmouthusa.org/index.php?option=com_content&view=article&id=19&Itemid=31

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Program Resources

Websites (click on links)

CARESAlliance.org

<http://www.CARESAlliance.org>

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MASSACHUSETTS HEALTH COUNCIL, INC.

Massachusetts Health Council, Inc. • 200 Reservoir Street – Suite 101 • Needham, MA 02194 • 617-965-3711 • www.MAHealthCouncil.org

Program Resources

American Cancer Association

Websites (click on links)

<http://www.acsworkplacesolutions.com/freshstart.asp>

<http://www.acsworkplacesolutions.com/quitforlife.asp>

<http://www.acsworkplacesolutions.com/wpassessment.asp>

American Lung Association*

<http://www.lungusa.org/stop-smoking/>

Boston Public Health Commission*

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Smoking%20Prevention>

Centers for Disease Control and Prevention

<http://www.cdc.gov/tobacco/stateandcommunity/ntcp/index.htm>

<http://www.cdc.gov/niosh/topics/tobacco/>

<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/tobacco-use.html>

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm

End Smoking

<http://www.endsmoking.org/resources/employersguide/pdf/employersguide-2nd-edition.pdf>

Foundation for a Smokefree America

<http://www.tobaccofree.org/patrick.htm>

Mayo Clinic

<http://www.mayoclinic.com/health/quit-smoking/MY00433>

National Cancer Institute

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

National Institutes of Health

<http://www.nlm.nih.gov/medlineplus/quittingsmoking.html>

Pathways to Wellness

<http://www.pathwaysboston.org/services/smoking.html>

Pfizer

http://www.pfizer.com/responsibility/global_health/global_health_partnerships.jsp

QuitWorks

http://www.makesmokinghistory.org/en_US/quitworks/

Smoke Free.gov

<http://www.smokefree.gov/tools.aspx>

Tobacco Free Mass*

<http://www.tobaccofreemass.net/>

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Program Resources**Websites** (click on links)

AARP*	http://healthtools.aarp.org/learning-center/panic-disorders
Breathing Time Yoga	http://www.breathingtimeyoga.com/CustomYoga/WorkplaceYoga/tabid/154/Default.aspx
Centers for Disease Control and Prevention	http://www.cdc.gov/niosh/topics/stress/
Fallon Community Health Plan*	http://www.fchp.org/employers/resources/~/_media/Files/WellnessFlyers/VulnerableStress.ashx http://www.fchp.org/employers/resources/~/_media/Files/WellnessFlyers/ManagingStress.ashx http://www.fchp.org/blog/posts/learning-to-meditate.aspx
Harvard Medical School*	http://www.health.harvard.edu/topic/stress
Healing Tree Yoga	http://www.healingtreeyoga.com/
L.A.U.G.H.S.*	http://www.laughsrus.com/
Meditation Works Incorporated	http://www.mwi.org/
Mind Tools	https://www.mindtools.com/cgi-bin/sgx2/shop.cgi?page=smmc.htm https://www.mindtools.com/cgi-bin/sgx2/shop.cgi?page=MakeTimeForSuccess-LSC.htm http://www.mindtools.com/smpage.html
Pathways to Wellness	http://www.pathwaysboston.org/education/education.html http://www.pathwaysboston.org/services/yoga.html
Samaritans*	http://www.samaritans.org/our_services/workplace_training/tackling_stress.aspx
Shambhala	http://www.shambhala.org/teachings/ http://www.shambhala.org/meditation/intro_programs.php http://www.shambhalaonline.org/
Stacey Shipman	http://staceyshipman.com/services/workplace-wellness-programs/
Stress Education Center	http://www.dstress.com/ http://www.dstress.com/corp_org_gov.html
Train Right Inc.	http://www.time-stressmanagement-training.com/index.html
Tufts Health Plan*	http://www.tuftshealthplan.com/members/members.php?sec=health_information_and_tools&content=stress_management&rightnav=stress_management_nav
Zen Muscular Therapy & Wellness Center	http://www.zen-therapy.com/services.html

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Program Resources

American Council For Drug Education

Centers for Disease Control and Prevention

Community Anti-Drug Coalitions of America (CADCA)

Ezrah Communications Group, LTD

Fallon Community Health Plan

Harvard Medical School*

Help Guide

Higher Education Center

The Institute for Health and Recovery

Massachusetts Health Promotion Clearinghouse

Merck & Co.*

The National Council on Alcoholism and Drug Dependence

National Institute of Chemical Dependency

National Institute on Drug Abuse

The Partnership for a Drug Free America

Substance Abuse and Mental Health Services Administration

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Websites (click on links)

<http://www.acde.org/employer/Default.htm>

<http://www.cdc.gov/pwud/substance-treatment.html>

<http://www.cadca.org/interactive-media>

<http://www.sosdrugs.org/ezrah/speakers.php>

<http://www.fchp.org/employers/resources/~media/Files/WellnessFlyers/SubstanceAbuseBrochure.ashx>

<http://www.fchp.org/news/health-care-reform/mental-health-equity.aspx>

http://www.health.harvard.edu/press_releases/painkillers-fuel-growth-in-drug-addiction

http://helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm

<http://www.higheredcenter.org/services/training>

http://www.healthrecovery.org/services_and_products/trainings/default.asp

<http://www.maclearinghouse.com/CatalogSuabstanceAbuse.htm>

<http://www.maclearinghouse.com/PDFs/SubstanceAbuse/SA1090.pdf>

http://www.merckmanuals.com/home/special_subjects/drug_use_and_abuse/overview_of_drug_abuse.html

http://www.merckmanuals.com/home/childrens_health_issues/problems_in_adolescents/drug_and_substance_use_and_abuse_in_adolescents.html

<http://www.ncadd.org/programs/awareness/index.html>

<http://www.nicd.us/statistics.html>

<http://www.nida.nih.gov/nidahome.html>

<http://www.drugfree.org/>

<http://www.samhsa.gov/>

<http://www.recoverymonth.gov/Recovery-Month-Kit/Targeted-Outreach/Workplace.aspx>

<http://www.recoverymonth.gov/Resources/Resources.aspx>

<http://www.recoverymonth.gov/>

Program Resources

Websites (click on links)

Advancing Wellness	http://www.advwellness.com/worksitewellness.htm
American Heart Association (CPR training)*	http://www.heart.org/HEARTORG/CPRAndECC/WorkplaceTraining/Workplace-Training_UCM_001122_SubHomePage.jsp
Associated Industries of MA*	http://www.aimnet.org/AM/Template.cfm?Section=Safety_and_Health_in_the_Workplace&Template=/TaggedPage/TaggedPage-Display.cfm&TPLID=40&ContentID=1922
Atrius Health (Workplace Health)*	http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Workplace%20Health&CATID=cat1041
Benefits Lab	http://benefitslab.com/worksite-wellness/
Blue Cross Blue Shield of MA Foundation*	http://www.bluecrossma.com/national-health-care-reform/provisions/index.html?provision=1+1+370
Boston Public Health Commission*	http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Workplace%20Safety
Infinite Wellness Solution	http://www.southshorehospital.org/health_info/healthinfo_home.htm http://www.infinetwellnessolutions.com/health-calcuators.html http://www.infinetwellnessolutions.com/free_wellness.htm http://www.infinetwellnessolutions.com/mmhandouts.html
Interactive Health Solutions	http://www.interactivehealthsolutions.com/howworks.asp
Kronos Optimal Health Company	http://www.kronoshealth.com/Your_Companys_Health/Kronos_At_Work.aspx http://www.kronoshealth.com/Your_Companys_Health/Health_Education_Seminars.aspx
Mass in Motion*	http://www.mass.gov/?pageID=eohhs2terminal&L=5&L0=Home&L1=Consumer&L2=Prevention+and+Wellness&L3=Healthy+Living&L4=At+Work&sid=Eeohhs2&b=terminalcontent&f=dph_mass_in_motion_work_employers&csid=Eeohhs2
My Digital Wellness Coach	https://mydigitalwellnesscoach.com/?gclid=CKPr36vVj6cCFYSK4AodDkmDcQ
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/occupationalhealth.html
National Institute for Occupational Safety and Health	http://www.cdc.gov/niosh/
South Shore Hospital*	http://www.southshorehospital.org/health_info/healthinfo_home.htm
University of Massachusetts Lowell	http://www.uml.edu/centers/cph-new/ http://www.uml.edu/centers/cph-new/Documents/CPH_NEW_Final_7-3-08.pdf
Wellergize	http://wellnessfair.ca/
Wellness Council Of America	http://welcoa.org/consulttrain/speaking.php http://www.welcoa.org/wellworkplace/ http://www.welcoa.org/freeresources/index.php?category=20
Wellness Work Days, Inc.*	http://www.wellnessworkdays.com/
Worksite Wellness Council of MA	http://wwcma.org/
Your Wellness Advantage	http://www.yourwellnessadvantage.com/a_healthier_workplace/healthy_dining/

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