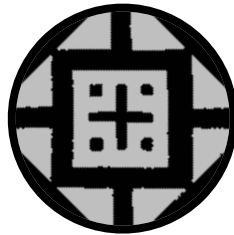


Culture, Health and Literacy

**A Guide to Health Education Materials
for Adults with Limited English Literacy Skills**

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Developed by World Education in collaboration with the
National Institute for Literacy with a generous grant
from Metropolitan Life Foundation

World Education
November 2000

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WHAT THIS GUIDE IS ABOUT

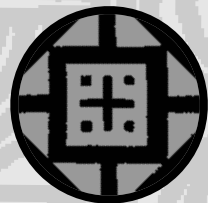
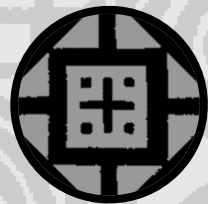
According to the 1999 U.S. Census Bureau, one in ten people living within the United States is foreign born. There are approximately 36.4 million people living below the poverty level, and a large percentage are immigrants. The National Center for Education Statistics states that 44 percent of those living in poverty are also functioning at the lowest level of literacy. Those represented in the lowest economic and literacy levels are likewise the most vulnerable to a lack of health knowledge, or access to health care.

The connection between immigration, limited English literacy, and lack of access to health information and services cannot be ignored. The results of this connection has an impact on families, communities, and the entire country. An agenda of action is needed, and this guide is but a small step in that direction. Listed here are health education materials and Websites appropriate for use with people from different cultures and adults with limited literacy skills. Each material listed has a description of how it can be used, along with information on how to order it, and how much it costs. Each Website includes the Web address and a description of what you can find there. There are also subject and language indices located in the back of the guide which will be useful for looking up specific materials quickly.

Most of the materials discussed in this guide are intended for health care practitioners working with patients with limited English literacy skills, or adult literacy practitioners—particularly English for speakers of other languages (ESOL) teachers—who want to incorporate health topics into their curricula. But this guide can be useful to anyone working with people from different cultures or adults with limited literacy skills.

This guide is available as a Web document with direct links to materials and agencies. It is a work in progress. We will expand and revise it, as new materials are discovered and developed. Visit *Culture, Health and Literacy: A Guide to Health Education Materials for Adults with Limited English Literacy Skills* on the Web at: <http://www.worlded.org/us/health/docs/culture/>.

INTRODUCTION



HISTORY

In 1998, World Education developed the *Health and Literacy Compendium* in collaboration with the National Institute for Literacy with a generous grant from Metropolitan Life Foundation. The *Compendium* is an annotated bibliography of low-literacy health education materials. It is designed to help both adult literacy and health care practitioners find health education materials appropriate for use with adults with limited literacy skills. The *Health and Literacy Compendium* is available in hard copy as well as a Web document. You may visit the on-line version of the *Compendium* at <http://www.worlded.org/us/health/docs/comp/>.

In 1999, the National Institute for Literacy and Metropolitan Life Foundation provided World Education with additional funding to expand the *Compendium* and enhance dissemination. To identify gaps in content and prioritize areas for expansion, World Education brought together a diverse group of key informants and developed a *Compendium* user survey. Based on this feedback, we decided to focus our first expansion of the *Compendium* on issues of culture, health and literacy.

Culture, Health and Literacy: A Guide to Health Education Materials for Adults with Limited English Literacy Skills is designed as an addendum or addition to the *Health and Literacy Compendium*. It contains descriptions of health education materials addressing issues of culture and low-literacy, and has information written in languages other than English. The *Compendium* also contains many materials you may find useful in your work with people from different cultures. *Culture, Health and Literacy* is to be used in addition to the *Compendium*, for it includes materials not already described in the original *Compendium*. If you do not have a copy of the *Health and Literacy Compendium*, please call the National Institute for Literacy at (202) 233-2055 or World Education's Literacy and Health Initiative at (617) 482-9485.

MATERIALS SELECTION

We looked for materials that could improve the understanding and communication between health care practitioners and patient, or between teacher and learner. We also looked for direct health education materials that were easy to understand or written in languages other than English. We favored those materials or curricula that encourage interaction, student/ patient input, and critical thinking.

A variety of criteria were considered when selecting these materials. We tried to ensure that all materials provide up-to-date information and are free from obvious stereotypes. We included only materials that are free or low-cost, and available by mail or on the Web. Background materials had to address issues of culture and health, and health education materials had to be written in simple English or available in languages other than English. We also looked for guides addressing issues of culture or health in an adult education classroom. There are also bibliographies and resource guides that you can use to further your own search. Selected videos are ones that bring health messages to multicultural audiences. We looked for locally produced materials that were written for and by specific cultural communities.

A WORD ABOUT NON-ENGLISH MATERIALS

Many of the health education materials listed in this guide are in languages other than English. While we made basic assessments of the English and Spanish materials, (quality of writing, reading level, and the accuracy of the information,) we were unable to do so for most of the other languages. If available, we assessed the English version of a material for accuracy, content, and obvious stereotypes, but we realize this kind of assessment is limited.

Therefore, we want to encourage you to explore and question the non-English materials included in the guide. We suggest you review the material with a native speaker before using it with students or patients. Having a native speaker review the material is the best way to ensure that the information and writing are accurate and appropriate.

HOW TO USE THIS GUIDE

This guide is divided into the following sections:

- **Background Information:** books that give insight on sensitive communication with people from other cultures, or ways to address health and culture in a classroom.
- **Fact Books, Readers, and Stories:** health education booklets that give specific health information in simple English, or in languages other than English.
- **Bibliographies and Resource Guides:** guides to help find resources for specific ethnic populations, or health education materials in languages other than English.
- **Curricula and Workbooks:** curricula that can be used to teach health topics to people who are just learning English or have limited literacy skills.
- **Videos and Audiocassettes:** multi-media health education materials intended for people from different cultures.
- **Websites:** Websites with information or lists of materials for people working with immigrants or adults with limited literacy skills.

In order to find the materials you need, we suggest you begin by looking for materials using the subject and language indices. For example, if you need information about maternal health in Vietnamese, look up “Maternal and Child Health” in the subject index or “Vietnamese” in the language index. If you do not find what you are looking for, turn to the *Bibliographies and Resource Guides* and *Websites* sections for additional listings of resources.

Materials are listed alphabetically by title within each section. Contact information is included with each citation, including phone number, address, e-mail and Website address. To order materials, call or write for ordering information. The prices are also listed but are subject to change. You can often download a publications list, order form, and sometimes the whole text of a material free of cost from the Website.

DEFINITION OF TERMS

Adult Education: Any kind of education for adults.

Adult Basic Education (ABE): Adult education that includes reading, writing, and math skills at a level below high school completion. Often, these classes include speakers of other languages who have advanced beyond ESL or ESOL classes.

Cross-cultural: Dealing with, or bridging the gap between, different cultures. Thus, “cross-cultural communication” is when a person from one culture communicates with someone from a different culture.

Cultural Competency: The ability of a service provider or educator to address the needs of their recipient populations in a way that acknowledges and is sensitive to their cultural differences. This includes finding ways to communicate in a manner that is culturally and linguistically appropriate.

Culture: The shared characteristics of a group of people, which may include patterns of behavior, beliefs, customs, traditions, artistic expression, and language.

Easy-to-read, Simple language, or Plain language: Different people have different views of what is “easy-to-read,” or what is written in “simple language.” However, these terms are generally used to describe writing that is below an eighth-grade reading level. Materials described in this way will often have large font and a format that shows a lot of white space on the page, making it easier for people with limited literacy skills to follow.

English as a Second Language (ESL) or English for Speakers of Other Languages (ESOL): Instruction for immigrants, refugees, or other adults whose primary language is not English to improve speaking, reading, and writing skills in English.

Ethnic: Relating to a particular group that is defined by factors that may include race, religion, nationality, ancestry, or culture.

Grade Level or Reading Level: In the U.S., this term is used to describe the average reading skills expected after each year of school in the public school system. It is also applied to written material that we expect students at each level to understand. It is not as accurate for adults who have life experience and knowledge that allow them to understand higher-level vocabulary. However, it is often used as a standard way to describe how easy a text is to understand.

Literacy: A person's ability to use reading and writing for communication or learning. Note that literacy can apply to different written languages. A person's literacy in English may be low, while their literacy in their primary language may be high.

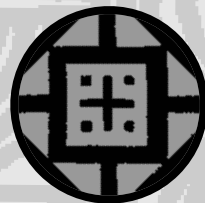
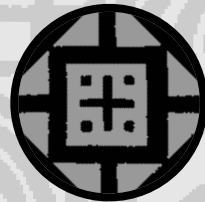
Low Literacy or Limited Literacy: An inability to read or write well enough to perform necessary tasks in society or on the job. In the U.S., this is generally categorized as having a reading level at or below seventh grade. "Low-literacy materials" are those that are written in simple language and can be understood by people with limited literacy skills.

Multicultural: Relating to or intended for different individual cultures.

Participatory Education: Education that encourages learners to be partners with teachers in shaping the educational experience. This kind of education fosters an atmosphere of respect and comfort between teachers and students, and draws on the students' experiences to be catalysts for learning and social action.

Primary Language or Home Language: The language first taught and most used in the home during childhood.

MATERIALS



BACKGROUND INFORMATION

The materials in this section address the challenges of communicating with people from different cultures. They focus on the communication between either health care practitioners or teachers, and the immigrants with whom they work. Some materials give examples and stories about culture-clash in a health care setting, or give advice on developing health education messages targeted to people from other cultures. Other materials describe how to draw on and validate adult

learners' cross-cultural experiences, how to address cultural awareness in an adult education classroom, and how to recognize and address mental distress resulting from refugee experiences. Some of the books also include ideas for classroom activities and lessons. You may want to check the "Websites" section, for sites that include more background information about the health needs of people from different cultures.

■ **Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities**

Adkins, Myrna Ann, Dina Birman and Barbara Sample
Spring Institute for International Studies, 1999

Spring Institute for International Studies
1610 Emerson Street
Denver, CO 80218

PHONE (303) 863-0188
FAX (303) 863-0178
E-MAIL spring@springinstitute.org
WEB <http://www.springinstitute.com>

ISBN 0-940723-16-6; free

This 56-page book is intended to help ESOL teachers understand mental health as it relates to the refugees in their classroom, and to offer strategies for addressing issues of mental distress that may become apparent. It is based on research on the cultural adjustment and mental health of refugees, and guides the ESOL teacher to be a link between the student and the network of other services available. It is in three parts. The first section describes the basic concepts of mental health as it relates to the refugee experience. The second part describes the connection between ESOL and mental health. And the third section offers specific classroom activities to encourage active listening, sharing, and processing of the students' journeys from their home cultures to their life here. In the back is a list of resources that includes individuals and organizations that address refugee mental health.

KEYWORDS: *Advocacy, Cross-cultural Communication, ESOL, Immigrants, Literacy Education*

■ Cultural Awareness Teaching Techniques

Gaston, Jan

Pro Lingua Associates, 1984

Pro Lingua Associates
P.O. Box 1348
Brattleboro, VT 05302

HOTLINE (800) 366-4775
PHONE (802) 257-7779
FAX (802) 257-5117
E-MAIL ProLingua@sover.net
WEB <http://www.ProLinguaAssociates.com>

ISBN 0-86647-010-7; \$14

This 90-page book is for language teachers, specifically ESOL teachers, who want to teach cultural awareness in a multicultural classroom. It outlines 20 teaching techniques, or lessons, which encompass the “intercultural adjustment skills” that bring us through four stages leading to cultural awareness. The four stages are: Recognition (non-judgmental observation), Acceptance/Rejection (coping with ambiguity), Integration/ Ethnocentrism (empathizing), and Transcendence (respecting). Each lesson is based on experiential learning and includes objectives, procedure, and synthesis.

KEYWORDS: *Cross-cultural Communication, ESOL*

■ Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professions

Gropper, Rena C.

Intercultural Press, 1996

Intercultural Press
P.O. Box 700
Yarmouth, ME 04096

PHONE (207) 846-5168
WEB <http://interculturalpress.com/shop/index.html>

ISBN 1-877864-43-9; \$18.95

This 107-page book can be used by cultural sensitivity trainers or others who want to learn how to be more culturally sensitive in their health-related encounters with people of different cultures. The goal is to teach people to adjust their judgements about certain behaviors to avoid making inaccurate assumptions. It uses a series of critical incidents, or short vignettes of health-related encounters, to present the reader with a potentially confusing or offending situation. The reader (playing the role of the health care provider) is then asked to choose one of four options of how to respond. Each option has a detailed

explanation of why it is inappropriate or why it is the most culturally sensitive response. There is also a section discussing general tips on topics like body language, family roles, structure of names, and chronic diseases. It is indexed by culture.

KEYWORDS: *African Americans, Asian Americans, Cross-cultural Communication, Latin Americans, Native Americans/Alaska Natives*

■ **Culture & Nursing Care: A Pocket Guide**

UCSF Nursing Press, 1996

UCSF Nursing Press

School of Nursing
University of California, San Francisco
521 Parnassus Avenue
San Francisco, CA 94143-0608

PHONE (415) 476-4992

FAX (415) 476-6042

WEB <http://nurseweb.ucsf.edu/www/books.htm>

ISBN 0-943671-15-9; \$21.95

This guide gives extensive information about medically relevant cultural practices, beliefs, and norms for a variety of ethnic groups. It was written for nurses by nurses, one of whom is also a medical anthropologist. The intention is to alert nurses to the similarities and differences between cultural groups, so that they may individualize their nursing care to be as sensitive and effective as possible. The information is practical and relevant to the day-to-day care that nurses give. For example, it tells when the family instead of the individual is responsible for making medical decisions; or when hair and nail clippings must be saved for ritual use; or when certain illnesses indicate that only hot or only cold food be eaten. The opening chapters discuss cultural competence, diversity, communication through interpreters, and the importance and limitations of having some information about a culture. The remaining 24 chapters describe cultural practices and beliefs of specific ethnic groups. Each chapter includes information on cultural/ethnic identity, communication, activities of daily living, food practices, symptom management, birth and death rituals, care of new mother and baby, family relationships, spiritual/religious orientation, illness beliefs, and health practices. The appendices include population tables of immigrant groups in the U.S., maps of regions discussed, and an overview of spiritual and religious beliefs that may relate to medical practices. This spiral bound book is 4"x11" and has 337 pages.

KEYWORDS: *African Americans, Asian Americans, Cross-cultural Communication, Latin Americans, Native Americans/Alaska Natives*

■ **Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy**

Weinstein, Gail

Delta Systems, 1999

Delta Systems
1400 Miller Parkway
McHenry, IL 60050

PHONE (800) 323-8270
FAX (815) 363-2948
WEB <http://www.delta-systems.com>

ISBN 1-887744-21-5; \$16.95

This 88-page guide outlines a model for creating curricula that are truly based on the lives of the learners. It explains how to use directed listening to elicit a learner-generated text, and then how to transform the text into lessons and eventually thematic units. Six examples of this process are described by teachers who used the method to develop curricula in this way. Some of the examples are of health-related curricula, including one class that developed a breast cancer thematic unit by working with the Breast Cancer Oral History Project. It tells how the students learned to research a health topic in their community and then how to take action for their own health. There are also examples of the lessons that were developed to learn English in the context of the theme. There is a video available for \$29.95 showing classes and programs in action.

KEYWORDS: *Cross-cultural Communication, ESOL, Immigrants, Literacy Education, Women's Health*

■ **The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures**

Fadiman, Anne

Farrar, Straus and Giroux, 1997

Farrar, Straus and Giroux
19 Union Square West
New York, NY 10003

PHONE (212) 741-6900

ISBN 0-965-67311-1; \$25; \$17.50 at <http://www.amazon.com>

This 339-page novel is the true story of a refugee Hmong child and her family who try to negotiate the American medical system in order to diagnose and treat her illness. They speak no English, have recently come to this country, and face a frightening and confusing disease. Through this personal story, the book exposes the problems, realities, and worst-

case scenarios of culture-clash in a medical setting. As background reading, this novel is a great eye-opener for teachers who are discussing the American health system in class, or for health professionals who see patients from other cultures, particularly Hmong patients.

KEYWORDS: *Asian Americans, Children's Health, Cross-cultural Communication, Immigrants*

■ **Technical Assistance Bulletins:**

**Developing Effective Messages and Materials for Hispanic/Latino Audiences
Communicating Appropriately with Asian and Pacific Islander Audiences**

Center for Substance Abuse Prevention (CSAP) Communications Team, 1997

Center for Substance Abuse Prevention (CSAP)
7200 Wisconsin Avenue, Suite 500
Bethesda, MD 20814-4820

PHONE (301) 941-8500

Free

These two bulletins are part of a series developed to help substance abuse prevention programs reach their target audiences, but they have enough general information to be helpful for any health education effort. They outline fairly precise strategies for getting a health message across effectively to the specific cultural target populations. Each starts with a review of the demographics of the target culture in the U.S. then outlines the health communication process, discusses how to research the health problem in that culture, how to define the specific target audience, and how to research the cultural issues that will affect the communication with that group. Each bulletin is 12 pages and has useful, concise, and practical information.

KEYWORDS: *Asian Americans, Cross-cultural Communication, Latin Americans, Materials Development, Substance Abuse*

FACT BOOKS, READERS AND STORIES

This section includes a broad range of health education materials. Some are small fact books of six pages giving basic information. Others are manuals of 100 pages or more giving more comprehensive information. A wide variety of health topics are represented. If you are looking for information on a health topic for a specific audience, please look through the *Bibliographies and Resource Guides* and *Websites* sections for additional listings of resources.

We chose materials that target different cultural groups and are either easy-to-read or available in

languages other than English. The descriptions say in which languages the material is available and comment on the reading level in English. We use the term “very easy-to-read” to refer to a text written in the simplest language, most appropriate for someone with very limited English literacy. The term “moderately easy-to-read” describes text that contains some higher level vocabulary and grammar constructions. We also comment on type size and amount of pictures and white space.

■ Accessing Health Care

Anoka County Community Health and Environmental Services; Multi-Cultural Educational Services, 1998

Multi-Cultural Educational Services

832 104th Lane NW
Coon Rapids, MN 55433

PHONE (763) 767-7786
E-MAIL larue@pro-ns.net
WEB <http://www.mcedservices.com>

Cost \$4

This 29-page booklet is available in two multilingual versions: English/Spanish/Nuer and English/Bosnian/Russian. It explains how to decide if you need emergency care or not; how to schedule a medical appointment; what kind of questions to ask the doctor or pharmacist; and options for transportation to the hospital or clinic. The information is very basic, and there is large print, plenty of white space, and lots of photographs. The English is moderately easy-to-read. Audiocassettes, which have the text read aloud in English and Nuer, are also available.

KEYWORDS: *Cross-cultural Communication, Health Care Access*

■ **Anthology of Traditional Tobacco Stories**

Columbia University School of Social Work, 1992

Native C.I.R.C.L.E.
Charlton 6, Room 282
200 First Street, S.W.
Rochester, MN 55905

PHONE (877) 372-1617
FAX (507) 538-0504
WEB <http://www.mayo.edu/nativecircle>

Free

This is a collection of traditional Native American stories about tobacco. Most are folk tales about the origin of the tobacco plant and how Native American people discovered it. The stories are short and written in simple language. One story has simple pictures with each paragraph. The book has large print and is 26 pages long. There are also facts and beliefs about tobacco use in different tribes. This could be used to generate discussion about tobacco, smoking, and traditional culture with Native American or other cultural groups.

KEYWORDS: *Native Americans/Alaska Natives, Oral History, Tobacco Education*

■ **Baby & Me: The Essential Guide to Pregnancy**

Stewart, Deborah D.
Bull Publishing Company, Inc., 1993

Bull Publishing Company, Inc.
P.O. Box 208
Palo Alto, CA 94302-0208

PHONE (800) 676-2855 or (650) 322-2855
FAX (650) 327-3300
E-MAIL Bullpublishing@msn.com
WEB <http://www.bullpub.com>

ISBN 1-884255-03-5; single copies \$11.95 (English) \$12.95 (Spanish); call the health education desk at (650) 322-2860 for bulk discounts

This 160-page book is an easy-to-read guide to pregnancy, birth, and care of a newborn. It is written at a fifth-grade reading level and is available in English and Spanish. The format includes large-type headings, plenty of white space, pictures, bulleted sections, and color-coded chapters. The pictures and presentation are targeted to a multicultural audience. The topics covered include getting ready for pregnancy, staying healthy, choices in prenatal and birth care, a month-by-month guide to pregnancy, birth of the baby, and caring for the new baby. There are places throughout where the reader can use checklists, write down diary entries, fill out weights and measurements, and write questions on what

they have learned. In addition to the medical aspects of pregnancy, there is a focus on associated feelings and family dynamics. There is a resource section in the back that includes organizations, numbers to call, choices for further reading, and a glossary of terms.

KEYWORDS: *Health Care Access, Maternal and Child Health, Women's Health*

■ **Cancer Among Native American Men**

Native American Cancer Initiatives, Inc., 1998

Native American Cancer Initiatives, Inc.
3022 South Nova Road
Pine, CO 80740-7830

PHONE (303) 838-9359
FAX (303) 838-7629
E-MAIL natamjudy@aol.com
WEB <http://members.aol.com/natamcan>

Free from Native C.I.R.C.L.E.; see listing in Organizations and Agencies section

In this 46-page booklet, 10 Native American men from different tribes tell their stories in their own words about living through cancer. The stories are broken up and organized into chapters covering the different stages of the process. The men discuss their risk behaviors, news of the diagnosis, their families' reactions and support, spiritual healing, medical treatment, and outlook on life. There is also factual information about risk factors, the seven signs of cancer, symptoms, and screening tests. The print is large and there are pictures of each man. This is easy-to-read because it is mostly people's thoughts written down as they would speak. It would be a good class material for a literacy or ESOL class, or a resource for a Native American cancer support group. Also available is an expanded version of one of the men's stories, a 13-page booklet called *Dream Warrior: My Red Road*.

KEYWORDS: *Cancer, Men's Health, Native Americans/Alaska Natives, Oral History*

■ **The Change Agent**

New England Literacy Resource Center, September 2000

New England Literacy Resource Center/World Education
44 Farnsworth Street
Boston, MA 02210-1211

PHONE (617) 482-9485
FAX (617) 482-0617

Free in New England; subscription \$5

The Change Agent is a semi-annual newspaper which provides news, ideas, and teaching resources to adult education teachers who want to encourage civic participation. Issue 11

focuses on immigration. There are articles, stories, and poems written by ESOL students. Topics include the history of immigration, myths and facts about immigration, what it is like to straddle two cultures, and how to use folktales to discuss immigration. There are also some ideas for classroom activities, a list of legal rights for immigrants, and a glossary of immigrant terms.

KEYWORDS: *Advocacy, ESOL, Immigrants, Literacy Education*

■ **De corazón a corazón: Guía bilingüe para organizar una charla/
From Heart to Heart: A Bilingual Group Discussion Guide**

National Heart, Lung, and Blood Institute; Office of Research on Minority Health, 1997

National Heart, Lung, and Blood Institute (NHLBI) Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

PHONE (301) 592-8573
FAX (301) 592-8563

Publication number 97-4050; \$8

This set includes a bilingual video discussion guide and can be adapted to a variety of settings, from classroom to community forum. It is a step-by-step outline for planning and conducting an educational discussion, or “charla” about heart health. Designed for the Latino community, it can be used by English or Spanish-speaking teachers or volunteer leaders to educate communities about how to reduce risk of heart disease. The 1½-hour discussion includes a 25-minute video presentation. The first part of the video is called “For the Love of Your Heart,” and discusses signs and symptoms of a heart attack, and myths and facts about heart disease. The second part, “Cooking with Your Heart in Mind,” explains which kinds of food and cooking techniques are healthiest. The video was developed originally in Spanish and presents the information in the context of interviews with Latinos living in the U.S. The guide covers how to plan and promote the discussion in your community; an outline for how to present information; background information; specific facts about heart disease and its prevention; and answers to commonly asked questions. There is also a description of how to organize a heart-healthy food demonstration as an extra activity. There are reproducible handouts, which include a promotional flyer, evaluation forms, and nine easy-to-read factual handouts for the participants. The handouts have lots of pictures, big print, and plenty of white space.

KEYWORDS: *Cardiovascular Disease, Nutrition*

■ **De madre a madre/ From Mother to Mother: Prenatal Care Photonovel Series**

Auger, Susan J. and Melida Colindres
Aprendo Press, 1997

Aprendo Press
P.O. Box 51392
Durham, NC 27717

PHONE (919) 361-1857
FAX (919) 361-2284
E-MAIL sauger@mindspring.com

Available in two formats; classroom resource \$3.57/photonovel; outreach material \$.99/photonovel; bulk discounts available

This is a series of seven photonovels that follow Latina women through conception, pregnancy, and the birth of a baby. Using photographs and balloon dialogue, each tells the story of a woman's experience in the context of talking with her friends and health care providers. The topics are conception, visiting the clinic, nutrition, risks, labor, the newborn baby, and breastfeeding. The booklets use simple language, large print, and have Spanish on one side and English on the other. They are well suited to ESOL classes and low-literacy audiences. Each story has pictures and photographs explaining the main messages. There are also keywords in bold print throughout the story that are explained in simple language in the glossary. Each story can be ordered as a classroom resource photonovel or an outreach material photonovel.

KEYWORDS: *Maternal and Child Health, Nutrition, Women's Health*

■ **Diabetes Booklet Series**

National Institute of Diabetes and Digestive and Kidney Diseases, 1999

National Diabetes Information Clearinghouse
1 Information Way
Bethesda, MD 20892-3560

PHONE (301) 654-3327
FAX (301) 907-8906
E-MAIL ndic@info.niddk.nih.gov
WEB <http://www.niddk.nih.gov>

See publication numbers below; free; can also be downloaded

This series of four easy-to-read diabetes education booklets is available in English and Spanish. The booklets outline basic aspects of diabetes management, and range from seven to 38 pages. They use simple language, plenty of pictures and white space, and

multi-ethnic illustrations. There are charts and lists for the reader to fill in. These can be used for patient education or in an ESOL classroom.

Titles	English	Spanish
I Have Diabetes: When Should I Eat?	99-4242	99-4242S
I Have Diabetes: What Should I Eat?	99-4192	99-4192S
I Have Diabetes: How Much Should I Eat?	99-4243	99-4243S
Medicines For People With Diabetes	99-4222	99-4222S

KEYWORDS: *Diabetes, Medicine Use, Nutrition*

■ Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease

National Heart, Lung, and Blood Institute; Office of Research on Minority Health, 1996

National Heart, Lung, and Blood Institute (NHLBI) Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

PHONE (301) 592-8573
FAX (301) 592-8563
WEB <http://www.nhlbi.nih.gov>

See publication numbers below; \$3/package; bulk discounts available; can also be downloaded

This package of eight bilingual booklets gives basic information about living a heart-healthy lifestyle. Designed with culturally tailored artwork, the booklets are colorful and written in very simple language with clear pictures and lots of white space. There are bulleted lists, charts, and some sections where you check off what you will do to take action. Each booklet is seven pages long.

Title	Publication Number
¡Conozca su nivel de colesterol!/Learn Your Cholesterol Number!	96-4043
¡Proteja su corazón, baje su colesterol!/Protect Your Heart, Lower Your Blood Cholesterol!	96-4044
¡Reduzca la grasa, no el sabor!/ Cut Down on Fat-Not on Taste!	96-4045
¡Pongase en acción, prevenga la alta presión!/Take Steps, Prevent High Blood Pressure!	96-4041
¡Coma menos sal y sodio!/ Cut down on Salt and Sodium!	96-4042
¡Cuide su peso!/ Watch Your Weight!	96-4047
¡Rompa con el hábito de fumar!/ Kick the Smoking Habit!	96-4048
¡Manténgase activo y siéntase bien!/ Stay Active and Feel Better!	96-4046

KEYWORDS: *Cardiovascular Disease, Exercise, Nutrition, Tobacco Education*

■ Family Planning

Anoka County Community Health and Environmental Services; Multi-Cultural Educational Services, 1998

Multi-Cultural Educational Services

832 104th Lane NW
Coon Rapids, MN 55433

PHONE (612) 767-7786
E-MAIL larue@pro-ns.net
WEB <http://www.mcedservices.com>

Cost \$3

This 19-page booklet is in English, Bosnian, Russian, Spanish, and Nuer. It has very basic information about several kinds of birth control. There are photographs of each type, and diagrams of the reproductive systems. There is also a paragraph on getting Pap tests, and what to stay away from during pregnancy. While the English is only moderately easy-to-read, there is very little text, and the booklet is simple in its format. Thus, it could be useful in a literacy class.

KEYWORDS: *Contraception, Health Care Access, Women's Health*

■ Growth and Development

Anoka County Community Health and Environmental Services; Multi-Cultural Educational Services, 1998

Multi-Cultural Educational Services

832 104th Lane NW
Coon Rapids, MN 55433

PHONE (763) 767-7786
E-MAIL larue@pro-ns.net
WEB <http://www.mcedservices.com>

Cost \$5

This 38-page booklet is available in three multilingual versions:

- English/Bosnian/Russian/Spanish
- English/Somali/Arabic/Nuer
- English/Laotian/Vietnamese/Hmong

The booklet describes in simple language what to expect from your baby from birth to five years. It tells what babies normally do at different stages, and gives suggestions for play activities and discipline. There are pictures of families and children from different cultures. The print is large and there are lots of bulleted sections and plenty of white space.

KEYWORDS: *Children's Health*

■ **Guía ilustrada para el uso seguro de pesticidas
(An Illustrated Guide for the Safe Use of Pesticides)**

Zavala, Melanie, and Javier Juarez

Oregon State University Extension Service and Oregon Department of Agriculture, 1994

Oregon State University Extension Service
422 Kerr Administration
Corvallis, OR 97331-2119

PHONE (541) 737-2513
FAX (541) 737-0817
E-MAIL puborders@orst.edu
WEB <http://eesc.orst.edu>

Free

This 43-page Spanish booklet gives basic information about safe pesticide use. It discusses how to handle pesticides safely, how to use protective equipment correctly, how to clean yourself properly after using pesticides, and how to prevent accidents. It also tells what kind of protective equipment is appropriate and how to ask your employer for the proper items. It outlines steps to take, including where to call, in case of an accident. The writing is clear and easy-to-read, and there are lots of pictures.

KEYWORDS: *Agricultural Laborers, Environmental Health, Men's Health, Occupational Health and Safety*

■ **Healthy Mothers, Healthy Babies**

Healthy Mothers, Healthy Babies Coalition of Washington State, 1995-1999

Healthy Mothers, Healthy Babies Coalition of Washington State
300 Elliott Avenue West, Suite 300
Seattle, WA 98119-4118

PHONE (206) 284-2465 or (800) 322-2588
FAX (206) 270-8891

Cost \$11

These books give simple, clear information on prenatal care, keeping healthy during pregnancy, and early baby care. They are available in English, Spanish, Russian, Somali, Vietnamese, Korean, and Chinese. The Spanish and English versions are 116 pages, and formatted in smaller, spiral-bound books with only the one language. The others, however, are about 40 pages and have English text side-by-side with the other language texts, so that they may be used during an appointment, if necessary, to facilitate a better understanding of the questions patients have. These versions also explain how prenatal care and the labor and delivery process works in the U.S., and include charts which compare the way things are done in the U.S. and in the home country. The writing (in English) is moderately easy-to-read, and there are lots of pictures, white space, and bulleted sections. The print is large, except for the Russian version. The information is comprehensive and includes healthy eating; prenatal visits; a month-by-month guide to healthy activities, body changes, and

baby's growth; labor and delivery; breastfeeding; and immunizations for the baby. The publication dates vary: Spanish, 2000; English, 1999; Russian, 1996; Somali, 1998; Vietnamese, Chinese, and Korean, 1995.

KEYWORDS: *Children's Health, Health Care Access, Maternal and Child Health, Women's Health*

■ **A Healthy Mouth For Your Baby/ Un boca saludable para su bebé**

National Institute of Dental and Craniofacial Research, 1998

National Institute of Dental and Craniofacial Research (NIDCR)
31 Center Drive
MSC 2190
Building 31/Room 5B-49
Bethesda, MD 20892-2190

PHONE (301) 496-4000
FAX (301) 496-9988
WEB <http://www.nidcr.nih.gov>

Free

This very simple eight-page booklet is available in English and Spanish and tells how to protect your baby's teeth. It has a little story about a conversation between two mothers, and then lists basic actions you can take to ensure healthy baby teeth. It talks about using fluoride, cleaning your baby's teeth, feeding healthy food, preventing baby bottle tooth decay, and seeing a dentist. The booklet has big pictures, large type, and lots of white space. The writing is very easy-to-read and would make this a good classroom material for a low-literacy or beginning English class.

KEYWORDS: *Children's Health, Oral Health*

■ **Heart-Healthy Home Cooking: African American Style**

National Heart, Lung, and Blood Institute; Office of Research on Minority Health, 1997

National Heart, Lung, and Blood Institute (NHLBI) Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

PHONE (301) 592-8573
FAX (301) 592-8563
WEB <http://www.nhlbi.nih.gov>

Publication number 97-3792; \$2.50, bulk discounts available

This is a collection of 20 heart-healthy, African American recipes that are low in fat, saturated fat, cholesterol, and sodium. They are simply written, brief, and have pictures throughout. Each recipe includes the amounts per serving of calories, total fat, saturated fat, cholesterol, sodium, calcium, and iron.

KEYWORDS: *African Americans, Cardiovascular Disease, Nutrition, Recipes*

■ Hepatitis Booklet Series

National Digestive Diseases Information Clearinghouse, 1999

National Digestive Diseases Information Clearinghouse (NDDIC)
2 Information Way
Bethesda, MD 20892-3570

PHONE (301) 654-3810
FAX (301) 907-8906
E-MAIL nddic@info.niddk.nih.gov
WEB <http://www.niddk.nih.gov>

See publication numbers below; free

This series of three easy-to-read hepatitis education booklets is available in English and Spanish. The booklets answer simple questions about the transmission, symptoms, treatment, and prevention of hepatitis A, B, and C. Each one has 10 pages. They use simple language, plenty of pictures and white space, and multi-ethnic illustrations. These can be used for patient education or in an ESOL classroom.

Title	English	Spanish
What I Need to Know About Hepatitis A	99-4244	99-4244S
What I Need to Know About Hepatitis B	99-4228	99-4228S
What I Need to Know About Hepatitis C	99-4229	99-4229S

KEYWORDS: *Hepatitis*

■ Improving Cardiovascular Health in African Americans

National Heart, Lung, and Blood Institute; Office of Research on Minority Health, 1997

National Heart, Lung, and Blood Institute (NHLBI) Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

PHONE (301) 592-8573
FAX (301) 592-8563
WEB <http://www.nhlbi.nih.gov>

See publication numbers below; 2.50/package; bulk discounts available

These seven booklets explain how to reduce your chances of getting heart disease by changing your lifestyle. Designed with African American artwork, the booklets are colorful and written in very simple language with clear pictures and lots of white space. There

are bulleted lists, charts, and some sections where you check off what you will do to take action. Each booklet is seven pages long.

Title	Publication Number
Empower Yourself! Learn Your Cholesterol Number	97-4063
Be Heart Smart! Eat Foods Lower in Saturated Fats and Cholesterol	97-4064
Protect Your Heart! Prevent High Blood Pressure	97-4062
Spice Up Your Life! Eat Less Salt and Sodium	97-4060
Embrace Your Health! Lose Weight if You Are Overweight	97-4063
Refresh Yourself! Stop Smoking	97-4065
Energize Yourself! Stay Physically Active	97-4059

KEYWORDS: *African Americans, Cardiovascular Disease, Exercise, Nutrition, Tobacco Education*

■ **Managed Care and You: A Simple Guide to Choosing and Using a Managed Care Health Plan**

Governor's Commission on Women, 1999

Governor's Commission on Women
126 State Street
Montpelier, VT 05633-6801

PHONE (802) 828-2851
E-MAIL info@wom.state.vt.us
WEB <http://www.state.vt.us/wom>

Free; can also be downloaded

This practical 36-page guide gives basic information about managed care plans. It is very easy-to-read and has lots of white space, bulleted lists, and spaces to answer questions and write in phone numbers. It talks about choosing a good health plan for your family; how to use your health plan and get the most out of it; how to use mental health and drug and alcohol treatment services; how to know your rights; and what to do if you have a problem. There is practical step-by-step advice on keeping track of information, getting information on the phone, and writing an appeal letter. There is a glossary of terms and a list of useful phone numbers to call for more information. Also available is a series of six, four-page mini-booklets called *Fast Facts About Managed Care*, which covers the same topics, but with less detail.

KEYWORDS: *Advocacy, Health Care Access, Mental Health, Substance Abuse*

■ **Native Nutrition Circles: An Anthology of American Indian Stories**

Fredericks, Larri and Felicia Schanche Hodge
Center for American Indian Research & Education, 1997

Center for American Indian Research & Education (CAIRE)
1918 University Avenue, Suite 2A
Berkeley, CA 94704-1051

PHONE (510) 843-8661
FAX (510) 843-8611

Free from Native C.I.R.C.L.E., see listing in Organizations and Agencies section

This book contains 126 pages of traditional Native American stories about food. These short stories have morals about food choices, food preparation, and maintaining traditional ways. There is a short summary after each story, explaining the message clearly. There are old photographs of women from different tribes preparing food in various ways. This book follows the Native American custom of using storytelling as an educational tool, and can be used to generate discussions of health and good nutrition practices. It could be used in a higher level literacy or ESOL class.

KEYWORDS: *Native Americans/Alaska Natives, Nutrition, Oral History*

■ **¡Platillos latinos sabrosos y saludables!/ Delicious Heart-Healthy Latino Recipes**

National Heart, Lung, and Blood Institute; Office of Research on Minority Health, 1997

National Heart, Lung, and Blood Institute (NHLBI) Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

PHONE (301) 592-8573
FAX (301) 592-8563
WEB <http://www.nhlbi.nih.gov>

Publication number 96-4049; \$2.50; bulk discounts available

This Spanish/English recipe book contains 23 heart-healthy Latino recipes that are low in fat, saturated fat, cholesterol, and sodium. It is easy-to-read and there are plenty of pictures. Each recipe includes the amounts per serving of calories, total fat, saturated fat, cholesterol, sodium, calcium, and iron.

KEYWORDS: *Cardiovascular Disease, Nutrition, Recipes*

■ **Prostate Cancer: What Every Man Should Know/ El cáncer de próstata:
Lo que todo hombre debe saber**

Channing L. Bete Co., Inc., 1996

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373

PHONE (800) 628-7733
FAX (800) 499-6464
WEB <http://www.channing-bete.com>

Item number 41293C-6-95 (English), 41749C-7-95 (Spanish); \$1.05; bulk discounts available

This seven-page booklet is available in English or Spanish, and gives basic information about prostate cancer. It tells what the prostate is, and talks about the lack of early symptoms of prostate cancer. It tells the importance of early detection and outlines the treatment options. There are phone numbers in the back, telling where to get more information. This booklet is very easy-to-read, and has lots of pictures, bulleted sections, and white space. The print is large with extra-large titles on each page. This would be useful for patient education or in a literacy or ESOL class.

KEYWORDS: *Cancer, Men's Health*

■ **Protect Your Family and Yourself from Carbon Monoxide Poisoning**

Association of Asian Pacific Community Health Organizations (AAPCHO), 1998

"IAQ-INFO" Indoor Air Quality Information Clearinghouse
P.O. Box 37133
Washington, DC 20013-7133

PHONE (800) 438-4318 or (703) 356-4020
FAX (703) 356-5386
E-MAIL iaqinfo@aol.com
WEB: <http://www.epa.gov/iaq>

Free; also available from AAPCHO, see listing in Organizations and Agencies section

This five-page foldout booklet contains information about carbon monoxide poisoning. It covers symptoms, prevention, and information about carbon monoxide detectors. The writing is only moderately easy-to-read, but the format has pictures and bulleted sections. It is available in English/Chinese, English/Korean, and English/Vietnamese.

KEYWORDS: *Asian Americans, Environmental Health*

■ **Rankont Bouki ak Malis: Yon Istwa sou Sigarét (A Tale of Bouki and Malis)**

Massachusetts Tobacco Education Clearinghouse, 1995

Massachusetts Tobacco Education Clearinghouse (MTEC)
JSI Research and Training Institute, Inc.
44 Farnsworth Street
Boston, MA 02210-1211

PHONE (617) 428-9485
FAX (617) 482-0617
E-MAIL mtec@jsi.com

Cost \$.20 to Massachusetts Tobacco Control Programs; \$.25 to all others

This five-page booklet was developed in Haitian Creole. It tells the story of two well-known characters, Bouki and Malis, from Haitian folklore, as they debate the value of starting to smoke. It is mostly dialogue, and has pictures by a Haitian artist. It also gives a list of facts about the health effects of smoking. This would be useful in an ESOL class with Haitian students, or as a patient handout.

KEYWORDS: *Tobacco Education, Young Adults*

■ **Safety for Babies and Children**

Anoka County Community Health and Environmental Services; Multi-Cultural Educational Services, 1998

Multi-Cultural Educational Services
832 104th Lane NW
Coon Rapids, MN 55433

PHONE (763) 767-7786
E-MAIL larue@pro-ns.net
WEB <http://www.mcedservices.com>

Cost \$4

This booklet is available in four multilingual versions:

- English/Nuer, English/Russian/Spanish
- English/Bosnian/Arabic/Somali
- English/Laotian/Vietnamese/Hmong

It gives brief tips on child safety, including choking hazards, childproofing your house, water safety, sports safety, and using car seats. The information is very basic, and the language (in English) is very simple, making it appropriate for people with very low literacy skills.

Each tip has a photograph next to it. The booklet has 26 pages. Audiocassettes, which have the text read aloud in English, Somali, and Nuer, are also available.

KEYWORDS: *Children's Health*

■ Spanish/English Pictorial Recipes

Oregon Family Nutrition Program; Oregon State University Extension Service, 2000

Oregon State University
Publication Orders
Extension & Station Communications
422 Kerr Administration
Corvallis, OR 97331-2119

PHONE (541) 737-1017
FAX (541) 737-0817
E-MAIL schustee@orst.edu
WEB <http://eesc.orst.edu> (publications catalogue); or <http://osu.orst.edu/dept/ehe/nutrition.htm>
to download set #1

Set #1 can be downloaded for free; set #2 (#EM8758) and set #3 (#EM9763) can be ordered for \$4 each

These three recipe sets were developed and tested by the Oregon Family Nutrition Program. The recipes are in Spanish and English and rely on pictures and very simple language. The format is so easy to understand that someone with almost no literacy skills could follow them. The recipes use common, inexpensive ingredients to make healthy appetizers, meals, and drinks.

KEYWORDS: *Nutrition, Recipes*

■ ¡Su familia se merece los mejores alimentos! (Your Family Deserves the Best Foods!)

National Cancer Institute, 1995

National Cancer Institute (NCI)
Office of Cancer Communications
Building 31, Room 10A03
31 Center Drive MSC 2580
Bethesda, MD 20892-2580

PHONE (800) 4-CANCER or (800) 422-6237
WEB http://rex.nci.nih.gov/INTRFACE_GIFS/INFO_PATS_INTR.htm

Publication number 95-3760S; free; can also be downloaded

Written with balloon dialogue (comic book form), this 15-page Spanish booklet follows a Latino family as they learn about eating healthier, lower-fat foods with help from their doctor. It is easy-to-read and can be used for patient education or in an ESOL or ABE classroom.

KEYWORDS: *Cardiovascular Disease, Nutrition*

■ **¿Tengo artritis?/ Do I Have Arthritis? A bilingual booklet in English and Spanish**

National Institute of Arthritis and Musculoskeletal and Skin Diseases, 2000

National Institute of Arthritis and Musculoskeletal
and Skin Diseases (NIAMS) Clearinghouse
1 AMS Circle
Bethesda, MD 20892-3675

PHONE (301) 495-4484 or toll free (877) 22-NIAMS
FAX (301) 718-6366
WEB <http://www.nih.gov/niams/>

Publication number 00-4665; free; can also be downloaded

This Spanish and English booklet covers the basic facts about arthritis in simple language, with pictures and bulleted sections. It talks about different kinds of arthritis, the symptoms, the treatments, and what you can do to feel better. There is also a listing of organizations to contact for more information. It has 28 pages.

KEYWORDS: *Arthritis*

■ **Traditional Foods Can Be Healthy**

National Cancer Institute, 1996

National Cancer Institute (NCI)
Office of Cancer Communications
Building 31, Room 10A03
31 Center Drive MSC 2580
Bethesda, MD 20892-2580

PHONE (800) 4-CANCER or (800) 422-6237
WEB http://rex.nci.nih.gov/INTRFCE_GIFS/INFO_PATS_INTR.htm

Publication number 96-3548; free; can also be downloaded

This 10-page booklet encourages Native Americans to maintain the healthy traditional diet established by their ancestors, and gives tips on eating healthy in today's world using the same traditional foods. It is easy-to-read and can be used for patient education, or in an ESOL or ABE classroom.

KEYWORDS: *Native Americans/Alaska Natives, Nutrition*

■ **Tres cosas lindas hay en la vida (Three Beautiful Things in Life)**

National Center for Neurogenic Communication Disorders, 1992

National Institute on Deafness and other Communication Disorders
(NIDCD) Information Clearinghouse
1 Communication Avenue
Bethesda, MD 20892-3456

PHONE (800) 241-1044 or (301) 907-8830
TTY (800) 241-1055
FAX (301) 907-8830
E-MAIL nidcd@aerie.com
WEB <http://www.nidcd.nih.gov>

Free

This Spanish photonovel, whose title is based on a popular Mexican song, is really a love story with a message about strokes. It tells of an elderly Latino woman whose boyfriend is recovering from a stroke. The story emphasizes the effect on his speech and language. The woman realizes that she, too, is at risk for stroke. With help from her family, she and her lover make healthy changes in their diet and exercise habits. The story has a happy ending and leaves the message that there is life after a stroke. There is a glossary, along with lists of risk factors for stroke, and danger signs to look for. This would be useful in a Spanish literacy or ESOL class. There are several other Spanish publications available through NIDCD.

KEYWORDS: *Cardiovascular Disease, Exercise, Nutrition*

■ **Vamos Falar Sobre o Fumo: Talvez Voce Devesse Parar De Fumar!
(Let's Talk About Smoking: Perhaps You Should Quit!)**

Massachusetts Tobacco Education Clearinghouse, 1994

Massachusetts Tobacco Education Clearinghouse (MTEC)
JSI Research and Training Institute, Inc.
44 Farnsworth Street
Boston, MA 02210-1211

PHONE (617) 428-9485
FAX (617) 482-0617
E-MAIL mtec@jsi.com

Cost \$.20 to Massachusetts Tobacco Control Programs; \$.30 to all others

This colorful booklet was developed in Portuguese. It contains quotes from Portuguese ex-smokers, along with supporting commentary discussing why they smoked and why they

quit; it offers suggestions on how to quit and what to expect afterwards. The booklet also contains facts about the health effects of smoking. It has six pages, large print, and a simple layout with plenty of white space. It could be used in an ESOL class or for patient education.

KEYWORDS: *Tobacco Education*

■ **Workers' Guide to Toxics on the Job/ Guía para los trabajadores que usan tóxicos en el trabajo**

Labor Occupational Health Program, 1993

Workplace Hazard and Tobacco Education Project
Labor Occupational Health Program (LOHP)
2223 Fulton St., 4th Floor
Berkeley, CA 94720-5120

PHONE (510) 642-5507
FAX (510) 643-5698
WEB <http://www.lohp.org>

Publication number 92-15358; \$1.00

Available in English or Spanish, this 48-page handbook can be used with the instructor's manual, *Toxics on the Job: Protecting your Health*. (See listing in *Curricula and Workbooks* section.) This is most relevant to people who are exposed to strong solvents, chemicals, or tobacco smoke in their workplace. It explains in detail the dangers of hazardous chemicals and tobacco smoke, and how to take precautions to reduce your risk. There is a section on Planning for Action, which tells how to take specific steps to make your workplace safer and healthier. It also gives information about workers' legal rights and lists organizations that can help. The reading level is not very low, but it has a friendly layout with lots of numbered lists, bulleted sections, checklists, and charts, and a fair number of pictures.

KEYWORDS: *Advocacy, Environmental Health, Occupational Health and Safety, Tobacco Education*

■ **You Can Do Something About Secondhand Smoke**

Massachusetts Tobacco Education Clearinghouse, 1999

Massachusetts Tobacco Education Clearinghouse (MTEC)
JSI Research and Training Institute, Inc.
44 Farnsworth Street
Boston, MA 02210-1211

PHONE (617) 428-9485;
FAX (617) 482-0617
E-MAIL mtec@jsi.com

Free to Massachusetts Tobacco Control Program; \$.40 to all others

This is a very simple six-page booklet available in English, Spanish, Portuguese, and Chinese. It defines secondhand smoke, tells how it affects your health, and gives tips

on staying away from it. The booklet also gives tips on quitting, including the phone numbers for the multilingual Smoker's Quitline. (The Smoker's Quitline is toll-free only for Massachusetts residents, but anyone can check the Website at www.trytostop.org.) There are colorful pictures, including a full-page cutout sign that says, "Please Don't Smoke in Our Home."

KEYWORDS: *Tobacco Education*

■ **Your Best Body: A Story About Losing Weight**

National Cancer Institute, 1994

National Cancer Institute (NCI)
Office of Cancer Communications
Building 31, Room 10A03
31 Center Drive MSC 2580
Bethesda, MD 20892-2580

PHONE (800) 4-CANCER or (800) 422-6237

WEB http://rex.nci.nih.gov/INTRFACE_GIFS/INFO_PATS_INTR.htm

Publication number 95-3736; free; can also be downloaded

Written in dialogue form, this booklet tells the story of two African American friends who decide to lose weight. There are places to fill in checklists and answer questions to help learn about losing weight with low-fat foods and exercise. The language is very simple, and this would be appropriate for either an ESOL or ABE classroom, or patient education. It has 17 pages.

KEYWORDS: *African Americans, Exercise, Nutrition*

BIBLIOGRAPHIES AND RESOURCE GUIDES

This section contains bibliographies and resource guides that can help you find printed resources intended for a specific cultural audience, or for a limited-literacy population. They list educational materials that you can order, organizations where you can get further information and guidance, and journal articles or special reports about health issues in the target population.

Please also go to the *Websites* section for some excellent Websites which are primarily bibliographies and resource guides. Many of them allow you to search for materials by health topic or by language, and many have direct links to the organizations and materials they list.

■ **Directory of Plain Language Health Information**

Canadian Public Health Association, 1999

Canadian Public Health Association
1565 Carling Avenue, Suite 400
Ottawa, ON K1Z 8R1
Canada

PHONE (613) 725-3769
FAX (613) 725-9826
E-MAIL comm@cpha.ca;
WEB <http://www.pls.cpha.ca>

ISBN 1-894324-03-X, \$19.95

This 92-page directory was developed by the National Literacy and Health Program of the Canadian Public Health Association with funding from the National Literacy Secretariat. It is a directory of easy-to-read health education materials that have been reviewed for readability and clear design. Each listing includes a grade level. The materials span a wide range of health topics, and are indexed by subject and organization. All ordering information is included. There are also appendices that outline the S.M.O.G. Readability Formula, and give tips on using a clear design format and plain language.

KEYWORDS: *Literacy Education, Readability Formulas*

■ **Health and Literacy Compendium: An annotated bibliography of print and Web-based health materials for use with limited-literacy adults**

World Education, 1999

Literacy and Health Initiative/World Education
44 Farnsworth Street
Boston, MA 02210-1211

PHONE (617) 482-9485
FAX (617) 482-0617
WEB <http://hub1.worlded.org/docs/comp/>

Free; also available from the National Institute for Literacy, see listings in Organizations and Agencies section

The Health and Literacy Compendium was developed by World Education in collaboration with the National Institute for Literacy with a generous grant from Metropolitan Life Foundation. The document is designed to help literacy teachers find health information appropriate for classroom use and to share literacy information and easy-to-read health materials with health professionals. It includes over 80 citations to print and Web health materials. Materials included background reading on the links between health status and literacy status; materials on how to develop easy-to-read health education materials; curriculum, stories and fact books on a variety of health topics for adults with limited literacy skills; bibliographies and databases; and organizational resources. Many of the resources included are appropriate for multicultural audiences or in languages other than English. The Web version of the Compendium is searchable and includes direct links to many of the resources cited.

KEYWORDS: *AIDS/HIV, Cancer, Contraception, Cross-cultural Communication, Diabetes, Domestic Violence, Environmental Health, ESOL, Exercise, Immigrants, Literacy Education, Materials Development, Nutrition, Occupational Health and Safety, Oral History, Substance Abuse, Tobacco Education, Women's Health*

■ Pocket Guide to Minority Health Resources

U.S. Department of Health and Human Services; Office of Minority Health, 1999

Office of Minority Health Resource Center
P.O. Box 37337
Washington, DC 20013-7337

PHONE (800) 444-6472
FAX (301) 230-7198
TDD (301) 230-7199
E-MAIL info@omhrc.gov
WEB <http://www.omhrc.gov>

Free

This small guide (which really can fit in a pocket) has 143 pages of resources related to minority health. It includes Public Health Service liaisons, state contacts, clearinghouses, organizations, sources of health materials, and college associations. The section on sources of health materials is subdivided into sources of materials for African Americans and Native Americans/Alaska Natives, and materials in Asian languages, Pacific Islander languages, and Spanish. All contact information is included for each entry.

KEYWORDS: *African Americans, Asian Americans, Latin Americans, Native Americans/Alaska Natives*

■ Sources of Health Materials on Minority Health

Office of Minority Health, 1999

Office of Minority Health Resource Center (OMHRC)
P.O. Box 37337
Washington, DC 20013-7337

PHONE (800) 444-6472
FAX (301) 230-7198
TDD (301) 230-7199
E-MAIL info@omhrc.gov
WEB <http://www.omhrc.gov>

Free

This group of publications lists sources of health education materials for different cultural groups. They are for Asian Americans, African Americans, Hispanics, Pacific Islanders, and Native Americans/Alaska Natives. There is also a listing of audiovisual materials for multicultural audiences. Each entry has a description of the materials offered with the languages in which they are available and the contact information for ordering.

KEYWORDS: *African Americans, Asian Americans, Latin Americans, Native Americans/Alaska Natives*

■ Substance Abuse Resource Guides

Center for Substance Abuse Prevention, 1996-1998

National Clearinghouse for Alcohol and Drug Information (NCADI)
P.O. Box 2345
Rockville, MD 20847-2345

PHONE (800) 729-6686 or (301) 468-2600; Spanish line (877) 767-8432
FAX (301) 468-6433
TDD (800) 487-4889
E-MAIL info@health.org
WEB <http://www.health.org>

Free

NCADI distributes these four resource guides listing substance abuse education resources for Asian and Pacific Islander Americans, African Americans, Hispanic/Latino Americans, and Native Americans/Alaska Natives. Each guide has sections on Prevention Materials; Studies, Articles, & Reports; Groups, Organizations, & Programs; and Internet Access Sites. The prevention materials include videos, posters, fact sheets, booklets, and classroom materials. Each item's description includes the year it was developed, the target audience, the language used, and ordering information. The Studies, Articles, & Reports section lists journal articles, books, reports, and conference proceedings. The last two sections list other organizations to contact, by phone, mail or Internet.

KEYWORDS: *African Americans, Asian Americans, Latin Americans, Native Americans/Alaska Natives, Research Projects, Substance Abuse, Tobacco Education*

CURRICULA AND WORKBOOKS

This section lists curricula, workbooks, and training manuals for teaching health-related topics that are targeted to multicultural learners or have components in languages other than English. Some have teacher's guides and learner handouts in different languages. Others list vocabulary words in several languages within the English text. Some of these curricula are intended for use in ESOL or literacy classrooms, some are appropriate for health promotion in community settings, and others are meant for specific workplace-based safety trainings.

All curricula listed in this section have teacher's manuals and lesson plans on health topics. They all have components that make them appropriate for people from different cultures, people who speak languages other than English, or people who have limited literacy skills. Many of the curricula take a participatory approach to teaching by drawing as much as possible on the experiences of the learners. Many are easy-to-follow for the teacher, and have easy-to-read materials for the learners.

■ **Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities**

Adkins, Myrna Ann, Dina Birman and Barbara Sample
Spring Institute for International Studies, 1999

Spring Institute for International Studies
1610 Emerson Street
Denver, CO 80218

PHONE (303) 863-0188
FAX (303) 863-0178
E-MAIL spring@springinstitute.org
WEB <http://www.springinstitute.com>

ISBN 0-940723-16-6; free

This 56-page book is intended to help ESOL teachers understand mental health as it relates to the refugees in their classroom, and to offer strategies for addressing issues of mental distress that may become apparent. It is based on research on the cultural adjustment and mental health of refugees, and guides the ESOL teacher to be a link between the student and the network of other services available. It is in three parts. The first section describes the basic concepts of mental health as it relates to the refugee experience. The second part describes the connection between ESOL and mental health. And the third section offers specific classroom activities to encourage active listening, sharing, and processing of the students' journeys from their home cultures to their life here. In the back is a list of resources that includes individuals and organizations that address refugee mental health.

KEYWORDS: *Advocacy, Cross-cultural Communication, ESOL, Immigrants, Literacy Education*

■ Cultural Awareness Teaching Techniques

Gaston, Jan
Pro Lingua Associates, 1984

Pro Lingua Associates
P.O. Box 1348
Brattleboro, VT 05302

Hotline (800) 366-4775
PHONE (802) 257-7779
FAX (802) 257-5117
E-MAIL ProLingua@sover.net
WEB <http://www.ProLinguaAssociates.com>

ISBN 0-86647-010-7; \$14

This 90-page book is for language teachers, specifically ESOL teachers, who want to teach cultural awareness in a multicultural classroom. It outlines 20 teaching techniques, or lessons, which encompass the “intercultural adjustment skills” that bring us through four stages leading to cultural awareness. The four stages are: Recognition (non-judgmental observation), Acceptance/Rejection (coping with ambiguity), Integration/Ethnocentrism (empathizing,) and Transcendence (respecting.) Each lesson is based on experiential learning, and includes objectives, procedure, and synthesis.

KEYWORDS: *Cross-cultural Communication, ESOL*

■ Food for the Body and Mind

Voss, Cameron
Lutheran Settlement House Women’s Program, 1993

Lutheran Settlement House Women’s Program
1340 Frankford Avenue
Philadelphia, PA 19125

PHONE (215) 426-8610
FAX (215) 426-0581
E-MAIL luthersh@libertynet.org

Cost \$12

This 126-page curriculum guide is designed to teach basic nutrition in adult education classes. It includes a bibliography, a nutrition quiz, four curriculum chapters, and a collection of healthy recipes for different cultures. Each curriculum chapter contains pre-reading questions, student writings, a narrative section, comprehension questions, classroom activities, and writing assignments. The topics covered in the chapters include digestion, health and disease, components of food and the food pyramid, tips on shopping, cooking,

eating out, food fads, and guidelines for good nutrition. It was field-tested in adult education classes and found to be most useful with students who read at a fourth-grade level or higher.

KEYWORDS: *ESOL, Literacy Education, Nutrition, Recipes*

■ Health Literacy Curriculum

El Paso Community College, 1999

Community Education Program/El Paso Community College
P.O. Box 20500
El Paso, TX 79998

PHONE (915) 831-4176
E-MAIL andresm@epcc.edu

The Education Program at El Paso Community College developed this health curriculum with support from the Pfizer Health Literacy Grants Program. The curriculum focuses on issues relevant to the local community, and uses locally available health education materials. The lesson plans are participatory and include activities for reading, writing, critical thinking, and taking action. It can be used as is or as a model for developing your own curriculum based on your community's needs and resources. Some of the activities involve research on disease rates for different ethnic groups. The handouts and some of the vocabulary are in Spanish and English. Topics include diabetes, breast health, menopause, lead poisoning, and nutrition.

KEYWORDS: *Cancer, Diabetes, Environmental Health, ESOL, Literacy Education, Nutrition, Recipes, Women's Health*

■ Health and Safety Training Kits: Protecting Workers From Job Hazards and How Chemicals Affect the Body

Labor Occupational Health Program; University of California Southwest Network for Environmental and Economic Justice, 1996

Labor Occupational Health Program (LOHP)
2223 Fulton Street, 4th Floor
Berkeley, CA 94720-5120

PHONE (510) 642-5507
FAX (510) 643-5698
WEB <http://www.lohp.org>

Cost \$20

These "training kits" have all the information needed to present basic information on occupational health and safety and are available in English, Spanish, Chinese, and Korean. There are two parts: *A Trainer's Guide to Protecting Workers from Job Hazards* and

A Trainer's Guide to How Chemicals Affect the Body. Each guide, intended for a training session of one to two hours, includes lesson plans, classroom activities, and reproducible fact sheets to use as handouts. There is a section on Training Tips that addresses issues of cultural and literacy sensitivity, involving the learner, and assessing the needs of the audience among other things. The sessions are designed to be participatory and adaptable to diverse community and occupational settings. *A Trainer's Guide to Protecting Workers from Job Hazards* has activities to identify hazards on the job, develop a risk map of your workplace, and think about how to control the hazards. There is also more detailed discussion of different types of hazards and use of protective equipment. *A Trainer's Guide to How Chemicals Affect the Body* covers how chemicals enter the body, acute and chronic health effects, risk factors for getting sick from chemicals, how the chemicals affect your health, and how to control the health effects of various chemicals.

KEYWORDS: *Environmental Health, Occupational Health and Safety*

■ **Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy**

Weinstein, Gail
Delta Systems, 1999

Delta Systems
1400 Miller Parkway
McHenry, IL 60050

PHONE (800) 323-8270
FAX (815) 363-2948
WEB <http://www.delta-systems.com>

ISBN 1-887744-21-5; \$16.95

This 88-page guide outlines a model for creating curricula that are truly based on the lives of the learners. It explains how to use directed listening to elicit a learner-generated text, and then how to transform the text into lessons and eventually thematic units. Teachers who used the method to develop curricula in this way describe six examples of the process. Some are of health-related curricula, including one class that developed a breast cancer thematic unit by working with the Breast Cancer Oral History Project. It tells how the students learned to research a health topic in their community and then how to take action for their own health. There are also examples of the lessons that were developed to learn English in the context of the theme. There is a video available for \$29.95 showing classes and programs in action.

KEYWORDS: *Cross-cultural Communication, ESOL, Immigrants, Literacy Education, Women's Health*

■ **Protect Yourself From Pesticides: A Guide For Pesticide Handlers/
Protéjase de los pesticidas: guía para los que manejan pesticidas**

Environmental Protection Agency; U.S. Department of Agriculture Extension Service, 1993

Certificate and Worker Protection Branch
Office of Pesticide Programs
Environmental Protection Agency (EPA)
Mail Code 7506C
1200 Pennsylvania Ave., N.W.
Washington, D.C. 20460

PHONE (703) 305-7666

Free

Available in English or Spanish, this 101-page handbook is an official EPA curriculum for training of pesticide handlers. It presents the information which is required by the EPA Worker Protections Standard (WPS). There are 10 units which include information about pesticide exposure, poisoning, first aid, health effects, protective equipment, and the labeling, storing, cleaning, and disposing of pesticides. Each unit has objectives, opening questions, a short passage with factual information, and questions for review and discussion. The type is large, the writing is moderately simple, and there are lots of pictures and white space. At the end, there are suggested responses to the discussion questions in all units, an overview of pesticide regulation, notes for trainers, official information about the WPS protections, and a list of regional EPA offices.

KEYWORDS: *Agricultural Laborers, Environmental Health, Men's Health, Occupational Health and Safety*

■ **Reduce Reuse Recycle: ESL Textbook/Workbook**

Multi-Cultural Educational Services, 1998

Minnesota Office of Environmental Assistance
520 Lafayette Road, North, Second Floor
St. Paul, MN 55155-4100

PHONE (651) 215-0232

WEB <http://www.moea.state.mn.us>

Free; also available to download at <http://www.mcedservices.com>

This 103-page workbook is for teaching low-level ESL students about reducing environmental waste. There are simple descriptions, simple narratives, charts, dialogue activities, and lots of grammar and comprehension exercises. This material is geared toward adults

learning about the environment in the context of learning basic English. The workbook has large print and lots of photographs. The 11 chapters cover recycling in your community, reusing household items, shopping to reduce waste, recognizing and disposing hazardous waste, and how to find more information. This workbook comes in three multilingual versions that you can choose according to your mix of students. The key vocabulary words in each chapter are translated into six languages, which differ depending on the version. The versions are: Cambodian/Khmer, Chinese, Hmong, Lao, Korean, and Vietnamese; or Spanish, Somali, Farsi, Arabic, Russian, Bosnian; or Spanish, Russian, Bosnian, Somali, Hmong, and Vietnamese.

KEYWORDS: *Environmental Health, ESOL*

■ **Toxics on the Job: Protecting Your Health**

California Public Health Foundation; Labor Occupational Health Program, 1992

Labor Occupational Health Program (LOHP)
2223 Fulton Street, 4th Floor
Berkeley, CA 94720-5120

PHONE (510) 642-5507
FAX (510) 643-5698
WEB <http://www.lohp.org>

Cost \$6

This 63-page instructor's manual is a curriculum for training workers about toxic chemicals and tobacco in the workplace. It can be used on its own or with the booklet: *Workers' Guide to Toxics on the Job*. (See listing in *Fact Books, Readers and Stories* section.) It has a participatory format and can be adapted to a variety of workplaces. The curriculum contains four units that each take 30-50 minutes. Each unit includes objectives, a planning guide, discussion points, and step-by-step instructions for the activities and exercises. The units are: Threats to Your Health on the Job; Investigating Chemical Hazards at Work; How to Make the Job Safer; and An Action Plan. Reproducible handouts are included, with trade-specific versions for the following trades: welding, construction, collision repair, and machining. The material teaches workers the facts about toxic chemicals, tobacco smoke, and other workplace hazards; but, the real focus is on training workers to investigate their workplace and become advocates for improving the safety of their working environment.

KEYWORDS: *Advocacy, Environmental Health, Men's Health, Occupational Health and Safety*

■ **What the Health! A Literacy and Health Resource for Youth**

Canadian Public Health Association's National Literacy and Health Program, 2000

Canadian Public Health Association
1565 Carling Avenue, Suite 400
Ottawa, ON K1Z 8R1
Canada

PHONE (613) 725-3769
FAX (613) 725-9826
E-MAIL comm@cpha.ca
WEB <http://www.pls.cpha.ca>

Cost \$9.95

This 214-page curriculum consists of 10 health lessons with exercises that focus on comprehension, literacy, and taking action. Each lesson includes the following elements, which form the acronym, H.E.A.L.T.H.: Highlight: a short story highlighting the health topic; Explain: comprehension questions about the story; Analyze: questions to generate discussion and strategies for action; Learn: grammar, spelling, and comprehension questions; Try: writing exercises, role plays, and resource-mapping activities; and Help: easy-to-read fact sheets on the health topic. The curriculum is teen-oriented because it was developed for youth in Canada, and the topics and stories reflect the issues identified by teens as relevant. The format is participatory and most topics could be adapted for low-literacy adults as well. Each chapter includes lists of Websites, hotlines, and other resources for more information on the topic. The topics covered are: feelings, safer sex, self-esteem, drug abuse, drinking, smoking, living environments, prejudice, homelessness, and healthy eating. At the end, there are tips for working with youth who have low literacy skills, and promoting health among youth. This will soon be available in French under the name *Ma santé, je m'en OCCUPE!*

KEYWORDS: *Literacy Education, Substance Abuse, Tobacco Education, Young Adults*

VIDEOS AND AUDIOCASSETTES

This section lists health education videos and audiocassettes that address different cultures or present a health topic in languages other than English. *Other*

Colors: Stories of Women Immigrants is listed here because it is a unique resource that includes an audiocassette with interviews of immigrant women.

■ Accessing Health Care

Anoka County Community Health and Environmental Services; Multi-Cultural Educational Services, 1998

Multi-Cultural Educational Services
832 104th Lane NW
Coon Rapids, MN 55433

PHONE (763) 767-7786
E-MAIL larue@pro-ns.net
WEB <http://www.mcedservices.com>

Cost \$4

This 29-page booklet is available in two multilingual versions: English/Spanish/Nuer and English/Bosnian/Russian. It explains how to decide if you need emergency care or not; how to schedule a medical appointment; what kind of questions to ask the doctor or pharmacist; and options for transportation to the hospital or clinic. The information is very basic, and there is large print, plenty of white space, and lots of photographs. The English is moderately easy-to-read. Audiocassettes are also available, which have the text read aloud in English and Nuer.

KEYWORDS: *Cross-cultural Communication, Health Care Access*

■ De Corazón a Corazón: Guía Bilingüe Para Organizar Una Charla/ From Heart to Heart: A Bilingual Group Discussion Guide

National Heart, Lung, and Blood Institute; Office of Research on Minority Health; 1997

National Heart, Lung, and Blood Institute (NHLBI) Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

PHONE (301) 592-8573
FAX (301) 592-8563

Publication # 97-4050, Cost \$8

This set includes a bilingual video and discussion guide which can be adapted to a variety of settings, from classroom to community forum. It is a step-by-step outline for planning and conducting an educational discussion, or "charla," about heart health. Designed for the Latino community, it can be used by English or Spanish-speaking teachers or volunteer leaders to educate communities about how to reduce risk of heart disease by making

healthy lifestyle changes. The one and a half-hour discussion includes a 25-minute video presentation called *For the Love of your Heart*. The guide covers how to plan and promote the discussion in your community; an outline for how to present the information; background information; specific facts about heart disease and its prevention; and answers to commonly asked questions. There is also a description of how to organize a heart-healthy food demonstration as an extra activity. There are reproducible handouts, which include a promotional flyer, evaluation forms, and nine easy-to-read factual handouts for the participants. The handouts have lots of pictures, big print, and plenty of white space. This set could easily be used with ESOL classes or people with low literacy skills.

KEYWORDS: *Cardiovascular Disease, Nutrition*

■ **Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy**

Weinstein, Gail

Delta Systems, 1999

Delta Systems
1400 Miller Parkway
McHenry, IL 60050

PHONE (800) 323-8270

FAX (815) 363-2948

WEB <http://www.delta-systems.com>

ISBN 1-887744-21-5; \$16.95

This 88-page guide outlines a model for creating curricula that are truly based on the lives of the learners. It explains how to use directed listening to elicit a learner-generated text, and then how to transform the text into lessons and eventually thematic units. Teachers who used the method to develop curricula in this way describe six examples of the process. Some are of health-related curricula, including one class that developed a breast cancer thematic unit by working with the Breast Cancer Oral History Project. It tells how the students learned to research a health topic in their community and then how to take action for their own health. There are also examples of the lessons that were developed to learn English in the context of the theme. There is a video available for \$29.95 showing classes and programs in action.

KEYWORDS: *Cross-cultural Communication, ESOL, Immigrants, Literacy Education, Women's Health*

■ **Other Colors: Stories of Women Immigrants**

Martin, Rachel: Teacher's Guide, 1996
Schreiber, Tatiana: Radio Project, 1994

Other Colors Project
P.O. Box 4190
Albuquerque, NM 87196

PHONE (505) 265-3405

Cost \$20 for individuals; \$35 for institutions

This set includes two audiocassettes and a teacher's guide. The cassettes have excerpts from interviews of women immigrants from a variety of countries. Health is touched on occasionally in the stories. The first cassette has two parts, "No Time for Home" and "Here, Everything is Different." The second cassette includes discussions of domestic violence; mothers and daughters; employment; lesbian immigrants; and race, color and identity. The teacher's guide includes suggestions for activities to use before, during, and after listening to the tapes. The activities are writing and processing exercises that provoke thoughtful discussion and can be adapted to ESOL, ABE, or college-level classes. The Teacher's Guide includes sections on Facilitating Rich Discussions, and Notes on the Uses of Writing, as well as suggested readings.

KEYWORDS: *Cross-cultural Communication, ESOL, Immigrants, Literacy Education, Women's Health*

■ **Safety for Babies and Children**

Anoka County Community Health and Environmental Services; Multi-Cultural Educational Services, 1998

Multi-Cultural Educational Services
832 104th Lane NW
Coon Rapids, MN 55433

PHONE (763) 767-7786
E-MAIL larue@pro-ns.net
WEB <http://www.mcedservices.com>

Cost \$4

This booklet is available in four multilingual versions: English/Nuer, English/Russian/Spanish, English/Bosnian/Arabic/Somali, and English/Laotian/Vietnamese/Hmong. It gives brief tips on child safety, including choking hazards, childproofing your house, water safety, sports safety, and using car seats. The information is very basic, and the language (in English) is very simple, making it appropriate for people with very low literacy skills. Each tip has a photograph next to it. The booklet has 26 pages. Audiocassettes are also available, which have the text read aloud in English, Somali, and Nuer.

KEYWORDS: *Children's Health*

■ **Taking Control of Your Health: The Pap Test and Cervical Cancer
An Intertribal Video on the Early Detection of Cervical Cancer for American
Indian Women**

The National Cancer Institute; Nebraska Department of Health, 1992

National Cancer Institute (NCI)
Office of Cancer Communications
Building 31, Room 10A03
31 Center Drive MSC 2580
Bethesda, MD 20892-2580

PHONE (800) 4-CANCER or (800) 422-6237

WEB http://rex.nci.nih.gov/INTRFCE_GIFS/INFO_PATS_INTR.htm

Free

Produced for and by Native American women, this nine-minute video gives basic facts about cervical cancer and Pap tests. Viewers follow a Native American woman as she goes to the clinic and gets a Pap test. The language is simple and clear, talking about who should get Pap tests, how often, and what exactly happens when you go to the clinic. A Native American doctor also gives some tips on how to relax during the test. The video comes with a booklet that gives more facts about cervical cancer, ideas on how to use the video as a teaching tool in your community, and practical advice on working with media.

KEYWORDS: *Cancer, Health Care Access, Native Americans/Alaska Natives, Women's Health*

■ **VIH, el embarazo y AZT: Su salud, su bebé, su decisión
(HIV, Pregnancy and AZT: Your Health, Your Baby, Your Decision)**

Health Resources and Services Administration (HRSA), 1995

HIV/AIDS Treatment Information Service
P.O. Box 6303
Rockville, MD 20849

PHONE (800) 448-0440

Free

This 10-minute Spanish video tells the story of four mothers who were HIV positive during their pregnancies, and made the decision about whether to take AZT to lower the risk of transmitting the virus to their babies. The mothers, who are African American, Hispanic, and white, speak frankly about their decisions. The narrative explains AZT briefly, but the video is mainly the women's stories in their own words. It is frank and open, and could be used in a classroom or community presentation to generate discussion.

KEYWORDS: *HIV/AIDS, Maternal and Child Health, Women's Health*

WEBSITES

The Internet has an endless number of possibilities for finding information. There is also an increasing number of Web materials in languages other than English. The sites listed in this section are good starting points, but they will undoubtedly lead you to many more materials about culture, health, and literacy. We encourage you to spend some time searching the Web for materials that suit the specific needs of your

clients, your students, or yourselves. It is quite likely that you will find what you need!

Websites often change in their content, scope, and even existence. If you have trouble finding a site, try looking up the organizational contact information (phone number and mailing address) in the *Organizations and Agencies* section.

■ Association of Asian Pacific Community Health Organizations (AAPCHO)

<http://www.aapcho.org>

AAPCHO is an organization dedicated to improving the health status of Asians and Pacific Islanders in the U.S. Their programs work to improve the quality and accessibility of comprehensive health services, and to make those services culturally and linguistically appropriate. From the homepage you can find information about AAPCHO's programs, products, and publications. There is also an extensive list of links to other health-related organizations, including small, community-based programs, which serve Asians and Pacific Islanders. Click on Products and Publications to find a list of health education materials. You can search by topic, date of publication, format, or language. The materials include: fact sheets, posters, buttons, booklets and videos. The languages include: Cambodian/Khmer, Cantonese, English, Hmong, Korean, Lao, Mandarin, Mien, Samoan, Tagalog, and Vietnamese.

KEYWORDS: *Asian Americans, Cross-cultural Communication, Health Care Access*

■ Boston Chinatown Neighborhood Center

<http://www2.wgbh.org/MBCWEIS/LTC/QSCC/>

An ESOL class at the Boston Chinatown Neighborhood Center created this site, with help from their teacher. From the home page, click on Adult ESL Program to find HELP, the Health Education Literacy Project, student writings, or students' home pages. Click on "HELP" to view the impressive results of an intensive health project that the students undertook. It includes stories about seat belt use, lead poisoning, and asthma, each with easy-to-read versions, vocabulary translated into Chinese, and a full Chinese translation. There is also a write-up of practical information about health care and health care access for new immigrants. This includes students' stories about seeing the doctor, information from the Asian Information and Referral Hotline, and a sample application for free health care, filled out in Chinese.

KEYWORDS: *Asian Americans, ESOL, Health Care Access*

■ Cross Cultural Health Care Program (CCHCP)

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

CCHCP is a Seattle-based organization dedicated to improving health care access for ethnic minorities. They collaborate with minority communities, train health care providers and interpreters, and develop publications for educating health care providers about the minority populations they serve. From the home page, you can access information about CCHCP news, books and resources, training programs, interpreter services, translation services, and research programs. If you click on Books and Resources, then Our Products, you will find CCHCP's Community Profile Series. This is a series of 20–30 page profiles of different ethnic communities and includes information on their history, immigration history, and concepts of health care and medicine. These profiles can be purchased for \$10 each and are available for Cambodian, Chinese, Filipino, Hmong, Japanese, and Vietnamese populations. They are working on new profiles, so other populations may be available soon. Six-page versions of these profiles can be downloaded for free. These smaller profiles are available for the following communities: Arab, Cambodian, Ethiopian, Eritrean, Lao, Mien, Oromo, Samoan, Somali, South Asian, Ukrainian, and Soviet-Jewish.

KEYWORDS: *Asian Americans, Cross-cultural Communication, Health Care Access, Materials Development, Research Projects*

■ Current Bibliographies in Medicine/Health Literacy

National Library of Medicine Database

<http://www.nlm.nih.gov/pubs/cbm/hliteracy.html>

The National Library of Medicine Database has a huge amount of background information about health literacy. From the homepage you can read about strategies in health literacy, tactics for educational programs, readability formulas, special populations, client communication, and ideas about cultural competency, among other things. From here you can search for bibliographies of journal articles about a wide variety of topics.

KEYWORDS: *Cross-cultural Communication, Literacy Education, Readability Formulas, Research Projects*

■ Diversity Rx

<http://www.diversityrx.org>

Diversity Rx is a clearinghouse of information about meeting the health care needs of multicultural populations. From the home page, you can find demographics, statistics,

and information on the importance of language and culture in the health field. Most of the information is theoretical background on the policy-making side of health care. Topics covered include: cultural competency of health care professionals, language and cultural barriers to health care access, translation of written materials, and legal rights.

KEYWORDS: *Advocacy, Cross-cultural Communication, Demographics, Health Care Access, Materials Development*

■ **Ethnic Health Resource List**

Ethnic Health Improvement Project; Utah Department of Health

<http://www.health.state.ut.us/ethnic/>

This resource list was compiled by the Ethnic Health Improvement Project within the Utah Department of Public Health. It was last revised in 1997. Click on "Pamphlet List" for a huge listing of health education materials, mostly pamphlets or small booklets, that are available in languages other than English. Each entry includes the title, the languages in which it is available, and the contact information for ordering the material. You can go directly to <http://hlunix.hl.state.ut.us/hrm/ethnic/language.html> for a listing of materials by language. The languages available are: Cambodian, Chinese, Korean, Hmong, Laotian, Russian, Samoan, Spanish, Tagalog, Thai, Tongan, and Vietnamese.

KEYWORDS: *Asian Americans, Latin Americans*

■ **Health Education and Adult Literacy: Breast and Cervical Cancer (HEAL:BCC)**

World Education

<http://www.worlded.org/us/health/heal/>

The HEAL:BCC project is designed to introduce the topic of breast and cervical cancer early detection and screening in adult basic education (ABE) and English for speakers of other languages (ESOL) classrooms while at the same time supporting learners' goals of strengthening their reading, writing and oral presentation skills. The HEAL:BCC Website provides background information, classroom materials, Web resources, and an on-line newsletter. HEAL:BCC is a project of World Education with support from the Centers for Disease Control and Prevention.

KEYWORDS: *Cancer, ESOL, Literacy Education, Worker's Health*

■ Multicultural Web Links

<http://www.isomedia.com/homes/jmele/mcultlink.html>

This site is a list of Web links to many other sites. There are two sections: Educational Links and Multicultural Links. The Educational Links include sites by and for teachers of ESL, K-12 and beyond. The Multicultural Links include multicultural publishers, ethnic organizations, and a variety of unique Websites dedicated to a range of culture-related topics. There is no focus on health specifically, but there are enough interesting sites related to culture and education that it is worth listing here.

KEYWORDS: *Cross-cultural Communication, ESOL, Literacy Education*

■ Multilingual Health Education Net

British Columbia Ministry of Health; Department of Canadian Heritage; Vancouver Foundation; and Partner Agencies

http://www.healthtrans.org/cgi-bin/doc_user.exe

This site grew out of a demonstration project called Translated Materials in HealthCare, whose goal was to improve the standards and procedures for translating patient education materials. It is funded by the British Columbia Ministry of Health; the Department of Canadian Heritage; the Vancouver Foundation; and Partner Agencies. From the home page you can go to sections about the background, standards, other resources, feedback, or a bulletin board. You can also find listings of translated health materials by health category, agency, or language. When you find a specific material, you can download the whole text, or find contact information for the agency that developed the brochure. The languages available are: Chinese, Farsi (Persian), Hindi, Korean, Somali, Vietnamese, English, French, Italian, Punjabi, and Spanish. The offerings include mostly short brochures about a wide variety of specific medical conditions and procedures. Each listing tells the reading level in the English translation. For the non-English translations, it tells whether it has been proofread by a professional translator, tested with members of the target population, reviewed by a health care practitioner, and more.

KEYWORDS: *Asian Americans, Latin Americans*

■ National Cancer Institute (NCI)

http://rex.nci.nih.gov/INTRFCE_GIFS/INFO_PATS_INTR.htm

This site comes from NCI and contains information for the public. From the homepage, you can find information on prevention, early detection, genetic testing, or education resources. There is also a glossary and an index of cancer facts. This site could be used in a classroom if you are working with computers. To access health education materials, you can go to the Publication Index and choose publications in these categories: Easy-to-read,

Health Communicators, Spanish, and Special Populations, among other choices. The publications can be downloaded or ordered in print.

KEYWORDS: *Cancer, Research Projects*

■ National Institutes of Health (NIH)

<http://www.nih.gov>

This is the official site of NIH, which is a division of the U.S. Department of Health and Human Services. They oversee a multitude of Institutes, each one dedicated to a particular disease or group of diseases. From the home page, you can find out all about the NIH, including health information, news and events, grants and funding opportunities, and scientific resources. Click on Health Information and then Publications for a complete listing of all NIH consumer health information materials. From there, you can search by health topic or specific Institute. For an entire list of publications in Spanish, go to the bottom of the page and click on Información en Español. Each publication can be downloaded or ordered as a print material.

KEYWORDS: *Research Projects*

■ Native C.I.R.C.L.E. (Cancer Information Resource Center and Learning Exchange)

<http://www.mayo.edu/nativecircle>

Native C.I.R.C.L.E. is a resource center that provides cancer-related health information to those involved with the education or health care needs of Native Americans and Alaska Natives. From the home page you can find information about them, a list of resources, or a bibliography. The resources include brochures, cancer control materials, videos, a bibliography, and direct links to other cancer-related or Native American Websites. The brochures and other materials can be ordered and are usually free.

KEYWORDS: *Cancer, Native Americans/Alaska Natives, Oral History*

■ Non-English Language & Health Literacy Resources

Consumer Health Reference Center; Treadwell Library at Massachusetts General Hospital

<http://www.mgh.harvard.edu/library/chrc/noneng.html>

This Website is a service of the Consumer Health Reference Center at the Treadwell Library at Massachusetts General Hospital. The Web address listed here brings you to a list of resources for multicultural health education. It includes sources of health education materials in different languages and ethnic health organizations.

KEYWORDS: *Asian Americans, Latin Americans*

■ System for Adult Basic Education Support (SABES)

World Education

<http://www.sabes.org>

SABES is an organization that provides technical support and comprehensive training to adult literacy educators in Massachusetts. They also act as a resource center for materials. Their Website includes a health page with lots of practical information about addressing health issues in adult literacy classrooms. There are health curricula, student-generated materials, guides and models for integrating health and literacy education, and information about fostering health collaborations and encouraging student leadership. The publications, which can be downloaded, include student-created health booklets and curricula developed by student Health Action Teams. There are also numerous links to other sites relating to literacy, health, and student action.

KEYWORDS: *Advocacy, ESOL, Literacy Education*

■ Transcultural and Multicultural Health Links

Indiana University

<http://www.lib.iun.indiana.edu/trannurs.htm>

Compiled by Ellen Bosman at the Indiana University Library, this site lists resources for multicultural health information and includes links to other sites. You can search under General Resources to find the following multicultural resources: health profiles, government offices, essays and surveys, bibliographies, methods, news groups, related links, and Indiana University Library materials. These are background information resources and not direct health education brochures. You can also search by religious group, ethnic group, or special population. Religious groups include: Amish, Buddhist, Christian Science, Hindu, Islam, Jehovah Witness, Judaism, Mormon, Quaker, and Seventh Day Adventists. Ethnic groups: African American, Alaska Native, Asian and Pacific Islander, Chinese, Cambodian, Hispanic, Hmong, Indian, Japanese, Korean, Native American, Thai, Tibetan, and Vietnamese. Special populations include: women, and gay/lesbian/bisexual.

KEYWORDS: *African Americans, Asian Americans, Latin Americans, Native Americans/Alaska Native, Religious Orientation, Research Projects*

■ **United States Pharmacopeial Convention, Inc. (USP)**

<http://www.usp.org/information/programs/pgrams/index.htm>

USP is an organization which works to maintain high standards of medicine quality and use. The home page leads to information about drug standards, drug information, dietary supplements, practitioner reporting, veterinary medicine, and products. They have an interesting product called USP Pictograms, which can be found by entering the keyword Pictograms in the search space. The Pictograms are very simple pictures, which supplement the instructions on how to take medicines. They could be useful for teaching about medicine use with low-literate or non-literate populations. They can be downloaded for free after filling out a licensing agreement.

KEYWORDS: *Medicine Use*

ORGANIZATIONS AND AGENCIES

Listed in this section are organizations and agencies that support cross-cultural understanding or produce materials for multicultural audiences. All the organizations

and agencies listed here have materials or Websites described earlier in this guide. We include contact information as well as a description of the services they offer.

■ Aprendo Press

P.O. Box 51392
Durham, NC 27717

PHONE (919) 361-1857
FAX (919) 361-2284
E-MAIL sauger@mindspring.com
WEB <http://www.Aprendopress.com>

Aprendo Press is a new company dedicated to bridging language and cultural barriers in health education. They develop innovative health education materials that are easy-to-read and culturally appropriate. All materials are field tested and offered at low cost. They are especially concerned with the literacy barrier, and specialize in publishing materials that allow us to “teach with stories.” Their materials are perfect for use in literacy and ESOL classes.

■ Bull Publishing Company

P.O. Box 208
Palo Alto, CA 94302-0208

PHONE (800) 676-2855 or (650) 322-2855
FAX (650) 327-3300
E-MAIL bullpublishing@email.msn.com
WEB <http://www.bullpub.com>

Bull Publishing is a family-run publishing company that specializes in readable health and nutrition books. It offers books that are generally written at no more than an eighth- or ninth-grade reading level and publishes books on child health care, health management, self-help, and women’s health.

■ Canadian Public Health Association

1565 Carling Avenue, Suite 400
Ottawa, ON K1Z 8R1
Canada

PHONE (163) 725-3769
FAX (613) 725-9826
E-MAIL comm@cpha.ca
WEB <http://www.pls.cpha.ca>

The Canadian Public Health Association has been involved in several projects relating to health and literacy. It now supports the National Literacy and Health Program (NLHP),

a partnership of health associations working to raise awareness about the links between literacy and health. It also provides resources to help health professionals better serve people with low-literacy skills.

■ **Channing L. Bete Co., Inc**

200 State Road
South Deerfield, MA 01373

PHONE (800) 628-7733
FAX (800) 499-6464
WEB <http://www.channing-bete.com>

Channing L. Bete is a publishing company that produces easy-to-read health education materials on a wide range of health topics. Its booklets have been tested with adults who read below a seventh-grade reading level; the formats always have large print and lots of pictures and white space. Many titles are available in Spanish. The company can also arrange for translation and printing of their materials in languages other than English or Spanish if you order a minimum of 5,000 copies.

■ **Center for Substance Abuse Prevention (CSAP)**

7200 Wisconsin Avenue, Suite 500
Bethesda, MD 20814-4820

PHONE (301) 941-8500

CSAP is a division of the Substance Abuse and Mental Health Services Administration. It promotes substance abuse prevention through education and training and offers an extensive list of publications aimed at helping programs address this topic to various populations and communities. Publications include bulletins on sending culturally appropriate messages, resource guides for finding materials in different languages, and materials in Spanish.

■ **Cross Cultural Health Care Program (CCHCP)**

1200 12th Avenue, South
Seattle, WA 98144

PHONE (206) 621-4161
WEB <http://www.xculture.org/>

The CCHCP is a Seattle-based organization dedicated to improving health care access for ethnic minorities. It collaborates with minority communities, trains health care providers and interpreters, and develops publications for educating health care providers about the minority populations they serve.

■ **Healthy Mothers, Healthy Babies Coalition of Washington State**

300 Elliott Avenue West, Suite 300
Seattle, WA 98119-4118

PHONE (206) 284-2465 or (800) 322-2588
FAX (206) 270-8891

Healthy Mothers, Healthy Babies Coalition of Washington State is a private, nonprofit organization dedicated to enhancing the health of women, infants, and children through education. Its services include a toll-free information and referral line, distribution of free and low-cost educational materials, and advocacy aimed at decreasing barriers to health care access. It also has a variety of other statewide services for women and infants in the state of Washington.

■ **“IAQ-INFO” Indoor Air Quality Information Clearinghouse**

P.O. Box 37133
Washington, DC 20013-7133

PHONE (800) 438-4318 or (703) 356-4020
FAX (703) 356-5386
E-MAIL iaqinfo@aol.com;
WEB <http://www.epa.gov/iaq>

This clearinghouse is a service of the U.S. Environmental Protection Agency. It provides free educational materials related to indoor air quality, environmental tobacco smoke, and other pollutants. Many publications are available in Spanish, and a few are available in Chinese, Korean, and Vietnamese. Some materials can be downloaded from the Web, but all can be ordered in print.

■ **Intercultural Press**

P.O. Box 700
Yarmouth, ME 04096

PHONE (207) 846-5168 or (800) 370-2665
FAX (207) 846-5181
E-MAIL books@interculturalpress.com
WEB <http://www.interculturalpress.com>

Intercultural Press is a publishing company that specializes in books, simulations, and other training materials related to cross-cultural communication. Its materials are designed for anyone who interacts with people from other cultures, including trainers, educators, business people, expatriates, and travelers. You can order their catalogue or download it from their Website.

■ **Labor Occupational Health Program (LOHP)**

2223 Fulton Street, 4th Floor
Berkeley, CA 94720-5120

PHONE (510) 642-5507
FAX (510) 643-5698
WEB <http://www.lohp.org>

LOHP is a community outreach arm of the School of Public Health at the University of California, Berkeley. It provides technical assistance, training, and education relating to health and safety in the workplace and publishes and sells educational materials on a variety of health and safety topics.

■ **Lutheran Settlement House Women's Program**

1340 Frankford Avenue
Philadelphia, PA 19125

PHONE (215) 426-8610
FAX (215) 426-0581
E-MAIL luthersh@libertynet.org

Lutheran Settlement House is a community education and empowerment center. Its programs include adult education, youth after school, meals for seniors, and bilingual domestic violence counseling. The adult education center has produced a number of adult literacy curricula which are available at low cost. Some of the curricula focus on health issues, and incorporate student writings about health.

■ **Massachusetts Tobacco Education Clearinghouse (MTEC)**

JSI Research and Training Institute, Inc.
44 Farnsworth Street
Boston, MA 02210-1211

PHONE (617) 428-9485
FAX (617) 482-0617
E-MAIL mtec@jsi.com

MTEC develops and distributes tobacco education materials and provides technical assistance to local tobacco control programs. All materials are free or low-cost. Their catalogue includes easy-to-read English materials and materials in 10 different languages: Albanian, Bosnian, Cambodian, Chinese, Haitian Creole, Portuguese, Russian, Spanish, and Vietnamese. They will soon have a Website, which will allow you to find and order materials online.

■ Multi-Cultural Educational Services

832 104th Lane NW
Coon Rapids, MN 55433

PHONE (612) 767-7786
E-MAIL larue@pro-ns.net
WEB <http://www.mcedservices.com>

Multi-Cultural Educational Services translates, publishes, and distributes educational materials and information for refugees and immigrants who are not yet proficient in English. Its publications include simple health booklets and teaching materials that are available in several versions, each one including a few different language translations.

■ National Cancer Institute (NCI)

Office of Cancer Communications
Building 31, Room 10A03
31 Center Drive MSC 2580
Bethesda, MD 20892-2580

PHONE (800) 4-CANCER or (800) 422-6237
WEB http://rex.nci.nih.gov/INTRFACE_GIFS/INFO_PATS_INTR.htm

NCI is one of the largest institutes within the National Institutes of Health. It conducts extensive cancer research and education efforts and has a toll-free cancer information line which can provide you with cancer-related information, or lead you to cancer education materials. They have a large Website and publications list, with separate sections for materials that are easy-to-read, available in Spanish, or targeted to other special populations. Materials can be ordered for free or downloaded from their Website.

■ National Clearinghouse for Alcohol and Drug Information (NCADI)

P.O. Box 2345
Rockville, MD 20847-2345

PHONE (800) 729-6686 or (301) 468-2600; Spanish line (877) 767-8432
FAX (301) 468-6433
TDD (800) 487-4889
E-MAIL info@health.org
WEB <http://www.health.org>

NCADI is a resource for information about substance abuse prevention and treatment. It distributes recent studies and surveys, as well as information for the general public. The materials available come from a wide variety of government agencies, and most are free or low-cost. There are English and Spanish-speaking staff who can help you find the information or materials that you need. You can order a catalogue of publications, or download many of them from the Website. NCADI is a service of the Substance Abuse and Mental Health Administration (SAMHSA).

■ **National Institute for Literacy (NIFL)**

1775 I Street, N.W., Suite 730
Washington, D.C., 20206-2401

PHONE (202) 233-2025
WEB <http://www.nifl.gov>

NIFL is a federal organization leading the national efforts towards a fully literate nation. NIFL is a resource for information about literacy initiatives and organizations at the state or national level. Its Website is a network of adult literacy information, resources, and communication. It encourages the integration of health education in ABE and ESOL classes and supports a Health and Literacy Special Collection of materials as part of their site.

■ **National Institutes of Health (NIH)**

9000 Rockville Pike
Building 31, Room 2B03
Editorial Operations Branch
Bethesda, MD 20892

PHONE (301) 496-4000 or (301) 496-4143
WEB <http://www.nih.gov>

The NIH is a group of government institutes, each dedicated to a group of diseases, disorders, or body systems. Each institute conducts and supports research on its respective diseases or body systems, and also disseminates public health information about them. They produce a large number of health education booklets on a range of health topics and distribute them for free. Many of their publications are available in easy-to-read or Spanish versions. Most individual Institutes within the NIH have their own Websites, but you can also visit the main NIH Website. Their entire publications list can be accessed online and the text of any publication can be downloaded. You can also find a Spanish version of the Website.

■ **Native C.I.R.C.L.E. (Cancer Information Resource Center and Learning Exchange)**

Charlton 6, Room 282
200 First Street S.W.
Rochester, MN 55905

PHONE (877) 372-1617
FAX (507) 538-0504
E-MAIL nativecircle@mayo.edu
WEB <http://www.mayo.edu/nativecircle>

Native C.I.R.C.L.E. is a resource center that provides cancer-related materials to health care professionals or educators who work with American Indians or Alaska Natives. It has an extensive list of educational materials that are targeted to American Indians and Alaska Natives and can be ordered free of charge. Materials include brochures, journals, books, and videos.

■ Office of Minority Health Resource Center (OMHRC)

P.O. Box 37337
Washington, DC 20013-7337

PHONE (800) 444-6472
FAX (301) 230-7198
TDD (301) 230-7199
E-MAIL info@omhrc.gov
WEB <http://www.omhrc.gov>

OMHRC provides print and Web-based information and resource listings for issues relating to minority health. It has an online database and offers free resource guides and newsletters aimed at helping health promotion programs tailor their outreach efforts to minority groups.

■ Oregon State University Extension Service

Oregon State University
422 Kerr Administration
Corvallis, OR 97331-2119

PHONE (541) 737-2513
FAX (541) 737-0817
EMAIL puborders@orst.edu
WEB <http://eesc.orst.edu>

Oregon State University Extension Service is the off-campus educational arm of Oregon State University. It offers educational programs in agriculture, forestry, 4-H youth, marine resources, community development, and energy. It also has a large publications catalogue that includes practical information booklets, fact sheets, and videos for free or low cost. Most publications relate to agriculture, but there are also some very unique topics on a variety of practical life skills. Topics include family and home, basic finances, emergency preparedness, food preparation and nutrition, and community development. The publications are not necessarily written at a low reading level, but there is a section of Spanish publications.

■ Pro Lingua Associates

P.O. Box 1348
Brattleboro, VT 05302

HOTLINE (800) 366-4775
PHONE (802) 257-7779
FAX (802) 257-5117
E-MAIL ProLingua@sover.net
WEB <http://www.ProLinguaAssociates.com>

Pro Lingua Associates is a small publishing company that produces a variety of language-teaching materials. It supports a participatory approach to learning; this is reflected in their selection of materials. Materials include books, readers, games, and activities for teachers

of basic literacy, ESOL, ABE, and elementary through high school classes. It has books that address cultural awareness and cultural orientation for both the teacher and learner. A catalogue is available in print and online.

■ **Spring Institute for International Studies**

1610 Emerson St.
Denver, CO 80218

PHONE (303) 863-0188
FAX (303) 863-0178
E-MAIL spring@springinstitute.org
WEB <http://www.springinstitute.com>

Spring Institute provides cross-cultural training workshops, English language instruction and support, and refugee assistance. Its English Language Training program provides technical assistance for English Language Training projects. It offers free publications for teachers about a variety of refugee and teaching issues.

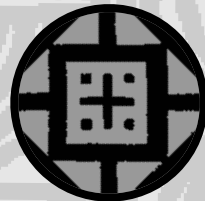
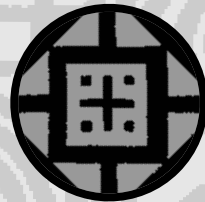
■ **World Education**

44 Farnsworth Street
Boston, MA 02210-1211

PHONE (617) 482-9485
FAX (617) 482-0617
E-MAIL wei@worlded.org
WEB <http://www.worlded.org>

World Education provides technical assistance and support to adult literacy education programs locally and around the world. The organization has been interested in the connection between health and literacy for many years. Its Literacy and Health Initiative coordinates projects that support teachers and learners to incorporate learning about health in their classes and in their lives.

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