



MARYLAND Department of Health

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary

Minority Health and Health Disparities Minority Outreach and Technical Assistance Best Practices Tool Kit

1. Obesity

- A. A Walkways- program for be smart, be fit Maryland- link to walking program and other eating programs in Maryland: <https://eatsmart.umd.edu/resources/curricula/walkways>
- B. Healthy eating and physical activity: https://health.gov/dietaryguidelines/workshops/DGA_Workshops_Complete.pdf
- C. C. We Can!: <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/leadersguide.pdf>
- D. Used in Montgomery County, MD: <https://www.nhlbi.nih.gov/health/educational/wecan/partner-with-us/montco.htm>
- E. D. Healthy eating on a budget: <https://eatsmart.umd.edu/resources/curricula/healthy-cents>

2. Asthma

- A. <https://www.nhlbi.nih.gov/health/educational/healthdisp/start-a-program.htm>
- B. <https://catalog.nhlbi.nih.gov/sites/default/files/publicationfiles/14-7952.pdf>
- C. <http://www.aafa.org/page/asthma-allergy-education-programs-teach-patients.aspx>
- D. http://www.lung.org/local-content/_content-items/our-initiatives/current-initiatives/mhe-program.html - Become a **LIVE WELL OR BREATHE WELL EDUCATOR**
- E. http://www.epa.gov/asthma/pdfs/implementing_an_asthma_home_visit_program.pdf - Has Asthma Control Plan and other resources

3. CVD: <https://catalog.nhlbi.nih.gov/sites/default/files/publicationfiles/08-5829.pdf>

4. Diabetes and Prevention

- A. <https://www.cdc.gov/diabetes/ndep/pdfs/toolkits/road-to-health/road-to-health-toolkit-users-guide.pdf>
- B. <http://www12.edc.gsp.h.pitt.edu/DPSCDOCS/GroupLifestyleBalanceManualOperations-1.pdf>
- C. <https://www.cdc.gov/diabetes/prevention/lifestyle-program/curriculum.html>
- D. <https://www.cdc.gov/diabetes/prevention/pdf/curriculum.pdf>
- E. https://www.cdc.gov/diabetes/ndep/pdfs/faithleaders_toolkit.pdf.

5. Cancers

- A. Colorectal Cancer Control Program: New Hampshire Colorectal Cancer Screening Program Patient Navigation Model - Page 20: Planning and Implementing: <http://www.who.int/cancer/modules/en/> - has cancer modules you can use as template for your sessions.
- B. https://www.cdc.gov/cancer/nbccedp/pdf/toolkit/NBCCEDP_Toolkit.pdf -contents here can be used to plan a program
- C. <https://www.cdc.gov/cancer/nbccedp/pdf/breastcanceractionguide.pdf>
- D. http://preventcancer.org/wp-content/uploads/2012/12/Breast-Health-Education-Facilitators-Guide-12-10-12_final.pdf - please note that several contents need to be updated

6. Pregnancy/Birth Outcomes

- A. <https://www.healthconnectone.org/>
- B. <http://www.famfound.net/>
- C. <https://www.prematurityprevention.org/Toolkits-Reports/Healthy-Babies-are-Worth-the-Wait-Community-Educator> - would require a registration to view the tool kit