

Health Curriculum and Resources

Prepared for Healthy Wisconsin Communities Conference

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Note: Many resources include guidebooks, strategies, on-line resources that may be used in developing lesson plans. Please abide by copyright guidelines when developing or adapting materials.

On-line courses and interactive lessons:

eXtension is an interactive learning environment delivering the best, most researched knowledge from the smartest land-grant university minds across America.

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

Oregon State University: Mastery of Aging Well—Five on-line modules

<http://ecampus.oregonstate.edu/workforce/aging-well/>

Other Resources:

University of Wisconsin-Cooperative Extension Family Living Program Healthy Families and Communities Team

Consumer Health Decisions Curriculum includes three units with teaching guide, Powerpoint slides, handout materials, and evaluation pieces. <http://www.uwex.edu/ces/flp/chd/>

Growing Smarter, Living Healthier http://www.epa.gov/aging/bhc/guide/2009_Aging.pdf

The Environmental Protection Agency's (EPA) Aging initiative will soon be releasing a new publication, "Growing Smarter, Living Healthier: A Guide to Smart Growth and Active Aging." It is intended for older adults who are interested in how our communities work and how we might help them become more age-friendly. The guidebook addresses the basic principles of neighborhood design and why community design matters and how becoming involved in community's decisions about growth can make it a better place to live. To place your order for a copy of this document, as well as other aging resources available from the EPA, please go to <http://www.epa.gov/aging/resources/factsheets/order.htm>

The **Office on Women's Health** (OWH) is within the U.S. Department of Health and Human Services. Its Vision is to ensure that "All Women and Girls are Healthier and Have a Better Sense of Well Being." Its mission is to "provide leadership to promote health equity for women and girls through sex/gender-specific approaches." The strategy OWH uses to achieve its mission and vision is through the development of innovative programs, by educating health professionals, and motivating behavior change in consumers through the dissemination of health information. Most recent publications and action steps for improving "women's mental health". <http://www.womenshealth.gov/>

Centers for Disease Control—Recommended Community Strategies and Measurements to Prevent Obesity in the US: Implementation and Measurement Guide, July 2009

http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf

Cooperative State Research, Education and Extension Service has formalized a partnership with the **American College of Sports Medicine (ACSM)** American Fitness Index™ (AFI) program as an AFI National Health Promotion Partner. For more on this partnership visit and access to the Community Guide.

http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf

US Department of Health and Human Services/National Institute on Aging
“Caring for a Person with Alzheimer’s Disease”

<http://www.nia.nih.gov/Alzheimers/Publications/CaringAD/>

10 Questions to Answer

Figuring out long-term care is complicated and families do not often know which questions to begin asking when they start, or when they are suddenly forced, to consider it. The Heinz Family Philanthropies has added a new series to its *Facts About* project entitled “10 QUESTIONS TO ANSWER...About Long-term Care,” which poses a series of questions for older adults and their families to consider when deciding about long-term care. They provide brief answers, ideas for further consideration, and links to resources that can help families dealing with these difficult issues. To learn more, please see: www.tenquestionstoanswer.org