

# A Directory of CDC Services



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RX

A Prescription  
*for Health*

Experience CDC

A Publication of  
Centers for  
Disease Control  
& Prevention

# Rx

## A Prescription *for* Health



### A Directory of CDC Services



A publication of  
The Centers for Disease Control and Prevention/  
Agency for Toxic Substances and Disease Registry  
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## A Prescription for Health: A Directory of CDC Services

Since its founding in 1946 to combat malaria, the Centers for Disease Control and Prevention (CDC) has remained at the forefront of public health efforts to prevent and control infectious and chronic diseases, injuries, workplace hazards, disabilities, and environmental health threats. Today, CDC is globally recognized for its scientific research and investigations and for its action-oriented approach to public health, applying its findings to improve people's daily lives and to respond to health emergencies.

A significant part of CDC's mission is to provide Americans with the information they need every day to live long, healthy, and happy lives. To that end, the agency has developed the following products and services to help people improve their own health by preventing disease and injury and promoting healthy lifestyles. You can also find this directory online at [www.cdc.gov/about/stateofcdc](http://www.cdc.gov/about/stateofcdc). If you cannot find information on a particular topic in this directory, please contact **1.800.CDC.INFO** or visit [www.cdc.gov](http://www.cdc.gov).

Spanish-language options are available both by telephone and online.

## From the Director

Welcome to the Centers for Disease Control and Prevention.

Each day at CDC, we try to imagine a safer, healthier world. A world where infants are born healthy and cared for—so, as children, they can arrive at school safe, well-nourished, and ready to learn. A world in which teenagers have the information, motivation, and hope they need to make healthy choices about their lifestyles and behaviors. A world in which adults enjoy active and productive lives in safe communities where they can remain independent and engaged with family and friends throughout their senior years.

Imagining this safer, healthier world is the first step in reaching our vision of **“Healthy People in a Healthy World—Through Prevention.”**

For 60 years, CDC has committed to programs that reduce the health and economic consequences of the leading causes of death and disability and that ensure a long, productive, healthy life for all people.

Through this concise *Directory of CDC Services*, I encourage you to explore the wealth of life-saving information, products, and services that we offer and to discover what an exciting, multi-faceted place CDC truly is for your good health.

**Julie Louise Gerberding, M.D., M.P.H.**



# SERVICES FOR INDIVIDUALS

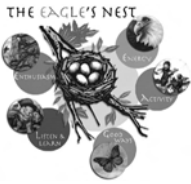
## AN A-Z INDEX OF HEALTH RESOURCES

### Where can I get information that will help me improve my health?

CDC is dedicated to healthy people in healthy places, in every stage of life, and maintains information on a wide variety of significant public health issues. Visit [www.cdc.gov](http://www.cdc.gov) and click on the “A-Z Index” link to look up a specific health issue. Below are some of the most commonly referenced topics.

#### Aging and Health

Did you know that 1 in every 5 Americans will be aged 65 or older by the year 2030? CDC is working on activities to address and maintain the health of the U.S. population as it ages. To find out more about these activities, as well as what you can do to stay healthy, please visit [www.cdc.gov/aging](http://www.cdc.gov/aging) or call **1.800.CDC.INFO**.



#### Diabetes

For information on preventing, understanding and managing your diabetes, call **1.800.CDC.INFO** or visit [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).

#### Fluoride Safety

For guidelines and recommendations regarding fluoride in water and other products, please see: [www.cdc.gov/fluoridation](http://www.cdc.gov/fluoridation).

#### Food Safety

For information on foodborne illness see: [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety).

#### Heart Disease and Stroke Prevention

Heart disease is the #1 killer of Americans. More than 70 million Americans currently live with a cardiovascular disease. Coronary heart disease is a leading cause of premature, permanent disability in the U.S. workforce. Stroke alone accounts for disability among about 1 million Americans. And most heart disease is largely preventable by making healthy lifestyle choices. It's important for everyone to know and understand the risk factors for heart disease and stroke, such as high cholesterol or high blood pressure. It's just as important to be able to recognize the signs of a heart attack or stroke, and how the signs differ in men and women. For more information, see [www.cdc.gov/nccdphp/publications/aag/cvh.htm](http://www.cdc.gov/nccdphp/publications/aag/cvh.htm).

#### Injury Prevention and Safety

CDC provides information on how to make your home, school, workplace—your whole community—safe and injury-free. Call **1.800.CDC.INFO** or visit [www.cdc.gov/ncipc](http://www.cdc.gov/ncipc) and [www.cdc.gov/niosh](http://www.cdc.gov/niosh) for details.



## Nutrition and Physical Activity

For tips on how to increase your physical activity level, eat healthier, and even develop a self-directed “Personal Energy Plan,” visit [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa) or call **1.800.CDC.INFO**.

## Parasitic Diseases

CDC has compiled information about parasitic diseases and how to deal with them, including tips on how to find a physician to treat a parasitic infection. Visit [www.cdc.gov/ncidod/dpd](http://www.cdc.gov/ncidod/dpd) to find the information you need.

## Peptic Ulcer Disease

Did you know that most ulcers are caused by a bacterial infection—not spicy foods, acid, or stress—and can generally be cured with antibiotics in about two weeks? For more ulcer facts, including information for both consumers and providers about testing and treating the infection, visit [www.cdc.gov/ulcer](http://www.cdc.gov/ulcer).

## Tobacco-Use Prevention and Smoking Cessation

Whether you’re trying to quit smoking or make sure that your children don’t start, CDC can help. For information on preventing tobacco use and best practices for those trying to quit—including adults and teens—call **1.800.CDC.INFO** or visit [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco).

## COMMUNITY HEALTH SERVICES

### Where can I go in my community for health screenings, shots, or immunizations?

#### Breast and Cervical Cancer Screening

CDC’s National Breast and Cervical Cancer Early Detection Program provides mammograms and Pap smears to women who have no insurance coverage for these services. For information on how to access these services in your state, call **1.800.CDC.INFO** or visit [www.cdc.gov/cancer/nbccedp](http://www.cdc.gov/cancer/nbccedp).

#### Cancer

For information and educational materials about various cancers, prevention, risk factors, and available screening tests, call **1.800.CDC.INFO** or visit [www.cdc.gov/cancer](http://www.cdc.gov/cancer).

#### Developmental Screening

CDC’s National Center on Birth Defects and Developmental Disabilities (NCBDDD) provides information and educational materials about developmental screening to detect delays and improve health and well-being for identified children. To learn more about developmental screening and child development, please visit [www.cdc.gov/ncbddd/child](http://www.cdc.gov/ncbddd/child).



## Early Hearing Detection and Intervention

CDC's Early Hearing Detection and Intervention program collaborates with federal, national, and state agencies and organizations to promote the early identification of infants and children with hearing loss. For educational materials and to learn more about screening, evaluation, and intervention services (including communication options), please visit [www.cdc.gov/ncbddd/ehdi](http://www.cdc.gov/ncbddd/ehdi).

## Flu and Flu Shots



For information and answers to questions about flu and flu shots, including where to get a flu shot, call **1.800.CDC.INFO**. You can also obtain information about influenza prevention and control at [www.cdc.gov/ncidod/diseases/flu/fluvirus.htm](http://www.cdc.gov/ncidod/diseases/flu/fluvirus.htm).

## Hepatitis

For information and educational materials about preventing, treating, and testing for various types of hepatitis (A, B, and C); risk factors; and related topics, call **1.888.443.7232** or visit [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis).

## HIV/AIDS

For information on HIV/AIDS—including where to get tested confidentially for HIV in your community—or to obtain informational publications, call **1.800.CDC.INFO** or visit [www.cdc.gov/hiv](http://www.cdc.gov/hiv).

## Immunizations and Vaccinations

For information on childhood, adolescent, and adult vaccinations and where to get them—including those for children that may be available at low or no cost—call **1.800.CDC.INFO** or visit [www.cdc.gov/nip](http://www.cdc.gov/nip).

## Sexually Transmitted Diseases

To obtain information on sexually transmitted diseases such as Hepatitis C, HIV, human papillomavirus, and herpes—including where to get tested confidentially in your community and how to prevent these diseases through the use of male and female condoms—call **1.800.CDC.INFO** or visit [www.cdc.gov/nchstp/dstd/disease\\_info.htm](http://www.cdc.gov/nchstp/dstd/disease_info.htm).

## Single Gene Disorders and Disability

CDC is working with several partners to gather information on ways to improve screening and diagnosis of single gene disorders and disabilities, including Duchenne/Becker Muscular Dystrophy and Fragile X Syndrome. To learn more about screening and diagnosis for single gene disorders, please visit [www.cdc.gov/ncbddd/single\\_gene](http://www.cdc.gov/ncbddd/single_gene).

## DATA AND STATISTICS

### Where can I find accurate and current statistics on diseases and other health issues?

#### Adolescent and School Health

CDC's Division of Adolescent and School Health (DASH) supports school-based educational programs to reduce the burden of priority risk behaviors that lead to excess morbidity, premature deaths, and social dysfunction among children, adolescents, and young adults in or out of school. Risk behaviors (e.g., violence, sexual activity, lack of physical activity, tobacco use, alcohol use, and illicit drug use) are often inter-related, initiated during adolescence, and can lead to serious injuries. This branch administers the Youth Risk Behavior Surveillance System (YRBSS), which monitors the prevalence of a range of priority risk behaviors among adolescents. The branch also monitors school health policies and programs at state, district, school, and classroom levels through periodic School Health Policy and Program Studies (SHPPS) and conducts comprehensive evaluations of school health programs aimed at preventing HIV infection, other sexually transmitted diseases, and chronic diseases related to tobacco use, physical inactivity, poor nutrition, and obesity. For more information, see [www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth).

#### Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS is the world's largest continuously conducted telephone health surveillance system that collects data from all 50 states, the District of Columbia, and U.S. territories. BRFSS generates information about health risk behaviors, clinical preventive practices, and health-care access and use related to chronic disease and injury. To learn more, please visit [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or call **1.800.CDC.INFO**.

#### DATA2010

Data for people with disabilities can be viewed at [wonder.cdc.gov/data2010/focus.htm](http://wonder.cdc.gov/data2010/focus.htm). DATA2010 is a searchable online database that contains baseline and tracking data for all Healthy People 2010 objectives. Updated quarterly, the system permits users to access data by focus area, health indicators, data source, specific objective, and specific population group. Moreover, data can be charted and exported in a number of formats. State data are available for selected objectives.

#### Disability Chartbook

CDC has developed a reference book about people with disabilities that compares rates of disability by state and how their health compares to people without disabilities. It also provides the contact information for state health agencies and other health promotion resources. For more information on the chartbook or to obtain copies, visit [www.cdc.gov/ncbddd/dh/chartbook](http://www.cdc.gov/ncbddd/dh/chartbook) or email CDC at [D&HChartbook@cdc.gov](mailto:D&HChartbook@cdc.gov).

## General Health Statistics

CDC has an easy-to-use health statistics resource called “Faststats A-Z” that includes State and Territorial data, data on a variety of diseases, health conditions, use of health-care services, births and deaths. You can find this information at [www.cdc.gov/nchs/fastats](http://www.cdc.gov/nchs/fastats). You can also get information by calling **1.301.458.4636**.

## HIV/AIDS

CDC has developed a mechanism through which you can receive automatic e-mail updates. You can find this information at [www.cdc.gov/hiv/stats.htm](http://www.cdc.gov/hiv/stats.htm).

## Injury Statistics



For customized, fatal and non-fatal injury-related data—useful both for research and for making informed public health decisions—check out CDC’s “Web-Based Injury Statistics Query and Reporting System” (WISQARS™) at [www.cdc.gov/ncipc/wisqars](http://www.cdc.gov/ncipc/wisqars).

## National Center for Health Statistics (NCHS)

CDC’s NCHS, the nation’s principal health statistics agency, provides data to identify and address health issues, and compiles statistical information to help guide public health and health policy decisions. NCHS collaborates with other public and private health partners, and employs a variety of data collection mechanisms to obtain accurate information from multiple sources including birth and death certificates, medical records, personal interviews, standardized physical and dental examination, and laboratory test results. You can get information on NCHS and its programs at [www.cdc.gov/nchs](http://www.cdc.gov/nchs).

## Cancer Statistics

CDC has an online database to view cancer incidence and mortality statistics at [www.cdc.gov/cancer/npcr/uscs](http://www.cdc.gov/cancer/npcr/uscs).

# DISABILITY AND HEALTH

## What health information does CDC have for people with disabilities?

### Arthritis and Disability

Arthritis is the leading cause of disability in the United States, limiting everyday activities for nearly 19 million adults. To learn more about arthritis and its management, as well as CDC activities that address the condition, please visit [www.cdc.gov/arthritis](http://www.cdc.gov/arthritis) or call **1.800.CDC.INFO**.

### Disability and Health

CDC’s National Center on Birth Defects and Developmental Disability (NCBDDD) supports efforts to promote the health, well-being, independence, productivity, and full societal participation of people with disabilities; and reduce the incidence and severity of secondary conditions. For information about ongoing and future

CDC projects to benefit people with disabilities and for links to national resources, please visit [www.cdc.gov/ncbddd/dh](http://www.cdc.gov/ncbddd/dh). The *Disability and Health State Chartbook* documents health disparities in people with disabilities at the national and individual state levels. It is available online at [www.cdc.gov/ncbddd/dh/chartbook](http://www.cdc.gov/ncbddd/dh/chartbook).

### Early Hearing Detection and Intervention (EHDI)

CDC EDHI supports early detection of hearing loss in babies and provides information for families of babies diagnosed with hearing loss. *The Parent's Guide to Hearing Loss* is an interactive resource through which parents can learn about the basics of hearing loss, how to build language with their child, and make other informed decisions. CDC also has fact sheets and questions that parents may want to discuss with their child's physician, audiologist, and other health-care providers. For more information and links to these resources, please visit [www.cdc.gov/ncbddd/ehdi/edmaterials.htm](http://www.cdc.gov/ncbddd/ehdi/edmaterials.htm).

### Hereditary Blood Disorders

CDC supports a network of specialized health-care centers to prevent and reduce complications experienced by persons with certain hereditary blood disorders. These centers provide comprehensive health management and prevention services to persons with bleeding disorders, thrombophilia (clotting disorders), and thalassemia. To find more information or locate a treatment center, please visit [www.cdc.gov/ncbddd/hbd/care\\_model.htm](http://www.cdc.gov/ncbddd/hbd/care_model.htm).

### Limb Loss

CDC supports the National Limb Loss Information Center, an information clearinghouse that provides comprehensive resources, including referrals to locally available resources, for people with limb loss, as well as for their families, friends, and the health-care professionals involved with their lives. For more information, please visit [www.amputee-coalition.org](http://www.amputee-coalition.org) or call 1.888.AMP.KNOW (1.888.267.5669).

### Paralysis

CDC supports the Christopher and Dana Reeve Paralysis Resource Center to increase and consolidate education material on the prevention of secondary conditions and quality of life issues; and health resources such as referral services, peer support groups, and self-help guidance to people with paralysis, their families, and caregivers. For more information, please visit [www.paralysis.org](http://www.paralysis.org).

### Physical Activity



CDC supports the National Center on Physical Activity and Disability, which encourages people with disabilities to participate in regular physical activity to promote healthy lifestyles and prevent development of secondary conditions. The website includes links to disability-related discussion groups and mail lists. For more information, please visit [www.ncpad.org](http://www.ncpad.org) or call 1.800.900.8086.

## Spina Bifida

CDC supports the Spina Bifida Information and Resource Development Center, operated by the Spina Bifida Association, providing information on spina bifida to individuals, family members, providers, and policy makers. For more information, please visit [www.sbaa.org](http://www.sbaa.org) or call **1.800.621.3141**.

## Traumatic Brain Injury

CDC supports research, surveillance and education on traumatic brain injury (TBI). You can find information about TBI at [www.cdc.gov/ncipc/tbi/TBI.htm](http://www.cdc.gov/ncipc/tbi/TBI.htm). CDC works closely with the Brain Injury Association of America (BIAA) to raise awareness about this important public health issue. For additional information and resources, contact BIAA at **1.800.444.6443** or visit, [www.biausa.org](http://www.biausa.org).

## Women with Disabilities

CDC funds projects to improve surveillance, promotes research that focuses on women with disabilities as a special subpopulation, and works to promote their health and well-being through partnerships and education. For more information and links to national resources, please visit [www.cdc.gov/ncbddd/women](http://www.cdc.gov/ncbddd/women).

## HEALTHY PLACES

### Where can I get information about how to make my community, home, and workplace safer?

#### Accessibility Guidelines for People with Disabilities

CDC supports the development of guidelines for making emergency preparedness, fitness and recreation, primary care, communication, conferences/meetings more accessible to people with disabilities. Supported guidelines and other Web links can be found at [www.cdc.gov/ncbddd/dh/accessibilityguides.htm](http://www.cdc.gov/ncbddd/dh/accessibilityguides.htm).

#### Emergency Preparedness and Disaster Planning

In an emergency, knowledge may well be your key to survival. So in order to promote your personal health and safety before, during, and after emergencies or disasters—including bioterrorism, chemical emergencies, and natural disasters, to name a few—CDC has a number of prevention, preparation, and preparedness guides available at [www.bt.cdc.gov](http://www.bt.cdc.gov) or call **1.800.CDC.INFO**.

#### The Guide to Community Preventive Services

This Community Guide summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease. The Guide provides public health decision makers with recommendations

regarding population-based interventions to promote health and to prevent disease, injury, disability, and premature death. The guide is appropriate for use by communities and health-care systems. More information about the Guide (including links to a variety of resources) is available at [www.thecommunityguide.org](http://www.thecommunityguide.org).

## Hazardous Substances

CDC's sister agency, the Agency for Toxic Substances and Disease Registry (ATSDR) is directed by congressional mandate to perform specific functions concerning the effect on public health of hazardous substances in the environment. These functions include public health assessments of waste sites, health consultations concerning specific hazardous substances, health surveillance and registries, response to emergency releases of hazardous substances, and education and training concerning hazardous substances. The federal law creating ATSDR—the Comprehensive Environmental Response, Compensation, and Liability Act of 1980 (also known as Superfund)—concerns the removal or cleanup of hazardous substances in the environment and at hazardous waste sites.

Communities and individuals can request a health consultation (advice on a specific public health issue related to human exposure to toxic material) or a public health assessment at a non-Superfund site. To find out if there has been a public health assessment in your community, go to [www.atsdr.cdc.gov/hac/pha/index.asp](http://www.atsdr.cdc.gov/hac/pha/index.asp). For more information about how to petition ATSDR to conduct a public health assessment, call **1.800.CDC.INFO**.

## Occupational Health and Safety

CDC has information, publications, and answers to your questions about work-related health conditions and injuries, ranging from back injuries to hearing loss to work-related stress. Additionally, CDC will conduct a field investigation of possible health hazards in the workplace upon receipt of a written request to do so. To receive information, call **1.800.356.4674** or visit [www.cdc.gov/niosh/hhe](http://www.cdc.gov/niosh/hhe).

## Pocket Guide to Chemical Hazards

CDC has developed a source of general information on industrial hygiene for workers, employers, and occupational health professionals, which is available at [www.cdc.gov/niosh/npg/pgintrod.html](http://www.cdc.gov/niosh/npg/pgintrod.html) or by calling the National Technical Information Service at **1.800.553.6847** or the U.S. Superintendent of Documents at **1.202.512.1800**.

## Respirators and Personal Protective Devices

CDC operates a testing, approval, and certification program that assures commercial availability of personal protective devices and reliable industrial hazard measuring instruments. The agency also maintains the “Certified Equipment List,” a database of all certified respirators and coal mine dust personal sample units, which may be downloaded at [www.cdc.gov/niosh/npptl/topics/respirators/cel](http://www.cdc.gov/niosh/npptl/topics/respirators/cel).

## PANDEMIC INFLUENZA

### What is CDC doing to protect Americans from a possible influenza pandemic, and where can I go for accurate, up-to-date information?

An influenza pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can move across the country and around the world in a short time. While it is difficult to predict when the next influenza pandemic will occur or how severe it will be, it is clear that wherever and whenever a pandemic starts, everyone around the world is at risk. Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but they cannot stop it.

Annual influenza is a common health problem around the globe. There are between 250,000 and 500,000 deaths each year from influenza. In the United States, 36,000 deaths and hundreds of thousands of hospitalizations occur on average every year.

The emergence of a new influenza virus can lead to a scaling up of the familiar seasonal influenza to become a global epidemic, or pandemic. In light of the history of pandemic influenza, one can surmise that it will happen again. There have been three pandemics in the past 100 years:

- ▶ The Spanish flu - 1918
- ▶ The Asian flu - 1957
- ▶ The Hong Kong flu - 1968

Each developed when a brand new influenza virus strain emerged.

An informed and prepared public is essential to minimizing the health effects of a pandemic and the resulting consequences to society. The U.S. Department of Health and Human Services has a website dedicated to this issue where you can obtain important health and safety information concerning pandemic influenza—with material targeted for specific groups such as families, travelers, workers, communities, and health professionals. From a history of pandemics to an extensive “Frequently Asked Questions” section, [www.pandemicflu.gov](http://www.pandemicflu.gov) is an excellent resource for anyone interested in learning more about this emerging health threat. You may also contact CDC with questions related to pandemic influenza by calling **1.800.CDC.INFO**.

## REPRODUCTIVE HEALTH

### How can I get information about reproductive health issues?

CDC’s Reproductive Health Information Source at [www.cdc.gov/reproductivehealth](http://www.cdc.gov/reproductivehealth) offers a wide range of information about women’s and men’s reproductive health. You can also receive information by calling **1.800.CDC.INFO** or **1.770.488.5372**.

For more specific needs, check out the following:

### Birth Defects

CDC's experts can help address concerns and questions you may have about the causes of birth defects, how to prevent them, and how to ensure a healthy pregnancy. For information, visit [www.cdc.gov/ncbddd/bd/facts.htm](http://www.cdc.gov/ncbddd/bd/facts.htm).

### Contraception

CDC offers information on avoiding unintended or unwanted pregnancies through contraception. For detailed information, visit [www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm](http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm).

### Healthy Births

CDC's reproductive health services provide a wealth of information on how to have a healthy birth and how to stay healthy afterward. For more information for you and your baby, visit [www.cdc.gov/ncbddd/bd/abc.htm](http://www.cdc.gov/ncbddd/bd/abc.htm)

### Infertility

There are a variety of procedures available today that can help women who are infertile become pregnant. CDC publishes an annual report of the success rates for these procedures—generally referred to as “assisted reproductive technology” (ART)—including the success rates of over 300 specific clinics. This information is designed to provide potential users with answers to questions such as “What are my chances of having a baby by using ART?” and “Where can I go to get this treatment?” For a link to the most recent report, visit [www.cdc.gov/ART](http://www.cdc.gov/ART) and click on “ART Success Rates: National Summary and Fertility Clinic Report.”

### Preconception

Preconception care is comprised of interventions that can help eliminate or limit the many biomedical, behavioral, and social risks that can affect a woman's health before becoming pregnant. CDC has developed a series of national recommendations for preconception care, which can be seen at [www.cdc.gov/ncbddd/preconception](http://www.cdc.gov/ncbddd/preconception).

## SPANISH-LANGUAGE RESOURCES

### What information is available from CDC in Spanish?

Spanish-language options are available both on CDC's information line (1.800.CDC.INFO) and website ([www.cdc.gov](http://www.cdc.gov)), where you can link to “CDC En Español” (go directly to the site by visiting [www.cdc.gov/spanish](http://www.cdc.gov/spanish)). The website is not simply a translation of the English-language version but is tailored specifically to Hispanic/Latino populations. It includes important information from the CDC/ATSDR Centers, Institutes, and Offices as well as appropriate links to other key federal agencies that are important to the Hispanic/Latino community.



## TRAVEL SAFETY AND HEALTH

### What health information do I need before I travel abroad or go on a cruise?

CDC can not only help you prepare for foreign travel but also help you stay healthy while you are abroad. Call **1.877.394.8747** or visit **[www.cdc.gov/travel](http://www.cdc.gov/travel)** for information on international vaccination requirements, regional recommendations, current disease outbreaks, and reports on CDC's sanitation inspections of cruise ships. For more information on CDC's Vessel Sanitation Program for cruise ships, visit **[www.cdc.gov/nceh/vsp](http://www.cdc.gov/nceh/vsp)**.

CDC can also help you determine which types of vaccinations you or those traveling with you may need based on your destination. Vaccines for travel are divided into three categories: routine, recommended, and required. While your doctor will tell you which ones you should have, it's best to be aware of them ahead of time. For additional information about where to get travel-related vaccinations, go to **[www.cdc.gov/travel/travel\\_clinics.htm](http://www.cdc.gov/travel/travel_clinics.htm)** for a list of travel clinics in your area.

## VISITING CDC

### Can I take a tour of the CDC?

#### Global Health Odyssey



While CDC's laboratories are not open to the public, visitors are welcomed at the agency's Global Health Odyssey, an interactive educational facility (suitable for both children and adults) where you can learn about CDC, the history of public health, and the benefits of prevention. From the Lobby's introductory video wall, visitors enter a series of tableaux depicting the varied issues CDC addresses today. Then, visitors take in an overview of the agency's development over the years. Information on the Global Health Odyssey is available at **[www.cdc.gov/gcc/exhibit](http://www.cdc.gov/gcc/exhibit)**, or call **404.639.0830** to schedule a guided tour in advance. And if you can't make it to CDC's Atlanta headquarters in person, take a "virtual tour" at **[www.cdc.gov/gcc/exhibit/virtualtour](http://www.cdc.gov/gcc/exhibit/virtualtour)**.

## VITAL RECORDS

### How can I obtain a copy of a birth, death, marriage, or divorce certificate?

#### Vital Records

To find out where to write in your state to receive copies of birth, death, marriage, or divorce certificates and what it will cost to get copies of these documents, visit **[www.cdc.gov/nchs/howto/w2w/w2welcom.htm](http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm)**.





# SERVICES FOR CHILDREN AND ADOLESCENTS

## Bicycle Safety

Did you know that an estimated 140,000 children are treated each year in emergency departments for head injuries sustained while bicycling? CDC, along with numerous partner organizations, wants to help you be safe when bicycling, rollerblading, or skating. Visit [www.cdc.gov/ncipc/bike](http://www.cdc.gov/ncipc/bike) for facts and figures related to bicycle injuries or [www.bicyclinginfo.org](http://www.bicyclinginfo.org) for tips on how to stay safe.

## Dating Abuse Prevention

CDC believes that healthy relationships are built on a foundation of respect. A recent CDC study shows that nearly one in 11 high school students reports being a victim of physical dating violence in the past 12 months - which equates to nearly 1.5 million high school students each year. CDC's Choose Respect initiative seeks to prevent dating abuse before it starts by encouraging positive action on the part of adolescents to form healthy relationships. The initiative targets adolescents aged 11-14 and the caring adults in their lives, with the message that dating abuse is not just unacceptable, but also preventable. Choose Respect's message "Respect. Give It. Get It" is supported by online games and interactive learning tools, television spots, activity ideas, and tips for talking with your adolescent about dating abuse. Visit the site at [www.chooserespect.org](http://www.chooserespect.org).

## Developmental Disabilities

Developmental disabilities are a diverse group of severe chronic conditions that are due to mental and/or physical impairments. Developmental disabilities activities at CDC include: studying how common developmental disabilities are and who is more likely to have them, finding the causes of developmental disabilities, and improving the quality of life for people with developmental disabilities. In addition, CDC provides information on specific conditions such as autism spectrum disorders (ASDs), attention deficit and hyperactivity disorders (ADHD), and Tourette's Syndrome. For more information, go to [www.cdc.gov/ncbddd/dd/dd1.htm](http://www.cdc.gov/ncbddd/dd/dd1.htm) and [www.cdc.gov/ncbddd/autism/ActEarly](http://www.cdc.gov/ncbddd/autism/ActEarly). For information on ADHD and Tourette's specifically, visit [www.cdc.gov/ncbddd/adhd](http://www.cdc.gov/ncbddd/adhd) and [www.cdc.gov/ncbddd/tourette](http://www.cdc.gov/ncbddd/tourette), respectively.

## Disability and Health

The Kids' Quest website is designed for students in fourth, fifth, and sixth grades to learn more about disabilities and health. Parents and teachers can modify the materials to meet the students' learning styles and levels. Quests can be used in lessons about health, social studies, and tolerance in society. For more information, please visit [www.cdc.gov/ncbddd/kids/kidhome.htm](http://www.cdc.gov/ncbddd/kids/kidhome.htm).

## Environmental Health

CDC has a website designed just for kids highlighting environmental health topics of special interest to them. Visit the site at [www.cdc.gov/nceh/kids/99kidsday](http://www.cdc.gov/nceh/kids/99kidsday) or check out the children’s page at the Agency for Toxic Substances and Disease Registry’s website for ideas on fun projects to do at school or home: [www.atsdr.cdc.gov/child](http://www.atsdr.cdc.gov/child).

## Global Health Odyssey

Visitors of all ages are welcomed at the agency’s Global Health Odyssey, an interactive educational facility suitable for children and adults where you can learn about CDC, the history of public health, and the benefits of prevention. From the Lobby’s introductory video wall, visitors enter a series of tableaux depicting the varied issues CDC addresses today. Then, visitors take in an overview of the agency’s development over the years. Information on the Global Health Odyssey is available at [www.cdc.gov/gcc/exhibit](http://www.cdc.gov/gcc/exhibit), or call **404.639.0830** to schedule a guided tour in advance. And if you can’t make it to CDC’s Atlanta headquarters in person, take a “virtual tour” at [www.cdc.gov/gcc/exhibit/virtualtour](http://www.cdc.gov/gcc/exhibit/virtualtour).



## Learn the Signs. Act Early

Many parents and health-care professionals know very little about key developmental milestones or signs of developmental delays. While familiar with physical development, few of them could name signs of cognitive, emotional, and social development among their infants and toddlers. The “Learn the Signs. Act Early” campaign offers age-specific guidelines and developmental milestones to help parents and health-care professionals assess children, and if delays are found, recommend appropriate interventions. To learn more about the campaign, please visit [www.cdc.gov/ncbddd/autism/actearly](http://www.cdc.gov/ncbddd/autism/actearly).

## Optimal Child Development

CDC’s National Center on Birth Defects and Developmental Disabilities provides information and educational materials for parents regarding child development to promote optimal child health outcomes. For positive parenting tips, information on developmental screening, and national resources, please visit [www.cdc.gov/ncbddd/child](http://www.cdc.gov/ncbddd/child).

## Tobacco-Use Prevention and Smoking Cessation

CDC wants you to stay smoke-free and has loads of information for young people about the real health hazards of tobacco, positive alternatives to tobacco use, and strategies to help you quit smoking if you’ve already started. Find all of this and much more at [www.cdc.gov/tobacco/youth](http://www.cdc.gov/tobacco/youth).



# SERVICES FOR HEALTH-CARE PROVIDERS

## Antimicrobial Resistance

Did you know that antibiotic resistance has been called one of the world's most pressing public health problems? CDC has mounted a national campaign to promote more appropriate use of antibiotics by clinicians and the general public alike. Find out what you need to know at [www.cdc.gov/drugresistance/community](http://www.cdc.gov/drugresistance/community). For specifics on preventing antimicrobial resistance in health-care settings, go to [www.cdc.gov/ncidod/dhqp/ar.html](http://www.cdc.gov/ncidod/dhqp/ar.html).

## Birth Defects Prevention by Avoiding Alcohol and Taking Folic Acid

Health-care providers can consult CDC's website for detailed information on birth defects at [www.cdc.gov/ncbddd](http://www.cdc.gov/ncbddd). For specific information on how health-care providers can become involved in the National Folic Acid Campaign (including how to request additional assistance), visit [www.cdc.gov/ncbddd/folicacid/health\\_overview.htm](http://www.cdc.gov/ncbddd/folicacid/health_overview.htm). For information on preventing fetal alcohol syndrome, visit [www.cdc.gov/ncbddd/fas](http://www.cdc.gov/ncbddd/fas). For details on preventing birth defects through better preconception health, visit [www.cdc.gov/ncbddd/preconception](http://www.cdc.gov/ncbddd/preconception).

## B Readers

The National Institute for Occupational Safety and Health's (NIOSH) B Reader approval is granted to physicians with a valid medical license who demonstrate proficiency in the classification of chest radiographs for the pneumoconioses using the International Labour Office (ILO) Classification System. For information on becoming a B-Reader, visit [www.cdc.gov/niosh/topics/chestradiography/breader-info.html](http://www.cdc.gov/niosh/topics/chestradiography/breader-info.html)

## Developmental Screening

CDC's National Center on Birth Defects and Developmental Disabilities (NCBDDD) provides information for health-care providers about developmental screening including: tips on integrating developmental screening in the pediatric/primary care provider practice and involving families, and, links to screening tools and reimbursement information. To learn more, please visit [www.cdc.gov/ncbddd/child/screen\\_provider.htm](http://www.cdc.gov/ncbddd/child/screen_provider.htm).

## Early Hearing Detection and Intervention (EHDI)

CDC's EHDI program offers educational materials for health-care providers and parents about hearing loss, including fact sheets, "Just in Time" booklets (overview information), an interactive CD-ROM, and tip sheets with questions parents can ask a variety of health-care providers. For more information and for links to other useful websites for health-care providers, please visit [www.cdc.gov/ncbddd/ehdi/resources.htm](http://www.cdc.gov/ncbddd/ehdi/resources.htm).

## Health-Care-Associated Infections

CDC offers a wide range of information and materials about preventing and treating hospital-acquired infections (also known as nosocomial infections), dialysis-acquired infections, or other health-care-acquired infections. Information about dealing with HIV/AIDS, hepatitis, and other bloodborne pathogens in health-care settings as well as antimicrobial resistance, disinfection, sterilization, guidelines, recommendations, and surveillance is also available. Visit [www.cdc.gov/ncidod/dhqp](http://www.cdc.gov/ncidod/dhqp) for details.

## Hemophilia and Other Blood Disorders

CDC provides support to the National Hemophilia Foundation and the Cooley's Anemia Foundation to develop, evaluate, and disseminate health education and information for consumers and health-care providers. For publications and a self-study workbook, please visit [www.cdc.gov/ncbddd/hbd/education.htm](http://www.cdc.gov/ncbddd/hbd/education.htm).



## Hepatitis C

CDC's website includes many valuable resources for primary care physicians, infectious disease specialists, and other health-care professionals to increase their knowledge of Hepatitis C screening, diagnosis, treatment, and prevention. Visit [www.cdc.gov/ncidod/diseases/hepatitis](http://www.cdc.gov/ncidod/diseases/hepatitis) for links to training information and other resources.

## Immunizations and Vaccinations

CDC offers health-care providers important information about immunizations, including recommendations from the Advisory Committee on Immunization Practices regarding the side effects and contraindications of vaccines, key health communication messages to use with patients, and explanations of common misconceptions about vaccinations. The website address is [www.cdc.gov/od/science/iso](http://www.cdc.gov/od/science/iso).

## Laboratory Issues

CDC has gathered all of its laboratory testing and practices information pertaining to infection control in health-care settings and antimicrobial resistance on one webpage for easy reference. Related topics addressed include antimicrobial susceptibility testing, biosafety, and shipping regulations. Visit [www.cdc.gov/ncidod/dhqp/labTesting.html](http://www.cdc.gov/ncidod/dhqp/labTesting.html).

## Occupational Health and Safety

Preventing the transmission of infectious diseases to health-care personnel is an important aspect within infection control. CDC recommends preventing such transmissions by incorporating effective prevention methods and exposure management techniques. Information about protecting health-care personnel from bloodborne pathogens, tuberculosis, varicella, and other occupational infections is available at [www.cdc.gov/ncidod/dhqp/worker.html](http://www.cdc.gov/ncidod/dhqp/worker.html) and [www.cdc.gov/niosh/topics/healthcare](http://www.cdc.gov/niosh/topics/healthcare) (this site also includes information on other occupational hazards common to health-care workers such as back injuries, latex allergies, violence, and stress).

For physicians and others involved in diagnosing health conditions that may be work-related, CDC provides a database of specific medical tests published in the literature for all federally regulated industrial substances. You can access the database at [www.cdc.gov/niosh/nmed/medstart.html](http://www.cdc.gov/niosh/nmed/medstart.html).

### Pandemic and Avian Influenza

CDC has established a website dedicated to the issues of pandemic and avian influenza where you can find all the latest information. From a history of pandemics to an extensive “Frequently Asked Questions” section, [www.pandemicflu.gov](http://www.pandemicflu.gov) is an excellent resource for anyone interested in learning more about this emerging health threat. The site also features links to resources specifically for health professionals. Access this information directly at [www.pandemicflu.gov/health](http://www.pandemicflu.gov/health). You may also contact CDC with questions related to pandemic influenza by calling 1.800.CDC.INFO.



### Parasitic Diseases

CDC's DPDx website—located at [www.dpd.cdc.gov/dpdx](http://www.dpd.cdc.gov/dpdx)—is an excellent online resource to assist clinicians in identifying and diagnosing parasitic infections. Health-care professionals with questions can also email a CDC technical expert at [dpdx@cdc.gov](mailto:dpdx@cdc.gov).

### Sexually Transmitted Diseases

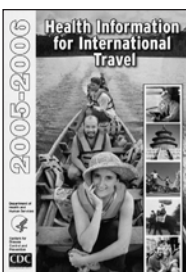
CDC developed comprehensive guidelines for the treatment of persons who have sexually transmitted diseases after consultation with a group of professionals knowledgeable in the field. These guidelines are available at [www.cdc.gov/std/treatment](http://www.cdc.gov/std/treatment).

### Traumatic Brain Injury

CDC offers a physician tool kit to improve clinical diagnosis and management of mild traumatic brain injury. The kit contains practical, easy-to-use clinical information, patient information in English and Spanish, scientific literature, and a CD-ROM. The tool kit materials can be viewed at [www.cdc.gov/ncipc/pub-res/tbi\\_toolkit/toolkit.htm](http://www.cdc.gov/ncipc/pub-res/tbi_toolkit/toolkit.htm).

### Travelers Health Yellow Book

The Yellow Book is published every two to three years as a reference for those who advise international travelers of health risks. The Yellow Book is published primarily for health-care providers, but others might find it useful. [www2.ncid.cdc.gov/travel/yb/utills/ybBrowseO.asp](http://www2.ncid.cdc.gov/travel/yb/utills/ybBrowseO.asp)



## Tuberculosis Elimination

CDC's major guidelines related to the elimination of tuberculosis may be found at [www.cdc.gov/nchstp/tb/pubs/mmwrhtml/maj\\_guide.htm](http://www.cdc.gov/nchstp/tb/pubs/mmwrhtml/maj_guide.htm).

## Vaccine Safety

The Vaccine Adverse Event Reporting System (VAERS) is a cooperative program for vaccine safety of CDC and the Food and Drug Administration. VAERS is a safety surveillance program, collecting information about adverse events (or possible side effects) that occur after the administration of licensed vaccines. The program's website—[www.vaers.hhs.gov](http://www.vaers.hhs.gov)—provides a nationwide mechanism by which adverse events following immunization may be reported, analyzed, and made available to the public and provides a vehicle for disseminating vaccine safety-related information to parents, health-care providers, vaccine manufacturers, state vaccine programs, and other constituencies. For information about reporting an adverse event after a vaccination by phone, call **1.800.822.7967**.





# SERVICES FOR OTHER PROFESSIONALS

## Business Leaders

CDC has created a Business Portal gathering information in one place that is helpful to business practitioners from pandemic influenza preparedness checklists to healthy worksite initiatives. For more information see [www.cdc.gov/business](http://www.cdc.gov/business).

## CDC Partners Portal

CDC's many important partners contribute to effective prevention and disease control, public health research, and strategic communication activities. For more information on CDC Partners, see [www.cdc.gov/partners/about.htm](http://www.cdc.gov/partners/about.htm).

## Educators

**Education Portal:** For online resources aimed entirely at teachers, students, parents and anyone else involved in education, please see the CDC Education Portal at [www.cdc.gov/education](http://www.cdc.gov/education)

*The School Health Index (SHI) Self-Assessment and Planning Guide* was developed by CDC in partnership with school administrators and staff, school health experts, parents and national nongovernmental health and education agencies for the purpose of

- ▶ Enabling schools to identify strengths and weaknesses of health and safety policies and programs,
- ▶ Enabling schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan, and
- ▶ Engaging teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

<http://apps.nccd.cdc.gov/SHI/default.aspx>

*Making It Happen! School Nutrition Success Stories* provides examples and success stories of 32 schools and school districts that have implemented innovative approaches to improve the nutritional quality of foods and beverages sold outside the school meals program. [www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen](http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen)

*The Physical Education Curriculum Analysis Tool (PECAT)* is designed to help school districts conduct a clear, complete and consistent analysis of physical education curricula, based upon national physical education standards. Results from the analysis can help schools enhance an existing curriculum, develop their own curriculum or select a published curriculum, for the delivery of quality physical education in schools. [www.cdc.gov/HealthyYouth/PECAT](http://www.cdc.gov/HealthyYouth/PECAT)

*The Food-Safe Schools Action Guide* helps schools work with cooperative extensions, health departments and families in efforts to make schools food-safe. The *Action Guide* helps schools identify gaps in food safety and develop an action plan for becoming food-safe. It includes individual critical recommendations on what key school staff and community members can do to prevent foodborne illness.

[www.foodsafeschools.org](http://www.foodsafeschools.org)

*Excite* is a collection of teaching materials developed by CDC to teach students about the causes and prevention of disease and injury while improving their research and analytic skills. Students learn the scientific method employed by epidemiologists — or disease detectives — and use what they have learned to solve real disease outbreaks on their own. This hands-on experience shows them the relevance of the methods of science to the real world. Materials currently on the Web site — [www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth) — are targeted to middle and high school classes but are adaptable for all ages, from elementary school students through graduate school.

*Neato Mosquito* is an elementary-school science curriculum for use at the 4<sup>th</sup>-6<sup>th</sup> grade levels. The curriculum teaches students about the biology and ecology of mosquitoes, as well as how to assess and reduce the risk for mosquito-borne diseases. Download a copy of the complete Neato Mosquito Interactive Lessons program and associated files at [www.cdc.gov/ncidod/dvbid/arbor/neato.htm](http://www.cdc.gov/ncidod/dvbid/arbor/neato.htm) or contact the Public Health Foundation by telephone at 1.877.252.1200 to order copies on CD-ROM.

*School Health Index for Physical Activity and Healthy Eating A Self-Assessment and Planning Guide:* Developed by CDC—in partnership with school-health experts, administrators and staff, parents, and other national organizations. This guide can help your school assess its physical activity and nutrition policies and programs on the basis of national standards and guidelines and can be used as part of a school improvement plan. The guide is available online at [www.cdc.gov/nccdphp/dash/SHI](http://www.cdc.gov/nccdphp/dash/SHI).

*Science Ambassador Program* is a unique opportunity for current and future science teachers to partner with CDC's Coordinating Center for Health Promotion. This program will provide current and future teachers excellent educational opportunities to explore well-documented scientific issues and to learn about a variety of different topics. Learn more by visiting [www.cdc.gov/ncbddd/folicacid/ScienceAmbassador.htm](http://www.cdc.gov/ncbddd/folicacid/ScienceAmbassador.htm).

*Heads Up: Concussion in High School Sports* was developed by CDC as a tool kit for high school athletic coaches. The kit contains practical, easy-to-use information including a video and DVD featuring a young athlete disabled by concussion, a guide, wallet card and clip board sticker for coaches, posters, fact sheets for parents and athletes in English and Spanish, and a CD-ROM with downloadable kit materials and additional concussion-related resources. The tool kit can be ordered free of charge and viewed at [www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm).

## Daycare and Childcare Providers

CDC has produced a video that demonstrates methods for hand-washing and diapering that will help prevent the spread of infection in childcare settings. You can order the video from the Public Health Training Network by calling **1.800.418.7246** (order number: VT 006) or the National Technical Information Service at **1.703.605.6000** or online at **www.ntis.gov**.

## Eldercare Professionals and Organizations

CDC, in partnership with the CDC Foundation and MetLife Foundation, has produced posters and brochures to help older adults, those who care for them, and organizations that serve them to prevent falls and the injuries and deaths that result. *What YOU Can Do to Prevent Falls* outlines four key fall prevention strategies, such as exercising regularly. *Check for Safety: A Home Fall Prevention Checklist for Older Adults* guides readers in a room-by-room check of their home to find and fix hazards that can increase the risk of falling. Four posters, designed for use in health-care facilities, senior centers, and other community organizations, highlight the messages in the brochures. CDC's fall prevention brochures and posters are available in English, Spanish, and Chinese. To download or order free copies, go to **www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm**. To learn more about falls among older adults and about CDC's fall prevention activities, go to the Injury Center's newly updated website: **www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm**.

## Fire Fighters

CDC's Fire Fighter Fatality Investigation and Prevention Program is a program of research and information dissemination, which centers around the field investigation of firefighter fatalities across the country. Information about the program is available at **www.cdc.gov/niosh/fire**.

## Health and Nutrition Data

CDC's National Health and Nutrition Examination Survey has developed a web-based tutorial to meet the growing demands of data users and to promote broader and more proficient use of the data on the health and nutrition of the U.S. population. You can find this information at **www.cdc.gov/nchs/tutorials/currentnhanes**.

## Industrial Hygienists

CDC publishes a collection of methods for sampling and analysis of contaminants in workplace air and in the blood and urine of workers who are occupationally exposed. These methods have been developed or adapted by CDC or its partners and have been evaluated according to established experimental protocols and performance criteria. This manual is available at **www.cdc.gov/niosh/nmam** or by calling **1.800.356.4674**.

## Motor-Vehicle Injury Prevention Organizations

*The Guide to Community Preventive Services* (Community Guide) provides recommendations on population-based interventions appropriate for use by communities and health-care systems. The Community Guide's Motor Vehicle Occupant Injury review addresses the effectiveness of community-based interventions for three strategies to prevent motor vehicle occupant injuries: increasing the proper use of child safety seats, increasing the use of safety belts, and reducing alcohol-impaired driving. For more information about the Motor Vehicle Occupant Injury review see [www.thecommunityguide.org/mvoi](http://www.thecommunityguide.org/mvoi).

## Researchers

CDC's National Center for Health Statistics Research Data Center (RDC) allows researchers and data users access to internal data files from its numerous surveys subject to strict guidelines to preserve data confidentiality. Researchers may use the RDC to merge other contextual data from the Census Bureau, the Area Resource File, or other data collected or provided by the researcher to perform contextual analyses subject to preserving confidentiality. For more information, call **1.301.458.4277**.

## Universities and Colleges

CDC's National Center for Health Statistics (NCHS) has been fostering communication with the university community through the NCHS University Visitation Program—a series of lectures and presentations by NCHS staff. These presentations cover the programs, surveys, activities, and data of NCHS and are appropriate for university classes, seminars, or special programs. You can find a catalogue of available topics online at [www.cdc.gov/nchs/products/catalogs/unipres.htm](http://www.cdc.gov/nchs/products/catalogs/unipres.htm) or by calling **1.301.458.4262**.



# SERVICES FOR INDIVIDUALS OR ORGANIZATIONS IMPLEMENTING PUBLIC HEALTH PROGRAMS

## Adolescent and School Health

Through its Division of Adolescent and School Health, CDC seeks to prevent the most serious health-risk behaviors among children, adolescents and young adults. CDC does this by monitoring priority health-risk behaviors and school health programs and policies through systems such as the *Youth Risk Behavior Surveillance System*, the *School Health Policies and Programs Study*, and *School Health Profiles*; analyzing research findings to develop guidelines for addressing priority health risk behaviors among students and developing tools, such as the *School Health Index: A Self-Assessment and Planning Guide*, to help schools implement these guidelines; and enabling states, cities and national organizations to develop, implement and evaluate their own school health programs to improve the health, education and well-being of young people. More information is available at [www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth).

*Improving the Health of Adolescents and Young Adults: A Guide for States and Communities* helps guide individuals and organizations through public health processes that address the 21 critical health objectives for adolescents and young adults. The Guide provides a process for defining problems, identifying solutions and evaluating the impact of a coalition's work. It also provides information on using data to shape programs, bringing stakeholders together and sustaining a coalition. [www.cdc.gov/HealthyYouth/AdolescentHealth/Guide](http://www.cdc.gov/HealthyYouth/AdolescentHealth/Guide)

## Birth Defects: Preventing Fetal Alcohol Syndrome and Taking Folic Acid

CDC has numerous free materials for preventing fetal alcohol syndrome and folic acid education materials available for personal use or for use in community activities. The materials were designed, tested, refined, and produced for their specific audiences. Check out what's available and how to order at [www.cdc.gov/ncbddd/fas](http://www.cdc.gov/ncbddd/fas) and [www.cdc.gov/ncbddd/folicacid/materials.htm](http://www.cdc.gov/ncbddd/folicacid/materials.htm).

## Diabetes

The National Diabetes Education Program, a joint effort of CDC and the National Institutes for Health, provides information on prevention, treatment and management of diabetes in individuals, communities, families and health-care systems. The materials are designed for specific audiences most at risk for diabetes, and include a variety of in-language materials. For more information, please visit [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep).

## Genetics and Disease Prevention

CDC provides information about the integration of human genetic discoveries into public health policy and program development—including weekly updates highlighting relevant news stories about genetics, scientific advances, activities, and policy and program developments. You can obtain information by visiting [www.cdc.gov/genomics](http://www.cdc.gov/genomics) or by emailing [genetics@cdc.gov](mailto:genetics@cdc.gov). The website also provides a link to HuGENet, an information exchange network and database.

## Pandemic and Avian Influenza

An informed and prepared public is essential to minimizing the health effects of a pandemic and the resulting consequences to society. Learn important health and safety information concerning pandemic influenza—with material targeted for specific groups such as families, travelers, workers, communities, and health professionals—at the U.S. Department of Health and Human Services’ website dedicated to this issue. From a history of pandemics to an extensive “Frequently Asked Questions” section, [www.pandemicflu.gov](http://www.pandemicflu.gov) is an excellent resource for anyone interested in learning more about this emerging health threat. You may also contact CDC with questions related to pandemic influenza by calling **1.800.CDC.INFO**.

## Physical Activity

In the publication *Promoting Physical Activity: A Guide for Community Action*, CDC shows you how to facilitate behavior change both from an individual and a community perspective. Using a social marketing and behavioral science approach to intervention planning, the text guides you step-by-step in addressing your target population’s understanding and skills, the social networks, the physical environments in which they live and work, and the policies that most influence their actions. By discovering what matters most to the people you want to reach, you’ll be able to create physical activity programs and messages that your specific audience wants, needs, and is ready for. Find out how to obtain the guide at [www.cdc.gov/nccdphp/dnpa/pahand.htm](http://www.cdc.gov/nccdphp/dnpa/pahand.htm).

For a listing of other CDC publications on promoting physical activity, go to [www.cdc.gov/nccdphp/dnpa/publications](http://www.cdc.gov/nccdphp/dnpa/publications) or call **1.800.CDC.INFO**.

## Tobacco-Use Prevention and Smoking Cessation

CDC’s *Best Practices for Comprehensive Tobacco Control Programs* is an evidence-based guide to help plan and establish effective tobacco-control programs to prevent and reduce tobacco use. The book identifies and describes the key elements for effective state tobacco-control programs, including programs designed for communities, schools, and the entire state. *Best Practices* also addresses the significance of cessation programs, counter marketing, enforcement, surveillance

and evaluation, and chronic disease programs to reduce the burden of tobacco-related diseases. Tobacco control program funding models for all 50 States and the District of Columbia are included. The report is available at [www.cdc.gov/tobacco/tobacco\\_control\\_programs/stateandcommunity/best\\_practices](http://www.cdc.gov/tobacco/tobacco_control_programs/stateandcommunity/best_practices).

### Training and Continuing Education for Public Health Professionals

CDC sponsors the Public Health Training Network (PHTN) and National Laboratory Training Network (NLTN) to deliver high-quality, accredited training and continuing education to public health professionals in all disciplines and program areas. Since 1993, PHTN has delivered nearly 1,000,000 training and information opportunities to health professionals in a variety of settings, and, each year, over 400,000 professionals participate in either PHTN or NLTN training. Training courses and programs are developed in partnership with state, local, and national public health organizations to address current skill and competency needs. Distance-based and classroom formats are used as appropriate. To find out about current and future training opportunities, please visit [www.phppo.cdc.gov/phtn](http://www.phppo.cdc.gov/phtn) or call 1.800.536.6586.







# OTHER USEFUL SOURCES FOR CDC INFORMATION

## **CDCynergy**

A multimedia CD-ROM used for planning, managing, and evaluating public health communication programs, this innovative tool is used to guide and assist users in designing health communication interventions within a public health framework. CDCynergy is rapidly becoming the planning tool of choice among health communicators/educators at local, state, national and international levels. To learn more about CDCynergy, visit [www.cdc.gov/healthmarketing/cdcynergy](http://www.cdc.gov/healthmarketing/cdcynergy).

## ***Emerging Infectious Diseases (EID)***

EID represents the scientific communications component of CDC's efforts against the threat of emerging infections. CDC is charged with disease prevention and health promotion and is a leader in efforts against emerging infections, from AIDS, hantavirus pulmonary syndrome, and avian influenza, to tuberculosis and West Nile virus infection. CDC's efforts encompass improvements in disease surveillance, the public health infrastructure, and epidemiologic and laboratory training. The journal addresses CDC's interest in the elusive, continuous, evolving, and global nature of these infections; however, it also relies on a broad international authorship base and is rigorously peer-reviewed by independent reviewers from all over the world. [www.cdc.gov/ncidod/EID](http://www.cdc.gov/ncidod/EID)

## **Health Alert Network (HAN)**

CDC's primary system for sharing synopses of findings about public health emergencies with public health officials, HAN is a nationwide, integrated information and communications system. To learn more about HAN, go to [www2a.cdc.gov/han](http://www2a.cdc.gov/han).

## ***Morbidity and Mortality Weekly Report (MMWR)***

To access a widely recognized series of publications for communicating timely, accurate, critical public health information and recommendations from CDC to a worldwide audience of professional partners (e.g. public health professionals, health-care providers, scientists, other health-related groups), and the general public, visit [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr).

## ***Preventing Chronic Disease (PCD)***

PCD is a peer-reviewed electronic journal established to provide a forum for public health researchers and practitioners to share study results and practical experience. The journal is published by the National Center for Chronic Disease Prevention and Health Promotion and is intended to address the interface between applied

prevention research and public health practice in chronic disease prevention. PCD focuses on preventing diseases such as cancer, heart disease, diabetes, and stroke, which are among the leading causes of death and disability in the United States. [www.cdc.gov/pcd](http://www.cdc.gov/pcd)

### Public Health Image Library (PHIL)

PHIL offers an organized, universal, electronic gateway to CDC's photos, illustrations and videos. To learn more about PHIL, visit [phil.cdc.gov/phil](http://phil.cdc.gov/phil).



# ABOUT THE CDC

The Centers for Disease Control and Prevention (CDC) is one of the 13 major operating components of the Department of Health and Human Services (HHS), which is the principal agency in the United States government for protecting the health and safety of all Americans and for providing essential human services, especially for those people who are least able to help themselves.

Since it was founded in 1946 to help control malaria, CDC has remained at the forefront of public health efforts to prevent and control infectious and chronic diseases, injuries, workplace hazards, disabilities, and environmental health threats. Today, CDC is globally recognized for conducting research and investigations and for its action-oriented approach. CDC applies research and findings to improve people's daily lives and responds to health emergencies—something that distinguishes CDC from its peer agencies.

CDC is committed to achieving true improvements in people's health. To do this, the agency is defining specific health impact goals to prioritize and focus its work and investments and measure progress. These goals are as follows:

## HEALTHY PEOPLE IN EVERY STAGE OF LIFE

All people, and especially those at greater risk of health disparities, will achieve their optimal lifespan with the best possible quality of health in every stage of life.

## HEALTHY PEOPLE IN HEALTHY PLACES

The places where people live, work, learn, and play will protect and promote their health and safety, especially those at greater risk of health disparities.

## PEOPLE PREPARED FOR EMERGING HEALTH THREATS

People in all communities will be protected from infectious, occupational, environmental, and terrorist threats.

## HEALTHY PEOPLE IN A HEALTHY WORLD

People around the world will live safer, healthier and longer lives through health promotion, health security, and health diplomacy.



# NOTES

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**WWW.CDC.GOV**

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

