

Health Care Resource Guide



MASSACHUSETTS HEALTH COUNCIL, INC.

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Table of Contents (click on topics)

About this Guide	3	HIV/AIDS	13
Alcohol Cessation	4	Mental Health	14
Asthma	5	Nutrition and Physical Activity	15
Cancer	6	Obesity	16
Cardiovascular Disease	7	Oral Health	17
Diabetes	8	Organ Transplant	18
Domestic Violence	9	Smoking Cessation	19
Driver Safety	10	Stress	20
Eating Disorders	11	Substance Abuse.	21
Hepatitis	12	Workplace Wellness.	22



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

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

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

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

Program Resources	Websites (click on links)
Alanon/Alteen	http://www.ma-al-anon-alateen.org/
Alcoholics Anonymous	
<i>Overview</i>	http://www.aa.org/
<i>Finding Local Meetings</i>	http://www.aa.org/lang/en/central_offices.cfm?origpage=373&cmd=getgroups&state=Massachusetts
Alcohol Abuse Info	http://www.alcohol-abuse-info.com/
Atrius Health*	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=tj2649
Boston Public Health Commission*	http://www.bphc.org/programs/aptrss/Pages/Home.aspx
Caron	
<i>Comprehensive Addiction Treatment</i>	http://www.caron.org/caron-boston.html
<i>Student Assistance Program</i>	http://www.caron.org/student-assistance-program.html
Harvard Medical School*	http://www.health.harvard.edu/topic/substance-abuse
Mass. Dept. of Public Health - Bureau of Substance Abuse Services (BSAS)*	
<i>Program Overview</i>	http://www.mass.gov/eohhs/gov/departments/dph/programs/bsas.html
<i>Program Directory</i>	http://helpline-online.com/HelplineSearch.aspx
Merck & Co.*	http://www.merckmanuals.com/home/special_subjects/drug_use_and_abuse/alcohol.html
National Institute of Alcohol Abuse and Alcoholism (NIAAA)	
<i>Understanding the Impact of Alcohol</i>	http://www.niaaa.nih.gov/
<i>How to Cut Down on your Drinking</i>	http://pubs.niaaa.nih.gov/publications/handout.htm
Northeastern University*	http://www.northeastern.edu/open/pdfs/Brochure.pdf
Partners for Recovery	http://partnersforrecovery.samhsa.gov/resources.html - workforce
WebMD	http://www.webmd.com/mental-health/alcohol-abuse/default.htm

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Program Resources

Websites (click on links)

AARP*		
	<i>Asthma Overview</i>	http://healthtools.aarp.org/learning-center/asthma
	<i>Chronic Obstructive Pulmonary Disease (COPD)</i>	http://healthtools.aarp.org/learning-center/chronic-obstructive-pulmonary-disease-copd
American College of Allergy, Asthma, and Immunology (ACAAI)		
	<i>Overview</i>	http://www.acaai.org/allergist/asthma/Pages/default.aspx
	<i>Occupational Asthma</i>	http://www.acaai.org/allergist/asthma/types/Pages/occupational-asthma.aspx
American Family Physician - Work Related Asthma		http://www.aafp.org/afp/2001/1201/p1839.html
American Lung Association of New England - Healthy Air*		http://www.lung.org/healthy-air/
Asthma and Allergy Foundation (AAFA)*		
	<i>New England Chapter</i>	http://www.asthmaandallergies.org/
	<i>AAFA - Asthma Capitals</i>	http://www.asthmacapitals.com/
Atrius Health*		http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1042 - tb1835
Boston Public Health Commission*		http://www.bphc.org/SiteDirectory/Pages/Topics&ColumnDisplayName=Health Topics&Value=Asthma
Centers for Disease Control and Prevention		http://www.cdc.gov/asthma/faqs.htm
Environmental Protection Agency		http://www.epa.gov/asthma/
GlaxoSmithKline*		http://us.gsk.com/html/healthcare/healthcare-asthma.html
Mayo Clinic		
	<i>Introduction to Asthma</i>	http://www.mayoclinic.com/health/asthma/DS00021
	<i>Occupational Asthma</i>	http://www.mayoclinic.com/health/occupational-asthma/DS00591
Merck & Co.*		
	<i>Introduction to Asthma</i>	http://www.merckmanuals.com/home/lung_and_airway_disorders/asthma/asthma.html
	<i>Common Triggers & Tips for Control</i>	http://www.merckengage.com/common/article.aspx?ID=110
Pfizer Inc.*		http://www.pfizerplus.com/bh/focus/May2012.aspx
United States Dept. of Labor - Occupational Asthma		http://www.osha.gov/SLTC/occupationalasthma/index.html

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Program Resources	Websites (click on links)
AARP*	http://healthtools.aarp.org/learning-center/cancer
American Cancer Society*	http://www.cancer.org/
American Society of Clinical Oncology	http://www.cancer.net/portal/site/patient
AstraZeneca Pharmaceuticals (Breast Cancer)*	http://www.faslodex.com/breast-cancer/facts.aspx
Atrius Health*	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1006#uz2189
Avon Walk for Breast Cancer - Boston	http://www.avonwalk.org/boston/
Boston Public Health Commission*	
<i>Cancer</i>	http://www.bphc.org/SiteDirectory/Pages/Topics&ColumnDisplayName=Health Topics&Value=Cancer
<i>Breast Cancer</i>	http://www.bphc.org/SiteDirectory/Pages/Topics&ColumnDisplayName=Health Topics&Value=Breast Cancer
Cancer Care	http://www.cancercare.org/
Cancer-Free	http://www.cancer-free.com/
Cancer Support Community	http://www.cancersupportcommunity.org/
Genetech*	
<i>Breast Cancer</i>	http://www.gene.com/gene/products/education/oncology/breastcancerfact.html
<i>Colorectal Cancer</i>	http://www.gene.com/gene/products/education/oncology/colorectalcancerfact.html
<i>Pancreatic Cancer</i>	http://www.gene.com/gene/products/education/oncology/pancreaticcancerfact.html
GlaxoSmithKline*	http://us.gsk.com/html/healthcare/healthcare-cancer.html
Harvard Medical School*	http://www.health.harvard.edu/category/heart-and-circulatory-health/cancer
Living Beyond Breast Cancer (LBBC)	http://www.lbbc.org/
Melanoma Foundation of New England	http://mfne.org/
National Breast Cancer Foundation	http://www.nationalbreastcancer.org/
The National Coalition for Cancer Survivors	http://www.canceradvocacy.org/
Novartis*	
<i>Overview</i>	http://www.novartisoncology.us/education/index.jsp
<i>Understanding Cancer Treatment</i>	http://www.novartisoncology.us/education/understanding-treatments/index.jsp
Sanofi-Aventis*	http://www.cancerinformation.com/
Susan G. Komen Breast Cancer Foundation	http://ww5.komen.org/
Us TOO International Prostate Cancer Education and Support Network	http://www.ustoo.org/
Y-ME National Organization for Breast Cancer	http://www.y-me.org/
Young Survival Coalition - Breast Cancer	http://www.youngsurvival.org/

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Program Resources

Websites (click on links)

AARP*		http://healthtools.aarp.org/learning-center/heart-disease
American Heart Association*		
	<i>Cholesterol</i>	http://www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol_UCM_001089_SubHomePage.jsp
	<i>Heart Attack</i>	http://www.heart.org/HEARTORG/Conditions/HeartAttack/Heart-Attack_UCM_001092_SubHomePage.jsp
	<i>Heart Failure</i>	http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure_UCM_002019_SubHomePage.jsp
	<i>High Blood Pressure</i>	http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp
Atrius Health (Heart & Circulation)*		http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Heart%20and%20Circulation&CATID=cat1021
Boston Public Health Commission - Cardiovascular Health*		http://www.bphc.org/SiteDirectory/Pages/Health_Topics&Value=Cardiovascular_Health
Cardiovascular Disease Foundation		http://www.cvdf.org/programs.aspx
Centers for Disease Control and Prevention - Heart Disease		http://www.cdc.gov/heartdisease/
Harvard Medical School*		
	<i>Cholesterol</i>	http://www.health.harvard.edu/category/heart-and-circulatory-health/cholesterol
	<i>Circulatory Health</i>	http://www.health.harvard.edu/category/heart-and-circulatory-health
	<i>High Blood Pressure</i>	http://www.health.harvard.edu/category/heart-and-circulatory-health/high-blood-pressure
Novartis*		
	<i>High Cholesterol</i>	http://www.novartis.ca/disease_conditions/en/az/High_Cholesterol.shtml
	<i>Hypertension</i>	http://www.novartis.ca/disease_conditions/en/az/Hypertension.shtml
Sanofi-Aventis - Peripheral Artery Disease*		http://www.padfacts.com/
U.S. National Library of Medicine		http://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html
World Health Organization (Workplace Wellness)		http://www.who.int/cardiovascular_diseases/en/

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Program Resources

Websites (click on links)

American Diabetes Association*	http://www.diabetes.org/
Bristol-Myers Squibb Co.*	http://bms.com/research/disease_areas/pages/diabetes.aspx
Centers for Disease Control and Prevention	
<i>Type 2 Diabetes Prevention and Control</i>	http://www.cdc.gov/workplacehealthpromotion/implementation/topics/type2-diabetes.html
<i>Diabetes at Work</i>	http://www.diabetesatwork.org/
GlaxoSmithKline*	http://us.gsk.com/html/healthcare/healthcare-diabetes.html
Harvard Medical School*	http://www.health.harvard.edu/category/heart-and-circulatory-health/diabetes
Joslin Diabetes Center	http://www.joslin.org/diabetes_information.html
National Diabetes Education Initiative	
<i>Introduction & Mission</i>	http://www.ndei.org/aboutus.aspx
<i>Pateint Education</i>	http://www.ndei.org/patienteducation.aspx
National Diabetes Education Program	
<i>Introduction</i>	http://www.ndep.nih.gov/
<i>Publications</i>	http://www.ndep.nih.gov/publications/index.aspx
National Diabetes Information Clearinghouse	http://www.diabetes.niddk.nih.gov/
Novartis*	http://www.patientassistanzenow.com/info/mngdiseasecndtn/diabetes.jsp
Novo Nordisk*	
<i>Introduction</i>	http://www.novonordisk.com/diabetes/public/default.asp
<i>Cornerstones4care</i>	http://www.cornerstones4care.com/
Sanofi-Aventis*	
<i>Education</i>	http://www.a1cchampions.com/
<i>Medication - Lantus</i>	http://www.lantus.com/default.aspx?WT.mc_id=LNWB3016
<i>Managing Diabetes</i>	http://www.stanforddiabetes.org/
The U.S. Equal Employment Opportunity Commission	http://www.eeoc.gov/facts/diabetes.html
WebMD	http://diabetes.webmd.com/guide/preventing-type-2-diabetes

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Domestic Violence

(click here for table of contents)

Program Resources

Websites (click on links)

American Academy of Family Physicians - Protecting Yourself and Your Family	http://familydoctor.org/crisis-situations/domestic-violence-protecting-yourself-and-your-children.html
American Psychiatric Association	http://healthyminds.org/Main-Topic/Domestic-Violence.aspx
Cambridge Public Health Department*	http://www.cambridgepublichealth.org/lifestyle/domestic-violence-prevention/index.php
Community Advocacy Program - Center for Community Health, Education, Research & Service	http://www.cchers.org/cap/about.html
Domestic Violence Resources	http://www.domesticviolence.org/internet-resources/
Futures Without Violence	http://www.futureswithoutviolence.org/
The Health Foundation of Central MA	http://www.hfcm.org/GrantsByInit/33
Jane Doe, Inc. - The Massachusetts Coalition Against Sexual Assault and Domestic Violence	http://www.janedoe.org/
The National Coalition Against Domestic Violence	http://www.ncadv.org/#
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/domesticviolence.html#cat63
National Resource Center on Domestic Violence	
<i>Information</i>	http://www.nrcdv.org/
<i>Training Workshops</i>	http://www.nrcdv.org/about/assistance-training.php
<i>Resource Materials</i>	http://www.nrcdv.org/about/resource-materials.php
Neighborhood Health Plan Domestic Violence Advisory Board*	http://www.nhp.org/pages/DVProgram_aboutDVprogram.aspx
Planned Parenthood League of Mass.*	
<i>Resources</i>	http://www.plannedparenthood.org/resources/research-papers/relationship-abuse-26786.htm
<i>Fact Sheet</i>	http://www.plannedparenthood.org/files/PPFA/relabuse_06-05.pdf
The Second Step	http://www.thesecondstep.org/Home.aspx
Survivor Project	http://www.survivorproject.org/
Women of Means - Domestic Violence Hotlines*	http://www.womenofmeans.org/resources/domestic-violence-hotlines
YWCA Boston*	http://www.ywcaboston.org/advocacy/

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Program Resources

Websites (click on links)

AAA Foundation for Traffic Safety

- Make Roads Safer* <http://www.aaafoundation.org/resources/index.cfm?button=links>
- Quizzes on Driving Habits* <http://www.aaafoundation.org/quizzes/index.cfm?button=aggressive>

AARP*

- Driver Safety Program* http://www.aarp.org/home-garden/transportation/driver_safety/
- Car Fit* http://www.aarp.org/home-garden/transportation/info-05-2010/carfit_exam_checklist.html

Centers for Disease Control and Prevention

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

Central Mass. Chapter National Safety Council

<http://centralmasafety.org/drivers-education/>

Mass. Brain Injury Association

- Facts* <http://www.biama.org/facts.html>
- Brains at Risk , Responsible Driving* <http://www.biama.org/brainsatrisk.html>
- Support & Education for Youth Drivers* <http://www.biama.org/keys.html>

Mass. Dept. of Health*

- Traffic and Motor Vehicle Safety* <http://www.mass.gov/eohhs/injury-prevention/transportation-safety/traffic-and-motor-vehicle-safety.html>
- Driving under the influence* [For Safety's Sake, Never Drive After Drinking or Drug Use.pdf](#)
- Traumatic Brain Injury (TBI)* <http://www.mass.gov/eohhs/consumer/wellness/injury-prevention/traumatic-brain-injury.html>

MADD*

- Overview* <http://www.madd.org/>
- Local Offices* <http://www.madd.org/local-offices/ma/>
- Drunk Driving* <http://www.madd.org/drunken-driving/>
- Underage Drinking* <http://www.madd.org/underage-drinking/>

National Highway Safety Administration

- Older Road Users* <http://www.nhtsa.gov/people/injury/olddrive/>
- Distraction Free Driving* <http://www.distraction.gov/>

National Safety Council

- Safety on the Road* http://www.nsc.org/safety_road/Pages/safety_on_the_road.aspx
- Defensive Driving Training* http://www.nsc.org/SAFETY_ROAD/INSURANCESTATEREDUCTIONPRGM/Pages/Massachusetts.aspx
- Teen Driver Safety* http://www.nsc.org/safety_road/teendriving/Pages/teen_driving.aspx
- Distraction Free Driving* http://www.nsc.org/safety_road/DriverSafety/Pages/driver_safety.aspx

National Sleep Foundation

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

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Program Resources

Websites (click on links)

Academy for Eating Disorders	http://www.aedweb.org//AM/Template.cfm?Section=Home&WebsiteKey=9791323d-3be5-4379-ac55-d98e6efdd036
Eating Disorder Hope	http://www.eatingdisorderhope.com/
Harvard Medical School - McLean Hospital*	http://www.mclean.harvard.edu/patient/adult/edc.php
Mental Health America	http://www.mentalhealthamerica.net/go/information/get-info/eating-disorders
Merck & Co.*	
<i>Overview</i>	http://www.merckmanuals.com/home/mental_health_disorders/eating_disorders/definition_of_eating_disorders.html
<i>Anorexia Nervosa</i>	http://www.merckmanuals.com/home/mental_health_disorders/eating_disorders/anorexia_nervosa.html
<i>Bulimia Nervosa</i>	http://www.merckmanuals.com/home/mental_health_disorders/eating_disorders/bulimia_nervosa.html
<i>Binge Eating Disorder</i>	http://www.merckmanuals.com/home/mental_health_disorders/eating_disorders/binge_eating_disorder.html
Multi-Service Eating Disorders Association, Inc. of Massachusetts (MEDA)	
<i>About Eating Disorders</i>	http://www.medainc.org/help/about_disorders.asp
<i>Medical Complications</i>	http://www.medainc.org/help/complications.asp
<i>Getting Help</i>	http://www.medainc.org/help/
National Alliance on Mental Illness (NAMI)*	
<i>Anorexia Nervosa</i>	http://www.nami.org/TextTemplate.cfm?/ContentManagement/ContentDisplay.cfm&ContentID=102975
<i>Bulimia Nervosa</i>	http://www.nami.org/Section=Donate&template=/ContentManagement/ContentDisplay.cfm&ContentID=102972
<i>Binge Eating Disorder</i>	http://www.nami.org/Section=Donate&template=/ContentManagement/ContentDisplay.cfm&ContentID=102975
<i>Eating Disorder Not Otherwise Specified</i>	http://www.nami.org/Section=Donate&template=/ContentManagement/ContentDisplay.cfm&ContentID=65849
National Association for Males with Eating Disorders, Inc. (NAMED)	http://www.namedinc.org/
National Association of Anorexia Nervosa and Associated Disorders, Inc. (ANAD)	http://www.anad.org/
National Eating Disorders Association	
<i>Overview</i>	http://www.nationaleatingdisorders.org/index.php
<i>Information & Resources</i>	http://www.nationaleatingdisorders.org/information-resources/
National Institute of Mental Health (NIMH)	
<i>Introduction to Eating Disorders</i>	http://www.nimh.nih.gov/health/publications/eating-disorders/what-are-eating-disorders.shtml
<i>Types of Eating Disorders</i>	http://www.nimh.nih.gov/health/publications/eating-disorders/what-are-the-different-types-of-eating-disorders.shtml
<i>Treatment</i>	http://www.nimh.nih.gov/health/publications/eating-disorders/how-are-eating-disorders-treated.shtml
Newton Wellesley Eating Disorders and Behavioral Medicine	http://www.nwedbmed.com/home.html

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Program Resources

Websites (click on links)

Boston Public Health Commission*	http://www.bphc.org/programs/infectiousdisease/infectiousdiseasesatoz/hepatitis/Pages/Home.aspx
Centers for Disease Control and Prevention	
<i>Viral Hepatitis</i>	http://www.cdc.gov/hepatitis/
<i>Patient Education</i>	http://www.cdc.gov/hepatitis/Resources/PatientEdMaterials.htm
<i>Workplace Safety</i>	http://www.cdc.gov/niosh/topics/bbp/
<i>Publications</i>	http://www.cdc.gov/pubs/hepa.aspx
Department of Veterans Affairs	http://www.hepatitis.va.gov/patient/index.asp
Genetech (Hep C)*	http://www.gene.com/gene/products/education/virology/hc_factsheet.html
Harvard Medical School*	http://www.health.harvard.edu/millions-are-chronically-infected-and-may-not-know-it
HCV Advocate	
<i>Educational Materials</i>	http://www.hcvadvocate.org/hepatitis/materials.asp
<i>Workplace Safety</i>	http://www.hcvadvocate.org/hepatitis/factsheets_pdf/workplace.pdf
Hepatitis B Foundation	
<i>Hep B Basics</i>	http://www.hepb.org/hepatitisbcd/xplain.html
<i>Outreach and Education</i>	http://www.hepb.org/about/outreach_and_education.htm
<i>Expert Speaker Presentations</i>	http://www.hepb.org/expforum/
Hepatitis Central	http://www.hepatitis-central.com/
Massachusetts Hepatitis C Coalition	http://www.mphaweb.org/about_hepc.htm
Merck & Co.*	http://www.merckmanuals.com/home/liver_and_gallbladder_disorders/hepatitis/overview_of_hepatitis.html
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/ency/article/001154.htm
Novartis*	
<i>Hepatitis B</i>	http://www.novartisdiagnostics.com/disease-education/hepatitis-b.shtml
<i>Hepatitis C</i>	http://www.novartisdiagnostics.com/disease-education/hepatitis-c.shtml
The Scripps Research Institute	http://www.scripps.edu/philanthropy/hepatitis.html?origin=ggdishepc
World Health Organization	http://www.who.int/topics/hepatitis/en/

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Program Resources

Websites (click on links)

AIDS Action Committee*	http://www.aac.org/get-info/hivaids-the-basics/
AIDS Healthcare Foundation	http://www.aidshealth.org/
AIDS Project Worcester	http://www.aidsprojectworchester.org/
The Body: Complete HIV/AIDS Resource	http://www.thebody.com/index.html
Boston Public Health Commission*	http://www.bphc.org/programs/infectiousdisease/hivaidstestingervicesdiseaseinformation/Pages/Home.aspx
Centers for Disease Control and Prevention	
<i>Overview</i>	http://www.cdc.gov/hiv/
<i>Preventing HIV</i>	http://www.cdcnpin.org/scripts/hiv/prevent.asp
<i>Education and Outreach</i>	http://www.cdcnpin.org/scripts/hiv/outreach.asp
<i>Labor & Business Responds to AIDS</i>	http://www.hivatwork.org/
U.S. Department of Health and Human Services	http://sis.nlm.nih.gov/hiv/index.php
Free Management Library: Employee Wellness	http://managementhelp.org/employeewellness/aids-in-workplace.htm
GlaxoSmithKline*	http://us.gsk.com/html/healthcare/healthcare-hiv-aids.html
The Mayo Clinic	http://www.mayoclinic.com/health/hiv-aids/DS00005
New England AIDS Education and Training Center	http://www.aids-ed.org/aidsetc?page=ab-02-06#Massachusetts
Novartis*	http://www.novartisdiagnostics.com/disease-education/hiv1.shtml

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Program Resources	Websites (click on links)
Association for Behavioral Healthcare*	http://www.abhmass.org/about-us/committees/mental-health.html
AstraZeneca Pharmaceuticals - Neuroscience Commitment*	http://www.astrazeneca.com/Research/Focus-on-disease
Boston Public Health Commission*	
<i>Child and Adolescent Mental Health</i>	http://www.bphc.org/programs/cafh/cah/CAHServices/mentalhealth/Pages/Home.aspx
<i>Mental Health of Boston Aug. 2010</i>	http://www.bphc.org/about/research/Forms_Documents/Mental_Health_DataTables_HOB10_10Aug10.pdf
<i>Mental Health of Boston April 2009</i>	http://www.bphc.org/about/research/hob/Charts/11.Mental_Health_text_w_tables_HOB09_28Apr09.pdf
Boston University School of Public Health*	http://sph.bu.edu/insider/index.php/raceethnicity-in-outpatient-mental-health-substance-abuse-treatment.html
Harvard Medical School*	http://www.health.harvard.edu/special_health_reports/Positive-Psychology
Mass. Dept. of Mental Health*	
<i>Overview</i>	http://www.mass.gov/eohhs/gov/departments/dmh/
<i>Resources</i>	http://www.mass.gov/eohhs/provider/guidelines-resources/clinical-treatment/mental-health/dmh-resource-guides.html
<i>Accessing Mental Health Services</i>	http://www.mass.gov/eohhs/consumer/behavioral-health/mental-health/
Mental Health America	
<i>Overview</i>	http://www.nmha.org/
<i>Resources & Information</i>	http://www.nmha.org/go/information
Mental Help Net	http://www.mentalhelp.net/
Merck & Co.*	http://www.merckmanuals.com/home/mental_health_disorders.html
National Alliance on Mental Illness (NAMI)*	
<i>Types of Mental Illness</i>	http://www.nami.org/Template.cfm?Section=By_Illness
<i>NAMI Massachusetts</i>	http://www.namimass.org/resources/wellness
National Institute of Mental Health	http://www.nimh.nih.gov/index.shtml

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Program Resources	Websites (click on links)
AARP*	http://www.aarp.org/health/healthy-living/
American Heart Association*	
<i>Nutrition Center</i>	http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp
<i>Getting Healthy</i>	http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp
Atrius Health *	
<i>Healthy Eating</i>	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1020#tp27587
<i>Fitness & Exercise</i>	http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1016#tb1831
Arthritis Foundation, MA Chapter*	http://www.arthritistoday.org/nutrition-and-weight-loss/index.php
Boston Public Health Commission*	http://www.bphc.org/programs/cib/chronicdisease/heal/Pages/Home.aspx
Cambridge Public Health Dept. (Lifestyle)*	http://www.cambridgepublichealth.org/lifestyle/
Centers for Disease Control and Prevention	
<i>Nutrition Center</i>	http://www.cdc.gov/nutrition/index.html
<i>Physical Activity</i>	http://www.cdc.gov/physicalactivity/
<i>Division of Nutrition, Physical Activity, & Obesity</i>	http://www.cdc.gov/nccdphp/dnpao/index.html
<i>Workplace Health Promotion</i>	http://www.cdc.gov/workplacehealthpromotion/implementation/topics/physical-activity.html
Harvard Medical School*	
<i>Exercise and Fitness</i>	http://www.health.harvard.edu/category/heart-and-circulatory-health/exercise-and-fitness
<i>Nutrition</i>	http://www.health.harvard.edu/category/heart-and-circulatory-health/nutrition
Mass in Motion - MA Dept. of Public Health*	
<i>Overview</i>	http://www.mass.gov/eohhs/consumer/wellness/healthy-living/mass-in-motion-english.html
<i>More Ways to be Active</i>	http://www.mass.gov/eohhs/consumer/wellness/healthy-living/move-more/ways-to-be-more-active.html
Merck & Co.*	http://www.merckmanuals.com/home/disorders_of_nutrition.html
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/nutrition.html
National Resources on Nutrition	http://www.nutrition.gov/
Shape Up America	http://www.shapeup.com/about/
Spark People - Free Diet Plans	http://www.sparkpeople.com/
U.S. Department of Agriculture	
<i>Overview</i>	http://www.choosemyplate.gov/
<i>Physical Activity</i>	http://www.choosemyplate.gov/physical-activity.html
<i>Weight Management</i>	http://www.choosemyplate.gov/weight-management-calories.html
WebMD	http://www.webmd.com/fitness-exercise/work-diet-weight-exercise-directory
World Health Organization	http://www.who.int/topics/physical_activity/en/

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Program Resources

Websites (click on links)

Boston Public Health Commission*	http://www.bphc.org/Column=Health_x0020_Topics&ColumnDisplayName=Health_Topics&Value=Obesity
Centers of Disease Control and Prevention	
<i>A Workplace Obesity Prevention Program</i>	http://www.cdc.gov/leanworks/
<i>Recommendations</i>	http://www.cdc.gov/leanworks/resources/communityguide.html
Fallon Community Health Plan - Pediatric Obesity*	http://www.fchp.org/news/press-releases/2011/FCHP-pediatric-obesity.aspx
Harvard Medical School*	http://www.health.harvard.edu/special_health_reports/exercise
Harvard Pilgrim Health Care - Targeting Childhood Obesity*	https://www.harvardpilgrim.org/portal/page?_pageid=213,257080&_dad=portal&_schema=PORTAL
HealthSouth*	http://www.healthsouth.com/en/experience-healthsouth/wellness-tools-for-health/
Mass. Assoc. of Community Health, Inc.*	http://www.massleague.org
Merck & Co.*	http://www.merckmanuals.com/home/disorders_of_nutrition/obesity_and_the_metabolic_syndrome/obesity.html
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/obesity.html
Obesity Help	http://www.obesityhelp.com/
The Obesity Society	
<i>Overview</i>	http://www.obesity.org/
<i>Management of Obesity</i>	http://www.obesity.org/education/office-management-of-obesity.htm
Obesity Action Coalition	http://www.obesityaction.org/
Pfizer Inc.*	Obesity in the United States Workforce
Weight Watchers at Work	http://www.weightwatchers.com/index.aspx

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Program Resources

Websites (click on links)

American Dental Hygienists Assoc.	www.adha.org/publichealth/index.html
Atrius Health (Mouth and Dental)*	http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Mouth%20and%20Dental&CATID=cat1029
Boston Public Health Commission*	http://www.bphc.org/programs/cib/chronicdisease/oralhealth/pages/home.aspx
Centers for Disease Control and Prevention	
<i>Division of Oral Health</i>	http://www.cdc.gov/OralHealth/
<i>Guidelines and Recommendations</i>	http://www.cdc.gov/OralHealth/guidelines.htm
Consumer Guide to Dentistry	http://www.yourdentistryguide.com/hygiene/
Delta Dental of Massachusetts*	http://www.deltamass.com/oralhealth/index.asp
DeltaQuest Foundation*	
<i>Overview</i>	http://www.dentaquestfoundation.org/
<i>Resources</i>	http://www.dentaquestfoundation.org/resources/
Massachusetts Coalition for Oral Health	http://www.masscoalitionfororalhealth.org/
Massachusetts Dept. of Public Health- Office of Oral Health*	
<i>Overview</i>	http://www.mass.gov/dph/oralhealth
<i>Oral Health for Seniors</i>	http://www.mass.gov/eohhs/consumer/wellness/disease-prevention/oral-health/oral-health-for-seniors.html
<i>Resources</i>	http://www.mass.gov/eohhs/consumer/wellness/disease-prevention/oral-health/fact-sheets-and-resources.html
Mass Dental Society*	http://www.massdental.org/for_the_public_topics.aspx?id=136
Merck & Co.*	http://www.merckmanuals.com/home/mouth_and_dental_disorders.html
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/dentalhealth.html
Oral Health America	http://oralhealthamerica.org/
Word of Mouth USA	http://www.wordofmouthusa.org/

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Program Resources

Websites (click on links)

Astellas Pharma*

<i>Overview</i>	http://www.transplantexperience.com/
<i>Heart</i>	http://www.transplantexperience.com/heart
<i>Kidney</i>	http://www.transplantexperience.com/kidney
<i>Liver</i>	http://www.transplantexperience.com/liver

Massachusetts Executive Office of Health and Human Services - Organ Transplant Services*

<http://www.mass.gov/eohhs/gov/departments/dph/programs/organ-transplant-services.html>

Mass. General Hospital - Transplant Center*

<i>Overview</i>	http://www.massgeneral.org/transplant/
<i>Treatments and Services</i>	http://www.massgeneral.org/transplant/services/
<i>The Patient Experience</i>	http://www.massgeneral.org/transplant/experience/

Massachusetts Department of Transportation - Donor Registry for Organ and Tissue Donation

http://www.mass.gov/rmv/license/organ_donor.htm

New England Organ Bank

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

United Network for Organ Sharing

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

U.S. Dept. of Health and Human Services

<http://www.organdonor.gov/index.html>

WebMD

<http://www.webmd.com/a-to-z-guides/organ-transplant-overview>

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Program Resources

Websites (click on links)

American Cancer Society, NE Division*	
	<i>Freshstart</i> http://www.acsworkplacesolutions.com/freshstart.asp
	<i>Quit for Life Program</i> http://www.acsworkplacesolutions.com/quitforlife.asp
	<i>Workplace Solutions Assessment</i> http://www.acsworkplacesolutions.com/wpassessment.asp
American Lung Association of New England*	http://www.lung.org/stop-smoking/
Americans for Nonsmokers' Rights	http://www.no-smoke.org/
Boston Public Health Commission - Smoking Prevention*	http://www.bphc.org/SiteDirectory/Pages/Topics&ColumnDisplayName=Health Topics&Value=Smoking Prevention
Campaign for Tobacco-Free Kids	http://www.tobaccofreekids.org/
Centers for Disease Control and Prevention	
	<i>Smoking and Tobacco Use</i> http://www.cdc.gov/tobacco/
	<i>Factsheets</i> http://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm
	<i>Women and Smoking</i> http://www.cdc.gov/tobacco/data_statistics/sgr/2001/index.htm
	<i>Smokeless Tobacco</i> http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/
End Smoking	Employers' Smoking Cessation Guide
Foundation for a Smokefree America	http://www.anti-smoking.org/info/
Framework Convention Alliance for Tobacco Control	http://www.fctc.org/
Make Smoking History	http://www.makesmokinghistory.org/
Mayo Clinic	http://www.mayoclinic.com/health/quit-smoking/MY00433
National Cancer Institute	http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/quittingsmoking.html
Pathways to Wellness	http://www.pathwaysboston.org/services/smoking.html
Pfizer Inc.*	http://www.pfizer.com/responsibility/global_health/global_health_partnerships.jsp
QuitWorks - Mass. Dept. of Public Health*	
	<i>Help Quitting</i> http://makesmokinghistory.org/quitting.html
	<i>Secondhand Smoke</i> http://makesmokinghistory.org/secondhand-smoke.html
	<i>Youth Smoking</i> http://makesmokinghistory.org/youth.html
Smoke Free.gov	http://smokefree.gov/
Tobacco Free Mass*	http://www.tobaccofreemass.net/

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Program Resources

Websites (click on links)

AARP*	http://healthtools.aarp.org/learning-center/panic-disorders
Breathing Time Yoga	http://www.breathingtimeyoga.com/CustomYoga/WorkplaceYoga/tabid/154/Default.aspx
Centers for Disease Control and Prevention	http://www.cdc.gov/niosh/topics/stress/
Fallon Community Health Plan*	http://www.fchp.org/blog/posts/learning-to-meditate.aspx
Harvard Medical School*	http://www.health.harvard.edu/topic/stress
Healing Tree Yoga	http://www.healingtreeyoga.com/
L.A.U.G.H.S.	http://www.laughsrus.com/
Merck & Co.*	http://www.merckmanuals.com/professional/psychiatric_disorders/anxiety_disorders/stress_disorders.html
Mind Tools - Stress Management	http://www.mindtools.com/smpage.html
Pathways to Wellness	http://www.pathwaysboston.org/index.html
The Samaritans*	http://samaritanshope.org/
Shambhala Meditation Center, Boston	http://www.shambhalaboston.org/
Stacey Shipman	http://staceyshipman.com/feel-your-best-workshop/
Stress Education Center	
	<i>Overview</i> http://www.dstress.com/
	<i>Programs Available for Employers</i> http://www.dstress.com/corp_org_gov.html
Train Right Inc. - Time Management and Stress Management	http://www.time-stressmanagement-training.com/index.html
Tufts Health Plan*	http://www.tuftshealthplan.com/members/stress_management&rightnav=stress_management_nav
University of Massachusetts Medical School	http://www.umassmed.edu/content.aspx?id=41252
Zen Muscular Therapy and Wellness Center	http://www.zen-therapy.com/services.html

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Program Resources

Websites (click on links)

American Council For Drug Education	http://www.acde.org/employer/Default.htm
Centers for Disease Control and Prevention	http://www.cdc.gov/pwud/substance-treatment.html
Community Anti-Drug Coalitions of America (CADCA)	http://www.cadca.org/
Ezrah Communications Group, LTD	http://www.sosdrugs.org/ezrah/speakers.php
Fallon Community Health Plan*	http://www.fchp.org/news/health-care-reform/mental-health-equity.aspx
Harvard Medical School*	http://www.health.harvard.edu/press_releases/painkillers-fuel-growth-in-drug-addiction
Help Guide	http://helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm
Higher Education Center	http://www.higheredcenter.org/services/training
The Institute for Health and Recovery	http://www.healthrecovery.org/services_and_products/trainings/default.asp
Massachusetts Health Promotion Clearinghouse	http://maclearinghouse.com/substance-abuse/
Merck & Co.*	
<i>Overview of Drug Abuse</i>	http://www.merckmanuals.com/home/special_subjects/drug_use_and_abuse/overview_of_drug_abuse.html
<i>Drug and Substance Use and Abuse in Adolescents</i>	http://www.merckmanuals.com/home/adolescents/drug_and_substance_use_and_abuse_in_adolescents.html
The National Council on Alcoholism and Drug Dependence	http://ncadd.org/
National Institute on Drug Abuse	http://www.drugabuse.gov/
The Partnership for Drug Free America	
<i>Prevent, Intervene, Get Treatment, Recover</i>	http://www.drugfree.org/
<i>Preventing Prescription Drug Abuse Among Teens and Young Adults</i>	http://www.drugfree.org/newsroom/prescription-drug-abuse-awareness-may-2012
Substance Abuse and Mental Health Services Administration	
<i>Overview</i>	http://www.samhsa.gov/
<i>September is Recovery Month</i>	http://www.recoverymonth.gov/

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Program Resources	Websites (click on links)
Advancing Wellness	http://www.advwellness.com/worksitewellness.htm
American Heart Assoc. (CPR & AED Training)*	http://www.heart.org/HEARTORG/CPRAndECC/WorkplaceTraining/Workplace-Training.jsp
Associated Industries of MA*	Worksite Wellness Toolkit
Atrius Health (Workplace Health)*	http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Workplace%20Health&CATID=cat1041
Benefits Lab	http://benefitslab.com/wellness/
Blue Cross Blue Shield of MA Foundation*	http://www.bluecrossma.com/national-health-care-reform/provisions/index.html?provision=1+1+370
Boston Public Health Commission*	http://www.bphc.org/SiteDirectory/Pages/Topics&ColumnDisplayName=Health+Topics&Value=Workplace+Safety
Infinite Wellness Solution	http://www.infinitemwellnesssolutions.com/health-calcuators.html
Interactive Health Solutions	http://www.interactivehealthsolutions.com/howworks.asp
Kronos Optimal Health Company - Corporate Wellness Programs	https://www.kronoshealth.com/KronosCorporateWS/Your_Companys_Health.aspx
MA Executive Office of Health and Human Services*	http://www.mass.gov/eohhs/consumer/wellness/healthy-living/mass-in-motion-english.html
My Digital Wellness Coach	https://mydigitalwellnesscoach.com/?gclid=CKPr36vVj6cCFYSK4AodDkmDcQ
National Institutes of Health	http://www.nlm.nih.gov/medlineplus/occupationalhealth.html
National Institute for Occupational Safety and Health	http://www.cdc.gov/niosh/
South Shore Hospital	http://www.southshorehospital.org/healthwellness
University of Massachusetts, Lowell	http://www.uml.edu/Research/centers/CPH-NEW/
Wellergize	http://wellnessfair.ca/
Wellness Council of America - Creating Well Workplaces	http://www.welcoa.org/wellworkplace/
Wellness Workdays, Inc.*	http://www.wellnessworkdays.com/

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