



PREVENT DISEASE! Take small steps toward preventing and controlling disease such as asthma, diabetes, obesity, and other chronic conditions. Below are some resources to help:



Body Mass Index

Learn more about BMI and its use as a screening tool, and calculate your BMI.

www.cdc.gov/nccdphp/dnpa/bmi/index.htm



Mission Possible

National High Blood Pressure Education Program: resources to prevent and control high blood pressure.

<http://hp2010.nhlbihin.net/mission/index.htm>



BUSTED!

A PA organization of students, adults, and teachers helping teens live tobacco-free lives.

www.pabusted.com/Busted/index.shtml



Growth Screening

Helpful tools for conducting growth screening at schools & sending information home to parents

www.panaonline.org/programs/khz/screening



Diabetes Risk Test

Are you at risk for diabetes? Take the ADA risk test to find out.

<http://www.diabetes.org/risk-test.jsp>



Allies Against Asthma

A national program providing support to community-based efforts managing pediatric asthma.

www.asthma.umich.edu/index.html



Weight-control Information Network

Up-to-date, science-based information on weight control, obesity, physical activity, & related nutritional issues.

<http://win.niddk.nih.gov/index.htm>



Open Airways for Schools

The ALA's Open Airways For Schools is an asthma management program for school children 8-11 years, diagnosed with asthma.

www.lungusa.org/site/apps/s/content.asp?c=dvLUK900E&b=34706&ct=67490#what



Asthma Action Plan

A form to assist in the management and care of a child with asthma in the school setting.

www.dsf.health.state.pa.us/health/lib/health/Asthma_Action_Plan_final_1.pdf



Obesity Education Initiative

An initiative to help reduce the prevalence of overweight and inactivity in order to reduce the risk of coronary heart disease.

www.nhlbi.nih.gov/about/oei/index.htm



National Asthma Education and Prevention Program

The goal of the NAEPP is to enhance the quality of life for patients with asthma and decrease asthma-related morbidity and mortality.

www.nhlbi.nih.gov/about/naepp/



Tobacco Information & Prevention Source

Prevention of tobacco use among youth, promotion of smoking cessation among youth and adults, & protecting nonsmokers.

www.cdc.gov/tobacco/

Join the cooperative effort to promote wellness and to ...

...PREVENT & CONTROL DISEASE!