



Publications Order Form



The ODPHP Communication Support Center is a service of the Office of Disease Prevention and Health Promotion (ODPHP), Office of the Assistant Secretary for Health, U.S. Department of Health and Human Services. Titles are available while supplies last. ODPHP disseminates thousands of prevention-related materials each month. Some items are free of charge with free shipping; others have a small cost-recovery fee that has been set under Office of Management and Budget guidelines.

Healthy People

<http://www.healthypeople.gov>

Healthy People is an initiative that sets health objectives for the Nation each decade. Healthy People began in 1979 with a Surgeon General's report, and the program has been renewed each decade since then.

Healthy People can be used by States, communities, professional organizations, individuals, and interested parties to help develop programs to improve health. Healthy People establishes measurable objectives for health outcomes, and these serve as the basis for the development of State and community plans. Healthy People is built on the best scientific knowledge and is designed to measure the health of the Nation over time.

Online Resources

- **Healthy People 2020 Brochure**
2011, 8.5x11 inches, 6 pages, Pub No. B0132, available at <http://www.healthypeople.gov/2020/default.aspx>
- **Healthy People 2020 Objectives**
2010, 8.5x11 inches, 335 pages, available at <http://www.healthypeople.gov/2020/topicsobjectives2020/default.aspx>
- **Healthy People 2020 Consortium Toolkit**
2010, available at <http://www.healthypeople.gov/2020/consortium/hpConsortium.aspx>
- **Healthy People 2020 Leading Health Indicators**
2011, available at <http://www.healthypeople.gov/2020/LHI/default.aspx>
- **Healthy People 2010 Final Review**
Final Review available in PDF format at http://www.cdc.gov/nchs/healthy_people/hp2010/hp2010_final_review.htm

Title of Item	Quantity	Unit Price	Total Price
Healthy People 2010 Volume I (2nd edition): 2000, 8.5x11 inches, 608 pages and Volume II (2nd edition): 2000, 8.5x11 inches, 664 pages, Pub No. B0087		\$0.00 Free	
Healthy People 2010 Publications and Other Products CD-ROM 2000, Windows and Macintosh compatible, Pub No. B0090		\$0.00 Free	
Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010 2001, 5.5x8.5 inches, 44 pages, Pub No. B0121		\$0.00 Free	
Healthy People 2010: Midcourse Review (Book) 2007, 8.5x11 inches, 976 pages, Pub No. B0129		\$0.00 Free	
Healthy People 2010: Midcourse Review (CD-ROM) 2007, Windows and Macintosh compatible, Pub No. B0130		\$0.00 Free	
		Subtotal	

Health Communication

healthfinder.gov® Web Site

<http://www.healthfinder.gov>

The healthfinder.gov® Web site provides information and tools to help you and those you care about stay healthy. You can browse topics from an A to Z list, or run a search on key words/terms, to find resources on a wide range of health topics from more than 1,600 government and nonprofit organizations. The site also offers interactive content and personal health tools. healthfinder.gov® provides the best, most reliable health information on the Internet—visit <http://www.healthfinder.gov> today!

Online Resources

- **Quick Guide to Healthy Living Information and Tools**
Available at <http://www.healthfinder.gov/prevention/>
- **healthfinder.gov E-cards**
Available at <http://www.healthfinder.gov/ecards/cards.aspx>

Title of Item	Quantity	Unit Price	Total Price
healthfinder.gov® Info Card 2008, 3.5x8.5 inches, cardstock, Pub No. D0031 (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
healthfinder.gov® Magnet 2008, 3.5x5.625 inches, Pub No. D0032 (No fee for quantities up to 50; \$0.40 per piece over 50)		Tiered	
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National Health Information Center Materials

<http://www.health.gov/nhic/>

Online Resources

- **National Health Observance Toolkits**
Available at <http://www.healthfinder.gov/nho>
- **National Health Observances Calendar**
2012, 8.5x11 inches, 47 pages, available at <http://www.healthfinder.gov/nho/2012nho/2012nho.pdf>
- **Federal Health Information Centers and Clearinghouses**
2012, 8.5x11 inches, 31 pages, available at <http://www.health.gov/nhic/pubs/2012fhic.pdf>
- **Toll-Free Numbers for Health Information**
2012, 8.5x11 inches, 41 pages, available at http://www.health.gov/nhic/pubs/2012_tollfree.pdf

Health Literacy Tools and Information

Health Literacy Information on the Web

<http://www.health.gov/communication/literacy/default.htm>

Health literacy is the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. ODPHP provides valuable resources on its Health Literacy Web pages, for the public, patients, and health professionals alike. Some resources provide guidance on tailoring messages for specific audiences, such as older adults or people from different ethnic/cultural backgrounds. You can find:

- Tools for improving health literacy
- Government resources
- Reports and research

Online Resources

- **Health Literacy Online: A Guide to Writing and Designing Easy-to-Use Health Web Sites**
2010, 8.5x11 inches, 103 pages, available at <http://www.health.gov/healthliteracyonline/>
- **National Action Plan to Improve Health Literacy**
2010, 8.5x11 inches, 72 pages, available at <http://www.health.gov/communication/hlactionplan/>
- **Quick Guide to Health Literacy**
2007, 8.5x11 inches, 36 pages, available at <http://www.health.gov/communication/literacy/quickguide/>
- **Quick Guide to Health Literacy and Older Adults**
Available at <http://www.health.gov/communication/literacy/olderadults/literacy.htm>

Title of Item	Quantity	Unit Price	Total Price
Information for Health: A Strategy for Building the National Health Information Infrastructure 2001, 8.5x11 inches, 100 pages, Pub No. F0048		\$0.00 (Free)	
Communicating Health: Priorities and Strategies for Progress 2003, 5.5x8.5 inches, 148 pages, Pub No. F0049		\$0.00 (Free)	
Expanding the Reach and Impact of Consumer E-Health Tools (Full Report) 2006, 8.5x11 inches, 232 pages, Pub No. F0050		\$0.00 (Free)	
Expanding the Reach and Impact of Consumer E-Health Tools (Executive Summary) 2006, 8.5x11 inches, 20 pages, Pub No. F0050a		\$0.00 (Free)	
Tools for Improving Health Literacy: Resources for Health Professionals CD-ROM 2006, Windows and Macintosh compatible, Pub No. F0051		\$0.00 (Free)	
		Subtotal	

Physical Activity Guidelines for Americans

2008 Physical Activity Guidelines for Americans Web Site

<http://www.health.gov/paguidelines/>

Being physically active is one of the most important steps that Americans of all ages can take to improve their health. The Federal Government has issued its first-ever *Physical Activity Guidelines for Americans*, which describe the types and amounts of physical activity that offer substantial health benefits based on scientific evidence.

Title of Item	Quantity	Unit Price	Total Price
2008 Physical Activity Guidelines for Americans 2008, 8.5x11 inches, 76 pages, Pub No. U0036 (Limit 9 copies per customer) Also available at http://www.health.gov/paguidelines/guidelines/default.aspx		\$5.00	
Be Active Your Way: A Guide for Adults 2008, 8.5x5.5 inches, 28 pages, Pub No. U0037 Also available at http://www.health.gov/PAGuidelines/adultguide/default.aspx		\$2.00	
Manténgase activo a su manera: Guía para adultos (Spanish version of Be Active Your Way: A Guide for Adults) 2008, 8.5x5.5 inches, 28 pages, Pub No. U0037S Also available at http://www.health.gov/PAGuidelines/adultguide/default.aspx		\$2.00	
Be Active Your Way: A Fact Sheet for Adults 2008, 8.5x11 inches, 2 pages, pads of 50, Pub No. U0038 (Limit 50 pads per customer) Also available at http://www.health.gov/PAGuidelines/factSheetAdults.aspx		\$2.50	
Manténgase activo a su manera: información para adultos (Spanish version of Be Active Your Way: A Fact Sheet for Adults) 2008, 8.5x11 inches, 2 pages, Pub No. U0038S Also available at http://www.health.gov/PAGuidelines/pdf/factSheet_PAG_Spanish.pdf		\$0.73	
2008 Physical Activity Guidelines Toolkit CD-ROM 2008, printer's files (press-quality PDFs) on CD-ROM, Pub No. U0046 Also available at http://www.health.gov/paguidelines/toolkit.aspx		\$10.00	
Physical Activity Guidelines for Americans Z Card 2008, folds down to 2.125x3.375 inches, 2 pages, Pub No. U0047 (Limit 10 copies per customer)		\$1.75	
Physical Activity Guidelines Advisory Committee Report 2008 (Book) 2008, 8.5x11 inches, 684 pages, black and white, Pub No. U0049 (Limit one copy per customer) Also available at http://www.health.gov/PAGuidelines/Report		\$0.00 (Free)	
Physical Activity Guidelines Advisory Committee Report 2008 (CD-ROM) 2008, printer's files (press-quality PDFs) on CD-ROM, Pub No. U0051 Also available at http://www.health.gov/PAGuidelines/Report		\$10.00	
		Subtotal	

Dietary Guidelines for Americans

<http://www.health.gov/DietaryGuidelines>

The *Dietary Guidelines for Americans* provides evidence-based nutrition information and advice for people aged 2 years old and older. Jointly published every 5 years by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA), the guidelines serve as the basis for Federal food and nutrition education programs.

Online resources include the guidelines, background/history, answers to frequently asked questions, archived media/press releases, related publications, and other valuable materials.

Online Resources

- Dietary Guidelines for Americans, 2010**
 2010, 8.5x11 inches, 80 pages, available at <http://www.health.gov/dietaryguidelines>
 Available from GPO:
<http://bookstore.gpo.gov/actions/GetPublication.do?stocknumber=001-000-04747-7>
<http://bookstore.gpo.gov/actions/GetPublication.do?stocknumber=001-000-04748-5>
- The Road to a Healthy Life: Based on the Dietary Guidelines for Americans, 2005**
 2005, 7x11 inches, Pub No. U0035, available at <http://www.health.gov/DietaryGuidelines/pubs.asp#twothousandfive>
 Available from GPO:
<http://bookstore.gpo.gov/actions/GetPublication.do?stocknumber=017-001-00564-9>
- Toolkit for Health Professionals: Dietary Guidelines for Americans, 2005**
 2005, available at <http://www.health.gov/DietaryGuidelines/dga2005/toolkit/>
- Let's Eat for the Health of It**
 2011, 8.5x11 inches, 4 pages, Pub No. U0040
 Available from GPO and FCIC:
<http://bookstore.gpo.gov/actions/GetPublication.do?stocknumber=001-000-04750-7>
<http://publications.usa.gov/USAPubs.php?PubID=1350>
- Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans, 2005**
 2005, available at <http://www.health.gov/DietaryGuidelines/pubs.asp#twothousandfive>
- A Healthier You: Based on the Dietary Guidelines for Americans, 2005**
 2005, available at <http://www.health.gov/DietaryGuidelines/pubs.asp#twothousandfive>

Title of Item	Quantity	Unit Price	Total Price
Report of the Dietary Guidelines Advisory Committee on the <i>Dietary Guidelines for Americans, 2010</i> 2010, 8.5x11 inches, 453 pages, Pub No. U0056 (Limit one copy per customer) Also available at http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm		\$0.00 (Free)	
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To Order

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Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services
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Rockville, MD 20852
Please make your check/money order payable to ODPHP Communication Support Center.
- **By phone:** Call the ODPHP Communication Support Center at 1-800-367-4725.
- **By fax:** Send this order form to 301-468-3028.
- **By E-mail:** Send orders to odphpsupport@air.org.

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Subtotal for Health Communication (page 2)	+
Subtotal for Health Literacy Tools and Information (page 3)	+
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