



# Resources for Health Care Professionals

## Utah Department of Health Bureau of Health Promotion

[www.health.utah.gov/bhp](http://www.health.utah.gov/bhp) (801)538-6141

The following are some of the resources available to Health Care Professionals:

### Utah Arthritis Program - <http://health.utah.gov/arthritis/>

The Utah Arthritis Program (UAP) was established in October of 1999 to increase the quality of life among persons affected by arthritis in Utah. The program receives money from the Centers for Disease Control and Prevention to track how many Utah residents have arthritis, provide arthritis education, and increase participation in programs proven to help people with arthritis. The UAP works with community partners to offer evidence-based courses that help people with arthritis manage their condition. Current classes include:

- Arthritis Foundation Self-Help Class
- Arthritis Foundation Exercise Program
- Arthritis Foundation Aquatics Program
- Chronic Disease Self-Help Program
- Active Living Everyday
- Enhanced Fitness

### Asthma Program - [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma)

Asthma Program provides resources to health care professionals on diagnosing and management of asthma.

- Asthma Health Care Provider Manual is based on the National Asthma Education and Prevention Program's (NAEPP) Guidelines for the Diagnosing and Management of asthma. It is designed to keep clinical practices up to date on how to use a comprehensive approach to managing patients' asthma.
- The Manual is available online or order by calling 801-538-9272
- Resources for uninsured and under insured
- Pulmonary function testing locations
- Asthma Action Plan —management plan completed by physician to assist patients to manage their asthma
- Asthma Self-administration form—completed by physician that allows students to carry inhalers at school
- Pregnancy and Asthma—NAEPP Guidelines to manage asthma during pregnancy

### Cancer Program - [www.utahcancer.org](http://www.utahcancer.org)

The mission of the Utah Cancer Control Program (UCCP) is to reduce cancer incidence and mortality in Utah through collaborative efforts that provide cancer prevention and control services and programs. The UCCP provides the following free and low-cost services:

- Clinical breast exams, Pap tests, and mammograms to women age 40-64 who are at or below 250% of the federal poverty level and who are either uninsured or underinsured.
- The UCCP can enroll women with breast cancer, cervical cancer, and precancerous conditions in Medicaid for treatment under the Medicaid Breast and Cervical Cancer Treatment Act.
- Community presentations on the importance of breast and cervical screening.
- Brochures, posters, and other promotional materials including information on other cancers.
- Fecal Occult Blood Test (FOBT) kits.
- In addition, the UCCP partners with the Utah Cancer Action Network (UCAN) to implement the Utah State Cancer Plan.
- For more information call 1-800-717-1811 or visit web site [www.utahcancer.org](http://www.utahcancer.org)

## **Chronic Disease Genomics Program - [www.health.utah.gov/genomics](http://www.health.utah.gov/genomics)**

Genomics provides resources and presentations on how genetics and family health history can affect health.

- Family Health History Toolkit provides fun tips to help families talk about, write down, and share their family health history with their doctor and family members.

## **Utah Diabetes Prevention and Control Program (DPCP) - [www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)**

The mission of the Utah Diabetes Prevention and Control Program is to work in partnerships to improve the quality of life of all Utahans at risk for or affected by diabetes. The DPCP offers the following diabetes materials free of charge:

- Risks and trends data
- Management and education brochures (in many languages)
- Awareness handouts
- Utah Diabetes Practice Recommendations (Adult, Pregnancy, Inpatient Care, Child and Adolescent)
- Resource Directories

## **Heart Disease and Stroke Prevention - [www.hearthishighway.org](http://www.hearthishighway.org)**

Heart disease and stroke are the number one and three leading causes of death in Utah and across the nation. The heart disease and stroke prevention program has many materials on:

- Risk factors, signs, prevention, and treatment options for heart disease and stroke.
- Stroke posters, informational pamphlets (featuring a magnet with the signs of stroke), and other educational materials on stroke including television and radio advertisements.
- Manuals on the correct measurement of blood pressure and cholesterol using a finger stick as well as charts for showing patients their blood pressure levels and other educational information on blood pressure treatment and control.
- Many of the materials developed are also available in Spanish

## **Tobacco Prevention and Control Program - [www.tobaccofreeutah.org](http://www.tobaccofreeutah.org)**

Tobacco use is still the leading preventable cause of death in the U.S. and kills over 1,100 Utahns annually. There are nearly 175,000 adult smokers in Utah; 81% would like to quit. Research shows that people are more likely to be successful in quitting when a health care provider advises them to do so. The following FREE resources are available to help your patients quit:

- The TRUTH Network: Treating Tobacco Dependence Guide ([www.tobaccofreeutah.org/providerguide.pdf](http://www.tobaccofreeutah.org/providerguide.pdf)) explains the 5 As of tobacco control, pharmacologic therapies, cessation programs, and fax referral to the Utah Tobacco Quit line.
- The Utah Tobacco Quit Line (1-888-567-TRUTH) provides telephone-based counseling, support materials, and nicotine replacement therapy when appropriate.
- Utah QuitNet ([utahquitnet.com](http://utahquitnet.com)) provides quitting guides, peer support through message boards and e-mail, expert advice, and other services to help people quit using tobacco.

## **Violence and Injury Prevention Program - [www.health.utah.gov/vipp/](http://www.health.utah.gov/vipp/)**

Violence and injury are major threats to the health and safety of Utahns and claim an average of 1,300 lives a year. Among unintentional injuries, motor vehicle crashes, falls, and poisonings are responsible for three-fourths of those deaths. Violence, including suicide and homicide, claims another 390 lives annually. The following resources are available through the Violence and Injury Prevention Program to help educate Utahns about injuries and injury prevention.

- Fact sheets, prevention tips, and reports on the leading causes of injuries in Utah. For more information go to [www.health.utah.gov/vipp/](http://www.health.utah.gov/vipp/)
- Discounted infant seats, booster seats, and bike helmets through the Safe KIDS Utah. For more information go to [www.utahsafekids.org/](http://www.utahsafekids.org/)
- Links to various other injury prevention efforts and resources through local health departments in Utah. For more information go to <http://www.health.utah.gov/lhd/>

