

Family History Resources



- **The Surgeon General's Family History Initiative**
<http://www.hhs.gov/familyhistory/>
The Surgeon General has declared Thanksgiving the annual National Family History Day. This site contains information and a tool, called "My Family Health Portrait," for creating a personalized family health history.
- **CDC, Office of Genomics and Disease Prevention, Family History**
<http://www.cdc.gov/genomics/public/famhistMain.htm>
Offers valuable information about family health history and includes FAQs, fact sheets and case studies, news articles, multimedia presentations, and disease-specific information.
- **National Human Genome Research Institute**
<http://genome.gov/health>
Provides information about genetic testing, key issues in genetics and health, fact sheets, and a glossary of terms.

Disease Resources



Breast Cancer, Ovarian Cancer, and Colorectal Cancer

- **CDC, Cancer Prevention and Control**
<http://www.cdc.gov/cancer/>
Includes information about public health programs, research, monitoring, and education for different types of cancer.
- **National Cancer Institute**
<http://www.cancer.gov>
Includes information about screening and testing, treatment, research studies, and clinical trials for different types of cancer.
- **American Cancer Society**
<http://www.cancer.org>
The American Cancer Society is a national voluntary organization that is committed to fighting cancer through advocacy, patient education, research, rehabilitation, and patient services.

Diabetes

- **CDC, Diabetes Public Health Resource**
<http://www.cdc.gov/diabetes/consumer/>
Contains information about treating and preventing diabetes and complications associated with the disease. It also includes tips and programs that will help people increase their physical activity and eat a healthier diet.

- **National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse (NDIC)**
<http://diabetes.niddk.nih.gov/>
The NDIC is a service of the National Institute of Diabetes and Digestive and Kidney Diseases. The website contains resources and information for the public and health professionals about diabetes and its treatment.
- **American Diabetes Association**
<http://www.diabetes.org>
The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy.

Coronary Heart Disease and Stroke

- **CDC, Cardiovascular Health**
http://www.cdc.gov/cvh/library/fact_sheets.htm
The mission of the CDC's Cardiovascular Health program is to provide public health leadership to improve cardiovascular health for all, reduce the burden, and eliminate the disparities associated between heart disease and stroke. This site provides fact sheets and information about cardiovascular diseases.
- **National Institute of Neurological Disorders and Stroke**
http://www.ninds.nih.gov/health_and_medical/disorders/stroke.htm
Provides information and links to other resources about stroke and stroke-related research.
- **National Heart, Lung, and Blood Institute**
<http://www.nhlbi.nih.gov/health/public/heart/index.htm>
Provides a list of resources, including the fact sheets and web tools about heart and vascular disease.
- **American Heart Association**
<http://www.americanheart.org>
The American Heart Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke.

Lifestyle Resources



- **Agency for Healthcare Research and Quality, Consumers & Patients**
<http://www.ahrq.gov/consumer/>
The Agency for Healthcare Research and Quality has put together consumer and patient guides for a number of health topics. These guides were developed based on the agency's clinical practice guides for physicians.
- **CDC, 5 A Day**
<http://www.cdc.gov/nccdphp/dnpa/5ADay/index.htm>
5 A Day for Better Health is a national program and partnership that seeks to increase the number of daily servings of fruits and vegetables Americans eat to five or more. The 5 A Day program provides easy ways to add more fruits and vegetables into your daily eating patterns.

- **CDC, Alcohol and Public Health**
<http://www.cdc.gov/alcohol/about.htm>
Provides information about alcohol-related health effects, alcohol disease impact, and CDC-sponsored programs.
- **CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity, Overweight and Obesity**
<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>
Provides information about health-related effects of being overweight/obese, and recommended strategies and resources to help people achieve a healthy weight.
- **CDC, National Center for Chronic Disease Prevention and Health Promotion, Physical Activity**
<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
Provides information about the health benefits of physical activity.
- **HHS-Healthy Lifestyles and Disease Prevention Initiative**
<http://www.smallstep.gov/>
Smallstep.gov is the web component of a national advertising campaign from the Department of Health and Human Services that is aimed at reducing the rates of overweight and obesity in the United States. The website includes tips and web tools to help people achieve a healthy weight.
- **HHS, Smoke-free.gov**
<http://www.smokefree.gov/>
1-800-QUIT-NOW (1-800-784-8669)
Smokefree.gov is an online resource designed to help and support smokers who want to quit and non-smokers who want to help. The site has a step-by-step cessation guide, and interactive tools including a National Cancer Institute-staffed instant messaging service, local and national quitlines, and publications for download.
- **Healthfinder.gov**
<http://www.healthfinder.gov>
Healthfinder is a free portal to reliable health information, developed by the U.S. Department of Health and Human Services. The site provides an easy-to-use, searchable index of carefully reviewed health information from over 1,500 government agencies, nonprofit organizations and universities.
- **HRSA-Bright Futures for Women's Health and Wellness**
<http://www.hrsa.gov/womenshelaht/mybrightfuture/menu.html>
Provides an online version of the Physical Activity and Healthy Eating Guide and Wallet Card for Young Women. It will help young women learn about healthy eating and physical activity and help them talk with their health care provider to set and reach goals in areas that need improvement.
- **HRSA-Consumer Education: Living Healthy - An Educated Choice**
<http://www.hrsa.gov/ConsumerEd/>
Provides health-related information which will help families live healthier lives.

