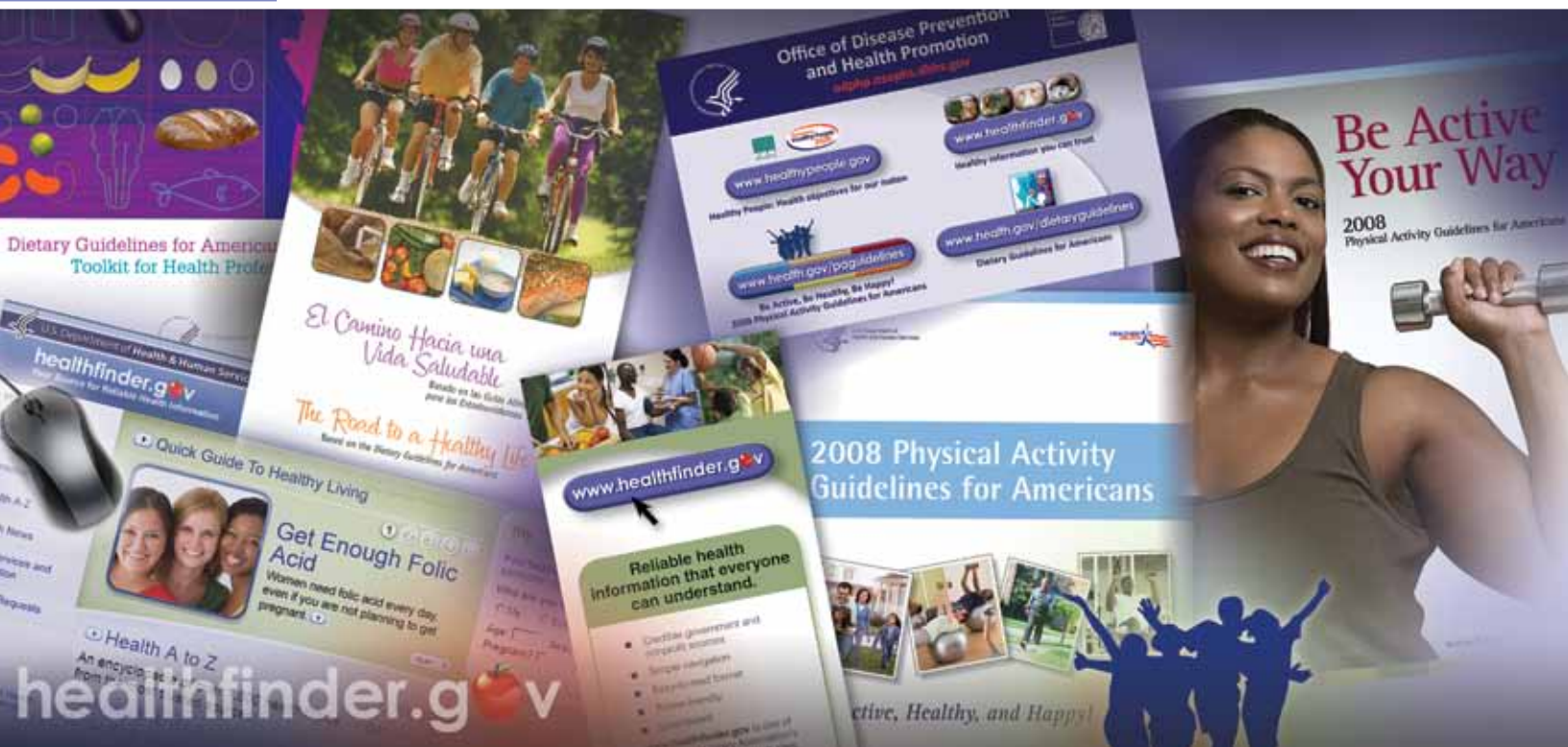


2009

# ODPHP Publications, Web Sites, and Tools

CATALOG



**U.S. Department of Health and Human Services**  
Office of Disease Prevention and Health Promotion

**To order:**

Call the ODPHP Communication Support Center at 1-800-367-4725, fax your order form to 301-468-3028, or e-mail your order to [odphpsupport@air.org](mailto:odphpsupport@air.org).

## About ODPHP

---

Healthy People.....	1
Health Communication .....	3
Health Literacy Tools and Information.....	5
Physical Activity Guidelines for Americans .....	6
Nutrition.....	7
On the Web.....	9
Order Form.....	10

The Office of Disease Prevention and Health Promotion (ODPHP) of the Office of Public Health and Science, U.S. Department of Health and Human Services (HHS), stimulates and coordinates efforts in both the public and private sectors to reduce the risk of disease and early death and to promote good health. Materials listed here are publications, Web sites, and tools that ODPHP has sponsored or cosponsored.

Single copies of most publications listed are available for a minimal postage and handling fee from the ODPHP Communication Support Center; an order form is attached. Some publications, as noted, are for sale by the U.S. Government Printing Office (GPO) and other sources; these documents should be ordered directly from the sources noted. Publications are available while supplies last; prices and handling fees are subject to change. Full texts of some publications are available via the Internet as noted.

### **ODPHP Mission Statement**

Provide leadership for a healthier America by initiating, coordinating, and supporting disease prevention and health promotion activities, programs, policies, and information for the Department of Health and Human Services through collaboration with HHS agencies and other partners in prevention.

### **ODPHP Vision Statement**

ODPHP envisions a healthier America in which individuals and communities make choices and take actions to enhance health and prevent disease.

# Healthy People

## Healthy People 2010: Midcourse Review

Provides an assessment of and shows the changes made to the Healthy People 2010 objectives as of January 2005. This updates *Healthy People 2010* published in 2000. Available in book or CD form.

**Book: #B0129\***

2007, 8.5x11 inches, 976 pages  
\$68 each

**CD-ROM: #B0130\***

2007, Windows and  
Macintosh compatible  
Free single copy



## Healthy People 2010

Presents a comprehensive, nationwide health promotion and disease prevention agenda, designed to serve as a roadmap for improving the health of all people in the United States during the first decade of the 21st century. This two-volume set describes in detail the 467 objectives in 28 focus areas that make up this public health strategy.



Volume I explains the history of Healthy People 2010 and the overall Healthy People initiative and provides information on Focus Areas 1–14. Volume II provides information on Focus Areas 15–28 and appendices.

**#B0087\***

Volume I (2nd edition): 2000, 8.5x11 inches, 608 pages  
Volume II (2nd edition): 2000, 8.5x11 inches, 664 pages  
Free single copy

Also available on the Internet at  
[www.healthypeople.gov/publications/](http://www.healthypeople.gov/publications/).

## Join the Healthy People Consortium (Postcard)

The consortium is a partnership of organizations committed to making Americans healthy by supporting the goals of Healthy People. This handy card provides URLs for key Web sites that provide information to help improve our Nation's health.

**#B0131\***

2008, 8.5x5.25 inches  
Free single copy



## What Is Healthy People?

Healthy People is an ongoing program 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—currently, Government health Agencies are using Healthy People 2010 and preparing for Healthy People 2020.

Healthy People can be used by individuals, States, communities, professional organizations, 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. The current program, Healthy People 2010, is built on the best scientific knowledge and is designed to measure the health of the Nation over time.

You can learn more about  
Healthy People at  
[www.healthypeople.gov](http://www.healthypeople.gov)



## Healthy People 2010 Publications and Other Products CD-ROM

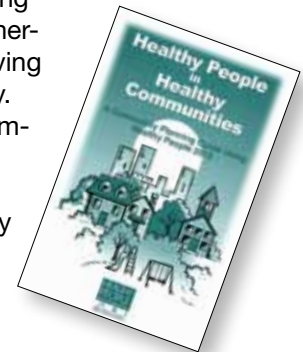
Includes both volumes of *Healthy People 2010*, *Healthy People in Healthy Communities*, and *Healthy People 2010: Understanding and Improving Health*.

**#B0090\***  
2000, Windows and Macintosh compatible  
Free single copy



## Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010

A guide for building community coalitions, creating a vision, measuring results, and creating partnerships dedicated to improving the health of a community. Includes strategies for community members, health professionals, and local government and university partners to help make positive changes in community health and safety.



### Available from GPO

2001, 5.5x8.5 inches, 44 pages  
#017-001-00546-1

\$2.75 each

Call GPO at 866-512-1800 or order online at <http://bookstore.gpo.gov>.

Also available on the Internet at [www.healthypeople.gov/publications/](http://www.healthypeople.gov/publications/).

## Healthy People 2010 Bookmarks

Four different Healthy People 2010 focus areas are featured. Available in English and Spanish.

### Safety Bookmark:\*

#D0015 English

#D0015s Spanish

### Immunization Bookmark:\*

#D0016 English

#D0016s Spanish

### Smoking Bookmark:\*

#D0017 English

#D0017s Spanish

### Oral Health Bookmark:\*

#D0018 English

#D0018s Spanish

2000, 2.5x8.5 inches  
No fee for quantities up to 50;  
\$0.20 per piece over 50.



## Healthy People 2010 Progress Reviews

Healthy People progress reviews document data issues, barriers to, and strategies for achieving the objectives, as well as implementation efforts under way to reach specific population targets.

Available online only. Free download at [www.healthypeople.gov/data/progrvw](http://www.healthypeople.gov/data/progrvw).

### Focus Areas Include:

- Access to Quality Health Services
- Environmental Health
- Food Safety
- Immunization and Infectious Diseases
- Occupational Safety and Health
- Physical Activity and Fitness

# Health Communication

## healthfinder.gov® Web Site

[www.healthfinder.gov](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 [www.healthfinder.gov](http://www.healthfinder.gov) today!



## NEW! healthfinder.gov® Magnet

The healthfinder.gov® Web site is an award-winning Federal health portal site that links the public to current, reliable information from more than 1,500 health-related organizations. This magnet can be used to promote the Web site to the public.



#D0032\*

2008, 3.5x5.625 inches, magnet

No fee for quantities up to 50;

\$0.40 per piece over 50.

## NEW FEATURES!

### myhealthfinder Web Site

See the link on the healthfinder.gov® home page to myhealthfinder, an interactive tool that provides personalized recommendations for clinical preventive services specific to your age, gender, and pregnancy status. The site asks you simple questions, and you receive health recommendations based on your health profile.



## NEW! healthfinder.gov® Info Card

This conveniently sized card provides an overview of [www.healthfinder.gov](http://www.healthfinder.gov), describing the Web site's easy-to-read format, simple navigation, user friendliness, and reliable health information.



#D0031\*

2008, 3.5x8.5 inches, cardstock

No fee for quantities up to 50;

\$0.20 per piece over 50.

## Quick Guide to Healthy Living Web Site

Available on the healthfinder.gov® Web site, the *Quick Guide to Healthy Living* makes health and disease prevention information accessible and understandable. Using everyday language and examples, the guide

- Tells users how taking small steps to improve health can lead to big benefits
- Motivates users by showing them the benefits of incorporating healthy behaviors within their lives
- Provides tools and encouragement, such as personal health calculators, menu planners and recipes, tips for caregivers, and printable lists of questions to take to the doctor



## Expanding the Reach and Impact of Consumer E-Health Tools, Executive Summary and Full Report

This report summarizes a study on the potential utility and value of consumer e-health tools for populations that experience health disparities. The report includes an analysis of audience, market, and policy factors relevant to e-health tools, an extensive literature review, and examples of collaboration that have enhanced community access to technology.



### Full Report: #F0050\*

2006, 8.5x11 inches, 232 pages  
\$11 each

### Executive Summary: #F0050a\*

2006, 8.5x11 inches, 20 pages  
\$3.50 each

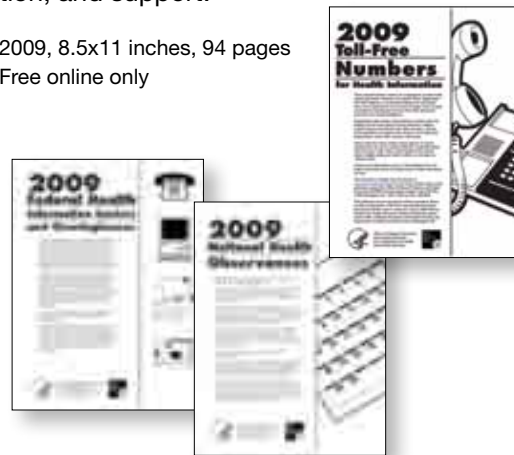
Also available on the Internet at  
[www.health.gov/communication/ehealth](http://www.health.gov/communication/ehealth).

## NEW! 2009 National Health Observances Calendar, Toll-Free Numbers for Health Information, and Federal Health Information Centers and Clearinghouses

[www.healthfinder.gov/nho](http://www.healthfinder.gov/nho)

This publication includes a calendar listing selected health observance days, weeks, and months devoted to promoting particular health concerns; a list of clearinghouses and information centers that focus on specific health topics; and selected toll-free telephone numbers for organizations that provide health-related information, education, and support.

2009, 8.5x11 inches, 94 pages  
Free online only



## Information for Health: A Strategy for Building the National Health Information Infrastructure

Offers a comprehensive assessment of the leadership required to improve the health of individuals, communities, and the Nation by better use of information and communication technology.



### #F0048\*

2001, 8.5x11 inches, 100 pages  
\$5.50 each

Also available on the Internet at  
[www.ncvhs.hhs.gov/nhiilayo.pdf](http://www.ncvhs.hhs.gov/nhiilayo.pdf).

## Communicating Health: Priorities and Strategies for Progress

Groundbreaking report on the first-ever Healthy People 2010 health communication objectives. The report summarizes the state of knowledge about the issues, challenges to measurement, stakeholder groups, and steps toward making progress on each objective.



### #F0049\*

2003, 5.5x8.5 inches, 148 pages  
\$6 each

Also available on the Internet at  
<http://odphp.osophs.dhhs.gov/projects/healthcomm>.

# Health Literacy Tools and Information

## Health Literacy Information on the Web

[www.health.gov/communication/literacy/default.htm](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:

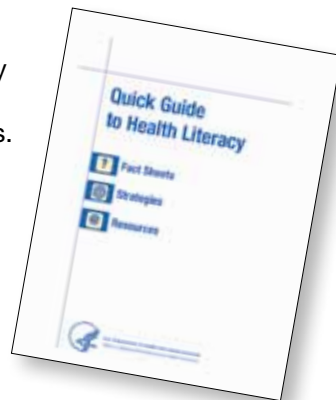
- Tools for improving health literacy
- Government resources
- Reports and research

## Quick Guide to Health Literacy

[www.health.gov/communication/literacy/quickguide/](http://www.health.gov/communication/literacy/quickguide/)

Designed for Government employees, grantees and contractors, and community partners working in health care and public health fields. The guide contains an overview of key health literacy concepts; techniques for improving health literacy through communication, navigation, knowledge-building, and advocacy; examples of health literacy best practices; and suggestions for addressing health literacy in your organization.

2007, 8.5x11 inches, 36 pages  
Free online only



## Tools for Improving Health Literacy: Resources for Health Professionals CD

This CD contains the *Quick Guide to Health Literacy*, Action Plans to Achieve Healthy People 2010 Health Communication Objectives, and a Health Literacy PowerPoint presentation.

#F0051\*  
2006, Windows and Macintosh compatible  
\$3 each

Also available on the Internet at  
[www.health.gov/communication](http://www.health.gov/communication).



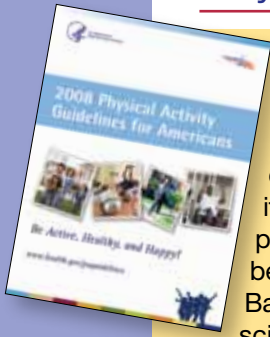
## Quick Guide to Health Literacy and Older Adults

[www.health.gov/communication/literacy/olderadults/literacy.htm](http://www.health.gov/communication/literacy/olderadults/literacy.htm)

The *Quick Guide to Health Literacy and Older Adults* is for people who serve older adults on health and aging issues. It provides background information on health literacy and strategies and suggestions for communicating with older adults.

Free online only

# Physical Activity Guidelines for Americans



## **NEW!** 2008 Physical Activity Guidelines for Americans

The guidelines take science-based evidence about the benefits of physical activity and describe the types and amounts of physical activity that offer substantial health benefits for Americans over the age of 6. Based on the first comprehensive review of scientific research about physical activity and health in more than a decade.

### #U0036\*

2008, 8.5x11 inches, 76 pages  
1–9 copies, \$5 each, limit 9 copies per customer

Also available from GPO (866–512–1800 or <http://bookstore.gpo.gov>), #017-001-00570-3, \$83 for a package of 10.

Also available on the Internet at [www.health.gov/PAGuidelines/guidelines/default.aspx](http://www.health.gov/PAGuidelines/guidelines/default.aspx).

## **NEW!** Be Active Your Way: A Guide for Adults

Read how you can fit physical activity into your life—your way. This easy-to-follow consumer guide summarizes the basic information in the *2008 Physical Activity Guidelines for Americans* and provides examples of physical activities to help you get active and stay active. Includes advice for people who are just getting started, for people who do some physical activity but want to do more, and for people who have been active for some time.

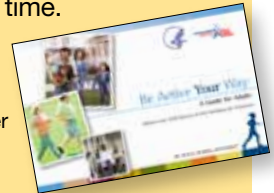
### #U0037\*

2008, 8.5x5.5 inches, 28 pages  
1–9 copies, \$2 each, limit 9 copies per customer

Also available from FCIC (888–878–3256 or [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)), #116T, \$2.75 each.

Also available from GPO (866–512–1800 or <http://bookstore.gpo.gov>), #017-001-00569-0, \$22 for a package of 10.

Also available on the Internet at [www.health.gov/PAGuidelines/adultguide/default.aspx](http://www.health.gov/PAGuidelines/adultguide/default.aspx).



## 2008 Physical Activity Guidelines for Americans Web Site

[www.health.gov/paguidelines/](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.

On the Web site, you will find the guidelines document, a summary guide, frequently asked questions, a toolkit to help organizations and communities encourage and support physical activity, and related resources, as well as an online community for supporters of the *Physical Activity Guidelines for Americans*.

## **NEW!** Be Active Your Way: A Fact Sheet for Adults

Helps you determine what kind and how much physical activity you need. Includes tips on increasing your physical activity and examples of moderate activities and vigorous activities for easy reference.

### #U0038\*

2008, 8.5x11 inches, 2 pages, pads of 50  
1–50 copies, \$2.50 each, limit 50 copies per customer

Also available on the Internet at [www.health.gov/PAGuidelines/factSheetAdults.aspx](http://www.health.gov/PAGuidelines/factSheetAdults.aspx).

## Join the Be Active Your Way Online Community!

Your organization is invited to sign up to be a supporter of the *2008 Physical Activity Guidelines for Americans*. Join our online community to learn strategies and activities to promote physical activity and the guidelines, and to network with other supporters.

Supporters are eligible to receive a free toolkit that includes print and electronic (on CD-ROM) versions of the guidelines, a user's guide, fact sheets, posters, event fliers, and more.

Visit [www.health.gov/PAGuidelines/signupform.aspx](http://www.health.gov/PAGuidelines/signupform.aspx) to become a supporter!

## Physical Activity Guidelines Advisory Committee Report 2008

Full report of the committee charged with conducting a comprehensive review and analysis of the scientific literature on physical activity and health published since 1995. Findings informed the preparation of the *2008 Physical Activity Guidelines for Americans*.

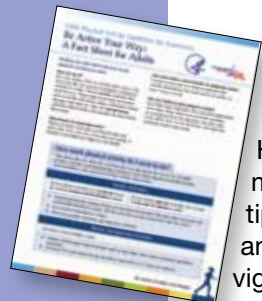
### Book: #U0049\*

2008, 8.5x11 inches, 684 pages, black and white  
One free copy per customer

### Printer's Files: #U0051\*

2008, printer's files (press-quality PDFs) on CD-ROM  
\$10 each

Also available on the Internet at [www.health.gov/PAGuidelines/Report](http://www.health.gov/PAGuidelines/Report).





## Nutrition

### **NEW!** Toolkit for Health Professionals: *Dietary Guidelines for Americans, 2005*

The online toolkit provides resources to help health education experts and health professionals offer the latest science-based nutrition recommendations to the public. Toolkit contents include the *Dietary Guidelines for Americans, 2005*; resources such as frequently

asked questions, eating plans, and reproducible worksheets and tip sheets; brochures, fact sheets, and posters; and materials specifically for older adults: fact

sheets about healthy eating, food safety, and physical activity, as well as a nutrition service providers guide for older adults.

Available on the Internet at [www.health.gov/DietaryGuidelines/dga2005/toolkit/](http://www.health.gov/DietaryGuidelines/dga2005/toolkit/).

### **Dietary Guidelines for Americans, 2005**

The guidelines document provides authoritative advice for people aged 2 years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. Discusses adequate nutrients within calorie needs, weight management, physical activity, food groups to encourage, fats, carbohydrates, sodium and potassium, alcoholic beverages, and food safety.

#### **Available from GPO**

2005, sixth edition, 8.5x11 inches, 80 pages  
#001-000-04719-1

\$12.50 each

Call GPO at 866-512-1800 or order online at <http://bookstore.gpo.gov>.

Also available on the Internet at [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines).



### **NEW!** The Road to a Healthy Life Based on the *Dietary Guidelines for Americans, 2005* (El Camino Hacia una Vida Saludable Basada en las Guías Alimenticias para los Estadounidenses) (Bilingual English/Spanish)

A bilingual guidebook (English and Spanish), based on the *Dietary Guidelines for Americans, 2005*, about eating right and being physically active. Provides easy-to-follow information and tips to help you make healthier food choices more often, choose the most nutritious foods and beverages, and be physically active on most days of the week.

#### **Available from GPO**

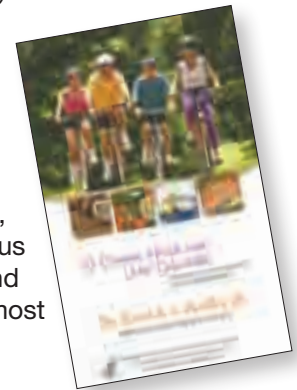
2008, 7x11 inches, 28 pages

#017-001-00564-9

\$82 for a package of 25

Call GPO at 866-512-1800 or order online at <http://bookstore.gpo.gov>.

Also available from FCIC (888-878-3256 or [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)), #114T, \$4.50 each.



### **Finding Your Way to a Healthier You: Based on the *Dietary Guidelines for Americans, 2005***

This booklet provides concise advice (based on *Dietary Guidelines for Americans, 2005*) to help you make smart health choices, eat right, and be physically active.

#### **Available from GPO**

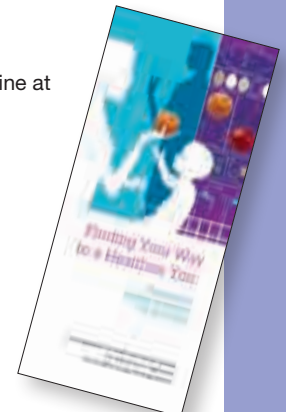
2005, 4x9 inches, 12 pages

#001-000-04718-3

\$21.60 for a package of 100

Call GPO at 866-512-1800 or order online at <http://bookstore.gpo.gov>.

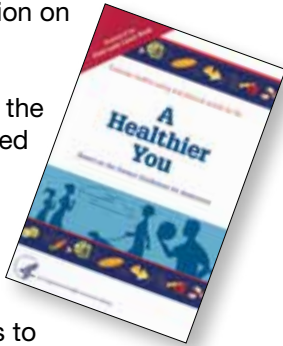
Also available on the Internet at [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines).



Available From GPO  
or FCIC

### **A Healthier You: Based on the *Dietary Guidelines for Americans, 2005***

This book provides information on everyday healthy eating and physical activity for life. *A Healthier You* is grounded in the comprehensive science-based advice of the official *Dietary Guidelines for Americans, 2005*. This one-stop, easy-to-use resource will help you make wise food and physical activity choices to manage your weight by providing healthy eating patterns and ways to use the nutrition facts labels; tips for eating out; 100 easy, healthy recipes; helpful Web sites; reproducible worksheets to track your progress; and steps for incorporating physical activity within your life.



#### **Available from GPO**

2005, 6x9 inches, 352 pages  
#017-001-00555-0  
\$15 each  
Call GPO at 866-512-1800 or order online at <http://bookstore.gpo.gov>.  
Also available on the Internet at [www.health.gov/DietaryGuidelines/dga2005/healthieryou/contents.htm](http://www.health.gov/DietaryGuidelines/dga2005/healthieryou/contents.htm).

### **Report of the Dietary Guidelines Advisory Committee on the *Dietary Guidelines for Americans, 2005***

This report presents the scientific review and recommendations of the 2005 Dietary Guidelines Advisory Committee.

#### **Available from NTIS**

2004, 8.5x11 inches, 372 pages  
#PB2004-107034  
\$124 each for book, \$65 each for CD-ROM  
Call the National Technical Information Service (NTIS) at 703-605-6000 or order online at [www.ntis.gov](http://www.ntis.gov).  
Also available on the Internet at [www.health.gov/DietaryGuidelines/dga2005/report](http://www.health.gov/DietaryGuidelines/dga2005/report).



### ***Dietary Guidelines for Americans Online Resources***

[www.health.gov/DietaryGuidelines/](http://www.health.gov/DietaryGuidelines/)

This Web site provides an overview (with history) of the *Dietary Guidelines for Americans*, answers to frequently asked questions, archived media/press releases, publications and other resources, as well as information about the 2010 Dietary Guidelines Advisory Committee (DGAC).



Publications provided (in HTML or PDF form) include

- *Dietary Guidelines for Americans, 2005*
- Finding Your Way to a Healthier You: Based on the *Dietary Guidelines for Americans, 2005*
- A Healthier You: Based on the *Dietary Guidelines for Americans, 2005*
- Toolkit for Health Professionals: *Dietary Guidelines for Americans, 2005*
- Report of the Dietary Guidelines Advisory Committee on *Dietary Guidelines for Americans, 2005*

Visit the Web site today to learn more about this cornerstone of federal nutrition policy and education.

## On the Web

### ODPHP Home Page

<http://odphp.osophs.dhhs.gov/pubs>

ODPHP publishes most of its documents on the Web as well as in print.

ODPHP maintains a number of Web sites and pages that provide the public and public health professionals with information on ODPHP programs as well as general health information. These resources include:



### healthfinder.gov® Web Site

[www.healthfinder.gov](http://www.healthfinder.gov)

A key resource for finding the best Government and nonprofit health and human services information on the Internet. Also offers interactive content and personal health tools, such as **myhealthfinder**, an interactive tool that provides personalized recommendations for clinical preventive services specific to your age, gender, and pregnancy status.



### Healthy People Web Site

[www.healthypeople.gov](http://www.healthypeople.gov)

A source for information on Healthy People's national health objectives.



### 2008 Physical Activity Guidelines for Americans

[www.health.gov/PAGuidelines](http://www.health.gov/PAGuidelines)

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.



### Dietary Guidelines for Americans

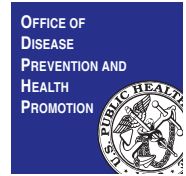
[www.health.gov/DietaryGuidelines](http://www.health.gov/DietaryGuidelines)

Serving as the basis for Federal food and nutrition education programs, the Dietary Guidelines for Americans provide authoritative advice about how good dietary habits can promote health and reduce risk for major chronic diseases. The guidelines are published jointly every 5 years by HHS and the U.S. Department of Agriculture (USDA).



# ODPHP Communication Support Center

# Publications Order Form



The ODPHP Communication Support Center is a service of the Office of Disease Prevention and Health Promotion (ODPHP), Office of Public Health and Science, 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; others have a small cost-recovery fee that has been set under Office of Management and Budget guidelines.*

**Note: Refer to the ODPHP Publications Catalog for information about which publications are available directly from the FCIC, GPO, or NTIS. Please contact those organizations directly to place your orders:**

- Federal Citizen Information Center (FCIC)—Please call 888–878–3256 or visit [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)
- Government Printing Office (GPO)—Please call 866–512–1800 or visit <http://bookstore.gpo.gov>
- National Technical Information Service (NTIS)—Please call 703–605–6000 or visit [www.ntis.gov](http://www.ntis.gov)

### Publications that can be ordered from the ODPHP Communication Support Center:

Pub ID#	Title of Item	Quantity	Unit Price	Total Price
B0087	Healthy People 2010 (Vols. I and II) (Free single copy)		\$0.00	
B0090	Healthy People 2010 Publications and Other Products CD-ROM (Free single copy)		\$0.00	
B0129	Healthy People 2010: Midcourse Review (Book)		\$68.00	
B0130	Healthy People 2010: Midcourse Review (CD-ROM) (Free single copy)		\$0.00	
B0131	Join the Healthy People Consortium (Postcard) (Free single copy)		\$0.00	
D0015	Healthy People 2010 Safety Bookmark (English) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0015s	Healthy People 2010 Safety Bookmark (Spanish) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0016	Healthy People 2010 Immunization Bookmark (English) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0016s	Healthy People 2010 Immunization Bookmark (Spanish) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0017	Healthy People 2010 Smoking Bookmark (English) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0017s	Healthy People 2010 Smoking Bookmark (Spanish) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0018	Healthy People 2010 Oral Health Bookmark (English) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0018s	Healthy People 2010 Oral Health Bookmark (Spanish) (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0031	healthfinder.gov® Info Card (No fee for quantities up to 50; \$0.20 per piece over 50)		Tiered	
D0032	healthfinder.gov® Magnet (No fee for quantities up to 50; \$0.40 per piece over 50)		Tiered	
F0048	Information for Health: A Strategy for Building the National Health Information Infrastructure		\$5.50	
F0049	Communicating Health: Priorities and Strategies for Progress		\$6.00	
Subtotal				

**ODPHP Communication Support Center Publications Order Form (continued)**

Pub ID#	Title of Item	Quantity	Unit Price	Total Price
F0050	Expanding the Reach and Impact of Consumer E-Health Tools (Full Report)		\$11.00	
F0050a	Expanding the Reach and Impact of Consumer E-Health Tools (Executive Summary)		\$3.50	
F0051	Tools for Improving Health Literacy: Resources for Health Professionals CD-ROM		\$3.00	
U0036	2008 Physical Activity Guidelines for Americans (Limit 9 copies per customer)		\$5.00	
U0037	Be Active Your Way: A Guide for Adults (Limit 9 copies per customer)		\$2.00	
U0038	Be Active Your Way: A Fact Sheet for Adults (Limit 50 copies per customer)		\$2.50	
U0049	Physical Activity Guidelines Advisory Committee Report 2008 (Book) (Free single copy)		\$0.00	
U0051	Physical Activity Guidelines Advisory Committee Report 2008 (Printer's Files on CD-ROM)		\$10.00	

Subtotal for page 2	
Subtotal from page 1	+
Combined subtotal	
Shipping	+
<b>TOTAL</b>	

<b>SHIPPING</b>	
All orders sent by First Class Mail or United Parcel Service	
Value of Order	Shipping Charge
\$0-\$2.50 or up to 2 free items	\$1.75
\$2.51-\$12 or 3-12 free items	\$4.67
\$12.01-\$25 or 13-20 free items	\$7.14
\$25.01-\$50 or 21-30 free items	\$10.42
\$50.01-\$100 or 31-40 free items	\$12.80
\$100.01-\$200 or 41 or more free items	\$18.78
\$200.01-\$300	\$32.52
\$300.01+	Call 1-800-367-4725

For express shipment, please provide your account number for:

FedEx \_\_\_\_\_

UPS \_\_\_\_\_

Name: \_\_\_\_\_  
 Organization: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Please indicate your method of payment. Do not e-mail credit card information. Please call the ODPHP Communication Support Center at 1-800-367-4725 for all credit card payments.

Check/money order enclosed made payable to ODPHP Communication Support Center.

Charge my VISA account.       Charge my MasterCard account.



The charge will appear on your bill from the ODPHP Communication Support Center.

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

**To Order:**

- Fill out this order form and send along with your check/money order or credit card information to:

ODPHP Communication Support Center  
 P.O. Box 37366  
 Washington, DC 20013-7366

Please make your check/money order payable to ODPHP Communication Support Center.

- Phone the ODPHP Communication Support Center at 1-800-367-4725.
- Fax orders to 301-468-3028.
- E-mail orders to odphpsupport@air.org.