

Healthy Roads Media Files (www.healthyroadsmedia.org)

Listing of all free files as of 3/16/2010

Language code: Amharic-1, Arabic-2, Burmese-3, Bosnian-4, English-5, Farsi-6, French-7, Hmong-8, Karen-9, Khmer-10, Kirundi-11, Korean-12, Kurdish-13, Liberian English-14, Nepali-15, Russian-16, Somali-17, Spanish-18, Tagalog-19, Vietnamese-20

Format code: Handout-H, Audio-A, Multimedia-M, Web-video-W, iPod video-P

Topic	Document	Languages	Handout	Audio	Multi media	Web video	iPod Video
Abuse	Child Abuse (An Introduction)	5	H			W	
	Domestic Violence (An Introduction)	5	H			W	
	Domestic Violence hurts the whole family	2, 4, 5, 16, 17, 18	H	A	M	W	P
AIDS & HIV	About HIV and AIDS	5	H	A	M	W	
	AIDS and Pregnancy (An Introduction)	5	H			W	
	HIV/AIDS - How you get HIV/AIDS	5, 7	H	A	M	W	P
	HIV/AIDS - Prevention	5, 7	H	A	M	W	P
	HIV/AIDS - Signs & Symptoms	5, 7	H	A	M	W	P
	HIV/AIDS - Testing	5, 7	H	A	M	W	P
	HIV/AIDS - Treatment	5, 7	H	A	M	W	P
	HIV/AIDS - What is it?	5, 7	H	A	M	W	P
Asthma	Asthma (An Introduction)	5	H			W	
	Asthma and Children (An Introduction)	5	H			W	
	Asthma and Children- A Guide to Coping	5,16, 18,20	H	A	M	W	P
Cancer	Breast Cancer (An Introduction)	5	H			W	
	Colorectal Cancer (An Introduction)	5	H			W	
	What is Colorectal Cancer?	5, 10, 20	H	A	M	W	P
	Who is at Risk for Colorectal Cancer?	5, 10, 20	H	A	M	W	P
	Prostate Cancer	5,18	H	A	M	W	P
Children and Infants	Adolescence	4, 5, 14, 17	H	A	M	W	P
	Adoption (An Introduction)	5	H			W	
	Attention Deficit Hyperactivity Disorder ADHD (An Introduction)	5	H			W	
	Bullying (An Introduction)	5	H			W	
	Car Seat Safety	5, 7,16, 17, 18	H	A	M	W	P
	Cerebral Palsy (An Introduction)	5	H			W	
	Child Care (An Introduction)	5	H			W	
	Circumcision (An Introduction)	5	H			W	
	Cleft Lip and Palate (An Introduction)	5	H			W	
	Down Syndrome (An Introduction)	5	H			W	
	Ear Infections (An Introduction)	5	H			W	
	Fifth Disease (An Introduction)	5	H			W	
	Infancy	2, 4,5, 11, 14, 15, 17	H	A	M	W	P
	Lead Poisoning in Children	5, 16, 18	H	A	M	W	P
	Obesity in Children (An Introduction)	5, 18	H	A	M	W	P
	Premature Babies (An Introduction)	5	H			W	
	Prevent Poisoning in Children	5, 18	H	A	M	W	P
	Dental Health	Child Dental Health (An Introduction)	5	H			W
Dentures (An Introduction)		5	H			W	
Getting older? Why your teeth and gums are important for good health		2, 4, 5, 16, 18	H	A	M	W	P
Diabetes	Control Your Diabetes: It's worth your time Pt.1, The Basics	1, 4, 5, 9, 16, 18	H	A	M	W	P
	Control Your Diabetes: It's worth your time Pt.2, Diet & Exercise	1, 4, 5, 9, 16, 18	H	A	M	W	P
	Control Your Diabetes: It's worth your time Pt.3, Medication & Glucose	1, 4, 5, 9, 16, 18	H	A	M	W	P
	Diabetes (An Introduction)	5	H			W	
	Are you at risk for the world's fastest growing disease?	2, 4, 5, 16, 17, 18	H	A	M	W	P

	Diabetes Complications (An Introduction)	5	H			W	
	Diabetes-Getting Your Insulin Dose Ready	1,18				W	
	Diabetes – Giving a Subcutaneous Injection	1,18				W	
	Diabetes-How Do I Take Care of my Feet?	1, 5, 17, 18	H	A	M	W	P
	How Can Diabetes Hurt My Feet?	1, 5, 17, 18	H	A	M	W	P
	Diabetic Eye Problems (An Introduction)	5	H			W	
	Diabetic Kidney Problems (An Introduction)	5	H			W	
	Diabetic Nerve Problems (An Introduction)	5	H			W	
Diseases and Conditions	Alcoholism (An Introduction)	5, 18	H	A	M	W	P
	Allergy (An Introduction)	5	H			W	
	Alzheimers Disease (An Introduction)	5	H			W	
	Appendicitis (An Introduction)	5	H			W	
	Arthritis (An Introduction)	5	H			W	
	Back Pain (An Introduction)	5	H			W	
	Cataract (An Introduction)	5	H			W	
	Cold Sores (An Introduction)	5	H			W	
	COPD (An Introduction)	5	H			W	
	Deep Vein Thrombosis (An Introduction)	5	H			W	
	Dementia (An Introduction)	5	H			W	
	E. Coli Infections (An Introduction)	5	H			W	
	Epilepsy (An Introduction)	5	H			W	
	Eye Diseases (An Introduction)	5	H			W	
	Gallbladder Diseases (An Introduction)	5	H			W	
	Gout (An Introduction)	5	H			W	
	Hay Fever (An Introduction)	5	H			W	
	Head Lice (An Introduction)	5	H			W	
	Hepatitis A (An Introduction)	5	H			W	
	Hepatitis C (An Introduction)	5, 18	H	A	M	W	P
	Hernia (An Introduction)	5	H			W	
	Infectious Mononucleosis (An Introduction)	5	H			W	
	Irritable Bowel Syndrome (An Introduction)	5	H			W	
	Kidney Failure (An Introduction)	5	H			W	
	Liver Diseases (An Introduction)	5	H			W	
	Lung Diseases (An Introduction)	5	H			W	
	Lupus (An Introduction)	5	H			W	
	Macular Degeneration (An Introduction)	5	H			W	
	Migraine (An Introduction)	5	H			W	
	Motion Sickness (An Introduction)	5	H			W	
	Multiple Sclerosis (An Introduction)	5	H			W	
	Obesity (An Introduction)	5	H			W	
	Osteoporosis (An Introduction)	5	H			W	
Stroke	5, 8, 18	H	A	M	W	P	
Thyroid Diseases (An Introduction)	5	H			W		
Urinary Tract Infections (An Introduction)	5	H			W		
Warts (An Introduction)	5	H			W		
Whooping Cough (An Introduction)	5	H			W		
Yeast Infections (An Introduction)	5	H			W		
Emergencies	Blackouts	2, 4, 5, 17, 18	H	A	M	W	P
	Build an Emergency Preparedness Kit	2, 4, 5, 17, 18	H	A	M	W	P
	Carbon Monoxide Poisoning (An Introduction)	5	H			W	
	Chemical Emergencies	2, 4, 5, 17, 18	H	A	M	W	P
	Downed Power Lines	2, 4, 5, 17, 18	H	A	M	W	P
	Evacuation and Community Shelters	2, 4, 5, 17, 18	H	A	M	W	P
	Fire Safety at Home	2, 4, 5, 17, 18	H	A	M	W	P
	Floods and Flash Flooding	2, 4, 5, 17, 18	H	A	M	W	P
	Heat Waves	2, 4, 5, 17, 18	H	A	M	W	P
	How to Recognize when Chemical Agents Have Been Used	4, 5, 13, 17, 18	H	A	M	W	P
	Using the 911 Emergency Phone System	4, 5, 9, 17, 18	H	A	M	W	P
	Lightning and Thunderstorms	2, 4, 5, 17, 18	H	A	M	W	P
Make an Emergency Plan	2, 4, 5, 17, 18	H	A	M	W	P	

	Natural Gas Emergencies	2, 4, 5, 17, 18	H	A	M	W	P
	Pets and Disaster	2, 4, 5, 17, 18	H	A	M	W	P
	Public Health Emergencies	2, 4, 5, 17, 18	H	A	M	W	P
	Recognizing Medical Emergencies	4, 5, 9, 17, 18	H	A	M	W	Some P
	Safe Water	5, 18	H	A	M	W	P
	Sheltering in Place	2, 4, 5, 17, 18	H	A	M	W	P
	Sirens and Telephone Alerts	2, 4, 5, 17, 18	H	A	M	W	P
	Tornadoes	2, 4, 5, 17, 18	H	A	M	W	P
	Volunteers Needed	2, 4, 5, 17, 18	H	A	M	W	P
	Watches and Warnings	2, 4, 5, 17, 18	H	A	M	W	P
	What to do in an Emergency: A Checklist	4, 5, 13, 17, 18	H	A	M	W	P
	What to Expect in the Emergency Room	4, 5, 9, 17, 18	H	A	M	W	Some P
	Wildfires	2, 4, 5, 17, 18	H	A	M	W	P
	Winter Storms and Extreme Cold	2, 4, 5, 17, 18	H	A	M	W	P
Heart	Angina (An Introduction)	5	H			W	
	Arrhythmia (An Introduction)	5	H			W	
	Cardiac Arrest (An Introduction)	5	H			W	
	Congenital Heart Defects (An Introduction)	5	H			W	
	Coronary Artery Disease (CAD)	5, 8, 18	H	A	M	W	P
	Heart Attack	5, 8, 18	H	A	M	W	P
	Heart Failure	5, 8, 18	H	A	M	W	P
	Heart Valve Diseases (An Introduction)	5	H			W	
Housing	Rental Issues	5, 8, 18	H	A	M	W	
Immunization (Short and long versions available in most formats)	Chickenpox Vaccine (VIS 1/10/07)	5, 18	H	A	M	W	P
	DTaP Vaccine (VIS 5/17/07)	5, 18	H	A	M	W	P
	H1N1 Flu Vaccine (Inactivated) (VIS 10/2/09)	5	H	A	M	W	P
	H1N1 Flu Vaccine (Live) (VIS 10/2/09)	5	H	A	M	W	P
	Hepatitis A Vaccine (VIS 3/21/06)	5, 18	H	A	M	W	P
	Hepatitis B Vaccine (VIS 7/11/01)	5, 16, 18	H	A	M	W	P
	Hib Vaccine (VIS 12/16/98)	5, 18	H	A	M	W	P
	Inactivated Influenza Vaccine (VIS 8/11/09)	5, 18	H	A	M	W	P
	MMR Vaccine (VIS 31/15/03)	1, 2, 5, 6, 7, 16, 17, 18	H	A	M	W	P
	Polio Vaccine (VIS 1/1/00)	1, 2, 5, 6, 7, 16, 17, 18	H	A	M	W	P
	PPSV Vaccine (VIS 4/16/09)	5, 18	H	A	M	W	P
	Td Vaccine (VIS 6/10/94)	5, 18	H	A	M	W	P
Injuries and Wounds	Ankle Sprain	5, 7, 16, 17, 18	H	A	M	W	P
	Bone Fractures	5, 7, 16, 17, 18	H	A	M	W	P
	Burns (An Introduction)	5	H			W	
	Concussion (An Introduction)	5	H			W	
	Falls (An Introduction)	5	H			W	
	Foot Injuries and Disorders (An Introduction)	5	H			W	
	Hand Injuries and Disorders (An Introduction)	5	H			W	
	Knee Injuries and Disorders (An Introduction)	5	H			W	
	Pressure (Bed) Sores (An Introduction)	5	H			W	
Jobs	Employment in the United States	5	H	A	M	W	
Medical Tests	Barium Enema Test	5, 10, 20	H				
	Blood Transfusion and Donation (An Introduction)	5, 18	H			W	
	Chest X-Ray	5, 18	H	A	M	W	P
	Colonoscopy (An Introduction)	5	H			W	
	Colonoscopy-Fleets Test	5, 10, 20	H				
	Colonoscopy-Golytely Test	5, 10, 20	H				
	Coumadin®/warfarin - Blood Tests	5, 18	H	A	M	W	P
	CT (Cat) Scans (An Introduction)	5, 18	H			W	
	Diagnostic Imaging (An Introduction)	5, 18	H			W	
	Endoscopy (An Introduction)	5, 18	H			W	
	5 Screening Tests for Colorectal Cancer	5, 10, 20	H	A	M	W	P
Genetic Testing (An Introduction)	5, 18	H			W		

	Hemoccult Test	5, 10, 20	H				
	Laboratory Tests (An Introduction)	5, 18	H			W	
	Mammography (An Introduction)	5	H			W	
	Mammogram	5, 7, 16, 17, 18	H	A	M	W	P
	MRI Scans (An Introduction)	5, 18	H			W	
	Newborn Screening (An Introduction)	5, 18	H			W	
	Prenatal Testing (An Introduction)	5, 18	H			W	
	Prevent Errors in Your Child's Care (Lab and Medical Tests)	5	H	A	M	W	P
	Sigmoidoscopy Test	5, 10, 20	H				
	Ultrasound (An Introduction)	5, 18	H			W	
	X-Rays (An Introduction)	5	H			W	
Medicines	Antibiotics (An Introduction)	5, 18	H			W	
	Cancer Chemotherapy (An Introduction)	5	H			W	
	Cough and Cold Medicines (An Introduction)	5	H			W	
	Coumadin®/warfarin - Introduction	5, 18	H	A	M	W	P
	Coumadin®/warfarin - What it is and What it Does	5, 18	H	A	M	W	P
	Coumadin®/warfarin - How to Take	5, 18	H	A	M	W	P
	Coumadin®/warfarin - Possible Side Effects	5, 18	H	A	M	W	P
	Coumadin®/warfarin - Stay Safe While Taking	5, 18	H	A	M	W	P
	Coumadin®/warfarin - Use of Other Medication	5, 18	H	A	M	W	P
	Coumadin®/warfarin - Medical Conditions Treated	5, 18	H	A	M	W	P
	Diabetes Medicines (An Introduction)	5	H			W	
	Facts About Generic Drugs	5, 16, 18, 20	H	A	M	W	P
	Pain Relievers (An Introduction)	5	H			W	
	Prevent Errors in Your Child's Care Care (Taking Medicines Safely)	5, 18	H	A	M	W	P
	Reading Medicine Labels	5	H	A	M	W	P
	Statins (An Introduction)	5	H			W	
Use Medicine Safely	4, 5, 9, 14, 17, 18	H	A	M	W	P	
Mental Health	Anxiety	5, 16, 17, 18	H	A	M	W	P
	Autism	5, 16, 17, 18	H	A	M	W	P
	Bipolar Disorder	5, 16, 17, 18	H	A	M	W	P
	Mental Health	5, 16, 17, 18	H	A	M	W	P
	Obsessive Compulsive Disorder (OCD)	5, 16, 17, 18	H	A	M	W	P
	Panic Disorder	5, 16, 17, 18	H	A	M	W	P
	Postpartum Depression	5, 16, 17, 18	H	A	M	W	P
	Post Traumatic Stress Disorder (PTSD) – A Real Illness	2, 4, 3, 5, 11, 16, 17, 18	H	A	M	W	P
	Schizophrenia	5, 16, 17, 18	H	A	M	W	P
	Stories of Depression – The Basics	5, 17	H	A	M	W	P
	Stories of Depression – Getting Help	5, 17	H	A	M	W	P
	Schizophrenia	5, 16, 17, 18	H	A	M	W	P
Suicide	5, 16, 17, 18	H	A	M	W	P	
Nutrition	Breast Milk for Healthy Babies	2, 5	H	A			
	Breastfeeding for Baby	5, 18	H	A	M	W	P
	Coumadin®/warfarin - Diet	5, 18	H	A	M	W	P
	Cut Down on Fat – Not on taste!	5, 8, 18	H	A	M	W	
	Cut Down on Salt and Sodium	5, 8, 18, 20	H	A	M	W	
	Food Safety for Seniors – The Basics	5, 16	H	A	M	W	
	Food Safety for Seniors-Food Safety at Home	5, 16	H	A	M	W	
	Food Safety for Seniors- Special Foods/Special Advice	5, 16	H	A	M	W	
	Food Safety for Seniors – Eating Out/Bringing In	5, 16	H	A	M	W	
	Food Safety for Seniors – Apply the Heat	5, 16	H				
	Food Safety for Seniors – Refrigerator & Freezer Storage Chart	5, 16	H				
	Food Safety for Seniors-Thermometer Tips	5, 16	H				
	Good Hygiene for Safe Food	2, 5	H	A			
	Healthy Foods for Healthy Adults	2, 5	H	A			
	Healthy Food for Healthy Children	2, 5	H	A			
Keep Your Food Safe	5, 8, 18, 20	H	A	M	W		

	Meal Time is Family Time	5, 16	H				
	Smart Grocery Shopping	5, 16	H				
Personal Health Issues	Advance Directives (An Introduction)	5	H			W	
	Assisted Living (An Introduction)	5	H			W	
	End of Life Issues (An Introduction)	5	H			W	
Pregnancy and Reproduction	Birth Control (An Introduction)	5	H			W	
	Cesarean Section (An Introduction)	5	H			W	
	Diabetes and Pregnancy (An Introduction)	5	H			W	
	Fetal Alcohol Syndrome (An Introduction)	5	H			W	
	Healthy Pregnancy	2, 5, 11	H	A	M	W	P
	High Risk Pregnancy (An Introduction)	5	H			W	
	Prenatal Care	5, 17, 18	H	A	M	W	P
Sexual Health Issues	Chlamydia Infections (An Introduction)	5, 18	H			W	
	Genital Warts (An Introduction)	5	H			W	
	Gonorrhea (An Introduction)	5, 18	H			W	
	Syphilis (An Introduction)	5	H			W	
Smoking	Kick the Smoking Habit!	4, 5, 8, 17, 18	H	A	M	W	
Staying Healthy	Clean Hands Save Lives	5, 18	H	A	M	W	P
	Coumadin®/warfarin - Share Information with Your Other Doctors	5, 18	H	A	M	W	P
	Health on the Web: Finding Reliable Health Information	5	H	A			
	Learn Your Cholesterol Number	5, 8, 18	H	A	M	W	P
	Maintain a Healthy Weight	2, 5	H	A			
	Medical Errors: Tips to Help Prevent	5	H	A			
	The Basics (SpeakUP - Prevent Errors in Your Child's Care)	5, 18	H	A	M	W	P
	Going to the Hospital (SpeakUP - Prevent Errors in Your Child's Care)	5, 18	H	A	M	W	P
	Having and Operation (SpeakUP - Prevent Errors in Your Child's Care)	5, 18	H	A	M	W	P
	Protect Your Heart – Lower Your Cholesterol	5, 8, 18	H	A	M	W	
	Self-management-Take Charge of Your Health	5	H	A			
	SpeakUP - Prevent Errors in Your Care (Part1)	5, 17, 18	H	A	M	W	P
	SpeakUP - Prevent Errors in Your Care (Part2)	5, 17, 18	H	A	M	W	P
	Stay Active and Feel Better	5, 8, 18, 20	H	A	M	W	Some P
	Stay Active to Stay Healthy	2, 5	H	A			
	Sun Exposure (An Introduction)	5	H			W	
	Surviving the Cold and Flu Season	2, 4, 5, 16, 18	H	A	M	W	P
	Symbols for Hospital Signage	5	H		M	W	P
	Take Steps - Prevent High Blood Pressure	4, 5, 8, 17, 18, 20	H	A	M	W	P
	Tips for a Healthy Life for Men and Women	4, 5, 14, 17	H	A	M	W	P
Watch Your Weight	5, 8, 18	H	A	M	W		
Substance Abuse	Cocaine (An Introduction)	5	H			W	
	Inhalants (An Introduction)	5	H			W	
	Methamphetamine (An Introduction)	5	H			W	
Symptoms	Abdominal Pain (An Introduction)	5	H			W	
	Breathing Problems (An Introduction)	5	H			W	
	Bruises (An Introduction)	5	H			W	
	Chest Pain (An Introduction)	5	H			W	
	Choking (An Introduction)	5	H			W	
	Constipation (An Introduction)	5	H			W	
	Cough (An Introduction)	5	H			W	
	Diarrhea (An Introduction)	5	H			W	
	Dizziness and Vertigo (An Introduction)	5	H			W	
	Edema (An Introduction)	5	H			W	
	Fainting (An Introduction)	5	H			W	
	Fever (An Introduction)	5	H			W	
	Gas (An Introduction)	5	H			W	
	GI Bleeding (An Introduction)	5	H			W	
	Headache (An Introduction)	5	H			W	

	Heartburn (An Introduction)	5	H			W	
	Hives (An Introduction)	5	H			W	
	Hypoglycemia (An Introduction)	5	H			W	
	Hypothermia (An Introduction)	5	H			W	
	Itching (An Introduction)	5	H			W	
	Jaundice (An Introduction)	5	H			W	
	Muscle Cramps (An Introduction)	5	H			W	
	About Your Pain	5, 7, 9, 16, 17, 18	H	A	M	W	P
	Pelvic Pain (An Introduction)	5	H			W	
	Sciatica (An Introduction)	5	H			W	
	Seizures (An Introduction)	5	H			W	
	Tonsils and Adenoids (An Introduction)	5	H			W	
	Tremor (An Introduction)	5	H			W	
	Vaginal Bleeding (An Introduction)	5	H			W	
Tuberculosis	Do I Need a TB Test?	2, 5, 7, 12, 16, 17, 18, 19, 20	H	A	M	W	P
	TB and BCG	2, 5, 7, 12, 16, 17, 18, 19, 20	H	A	M	W	P
	STOP TB Infection Before It Makes You Sick	2, 5, 7, 12, 16, 17, 18, 19, 20	H	A	M	W	P
	TB DISEASE –You Need Treatment To Make You Well	2, 5, 7, 12, 16, 17, 18, 19, 20	H	A	M	W	P
	TB & HIV A Dangerous Partnership	2, 5, 7, 12, 16, 17, 18, 19, 20	H	A	M	W	P
	What is a TB test?	2, 5, 7, 12, 16, 17, 18, 19, 20	H	A	M	W	P
	What You Should Know About Taking Tuberculosis Medicines	2, 5, 7, 12, 16, 17, 18, 19, 20	H	A	M	W	P

Language code: Amharic-1, Arabic-2, Burmese-3, Bosnian-4, English-5, Farsi-6, French-7, Hmong-8, Karen-9, Khmer-10, Kirundi-11, Korean-12, Kurdish-13, Liberian English-14, Nepali-15, Russian-16, Somali-17, Spanish-18, Tagalog-19, Vietnamese-20

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