

Healthy Roads Media MPEG Files

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(for video-on-demand and closed-circuit television systems)

List current as of 6/25/09

Topic	Document	Language	MPEG	
Abuse	Domestic Violence hurts the whole family	Arabic	•	
		Bosnian	•	
		English	•	
		Russian	•	
		Somali	•	
Asthma	Asthma and Children- A Guide to Coping	Spanish	•	
		English	•	
		Russian	•	
		Spanish	•	
		Vietnamese	•	
Cancer	Prostate Cancer	English	•	
		Spanish	•	
	What is Colorectal Cancer?	English		
		Khmer		
		Vietnamese		
	Who is at Risk for Colorectal Cancer?	English		
		Khmer		
		Vietnamese		
	5 Screening Tests for Colorectal Cancer	English		
		Khmer		
	Children and Infants	Obesity in Childhood	English	•
			Spanish	•
Prevent Poisoning in Children		English		
		Spanish		
Lead Poisoning in Children		English		
		Russian		
Car Seat Safety		Spanish	•	
		English	•	
		French	•	
		Russian	•	
		Somali	•	
Infancy		Spanish	•	
			Arabic	
			Bosnian	
			English	
			Kirundi	
			LiberianEnglish	
Adolescence		Somali	•	
			Nepali	
			Somali	
	Bosnian			
	English			
Dental	Getting older? Why your teeth and gums are important for	LiberianEnglish		
		Somali		
		Arabic	•	
		Bosnian	•	
English	•			

Diabetes	good health	Russian	
		Spanish	
	Diabetes-How Do I Take Care of my Feet?	Amharic	•
		English	•
		Somali	•
		Spanish	•
	How Can Diabetes Hurt My Feet?	Amharic	•
		English	•
		Somali	•
		Spanish	•
		Arabic	•
	Are you at risk for the world's fastest growing disease?	Bosnian	•
		English	•
		Russian	•
		Somali	•
Spanish		•	
Control Your Diabetes: It's worth your time Pt.1, The Basics	Amharic		
	Bosnian		
	English		
	Somali		
Control Your Diabetes: It's worth your time Pt.2, Diet & Exercise	Spanish		
	Amharic		
	Bosnian		
	English		
Control Your Diabetes: It's worth your time Pt.3, Medication & Glucose	Somali		
	Spanish		
	Amharic		
	Bosnian		
Diseases and Conditions	Hepatitis C	English	•
	About HIV and AIDS	English	
	Alcoholism	English	•
		Spanish	
	Ankle Sprain	English	•
		French	•
		Russian	•
		Somali	•
		Spanish	•
	Bone Fractures	English	•
		French	•
		Russian	•
		Somali	•
		Spanish	•
	About Your Pain	English	•
French		•	
Russian		•	
Somali		•	
Spanish		•	
Surviving the Cold and Flu Season	Arabic		
	Bosnian		
	English		

Stroke	Russian		
	Spanish		
	English		
	Hmong		
	Spanish		
	Take Steps - Prevent High Blood Pressure	Bosnian	
		English	•
		Hmong	
		Somali	
		Spanish	
Learn Your Cholesterol Number	Vietnamese	•	
	English		
	Hmong		
Watch Your Weight	Spanish		
	English		
Emergencies	How to Recognize when Chemical Agents Have Been Used	Hmong	
		Spanish	
		Bosnian	
		English	
		Kurdish	
	What to do in an Emergency: A Checklist	Somali	
		Spanish	
		Bosnian	
	Using the 911 Emergency Phone System	English	
		Kurdish	
Somali			
When to go to the Emergency Room	Spanish		
	Bosnian		
	English		
What to Expect in the Emergency Room	Somali		
	Spanish	•	
	Bosnian	•	
Safe Water	English		
	Spanish		
Blackouts	Arabic		
	Bosnian		
	English		
	Somali		
Chemical Emergencies	Spanish		
	Arabic		
	Bosnian		
	English		
Evacuation and Community Shelters	Somali		
	Spanish		
	Arabic		
	Bosnian		

		English	
		Somali	
		Spanish	
	Fire Safety at Home	Arabic	
		Bosnian	
		English	
	Floods and Flash Flooding	Somali	
		Spanish	
		Arabic	
	Heat Waves	Bosnian	
		English	
		Somali	
	Lightning and Thunderstorms	Spanish	
		Arabic	
		Bosnian	
	Downed Power Lines	English	
		Somali	
		Spanish	
Sheltering in Place	Arabic		
	Bosnian		
	English		
Tornadoes	Somali		
	Spanish		
	Arabic		
Watches and Warnings	Bosnian		
	English		
	Somali		
Wildfires	Spanish		
	Arabic		
	Bosnian		
Winter Storms and Extreme Cold	English		
	Somali		
	Spanish		

	Sirens and Telephone Alerts	Arabic	
		Bosnian	
		English	
	Natural Gas Emergencies	Somali	
		Spanish	
		Arabic	
	Pets and Disaster	Bosnian	
		English	
		Somali	
	Build an Emergency Preparedness Kit	Spanish	
		Arabic	
		Bosnian	
Make an Emergency Plan	English		
	Somali		
	Spanish		
Public Health Emergencies	Bosnian		
	English		
	Somali		
Volunteers Needed	Spanish		
	Arabic		
	Bosnian		
Heart	Heart Failure	English	
		Hmong	
		Spanish	
	Coronary Artery Disease (CAD)	English	
		Hmong	
		Spanish	
Heart Attack	English		
	Hmong		
	Spanish		
Protect Your Heart – Lower Your Blood	English		
	Hmong		
	Spanish		
Housing	Rental Issues	English	
Immunization (Short and long versions available in most formats)	Chickenpox Vaccine (VIS 1/10/07)	English	•
		Spanish	•
	DTaP Vaccine (English-5/17/07 & Spanish-7/30/01)	English	•
		Spanish	•
	Hib Vaccine (VIS	English	•

	12/16/98)	Spanish	•	
		Hepatitis A Vaccine (VIS 3/21/06)	English	•
		Spanish	•	
		Hepatitis B Vaccine (VIS 7/11/01)	English	•
		Russian		
		Spanish	•	
		Inactivated Influenza Vaccine (VIS 7/24/08)	English	•
			Spanish	
		MMR Vaccine (VIS 31/15/03)	Amharic	•
			Arabic	•
			English	•
			Farsi	•
French	•			
Russian	•			
Somali	•			
Spanish	•			
PPSV Vaccine (VIS 7/29/97)	English	•		
PPV Vaccine (VIS 4/16/09)	Spanish			
Polio Vaccine (VIS 1/1/00)	Amharic	•		
	Arabic	•		
	English	•		
	Farsi	•		
	French	•		
	Russian	•		
Somali	•			
Spanish	•			
Td Vaccine (VIS 6/10/94)	English	•		
Spanish	•			
Jobs	Employment in the United States	English		
Medical Tests	Chest X-Ray	English	•	
		Spanish	•	
Medicines	Coumadin®/warfarin - Introduction	English	•	
		Spanish	•	
	Coumadin®/warfarin - What it is and What it Does	English	•	
		Spanish	•	
	Coumadin®/warfarin - How to Take	English	•	
		Spanish	•	
	Coumadin®/warfarin - Blood Tests	English	•	
		Spanish	•	
	Coumadin®/warfarin - Possible Side Effects	English	•	
		Spanish	•	
	Coumadin®/warfarin - Stay Safe While Taking	English	•	
		Spanish	•	
Coumadin®/warfarin - Use of Other Medications	English	•		
	Spanish	•		
Coumadin®/warfarin - Diet	English	•		
	Spanish	•		
Coumadin®/warfarin - Share Information with	English	•		
	Spanish	•		

	Your Other Doctors		
	Coumadin®/warfarin - Medical Conditions Treated	English	•
		Spanish	•
	Facts About Generic Drugs	English	
		Spanish	
		Russian	
		Vietnamese	
	Take Medicine Safely	Bosnian	
		English	
		LiberianEnglish	
		Somali	
		Spanish	
Mental Health	Stories of Depression – The Basics	English	•
		Somali	•
	Stories of Depression – Getting Help	English	•
		Somali	•
	Post Traumatic Stress Disorder (PTSD) – A Real Illness	Arabic	•
		Bosnian	•
		Burmese	•
		English	•
		Kirundi	•
		Russian	•
		Somali	•
		Spanish	•
Anxiety	English	•	
	Russian		
	Somali		
	Spanish		
Autism	English	•	
	Russian		
	Somali		
	Spanish		
Bipolar Disorder	English	•	
	Russian		
	Somali		
	Spanish		
Mental Health	English	•	
	Russian		
	Somali		
	Spanish		
Panic Disorder	English	•	
	Russian		
	Somali		
	Spanish		
Postpartum Depression	English	•	
	Russian		
	Somali		
	Spanish		
Obsessive Compulsive Disorder (OCD)	English	•	
	Russian		
	Somali		
	Spanish		

	Schizophrenia	English	•
		Russian	
		Somali	
		Spanish	
	Suicide	English	•
		Russian	
		Somali	
		Spanish	
	Cut Down on Fat – Not on taste!	English	
		Hmong	
		Spanish	
	Cut Down on Salt and Sodium	English	
Hmong			
Spanish			
	Vietnamese		
Keep Your Food Safe	English		
	Hmong		
	Spanish		
	Vietnamese		
Food Safety for Seniors – The Basics	English		
	Russian		
Food Safety for Seniors-Food Safety at Home	English		
	Russian		
Food Safety for Seniors- Special Foods/Special Advice	English		
	Russian		
Food Safety for Seniors – Eating Out/Bringing In	English		
	Russian		
Breastfeeding for Baby	English	•	
	Spanish	•	
Smoking	Kick the Smoking Habit!	Bosnian	
		English	
		Hmong	
		Somali	
	Spanish		
Staying Healthy	SpeakUP - Prevent Errors in Your Care (Part1)	English	•
		Somali	•
		Spanish	•
	SpeakUP - Prevent Errors in Your Care (Part2)	English	•
		Somali	•
		Spanish	•
	Stay Active and Feel Better	English	•
		Hmong	
Spanish			
	Vietnamese		
Clean Hands Save Lives	English		
	Spanish		
Tips for a Healthy Life for Men and Women	Bosnian		
	Liberian English		
	English	•	
	Somali		
Tuberculosis	Do I Need a TB Test?	Arabic	•

	TB and BCG	English	•
		French	•
		Korean	•
		Russian	•
		Somali	•
		Spanish	•
	Tagalog	•	
		Vietnamese	•
	STOP TB Infection Before It Makes You Sick	Arabic	•
		English	•
		French	•
		Korean	•
Russian		•	
Somali		•	
	Spanish	•	
	Tagalog	•	
	Vietnamese	•	
TB DISEASE –You Need Treatment To Make You Well	Arabic	•	
	English	•	
	French	•	
	Korean	•	
	Russian	•	
	Somali	•	
	Spanish	•	
	Tagalog	•	
	Vietnamese	•	
TB & HIV A Dangerous Partnership	Arabic	•	
	English	•	
	French	•	
	Korean	•	
	Russian	•	
	Somali	•	
	Spanish	•	
	Tagalog	•	
	Vietnamese	•	
What is a TB test?	Arabic	•	
	English	•	
	French	•	
	Korean	•	
	Russian	•	
	Somali	•	
	Spanish	•	
	Tagalog	•	
	Vietnamese	•	

	What You Should Know About Taking Tuberculosis Medicines	Arabic	•
		English	•
		French	•
		Korean	•
		Russian	•
		Somali	•
		Spanish	•
		Tagalog	•
	Vietnamese	•	
	Mammogram	French	
		Russian	
		Somali	
		Spanish	
	Contraceptive Pills for Women	English	
		Vietnamese	
	Prenatal Care	English	
		Somali	
		Spanish	
	Healthy Pregnancy	Arabic	
		English	
Kirundi			