



# Health Resources

The Utah Department of Health Bureau of Health Promotion has many FREE health resources for community agencies, health care providers, and the public. The following is a short description of the programs and resources available. If you would like more information or to request a speaker,\* call

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

## **Arthritis Program**

Arthritis is the leading cause of disability in the U.S. and affects one in four Utah adults. The Arthritis program has materials on how to manage arthritis and can give referrals to exercise and education classes.

## **Asthma Program**

The Asthma program has educational materials on the differences in medications, talking to your physician about asthma, how to “de-trigger” your home, and where to find discount asthma medications.

## **Cancer Control Program (UCCP)**

UCCP works to reduce cancer incidence and mortality in Utah. Available resources include education materials and public awareness campaigns for: breast, cervical, colon, prostate, and skin cancers. The UCCP offers free or low-cost breast and cervical cancer screening to qualifying women ages 50-64.

## **Check Your Health**

Check Your Health has Medication Management Checkbooks which provide individuals a place to collect information on the medicines they take and other important medical information. This record helps health care providers reduce the chance of prescribing medicines that would create adverse drug reactions.

## **Diabetes Prevention & Control Program (DPCP)**

The Utah Diabetes Prevention and Control Program works to build partnerships to provide and promote improved care for persons with diabetes in Utah. We offer comprehensive materials on diabetes risks and trends, diabetes management and education (in many languages), and diabetes awareness. We also work to promote flu and pneumonia vaccinations for people with diabetes age 65 and above.

## **Chronic Disease Genomics Program**

The Genomics program offers Family Health History Toolkits, as well as other resources on how genetics can impact your family's health.

## **Heart Disease & Stroke Prevention (HDSP)**

Heart disease is the number one killer in Utah and stroke is number three. The HDSP program has materials on risk factors, signs, prevention and treatment options for heart disease and stroke, and stroke posters and brochures (featuring a magnet with the signs of stroke).

## **Tobacco Prevention & Control Program**

Tobacco is the leading preventable cause of death in the U.S. - but there is help available for those who want to quit. Brochures, posters, and cards with information about the Utah Tobacco Quit Line and Utah QuitNet are available.

## **Violence & Injury Prevention Program (VIPP)**

VIPP studies data and writes reports on unintentional injuries among older Utahns. These injuries are largely due to falls and motor vehicle crashes. Education and other services are provided by Local Health Departments.

For more information or to have a health specialist\* speak to your group, please call 801-538-6141 or visit [www.health.utah.gov/bhp](http://www.health.utah.gov/bhp).

\*based on availability