Otter Tail County Public Health CHW Resource Binder

Front Cover
Mint green plastic envelope for CHW business cards
A1C/BGL Pictorial Teaching Tool (laminated)
Blood Pressure Chart (laminated)
Low Sodium Diet Teaching Tool (bound with rings)

CHW Documents – Front Section (no tab)
CHW Code of Ethics
Standing Order
Best Practices
  ● Prediabetes
  ● Hypertension
  ● Blood Pressure Self-Management
OTCPH What is a Community Health Worker
OTCPH Que es una Promotora de Salud
OTC Privacy Practices
Motivational Interviewing: Brief Overview
Stages and Change Model and Intervention Techniques
Starting the Conversation on Dietary Changes
Using the CDC’s DPP Curriculum One-on-One with Clients
DPP PreventT2 Module Menu (three pages)
National DPP Infographic
Lists of helpful websites for more materials
  ● Prediabetes and Diabetes Materials for CHWs
  ● Hypertension Resources for CHWs
  ● Hypertension Resources for Patients

Screening and Assessment Tools and Logs – Red Tab
ADA Risk Tool
Healthy Habits Survey
Healthy Habits Record
Food Log – DPP
Food Log with Water Tracker
High Blood Pressure Personal Action Plan
Blood Pressure Log
Weight Log – DPP
Fitness Log – DPP
Social Needs Screening Toolkit from Health Leads

Prediabetes and Diabetes – Clear Tab
Prediabetes Brochure – Otter Tail County
What is Prediabetes
All About Your Risk for Prediabetes, Type 2 Diabetes, and Heart Disease
Stop Diabetes Before it Starts
Pre-diabetes: How Can You Prevent Type 2 Diabetes
Choose More than 50 Ways to Prevent Type 2 Diabetes
A1C/BGL Visual One Pager
Diabetes and Mental Health – Blue Tab
Diabetes Distress
Diabetes and Depression
Anger
Stress

Prediabetes/Diabetes Nutrition – Orange Tab
The Great Plate
What Counts as One Cup of Vegetables
What Counts as One Cup of Fruits
Life is Sweet…Easy Sugar Swaps
Carbohydrate Counting and Diabetes
Types of Carbohydrates
MyPlate Activity Sheet and My Plate Discussion Sheet

Hypertension – Yellow Tab
What is High Blood Pressure
High Blood Pressure Consequences Infographic
High Blood Pressure and Stroke
Why Should I Limit Sodium
What Can I Do To Improve My Blood Pressure
My Blood Pressure Log
How to Make Control Your Goal
Blood Pressure Measurements Instructions
Home Blood Pressure Monitoring
DASHdiet
DASH Eating Plan
DASH to the DIET
Get the Facts: Sodium Reduction Tips
Low Sodium Diet (12 page teaching tool)
Check the Package for Nutrient Claims

Exercise – Second Red Tab
Lose More Weight at Home
At-home workout: 30 minutes
Resistance Training Exercises
4 Exercise Moves
How Much Running Will it Take

Smoking Cessation – Second Clear Tab
Ready, Set, Quit – DPP
Better Coping Strategies
I’m Not Ready to Quit Smoking…but, I am Ready to:
Call it Quits
You Can Quit Smoking
Is it Safe to Use Electronic Cigarettes While Pregnant

Otter Tail County and Community Resources – Second Blue Tab
Ringdahl Ambulance
Nurse-Family Partnership
Healthy Families America
Freedom Resource Center
Mobile Mental Health Crisis Response