

COLLABORATION FOR EQUITABLE HEALTH

COMBINED RISK REDUCTION EDUCATION CURRICULUM OUTLINE		
Community health lessons designed to help communities reduce risks associated with Hypertension, Cancer, and Diabetes.		
COMMUNITY HEALTH LESSON	OBJECTIVE	RESOURCES
DISPARITIES AND RISK FACTORS RELATED TO BREAST, COLORECTAL, AND PROSTATE CANCER (ACS)	Overview of what cancer is and identifying food and activity factors attributed to cancer diagnosis as a means of lowering cancer risk.	<ul style="list-style-type: none"> • Presentation (English and Spanish) PDF • Lesson plan (English) PDF • Resource list (English and Spanish) PDF
EYE Q: INCREASING YOUR UNDERSTANDING OF DIABETES AND EYE HEALTH (ADA)	The objective is to increase awareness about diabetes and eye health. Participants will identify easy steps and valuable information to prevent diabetes-related eye disease and preserve eyesight.	<ul style="list-style-type: none"> • Presentation (English and Spanish) PDF
CONTROL YOUR BLOOD PRESSURE (AHA)	<p>Call to Action:</p> <p>Control your blood pressure. Keeping blood pressure numbers in a normal range is important for your health – and for the health of those you care about. Everyone should have regular blood pressure checks. This lesson offers help for those who:</p> <ul style="list-style-type: none"> • May be at risk for high blood pressure. • Have high blood pressure. • Know people with high blood pressure. • Care for people with high blood pressure. 	<ul style="list-style-type: none"> • Presentation (English and Spanish) PDF • Presentation with presenter notes (English and Spanish) PDF • Lesson plan (English and Spanish) PDF • Resource list (English and Spanish) PDF
PREVENTION RELATED TO BREAST, COLORECTAL, AND PROSTATE CANCER (ACS)	Overview of what cancer is and identifying food and activity factors attributed to cancer diagnosis as a means of lowering cancer risk.	<ul style="list-style-type: none"> • Presentation (English and Spanish) PDF • Resource list (English and Spanish) PDF

DEPRESSION, STRESS, AND EMOTIONAL HEALTH (ADA)	<p>The objective is to increase awareness about depression, stress and emotional health. Participants will identify some cause of stress, and the link between stress and type 2 diabetes, and healthy ways to manage stress.</p>	<ul style="list-style-type: none"> • Presentation (English and Spanish) PDF
SALT & CARDIOVASCULAR RISK (AHA)	<p>Call to Action:</p> <p>This lesson reviews the link between salt intake and cardiovascular risk. It provides the push needed to break off the love affair with salt and embrace a healthier relationship.</p> <ul style="list-style-type: none"> • Eat better – pledge to reduce sodium. 	<ul style="list-style-type: none"> • Presentation (English and Spanish) PDF • Presentation with presenter notes (English and Spanish) PDF • Lesson plan (English and Spanish) PDF • Resource list (English and Spanish) PDF