

This section provides resources, strategies and measurement for use in closing the gap between current clinical practice and the recommendations set forth in the guideline.

The subdivisions of this section are:

- Implementation Tools and Resources
- Implementation Tools and Resources Table

# Implementation Tools and Resources

## Criteria for Selecting Resources

The following tools and resources specific to the topic of the guideline were selected by the work group. It is expected that users of these tools will establish the proper copyright prior to their use. The types of criteria the work group used are:

- The content supports the clinical and the implementation recommendations.
- Where possible, the content is supported by evidence-based research.
- The author and source for the content are included where possible.
- The content is clear about potential biases and when appropriate conflicts of interests and/or disclaimers are noted where appropriate.

## Implementation Tools and Resources Table

Author/Organization	Title/Description	Audience	Web Sites/Order Information
<b>General</b>			
American Association of Diabetes	<b>Diabetes Prevention Program</b>	Health Care Professionals	<a href="http://www.bsc.gwu.edu/dpp/index.htmlvdoc">http://www.bsc.gwu.edu/dpp/index.htmlvdoc</a>
American Cancer Society	<b>American Cancer Society:</b> Offers information on cancer, tobacco and healthy lifestyles.	Health Care Professionals; Patients and Families	<a href="http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp">http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp</a>
American Heart Association	<b>American Heart Association:</b> A national voluntary health agency whose mission is "Building healthier lives, free of cardiovascular diseases and stroke."	Health Care Professionals; Patients and Families	<a href="http://www.americanheart.org">http://www.americanheart.org</a>
Centers for Disease Control and Prevention	<b>The Community Guide:</b> Offers evidence-based recommendations for programs and policies to promote population health.	Health Care Professionals	<a href="http://www.thecommunityguide.org">http://www.thecommunityguide.org</a>
Department of Community Health, Brown University	<b>Institute for Community Health Promotion:</b> Promotes health improvement, especially in underserved populations, by conducting interdisciplinary research and education to empower individuals, clinicians, organizations and communities to practice and promote healthier behaviors and environments.	Health Care Professionals	<a href="http://www.brown.edu/Research/ICHP/">http://www.brown.edu/Research/ICHP/</a>
Motivational Interviewing	<b>Motivational Interviewing:</b> Includes general information about the approach, as well as links, training resources and information on reprints and recent research.	Health Care Professionals	<a href="http://www.motivationalinterviewing.org">http://www.motivationalinterviewing.org</a>
National Cancer Institute and National Institutes of Health (NIH)	<b>National Cancer Institute:</b> Coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination and other programs with respect to the cause, diagnosis, prevention and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.	Health Care Professionals	<a href="http://rtips.cancer.gov/rtips/index.do">http://rtips.cancer.gov/rtips/index.do</a>
National Institute of Diabetes and Digestive and Kidney Diseases, and the American Diabetes Association	<b>American Diabetes Association:</b> Provides information on preventing, diagnosing and treating diabetes.	Health Care Professionals; Patients and Families	<a href="http://www.diabetes.org">http://www.diabetes.org</a>

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Author/Organization	Title/Description	Audience	Web Sites/Order Information
<b>General (Continued)</b>			
Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human	<b>Healthy People 2020:</b> Challenges individuals, communities and professionals to take specific steps to ensure that good health, as well as long life, are enjoyed by all.	Health Care Professionals; Patients and Families	<a href="http://www.healthypeople.gov">http://www.healthypeople.gov</a>
Robert Wood Johnson Foundation	<b>The Active Living By Design:</b> Offers innovative approaches to increase physical activity through community design, public policies and communications strategies.	Health Care Professionals; Patients and Families	<a href="http://www.activelivingbydesign.org">http://www.activelivingbydesign.org</a>
St. Paul-Ramsey County Public Health	<b>Hmong Health Lifestyles:</b> Best practices document to help Hmong patients in areas of nutrition, physical activity and tobacco cessation.	Health Care Professionals	Will be available in early 2016. ICSI will update when ready.
State of South Dakota	<b>Healthy South Dakota:</b> This Web site was created to help South Dakotans become more physically active and eat healthier foods.	Health Care Professionals; Patients and Families	<a href="http://www.healthysd.gov/">http://www.healthysd.gov/</a>
U.S. National Library of Medicine	<b>U.S. National Library of Medicine and National Institute of Health:</b> Offers visitors the opportunity to click on a wide range of health topics and then navigate further to find resources in their local communities to address those health issues; this Web site is part of a national project coordinated by the U.S. National Library of Medicine and National Institutes of Health.	Health Care Professionals; Patients and Families	<a href="http://www.nlm.nih.gov">http://www.nlm.nih.gov</a>
<b>Physical Activity</b>			
American College of Sports Medicine	<b>American College of Sports Medicine:</b> Promotes and integrates scientific research, education and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, healthy and quality of life.	Health Care Professionals	<a href="http://www.acsm.org">http://www.acsm.org</a>
American College of Sports Medicine	<b>American College of Sports Medicine:</b> Identifies the engagement of the individual, the clinician, community groups, and health and fitness professionals in improving the activity level of patients.	Patients and Families, Health Care Professionals	<a href="http://www.exerciseismedicine.org">http://www.exerciseismedicine.org</a>

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<b>Author/Organization</b>	<b>Title/Description</b>	<b>Audience</b>	<b>Web Sites/Order Information</b>
Centers for Disease Control and Prevention	<b>Growing Stronger – Strength Training for Older Adults:</b> Describes the benefits and provides resources for motivation, preparation and sample exercises.	Health Care Professionals; Patients and Families	<a href="http://www.cdc.gov/physicalactivity/growingstronger/index.html">http://www.cdc.gov/physicalactivity/growingstronger/index.html</a>
Department of Health and Human Services	<b>President's Council on Physical Fitness and Sports:</b> Provides information on health, physical activity, fitness and sports.	Health Care Professionals; Patients and Families	<a href="http://www.fitness.gov">http://www.fitness.gov</a>
International Physical Activity & the Environment Network (IPEN)	<b>International Physical Activity Questionnaires (IPAQ):</b> Comprises a set of 4 questionnaires. Long and short versions for use by either telephone or self-administered methods are available. The purpose of the questionnaires is to provide common instruments that can be used to obtain internationally comparable data on health-related physical activity.	Health Care Professionals	<a href="http://www.ipenproject.org">http://www.ipenproject.org</a> Click on links for the questionnaire.
U.S. Department of Health and Human Services	<b>Steps to a Healthier MN:</b> Provides current news and links to general information about the Steps program.	Health Care Professionals; Patients and Families	<a href="http://www.stepstohealthiermn.org">http://www.stepstohealthiermn.org</a>
<b>Tobacco</b>			
Centers for Disease Control and Prevention	Provides resources for tobacco control program.	Health Care Professionals	<a href="http://www.cdc.gov/tobacco/stateandcommunity/">http://www.cdc.gov/tobacco/stateandcommunity/</a>
Clearway	Provides resources for tobacco cessation.	Health Care Professionals; Patients and Families	<a href="http://clearwaymn.org">http://clearwaymn.org</a>
Minnesota Department of Health	Provides tobacco news and resources.	Health Care Professionals	<a href="http://www.health.state.mn.us/divs/hpcd/tpc/">http://www.health.state.mn.us/divs/hpcd/tpc/</a>
Public Health Law Center at William Mitchell Law Center	Offers information on public health topics including tobacco control.	Health Care Professionals	<a href="http://www.publichealthlawcenter.org/topics/tobacco-control/smoke-free-tobacco-free-places/resources">http://www.publichealthlawcenter.org/topics/tobacco-control/smoke-free-tobacco-free-places/resources</a>

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<b>Harmful/Hazardous Drinking</b>			
Alcoholics Anonymous	<b>Alcoholics Anonymous:</b> Offers information about this fellowship of men and women who share their experience, strength and hope with each other to stay sober and help other alcoholics to achieve sobriety.	Health Care Professionals; Patients and Families	<a href="http://www.aa.org">http://www.aa.org</a>
National Institute on Alcohol Abuse and Alcoholism	Helping Patients Who Drink Too Much – A Clinician's Guide	Health Care Professionals	<a href="http://pubs.niaaa.nih.gov/publications/Practitioner/Clinicians-Guide2005/clinicians_guide.htm">http://pubs.niaaa.nih.gov/publications/Practitioner/Clinicians-Guide2005/clinicians_guide.htm</a>
<b>Nutrition</b>			
American Association of Diabetes Educators	WAVE Assessment: The WAVE nutrition pocket guide.	Health Care Professionals	<a href="http://tde.sagepub.com/cgi/content/citation/27/3/352">http://tde.sagepub.com/cgi/content/citation/27/3/352</a>
Centers for Disease Control and Prevention	<b>Fruits and Veggies Matter:</b> Web site offers many things that will help you learn more about the National Fruit & Vegetable Program and help you encourage others to eat a colorful variety of fruits and vegetables.	Health Care Professionals; Patients and Families	<a href="http://www.choosemyplate.gov/MyPlate">http://www.choosemyplate.gov/MyPlate</a>
Institute of Medicine of the National Academies	<b>Institute of Medicine:</b> Features links to current projects, events and reports concerning food, nutrition and diet. Food safety, dietary supplements, adequate nutrition and guidelines for nutrient intake are among issues addressed.	Health Care Professionals	<a href="http://iom.nationalacademies.org/global/topics/food-nutrition.aspx">http://iom.nationalacademies.org/global/topics/food-nutrition.aspx</a>
U.S. Dept. of Agriculture	<b>Daily Food Plan:</b> The Web site offers a personal eating plan with the foods and amounts that are right for you. <b>Supertracker:</b> Offers a detailed assessment of your food intake and physical activity level.	Health Care Professionals; Patients and Families	<a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>
<b>ICSI Section</b>			
Global Health Measures Discussion Group	<b>Measuring Health in Minnesota:</b> Importance, challenges and future directions.	Health Care Professionals	<a href="https://www.icsi.org/_asset/cwd6c8/measuringpophealth.pdf">https://www.icsi.org/_asset/cwd6c8/measuringpophealth.pdf</a>
ICSI	<b>Going Beyond Clinical Walls</b>	Health Care Professionals	<a href="https://www.icsi.org/health_initiatives/accountable_health/going_beyond_clinical_walls/">https://www.icsi.org/health_initiatives/accountable_health/going_beyond_clinical_walls/</a>