

INTERCONCEPTIONAL RESOURCES

Cultural Competency

- American Academy of Pediatrics Resource Guide: Transcultural Aspects of Perinatal Health Care. 2003 price \$49.95 (888) 227-1770 or www.aap.org/bookstore
- Georgetown University Center for Child and Human Development 1-800-788-2066 or <http://qucdc.georgetown.edu/nccc>

Physical Activity

- National Women's Health Resource Center www.healthywomen.org 1-877-986-9472 (toll free). "Healthy Women Take 10" a monthly email newsletter, includes information on nutrition, fitness, stress, etc.
- American College of Obstetrics and Gynecology has a resource manual titled "Weight Control: Assessment and Management" to assist providers in covering obesity screening, diagnosis, prevention and counseling, treatment and follow-up. Order at <http://sales.acog.org> or call 1-800-762-2264, ext 192.

Oral Health

- Bright Futures in Practice: Oral Health –Pocket Guide is a resource to assist health professionals in providing oral health care supervision. Also available is the Bright Futures Oral Health Toolbox offering online access to materials and links. These products are available at <http://www.mchoralhealth.org/Toolbox/index.html>.
- Toothwoman is an interactive web site providing oral health information and links. For more information go to: www.toothwoman.net.
- National Maternal and Child Oral Health Resource Center: www.mchoralhealth.org.
- Maternal and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services: To access document: "Improving Women's Health and Perinatal Outcomes: Snapshot of the Impact of Oral Diseases" go to: <http://www.med.jhu.edu/wchpc>.

Mental Health

- Channing Bete Co. recently released two new stress-management tools: "Everyday Stress-Getting a Handle on It" and "Managing Stress-Tips for a Healthier Life". Click on <http://go.channing-bete.com/wa/promotion?&code=H0067>.
- National Women's Health Information Center www.4woman.gov.

Environmental Exposures

- Mercury: FDA Food Safety Website at www.cfsan.fda.gov/seafood1.html. Or call toll free 1-888-SAFEFOOD. Brochure available through EPA distribution center: "What You Need to Know about Mercury in Fish and Shellfish". Call 1-800-490-9198. Give publication # - English EPA-823-F-04-009 Spanish EPA-823-F-04-010.
- Food-Borne Risks: FDA brochure released in 1997 DHHS Publication#(FDA)96-23045 or call 1-800-FDA-4010.