

BETTER GENERAL HEALTH TOOLKIT – TOOLS LIST

Below are some resources you may find helpful.

Please note some of these resources are Province specific, therefore, things like phone numbers for patients would not be applicable to all clinics. The BETTER Institute has not completed an evidence review for the resources- they are intended for additional information/reading material. Consult your clinic team and the BETTER Screening Map™ for specific recommendations.

Topic	Tool	URL	Toolkit	PDF (Y/N)
BETTER Research	List of BETTER research Go to KTE section	http://www.better-program.ca/	PP and Clinic	N
Diabetes	MyHealthAlberta	https://myhealth.alberta.ca/	Patient and PP	N
Diabetes	Just the Basics - Tips for Healthy Eating	https://www.diabetes.ca/managing-my-diabetes/tools---resources?Categories=JUBA&ResourceToolType=&SearchText=just the basics&Page=1	Patient and PP	Y
Diabetes	Just the Basics - Tips for Healthy Eating (Aboriginal English version)	https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/just-the-basics-aboriginal-english.pdf?ext=.pdf	Patient and PP	Y
Diabetes	Canadian Diabetes Association/Diabetes Canada	https://www.diabetes.ca/	Patient	N

Diabetes	Canada's Food Guide	https://food-guide.canada.ca/en/	Patient and PP	Y
Diabetes	Physical activity and type 2 diabetes	https://www.centre4activeliving.ca/media/filer_public/10/54/10549829-d2c6-4e83-add7-a84750e26f8e/h-diabetes.pdf	Patient and PP	Y
Diabetes	Prevention in Hand	www.preventioninhand.com/default.aspx	Patient, PP and Clinic	N
Diabetes	Screening for Type 2 Diabetes in the Adult Population 2012 - FAQ for Patients	http://canadiantaskforce.ca/wp-content/uploads/2016/05/2012-type-2-diabetes-patient-faq-en.pdf	Clinic and PP	Y
Diabetes	National Diabetes Education Program (NDEP)	https://www.niddk.nih.gov/health-information/health-communication-programs/ndep/am-i-at-risk/Pages/index.aspx	Patient, PP and Clinic	N
Lifestyle	GPPAQ – General Practice Physical Activity Questionnaire	https://www.gov.uk/government/publications/general-practice-physical-activity-questionnaire-gppaq	PP and Clinic	Y
Lifestyle & Nutrition	Mediterranean nutrition screen	https://www.dietitians.ca/Downloads/Public/09---Mediterranean-Diet-Toolkit/18-12-19-DC-Mediterranean-Diet-Toolkit.aspx	PP and Clinic	Y
Lifestyle	MyHealthAlberta (included above)	https://myhealth.alberta.ca/health/healthy-living/Pages/default.aspx	Patient and PP	N
Lifestyle	Using the Nutrition Facts Table: % Daily Value	http://www.cssd.gov.nl.ca/publications/pdf/healthyliving/nutrition_facts.pdf	Patient and PP	Y
Lifestyle	My Menu Planner – Dietitians of Canada	http://www.unlockfood.ca/en/MenuPlanner.aspx	Patient and PP	N
Lifestyle	Canada's Food Guide (included above)	https://food-guide.canada.ca/en/	Patient and PP	Y

Lifestyle	Eating Well with Canada's Food Guide - First Nations, Inuit and Métis	https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/eating-well-canada-food-guide-first-nations-inuit-metis.html	Patient and PP	Y
Lifestyle	Eat Well Live Longer - Simple Steps to Making Healthy Choices	http://www.healthyeatingnl.ca/wp-content/uploads/2016/01/Eat-Well-Live-Longer-Simple-Steps-to-Making-Healthy-Choices.pdf	Patient and PP	Y
Lifestyle	Dietitian Electronic Resources	https://www.google.ca/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=0ahUKEwjMvMvD1cDTAhVRyWMKHeFDB54QFggnMAA&url=http%3A%2F%2Fwww.edmontonsouthsidepcn.ca%2Fwp-content%2Fuploads%2F2015%2F04%2F2014-Dietitian-Electronic-Resources.pdf&usq=AFQjCNGg_rW-ju_i_t7GrvoEcKDMbrzVGXw	Clinic and PP	Y
Lifestyle (Newfoundland)	Food Security Network of Newfoundland and Labrador	http://www.foodsecuritynews.com/Publications/FSN%20Inventory.pdf	Patient	Y
Lifestyle (Newfoundland)	Healthy Eating in Newfoundland and Labrador Resource Centre	http://www.healthyeatingnl.ca/	Patient	N
Lifestyle (Newfoundland)	Affordable Healthy Eating - Tips to save money and eat well	http://www.cssd.gov.nl.ca/publications/pdf/healthyliving/healthy_eating_booklet.pdf	Patient	Y
Lifestyle (Ontario)	Walk this Way Kit	http://parc.ophea.net/sites/parc-dev.ophea.net/files/pdfs/Resources/WalkthisWayEnglishKit.pdf	Patient and PP	Y
Lifestyle (Alberta)	Stay Active in the Winter	www.edmontonsouthsidepcn.ca/wp-content/uploads/2015/04/Stay-active-in-winter.pdf	Patient and PP	Y

Lifestyle (Alberta)	Pedometer Information Sheet for Adults	https://www.centre4activeliving.ca/media/filer_public/9e/d9/9ed9fa71-a901-49a4-bc12-0d0ae7ed6790/pedometer-info-sheet.pdf	Patient and PP	Y
Obesity	Thinking about your weight? What about your health? - A healthy eating, active living and positive body image resource for adults	http://www.cssd.gov.nl.ca/publications/pdf/healthyliving/thinking_about_your_weight_what_about_health.pdf	Patient and PP	Y
Obesity	Healthy Eating for Adult Weight Management – AHS	http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-eating-weight-management.pdf	Patient and PP	Y
Obesity	Healthy Lifestyle for Adult Weight Management – AHS	http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-lifestyle-adult-weight-management.pdf	Patient and PP	Y
Obesity	MyHealthAlberta (included above)	https://myhealth.alberta.ca/health/healthy-living/Pages/default.aspx	Patient and PP	N
Obesity	Canadian Obesity Network 5As (Adults) – Practitioner Guide	http://www.obesitynetwork.ca/5As_adult	Clinic and PP	Y
Obesity	Edmonton Obesity Staging System	http://www.drsharma.ca/wp-content/uploads/edmonton-obesity-staging-system-staging-tool.pdf	Clinic and PP	Y
Obesity	Canadian Obesity Network's Website	http://www.obesitynetwork.ca/	Clinic and PP	N
Obesity	Canadian Obesity Network 5As Team web page	http://www.obesitynetwork.ca/5As_Team	Patient, PP and Clinic	N

Obesity (Alberta)	Provincial Weight Management Program	http://www.albertahealthservices.ca/info/Page13023.aspx	Clinic and PP	N
Cardiovascular	MyHealthAlberta (included above)	https://myhealth.alberta.ca/health/healthy-living/Pages/default.aspx	Patient	N
Cardiovascular	DASH diet recipes	http://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146	Patient	N
Cardiovascular	In brief: Your guide to lowering your blood pressure with DASH	https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf	Patient and PP	Y
Cardiovascular	Low Sodium	www.edmontonsouthsidepcn.ca/wp-content/uploads/2015/04/LowSodium2.pdf	Patient and PP	Y
Cardiovascular	Statin choice decision aid	https://statindecisionaid.mayoclinic.org/	Clinic	N
Cardiovascular	Hypertension Canada	https://hypertension.ca/	Clinic and PP	N
Cardiovascular	Vascular Risk Reduction Resources	http://www.albertahealthservices.ca/scns/page10585.aspx	Patient, PP and Clinic	N
General Cancer Prevention and Screening	Alberta Prevents Cancer website	www.albertapreventscancer.ca/	Patient	N
General Cancer Prevention and Screening	Canadian cancer society website	http://www.cancer.ca	Patient	N
General Cancer Prevention and Screening	Eating Well	http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/eat-well/?region=on	Patient and PP	Y
General Cancer Prevention and Screening	Physical Activity	http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/move-more-sit-less/?region=on	Patient and PP	Y

General Cancer Prevention and Screening	Smoking and Tobacco	http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/live-smoke-free/?region=on	Patient and PP	Y
General Cancer Prevention and Screening	Alcohol	http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/limit-alcohol/?region=on	Patient and PP	Y
General Cancer Prevention and Screening (Ontario and Alberta)	Personalized Cancer Genomic Medicine Resource Toolkit	N/A	Clinic and PP	Y
Colorectal Cancer	MyHealthAlberta (included above)	https://myhealth.alberta.ca/health/healthy-living/Pages/default.aspx	Patient and PP	N
Colorectal Cancer	Screening for colorectal cancer - Canadian Cancer Society	http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/find-cancer-early/get-screened-for-colorectal-cancer/?region=on	Patient and PP	Y
Colorectal Cancer	Screening for Colorectal Cancer - Patient Frequently Asked Questions	http://canadiantaskforce.ca/wp-content/uploads/2016/05/ctfphccolorectal-cancerpatient-faqfinal-updated160222.pdf	Patient, PP and Clinic	Y
Colorectal Cancer	Lynch Syndrome point of care tool (GEC-KO)	http://geneticseducation.ca/wp-content/uploads/2014/02/POC-LS-tool-Part1-and-2-FINAL-Oct-2014.pdf	Clinic	Y
Colorectal Cancer	Get Screened Includes LGBTQ cancer screening	http://convio.cancer.ca/site/PageServer?pagename=SSL_ON_Home&s_src=Cancer.ca&s_subsrc=GetScreenedCancer.caPage&utm_source=Cancer.ca&utm	Patient, PP and Clinic	N

		medium=&utm_content=Cancer.ca&utm_campaign=SSLGBTQ&s_locale=en_CA#.WPpJFIWMj_5		
Breast Cancer	Breast Cancer Screening Risks and Benefits, Age 40-49	http://canadiantaskforce.ca/wp-content/uploads/2016/05/2011-breast-cancer-risks-and-benefits-age-40-49-en.pdf	Patient and PP	Y
Breast Cancer	Breast Cancer Screening Risks and Benefits, Age 50-69	http://canadiantaskforce.ca/wp-content/uploads/2016/05/2011-breast-cancer-risks-and-benefits-age-50-69-en-1.pdf	Patient and PP	Y
Breast Cancer	Red Flags Point of Care tool (GEC-KO)	http://geneticseducation.ca/wp-content/uploads/2013/03/Red-flags-POC-quick-reference.pdf	Clinics	Y
Breast Cancer	Point of Care Hereditary Breast and Ovarian Cancer (GEC-KO)	http://geneticseducation.ca/wp-content/uploads/2014/02/POC-HBOC-triage-tool-Part-1-and-2-FINAL-April-2016.pdf	Clinics	Y
Breast Cancer (Ontario)	Ontario Breast Screening Program (OBSP) Guidelines Summary	https://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=349883	Clinics	Y
Breast Cancer (Alberta)	Alberta's Screening For Life website	http://screeningforlife.ca/	Patient, PP and Clinic	N
Breast Cancer (Newfoundland)	Cancer Care for Healthcare Professionals	http://www.easternhealth.ca/WebInWeb.aspx?d=1&id=1485&p=81	Clinic and PP	N
Cervical Cancer	Screening for cervical cancer	http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/find-cancer-early/get-screened-for-cervical-cancer/?region=on	Patient and PP	Y
Cervical Cancer	Cervical Cancer Screening Patient Algorithm	http://canadiantaskforce.ca/wp-content/uploads/2016/05/2013-cervical-cancer-patient-algorithm-en.pdf	Patient and PP	Y

Cervical Cancer	FAQs About Cervical Cancer Screening – For Patients	http://canadiantaskforce.ca/wp-content/uploads/2016/05/2013-cervical-cancer-patient-faq-en.pdf	Patient and PP	Y
Cervical Cancer	Cervical Cancer Screening Clinician Algorithm	http://canadiantaskforce.ca/wp-content/uploads/2016/06/2013-cervical-cancer-clinician-algorithm-en.pdf	Clinic	Y
Cervical Cancer	FAQs About Cervical Cancer Screening – for Clinicians	http://canadiantaskforce.ca/wp-content/uploads/2016/06/2013-cervical-cancer-clinician-faq-en.pdf	Clinic	Y
Lung Cancer/ Tobacco	Smoking Pack Years	https://www.smokingpackyears.com/	PP and Clinic	N
Lung Cancer/ Tobacco	Smokers' Helpline	http://www.smokershelpline.ca/	Patients	N
Lung Cancer/ Tobacco	Lung Cancer Screening - Clinician FAQ	http://canadiantaskforce.ca/wp-content/uploads/2016/05/ctfphclung-cancerclinician-faqfinalv2-1.pdf	Clinic	Y
Lung Cancer/ Tobacco	Lung Cancer Screening – Patient Tool – Benefits vs. Harms	http://canadiantaskforce.ca/wp-content/uploads/2016/05/ctfphclung-cancerharms-and-benefitsfinal.pdf	Patient, PP and Clinic	Y
Lung Cancer/ Tobacco (Alberta)	Alberta Quits	https://www.albertaquits.ca/	Patient	N
Lung Cancer/ Tobacco (Newfoundland)	Smoker's Helpline Newfoundland and Labrador	https://www.smokershelp.net/	Patient	N
Prostate Cancer	PSA Screening: Patient FAQ	http://canadiantaskforce.ca/wp-content/uploads/2016/05/2014-prostate-cancer-patient-faq-colour-en.pdf	Patient, PP and Clinic	Y

Prostate Cancer	The harms of screening greatly outweigh the benefits	http://canadiantaskforce.ca/wp-content/uploads/2016/09/2014-prostate-cancer-infographic-en.pdf	Patient and PP	Y
Prostate Cancer	Benefits and Harms of PSA Screening	http://canadiantaskforce.ca/wp-content/uploads/2016/12/CTFPHC_Prostate-Cancer_HarmsBenefits_FINAL.pdf	Patient, PP and Clinic	Y
Prostate Cancer	PSA Screening: Primary Care Practitioner FAQ	http://canadiantaskforce.ca/wp-content/uploads/2016/05/2014-prostate-cancer-clinician-faq-colour-en.pdf	Clinic	Y
Alcohol	National Institute on Alcohol Abuse and Alcoholism website	www.niaaa.nih.gov	Patient, PP and Clinic	N
Alcohol	Alcohol Help Centre 2.0	www.alcoholhelpcenter.net	Patient, PP and Clinic	N
Alcohol	Alcohol Screening, Brief Intervention & Referral: A Clinical Guide	http://www.sbir-diba.ca/docs/default-document-library/2012-screening-brief-intervention-and-referral-clinical-guide-enB0E406423349865474B15064.pdf?sfvrsn=4	Clinic	Y
Mental Health	The Mindfulness and Acceptance Workbook for Anxiety by John P. Forsyth and Georg H. Eifert	N/A	Patients	N
Mental Health	Patient Health Questionnaire (PHQ-2)	http://www.cqaimh.org/pdf/tool_phq2.pdf	Clinic and PP	N
Mental Health (Depression)	Depression - Patient Health Questionnaire (PHQ-9)	http://www.agencymeddirectors.wa.gov/files/AssessmentTools/14-PHQ-9%20overview.pdf	Clinic and PP	Y

Mental Health (Distress)	NCCN Distress Thermometer	https://www.nccn.org/patients/resources/life_with_cancer/pdf/nccn_distress_thermometer.pdf	Clinic and PP	Y
Mental Health (Anxiety)	GAD-7 calculator	http://www.integration.samhsa.gov/clinical-practice/GAD708.19.08Cartwright.pdf	Clinic and PP	Y
Mental Health (Depression)	Centre for Addiction and Mental Health (CAMH)	http://www.camh.ca/en/hospital/Pages/home.aspx	Patient, PP and Clinic	N
Mental Health (Depression)	Canadian Mental Health	http://www.cmha.ca/	Patient, PP and Clinic	N
Mental Health (Depression)	“Mind Over Mood” by Dennis Greenberger PhD and Christine A. Padesky PhD	N/A	Patient, PP and Clinic	N
Mental Health (Depression)	MoodGYM	https://moodgym.com.au/	Patient, PP and Clinic	N
Motivational Interviewing	Healthy Start Workforce Project- Healthy Conversations Checklist	https://cdn.auckland.ac.nz/assets/healthystartworkforce/images/Healthy%20Conversations%20toolkit%20V3.png	PP and Clinic	Y
Motivational Interviewing	Healthy Start Workforce Project – additional resources	http://www.healthystartworkforce.auckland.ac.nz/en/our-education-programmes/healthy-conversation-skills-resources.html	PP and Clinic	Y
Motivational Interviewing	Brief Action Planning (BAP) Centre of Collaboration, Motivation, and Innovation	https://centrecmi.ca/	PP and Clinic	N

Motivational Interviewing	Brief Action Planning (BAP) Videos	<ul style="list-style-type: none"> ○ https://www.youtube.com/watch?v=6xgLI0cCZmM ○ https://www.youtube.com/watch?v=h3kJXgrQOIc 	PP and Clinic	N