

Currently information is available in these languages.

- Amharic
- Arabic
- Bosnian
- Burmese
- English
- Farsi
- French
- Khmer
- Kirundi
- Korean
- Kurdish
- Liberian English
- Russian
- Somali
- Spanish
- Tagalog
- Vietnamese

Watch for more topics and more languages!

## our goal

The purpose of Healthy Roads Media is to provide access to basic health information for everyone, but especially if you:

- prefer information you can hear or watch
- want information that is easy-to-read
- do not speak English

## five easy ways

As a visitor to the website you can learn about health four easy ways:



**Read** the information yourself



**Hear** as someone tells you the information



**Watch** a multimedia "movie" that explains the information to you



**Watch** a "video" from the web that explains the information



**Watch** a "video" on your iPod or link it with a cable to a TV and watch it there

# Healthy Roads Media

many languages  
five formats  
free information

## share

We encourage you to share our materials with others.

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Accurate, up-to-date,  
easy-to-understand  
information  
on topics such as:

Abuse  
Asthma  
Cancer  
Infants/Children  
Dental Health  
Diabetes  
Diseases and Conditions  
Emergencies  
Health Services  
Heart  
Housing  
Immunizations  
Jobs  
Medicines  
Mental Health  
Nutrition  
Smoking  
Staying Healthy  
Tuberculosis  
Women's Health

### Resource contributors

American Academy of Family Physicians  
American International Health Alliance  
Bright Futures  
Bush Foundation, St. Paul, MN  
Center for New Americans, Fargo, ND  
Centers for Disease Control and Prevention  
Crossing Borders Program, Portland, ME  
Ethnomed, Seattle WA  
Family HealthCare Center, Fargo, ND  
Fargo Cass Public Health, Fargo, ND  
Food and Drug Administration (Minneapolis and  
Seattle Districts)  
Health Information Translations  
Heartland Health Alliance, Chicago, IL  
Healthway Software, Bozeman, MT  
HmongHealth.org  
International Rescue Committee of San Diego  
MedlinePlus  
Maine Medical Center  
Migrant Health Services, Inc., Moorhead, MN  
Minnesota Council of Churches  
Minnesota Department of Health  
Multicultural Health Communication Ser., Sydney, AU  
National Network of Libraries of Medicine (Greater  
Midwest Region and Pacific Northwest Region)  
National Library of Medicine -Specialized Information  
Services  
North Dakota State Data Center  
North Dakota State University Library  
Northern Wisconsin Area Health Education Center  
Virginia Department of Health

HEALTHY ROADS MEDIA  
[www.healthyroadmedia.org](http://www.healthyroadmedia.org)

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providing health information  
you can **read, hear** and  
**watch** in many languages



free free free free

Get Help  
Get Answers