Open Educational Resources for Health Education

[Boundless Nutrition](#)
A full textbook resource that covers the range of topics included in nutrition; such as the digestive system, lipids, carbohydrates, vitamins, proteins, food safety, minerals, and more.

[Lifetime Fitness and Wellness](#)
Provides a study of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness, and motivates the student to incorporate physical fitness and wellness into daily living.

[An Introduction to Nutrition](#)
A full online textbook source that covers topics ranging from achieving a healthy diet, nutrients important for bone health and antioxidants as well as lipids and proteins, energy balance and body weight. Nutrition in terms of pregnancy and the elderly years are covered as well.

[Introduction to Health](#)
Presented as a Google doc so chapters could be added or adjusted as needed, this source covers topics such as mental health awareness, stress and stress management, physical fitness, nutrition, weight management, drugs, cancer, consumerism and more. (Currently used by Palomar College)

[Health Now](#)
Intended for the college-level Personal Health course. Health Now: An Integrative Approach to Personal Health by Linda B. White, M.D. covers the concepts you expect but adds a few important innovations that will capture students' attention.

[Contemporary Health Issues](#)
Course content in this textbook source includes an introduction to personal health, consumer health and personal relationships, human sexuality, diseases and disorders, aging, dying and death, stress and health and many other topics.

[Supporting Individuals with Intellectual Disabilities & Mental Illness](#)

This multidisciplinary resource develops topics of interest to all those who care about and for individuals with co-occurring intellectual disabilities and mental illness. Each chapter presents current evidence informed practice knowledge. Each topic is also presented with audio enabled text boxes emphasizing 'Key Points for Caregivers.' For those who are interested in background knowledge, we provided the comprehensive literature base. And, for those interested mainly in 'what to do,' we provided text box summaries for reading and listening.

[Disease Prevention and Healthy Lifestyles](#)
A full textbook resource that covers an introduction to health and wellness, weight management, cancer, drug usage, mental and emotional health, relationships and sexuality, cardiovascular diseases, stress management and more.

[Health Education Course](#)
An OpenStax textbook resource providing lessons on how to deal with child care and disease, first aid, psychological and emotional health and more.

[Handbook of eHealth Evaluation: An Evidence-based Approach](#)
This handbook presents the science and practice of eHealth evaluation based on empirical evidence gathered over many years within the health informatics discipline. The handbook describes different approaches used to evaluate the planning, design, implementation, use and impact of eHealth systems in different health settings. It also provides a snapshot of the current state of knowledge on the consequences of opting for eHealth systems with respect to their effects and implications on provider performance and health outcomes.

[Living Well with Dementia](#)
This website-based course from Judith DeGroot and Sharon Leitch, Health Care Assistant Program instructors at Kwantlen Polytechnic University in Vancouver, explores how individuals can live a fully engaged, productive, and satisfying life with dementia. The course covers how to connect with afflicted individuals, learn about the disease itself, and discover useful tools. This resource was funded, in part, by an OER Grant from BCcampus.

[Public Health Textbook](#)
The Public Health Textbook is an online resource which covers all the public health skills and competencies.

Other OER Resources

- *Modifying an Open Textbook: What You Need to Know,*
  https://press.rebus.community/otnmodify
- InfoKit on Open Educational Resources,
  https://www.jisc.ac.uk/guides/open-educational-resources

Textbook Affordability Program

@ SBCC

Background

In response to student concerns about the current price of course materials, SBCC has secured a grant to provide professional development opportunities and support for faculty interested in switching from high-cost, traditionally published textbooks to free or low-cost Open Educational Resources.

Please consult the flow chart and stipend structure for Open Educational Resources adoption guidelines and incentives.

Get Help

- For questions about OER, stipends, and the SBCC Textbook Affordability Program contact program coordinator Camerin Poulson
- For assistance finding OER and supplemental library materials contact Reference Librarian Michelle Bone, Instruction Coordinator Librarian Ellen Carey, or Camerin Poulson.
- For technical and design assistance incorporating OER into your course contact the Faculty Resource Center.
- For questions about how to offer print copies of your OER through the bookstore contact Shane Bandy
- To get a print copy of your OER placed on the library reserve contact Camerin Poulson.
- For questions about acquiring accessible OER materials to support students with disabilities please contact Laurie Vasquez, Assistive Technologies Specialist. To understand the interaction between accessibility and OER materials please use the accessibility checklist as a guide.