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In 2011 the U.S. spent $2.7 trillion on health care – that’s almost 18% of our nation’s gross domestic product. Addressing this growing expense has become a major policy priority and although there is broad agreement that the rising costs must be controlled, the debate continues as to which approaches can actually reduce costs for the long term.

However, one approach continues to provide great promise for individual and community action – healthy environments and lifestyles. According to the Public Health Institute, the most significant growth in health care spending stems from an increase in the growing burden of chronic diseases linked to modifiable population risk factors such as obesity and tobacco use. Since the devastating effects of such chronic illnesses can often be prevented or controlled by adopting healthy behaviors, health promotion can greatly reduce health care costs for all. (Maciosek, et al, Greater Use of Preventive Services in U.S. Health Care Could Save Lives at Little or No Cost, Health Affairs, September 2010.)

In fact, many researchers have concluded that environmental and behavioral factors are more powerful determinants of health than are genetics or access to medical care. It’s why a significant component of the 2010 Healthcare Reform Act specifically focuses on prevention and wellness programs to improve the general health of the American people. This focus presents an opportunity for health care providers and other community entities, including public libraries, to implement sustainable, cost-effective approaches to preventative health. In particular, providing quality health information that promotes healthy environments and behaviors (before the onset of illness or injury or to help manage the impact of an illness or injury) can help to create a motivated populace willing to sustain healthy behaviors while also decreasing costs by reducing the demand for high cost curative interventions. Even more compelling, such an approach improves the quality of life for thousands of individuals and their communities.

Given this potential, helping libraries become providers of reliable health promotion and wellness information was identified as a strategic first step in building their capacity to help improve the health of their communities. In addition, helping libraries develop effective partnerships with health professionals and community agencies was found to be essential to their success as health information providers. This Toolkit was developed as a professional development tool to help libraries achieve both goals.

Many public libraries are embracing this new health information role. This Toolkit has proven to be an important resource in helping them, and we are indebted to the staff of the National Network of Libraries of Medicine, Pacific Southwest Region, for their work in making this second edition a reality. We hope an ever widening circle of public libraries and other agencies will find this newly updated edition a useful resource.

Suzanne Flint, California State Library

Second Edition (Version 2)
Partial Update: May 1, 2018
Organization and Features
This professional development Toolkit is divided into six sections: Core Competencies, Health Resources, Consumer Health Information Services, Technology & Health 2.0, Workplace Wellness, and Resources for Serving Health Care Professionals. When used online, the Toolkit includes interactive elements to make it easy to navigate. It can also be used as a printed reference document, with additional features to help you quickly find what you need.

The numerous names of agencies mentioned in this Toolkit are identified by full name the first time they appear within an annotation in each of the six sections of this publication. Acronyms for these agencies are then used throughout the remainder of each section. See the Appendix for a complete reference list.

Table of Contents
The Table of Contents is designed to help you navigate quickly and efficiently through the sections. Just click on the heading that you wish to view, and the document will jump to that page.

Web Site Links
All of the web addresses are live URLs. Simply click on the link or type it into your browser address bar to view the resource online.

Icons
The resources in this Toolkit have icons to help you identify the format or content type at a glance. If you see an icon but are unsure what it means, move your mouse cursor over the icon to see a pop-up box with a description.

Icons to the left of the resource indicate the type of format, such as book, PDF document, video, audio, DVD or online training materials.
Note: Annotations without a format icon simply indicate a web site or individual web page.

FORMAT
- Book: printed resource
- PDF: good format for printing or sending by email
- Video: streaming video or downloadable file
- Audio: streaming audio, podcast, MP3, or content with audio
- DVD/CD: available as a DVD or CD
- eLearning: tutorial, webinar, online course, or other electronic training resource
- Health Check Tool
- Mobile app or site, content optimized for viewing on small screens

LANGUAGE AND READING LEVEL
Language and reading level icons are placed to the right of the URL. At a glance, users can spot items that are easy-to-read, in Spanish, or in multiple languages.
- Easy-To-Read: easier to understand materials, written in plain language, may include illustrations and multimedia
- Spanish Language: resource is in Spanish or contains information in Spanish
- Multilingual Resources: content is available in multiple languages.
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Introduction

Providing quality health information services to the public requires library staff to possess a unique set of competencies. A search for existing guidelines located several lists that were either too broad, too narrow, or outdated. A current, concise list specific to this area was clearly needed. An advisory group of public librarians, consumer health librarians, health educators, and health care professionals offered input on the necessary skills and knowledge needed to provide health information services to library patrons. The resulting selection of Core Competencies is presented on the following page. Collectively, they form a checklist of skills that enable library staff to effectively meet the health information needs of their communities.

The Competencies relate to knowledge of the consumer health environment and skills in providing health information services. Solid knowledge of the subject matter and the ability to communicate well are examples. Similarly, understanding the community, recognizing cultural barriers, and knowing about issues surrounding health literacy are all vital in providing quality services. Although the competencies have some overlap, each item also stands on its own. Please note that competencies are not ranked in order of importance; each element is an essential component of a larger skill set. The rest of the Toolkit provides tools and resources to build skills and understanding of these topics.

While the authors considered including desirable personality traits and characteristics, ultimately they chose to include only the skills and knowledge specific to consumer health issues. Anyone serving the public will do well to have an open mind, to be welcoming, and to have a strong service ethic. Library staff can learn more about these important behaviors and characteristics; resources are available in the Reference Services subtopic in the Consumer Health Services section.

Each library staff member will have a unique range and level of skills; some will be highly skilled and experienced, while others may be new to the field and just starting to acquire the skills required to provide excellent service. Library staff can tailor the list to their unique skill levels and use it to identify strengths and weaknesses. This section includes links to organizations that provide training for library staff, plus links to tutorials, presentations, and training modules that correspond to the competencies. Most training materials are free or available at low cost.

Objectives

In this section, users will be able to:
- Learn the essential competencies required to provide excellent consumer health services to members of the public
- Utilize the competencies list to determine areas of expertise and areas that need improvement
- Build on existing skills and learn new ones by participating in an online class, attending a webinar, going through tutorials, or taking advantage of many other educational and professional development offerings
Core Competencies for Providing Consumer Health Information Services

Public and consumer health librarians are essential for linking patrons from all walks of life to quality health information in appropriate formats. The following eight core competencies will help librarians and library staff provide outstanding consumer health services and extend the role of the library with regard to building healthy communities.

Know the Community

Know the characteristics of the community served by the library, including demographics, special populations, health status indicators, and needs of community members. Understand that beliefs, customs, and values of different cultures can influence thoughts and actions around health, illness, and health care decisions. Be respectful and responsive to all user groups. Practice cultural humility through self-reflection and awareness that one's own beliefs and experiences can impact interactions with others; be open to learning about the experiences and cultural identity of others as a lifelong endeavor.

Know the Health Consumer

Understand the principles and practices related to providing appropriate, relevant information services to meet the needs of different types of users, including patients, caregivers, educators, students, and health practitioners. Understand and respond to the issues and barriers faced by health information seekers.

Knowledge of Subject Matter and Resources

Solid knowledge of specific resources for general and specialized health topics is essential, as well as resources for specific population groups or for users with special needs. Know the library’s print collection, both circulating and reference materials. Be well-versed in library subscription databases, including the coverage of materials, currency, and appropriateness for specific requests. Have knowledge of quality web-based resources, and strive to stay current as resources change or are replaced with new resources.

Evaluation of Health Information

Understand the principles of evaluating consumer health information for quality. Apply quality criteria when selecting items for the print or electronic collection. Have the ability to critically examine and filter materials from web-based and other resources when choosing an appropriate resource for a particular patron. Provide users with evaluation criteria and guidance for finding appropriate health materials.

Communication, Reference, and Instruction

Know and apply effective communication techniques; understand and apply the additional components of health reference interviewing. Be able to recognize and take advantage of teachable moments with patrons. Effectively teach users how to use search engines, library catalogs and subscription databases, reference materials, and online resources.

Literacy and Health Literacy

Understand the related issues of literacy and health literacy and the principles and practices of serving users with low literacy skills or low health literacy, including knowledge of understandable and appropriate print, online, and multimedia health materials. Be able to gauge the readability of a resource, and be aware of signs of low literacy in patrons. Recognize that low health literacy can affect anyone regardless of education or socioeconomic levels.

Technology and Health

Understand current technology used by patrons within and outside of the library. Have proficiency assisting users with library computers, the library catalog, subscription-based health information resources, Internet search, and web-based health resources. Be aware of emerging technology trends in health-related social networking, mobile access, electronic health records, and personal health records.

Ethical and Legal Issues

Understand ethical issues surrounding the provision of medical information, including the use of discretion and the patron’s need and right to privacy. Know and apply the library’s policies regarding the use of disclaimers when providing medical information. Provide recommendations for health information resources only; never provide medical advice. Understand the limitations of the librarian’s role, and always recommend that the user discusses the information received with a health professional.
Core Competencies

Guidelines

Guidelines for Providing Medical Information to Consumers
The Connecticut Consumer Health Information Network created guidelines to help reference librarians and other library staff answer consumer health and medical questions from library users.
http://library.uchc.edu/departm/hnet/guidelines.html

Professional Development for Consumer Health
Learn about organizations and resources for continuing education compiled by the National Network of Libraries of Medicine (NNLM).
http://nnlm.gov/outreach/consumer/profdevelopment.html

The Librarian’s Role in the Provision of Consumer Health Information and Patient Education
Updated in 2010, this policy statement from the Consumer and Patient Health Information Section (CAPHIS) of the Medical Library Association (MLA) details librarians’ roles in the following eight broad areas: collection management, knowledge and resource sharing, advocacy, access and dissemination of information, education, and research.
http://caphis.mlanet.org/chis/librarian.html

COMPETENCIES STATEMENTS FROM PROFESSIONAL ORGANIZATIONS

Competencies for Lifelong Learning and Professional Success
MLA developed this educational policy statement describing the essential areas of knowledge and skills its members need to demonstrate competencies as health information professionals.
http://www.mlanet.org/p/cm/ld/fid=1217

Health and Medical Reference Guidelines
From the American Library Association (ALA), these guidelines were published by the Reference Services Section (RSS) of the Reference and User Services Association (RUSA) in 2015.
http://www.ala.org/rusa/resources/guidelines/guidelinesmedical

TUTORIALS AND TRAINING TO BUILD COMPETENCIES

Spotlight! On National Library of Medicine Resources
The staff at the NNLM Mid-Continental Region presents monthly webinars on resources from the National Library of Medicine (NLM). These timely webinars are archived and available for anyone to see. For the complete list of archived recordings and upcoming topics, visit the link below.
http://nnlm.gov/mcr/services/updates/spotlightresources.html

NNLM Training Opportunities
Each of the eight NNLM regions offer training sessions throughout the year. Visit the Training Schedule page and search in your region for current offerings. Priority registration is usually given to participants in the corresponding region, but occasionally space is available for others outside the region. Courses will cover a variety of topics, including consumer health.
http://nnlm.gov/training/

Consumer Health Information Specialization (CHIS)
The Medical Library Association (MLA) offers a specialization for librarians and staff who take a required number of eligible courses. Learn all about it at the MLA website.
http://www.mlanet.org/education/chc/

Unified Health Communication (UHC): Addressing Health Literacy, Cultural Competency, and Limited English Proficiency
This is a free online course from the Health Resources and Services Department (HRSA) of the

Competencies for Information Professionals of the 21st Century
This comprehensive list from the Special Libraries Association (SLA) covers professional, personal, and core competencies.
http://www.sla.org/about-sla/competencies/
Core Competencies

U.S. Department of Health and Human Services.
This course comes in two formats: UHC 101 offers continuing education credits (CEU/CE, CHES, CME, CNE), while HC 100 has no credits. Please refer to the web site for more details.
http://www.hrsa.gov/publichealth/healthliteracy/

WebJunction
WebJunction strives to create learning opportunities by providing affordable training through online learning communities. “Our vision is to be the place where the worldwide library profession gathers to build the knowledge, skills and support we need to power vibrant, relevant libraries.”
Participants who are sponsored by their State Libraries are eligible to enroll in hundreds of self-paced courses.
http://www.webjunction.org/
http://www.webjunction.org/find-training.html

Helpful Tip:
Regional Support for Libraries Providing Health Information
The National Network of Libraries of Medicine (NNLM) is comprised of eight regions, or Regional Medical Libraries (RMLs). Each regional office has a consumer health librarian on staff. Public libraries and other organizations that provide health information to the public throughout the United States are encouraged to contact the RML in their region to learn about becoming a network member, training opportunities, project funding and other free services. Visit the main web site and click on the appropriate section of the map to be directed to the NNLM web site in your area.
http://nnlm.gov

LIBRARY TRAINING ORGANIZATIONS

Infopeople
Infopeople functions as the training arm of the California State Library. Infopeople provides a wide variety of training in a variety of formats. Visit the web site to view archived webinars and download associated training materials and handouts.
http://infopeople.org/

MLA Educational Clearinghouse
The Medical Library Association provides a database of training materials of all types, including webcasts, online and in-person classes. Use the Advanced Search form to limit searches to Consumer Health and your region to narrow your results. Not all classes are offered on a regular basis, but course creators are listed for more information.
http://cech.mlanet.org/

TechSoup for Libraries
TechSoup provides training to help meet the technological needs of public libraries. Because health information services often utilize web and mobile technology, many TechSoup training topics will be of interest. The site offers relevant news, library spotlights, blogs and webinars, all geared toward equipping libraries with the skills and knowledge they need to make the best use of technology while serving patrons.
http://techsoupforlibraries.org/
Introduction
Today’s health care environment requires that patients take a more active role in their medical care than ever before. Patients are taking responsibility for learning about how to live healthier, understanding treatment options for health conditions, and communicating more effectively with their doctors.

Public libraries are vitally important for helping health consumers find the information they need, not only for receiving better health care from providers, but for better self care as well. Some library patrons may seek information when they are just beginning to contemplate a behavior change; some are already on the path to wellness and need more in-depth knowledge; and others may need information on how to live well with illness. This Toolkit provides a wide variety of quality resources to honor each patron’s unique journey toward wellness.

The resources in this Toolkit were specifically chosen by library professionals to provide librarians, health care providers, and consumers with the best information for disease prevention, wellness, and healthy living. We purposely did not include references specific to diagnosis and treatment of conditions and illness; other excellent free resources that address those issues are readily available. Perhaps the most noteworthy and reliable is MedlinePlus.gov, the consumer health resource from the National Library of Medicine, which provides links to authoritative information on nearly every health topic. This second edition includes more links to MedlinePlus pages, because of its value and importance as a trustworthy health information resource. It is assumed that librarians will use it and the other recommended general health resources as a starting point in addition to the topic-specific resources listed here. Although it was not possible to include every worthwhile resource, the selections here are all high-quality materials and web sites that librarians and consumers can trust.

While we believe that public libraries are a valuable community resource for consumer health information, we also recognize the vital role of medical care with regards to wellness. Health care professionals not only provide preventive services needed for healthy living, but they are also the main sources of health information for most consumers. The resources here are not meant to replace health care services but rather to give patients, in partnership with their health care team, the knowledge and tools necessary to make informed health decisions and get the care they deserve.

Objectives
• Provide librarians with the best resources on disease prevention, wellness, and living healthy lifestyles
• Provide those dealing with a chronic disease or condition with quality resources on coping with and effectively managing their condition for optimum health
• Inspire a greater appreciation for the power of health promotion and wellness education in individuals, organizations, and communities
General Health Resources

**MedlinePlus.gov**

MedlinePlus is the first choice for quality online health information for librarians and consumers. From the National Library of Medicine (NLM), MedlinePlus has extensive information in English and Spanish, including drug information, an illustrated medical encyclopedia, interactive patient tutorials, and the latest health news. The site provides videos and health check tools for learning about health, and offers a growing collection of bilingual materials in over 45 languages. The site brings together authoritative information from the National Institutes of Health (NIH), other government agencies, and health-related organizations. For users of smartphones or tablets, the responsive design of the site displays all the same content on any size device. MedlinePlus should be the first health information site that comes to mind for serving library users.

https://medlineplus.gov
https://medlineplus.gov/spanish/

**National Institute on Aging**

This easy-to-use web site features basic health and wellness information of interest to older adults from the National Institute on Aging (NIA). The site is designed with relevant content and easy navigation especially useful for seniors, family members and caregivers.

https://nia.nih.gov/health

**Healthfinder.gov**

From the U.S. Department of Health and Human Services (HHS), Healthfinder is designed to be easy to use. The simple, engaging design offers information and tools to help users learn and stay healthy without being overwhelming. Check out the "myhealthfinder" tool to learn about the recommended preventive services, tests, and vaccines that are recommended each year based on age and gender.

https://www.healthfinder.gov/
https://www.healthfinder.gov/espanol/

**National Library of Medicine**

The NLM web site is a vital resource for librarians, the public, health professionals, and researchers. Users can access MedlinePlus, Pubmed, and dozens of other resources from the home page with just a click. Explore the “List of NLM Databases and Resources” link to learn more about the extensive collection of electronic resources, including new mobile apps and sites.

https://www.nlm.nih.gov/

**Agency for Healthcare Quality and Research (AHRQ)**

This agency provides excellent materials related to patient safety, staying healthy, patient-doctor communication, health literacy, and understanding medical treatments. Campaigns such as the Questions Are the Answer are excellent resources for consumers.

https://www.ahrq.gov/patients-consumers/
https://www.ahrq.gov/topics/informacion-en-espanol/

**KidsHealth.org**

The premier online resource for children’s health information, KidsHealth is divided into three main sections for Parents, Kids, and Teens. Each section has significant content available in Spanish, accessible by clicking the “En Español” button (bottom of left sidebar). Childrens and young adult librarians will appreciate the Educators section, which includes fantastic free materials for youth health program ideas at all grade levels.

http://kidshealth.org/
http://classroom.kidshealth.org/

**ClinicalTrials.gov**

Library patrons may be interested in participating in a research study or to find the results of a completed trial. ClinicalTrials.gov is a database of publicly and privately funded clinical studies of human participants, and now it is possible to find the outcomes and results of many studies, even if the results are never published. The website is maintained by the National Library of Medicine, but the data is provided by the sponsors or principal investigators of their studies. Users can search trials by condition, location, intervention, eligibility requirements, and other criteria.

https://clinicaltrials.gov/
https://clinicaltrials.gov/ct2/help/how-find/find-study-results/
HEALTH INFORMATION FOR SPECIAL POPULATIONS

MedlinePlus Population Groups
This page provides a list of all ethnic, cultural and demographic groups which have a Health Topic page in MedlinePlus. Use these links to quickly find information for groups based on age, gender, cultural, minority, or ethnic backgrounds.
https://medlineplus.gov/populationgroups.html

American Indian and Alaska Native Health
Through sections called "Our Health" and "Our Stories," this site from the NLM provides information about the issues and conditions that affect the health and well-being of Native Americans and Alaska Natives.
https://americanindianhealth.nlm.nih.gov/

Lesbian, Gay, Bisexual, and Transgender Health
The CDC provides a collection of pages with information about LGBT health issues, including specific health information for each group.
https://www.cdc.gov/lgbthealth/

National Center for Farmworker Health
If your library serves farmworkers, knowing about the NCFH site is a must. The Digital Archive section provides bilingual health information, health tips and other educational materials. The Ag Worker Health section includes a directory of Migrant Health Centers; explore other parts of the site for even more information for serving this user group.
http://www.ncfh.org/

DIRECTORIES OF HEALTH ORGANIZATIONS AND PHYSICIANS

Directories Page (MedlinePlus)
Library staff are often asked for help in finding health care providers or services. For an up-to-date listing of directories for finding doctors, specialists, healthcare facilities and services, consult the Directories page from MedlinePlus.gov.
https://medlineplus.gov/directories.html

Organizations Page (MedlinePlus)
MedlinePlus provides a current A to Z list of health-related organizations. The list is also organized by health topic.
https://medlineplus.gov/organizations/all_organizations.html
https://medlineplus.gov/organizations/orgbytopic_a.html

National Organization for Rare Disorders (NORD)
The NORD web site includes a wealth of information on rare conditions, resources, and assistance for patients, families, and their physicians. NORD’s database includes organizations dedicated to rare disorders in addition to the well-known comprehensive disease database which covers over 1,200 diseases. Users may download five full-text reports per week; unlimited subscriptions are available for libraries.
https://www.rarediseases.org/

EASY-TO-READ AND MULTILINGUAL

Easy-to-Read Documents (MedlinePlus)
MedlinePlus offers a collection of items designated as easy to read from trusted sources, information on how to write easy-to-read materials, and interactive tutorials for those with low reading levels.
https://medlineplus.gov/easytoread/all_easytoread.html

AFFORDABLE CARE ACT

Affordable Care Act
Libraries play an integral role in helping consumers find information about the Affordable Care Act and health insurance. Healthcare.gov is the primary consumer site for the federal health insurance marketplace and to find state-specific exchanges. Updated annually, this important site offers easy-to-understand, essential information for finding and enrolling in the insurance plans for individuals, families, and small businesses.
https://www.healthcare.gov
https://www.cuidadodesalud.gov/es

EASY

13
Health Resources

MedlinePlus Videos and Tools
Videos, tutorials, games, and quizzes are interactive, fun tools to help users learn about health topics.
https://medlineplus.gov/videosandcooltools.html
https://medlineplus.gov/spanish/videosandcooltools.html

What to Do for Health Series
From the Institute for Healthcare Advancement (IHA), this series of easy-to-read books is a useful addition to any library’s health collection or for use in health literacy programs. The books are liberally illustrated, contain no medical jargon, and are written at a third- to fifth-grade reading level. Sample titles are What To Do For Senior Health, What To Do For Healthy Teeth, What To Do When Your Child Gets Sick, and the newest release, What To Do For Heavy Kids.
http://www.iha4health.org/our-products/

HealthReach
Formerly known as the Refugee Health Information Network (RHIN), HealthReach is a national collaboration that provides cultural backgrounders and health information in various languages and formats, with special collections on women’s health, mental health, and substance use disorders.
http://www.healthyroadsmedia.org

Health Information in Multiple Languages
Access the collection of MedlinePlus articles written in a given language accompanied by an English translation from this list of 45+ languages. Users can find articles by browsing all the available languages or by browsing the list of all multilingual health topics.
https://medlineplus.gov/languages/languages.html
https://medlineplus.gov/languages/all_healthtopics.html

SPIRAL: Selected Patient Information Resources in Asian Languages
SPIRAL aims to increase access to Asian-language health information for consumers and health care providers. The web site is a collection of links to patient care documents that have been created by authoritative sources. Links are organized by topic and language.
http://spiral.tufts.edu/

Spanish Language Resources

MedlinePlus Información de Salud Para Usted
The Spanish-language site from MedlinePlus is without compare. This robust site includes nearly 1,000 health topics, plus drug information, current health news, medical encyclopedia articles, and much more.
https://medlineplus.gov/spanish

Centers for Disease Control and Prevention (CDC)
The CDC Spanish-language site is an essential resource for libraries and users. The site covers basic prevention topics, healthy living, emergency preparedness and much more. The site also highlights current health issues such as staying safe after a natural disaster, steps to take to prevent carbon monoxide poisoning in the home, or what to do when a forest fire leaves the air filled with smoke.
https://www.cdc.gov/spanish/

Healthy Living

GENERAL RESOURCES ON HEALTHY LIVING

Five Minutes (or Less) for Health
Take five for your health! This page from the CDC provides numerous, practical tips that are simple and take just a few minutes. The list is an interesting collection of activities that might give some new ideas about staying healthy.
https://www.cdc.gov/family/minutes/

Everyday Healthy Living
This section of the Healthfinder.gov web site is a great starting point for learning about healthy living. Start with the Everyday Healthy Living Quiz, then check out the other topics on the page for other easy-to-understand information.
https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living

Spanish Resource on Healthy Living
The Spanish-resource for Healthy Living from Healthfinder.gov is a valuable addition for Spanish-speaking users. It provides easy-to-understand information on a variety of health topics.
https://healthfinder.gov/espanol/temas/Category/como-llevar-una-vida-sana
Healthy for Good
The American Heart Association (AHA) created the Be Well movement with simple messages to help people get and stay healthy. The site is visually appealing with simple and effective messages such as Eat Smart, Add Color, Move More, and Be Well.
https://healthyforgood.heart.org/be-well

Healthy Living (MedlinePlus)
This page is a current collection of trustworthy articles, patient handouts, and useful tools. Find specific topics under the Related Issues link, and view information for children and seniors too.
https://medlineplus.gov/healthyliving.html
https://medlineplus.gov/spanish/healthyliving.html

Healthy Living
The Cleveland Clinic offers a great selection of topics for health, wellness, and disease prevention on this site.
http://my.clevelandclinic.org/healthy_living/default.aspx

Helpful Tip:
MedlinePlus on Any Device
No app required! MedlinePlus is designed to respond to any size display, including mobile phones and tablets. Now you can check for drug side effects while you wait in line at the pharmacy, or look up answers to your health questions wherever you are. Just go to medlineplus.gov on your device’s browser to try it out!

FITNESS AND EXERCISE

Physical Activity - Get Active
Make physical activity your solution to feeling tired, bored, and out of shape. Here are some great resources for getting and staying active and for helping a loved one. Be sure to click on the Read More button for even more pages for different ages, pregnant women and new mothers.
https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/physical-activity

How Much Physical Activity Do You Need?
Everyone needs to be active, but how much is best? This site provides guidelines for Youth, Adults, and Older Adults, plus a special section for pregnant women and new moms. Short sessions last as little as 10 minutes to make the goals do-able.
https://www.cdc.gov/physicalactivity/basics/

Active at Any Size
From WIN, the Weight-control Information Network, this site provides positive, helpful information on exercise for larger people. It includes tips for exercising safely, getting past barriers, questions to ask when choosing a gym or fitness facility, and much more. Printable food and activity trackers and links to outside resources make this a very useful site.

Physical Activity Routines
This handy table helps people take the first step on the road to fitness.

Exercise Counts
Find the calories burned in a workout or activity with this calculator from the American Cancer Society (ACS). Included are links to a Target Heart Rate Calculator as well as a tool for calculating the calories you need to eat to maintain your weight or lose weight based on your activity level.

Exercise and Physical Activity
This Health Topic page from MedlinePlus includes a wealth of information about becoming more physically active. The Spanish and multilingual links are just one of the reasons to visit this page; there is something for everyone in the collection of links and resources.
https://medlineplus.gov/exerciseandphysicalfitness.html
For Teachers

Best Bones Forever
This fun, interactive site from the HHS helps girls get active and improve their bone health. Girls are encouraged to grab their BFF, get active, and have fun. This section is just part of the Best Bones Forever campaign; be sure to check out the whole site.
http://www.bestbonesforever.org/physical_activity/activities.html

Activities for Kids
The AHA provides some great resources for kids and youth, including information on the importance of playing and fun activities such as the Healthy Challenge Scavenger Hunt.
http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ActivitiesforKids/Activities-for-Kids_UCM_304155_SubHomePage.jsp

How Much Physical Activity Do Children Need?
This guide from the CDC provides ideas for age-appropriate activities and tips on getting children active.
https://www.cdc.gov/physicalactivity/basics/children/

Reduce Screen Time
As one of the 5 Healthy Goals for children, this page provides information and tips for parents to get kids to reduce time in front of a TV, computer, video screen or other devices. Links to a recommended children's book and a video for parents are also included. This material is from the Let's Move Child Care collaboration with the Nemours Foundatin and other organizations.

For Children and Adolescents

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For Seniors

Exercise & Physical Activity: Your Everyday Guide
From the NIA, this beautifully illustrated guide will inspire just about everyone to add activity to their lives and enjoy it at the same time. One copy of this book can be ordered at no cost. It is also available as a 124-page PDF file. A Spanish version and a companion DVD is also available.
https://go4life.nia.nih.gov/exercise-guide

Stronger Seniors Chair Exercise Program
Useful for library collections, these engaging videos show safe methods for stretching, strength training, and even aerobics. Seniors can improve balance, flexibility, muscle and bone strength, and heart health.
http://www.strongerseniors.com

Exercise and Disabilities

Exercise and Fitness for People With Disabilities
Physical activity is good for everyone, but it can be especially challenging for people with disabilities. The National Center on Physical Activity and Disability (NCPAD) provides a wide variety of information and videos on maintaining health through exercise for disabled people of all ages.
http://www.ncpad.org/content/9/Exercise~and~Fitness

NUTRITION AND FOODS

Nutrition.gov
This site from the U.S. Department of Agriculture (USDA) National Agricultural Library (NAL) provides easy access to consumer information on nutrition, including What's In Food? and the latest, Nutrition and Health Issues. Its purpose is the promotion of overall health through healthy lifestyle choices.
ChooseMyPlate.gov

ChooseMyPlate.gov has a brand new design and is chock full of great content. It’s a user-friendly, interactive web site for menu planning, diet assessments and comparisons, and specific food information from the USDA. Librarians will appreciate the multilingual resources and the printable materials.

https://www.chooemypate.gov/
https://www.chooemypate.gov/en-espanol.html
https://www.chooemypate.gov/multiple-languages

SuperTracker

SuperTracker is a user-friendly suite of tools offered by the USDA that help users set and track nutrition and physical activity goals. Users can create a personalized profile, save their favorite foods, track their physical activity, and view reports on the goal progress. A tutorial is provided for those who are new to this tool or need a review.

https://www.supertracker.usda.gov/

Fruit and Veggies More Matters

Not only is this site appealing because of its fresh and colorful design, it’s full of good information too. The site is a collaboration between many organizations with an interest in promoting the consumption of fruits and vegetables. As an example, the Plate Makeover section provides tips on healthy makeovers for over 45 typical meals, and visitors to the site can get involved by joining in the MyPlate challenge.

https://www.fruitsandveggiesmorematters.org/

Know What You Eat

While the NutritionData.com site includes advertising, it also offers several useful science-based tools for anyone interested in analyzing and using nutritional data. Dieters can track their daily food intake, use charts to learn where foods rank on a nutritional scale or the glycemic index, and enter recipe ingredients to calculate nutrients and calories by the serving. Information topics include basic nutrition facts, calories in foods, reading food labels, and more.

http://nutritiondata.self.com/

NetWellness – Diet and Nutrition Section

History, religion, culture, friends, family and the environment all influence our food choices. NetWellness can help you base these food choices on nutrition and health. Included are sections on staying healthy, nutrition information for people with specific diseases and conditions, and links to nutrition information by age, ethnicity, and sex.

http://www.netwellness.org/healthtopics/diet/default.cfm

Nutrition and Healthy Eating

This Mayo Clinic site provides a wealth of information on how to adopt a healthy diet to fit your lifestyle; how to prepare foods using healthy cooking techniques; and how to create and use healthy menus and shopping strategies. Use the “in-depth” tab to obtain more specific information.

http://www.mayoclinic.com/health/nutrition-and-healthy-eating/MY00431

It’s About Eating Right

The Academy of Nutrition and Dietetics (previously the American Dietetic Association) offers eating tips and ways to become healthier, how to maintain your health, and how to help manage various diseases through proper nutrition. The Diseases, Allergies, and Health Conditions section covers nutrition for special conditions such as allergies, food intolerences, and other issues. Some materials are available in Chinese and Spanish.

http://www.eatright.org/Public/
http://www.eatright.org/Public/landing.aspx?TaxID=6442452001

Diet and Health Resources

This well-designed section of the USDA web site focuses on diets and nutrition for specific diseases and disorders, including allergies and food sensitivities, AIDS/HIV, cancer, diabetes, digestive diseases and disorders, eating disorders, heart disease, and osteoporosis. Links provide easy access to additional resources for each health condition.

https://www.nal.usda.gov/fnic/diet-and-health-0
Health Resources

Nutrition for Children and Adolescents

Nutrition Resources for Kids, Schools and Childcare Programs

This site from the Illinois Nutrition Education and Training Program, State Board of Education, is a great collection of fun sites about nutrition and healthy eating for children plus excellent resources for school and childcare staff. All of the resources promote and support healthy choices and learning for PreK-12 kids.

http://www.kidseatwell.org/kids.htm

Kids Eat Right

Also from the Academy of Nutrition and Dietetics, this site provides scientifically-based health and nutrition information for children of all ages, from babies to teens. Check out the site for great videos, tips, and timely topics.

http://www.eatright.org/kids/

SuperKids Nutrition

SuperKids Nutrition was founded by a registered dietician to promote good nutrition; it offers health information for parents, kids and health educators through a blog, activities and links to even more online resources. For parents, there are tips and toolkits to promote healthy living in the family. For kids, an animated SuperKids Crew teaches about nutrition, and there are fun activities to print and complete.

http://www.superkidsnutrition.com/

Feeding the Kids: The Flexible, No-Battles, Healthy Eating System for the Whole Family.


This book approaches healthy eating for kids and families in a realistic, fun way. See the accompanying web site for recipes and more information.

http://www.feedingthekids.com/home.html

For Women

It’s About Eating Right: Women’s Health

Focusing on nutritional information for women of all ages, this section from the eatright.org site covers vital nutrition needs for various stages of a woman’s life and maintaining wellness, such as Pregnancy, Breast Feeding, Menopause, Bone and Heart Health.

http://www.eatright.org/Public/landing.aspx?TaxID=6442451995

Illnesses and Disability: Staying Healthy

From womenshealth.gov, this section offers some good nutrition tips and other words of wisdom for women with disabilities.

https://www.womenshealth.gov/illnesses-disabilities/your-health/staying-healthy.cfm

For Seniors

Healthy Eating

From the National Institute on Aging, this easy-to-navigate site provides several articles on how to eat healthy to stay healthy, with special emphasis on issues faced by older adults.

https://www.nia.nih.gov/health/healthy-eating

For Special Populations

Health Nutrition Handouts for Refugees

These easy-to-read handouts and flip chart materials from the U.S. Committee for Refugees and Immigrants (USCRI) are designed to communicate positive nutrition and lifestyle habits to immigrants and refugees. They include culturally relevant information on healthy eating for adults, children, and infants, as well as food safety tips and tips for smart food shopping. English and Spanish samples are listed, and the PDFs are available in 15 additional languages.

http://refugees.org/research-reports/

ENVIRONMENTAL HEALTH, AND TOXICOLOGY

Household Products Database

This easy-to-use site from NLM provides health effects and safety information on everyday products in the home, garage, and garden.

For Parents

Healthy Children
This comprehensive site from the American Academy of Pediatrics (AAP) for parenting kids from prenatal until adulthood covers diseases, staying healthy, mental and social concerns, school problems, and safety. Parents of prospective and new teen drivers will appreciate the site’s Teen Driving Agreement.
http://www.healthychildren.org/English/Pages/default.aspx

Body Mass Index Charts for Children and Teens
Learn if your child has a healthy growth and development pattern by using this BMI Calculator from KidsHealth. Calculate your children’s BMI to compare their weight with height and age, and get more information on what these figures mean.

Children’s Growth Calculator
Here is an easy-to-use calculator from the Magic Foundation to assess your child’s growth. The step-by-step guide will help you get accurate measurements.
http://www.magicfoundation.org/Growth_chart/main_growthchart.html

When Do Children and Teens Need Vaccinations?
In cooperation with the CDC, the Immunization Action Coalition (IAC) provides a useful chart with schedules for all vaccinations for children from six months to 18 years of age.

CYFERnet.org
This site contains a marvelous wealth of links to excellent resources for families concerning marital relationships and the health, education, and psychosocial development of children from birth through teen years. Browsing may be more effective than searching; begin by clicking on the appropriate age category.
http://www.cyfernet.org/home.php

Stages of Life

CHILDREN & ADOLESCENTS

KidsHealth.org
Known as a trusted and comprehensive resource for kids’ health information, KidsHealth is divided into three main sections: Parents, Kids, and Teens. Each section has significant content available in Spanish. The site also includes a teachers’ section with lesson plans for all grade levels.
http://kidshealth.org/

Bright Futures Family Materials
Bright Futures is a child-health initiative from Georgetown University. Many of the materials here are easy-to-read and available in Spanish. The site includes activities sheets for kids, nutrition information for children as they grow, and family tip sheets.
http://www.brightfutures.org/familymaterials.html
http://www.brightfutures.org/spanish/

Tox Town
This interactive site for middle school-age kids uses multimedia to provide a fun and informative introduction to toxic chemicals and environmental health risks encountered in everyday places. Resources for teachers include standards-based lessons and even a fully-developed afterschool science club curriculum, which could be used in libraries for educational programming.
https://toxtown.nlm.nih.gov/

ToxMystery
ToxMystery is the NLM’s interactive learning site designed for kids age seven to 10 find clues about toxic substances that can lurk in the home. With lively animations, sound effects, and lots of positive reinforcement, ToxMystery provides a fun, game-like experience while teaching about potential environmental health hazards. To launch the Spanish version, click the “En Español” tab in the upper right-hand part of the screen. ToxMystery lesson plans and materials are tied to national education standards.
https://toxmystery.nlm.nih.gov/

Health Resources
Child & Family WebGuide
This directory of web resources on children (ages 0-18) and parenting from Tufts University may be browsed by age of child or via the categories of Parenting, Education, Child Development, Health, Medical Sites, and Others.
http://www.cfw.tufts.edu/

Resource Guides, Maternal and Child Health Library
Librarians from Georgetown University have compiled an extensive list of resources on maternal and child health. Areas worth exploring include the Knowledge Paths (including the link below for Spanish-Language Health Resources), Resource Guides for Special Populations and Topics, Directories, and Bibliographies.
http://www.mchlibrary.info/products.html
http://www.mchlibrary.info/KnowledgePaths/kp_spanish.html

Kid- and Teen-friendly Sites

CDC List of Web Sites for Kids and Teens
The Family Health section of the CDC web site provides a great list of health-related sites intended especially for this age group.
https://www.cdc.gov/family/kidsites/

BAM! Body and Mind
The CDC produces this colorful, interactive site for kids from nine to 13 years old.
https://www.cdc.gov/bam/

If you are a girl age 10-16, here is a site just for you. Learn how to be healthy and stay healthy as you grow up, and get reliable information on health issues you may face. You can also get tips on handling relationships with family and friends, at school, and at home. Included are message boards, quizzes, interactive games, and other fun stuff to help you deal with emotions, bullying, safety, and much more.
https://www.girlshealth.gov/

Sex, Etc.
Teens can get honest, accurate answers to their questions about sex and relationships, pregnancy, STDs, birth control, sexual orientation and more from this site. Answer, a national organization dedicated to providing and promoting comprehensive sexuality education to young people and teachers, developed the site as part of their Teen-to-Teen Sexuality Education Project.
http://sexetc.org/

Quiubole Con…Para Mujeres

Quiubole Con…Para Hombres

Two wonderfully engaging Spanish-language guides to sexual health, drugs, body image and more for young men and young women. Fully illustrated and culturally relevant and forthright, Quiubole con… have long been the most popular go-to guides for adolescent health topics in Mexico. Dealing frankly with sexuality, contraceptives, drug use, and other adolescent health themes, these books in are stimulating and composed in an easy-to-read format perfect their intended teen audience.

MEN’S HEALTH

Men’s Health
From the HHS Office on Women’s Health (OWH), this excellent resource has lots of articles, statistics, anatomical illustrations, health-related calculators, and links to other informative sites. Topics include common diseases affecting men; healthy lifestyle tips; sexual, prostatic, and urological problems; and violence.
https://www.womenshealth.gov/mens-health/

Blueprint for Men’s Health: A Guide to a Healthy Lifestyle
Did you know that, on average, men are less healthy and have a shorter life expectancy than women? This 76-page guidebook from the Men’s Health Network
can help you reduce this health gap and achieve a healthy lifestyle for yourself and your loved ones. A multitude of often-overlooked disease prevention tips and strategies were included by the author, Armin Brott, and the Blueprint for Men’s Health Advisory Board.


**Screening Tests and Immunizations Guidelines for Men**

This handy one-page chart lists all the screening tests recommended for men at different ages.


**WOMEN’S HEALTH**

**WomensHealth.gov**

Brimming with informative resources for minority women, women with disabilities, and Spanish speakers, this site from the HHS is a wealth of information. Handy tools such as anatomical illustrations, health-related calculators, and tool kits are included. Topics of special interest include healthy lifestyle, body image, sexual and reproductive concerns, and violence prevention.

https://www.womenshealth.gov/
https://espanol.womenshealth.gov

**Printables and Shareables**

Life-long health begins with healthy behaviors to prevent and manage the many health conditions that can affect women. Librarians will find a wealth of resources perfect for handouts, bulletin boards, or for sharing on social media.

https://www.womenshealth.gov/printables-and-shareables
https://espanol.womenshealth.gov/printables-and-shareables

**The Healthy Woman: A Complete Guide for All Ages**


As suggested by the title, this is a complete guide to women’s health that is easy to understand and can be readily adapted to everyday life. Become proactive about your health and learn ways to lower your risk for disease, manage health conditions, and stay fit and healthy for life. Available as a paperback and Kindle version from Amazon.com, and also as an ePUB version from iTunes and the Google Play store. PDF chapters of the book can be downloaded for free at the link provided below.


**Women’s Health Checkup (MedlinePlus)**

This Health Topic page discusses health exams and tests that are specific to women at different ages and life stages. It includes numerous easy-to-understand and multilingual resources, plus links to videos and related topics.

https://medlineplus.gov/womenshealthcheckup.html

**Age Page: Menopause**

One of the Age Page publications from the NIA, this is a good overview on menopause. PDF versions of Age Page brochures can be printed for free.

https://www.nia.nih.gov/health/publication/la-menopausia
http://www.nia.nih.gov/espanol/publicaciones/la-menopausia

**The North American Menopause Society: For Women**

A wealth of information is provided by the North American Menopause Society (NAMS) to help women stay healthy and positive during menopause. Visit the Publications - Consumer section also, to find more materials. Limited resources are available in Spanish and French.

http://www.menopause.org/for-women

**PREGNANCY, CHILDBIRTH, BREASTFEEDING, AND NEWBORN CARE**

**Healthy Pregnancy**

Whether you’re thinking about motherhood, trying to conceive, or already pregnant, this section of WomensHealth.gov will help you learn what you can do before, during, and after pregnancy to give your baby a healthy start to life.

https://www.womenshealth.gov/pregnancy/
Health Resources

https://www.womenshealth.gov/espanol/embarazo/

National Center on Birth Defects and Developmental Disabilities (NCBDDD)
The CDC provides a wealth of information to promote the health of babies, children, and adults, and to enhance the potential for full, productive living. This site covers topics on preventing birth defects, child development, parenting, and information about disabilities of many kinds.
https://www.cdc.gov/ncbddd/index.html
https://www.cdc.gov/ncbddd/Spanish/index.html

Pregnancy and Newborns
Take care of yourself and your growing family by getting the advice that all new and expecting parents need. Read about babyproofing your home, preventing SIDS, how to stay healthy during pregnancy, coping with colic, what to expect on the first day of life, and much more in this section of KidsHealth.org.
http://kidshealth.org/parent/en_espanol/index.html#cat20260

PDF Managing Gestational Diabetes: A Patient’s Guide to a Healthy Pregnancy
This comprehensive PDF booklet from the National Institute of Child Health & Human Development (NICHD) answers the questions any mother-to-be might have about diabetes during and after pregnancy.

Text4Baby
The National Healthy Mothers, Healthy Babies Coalition (HMHB) provides free text messages containing information mothers-to-be need to take care of their health and give their babies the best possible start in life. Women who sign up for the service online or by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week timed to their due date or baby’s date of birth. The HMHB site is worth noting, providing more useful information about mother and child safety and health.
https://www.text4baby.org/
https://www.text4baby.org/index.php/en-espanol

Mayo Clinic Guide to a Healthy Pregnancy
This comprehensive book includes a month-by-month look at mom and baby, in-depth Decision Guides, and an easy-to-use reference guide for common problems. It also includes information on medical concerns such as preterm labor, gestational diabetes, preeclampsia, and pregnancy with pre-existing health conditions.

Having Your Baby! A Complete Lamaze Prepared Childbirth Class
Having Your Baby! is the only complete, step-by-step instructional video on Prepared Childbirth, taught by two Lamaze Certified Childbirth Educators. The video includes up-to-date information on childbirth, instructional animations, and footage of women and their partners in labor and giving birth.
http://www.lamazevideo.com/

Laugh and Learn About Childbirth
This LAMAZE Childbirth Class covers everything you need to know about the birth process. The material is divided into six 45-minute sessions, totaling 4 1/2 hours. There is also a Laugh and Learn series for breastfeeding and newborn baby care.
http://www.laughandlearn.com/sheris-classes

The Happiest Baby on the Block
Harvey Karp, M.D. promotes the use of swaddling, white noise, and other tools to calm infants. His books and other media are popular with parents of both babies and toddlers for their gentle, effective approach to bringing calm and sleep to homes.
http://www.happiestbaby.com/

Breastfeeding
La Leche League International
La Leche League International (LLLI) strives to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy
Health and Aging Publications From the National Institute on Aging

The NIA provides clearly written health and medical information for topics of interest to seniors. The section on Safety has a good article on preventing falls (Falls and Fractures). Use the search widget titled “Health and Aging Organizations” to search a directory of 300+ organizations which have health-related services for seniors. Browse the main page, or order free copies of publications at the following links.

https://www.nia.nih.gov/health/publication
http://newcart.niapublications.org/
http://newcart.niapublications.org/shopdisplayproducts.asp?id=8&cat=Spanish+Language+Materials

Centers for Medicare & Medicaid Services (CMS)

The CMS site is the essential resource for information about Medicare, Medicaid, and the Children’s Health Insurance Program (CHIP). This comprehensive site provides answers to common questions, information about applying for different programs, regulations, and guidance on many topics.

https://www.cms.gov/

BenefitsCheckUp

The powerful databases and resources on this site allow seniors to discover all benefits available to them, get help with food and prescription drug costs, and locate housing options. This site is provided by the National Council on Aging (NCOA).

https://www.benefitscheckup.org

SENIOIRS AND HEALTHY AGING

National Institute on Aging

This institute from NIH brings all of the latest research on heath and aging together on this easy-to-use web site. See the Health Information section for comprehensive Alzheimer's Disease information and extensive health and wellness information for older adults.

https://nia.nih.gov
Helpful Tip:
Mining for Nuggets Using Advanced Search Techniques

Government organizations provide a gold mine of information, publications, and tools to help consumers live healthier lives, but it may be hard to know exactly where to start. Try this search technique: go to the Advanced Search page in Google and type in the keyword or phrase. In the “Search Within a Site or Domain” field, type in .gov or the actual organization if you know it, such as nia.nih.gov. This is a great way to locate that nugget of information on a particular topic.

Geriatric Mental Health
The consumer and patient information section of the Geriatric Mental Health Foundation (GMHF) includes detailed and informative articles on the following topics about seniors: alcohol/drug abuse, caring for an Alzheimer’s disease patient and oneself, dementia, anxiety, depression, disaster preparedness and coping, keeping mentally fit, and insomnia. Some items are available in Spanish.
http://www.gmhfonline.org/gmhf/consumer/

Preventing and Living Well with Chronic Conditions

ALZHEIMER’S DISEASE
Alzheimer’s Disease (MedlinePlus)
This Health Topic page from MedlinePlus is a must for links to the best, most current information on all aspects of the disease. Check here first for an excellent collection of resources, including Spanish-language and hard-to-find multilingual materials.
https://medlineplus.gov/alzheimersdisease.html

Preventing Alzheimer’s Disease: What Do We Know?
From the website: “This 24-page booklet describes the latest NIA-funded research about prevention of Alzheimer’s disease and age-related cognitive decline, from physical exercise and diet to social engagement and cognitive training. Also included are tips for staying healthy as you grow older.” Current research indicates that it may someday be possible to delay onset, slow down, or even prevent this devastating brain disorder.

Coping With and Managing Alzheimer’s Disease
For those diagnosed with Alzheimer’s disease, this site from the Alzheimer’s Association can provide help, support, and inspiration to make your years ahead the best they can be. Find tips on maintaining independence, making job decisions, talking with family and friends, and more. Translations in Chinese

Healthwise for Life: A Self-Care Guide for People Age 50 and Better
This self-care guide covers nearly 200 common health conditions that affect older adults. While it is over 400 pages in length, it is easy to use because of its illustrations and larger print.

PDF Age Pages
Advice on eating well, obtaining good health care, managing high blood pressure, and preventing osteoporosis are among the topics in the NIA’s Age Pages. These large-print brochures may be read online as regular webpages or as PDFs, and hard copies can be requested. Most are also available in Spanish.
http://newcart.niapublications.org/shopdisplayproducts.aspx?id=45&cat=All+Age+Pages

PDF SeniorDriving.aaa.com
This site from the American Automobile Association (AAA) Foundation for Traffic Safety links seniors to tools for assessing their driving skills; it also offers advice, exercises, and lessons to help them drive safely for as long as possible. Alternatives for seniors who can no longer drive safely are provided, and there is a database of relevant state regulations. Many printable PDFs are included for easy take-away.
http://seniordriving.aaa.com/

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Alzheimer’s Disease (MedlinePlus)
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http://newcart.niapublications.org/shopdisplayproducts.aspx?id=45&cat=All+Age+Pages

Preventing and Living Well with Chronic Conditions

ALZHEIMER’S DISEASE
Alzheimer’s Disease (MedlinePlus)
This Health Topic page from MedlinePlus is a must for links to the best, most current information on all aspects of the disease. Check here first for an excellent collection of resources, including Spanish-language and hard-to-find multilingual materials.
https://medlineplus.gov/alzheimersdisease.html

Preventing Alzheimer’s Disease: What Do We Know?
From the website: “This 24-page booklet describes the latest NIA-funded research about prevention of Alzheimer’s disease and age-related cognitive decline, from physical exercise and diet to social engagement and cognitive training. Also included are tips for staying healthy as you grow older.” Current research indicates that it may someday be possible to delay onset, slow down, or even prevent this devastating brain disorder.
https://www.nia.nih.gov/alzheimers/publication/preventing-alzheimers-disease

Coping With and Managing Alzheimer’s Disease
For those diagnosed with Alzheimer’s disease, this site from the Alzheimer’s Association can provide help, support, and inspiration to make your years ahead the best they can be. Find tips on maintaining independence, making job decisions, talking with family and friends, and more. Translations in Chinese

Healthwise for Life: A Self-Care Guide for People Age 50 and Better
This self-care guide covers nearly 200 common health conditions that affect older adults. While it is over 400 pages in length, it is easy to use because of its illustrations and larger print.

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and other languages are also available at the site.
http://www.alz.org/living_with_alzheimers_if_you_have_alzheimers.asp
http://www.alz.org/espanol/overview-espanol.asp
http://www.alz.org/alzheimers_disease_4719.asp

Inside the Brain: Unraveling the Mystery of Alzheimer’s Disease

This visually stunning video from the NIA shows the intricate mechanisms involved in the progression of Alzheimer’s disease.
https://www.nia.nih.gov/alzheimers/alzheimers-disease-video

About Alzheimer’s Disease: Caregiving

If you’re a caregiver of a loved one with Alzheimer’s disease, this treasure trove of resources from the NIA can help you prepare for the many challenges ahead. Included are tips on how to find support groups, information on home safety, books and links to other resources on coping with emotions and stress, as well as some materials in Spanish. The third link is a comprehensive 104-page book covering all aspects of care.
https://www.nia.nih.gov/alzheimers/topics/caregiving
https://www.nia.nih.gov/espanol

Alzheimer’s and Dementia Caregiver Center

The Alzheimer’s Association can help you learn how, through your informed and sensitive caregiving skills, to make sure that your loved one feels supported and is living as full a life as possible with Alzheimer’s. You can also ensure that you are taking steps to preserve your own well-being.
http://www.alz.org/care/overview.asp
http://www.alz.org/espanol/care/cuidadores.asp

Eating (for People With Dementia)

As dementia progresses, loss of appetite and difficulties with eating can become more common. These helpful resources from the Alzheimer’s Society (AS) from the United Kingdom offer tips and information for caregivers, including preparing nutritious “finger foods” that are easy to pick up and eat.

Modifying Your Home for Alzheimer’s Disease Patients

The Fisher Center for Alzheimer’s Research Foundation provides home safety information for caregivers. Factors in the physical environment can greatly impact the behavior of a person with Alzheimer’s. Making changes and adjustments to the home environment can help make day-to-day activities easier and safer and can reduce specific symptoms, such as wandering.
http://www.alzinfo.org/08/treatment-care/home-modification

Connecting the Dots: Breakthroughs in Communications as Alzheimer’s Advances


The author shares techniques for communicating with loved ones suffering from Alzheimer’s, offering hope and encouragement to caregivers and relatives. Dr. London provides advice based on research and experience, plus actual stories to provide an uplifting book for those struggling to cope.

Still Alice


Still Alice is a fictional novel about a female professor who is diagnosed at age 50 with early onset Alzheimer’s Disease. The author is a neuroscientist from Harvard, and her book is full of fact and insight; it is a highly readable story about the main character, her experiences with family and colleagues, and the changes that occur as her disease progresses. Even though this book is fictional, it is recommended for any library’s collection.

ARThRITIS

Arthritis Foundation: Take Control. We Can Help.

The Arthritis Foundation (AF) web site offers information on how to live well with arthritis. Click on
the Arthritis Today tab to read the Foundation’s latest online newsletter which includes an Expert Q & A plus tips on staying fit, eating right, and making everyday activities more manageable.

http://www.arthritis.org/

**PDF** Living with Arthritis: Tips for Living Life to Its Fullest

The American Occupational Therapy Association (AOTA), provides tips on steps to take in order to do specific activities with less pain. It also describes the role of the occupational therapist in helping patients take control and feel better with their arthritis.


**ASTHMA**

**PDF** Asthma: An Introduction (Easy-to-read)

Get answers to some of your questions about asthma. This short handout from Healthy Roads Media can help provide basic information about this disease.


Asthma: Lifestyle Management

How does asthma affect your day-to-day activities? Learn some great tools to help you take control and manage asthma every day. This site from National Jewish Health (NJH) is helpful for anyone with asthma, including such topics as nutrition management, exercise, and an action plan for managing the disease.

http://www.nationaljewish.org/healthinfo/conditions/asthma/lifestyle-management/

The Cleveland Clinic’s Exercise and Asthma Section

Don’t use asthma as an excuse to avoid exercise. Here are some tips to get you moving and to help you maintain an active lifestyle.

http://my.clevelandclinic.org/disorders/Asthma/hic_Exercise_and_Asthma.aspx

✓ Asthma Life Quality Test

This simple test from the American College of Allergy, Asthma & Immunology (ACAAI) may help improve your quality of life. Answer the yes or no questions to find out how to reduce your asthma symptoms and test your knowledge.

http://www.acaai.org/allergist/tools/asthma-quizes/Pages/asthma-life-quality-test.aspx

English

http://www.acaai.org/allergist/tools/asthma-quizes/Pages/prueba-de-calidad-de-vida-asma.aspx

**Asthma Diary and Action Plan**

Use this diary and action plan to chart your asthma symptoms, triggers, medications, and more. These tools can help you track and manage your asthma for a better quality life. Although designed by KidsHealth for children, the tools are also useful for adults. The first link below is for the asthma diary, and the second link is for the action plan.

http://kidshealth.org/kid/asthma_basics/monitoring/asthma_diary.html

http://kidshealth.org/kid/asthma_basics/monitoring/action_plan_sheet.html

**Asthma in Childhood and Adolescence**

**PDF** Asthma and Children: A Guide to Coping

If your child has been diagnosed with asthma, a key to coping is to become as informed as possible about the condition and how to control it. Here are some tips from Healthy Roads Media to help you and your child deal with asthma. This printable PDF is also available in Spanish, Russian, and Vietnamese.


http://www.healthyroadsmedia.org/topics/asthma.htm

**Asthma Life Quality Test: Kids’ Asthma Check: For Ages 1-8**

If you’ve been told your child has asthma, or if your child has trouble breathing when running or playing hard, take this simple Kids’ Asthma Check from the ACAAI.

http://www.acaai.org/allergist/tools/asthma-quizes/Pages/kids-asthma-0-7.aspx

Asthma Life Quality Test: Kids’ Asthma Check: For Ages 8-14

Kids: If you’ve been told you have asthma, or if you have trouble breathing when you run or play hard, take this simple Asthma Check from ACAAI.

http://www.acaai.org/allergist/tools/asthma-quiz/Pages/kids-asthma-8-14.aspx

Asthma Center for Teens

Dealing with asthma can be tough for teens. In this section of KidsHealth.org, teens with asthma can learn some simple steps to help with common issues and problems. (Note: there is also information for younger kids about asthma in the Kids section of the site).

http://kidshealth.org/teen/diseases_conditions/asthma_center.html

Managing Side Effects

Cancer and cancer treatments can cause many undesirable side effects. Users will find an extensive list of oncologist-approved information on side effects from Cancer.Net that will help doctors and patients understand and treat the side effects of cancer and cancer therapies.

http://www.cancer.net/all-about-cancer/treating-cancer/managing-side-effects

CANCER

NCI’s Dictionary of Cancer Terms

This resource from the National Cancer Institute (NCI) defines more than 6,000 terms related to cancer and medicine.

https://www.cancer.gov/dictionary/

American Cancer Society

This all in one site can be your starting point for overall information on types of cancer and treatment, helpful information for patients and families, and management of your cancer experience. You will also find support programs and services. There are additional resources for lowering your cancer risk. The third link listed here is for Asian language materials.

http://www.cancer.org/index

National Cancer Institute

This comprehensive site from the NIH offers extensive explanation and treatment information about all types of cancer. NCI also wants to increase awareness and use of palliative care for people with cancer. Palliative care offers support and comfort to patients and their loved ones from diagnosis through recovery or during recurrence, advanced disease, and at the end of life.

https://www.cancer.gov/

CancerCare: Professional Support for People Affected by Cancer

Since 1944, CancerCare’s professional oncology social workers have provided counseling, support groups, education, financial assistance, and practical help free of charge. Services are specifically designed for people with cancer and for the loved ones and friends closest to them.

http://www.cancercare.org/

Cancer Support Community: About Cancer

If you or a loved one has recently been diagnosed with cancer, having support is crucial. The Cancer Support Community (CSC) web site can help you understand
Cancer, become an active partner with your health care team, and regain hope. Users can join connect with the online support community and even create a personal webpage. The Frankly Speaking About Cancer® education materials are available to order or for download.

http://www.cancersupportcommunity.org/MainMenu/About-Cancer

Coping

Also from Cancer.Net, this page is specifically designed to help people with cancer and their families cope better with all aspects of the disease. Included are such topics as emotional concerns, caring for the whole patient, and caregiving.

http://www.cancer.net/coping
http://www.cancer.net/cancernet-en-espanol/asimilacion

Stories of Hope

From the ACS, this page includes personal stories of recovery and hope. The second link is for the Cancer Survivors Network (CSN), where patients can share their own stories and connect with others for support.

http://www.cancer.org/treatment/survivorshipduringandaftertreatment/storiesofhope/index
http://csn.cancer.org/

Things I Wish I’d Known: Cancer Caregivers Speak Out


The role of the caregiver can be almost as tough as that of the patients themselves. “Things I Wish” contains many stories illustrating the variety of situations that come up and potential pitfalls that the caregiver might fall into in their desire to be helpful. There are practical suggestions such as dealing with HIPPA and the need to have information about the loved one, and explaining the value of clinical trials.


Complementary Therapies for Cancer

CAM at the National Cancer Institute

The Office of Cancer Complementary and Alternative Medicine (OCCAM) coordinates the activities of the National Cancer Institute (NCI) in the arena of complementary and alternative medicine (CAM). There are several links on this page with excellent information.

https://cam.cancer.gov/

Complementary/Integrative Medicine Education Resources (CIMER)

M. D. Anderson Cancer Center’s CIMER web site is offered to help patients and physicians decide how best to integrate such therapies into their care.

http://www.mdanderson.org/education-and-research/resources-for-professionals/clinical-tools-and-resources/cimer/index.html

About Herbs, Botanicals, and Other Products

This database from the Memorial Sloan-Kettering Cancer Center (MSKCC) is an evidence-based resource for the uses of herbs and botanicals. Based on research, the evidence for using a particular herb (either for or against) is presented for treating cancer and other uses. The database has easy-to-understand information for consumers and more detailed, clinical information for health care professionals.


Specific Cancers

Help, Hope, and Support for Bladder Cancer

From the American Bladder Cancer Society (ABLCS), this site offers support to bladder cancer patients and survivors by focusing on early diagnosis and quality of life issues. While this site is not as well-designed as some, it offers good resources for bladder cancer patients in chat rooms, blogs, and other forums, as well as additional information on prevention and risk factors.

http://www.bladdercancersupport.org/

Breast Cancer – Support

From Susan G. Komen for the Cure, this resource outlines types of physical and emotional support as you go through breast cancer diagnosis, treatment, and
recovery. Other issues include support for friends and family, quality of life issues, and stories of support and inspiration.

http://www5.komen.org/breastcancer/support.html
http://www5.komen.org/Espanol/Enespanol.html

**Disease Information and Support**

The Leukemia & Lymphoma Society (LLS) provides comprehensive information for the newly diagnosed and support to patients, family, and caregivers, in the form of tips, videos, live online chat groups, family support groups, peer groups, and more.

http://www.lls.org/#/diseaseinformation/
http://www.lls.org/diseaseinformation/getinformationsupport/
http://www.lls.org/#/espanol

**Lung Cancer Support**

The Lung Cancer Alliance (LCA) helps people with lung cancer get the support they need from others who have also been affected by the disease. This support includes a phone buddy program for peer-to-peer support as well as support groups for lung cancer survivors and their families.

http://www.lungcanceralliance.org/get-help-and-support/

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**Helpful Tip:**

**Reducing Risk Factors**

Knowing the risk factors for certain types of cancers can help in developing strategies to reduce that risk. To find out risk factors and steps to take to help prevent cancer, visit any of the main cancer sites. Search by cancer type and the key words “risk” or “prevention”. Also, remember to visit the Health Topic pages in MedlinePlus.gov for specific cancer types. Each page provides links on prevention, coping, and other relevant issues.

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**Facing Pancreatic Cancer**

For those who have been recently diagnosed with pancreatic cancer, the Pancreatic Cancer Action Network (PANCAN) can provide one-on-one support and help connect patients with survivors and caregivers.

http://www.pancan.org/section_facing_pancreatic_cancer/
http://www.pancan.org/section_en_espanol/index.php

**Prostate Cancer Foundation**

The Understanding Prostate Cancer section of this site provides excellent information for the patient and caregivers. Users can learn about the disease, find help for living with the disease, and helpful support resources. Much of the content is also in Spanish.

http://www.pcf.org

**Skin Cancer Foundation**

This well-designed site provides a wealth of information for adults, kids, and teens on prevention, recognition, and treatment of skin cancers of all types. The site provides an extensive list of skin cancer prevention tips, how to do a step-by-step body exam, and even a downloadable body map and self-exam schedule. Translations to several other languages are available.

http://www.skincancer.org/
http://www.skincancer.org/es-ES
http://www.skincancer.org/skin-cancer-information/early-detection

**Thyroid Cancer Support Groups**

The Thyroid Cancer Survivors’ Association, Inc. (ThyCa) has created this online space for patients and families to share thyroid cancer information and support. Links take you to local support groups, email support groups, and a person-to-person network designed to address the emotional and psychological needs of people with thyroid cancer, as well as their families and caregivers.

http://www.thyca.org/support.htm
http://www.thyca.org/espanol.htm

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)**

**Better Breathing with a COPD Diagnosis**

This full-color, printable pamphlet from the Chronic Obstructive Pulmonary Disease Foundation (COPDF)
web site provides tips on breathing and living better with COPD.
http://www.copdfoundation.org/portals/0/files/pdfs/BreathingBetterwithCOPD.pdf

COPD & You: For Diagnosed Individuals
Take steps to manage your COPD symptoms and slow the progress of the disease. Included are such issues as maintaining an active lifestyle, improving air quality in your home, and triggers that can make COPD worse.
http://www.copdfoundation.org/COPDYou/LivingwithCOPD/DiagnosedIndividuals.aspx

Coping With COPD
By making lifestyle and activity changes, you can take an active role in treating your COPD and help improve your health. Such factors as returning to work, emotional health, family support, and stress reduction are discussed in this article from the Cleveland Clinic.
http://my.clevelandclinic.org/disorders/Chronic_Obstructive_Pulmonary_Disease/hic_Coping_with_COPD.aspx

Living with COPD: Nutrition
Did you know that the food you eat may affect your breathing? If you have COPD, this article from the American Lung Association can provide the information you need about how your diet affects your health. Included are tips on diet, developing a food plan, and medical nutrition products.

COPD Exercise and Activity Guidelines
Through pulmonary rehabilitation and exercise, COPD patients can learn how to breathe more easily. The Cleveland Clinic’s article includes information on breathing re-training, exercise training, education, and counseling. The second link provides a list of precautions for COPD patients to take when exercising.
http://my.clevelandclinic.org/disorders/Chronic_Obstructive_Pulmonary_Disease_copd/hic_COPD_Exercise_and_Activity_Guidelines.aspx
http://my.clevelandclinic.org/disorders/Chronic_Obstructive_Pulmonary_Disease_copd/hic_COPD_Exercise_Precautions.aspx

COPD: Emotional Management
It is normal to feel angry, afraid, sad, depressed, guilty, stressed, and frustrated because of the many changes in your life with COPD. This section of the National Jewish Health web site addresses these emotions and offers suggestions on how to cope with them.
http://www.nationaljewish.org/healthinfo/conditions/copd-chronic-obstructive-pulmonary-disease/emotional-management/

DIABETES

Small Steps, Big Rewards: Your Game Plan to Prevent Type 2 Diabetes
This three-booklet package from the NIH’s National Diabetes Education Program (NDEP) helps people start their own game plan to prevent or delay the onset of diabetes. Food and activities log sheets and resource lists for additional information are included. The links include an activity tracker and a fat and calorie counter.

National Diabetes Information Clearinghouse (NDIC)
From the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), this site is a portal for diabetes information and publications. Collections of interest include the Easy-to-Read booklets (with excellent information on preventing complications), Spanish language materials, an A-to-Z list of diabetes topics, and the Diabetes Awareness and Prevention series. Many are available as illustrated PDFs.
https://diabetes.niddk.nih.gov/
https://www2.niddk.nih.gov/HealthEducation/HealthEzToRead.htm
https://www.niddk.nih.gov/health-information/informacion-de-la-salud/diabetes

AADE7™ Self-Care Behaviors Handouts
The American Association of Diabetes Educators (AADE) developed information about seven basic behaviors that people with diabetes can adopt for their own self-care, reinforcing instructions learned from
4 Steps to Control Your Diabetes. For Life.
These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy. This publication is excellent for people newly diagnosed with diabetes or who just want to learn more about controlling the disease. This booklet is available in 16 languages.

http://www.diabeteseducator.org/DiabetesEducation/Patient_Resources/AADE7_PatientHandouts.html

Living With Diabetes: Planning for a Healthy Life
Learn how to cope with health issues related to your diabetes and plan for the future with these resources from the American Diabetes Association (ADA). Find information about health check-ups, keeping your home safe, maintaining healthy finances, long term care and help with decision-making for later years.


What I Need to Know About Eating and Diabetes
This booklet from the NIDDK provides information on healthy eating with diabetes. You can take good care of yourself and your diabetes by learning what to eat, how much to eat, and when to eat.


Avoid Diabetes Burnout: Coping With Diabetes
Are you experiencing diabetes burnout? Are you tired of coping with your condition? These strategies from the Joslin Diabetes Center can help you alleviate the stress of managing your diabetes. Click on the additional links to find information on support groups and other means of support.

http://www.joslin.org/info/avoid_diabetes_burnout.html
http://www.joslin.org/info/finding_the_right_diabetes_support_groups.html
http://www.joslin.org/info/how_do_i_get_support_from_family_and_friends.html

Learning About Diabetes
In Spanish and English, numerous easy-to-read booklets, handouts and patient stories are available from Learning About Diabetes, Inc. The materials help people take care of their bodies and live better with diabetes by eating well and exercising. Two are listed below in English and Spanish as examples; visit the main web site for a listing of many more topics.

http://learningaboutdiabetes.org/downloads/LADexerciseBkEN.pdf
http://learningaboutdiabetes.org/downloads/LADexerciseBkSP.pdf
http://learningaboutdiabetes.org/freeprograms.html

Diabetes and Special Populations

More Than 50 Ways to Prevent Diabetes – for African Americans
African Americans are one of the highest risk groups for developing Type 2 diabetes. Use these 50 easy tips from the Black Women’s Health Imperative (BWHI) to learn how to make healthy lifestyle choices so you can prevent or delay diabetes.


Diabetes in Hispanics/Latinos
Hispanic Americans are at high risk for developing diabetes. The good news is that by taking action, you can prevent diabetes as well as prevent serious health
problems if you are already diagnosed with diabetes. By exploring the resources on this page, you and your loved ones can feel better and enjoy a healthier, more fulfilling life. Materials are available in English and Spanish.


American Indians and Alaska Natives and Diabetes

This page from the National Diabetes Information Clearinghouse (NDIC) provides several excellent resources for awareness, prevention, and managing diabetes in Native Americans.


HEART DISEASE

✔️ Estimating Your 10-Year Risk of Having a Heart Attack

Use this risk assessment tool from the National Heart, Lung and Blood Institute (NHLBI) to predict the chance of having a heart attack in the next 10 years. The risk of heart attack can be reduced by knowing and lowering one’s cholesterol levels.


✔️ For Your Heart Health Assessment

Enjoy the benefits of better health by reducing your risk for heart disease. Answer the questions in this survey from Womenshealth.gov, and the latest information on exercise, nutrition, smoking, diabetes, cholesterol, high blood pressure, and other factors that affect the risk for heart disease will be provided - all tailored to the individual’s needs.

https://www.womenshealth.gov/for-your-heart/?template=survey

American Heart Association

The AHA provides information and health check tools for consumers, to help people live healthier lives and to reduce the risk of heart disease. The web site also has information in Spanish, Chinese, and Vietnamese.

http://www.heart.org/HEARTORG/

Helpful Tip:
Living Well With a Chronic Condition

While the focus of the Toolkit is on prevention and wellness, learning how to live well when coping with a chronic disease will improve overall quality of life. When searching resources for diseases and conditions, look for the words “coping,” “management,” and “support”, as these key words will bring the helpful information to the forefront.

Health Topic Videos

The NHLBI’s Health Topics Web site is a quick, easy, and dependable source for information about various heart, lung, and blood diseases and conditions and sleep disorders. This site offers short videos, articles, and quizzes on several topics, some in Spanish. Some of the topics include: Respirar es Vida (Breath of Life), Heart Disease Risk Factors, High Blood Pressure, Insomnia, Overweight and Obesity, Smoking and Your Heart, and Sleep Apnea.

https://www.nhlbi.nih.gov/health/health-topics/videos/
https://www.nhlbi.nih.gov/health/health-topics/by-category/

The Mayo Clinic’s Lifestyle and Home Remedies for Heart Disease

Many forms of heart disease can be prevented or improved with healthy lifestyle choices and diet and exercise. Check out the easy-to-access links at the bottom of the page for articles on diets, recipes, and more for a healthy heart.
For Women: Living With Heart Disease
The National Coalition for Women with Heart Disease (NCWH) provides help for women recently diagnosed with heart disease. Included are strategies for maintaining normal daily activities and lifelong management tips.
http://www.womenheart.org/?page=Support_Living_HD

Tener una Familia Cardiosaludable: Heart Healthy Families for Spanish Speakers
Part of the Go Red campaign from the AHA, this site provides helpful tips for buying healthy foods at the market, heart healthy cooking tips, and eating in restaurants. It is designed especially for Spanish speakers.
http://goredcorazon.org/enes/heart-healthy-family.html

Heart Failure
Managing Heart Failure: The Cleveland Clinic’s Key Skills for Managing Heart Failure
Remember the word EDEMA, meaning swelling of tissues, which can be a symptom that your heart failure is worsening. This site cleverly uses the word EDEMA to help patients recall important activities to manage their heart disease, such as E is for Exercise regularly, and D is for Do take your medications as prescribed.
http://my.clevelandclinic.org/disorders/heart_failure/hic_understanding_heart_failure.aspx

Heart Failure – Educational Modules
The Heart Failure Society of America (HFSA) created a wonderful patient education series consisting of 11 modules for the patient with heart failure. While these were published several years ago, most of the information is not time-sensitive. (The exception is Module III, Heart Failure Medicines, 2006; supplemental searches for up-to-date information is recommended for this aspect of the topic.) The modules can be downloaded as PDF files, or individuals can order a copy of the entire set for free.
http://www.hfsa.org/heart_failure_education_modules.asp
http://www.abouthf.org/order.htm

Heart Failure Caregiver’s Guide: Top 10 Tips to Refresh Yourself
Being a caregiver for someone with heart failure can be taxing. This guide from the AHA offers much more than just ten tips; the site is packed with useful resources for caregivers. One example is Errands to Exercise By, which gives great tips for working exercise into your routine during typical tasks and errands. Explore the sections to discover all the site has to offer.
http://www.heart.org/HEARTORG/Caregiver/Caregiver_UCM_001103_SubHomePage.jsp

HIGH BLOOD PRESSURE (HYPERTENSION)
Test Your High Blood Pressure IQ
Take this simple quiz from the AHA to see what you know about high blood pressure. You can also learn how to keep your blood pressure in a healthy range.
http://www.mayoclinic.com/health/heart-disease/DS01120/DSECTION=lifestyle-and-home-remedies
http://www.healthyroadsmedia.org/topics/heart.htm
http://www.helpguide.org/life/healthy_diet_heart_disease_stroke.htm
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp
http://www.heart.org/HEARTORG/Caregiver/Caregiver_UCM_001103_SubHomePage.jsp
What About African Americans and High Blood Pressure?

High blood pressure is not only more severe in African Americans, but it also develops earlier in life. This 2-page brochure provides important information in a concise, printable format.
http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300463.pdf

HIV/AIDS

AIDSInfo
This website provides a wealth of information, including current treatments, prevention, and other consumer information for HIV infection and AIDS-related illnesses. See the third link for information about mobile versions and widgets for websites.
https://aidsinfo.nih.gov/
https://infosida.nih.gov/
https://aidsinfo.nih.gov/mobile-resources

Parenting a Child with HIV
From womenshealth.gov, this easy-to-understand resource provides valuable information for parents or caregivers of HIV positive children. It includes practical information on drug therapy, managing medications, common infections, and a section about helping kids cope with their condition. Several of the resources on the Spanish page are in PDF format.
https://womenshealth.gov/hiv-aids/living-with-hiv-aids/
parenting-a-child-with-hiv.cfm
https://womenshealth.gov/espanol/vih-sida/viviendo-con-el-vih-sida/padres-de-un-hijo-con-vih.cfm

Living with AIDS (MedlinePlus)
Feelings of sadness, anxiety, and feeling overwhelmed are common with an HIV/AIDS diagnosis. Don’t let this fear keep you from doing all you can to help yourself. This MedlinePlus Health Topic page offers a great collection of resources to help you learn coping skills, to help manage while living with AIDS, and allow you to live a longer, healthier life.
https://medlineplus.gov/livingwithhivaids.html
https://medlineplus.gov/spanish/livingwithhivaids.html
Health Resources

HIV/AIDS Basics
Learn the basic facts about HIV/AIDS to protect yourself and your partner. This site helps you find out how HIV is spread, reducing risks of getting HIV, and about types of testing and available treatments. Included are tips for staying healthy and coping strategies for living with HIV/AIDS.
https://aids.gov/hiv-aids-basics/

Living With HIV/AIDS
People with HIV and AIDS are living longer, healthier lives today, thanks to new and effective treatments. This booklet from the CDC will help you understand how you can live with HIV and keep yourself healthy.
https://www.cdc.gov/hiv/resources/brochures/print/livingwithhiv.htm

Diet and Nutrition and HIV
This page from the VA's HIV/AIDS website highlights the importance of good nutrition when living with HIV, including tips for help keep from losing weight, maintaining a good appetite, using supplements, and how good nutrition can help with side effects.

Exercise and HIV
Exercise can help people feel better and fight many of the side effects of HIV and medications used in treatment. Find reliable, up-to-date guidelines for exercise in this section of AIDS InfoNet.
http://www.aidsinfonet.org/fact_sheets/view/802
http://www.aidsinfonet.org/fact_sheets/view/802?lang=spa

Staying Healthy for Life: A Resource Guide for People with HIV
This 16-page booklet is a real find: it provides easy-to-understand information for people with HIV while focusing on positive, proactive messages about getting medical care, finding medical insurance, and staying healthy. Note: this is produced by the New York State Department of Health, so the final page lists resources mostly for New York State.

Caring for Someone With AIDS at Home
Caring for someone with AIDS is a serious responsibility with special challenges. By working together with that person, you can reach mutual decisions about what needs to be done, how much you can do, and when additional help is needed. Included in this resource from the CDC is information on providing emotional support, guarding against infections, and protecting yourself as a caregiver.
https://www.cdc.gov/hiv/resources/brochures/careathome/print/index.htm

MENTAL HEALTH

National Institute of Mental Health (NIMH)
The mission of the National Institute of Mental Health (NIMH) is to help Americans understand and get treatment for mental illness. The web site provides information on specific conditions, treatments, clinical trials, local resources, and for special populations such as kids, teens, and seniors.

Mental Health America (MHA)
MHA is the nation’s largest and oldest community-based network dedicated to helping all Americans live mentally healthier lives.
http://www.mentalhealthamerica.net
http://www.mentalhealthamerica.net/go/en-espanol

National Alliance on Mental Illness
The National Alliance on Mental Illness (NAMI) is dedicated to improving the lives of individuals and families affected by mental illness. The Mental Illnesses section (see link below) is a mini-encyclopedia of illnesses. Other useful sections include Treatments and Support & Programs.
http://www.nami.org/
http://www.nami.org/Template.cfm?Section=By_Illness
http://www.nami.org/template.cfm?section=NAMI_en_espa%F1ol

Health Resources
families and friends working knowledge and tools to help their mentally ill loved one. This 10th Anniversary Edition takes the would-be caregiver through learning more about the condition, understanding denial, deciding on approach, and dealing with the loved one’s sense of having been betrayed.

Specific Conditions

Mental Health and Mental Disorders
For the most current information on these topics, a great place to start is MedlinePlus. Visit the links below and browse the pages. Specific disorders may also have a separate Health Topic page.

https://medlineplus.gov/mentalhealth.html
https://medlineplus.gov/mentaldisorders.html

National Center for PTSD
The National Center for Post-Traumatic Stress Disorder (NCPTSD) is a project of the U.S. Department of Veterans Affairs (VA). Initiated 20 years ago to help service men deal with war traumas, it now provides information for veterans and their families, for the general public, and for health care providers and researchers. Types of trauma topics include war, natural disaster and terrorism, motor vehicle accidents, community violence, traumatic brain injury (TBI) and other topics.

https://www.ptsd.va.gov/index.asp

PTSD Coach
The PTSD Coach app from the VA can help patients learn about and manage symptoms that commonly occur after trauma. PTSD Coach offers reliable information about symptoms and treatment of PTSD, as well as tips and tools to manage PTSD. This is just one of many apps and mobile resources geared toward individuals with specific conditions.


Postpartum Support International
Postpartum Support International (PSI) is dedicated to helping women suffering from mood and anxiety disorders surrounding pregnancy and childbirth, including postpartum depression, the most common complication of childbirth.

I Am Not Sick, I Don’t Need Help! How to Help Someone with Mental Illness Accept Treatment.

No Estoy Enfermo, No Necesito Ayuda! SPAN

This book is a real find. The author is a professor of clinical psychology, is on the board of the NAMI and has published extensively. This book is unique in giving
Surviving a Suicide Loss: A Resource and Healing Guide
This 28-page guide from the American Foundation for Suicide Prevention (AFSP) contains information on coping with a suicide loss, including professional articles, an extensive resource list, a subject-matter bibliography, and online resources. Single copies of the booklet can be ordered for free, and multiple copies are available at a nominal cost.

National Suicide Prevention Lifeline
The Lifeline[1-800-273-TALK (8255)] is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress, or someone concerned about another person. The website is limited, but includes suicide warning signs and information for concerned family and friends. Of special interest is a section for military veterans.
http://www.suicidepreventionlifeline.org/GetHelp
http://www.suicidepreventionlifeline.org/GetHelp/Spanish

Courage After Fire: Coping Strategies for Troops Returning From Iraq and Afghanistan and Their Families
Useful information, real-life case studies, and practical exercises for overcoming war trauma are supplemented by an impressive 25-page resource list of web sites and books.

Healthy Minds In Childhood and Adolescence
Kids Health Resources for Mental Health
This website has three major sections – for kids, for teens, and for parents. It provides families with facts, perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens. Search for “mental health” in the search box to get started.
http://kidshealth.org/

American Academy of Child & Adolescent Psychiatry (AACAP)
The AACAP web site provides families with information regarding mental health and mental illness in children and adolescents. Mental health topics specific to young people such as autism, attention deficit hyperactivity disorder (ADHD), childhood anxiety, and depression are covered. The site offers a number of the Facts for Families sheets in other languages: Spanish, Malaysian, Polish, Icelandic, Arabic, Urdu, and Hebrew; the number of titles translated and their topics vary widely by language.
http://www.aacap.org/cs/forFamilies
http://www.aacap.org/cs/root/facts_for_families/informacion_para_la_familia

The Balanced Mind Foundation
This easy-to-navigate site from the Child & Adolescent Bipolar Foundation (CABF) provides a wealth of information for parents, educators, and young people suffering from mood disorders. Sections to note include the Connect section which includes discussion forums, support groups, and a Family Helpline. The Flipswitch section is especially designed for “Teens and 20s”, which includes videos, podcasts, and quizzes specifically for young people. The hope is that better education will lead to early diagnosis and treatment.
http://www.thebalancedmind.org/

National Child Traumatic Stress Network (NCTSN)
Children can be exposed to a variety of traumas, and the NCTSN provides resources and services for traumatized children throughout the U.S. The links below are specifically for parents and caregivers plus excellent resources for school personnel; another section worth noting is the “Trauma Types.” The Spanish language link includes resources for all audiences.
https://www.nctsn.org/audiences/families-and-caregivers
https://www.nctsn.org/audiences/school-personnel
**Hotlines and Directories**

**Mental Health Help Hotlines**

Bookmark this page for quick access when needed; this page from womenshealth.gov is a directory of national helplines that provide information, referrals, and support in English and Spanish. Most of the listings have toll-free numbers.

https://www.womenshealth.gov/mental-health/hotlines/
https://espanol.womenshealth.gov/mental-health/index.html

**How to Find Help - Locating Mental Health Providers**

Users can search for local providers at this site from the NIMH.


**National Suicide Prevention Lifeline**

1-800-273-TALK (8255) See previous annotation in Specific Conditions section.

http://www.suicidepreventionlifeline.org/GetHelp
http://www.suicidepreventionlifeline.org/GetHelp/Spanish

**Disaster Distress Helpline**

The Disaster Distress Helpline is the first 24/7, year-round national crisis hotline exclusively dedicated to providing free, immediate, confidential and multilingual crisis counseling and support to residents of the US affected by any natural or man-made disaster. Counseling is available by phone (1-800-985-5990) and through SMS/text messaging (text ‘TalkWithUs’ to 66746 for English, or text ‘Hablanos’ to 66746 for Spanish). DDH is for those directly affected, family members and loved ones, as well as for disaster responders.

http://disasterdistress.samhsa.gov

**OSTEOPOROSIS**

**Osteoporosis**

This site from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) is a great resource, including sections about the relationship
of other conditions to osteoporosis, information for women, men and kids, and maintaining healthy bones for different ethnic groups. Check the links at the top of the page for easy-to-read, Spanish, and Chinese language materials.

https://www.niams.nih.gov/health-topics/osteoporosis

**OVERWEIGHT AND OBESITY**

**PDF** Weight Management and Obesity Resource List
This well-researched list from the USDA NAL Food and Nutrition Information Center (FNIC), contains a wealth of direct links to articles and brochures on the health effects of obesity, weight management resources for children and adults, and guidelines to evaluate popular diets. A wide array of resources, from books to interactive weight management tools, is included.


**WIN: Weight-control Information Network**
From the NIDDK, the Weight-control Information Network (WIN) provides information on obesity, weight control, physical activity, and related nutritional issues. The Publications link points to fact sheets and brochures on healthy eating and physical activity across a person’s lifespan, choosing a safe and successful weight-loss program, and much more. Some information is available in Spanish.

https://www.niddk.nih.gov/health-information/communication-programs/win

**Active at Any Size**
The information in this booklet may help you start being more active and healthier—no matter what your size. This publication from the WIN site gives detailed information on types of activities, safety tips, and more.

https://www.niddk.nih.gov/health-information/weight-management/staying-active-at-any-size

**PDF** Overweight and Obesity: Resources and Publications
The CDC has compiled a wide-ranging list of links to organizations concerned with weight management in children and adults, and links to specific publications which can be printed in PDF format or ordered as full-color brochures.

https://www.cdc.gov/obesity/resources/

**Body Mass Index Calculator**
Simple but important tools, these body mass index (BMI) calculators for adults, teens, and children are provided by the the CDC. Information is provided on interpreting BMI and the health consequences of obesity and being overweight. The differences between adult and child BMI are emphasized, and special information for parents is included.

https://www.cdc.gov/healthyweight/assessing/bmi/index.html

**Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food**
Written by a psychologist at the Cleveland Clinic Family Health Centenary, this new edition helps readers eat well for the right reasons, become more aware of what they are eating, and learn to savor and appreciate every bite instead of eating mindlessly.

**Sisters Together: Move More, Eat Better**
These printable brochures for black women stress the benefits of moving more and eating better in order to feel better, look better, and have more energy.


**In Childhood and Adolescence**

**We Can! Eat Right. Get Active. Reduce Screen Time.**
NHLBI sponsors the We Can! national obesity prevention program to help eight to 13 year olds stay at a healthy weight by eating right, staying active, and reducing screen time. Dozens of recipes, meal plans, tips, and tools introduce you to portion distortion, healthy weight basics, and ideas like GO, SLOW, and WHOA Foods. The companion site for Spanish speakers is Podemos! (We Can!)

https://www.nhlbi.nih.gov/health/educational/wecan
Health Resources


Overweight and Obesity: Strategies to Take Action for My FamilyWeight
This resource from the CDC shows parents ways to keep their children active and at a healthy weight, how to make their family’s favorite dishes healthier and how to help children develop healthy eating habits. Includes links to fun, interactive web sites to teach kids how to stay active and healthy.
https://www.cdc.gov/healthyweight/children/index.html

Help Your Child Stay at a Healthy Weight
Help your child learn healthy habits now that will last a lifetime! This resource from the National Health Information Center (NHIC) contains ideas for individual and family activities plus links to safe web sites to help children learn about healthy eating habits.

When Being Overweight is a Health Problem
This site from KidsHealth provides helpful perspectives and tools about body image, self-esteem, and other teenage topics, as well as easy-to-digest factual information about weight and fitness. Consumers can read or listen to a recording of the information on this web site.
http://kidshealth.org/teen/food_fitness/dieting/obesity.html

Kids, Carrots, and Candy: A Practical, Positive Approach to Raising Children Free of Food and Weight Problems
Written by two psychotherapists, this book provides common-sense advice and strategies for parents to allow their children to self-regulate, learning to eat healthy foods without rigid rules that are often the cause of battles at mealtimes. The authors’ approach helps parent trust natural food cycles and allows children to learn to eat when hungry and stop the power struggles around food.

STROKE

Spot a Stroke FAST
When a person is having a stroke, knowing the signs will help get crucial medical attention right away. FAST is an acronym for Face Drooping, Arm Weakness, Speech Difficulty, and Time to Call 911. The link below from the American Stroke Association (ASA) provides much more information about stroke warning signs and symptoms.
http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp

Know Stroke. Know the Signs, Act in Time
This video from the NIH National Institute of Neurological Disorders and Stroke (NINDS) describes the importance of knowing the signs of stroke, the risk factors for stroke, and what to expect after a stroke with an emphasis on prevention and treatment.
https://stroke.nih.gov/materials/knowstrokevideo.htm
https://stroke.nih.gov/materials/knowstrokevideoSpanish.htm

Don’t Wait for It to Happen to You: Reducing Your Risk of Stroke
This special report from the American College of Physicians (ACP) is an excellent educational brochure, including good illustrations and easy-to-understand summaries of each section. Starting with short questions about risk factors, readers learn how certain behaviors and risk factors cause damage to the body that can lead to stroke. It concludes with the major steps that can be taken to lower the chances of stroke.
http://www.acponline.org/patients_families/pdfs/health/stroke.pdf

HOPE: The Stroke Recovery Guide
From the National Stroke Association (NSA), this 74-page document is divided into four sections. The guide helps victims of stroke return to a normal life, through knowledge, good nutrition, and exercise.
http://www.stroke.org/site/PageServer?pagename=HOPE
Health Resources

Life After Stroke: Resources and Information from the National Stroke Association

Become aware of the common effects of stroke and how to improve the emotional and physical well-being of both the stroke survivor and caregiver. Included are links to rehabilitation advice, post-stroke fact sheets, and information on preventing another stroke. The Spanish language link is to one of the NSA's main pages.

http://www.stroke.org/site/PageServer?pagename=las
http://www.stroke.org/site/PageServer?pagename=espanol_que_es

The American Stroke Association’s Recovery and Support Section

Stroke rehabilitation can help you return to independent living after a stroke. Click on the easy-to-access links for more information on what to expect in rehabilitation, simplifying daily tasks, and finding support groups, as well as personal stories from stroke survivors.

http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/Life-After-Stroke_UCM_308546_SubHomePage.jsp

SUBSTANCE ABUSE, ADDICTION, AND DEPENDENCE

Smoking – How to Quit

Created by the NCI Tobacco Control Research Branch, this user-friendly site gives people the tools and motivation they need to help them through the difficult process of quitting smoking.

https://www.smokefree.gov/

Substance Abuse and Mental Health Services Administration

SAMHSA provides a wealth of information on issues pertaining to substance abuse. Those who are seeking help with a substance abuse problem can look to the Treatment Locator page for help finding treatment services, online and printable resources, and a 24-hour toll-free Treatment Referral Helpline. Health consumers may also be interested in SAMHSA’s timely campaigns, which have included “We Can Help US” (teen suicide prevention) and “Talk, They Hear You” (underage drinking prevention).

https://www.samhsa.gov/

Drugs of Abuse Information from the National Institute on Drug Abuse

This authoritative site should be on every librarian’s list for questions about drugs and drug abuse. This web site provides information about commonly abused drugs and their effects, addiction science, treatment approaches, and related topics. It is a service of the National Institute on Drug Abuse (NIDA), which is charged with bringing the power of science to bear on drug abuse and addiction. Links to all NIDA publications and an easy-to-read version of the site are included below.

https://www.drugabuse.gov/drugs-abuse
https://www.drugabuse.gov/es/en-espanol
https://www.drugabuse.gov/publications
https://easyread.drugabuse.gov

The Addiction Project

The Addiction Project aims to help the public understand the pain, struggles, and hopes experienced by addicts and their family members. The project’s documentary series is comprised of a 90-minute documentary, a 13-part series of supplementary films, and four related independent documentaries (which may be streamed for free). Libraries may wish to purchase the accompanying book and the 4-DVD set, which covers all aspects of drug and alcohol addiction, from the definition of addiction and understanding relapses to the latest in medical treatments and unique concerns for various social groups—such as the adolescent addict—in the population of 22 million Americans suffering from addiction.

http://www.hbo.com/addiction/

The Addiction Recovery Guide

This site helps individuals struggling with drug addiction and alcoholism. Resources on a wide range of recovery topics are provided, including treatment options, information on clinical trials, holistic approaches, and resources to turn to after treatment is completed. There are also message boards and online support resources where visitors can share their stories.

http://www.addictionrecoveryguide.org/
For Teens

NIDA for Teens: The Science Behind Drug Abuse
NIDA for Teens provides kids in the fifth through ninth grades with the honest truth about how drugs affect the brain and the body. This teen-friendly site includes a glossary, a blog that explains the science behind addiction, games to increase brain health, and free downloadable stickers, iron-ons, chat icons, and computer wallpaper. The Spanish language link is for the Mind Over Matter page only.

https://teens.drugabuse.gov/

Above the Influence
This campaign was created for young adults and teens as part of the National Youth Anti-Drug Media Campaign, a program of the Office of National Drug Control Policy. Its goal is to inform teens of drug- and alcohol-related pressures around them so that they can weigh the risks before making their own decisions. The teen-friendly web site takes the approach of allowing teens to make good choices and resist peer pressure.

http://www.abovetheinfluence.com

Go Ask Alice! – Alcohol and Other Drugs
This section of Go Ask Alice! provides teens with user-friendly information about alcohol and drug use. The site is produced by the Alice! Health Promotion Program at Columbia University.

http://goaskalice.columbia.edu/alcohol-other-drugs

For Parents

Talk. They Hear You: Underage Drinking Prevention
Why, when, and how parents should talk to their kids about alcohol is the focus of this attractive, interactive, easy-to-navigate site for parents.

https://www.samhsa.gov/underagedrinking/

The Parent Toolkit
This resource from the Partnership for a Drug-Free America includes extensive coverage for parents, serving as a one-stop site for their concerns. The site helps to equip parents with tools to prevent their children from using drugs and alcohol and to find help and treatment for family and friends in trouble. The centerpiece of this effort is DrugFree.org, an online resource center featuring interactive tools that translate the latest science and research on teen behavior, addiction, and treatment into easy-to-understand tips and tools.

http://www.drugfree.org/

http://theparenttoolkit.org/es/
Health Resources

PDF  So Far Away: Twenty Questions for Long-distance Caregivers
If you are faced with the care of a loved one who does not live nearby, this 48-page booklet from the NIA can give you ideas and resources that can help make long-distance caregiving more manageable and satisfying. Its focus is on the issues that are unique to long-distance caregiving, including finding help in the community, determining what help is needed, and how to get the most out of visits.
https://order.nia.nih.gov/sites/default/files/2017-07/L-D-Caregiving_508.pdf

PDF  Taking Care of You: Self-care for Family Caregivers
Caring for yourself is one of the most important things you can do as a caregiver, yet is also most often forgotten. Take care of your needs, and the person you care for will benefit, too. You will find tools on the site for reducing personal stress, setting goals, and communicating constructively.
http://caregiver.org/caregiver/jsp/print_friendly.jsp?nodeid=847

PDF  Caring for the Caregiver
If you are a caregiver to a loved one with cancer or other illnesses, you need to learn ways to take care of yourself. These pages from the NCI address such issues as coping with stress and feelings of being overwhelmed, having other people help you manage tasks, and joining a caregiver support group. Copies of this booklet can be downloaded as a PDF file or ordered for free.

Family Care Navigator: State-by-State Help for Family Caregivers
Finding services near you is just a click away with this tool from the Family Caregiver Alliance. It includes services for caregivers, resources for older or disabled adults living at home or in a residential facility, government health and disability programs, legal resources, disease-specific organizations and much more.
http://takingcharge.csh.umn.edu/

CalQualityCare: Your Guide to Long-term Care in California
Whether you need long-term care assistance at home or in a facility, this site provides details about agencies and facilities in your area. There are thousands of long-term care providers in California; this is a non-profit site where consumers can find unbiased information and ratings about the quality of care they deliver.
http://www.calqualitycare.org/

COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)

National Center for Complementary and Alternative Medicine
The National Center for Complementary and Alternative Medicine (NCCAM) is the leading research agency on complementary and alternative medicine. As part of the NIH, NCCAM conducts research on CAM therapies and reports its findings back to the public. The site is consumer-friendly, presenting consumer information prominently on the home page. This site is recommended whenever information is needed about CAM therapies or conditions for which CAM is used.
https://nccam.nih.gov/
https://nccam.nih.gov/health/espanol/

Taking Charge of Your Health
The Center for Spirituality & Healing at the University of Minnesota provides excellent information for consumers on complementary therapies and healing practices. This well-designed site is recommended for librarians and consumers both. Click on the Healing Practices and the Conditions A-Z sections for information on complementary practices and conditions that benefit from using a complementary approach to healing, finding practitioners, and healthy living.
http://takingcharge.csh.umn.edu/
Specific CAM Approaches

Complementary and Integrative Medicine (CIH) (MedlinePlus)

This Health Topic from MedlinePlus provides links to numerous complementary therapies, in addition to general information about choosing a practitioner and other helpful information. Start your search here for an excellent overview of these topics.

https://medlineplus.gov/complementaryandintegrativemedicine.html

PDF Healing Foods Pyramid

The Healing Foods Pyramid only features foods that are known to have healing benefits and/or essential nutrients. Click on the “About the Healing Foods Pyramid” link to the left of the pyramid for an informative explanation about this resource from University of Michigan Integrative Medicine (UMIM).

http://www.med.umich.edu/umim/food-pyramid/index.htm
http://www.med.umich.edu/umim/food-pyramid/hr_preferred_pyramid.pdf

Taking Charge of Your Health: Traditional Chinese Medicine (TCM)

This site from the University of Minnesota Center for Spirituality & Healing provides a concise explanation of TCM and includes videos that offer a glimpse of what it is like to receive TCM treatments.

http://takingcharge.csh.umn.edu/explore-healing-practices/what-traditional-chinese-medicine

Fully Present: The Science, Art, and Practice of Mindfulness


Two faculty members from the University of California Los Angeles (UCLA) Mindfulness Awareness Research Center (MARC) present this fascinating and practical book on the science and art of mindfulness. The book receives excellent reviews, but it should be noted that the reading level and style is at a fairly high level. Guided meditations (as streaming audio or downloadable MP3 files) are available for free at the MARC website; see the second link.

http://marc.ucla.edu/body.cfm?id=60
http://marc.ucla.edu/body.cfm?id=22

Tai Chi and Qi Gong for Health and Well-Being

This 14 minute video from NCCAM is intended to be an educational tool that features tai chi and qi gong as an activity to enhance wellness. These exercise therapies are generally considered safe, self-care approaches used to promote a healthy lifestyle. The second link is a Backgrounder for an introduction to Tai Chi for more information about the practice.

https://nccih.nih.gov/video/taichiDVD
https://nccih.nih.gov/health/taichi/introduction.htm

HERBS AND SUPPLEMENTS

Using Dietary Supplements Wisely

From the NCCAM, this fact sheet that provides a general overview of dietary supplements, discusses safety considerations, and suggests sources for additional information.


Office of Dietary Supplements

The Office of Dietary Supplements (ODS) fact sheets give a current overview of individual vitamins, minerals and other dietary supplements. Other materials about using supplements and evaluating informations are available on the site, and many materials are now available in Spanish..

https://ods.od.nih.gov/

OVER-THE-COUNTER AND PRESCRIPTION DRUGS

Drug Information Portal

The Drug Information Portal gives users a powerful gateway to drug information from the NLM and other key government agencies. Users can search for information on over 39,000 drugs. The portal searches numerous resources simultaneously, and it covers drugs from the time they are entered into clinical trials.
Information on over-the-counter and prescription medications is included. From the home page, click on the “Check Interactions” link at the top of the page.

http://www.drugdigest.org/

**Medicine Safety: A Toolkit for Families**

This excellent resource encompasses safe use, storage, and disposal of drugs; questions for your doctor and pharmacist; drug interactions and side effects; plus drugs of special concern for seniors and links to other resources.

Medicine Safety is produced by The Center for Improving Medication Management (The CIMM) and the National Council on Patient Information and Education (NCPIE).

http://www.learnaboutrxsafety.org/

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**LactMed - Drugs and Lactation Database**

If you are looking for information about drugs and the effects on breastfeeding, LactMed is a great resource. It provides research-based information about drug levels in breast milk, effects on lactation, and drug alternatives when available. Note: LACTMED is part of TOXNET, the suite of toxicology resources from NLM. The content is fairly technical and may not be user friendly for some consumers. LactMed is also available as an app.


**DailyMed and DailyMed Mobile**

NLM’s DailyMed website reformats the FDA product labels (package inserts) that drug companies submit to the FDA. It provides information about composition, usage, dosage, contraindications, hazards and more, all in an easy-to-navigate format.


**Consumer Reports Best Buy Drugs**

This resource will help you talk to your doctor about prescription drugs and find the most effective and safe drugs for common health conditions – drugs that also give you the best value for your health care dollar. Best Buy Drugs is a public education project from the Consumers Union (CU), which publishes Consumer Reports (CR).


http://www.consumerreports.org/health/best-buy-drugs/reports-spanish.htm

**DrugDigest’s Check Interactions Tool**

DrugDigest is a consumer health service from Express Scripts, Inc. The Check Interactions tool allows users to type in the name of two or more drugs, or choose from a list and then view the potential interactions.
CONSUMER HEALTH INFORMATION SERVICES

Introduction
Providing quality library services requires much more behind-the-scenes work than meets the eye. In order to meet the needs of the community, first the community must be understood. Formal needs assessments provide valuable information that libraries use to plan relevant services. Collecting multilingual materials, designing programs for special populations, and hiring bilingual staff are some of the ways that libraries serve their communities well. Providing good health reference is a skill that library staff all need. Creating relevant programming can bring new users into the library and serve the community in new ways.

This section of the Toolkit covers several areas contained within the umbrella of health information services. It includes comprehensive resources on providing health reference, designing relevant programming, marketing and promotion, and guidelines for creating viable community partnerships. Health literacy and cultural competency are addressed in order to bring these issues and strategies into the minds of library staff as they serve individual patrons and as they consider the aggregate user groups.

Many resources listed throughout this section are listed in a specific category, but many do not fit neatly into a single subheading. These broad and comprehensive titles or sites often cover more than one aspect of providing health information services to the public. For instance, a good resource in the Community Needs Assessments category may also have information about programming and creating solid partnerships. A listing on marketing may also have information about unearthing hard-to-find statistics about your target audience. The authors of the annotations have attempted to note the areas of overlap in these resources; there are some real gems here.

One of the most compelling and useful sections for public libraries is the Recommended Reference Materials: Core Print Reference Materials and Series – Print and Multimedia listings. Core lists are difficult to create and even harder to maintain, and up-to-date lists are difficult to find. Titles in this list were chosen and vetted by working consumer health librarians. Common thinking is that health materials go out of date within a few years, but certain titles have relevancy and validity even several years after the original publication date. Each title in this list was recommended based on quality criteria as a health information reference for the public; in some cases, certain older titles were included in the list because the topic is not date-dependent or there is nothing that currently compares in substance.

Objectives
- Provide broad overviews of services relating to consumer health
- Create current listings of materials for the health reference collection
- Provide specific resources for greater understanding of issues and barriers for the health information consumer
Providing Consumer Health Services

OVERVIEWS

PDF Community Health Connections: Emerging Models of Health Information Services in Public Libraries

The introduction to this 70+ page online booklet from the Langeloth Forum on Libraries and Health Information specifies eight characteristics common to public libraries that have successfully improved community access to health information. Over 45 successful outreach efforts, information centers, and special events at diverse public libraries are briefly described; contact information for each is provided.


The Public Librarian’s Guide to Providing Consumer Health Information


This 120-page softcover book covers all the basics: community needs assessment; collection development; responding to health information consumers; ethical and legal responsibilities; planning and promoting programs; and partnerships and funding. Note: Some of the sections with Internet resources are outdated, but a new edition is forthcoming.


Consumer Health Information for Public Librarians


Although this book was published in 2002, the basic concepts are sound and it remains a valid resource for public librarians. Particularly useful topics include community analysis, consumer health collection development, promoting services, and outreach.


Journal of Consumer Health On the Internet

The Journal of Consumer Health On the Internet is a professional peer-reviewed journal for librarians and health information providers. Articles address topics such as evaluation and selection of online consumer health resources, training consumers to find health information on the Web, health-related outreach projects in libraries, and descriptions of web-based consumer health information.

http://www.tandfonline.com/toc/wchi20/current

Medicine on the Net

Each monthly issue of this 20-page newsletter from HealthLeaders Media is packed with annotated resources for particular health conditions. Each issue contains a full review of a Site of the Month. In addition, the best sites are chosen and highlighted for one or more specific topics. For example, the March 2013 issue focused on eating disorders and Alzheimer’s Disease. The subscription includes the print and online version, and libraries considering this title can download a current, free sample to see the quality content, which will help with the decision whether to subscribe.

http://www.hcmarketplace.com/prod-3476/Medicine-on-the-Net.html

Consumer and Patient Health Information Section of the Medical Library Association (CAPHIS)

CAPHIS is the section of the Medical Library Association (MLA) dedicated to serving the needs of consumer health librarians. To become a member of CAPHIS, one must first be a member of MLA; however the CAPHIS discussion list is available to anyone interested in consumer and patient information and is highly recommended. Great for collection development, new consumer health book reviews are published in nearly every edition of the newsletter. The web site includes a section entitled “How Do You Set Up and Run a Consumer Health Library?” which has chapters on planning, budgeting, staffing, collection development, reference services, and theory. The web site is being updated on a regular basis by CAPHIS member volunteers.

http://caphis.mlanet.org/mailman/listinfo/caphis_caphis.mlanet.org
http://caphis.mlanet.org/
UNDERSTANDING HEALTH INFORMATION CONSUMERS

Consumer Health Libraries: What Do Patrons Really Want?


Consumer health librarians were surveyed regarding their impressions of what their patrons and local health care providers wanted from a consumer health library; patients' unmet information needs and their most popular services or materials are also mentioned.


The Social Life of Health Information, Chronic Disease and the Internet

This short article describes how people with chronic diseases use—or don’t use—the Internet and social media to find medical information and share experiences. It is a synthesis of findings from two reports: “Chronic Disease and the Internet” and “The Social Life of Health Information” from the California HealthCare Foundation (CHCF) and the Pew Internet & American Life Project (2010). The article provides links to each report.

http://www.chcf.org/publications/2013/01/pew-survey-online-health

Gateway to Health Communication & Social Marketing Practice

To understand characteristics of tweens, teens, seniors, boomers, and other groups for targeted health communication, these PDFs in the Audience section of this site are crammed with details about the demographics, health concerns, preferred modes of learning, and interests of each group. Additionally, this site from the Centers for Disease Control and Prevention (CDC) includes reports, research results, help in creating health campaigns, and much more.

https://www.cdc.gov/healthcommunication/

Working with Latino Populations

WebJunction's web site has a robust section on providing library services to Latinos, including Spanish-language collection development and reference resources, programming and outreach, and providing computer services to Spanish speakers. A list of these courses and more can be found on the left side of the page.

https://www.webjunction.org/explore-topics/spanish.html

Transforming Life After 50

“The Transforming Life After 50 (TLA50) initiative, undertaken by the California State Library, was designed to help libraries better serve and engage Boomers by positioning libraries as catalysts, resources, meeting places, and partners in creating opportunities for Boomers...” The resulting web site has tools for understanding the demographics of this group, assessing the interests and needs of Boomers in your community, marketing services to them, and obtaining funding. In addition, there are lists of online resources of interest to this population.

http://transforminglifeafter50.org/

Gaps in the System: Californians Struggle With Caring for Their Chronic Conditions

This summary highlights the results of a survey of adult Californians from the CHCF. Links are provided for several reports that give insight into issues encountered by Latinos, low-income adults, and other Californians faced with chronic conditions. These reports can help libraries plan services to meet the health information needs of specific population groups in their communities.


EthnoMed

This site is geared to health professionals, but can also be useful for librarians interested in cultural competency and how different cultures view health information. The Harborview Medical Center's ethnic medicine web site contains medical and cultural information about Asian immigrant and refugee groups. Clinical topics are searchable by culture.

http://ethnomed.org/
http://ethnomed.org/cross-cultural-health
Consumer Health Information Services

Community Needs Assessments, Data Collection, and Evaluation

GENERAL RESOURCES

Resources and Tools for Evaluation
The Outreach Evaluation Resource Center (OERC) from the National Network of Libraries of Medicine (NNLM) offers a collection of resources for project planning, health needs assessments, data collection tools, and evaluation. Any library planning to do outreach or apply for funding would benefit from the resources here.
http://guides.nnlm.gov/oerc_tools

Each chapter of this resource includes detailed, step-by-step guidance for defining goals, staffing projects, developing timelines, collecting data, analyzing findings, and sharing results. Real-world library examples and managerial tools such as checklists, forms, and worksheets are also provided.
http://www.neal-schuman.com/ubnapi

Conducting a Community Assessment
This excellent chapter of the guidebook “Putting the Pieces Together: Comprehensive School-Linked Strategies for Children and Families” from the U.S. Department of Education (USDE), provides practical information on conducting assessments. Though its focus is on school-based strategies, the tools could easily be adapted by libraries and other community environments. It includes topics such as how to conduct a community scan and how assessment information can be used.
http://www.ncrel.org/sdrs/areas/issues/envrmnt/css/ppt/chap2.htm

Strategic Planning for Results
This book by a highly respected library consultant is designed to help librarians envision, evaluate, and effectively meet changing community needs with distinctive programs and services. Useful information includes how to design a planning process, toolkit resources, and many workforms to aid in the step-by-step process.
See Also: The Public Librarian’s Guide to Providing Consumer Health Information in the section Providing Consumer Health Services - Overviews. This book includes a section on conducting a community health information needs assessment.

COMMUNITY HEALTH ASSESSMENTS

Community Health Needs Assessment (CHNA)
The CHNA toolkit is a free web-based platform designed to assist community organizations such as libraries and hospitals in understanding the health issues in the community. Knowing the health indicators of the community allows organizations to develop and deliver better services based on needs
http://assessment.communitycommons.org/CHNA/

10 Steps in Community Health Assessment Development Process
The New York State Department of Health provides planning models and frameworks to be used as guides for establishing a community health assessment plan. Click on the links to obtain more information on each of the 10 steps in the development process.
https://www.health.ny.gov/statistics/chac/10steps.htm

ASSESSING SPECIAL GROUPS AND POPULATIONS

Maternal, Child and Adolescent Health Community Health Assessment Survey
From the University of California, San Francisco Family Health Outcomes Project (FHOP), the Maternal, Child and Adolescent Health Action
Consumer Health Information Services

program offers samples of needs assessments covering areas such as dental health, asthma, childhood obesity, habits during pregnancy, and family violence. The Adolescent Health Survey can be utilized as a stand-alone survey. In addition, the surveys and their respective modules are available in English and Spanish.

http://fhop.ucsf.edu/fhop/htm/prods/MCAH_cas.htm

Developing an Effective Planning Process: A Guide for Local MCH Programs

Another FHOP resource (see prior listing), the Maternal and Child Health Program (MCH) offers a comprehensive guide and worksheets for developing a community health assessment plan. It includes details on identifying and setting priorities, action plans, and program evaluation and monitoring.

http://fhop.ucsf.edu/fhop/htm/publications/pg_planGuide.htm

Hispanic Health Information Outreach: Recommendations for NLM Strategy and Tactics

This report from the National Library of Medicine’s (NLM) Office of Health Information Programs Development and Office of Outreach and Special Populations provides an overview of Hispanic demographics and health issues, as well as recommendations for outreach tactics and strategies. Included are such topics as library and community-based outreach.


EVALUATING HEALTH INFORMATION OUTREACH PROJECTS

Planning and Evaluating Health Information Outreach Projects

Successful projects always start with good planning and solid evaluation plans. Just updated in 2013, this series from the Outreach Evaluation Resource Center (OERC) of the NNLM presents step-by-step planning and evaluation methods for community outreach programs. Each booklet includes a case study and worksheets to assist with outreach planning. The booklets are designed to supplement the workbook “Measuring the Difference: Guide to Planning and Evaluating Health Information Outreach” and to support evaluation workshops. Titles include Getting Started With Community-Based Outreach, Planning Outcomes-Based Outreach Projects, and Collecting and Analyzing Evaluation Data.

https://nnlm.gov/neo/training/guides

STATISTICAL RESOURCES

American Community Survey

From the U.S Census Bureau, the American Community Survey (ACS) is an ongoing survey that provides vital information on a yearly basis about our nation and its people.

https://www.census.gov/programs-surveys/acs/

FastStats

From the CDC’s National Center for Health Statistics, the FastStats site provides quick access to statistics on a variety of public health topics that will be of interest to libraries and communities.

https://www.cdc.gov/nchs/fastats/

County Health Rankings & Roadmaps: Where We Live, Learn, Work and Play Matters to Our Health

From the Robert Wood Johnson Foundation (RWJF), the 2013 release of the County Health Rankings provides information about factors that impact the health of communities. For nearly every county in the nation, the tool looks at a variety of measures that affect health such as the rate of people dying before age 75, high school graduation rates, unemployment, limited access to healthy foods, air and water quality, income, and rates of smoking, obesity and teen births.

http://www.countyhealthrankings.org/

StateHealthFacts.org

From the Kaiser Family Foundation, this easy-to-use site allows searchers to find and compare health data at the state level on a number of health indicators.

http://kff.org/statedata/
Behavioral Risk Factor Surveillance System

The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely, accurate data on health-related behaviors. From the link provided, be sure to check the links at the left sidebar for additional tools.

Reference vs. Health Reference

Health reference questions can be more complicated than ordinary reference questions for a wide variety of reasons. Basic reference skills provide the foundation for providing good health reference. This section is designed to start with the basics, including sites with guidelines and techniques for conducting basic reference, then expands into the specifics of providing health reference services.

CONSUMER HEALTH REFERENCE

The Consumer Health Reference Interview and Ethical Issues

Reference interviews for consumer health information can present particular challenges for librarians. On this page from the NNLM, the challenges and guidelines for responding sensitively and effectively to patrons with health questions are described.

Guidelines on Handling Medical Questions in the Public Library

The Nebraska Library Commission offers guidelines that are similar to those offered on other sites, but a few features of this site are particularly useful. A sample set of caution statements/disclaimers for various kinds of situations is available, as is a worksheet of questions that can be used with the patron for better understanding of complicated medical questions.

ORE on the WEB (Ohio Reference Excellence on the Web)

These excellent interactive modules from Ohio Reference Excellence will enable librarians and reference staff to refresh their skills in responding to reference questions. Users may select from many self-paced, interactive module topics including effective reference interviewing, interacting with different populations, deciding where and how to search, selecting and evaluating reference sources, and the ethics of reference service. Note: Links to many helpful resources are included, but the links were last updated in 2008, which sometimes leads to a dead end. The core content is still available and definitely worth exploring.

http://www.olc.org/Ore/instructions.htm

https://www.cdc.gov/brfss/index.html

https://nnlm.gov/initiatives/topics/ethics

http://nlc.nebraska.gov/ref/star/chapter9b.aspx

http://www.statelibraryofiowa.org/ld/i-j/infolit/toolkit/geninfo/refinterview

http://www.ala.org/rusa/resources/guidelines/guidelinesbehavioral

http://nlc.nebraska.gov/ref/star/chapter9b.aspx
Guidelines for Providing Medical Information to Consumers

HealthNet provides a brief and useful set of rules to follow for health reference. The site is provided by librarians from the Lyman Maynard Stowe Library and the Connecticut Consumer Health Information Network.
http://library.uchc.edu/departm/hnet/guidelines.html

Answering Consumer Health Questions: The Medical Library Association Guide for Reference Librarians


Booklist’s review pronounced this guide a “practical handbook to help [librarians] respond appropriately to uniquely sensitive inquiries.” This short volume addresses topics like communication techniques, professional ethics, legal issues, diversity of patrons, and difficult patrons for the information provider.” This is an excellent resource for all library staff who provide health reference to the public.
http://www.neal-schuman.com/achq

ALA Guidelines for Medical, Legal, and Business Responses

RUSA provides these guidelines for health related reference services. This list is very comprehensive but may be a bit outdated as it is from 2001.
http://www.alan.org/rusa/resources/guidelines/guidelinesmedical

Tips for Providing Health Reference to the Public

Tip 1: Every patron has the right to freely access any medical information in the library.

As librarians, we have a duty to guide a patron to material appropriate to the patron’s needs in terms of level of difficulty and information content. However, we should never refuse to provide information requested by a patron because we disapprove, or feel that the material is unsuitable or may be frightening. A patron has a right to all information and must be allowed to make the decisions about what to read – or not read.

Tip 2: Counsel patrons on the limitations of the information you provide.

Patrons should be aware that the information may not be the best, latest, or most complete information on a topic. Furthermore, the information was not written with all the variables of their specific situation in mind, but their practitioner’s advice is tailored to fit their exact diagnosis and medical history. If you do not have the resources to answer a question, tell the patron. Then suggest options for obtaining an answer. This could be your offer to delve more deeply at a later time, or to refer the question to staff with relevant expertise and resources in your library system or community.
Tip 3: Always tell patrons the source of provided information.
If you are providing material photocopied from a publication or printed from a computer, include the source and date of the information. For Internet materials, the URL alone is not sufficient; also include the name of the organization.

Tip 4: The privacy of the patron should be respected at all times.
Be alert to clues that a patron may want to ask a question but is uncomfortable doing so when other people are nearby. Tactfully offer to move to a private area. If all public areas of your library are heavily used, plan in advance how you can provide privacy to patrons asking sensitive questions. Do not discuss the patron or his/her topic with anyone (except other staff helping to research the reference question). The patron’s identity should never be revealed, by name or personal characteristics, even in seeking help for the patron, unless the patron has explicitly given permission. If you will be following up with a phone call to the patron’s home or work, always ask if it will be okay to leave a message revealing the patron’s topic of concern.

Recommended Reference Materials

CORE PRINT REFERENCE MATERIALS

About This Section:
The titles in the core print reference section are arranged roughly in Dewey Decimal order, starting with general medical handbooks, dictionaries, and anatomy books; then titles become more specific.

Mayo Clinic Family Health Book (4th Edition)
 Though heavy to use, this tome from a trusted source covers the world of symptoms, diseases and treatment options, tests, and mental health issues, as well as information about healthy children and adults. A glossary and resource section precede a comprehensive index to the book’s more than 1,400 pages.

Merck Manual Home Health Handbook
By Robert S. Porter (Editor) et al., 2009, Merck Research Laboratories, Merck & Co., Inc. ISBN-13: 9780911910308
This version of the Merck Manual is a very useful consumer-level title from the publishers of the classic manual for medical professionals. The print title is recommended for all libraries to include as a key reference title. Note also that the content of all of the Manuals (including the veterinary/pet owners’ titles) is now available for free, including content in several other languages as well. The enhanced online versions are continuously updated and offer unlimited use of any title, including the more comprehensive 18th edition of The Merck Manual for medical professionals.
http://www.merckbooks.com/mmhhh/index.html
http://www.merckmanuals.com/

Gale Encyclopedia of Medicine
In six volumes, this encyclopedia is a comprehensive reference with over 1,850 entries. Illustrations, photographs and tables are used throughout and aid in explaining the topics. This title is available as an eBook also. This set is recommended as a core reference title, especially for libraries needing to maintain a solid print reference collection.
http://www.gale.cengage.com/servlet/ItemDetailServlet?region=9&imprint=000&titleCode=GEM&type=3&cf=p&id=259301
**Mosby’s Dictionary of Medicine, Nursing & Health Professions, 9th Edition**

Using natural language order for 51,000+ phrases and medical words, this work includes many color illustrations and photos. Larger print makes for easy reading. Multiple appendices are very useful, including “diagnosis-related groups” (DRGs), which patrons may need to decipher medical records. Note: Some patrons will find some photos too graphic; others will appreciate the details.


**Stedman’s Medical Dictionary, 28th Edition**

This popular reference defines 107,000+ terms, using a main entry/subentry format. This resource is intended for health professionals and may not be useful for some users; also, print may be small for older patrons. However, the illustrations are excellent, and useful appendices include “diagnosis-related groups” (DRGs), which patrons may need to decipher medical records.


**American Dietetic Association Complete Food and Nutrition Guide**

From basic nutrition information to smart eating this American Dietetic Association (ADA) guide is extensive yet accessible. It includes a “special issues” section and valuable appendices; and a softcover edition is also available. The ADA recently changed its name to the Academy of Nutrition and Dietetics. Its web site is a treasure trove for the public and professionals alike.

[https://www.eatright.org/shop/product.aspx?id=6442468150](https://www.eatright.org/shop/product.aspx?id=6442468150)
Complete Guide to Prescription & Nonprescription Drugs 2013
With references to over-the-counter drugs as well as prescription medications, this reference is a gem. Helpful general information about drugs precedes the “drug chart” section, which lists easy-to-read details on over 7,000 brand and generic names. Dosages, precautions, and interactions are noted for each drug.

Complete Guide to Symptoms, Illness & Surgery
Patrons often ask for information about symptoms, which can be difficult for reference staff. The first section of this revised 6th edition charts symptoms and corresponding “possible problems” and “what to do.” Sections have single-page summaries of nearly 600 medical conditions and two-page summaries and black and white drawings of 180 surgeries.

Professional Guide to Signs & Symptoms
By Lippincott (Editor), 2010, Lippincott Williams & Wilkins, ISBN-13: 9781608310982
Since the medical literature is typically organized by diagnosis, finding in-depth information about symptoms can be a challenge. This is a professional-level volume and excellent companion to the lay title above.
http://www.lww.com/webapp/wcs/stores/servlet/product__11851__1__9012052_Prod-9781608310982

Griffith’s Instructions for Patients
Some patrons need basic information about an illness in an easy-to-digest format. The book contains over 430 patient instruction fact sheets, with 123 additional sheets available online which are in English and Spanish. Conditions are described using a single page structured format, covering description, diagnosis and treatment, and possible complications. Bonus online content includes 23 guides to special diets.

Encyclopedia of Mental Health
This encyclopedia provides a broad look into the mental health realm and how physical and mental health interact. Entries range from brief paragraphs to full pages and explain the disorders and their pharmaceutical and complementary therapies, and it includes a good section on stress management.

Diagnostic and Statistical Manual of Mental Disorders: DSM-5
This long-awaited new edition offers a new categorization, many updates, new terminology and revisions based on the latest research. Though this comprehensive guide for the classification of mental health concerns is for the medical professional and is difficult reading for most consumers, it is vital to have available for mental health patients and their families. A listing for this and other DSM-5 Essential Guides are available at the link.
http://www.appi.org/Pages/DSM.aspx
50 Signs of Mental Illness: A User Friendly Alphabetical Guide to Psychiatric Symptoms and What You Should Know About Them


The 50 signs discussed by this psychiatrist may – or may not – signal mental illness. Dr. Hicks outlines clinical treatments for those that are of concern, and he offers practical coping and caregiving strategies. The second link below is to additional health titles from this publisher.


The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease


With so many Americans living with heart disease, a comprehensive yet accessible volume such as this is a goldmine. In addition to the overviews you’d expect, black and white illustrations and medical images help explain concepts and concerns.
The Complete Idiot’s Guides
There are more than a hundred consumer health books in this popular series. Topics include arthritis, diabetes, vaccinations, and medical care for the uninsured.
http://www.idiotsguides.com/

Facts on File Library of Health and Living Encyclopedia Set
This series is a good starting place providing accessible language (9th grade and higher) on hundreds of topics in each title. Definitions range from a paragraph to several pages in the general health titles. Check the published date before ordering, as some may not be up-to-date enough as reference material.

The First Year: An Essential Guide for the Newly Diagnosed
Published by De Capo Press, the First Year Series is a collection of books written by a combination of health experts and patients. These patient-expert guides are written especially for people who have been recently diagnosed with a condition. The short URL will launch a search for the series.
http://www.perseusbooksgroup.com/dacapo/home.jsp

The For Dummies Books
With more than 150 million books in print, For Dummies is widely recognized. There are over 75 health-related titles to choose from, and all are geared toward health consumers.

Harvard Health Publications
Harvard Medical School publishes user-friendly health guide books as well as health newsletters on a variety of health topics. Subjects range from enhancing general health and wellness to serious chronic and acute diseases.
http://www.health.harvard.edu/
Books include the Mayo Clinic Guide Series such as the popular (Mayo Clinic Heart Book) and DVDs such as the Mayo Clinic Wellness Solutions Series.

http://store.mayoclinic.com/home.cfm?

Omnigraphics Health Reference Series

Each volume in the Health Reference Series is written in concise, straightforward, non-technical language and provides answers to complex medical issues. New editions are released often enough that these books are relatively up to date. This series includes more than 140 subject volumes in print, on a wide variety of health topics.


Well-Connected In-Depth reports

These comprehensive 8-12 page reports cover 100 of the most common medical conditions and health topics. Updated regularly, each includes treatment options, prognosis, complications, and relevant links within each topic. These are available only as an online subscription. The reports are appropriate for patrons who need a higher level of information.

http://www.adameducation.com/well-connected.aspx

You: The Owner’s Manual Books

Well-known TV personalities Dr. Oz and Dr. Roizen’s series of books are especially for health consumers. Some popular titles include: You: The Owner’s Manual; You: The Smart Patient; You: On a Diet; and You: Having a Baby. A few titles are available for teens and parents of teens also.

http://www.doctoroz.com/books/all?type=you

Institute for Healthcare Advancement’s What to Do For Health Series

This series is worthy of listing in more than one section of the Toolkit. Mentioned above in the Easy-to-read and in other sections, these easy-to-read books are organized for easy use and immediate access to needed information. Liberally illustrated and containing no medical jargon, the books are meant to be a resource that can be used by anyone who needs information on each topic. These books are written at a third- to fifth-grade reading level. Sample titles: What to Do For Senior Health, What to Do For Healthy Teeth, and What to Do When Your Child Gets Sick.

http://iha4health.org/default.aspx/MenuItemID/185/MenuGroup/_Home.htm?AspxAutoDetectCookieSupport=1

Johns Hopkins Press Health Books

Titles in this series include The Medical Guide to Health, The Back Book, Living with Coronary Heart Disease, and Choices in Breast Cancer Treatment. The publishers site below is difficult to search unless you know a specific title; try searching online book sellers for “Johns Hopkins Press Health Books” for a list.

http://jhupbooks.press.jhu.edu/ecom/MasterServlet/JspHandler?pageName=BooksJsp&loggedIN=false&JavaScript=y

Lange Current Series

From McGraw Hill, the Lange Current Series offers affordable textbooks on many specialties including the classic Current Medical Diagnosis and Treatment, which is updated every year. This paperback series is intended primarily for medical students and clinicians yet offers the sophisticated patron the power to learn more about a diagnosis in a “real medical textbook” with superb organization, index, and currency. Another useful title is Family Medicine, which covers birth to geriatrics. If your library patrons include educated and motivated parents, consider also Current Medical Diagnosis and Treatment Pediatrics.

http://www.mhprofessional.com/category/?cat=4239

You: The Owner’s Manual Books

Well-known TV personalities Dr. Oz and Dr. Roizen’s series of books are especially for health consumers. Some popular titles include: You: The Owner’s Manual; You: The Smart Patient; You: On a Diet; and You: Having a Baby. A few titles are available for teens and parents of teens also.

http://www.doctoroz.com/books/all?type=you

Mayo Clinic Books, Newsletters, and DVDs

The expertise of the world-renowned Mayo Clinic is available to all through newsletters, books, and DVDs that provide practical, understandable health information.
Evaluating Health Information

Health information is everywhere. In the course of any normal day, people are exposed to sound bites on the radio and television, articles in magazines and newspapers, and the Internet. The quality of the information varies widely, so users are left wondering how to recognize good information from bad. Often, information is presented on web sites that make money by advertising or selling products. Information might be outdated, inaccurate, or from a source with questionable motives. Some web sites intentionally include designs that mimic authoritative sites, with the intention of building trust for a product or service. For some topics, these issues might not be as important, but the implications for inaccurate health information are high. In order to make good decisions about health, patients and caregivers need quality information.

Librarians and library staff have an opportunity to help patrons understand what to look for when evaluating health information. Here are some questions to ask:

- **Who is the author or source?** Look for authoritative, knowledgeable sources.
- **Is it accurate?** Look for evidence of truth and reliability of the information.
- **What is the purpose?** Watch for red flags including bias or advertising to sell ideas, products or services.
- **Is the content relevant and appropriate?** Consider the audience and the relevancy to the information need.
- **Is the information current?** Health information can become outdated quickly, so currency is important.

The list above is based on the CRAAP Test, developed by the Meriam Library at the California State University, Chico. CRAAP is an acronym for Currency, Relevance, Authority, Accuracy, and Purpose.

[http://www.csuchico.edu/lins/handouts/eval_websites.pdf](http://www.csuchico.edu/lins/handouts/eval_websites.pdf)

**MedlinePlus Guide to Healthy Web Surfing**

This guide provides the questions to ask when evaluating health information, then provides good explanations of the answers.

[https://medlineplus.gov/healthywebsurfing.html](https://medlineplus.gov/healthywebsurfing.html)

**Evaluating Health Information**

This Health Topic page on MedlinePlus provides a comprehensive list of resources for librarians and patrons alike, including evaluating specific kinds of health information.

[https://medlineplus.gov/evaluatinghealthinformation.html](https://medlineplus.gov/evaluatinghealthinformation.html)
Consumer Health Information Services

Understanding Health Literacy

OVERVIEWS

Health Literacy
From the Consumer Health section on the NNLM website, this is a good starting point for library staff to learn more about health literacy. The site provides definitions of health literacy, a good overview of the skills needed to be health literate as well as information on the prevalence and economic impact of low health literacy. Information on the role of the consumer health librarian is also included.

https://nnlm.gov/initiatives/topics/health-literacy

PDF The Challenge of Providing Consumer Health Information Services in Public Libraries
This highly recommended overview from the Healthy People 2010 Library Initiative discusses the need for providing easy-to-understand health information, and it offers a comprehensive list of resources to help public libraries to achieve that goal.


Improving Health Literacy, One Public Library at a Time

Misinformation about health is overwhelming in a society with information overload. Public libraries are uniquely positioned to contribute to healthy communities by providing informed access to reliable health information. Information about resources and training programs for library staff from NNLM is provided as well as examples of successful health outreach in public library settings.

https://americanlibrariesmagazine.org/2015/10/30/improving-health-literacy-public-library/

Public Health and Public Libraries

Public health issues across the nation have caused libraries to rethink outreach and programming options to help improve upon health outcomes for the communities they serve. There is a clear demand for health information and health initiatives in public library settings to help improve low literacy and provide knowledge about and access to reliable health information resources to patrons.


The MLA Guide to Health Literacy at the Library

This guide provides help for librarians struggling to respond to patrons’ unmet health information needs. You will learn strategies for working with low-literacy populations including seniors, the disabled, ESL groups, and people of diverse social and cultural backgrounds.


What Is Health Literacy?
In simple terms, health literacy is the ability to read and understand written health-related information, the ability to understand spoken health information, and the ability to act upon or make decisions about the information.

INITIATIVES AND ORGANIZATIONS ADDRESSING HEALTH LITERACY

Centers for Disease Control and Prevention – Health Literacy
The CDC recognizes the need to improve upon health literacy for the general population. The comprehensive web site provides background information on health literacy and why it matters in public health. Locate planning tools, standards, research and program evaluation tools. Included is a section on collaboration specifically citing health care providers, libraries, schools, community organizations & cooperative extensions.

https://www.cdc.gov/healthliteracy/
The Health Literacy of America’s Adults: Results From the 2003 National Assessment of Adult Literacy (NAAL)

NAAL was the first large-scale national assessment in the United States to include a component designed specifically to measure health literacy. It was designed to establish a baseline in order to measure progress in health literacy in future assessments.

https://nces.ed.gov/NAAL/health.asp


HELPING PATRONS COMMUNICATE BETTER WITH HEALTH PROVIDERS

Information Rx

Librarians, physicians, and other health care professionals can write an “information prescription” to refer patients, caregivers, and library users to quality health information at MedlinePlus.gov. All materials can be ordered free of charge.

http://informationrx.org/

Ask Me 3

From the National Patient Safety Foundation, Ask Me 3® is an educational program that encourages patients and families to ask health care providers three basic questions to better understand their health concerns and steps needed to remain healthy.

http://www.npsf.org/?page=askme3

Health Literacy from Health.gov

The tagline for Health.gov is “Improve Health. Learn How.” To help achieve this, the Department of Health and Human Services (HHS) provides a good overview and an excellent list of timely tools for health literacy practices and services. There is even a guide to hosting a successful Twitter chat.

https://www.health.gov/communication/literacy/

Find Good Health Information (Medical Library Association)

The MLA Find Good health page provides information for health consumers and patients on evaluating health information sites and includes links on understanding health care providers, locating librarians for assistance and the top health information web sites.

http://www.mlanet.org/p/cm/ld/fid=398

LINCS Health Literacy Discussion Group

Literacy practitioners, healthcare providers, health educators, researchers, policymakers, and librarians contribute to this active discussion list to discuss many aspects of health literacy.

–We Love Health Literacy (CommunicateHealth)

CommunicateHealth provides a blog with contributions from plain language writers, designers, usability specialist, researchers, and health educators. Each week they post a practical health literacy tip/trick on a variety of health literacy related topics.

https://communicatehealth.com/blog/

STATISTICS AND RESEARCH

Health Statistics (MedlinePlus)

Locating health statistics can often be a challenging task. This health topic page in MedlinePlus provides links to resources on locating health statistics from reputable agencies, links into latest news, and journal articles around various health data.

https://medlineplus.gov/healthstatistics.html

Helpful Tip

Improving Patient-Provider Communication

Patrons are asking health questions at the library for many reasons, often because they need clarification on information they have received from their health care provider. Sometimes individuals are not sure what questions to ask. Librarians have an opportunity to help patrons communicate better with the doctor, nurse, or any other health professional by using the resources listed in this section with the patron.
Talking With Your Doctor (MedlinePlus)
Informed patient makes better decisions and good communication with healthcare providers is the first step. This MedlinePlus Health Topic page provides resources and tools to improve interactions with health care providers for individuals and caregivers.
https://medlineplus.gov/talkingwithyourdoctor.html
https://medlineplus.gov/spanish/talkingwithyourdoctor.html

Questions Are the Answer Campaign
From the Agency for Healthcare Research and Quality (AHRQ), this fun and informative program helps patients ask health providers the right questions for better health outcomes. The site includes a question-builder tool that patients can use to create a list of questions to take to their next medical appointment.

Doctor-Patient Communication
The National Institute on Aging (NIA) provides information for patients and healthcare professionals on the importance of working as a team improving health outcomes through improved communication.
https://www.nia.nih.gov/health/doctor-patient-communication

Talking With Your Doctor: A Guide for Older People
The NIA also provides a printable 44-page booklet which is an excellent guide for older adults who would like information on choosing a doctor, preparing for appointments, providing and getting medical information, making decisions, and discussing sensitive topics.

How to Talk With Your Child’s Doctor
KidsHealth from the Nemours Foundation includes information on talking with your child’s doctor. http://kidshealth.org/en/parents/talk-doctor.html

Clear Communication – Talking to Your Doctor
From the National Institutes of Health (NIH), this web site provides information on how to have clear and honest communication between patients and health care providers. It includes a 3 part video series on preparing for an appointment, talking openly with medical providers and understanding diagnosis and treatment.
http://www.nia.nih.gov/health/publication/talking-your-doctor

PLAIN LANGUAGE RESOURCES

Plain Language: Getting Started or Brushing Up
The National Institutes of Health (NIH) created a website which provides a comprehensive overview of plain language and includes tools on how to remove communication barriers and create materials that can be understood by everyone.

This section of the NIH website includes five sections and a checklist with guidelines for writing in plain language:

Harvard Health Literacy Studies Plain Language Glossaries and Materials
The Harvard School of Public Health published easy-to-understand glossaries on three topics: arthritis, asthma and lupus.
http://www.hsph.harvard.edu/healthliteracy/glossaries/
Building Community Partnerships

GUIDELINES AND EXAMPLES

Bringing Health Information to the Community

Get current news about training and funding opportunities, upcoming health promotion events and activities, and a wide mix of other resources from this NNLM blog focused on community health information issues, especially underserved communities. You can select postings on specific areas of interest, such as “Public Library,” “Minority Health Concerns,” or “Emergency Preparedness.”

https://news.nnlm.gov/bhic/

Health Information Partnerships: Tips From a Partnership

The Community Health Information Partnership (CHIP) is a real-life example of a partnership for health information. The first link gives great tips for starting and sustaining a partnership based on the experiences of a public library and a hospital in the community.

http://nnlm.gov/outreach/consumer/partnerships.html
http://www.curtislibrary.com/programs-events/consumer-health-information-partnership-chip/

Public Library Partnerships Which Add Value to the Community

This paper presents a very clear analysis of the Hamilton Public Library’s experiences in partnership-building: what the library brings to the partnership, how to meet the needs of your partners, and lessons learned during the partnerships. The paper provides excellent examples for many different types of partnerships and projects, and is highly recommended reading for libraries as they consider partnering in the community.


Helpful Tip
Finding Understandable Medical Information

Be sure to check out the easy-to-read listings in the Health Resources section of the Toolkit. You will find many more helpful items appropriate for patrons who need materials that are easier to read and understand.

WRITING EASY-TO-USE MATERIALS

How to Write Easy-to-read Health Materials (MedlinePlus)

This page is highly recommended for anyone who needs to write materials at an easy reading level. While it discusses health materials specifically, the concepts are applicable for other types of information as well. The page includes helpful links to other guidelines and a number of tools to assess reading levels of written materials.

https://medlineplus.gov/etr.html


The CDC offers tips for transforming medical and scientific information into easy-to-read brochures, pamphlets, booklets, and fact sheets. Librarians often need to put complicated information into handouts for patrons; using the concepts in this document will improve the readability of materials produced for all library patrons.


Health Literacy Online: A Guide to Simplifying the User Experience

The Office of Disease Prevention and Health Promotion (ODPHP) has created a research-based guide to help organization design health web sites and digital tools.

https://health.gov/healthliteracyonline/
related to health situations, the book abounds with ideas that could be adapted to disseminating health information.


**FUNDING PARTNERSHIPS AND PROJECTS**

**Funding Opportunities for Partnerships**
The NNLM, through regional offices, provides funding for community-based health information programs and outreach. Visit this site to learn how to reach the NNLM office in your region to learn more about ideas for projects and funding opportunities.

https://nnlm.gov/funding/

**Foundation Center**
The Foundation Center is a national nonprofit service organization recognized as the nation’s leading authority on organized philanthropy, connecting nonprofits and grant makers. It contains tools and information on fundraising. Once registered (free), you can opt to receive periodic information via e-mail on funders in the health and human services area or other areas of interest to you.

http://foundationcenter.org/

**CONNECT WITH ORGANIZATIONS TO CREATE HEALTHIER COMMUNITIES**

**County Health Rankings & Roadmaps**
The County Health Rankings & Roadmaps program is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The annual County Health Rankings measure vital health factors, including high school graduation rates, obesity, smoking, unemployment, access to healthy foods, the quality of air and water, income inequality, and teen births in nearly every county in America. The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. They provide a starting point for change in communities. Libraries can use this information to locate county level health information about their communities to determine topics for health outreach and programming as well as for reliable data for funding opportunities.

http://www.countyhealthrankings.org/)

**County Health Rankings & Roadmaps Action Center**
The Action Center section of the County Health Rankings & Roadmaps web site provides information on how to collaborate with other community agencies, how to conduct a needs assessment, and a series of tools to help library staff focus their efforts on the most important issues to improve health outcomes in their communities. This section also includes a partner guide which has information that is useful to libraries who wish to partner with local business, educators, government agencies, healthcare professionals and other nonprofit agencies.

http://www.countyhealthrankings.org/roadmaps/action-center

**County Health Rankings & Roadmaps Tools & Resources**
Use this section of the County Health Rankings & Roadmaps web site to locate a variety of tools that can be used to help libraries build their case for the need for health outreach and programming in their communities. There are Digital Story Tools which offer a comprehensive and evolving directory of tools and resources to help libraries build digital stories. There are also links into tools for platform development and templates for graphic elements to quickly design social media graphics or infographics for marketing and promotion of your libraries health outreach activities.

http://www.countyhealthrankings.org/resources

**Programming Ideas and Health Outreach**

**HEALTH PROGRAMMING IN LIBRARIES**

**PDF National Health Observances**
National Health Observances (NHOs) are days, weeks, or months that help bring about awareness of different diseases and health topics. This web site includes and annual NHO calendar with more than 200 National Health Observances with information about the observances and outreach materials. The list includes a wide variety of awareness and education health topics,
from basics such as “Mental Health Month” to special topics such as “Sports and Home Eye Safety Month” and “Lightening Safety Week”. There are also Toolkits focused on specific days and months which provide materials for creating timely displays in the library or for planning a full-fledged event.

https://www.healthfinder.gov/nho/

**National Health Observances Awareness Slides**

The National Network of Libraries of Medicine, Middle Atlantic Region (NNLM MAR) created a National Health Observances slideshow that your library/organization can use to promote NHO days, weeks, and months. The PowerPoint file has ready-made slides promoting NHOs for each month that can be customized with your organization’s logo and shared with members of your community via an electronic screen or printed for displays and traditional bulletin boards. Included in the slideshow are ideas on activities and resources that can be used to increase awareness of the particular NHO. Each slide includes a link to the appropriate MedlinePlus Health Topic page. This is a great way to provide passive health awareness outreach in your community.

https://nnlm.gov/mar-guides/programming-class/nho

**Helpful Tip:**
**Publications About Programming**

In addition to exploring the broad-based resources listed at the beginning of the Consumer Health Services section, users of this Toolkit will find that the American Library Association publishes many books on creating programming for adults, children, and other groups. Also, many of the resources in the Building Community Partnerships section provide examples of programs that may be just right for your community.

**IDEAS AND PLANNING RESOURCES**

**Nutrition Education: Bulletin Board Resources**

For ready-made bulletin board ideas and materials, this section of the U.S. Department of Agriculture web site provides free, printable graphics for displays on food and nutrition-related subjects. Some items are available in Spanish.


**Health Fair Planning Guide**

This comprehensive guide is available from Texas A&M University. The step-by-step process takes planners through every phase of the process, from deciding on objectives through the evaluation after the event.

http://fcs.tamu.edu/health/hfpg/

**Tips for Planning Health Events**

The CDC provides guides for a variety of health-related events: planning a health fair, a health seminar, a wellness walk, and a town hall meeting on a health issue. Each profile has 10 planning steps, helpful hints, and a case example.

https://www.cdc.gov/women/healthfair/

**Women’s Health Observances**

This CDC list of selected national health observances related to women includes links with information and ideas for health promotion activities and events.

https://www.cdc.gov/Women/observances/index.htm

**Programs and Activities for Kids**

The activities on this site, sponsored by the American Heart Association (AHA), could be tied in with a healthy heart event, with nutrition and fitness events, or used at any events throughout the year featuring children.

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/ActivitiesforKids/Activities-for-Kids_UCM_304155_SubHomePage.jsp
Classroom Resources at KidsHealth.org

KidsHealth in the Classroom offers free health education materials broken down by grade levels, perfect for after school library programs. Each Teacher’s Guide includes activities, reproducible handouts, and quizzes – and the materials are free.
http://classroom.kidshealth.org

Ideas for American Heart Month: February

• Plan a “Heart Truth” event, and have the entire staff wear red. (see link below)
• Give away heart-healthy handouts and recipes.
• Have a local chef do a healthy cooking demo.
• Ask a local dietician to teach a class on making family recipes more heart-healthy. Ask participants to bring a favorite recipe.
• Ask the local nursing association to provide blood pressure and cholesterol screening.
• Have dance clubs or classes demonstrate aerobic dancing—line dancing, square dancing, etc.

http://www.goredforwomen.org/
http://www.goredcorazon.org/enes/

PDF State Heart Disease & Stroke Prevention Programs Address High Blood Cholesterol

The CDC provides examples of how community health problems can be addressed through partnerships providing education and messages to the public.
https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_state_cholesterol.htm

We Can! Childhood Obesity Prevention

The We Can! program from the National Heart Lung and Blood Institute provides everything to build a program: a media toolkit; promotional and marketing materials; copyright-free tip sheets, posters and brochures; and materials for ethnically diverse populations. Be sure to check the sections titled “Tools and Resources,” “In Your Community,” and “Partner with Us.” Your organization can join in a community partnership with the We Can! program, or simply utilize the We Can! tools and resources.
https://www.nhlbi.nih.gov/health/educational/wecan/

Learn About Great Health Programs

See what other libraries are doing! Browse the health and wellness programs for great ideas.
http://programminglibrarian.org/programs

PDF Be Healthy, Be Active Community Workshops

If your library is considering a series of nutrition and health programming, this site provides everything you need for planning. Six one-hour workshops were developed, based on the Dietary Guidelines for Americans, 2010 and 2008 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are available in Spanish also, and would be a great opportunity for improving the health of your community.
https://health.gov/dietaryguidelines/2015/workshops/

PDF Men’s Health Month

The purpose of this promotion is to heighten awareness of preventable health problems and encourage early detection and treatment of diseases among men and boys.
http://www.menshealthmonth.org/

Health Zone Program for Men’s Health

This resource will help planners design an event specifically about men’s health. Free registration is required for access to all the materials, but the preview gives a good listing of what you will find if you choose to download materials.
http://www.menshealthnetwork.org/healthzone/manual/preview/
Ideas and Models for Offering Programs (for Serving Elderly and Impaired Persons)

This page from the Association of Specialized and Cooperative Library Agencies (ASCLA) is excerpted from 101 Ideas for Serving the Impaired Elderly, an out-of-print title. It outlines many ideas, along with tips on how to deliver unconventional services and outreach to this audience.

http://www.ala.org/ascla/asclaiissues/101ideasserving

From Nurses to Social Workers, See How Public Libraries are Serving the Homeless

This PBS News Hour article describes programs and services in several libraries across the nation, including the hiring of public health nurses and social workers for the library. See videos and earn more about the success of these remarkable programs.

https://www.pbs.org/newshour/nation/see-libraries-across-country-serving-homeless

PEERX - Rx Drug Abuse Program for Teens

NIDA, the National Institute on Drug Abuse offers several activities and ideas that could be used for innovative programming for teens. Using contests is a great way to get teens involved, and one idea is to hold an art or poster design contest. Another is to have a contest for video messages or PSAs written by teens. Partner with a local radio station to broadcast the winning PSA or upload the video to the library’s YouTube channel. Have teens bring t-shirts and download the T-shirt iron-ons as a fun activity.

http://teens.drugabuse.gov/our-projects/peerx/get-involved

Marketing Library Services

RESOURCES AND TOOLS

The LibraryAware Community Survey: Marketing our Libraries

Nancy Dowd, Library Journal, March 7, 2013

This is the second in a series of articles in which Nancy Dowd will examine the results of an exclusive survey of library professionals from more than 400 public libraries across the U.S. on public library marketing.

http://lj.libraryjournal.com/2013/03/marketing/the-libraryaware-community-survey-marketing-our-libraries-library-marketing/

Helpful Tip:
Using City Resources to Market Services

In most cities, each city council member has his or her own web site or blog, and quite often the council people are delighted to highlight programs or services offered at libraries that impact their constituents. Many neighborhood groups also link to their city Council’s site, or have sites of their own. This is fast and easy marketing.

10 Social Media Marketing Tips for Libraries

Ellyssa Kroski, iLibrarian Blog, February 12, 2013

This article is a succinct, well thought-out list for developing a social media marketing strategy.

http://oedb.org/librarian/10-social-media-marketing-tips-for-libraries/
http://oedb.org/blog/

Marketing the Library

The first five modules of this online tutorial from the Ohio Library Council (OLC) will be of interest to all librarians: overview, planning, product, promotion, and Internet. The sixth module provides examples of marketing in Ohio libraries.

http://www.olc.org/marketing/

Library Marketing Videos

This collection of videos is a free-form look at how libraries are marketing services. Take a look to see what other libraries are doing. Pinterest is a great resource for fresh ideas; search for terms of interest related to libraries for possibilities. Consider creating Pinterest boards for your library programs and marketing efforts to engage library users in new ways.

http://pinterest.com/peterals/library-marketing-videos/
http://pinterest.com
Engage for Health

The Pennsylvania Library Association (PaLA) and the National Network of Libraries of Medicine, Middle Atlantic Region (NNLM MAR) partnered with The Hospital & Healthsystem Association of Pennsylvania (HAP), the National Network of Libraries of Medicine Evaluation Office (NEO) and the Agency for Healthcare Research and Quality (AHRQ) to update a program called ‘Engage for Health’.

The program ‘Engage for Health’ was developed by HAP ad is a patient empowerment community education program on how to be more active and engaged during healthcare appointments. The program was designed to be offered in libraries and in collaboration with library staff and local healthcare providers. ‘Engage for Health’ was piloted in 16 libraries across Pennsylvania, including small rural, urban and suburban libraries with varied staff and space.

The ‘Engage for Health’ program is now available for libraries, community and faith based agencies and health care providers to offer in their communities. NNLM MAR maintains the Engage for Health Resource Guide which contains all of the materials you need to offer the ‘Engage for Health’ program which are freely available.

The toolkit includes the presentation slides, speaker notes, role play exercise, pre-post evaluation form, promotional poster and logo. Libraries who choose to offer the program in their libraries are encouraged to submit their evaluations to NNLM MAR. Instructions on how to do so are included on the resource guide.


‘Engage for Health’ Video: https://youtu.be/9QZI7M8uFDk

Video Description: If you are interested in learning what the ‘Engage for Health’ program looks like, you ca view the video of the program that was hosted by the Hershey Public Library in Hershey, PA which was produced with funds from HAP.

The Accidental Library Marketer


“There are many marketing books available, but this book stands out … Dempsey has an informal writing style that incorporates humor and candor, which makes this book an easy read … As a professional librarian with public relations experience, I found the book enlightening and informative. For someone with limited experience … in library marketing, the book is sure to become a well-thumbed reference guide.” -- Public Services Quarterly

http://www.infotoday.com/books/books/Accidental_Library_Marketer.shtml

Promoting Your Library (or How to Motivate the Media to Work for YOU)!

Media coverage is one of the cheapest and most effective ways to promote your services and events. Ways to interest the media, write a press release, prepare for an interview, and create a press kit are succinctly described. This 16-page PDF from the North Dakota State Library (NDSL) also suggests possible imagery for print and video stories, as well as story ideas.

http://www.library.nd.gov/publications/marketingyourlibrary.pdf
Libraries Transform

The National Network of Libraries of Medicine (NNLM) and The American Library Association (ALA) have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy Month, which is observed in October. More than 90 million U.S. adults have low health literacy, which measures the extent to which someone can access necessary health services, as well as how proficiently he or she can understand pertinent health information. Public, school, academic and special libraries play a key role in making quality health information accessible to all.

NNLM and ALA’s partnership equips library professionals with customizable tools to raise awareness of how libraries support health literacy in their communities. The toolkit provides key messages, program ideas and downloadable marketing materials, including bookmark templates and social media graphics, for libraries to use as they promote health literacy in October and throughout the year. The wide-ranging array of health literacy topics covered include nutrition, aging, and chronic illness.

Libraries Transform is a conversation starter. Intriguing Because statements raise questions—and you and your library colleagues are best suited to have the conversation about how these ideas connect to transformation in your library. Libraries Transform can provide you with an opportunity to strengthen relationships with members of the community and colleagues, build relationships with influencers in your library environment and partner with local organizations.

- Because Libraries are Partners in a Healthy Community
- Because Knowledge is the Key Ingredient in Nutrition
- Because Information Can Help Prevent Chronic Diseases
- Because Fake News is Harmful to Your Health
- Because Quality Information Helps You Make Better Health Decisions
- Because Libraries Can Help You Keep Your Family Healthy
- Because Librarians Can Lead You on the Path to Healthy Aging
- Because Rare Diseases Are More Common Than You Think
- Because Language Shouldn’t Be a Barrier to Health

Please note: although library staff cannot answer specific questions about medical conditions or treatment options, they can guide their community members to trusted health information so that they can make educated decisions about their health and that of their loved ones.

Join the Libraries Transform Campaign to receive updates and access to these new tools:

http://www.ilovelibraries.org/librariestransform/user/register

Health Literacy Toolkit: http://www.ilovelibraries.org/librariestransform/health-literacy-toolkit
Introduction
The use of new media and social networking tools is the latest trend for accessing health information. Consumers like the convenience of being able to access health information anytime and anywhere from computers and mobile devices alike. Additionally, the Pew Internet & American Life Project (2010) found that one-third of American adults access social media related to health, and 60 percent of them say that the information they found online affected a decision about how to treat an illness or condition. The term Health 2.0 can be defined as “consumers’ use of the Internet to publish information about their own health experiences and to connect with others” (Health 2.0 Advisors, 2007). Health 2.0 has roots in previous patient-led movements such as Our Bodies Ourselves and AIDS activism.

For users of social networking sites, accessing and sharing health information online is accepted as a valid and worthwhile endeavor. This segment of the population finds shared information to be user-friendly, more personalized, and more relevant than traditional, authoritative resources online. Users benefit from exchanging information and having contact with others who have similar conditions or concerns, while still maintaining privacy and anonymity if they desire. Popular ways to connect include online support groups, blogs, and social networking. Sites like Pinterest have facilitated sharing content about health, wellness and fitness to a level never seen before.

Additionally, the rapid adoption of web-enabled phones and mobile devices is creating demand for health-related applications and content. A few examples of interactive online and mobile tools include medication reminders, calorie counters, and GPS-enabled jogging/walking trackers that record data, track progress, and provide motivation. Users can upload their recent workouts to share with others via Twitter, Facebook, or their own blogs. Health and fitness podcasts are very popular, and a search on YouTube about preventing, diagnosing, or treating a health condition will turn up thousands of videos. The videos and podcasts may come from authoritative sources, but often they have user-generated content.

This complicates the notion that librarians are duty-bound to provide health information only from authoritative sources. But as Thomas Jefferson noted in a letter to a friend, “Who then can so softly bind up the wound of another as he who has felt the same wound himself?” (Pew Internet & American Life Project, 2010) Perhaps someone who has experienced an illness brings as much validity to the conversation as authoritative sources of information, but from a personal perspective.

This section includes recommended health-related social media sites and new delivery formats for health information from established organizations and web sites. While some of the content on these online resources is contributed by patients and health consumers, the chosen sites adhere to strict privacy guidelines and other important criteria. It is our hope public librarians will refer to this section for Health 2.0 resources that they can feel comfortable recommending to health consumers, and as a starting point for further exploration.

Objectives
- Define the concept of Health 2.0 as it relates to health information seeking and sharing behaviors
- Provide guidance for librarians on the use and recommendation of social media to patrons for health information
- Provide trustworthy resources related to new media and new mechanisms for health information delivery
THE CONVERGENCE OF TECHNOLOGY AND HEALTH INFORMATION

Mobile Health 2012

This report by the Pew Internet & American Life Project examines the trends underlying how consumers use their phones, especially smartphones, to access health care and health information. Libraries can use this report to identify and connect the information seeker with reliable information on popular topics. This is especially relevant as smartphone ownership becomes more and more common.

http://www.pewinternet.org/Reports/2012/Mobile-Health.aspx

The Social Life of Health Information

In partnership with the California Healthcare Foundation (CHCF), this report from the Pew Internet & American Life Project is an in-depth look at how adults use social media and the Internet for health information and health care. Knowing about trends in health information seeking and sharing behaviors by consumers will help libraries consider how to provide consumer health services for these users.


Pew Survey of Americans’ Online Health Habits

This page from provides an annotated list of useful reports about the use of Internet and mobile technologies for health information and healthy behaviors from the CHCF and the Pew Internet & American Life Project.

http://www.chcf.org/publications/2013/01/pew-survey-online-health

How Smartphones Are Changing Health Care for Consumers and Providers

This highly recommended report from the CHCF provides a fascinating look at how the use of smartphones is transforming health information delivery and use by many consumers, including segments of the population who have not used computers and/or the Internet before. The report discusses demographics and characteristics of smartphone users, health-related applications, and how lessons learned from early adopters are shaping the future for health applications via smartphones.


SOCIAL NETWORKING SITES AS HEALTH 2.0 INFORMATION RESOURCES

Twitter

From the Twitter web site: “Twitter is a real-time information network... small bursts of information... But don’t let the small size fool you; you can discover a lot in a little space.” Whether you love it, hate it, or still wonder what it is, the reality is that Twitter is being used by millions of people. Many governmental and other authoritative organizations that provide health information for consumers also have Twitter feeds. Examples of authoritative sites using Twitter include MedlinePlus (@MedlinePlus), Mayo Clinic (@MayoClinic), NPR Health (@NPRHealth) and Nutrition.gov (@Nutrition_gov).

http://www.twitter.com
http://twitter.com/medlineplus

Facebook

Facebook, another popular social networking site, allows individuals or organizations to create a page to make information available to others. Many organizations are creating pages as a way to market their services or disseminate current information, and often the page is a gateway to an actual web site. For instance, the National Library of Medicine (NLM) has a Facebook page which serves as a way to interact with people who use new media over more established venues. The page provides basic information about the library, plus current news, information and commentary from users. Use the search box on the Facebook home page to find organization sites. Currently, most health information is still published on traditional web sites rather than Facebook or other similar sites. Additionally, there is some indication that people tend not to post personal health information for others to see on their own Facebook pages; rather, they are more likely to post anonymously to online support groups.

http://www.facebook.com
https://www.facebook.com/nationallibraryofmedicine
**Helpful Tip:**

**Privacy and Personal Information on Social Health Web Sites**

Resources in this Toolkit typically do not require registration, but by the very nature of discussion groups, users must register with a logon ID and password in order to use the sites. Some discussion groups are moderated, while some are not. There are usually rules that users must agree to before they are able to participate in discussions. It is always recommended that users read the privacy policies and the agreements for participating before contributing personal information.

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**ONLINE SUPPORT GROUPS**

**PatientsLikeMe**

PatientsLikeMe is a network where users can learn from the real-world experiences of other patients with similar conditions or concerns. The site features online support for many types of health conditions, as well as information on medications, treatments, symptoms, and the latest research.

http://www.patientslikeme.com/

**DailyStrength**

DailyStrength has online support groups and information on treatments organized by health topic. Support topics include alcoholism, bereavement, infertility, and many other discussion topics that can help people who want to reach out to others. The site also has a section where users can ask health experts and health advocates for advice.

http://www.dailystrength.org/

**CareFlash**

CareFlash helps families and loved ones by offering free, private, online Care Communities. This site utilizes social networking technology to provide a private online space that can be used to share information with family and friends to keep people informed about a patient’s progress, and much more.

http://www.careflash.com/

**CaringBridge**

Caringbridge.org is a social network focused on providing a personal information-sharing website for those who are coping with an illness or medical issue in the family. Family members or friends can easily create a private site to share updates and encouragement, and utilize the SupportPlanner tool to help coordinate care for a loved one. Helpful blog entries focus on coping, support, and caregiving.

http://www.caringbridge.org/

**CureTogether**

This site’s goal is “bringing patients into research as active partners...” It allows patients from all over the world to contribute information about symptoms and the treatments that have worked, creating a rich source of quantitative data for researchers. The belief and hope is that the collective experience can help millions of people. The site was the winner of the Mayo Clinic’s iSpot Competition for Ideas That Will Transform Healthcare (2009).

http://curetogether.com/home/conditions

**Inspire**

This organization provides “safe, online health and wellness communities in which patients, families, friends and caregivers connect with one another for support and information.” Inspire collaborates with over 80 reputable health and health information organizations including the ALS Association, the Children’s Inn at the National Institutes of Health (NIH), the Food Allergy Initiative (FAI), and the Arthritis Foundation. Some content is viewable without a free account, but registering allows full access and the ability to contribute to the discussions.

http://www.inspire.com/
Helpful Tip: Mobile MedlinePlus
The mobile version of MedlinePlus offers a subset of the most popular content, designed specifically for readability on small screens. Users of smartphones and other mobile devices can access news, health topics, drug information, and more.
http://m.medlineplus.gov

Helpful Tip: AIDSinfo Mobile
This site from NLM provides information about the latest drugs used to treat AIDS, clinical trials and much more for users on-the-go.
http://m.aidsinfo.nih.gov

Helpful Tip: CDC Mobile
Highly recommended, the Centers for Disease Control and Prevention (CDC) has created a collection of its most popular health and safety topics on its mobile site along with text messaging alert services. To learn more about the CDC’s mobile site, visit the second link.
http://m.cdc.gov/
https://www.cdc.gov/mobile/index.html

HEALTH INFORMATION WEB SITES AND APPLICATIONS (APPS) FOR MOBILE DEVICES

NLM Gallery of Mobile Apps and Sites
The Gallery is a directory of free applications and websites from NLM for users of smart phones and mobile devices, including resources for health professionals, emergency responders, and for the general public.

Guide to NLM Mobile
This is a very handy guide to NLM mobile resources; use it to quickly find the app or site you need. All NLM mobile resources are listed by either Type (mobile site or app); by Device (Apple OS/Android/Blackberry); and by Tags (categories of content).

Psych Central
One of the largest and oldest independent mental health social networks, Psych Central was named one of the 50 best web sites for 2008 by Time Magazine. The site is run by mental health professionals offering reliable information; over 150 support groups are available to consumers. The first link takes users to the Community section, which includes a discussion forum and links to blogs, chat, and a rating area for therapies.
http://forums.psychcentral.com/
http://psychcentral.com/

Helpful Tip: Online Support for Specific Conditions
Many resources for specific conditions in the Health Resources section include links to online support groups specific to those diseases or conditions. For example, the Support for Cancer Survivors and Patients page from the American Cancer Society (ACS) includes online support resources and a directory of in-person support groups.
http://www.cancer.org/treatment/survivorshipduringandaftertreatment/index
HEALTH-RELATED AUDIO AND VIDEO PODCASTS

Healthcare 411: News from AHRQ
Healthcare 411, from the Agency for Healthcare Research and Quality (AHRQ), provides many podcasts and a few videos on consumer health topics. The podcasts range from one to three minutes in length and videos range from 30 seconds to 10 minutes. Transcripts are available for all media files. Consumers can subscribe to podcasts, download files, or stream the audio and video on the computer. The second link below provides information about subscribing to podcasts. For podcasts in Spanish, click on the En Español tab from the main page.

NIH Podcasts
This site includes the NIH Audio Reports (one to four minutes in length), NIH Research Radio (15-25 minutes), and NIH Health Matters (one minute). Spanish-language podcasts include interviews and public service announcements. Transcripts are available. For those new to podcasts, there is a helpful section on how to download and listen to audio files.
https://medlineplus.gov/spanish/videosandcooltools.html

MedlinePlus: Director’s Comments
MedlinePlus presents a weekly update by Dr. Donald Lindberg, the Director of the NLM, highlighting health news and accompanying information from MedlinePlus. Recent podcasts with transcripts are available for listening at the computer. All episodes are available by subscription for downloading to an audio player.
https://medlineplus.gov/directorscomments.html

Podcasts at CDC
The CDC produces many audio and video podcasts on a wide variety of topics of interest to the public and to health professionals. The site offers easy searching and browsing, a list of featured podcasts, instructions for subscribing, and help for those new to podcasts. A small number are available in Spanish, by searching for the word “Spanish” in the search box on this page.
https://www2c.cdc.gov/podcasts/

Sound Medicine from Indiana University
Sound Medicine, from the Indiana University School of Medicine (IUSM), is a weekly public radio program which “educates and encourages listeners to make sound health decisions.” Typically, the podcasts are interviews with researchers as they discuss the results of health studies of interest to consumers. Each full program is one hour long, but the web site provides links to the individual segments for listening on a computer or downloading as MP3 files. Many of the podcasts descriptions provide links to additional information on the topic.
http://soundmedicine.iu.edu/archive/

Johns Hopkins Medicine Podcasts
Johns Hopkins Medicine Podcasts are described as “a weekly podcast looking at the top medical stories of the week for people who want to become informed participants in their own health care.” Each episode is about 10 minutes in length.
http://www.hopkinsmedicine.org/news/audio/podcasts/Podcasts.html

NPR Health Podcasts
National Public Radio (NPR) offers many health related podcasts for consumers including Health Matters, The Health Show, The People’s Pharmacy, and Your Health. This link takes users to the directory of all health podcasts currently available on NPR.
http://www.npr.org/rss/podcast/podcast_directory.php?type=topic&value=1128#podcast1128

Mayo Clinic Podcasts
Mayo Clinic Podcasts include short audio and video programs on a variety of current health topics.
Audio and Video: http://podcasts.mayoclinic.org/
Audio podcasts: http://podcasts.mayoclinic.org/category/all-audio/
PERSONAL HEALTH RECORDS (PHRs) AND ELECTRONIC HEALTH RECORDS (EHRs)

EHR/PHR Basics
This article from MedlinePlus Magazine explains the similarities and differences of EHRs and PHRs.
https://medlineplus.gov/magazine/issues/summer09/articles/summer09pg17.html

Learn More About Personal Health Records
In a question and answer format, this page from Medicare.gov provides a good overview about personal health records. Also included are links to other resources, including MyHealtheVet (a site for veterans) and MyMedicare, the portal for registered Medicare beneficiaries.
http://www.medicare.gov/manage-your-health/personal-health-records/personal-health-records.html

Start a PHR
The American Health Information Management Association (AHIMA) provides non-biased information about personal health records, why people should have one, and how to create a PHR. The site includes an FAQ and blog postings targeted to different audiences such as caregivers, parents, travelers, and military families.
http://www.myphr.com/StartaPHR/Create_a_PHR.aspx

myMediConnect Personal Health Records
This site was recently chosen by the Centers for Medicare and Medicaid Services (CMS) as one of several PHR services for a pilot project within certain states. This particular site offers a variety of services, including a prescription reminder, a wellness tracker, and a mobile application that works on a wide selection of smartphones and other mobile devices. Note: This link is provided as an example (not a recommendation) of online PHR services available free to consumers. It has not been tested or evaluated by the editors of this Toolkit.
https://www.mymediconnect.net/index.php

Helpful Tip:

MedlinePlus Connect: Linking Patient Portals and EHRs to Consumer Health Information
MedlinePlus Connect is a free service of the National Library of Medicine (NLM), National Institutes of Health (NIH), and the Department of Health and Human Services (HHS). This service allows health organizations and health IT providers to link patient portals and electronic health record (EHR) systems to MedlinePlus, an authoritative up-to-date health information resource for patients, families, and health care providers.

Benefits for Providers
MedlinePlus Connect is simple to implement and offers customizable options to suit specific needs of provider organizations. More importantly, MedlinePlus Connect may help providers achieve one of the criteria for Meaningful Use of Health Information Technology. More information about the Medicare EHR Incentive Program is available at the following shortened link for the section on the Centers for Medicare and Medicaid website.
https://go.cms.gov/J5EAL9

What this Means for Patients
Health organizations that offer patient portals with their EHR systems have an opportunity to offer health information to patients about their diagnoses, lab tests, and medications. Some providers choose to use a subscription-based service, but they can also choose MedlinePlus Connect, a free service which links to quality information in English and Spanish from MedlinePlus.

MedlinePlus Connect is simple to implement and offers great benefits to patients and providers alike. Learn more about this service from the link on the MedlinePlus home page or going directly to the link below.
https://medlineplus.gov/connect/overview.html
WORKPLACE WELLNESS

Introduction
Preventable illness accounts for approximately 80% of all illnesses and 90% of all health care costs. With people spending more of their waking hours at work than anywhere else, workplaces can dramatically impact individual health choices – for better or worse. By creating a culture and environment that encourages employees to adopt healthier behaviors, work sites can effectively slow the growth of health care costs.

Organizations both large and small can adopt beneficial strategies, such as providing access to a gym or distributing a simple wellness newsletter, that can produce real health benefits for individual workers and the organization as a whole. Comprehensive programs have the best long-term outcomes, but savings and increased productivity can be achieved with relatively easy and inexpensive activities as well.

Employees with healthier lifestyles have reduced sick leave, decreased health insurance costs, and increased productivity. Workers are more likely to be on the job and performing at their best when they feel well both physically and mentally – and that has direct cost-saving benefits to employers.

Libraries are ideally positioned to provide the resources and information that organizations and businesses need to plan and implement workplace wellness strategies. Libraries can also serve as important community models of workplace wellness practices in action by assessing their current policies and practices and adopting wellness strategies of their own; libraries not only provide health information to their communities, but also model employee health promotion while benefiting their own staff.

Objectives
• Enable libraries to better position themselves as information resources for businesses and community organizations planning to implement workplace wellness strategies
• Provide resources for libraries to improve the overall health and well-being of library staff by incorporating workplace wellness practices
• Help libraries model workplace wellness practices in their communities
Employers of Special Libraries Utilize More Wellness Initiatives Than Other Library Workers

This article from the ALA’s newsletter, Library Worklife (June 2010), compares trends in workplace wellness activities and initiatives used by library staff in various types of libraries. Employer options and activities that are listed in a table can be useful in any library or workplace.

http://ala-apa.org/newsletter/2010/06/08/employees-of-special-libraries-utilize-more-wellness-initiatives-than-other-library-workers/

 COUNTY AND STATE-SPONSORED WELLNESS PROGRAMS

Santa Clara County’s Employee Wellness Program
Santa Clara County’s wellness program was created to motivate employees to make positive lifestyle changes and learn new skills to enhance their health. It provides work-site health promotion services, including free wellness classes, activity programs, discounts to local health clubs, and links to health information and resources. Special events include a wellness fair and chair massage services.

https://www.sccgov.org/sites/wellness/Pages/ewd.aspx

Healthy South Dakota
The state of South Dakota is committed to helping residents, organizations, and communities have the tools needed to be healthier. This site is packed with great information for consumers, health professionals, schools, employers and more. As an example, the section Workplace includes three toolkits (one is linked below). If you are considering implementing a wellness program, be sure to explore the resources on this site.

http://www.healthysd.gov/

Fitness at Work
Fit City Challenge from Mecklenberg County, North Carolina provides a great example of a program to improve the health of the entire community. Tools include desk exercises, tips for lunchtime workouts, starting a company sports team, and physical activity policies.

http://www.fitcitychallenge.org/
Workplace Wellness

PLANNING AND IMPLEMENTING WELLNESS PROGRAMS

Worksite Program California Fit Business Kit
The Network for a Healthy California Worksite Program developed this suite of tools and resources to help employers develop and implement a culture and environment at their workplaces that supports healthy eating and physical activity among workers. This kit contains eight individual components, all of which have been evaluated by a diverse mix of businesses from across the state and have been designed to be easily implemented at any worksite.
http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx

CDC: Healthier Worksite
Initiative Designed for employers and administrators, the Centers for Disease Control and Prevention’s (CDC) program provides fun and well-designed programs for healthy workplace promotion. Examples include Lean Works!, a workplace obesity prevention program, a lactation support program, implementing a tobacco-free worksite, and additional resources. Step-by-step toolkits are available to help employers find ways to improve the health of their employees.
http://www.cdc.gov/nccdphp/dnpao/hwi/index.htm
http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/index.htm

HealthSmart Worksite Wellness Toolkit
Download the workbooks from the Eat Smart Move More site to obtain a comprehensive guide for developing a well organized worksite wellness committee. The workbooks also provide step-by-step instructions for developing programs to support healthy eating, physical activity, tobacco cessation, and stress management. Sample meeting agendas, surveys, informational posters and letters, and evaluation surveys are included.
http://www.eatsmartmovemorenc.com/NCHealthSmartTlkt/WorksiteTlkt.html

Workplace Health and Wellness Program - Getting Started
The Canadian Centre for Occupational Health and Safety (CCOHS) has developed a guide for a workplace wellness program. Key elements such as needs assessments, establishing a workplace health committee, and implementation of the program are addressed. Step-by-step guidelines are provided.
http://www.ccohs.ca/oshanswers/psychosocial/wellness_program.html

PDF CALWIC Worksite Wellness: Work Well, Be Well, Live Well
The California Women, Infants, and Children (CALWIC) Worksite Wellness program outlines a 10 step guide for incorporating a wellness program into the worksite. Although its focus is on providing support for CALWIC employees, the 10 steps can be used as guidelines by any business or agency wanting to make wellness an integral part of its work culture. The link to the PDF outlines the 10 steps in the program:
http://calwic.org/focus-areas/wic-worksite-wellness/program-overview
http://calwic.org/storage/documents/10_Steps_to_Becoming_a_Certified_Well_Wic_Worksite.pdf

Wellness Council of America – Free Resources for Creating Well Workplaces
The Wellness Council of America (WELCOA) provides memberships to organizations interested in worksite health promotion. WELCOA offers free materials such as reports, case studies, and incentive campaigns to help worksite wellness practitioners create and sustain results-oriented wellness programs.
http://www.welcoa.org/freeresources/
Successful Business Strategies to Prevent Heart Disease and Stroke

This toolkit and separate six-step guide for employers was developed by the CDC. It provides examples of successful programs, worksite plans, assessments and performance measurement tools.

https://www.cdc.gov/dhdsp/pubs/toolkits/employers_toolkit.htm

RECOMMENDATIONS AND TIPS FOR A HEALTHIER WORKPLACE

Stretches You Can Do in Your Office

Click on the slides from the Mayo Clinic to get photos and instructions of gentle stretches to do in the workplace. The videos demonstrate stretching exercises for healthy hands, wrists, shoulders, necks, and backs.

http://www.mayoclinic.com/health/stretching/WL00030

Ergonomics for Computer Workstations

The Division of Occupational Health and Safety (DOHS) from the NIH gives detailed instructions on how to create the most ergonomically correct workstations. The site shows workers how to perform eye exercises, musculoskeletal exercises, and stretches to reduce fatigue while working at a computer.


Plain Language About Shiftwork

The CDC’s National Institute for Occupational Safety and Health (NIOSH) published this document for coping with shiftwork. This material would be useful for businesses and workers alike.

https://www.cdc.gov/spanish/niosh/docs/97-145_sp/
RESOURCES FOR SERVING HEALTH CARE PROFESSIONALS

Introduction

Our acute health care model is gradually being transformed into a preventive, self-management model. Health providers are now faced with responding to self-educated patients who are utilizing information from the Internet and other sources, requiring providers to possess excellent communication skills and knowledge of quality online resources to which they can redirect their patients. This shift makes it necessary for hospital libraries, health educators, and disease prevention/health promotion programs to partner with public libraries to share resources for disseminating timely, culturally sensitive, and accurate health information to consumers.

The results of two surveys prompted the inclusion of this section of resources for health professionals. In 2007, the California State Library conducted a survey of public libraries to learn how the State Library could help them improve their capacity to provide reliable consumer health information for users. A separate survey queried health providers to learn about their knowledge, perceptions, and concerns regarding public libraries as health information providers. The surveys validated the State Library’s hypothesis that creating connections between public libraries and health providers holds the promise of improving health literacy in communities.

The prevailing consensus among health providers was that mechanisms should be in place to ensure that when consumers access health information through a library, they will only encounter quality information. A significant portion of providers were not aware of libraries’ abilities to help consumers find quality health information, or that librarians have continuing opportunities for specific training in this area. Given these capabilities, there are clear opportunities for capacity building and for potential partnerships between health providers, public libraries, and community health organizations.

This section is designed to be a starting point for health professionals to improve their understanding of health literacy issues and their communication skills so that patient-provider conversations will result in improved health literacy and improved health outcomes for the patient. Providers may wish to explore other sections of the Toolkit, particularly the collection of reliable health web sites in Health Resources.

Objectives

- Provide resources for health providers for to improve knowledge of health literacy
- Identify tools for improved communication between providers and their patients
- Increase awareness of the benefits of partnering with librarians
HEALTH LITERACY

Quick Guide to Health Literacy
This guide contains a basic overview of key health literacy concepts and techniques for improving health literacy through communication, navigation, knowledge-building, and advocacy. It covers cultural and linguistic competence, health outcomes, improving the usability of health information, and helping patients understand so they can make good health decisions.

https://health.gov/communication/literacy/quickguide/Quickguide.pdf

Harvard School of Public Health, Health Literacy Studies
This page is a good overview of the topic from a research standpoint and includes an introductory slide presentation. The site is designed for professionals in health and education who are interested in health literacy materials, including curricula for health literacy programs.

http://www.hsph.harvard.edu/healthliteracy/overview/

Health Literacy and Patient Safety: Help Patients Understand
The American Medical Association Foundation (AMAF) created this educational kit to inform physicians, health care professionals, and patient advocates about health literacy. The kit can be ordered, and the materials are also available for downloading and viewing directly from the web site. The health literacy kit includes an instructional video on DVD and CD-ROM (also available on VHS), an in-depth manual for clinicians, and additional resources for education and involvement. The manual is available as a PDF file. Also, Continuing Medical Education credit is offered for these educational materials (2.5 hours CME).


American Medical Association Foundation Videos
For a compelling look at the reality faced by many patients, the video “Low Health Literacy: You Can’t Tell by Looking” features actual physicians and office staff interacting with real patients challenged by low health literacy. The 2007 video, “Health Literacy and Patient Safety: Help Patients Understand” gives more detailed techniques and specific steps for physicians and their staff on helping patients with limited health literacy.


RESEARCH AND FINDINGS

The Health Literacy of America’s Adults
From the National Center for Education Statistics (NCES), the 2003 National Assessment of Adult Literacy (NAAL) was the first large-scale national assessment to contain a component designed specifically to measure health literacy. This report sheds light on a number of background variables and the relationship with health literacy, providing insight for the development of health information that can be tailored to specific audiences for better understanding.

https://nces.ed.gov/Naal/health.asp

Health Literacy: A Prescription to End Confusion

Millions of Americans cannot understand or act upon the health information given to them by modern health systems. This report is a classic in the field of health literacy, covering social and economic implications and strategies to promote a health literate society. The web site provides a free PDF version and the option to purchase the hardcover book.


Teaching Patients with Low Literacy Skills
This classic text by health literacy experts Leonard and Ceci Doak is no longer in print, but all content is available online. This is a must-read for any health professional, health educator or health communication specialist interested in improving methods of communication with patients that have low literacy.

http://www.hsph.harvard.edu/healthliteracy/resources/teaching-patients-with-low-literacy-skills/
Resources for Serving Health Care Professionals

**Literacy and Health Outcomes**
This systematic review was updated in 2011 by the Agency for Healthcare Research and Quality (AHRQ) offers an analysis of the literature to date regarding the relationship between literacy and health outcomes and the evidence about interventions intended to improve the health of people with low literacy.


**What Did the Doctor Say?: Improving Health Literacy to Protect Patient Safety**
This 2007 Joint Commission report is the culmination of a roundtable discussion addressing health literacy. Believing that many people play a role in improving health literacy, the roundtable discussion offers methods for tackling the underlying problems of health literacy, the impact of low health literacy and patient safety, and the current state of health care communication.

http://www.jointcommission.org/assets/1/18/improving_health_literacy.pdf

**ASSESSMENTS AND TRAINING MATERIALS**

**Health Literacy Universal Precautions Toolkit**
From the University of North Carolina at Chapel Hill for the AHRQ, this well-designed toolkit can be used in sections or as a medical practice assessment and improvement plan. The entire document is 226 pages, but the online version breaks out individual sections. The toolkit provides step-by-step guidance and tools for assessing a practice and making changes to improve communication with patients of all literacy levels.


**Addressing Health Literacy, Cultural Competency, and Limited English Proficiency**
This is a free online learning course that increases users’ awareness and knowledge of the three main factors that affect communication with patients: health literacy, cultural competency, and low English proficiency. The course has five modules and takes a total of five hours to complete. Unified Health Communication (UHC) 101 (course ID 1010510) offers continuing education credits in the form of CEU/CE, CHES, CME, and CNE. UHC 100 (course ID 1010508) is offered as a no-credit course. Please refer to the web site for more details.

http://www.hrsa.gov/publichealth/healthliteracy/

**Health Information Literacy**
From the Medical Library Association (MLA), this site offers materials for health professionals, medical librarians, and consumers. This page is a rich collection of resources related to health literacy, including information and links to fact sheets, brochures, toolkits, and project ideas for health literacy.

http://www.mlanet.org/resources/healthlit/index.html

**Health Literacy for Public Health Professionals**
To help public health professionals respond to the problem of limited health literacy, the Centers for Disease Control and Prevention (CDC) launched a free online training program. The purpose of this training is to educate public health professionals, nurses, and health educators about limited health literacy and their role in addressing it in a public health context. This web-based course can be accessed 24/7 from any computer with Internet access. It takes between one and a half to two hours to complete. The amount of CME available depends on the professional role of the trainee.

http://www2a.cdc.gov/TCEOnline/registration/detailpage.asp?res_id=2074

**Institute for Healthcare Advancement**
For nearly a decade, the Institute for Healthcare Advancement (IHA) has offered a two-day health literacy conference annually for health care providers and health educators. Additionally, the IHA produces the What to Do for Health books, a series of easy-to-read books that are often provided to patients in clinical settings. Companion training materials are available for use with book recipients. The What to Do When Your Child Gets Sick title is available in several languages, while the others are in English and Spanish. The second link below provides information about the series.

http://www.iha4health.org/
Resources for Serving Health Care Professionals

http://www.npsf.org/for-healthcare-professionals/programs/ask-me-3/

IMPROVING COMMUNICATION WITH PATIENTS

Information Rx

Sponsored by the National Library of Medicine (NLM), the Information Rx program provides free information prescription pads and materials for physicians, librarians, and other health care professionals. An information prescription can be helpful for patients or caregivers who want more information, but need to know which the web site to use or what to ask at the library.

http://informationrx.org/

Helpful Tip:

Recommending Health Web Sites for Patients and Caregivers

The Health Resources section of this Toolkit is a collection of authoritative, up-to-date health web sites that you can recommend with confidence to your patients. All of the resources were hand-picked by a team of knowledgeable librarians, and each resource was required to meet strict quality criteria to be included. Patients are researching information from all sorts of web sites, many of dubious origin, intent, and/or content. Take every opportunity to steer your patients to high quality information, starting with MedlinePlus.gov, so that you can be assured that they are finding good information that you can discuss during their next visit. Use the InformationRx prescription pad (see link on this page) to write an information prescription for the patient who wants to know more about his or her health concern.

PDF Ask Me 3

From the National Patient Safety Foundation (NPSF) and the Partnership for Clear Health Communication (PCHC), Ask Me 3 is a patient education program designed to promote communication between health care providers and patients in order to improve health outcomes. The first link takes you to the section for providers and organizations. The second link provides a quick guide on what providers can do at the point of care to promote better communications with patients; it also offers a link for free, downloadable materials in PDF format. This includes brochures in six languages, a poster, and other helpful materials for providers.

http://www.npsf.org/for-healthcare-professionals/programs/ask-me-3/ask-me-3-resources/

Questions Are the Answer

This consumer education campaign from the AHRQ may be worthwhile to recommend to your patients. The site provides information and an interactive question builder tool for patients. With the right questions, they can get the answers they need and the visit will be more productive and efficient for both the patient and the clinician.


http://www.ahrq.gov/apps/qb/

Patient Safety Tools: Improving Safety at the Point of Care

AHRQ produced these 17 toolkits under the Partnerships in Implementing Patient Safety (PIPS) grant program. The toolkits include a variety of evidence-based tools – including training materials, medication guides, and checklists – that are easily adapted to other institutions and care settings. The tools were developed in the field and are designed to be implemented by multidisciplinary users. Some of the toolkits are specific to communication with patients and caregivers.


Time to Talk

In a recent survey of adults age 50+, two out of three reported using some form of complementary and alternative medicine (CAM), yet only one in three discussed it with their health care providers. The National Center for Complementary and Alternative Medicine (NCCAM) created Time to Talk to open a dialogue between patients and providers about the use of herbs, supplements, and other CAM therapies. The
CREATING CONSUMER/PATIENT HANDOUTS

How to Write Easy-to-read Materials
This information page from MedlinePlus.gov describes the essential elements of easy-to-read information and presents four key steps to creating health education materials for patients with lower reading abilities.
https://medlineplus.gov/etr.html

Pfizer Clear Health Communication Initiative for Physicians and Providers
This resource provides several links to tools and resources useful for any health professional who desires to have better communication with patients. For instance, providers can find several of the Newest Vital Sign screening tools in the Risk Assessment & Screening section in addition to the Prevalence Calculator.

Pfizer Principles for Clear Health Communication Handbook
This 86-page handbook from Pfizer was developed in partnership with leading health literacy experts Leonard and Cecilia Doak and Pfizer, and it provides guidelines for creating patient education materials that are accessible to a broad consumer audience, enhance understanding, and improve health outcomes.
http://aspiruslibrary.org/literacy/PfizerPrinciples.pdf

People-Sheets
This is a commercial resource that enables health care professionals to create low-cost patient handouts. The company provides template sheets that can be customized for a particular patient group or reading level. Free medical content that can be adapted is provided from quality sources (e.g., National Institutes of Health.
http://www.people-sheets.com
Don’t Be Silent About Smoking Campaign

Clinicians have an opportunity to help patients quit smoking, and this well-designed site provides just the information needed for talking to patients about this difficult topic. Included is a chart of FDA approved pharma-cotherapies, including information about Medicare and Medicaid coverage for smoking cessation treatments. The Counseling section covers both practical and supportive counseling, plus the “5 R’s”, a brief intervention designed to give smokers reasons and motivation to consider quitting. The site is from New York state, so some materials are NY-centric.

http://talktoyourpatients.org/index.php
### Acronyms Reference List

**ORGANIZATIONS**

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Full Name</th>
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<tbody>
<tr>
<td>AAA</td>
<td>American Automobile Association</td>
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<td>American College of Allergy, Asthma &amp; Immunology</td>
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<td>Alzheimer’s Society</td>
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<td>ASA</td>
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<td>ASCLA</td>
<td>Association of Specialized and Cooperative Library Agencies</td>
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<td>American Society of Clinical Oncology</td>
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<td>BAM</td>
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<td>BRFSS</td>
<td>The Behavioral Risk Factor Surveillance System</td>
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<td>CDC</td>
<td>Centers for Disease Control and Prevention</td>
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<td>California Healthcare Foundation</td>
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<td>CHIP</td>
<td>Community Health Information Partnership</td>
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<td>CHIS</td>
<td>Consumer Health Information Specialization (MLA)</td>
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<td>CHNA</td>
<td>Community Health Needs Assessment</td>
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<td>CIMER</td>
<td>Complementary/Integrative Medicine Education Resources (M. D. Anderson Cancer Center)</td>
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<tr>
<td>CLA</td>
<td>California Library Association</td>
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<td>CMS</td>
<td>Centers for Medicare &amp; Medicaid Services</td>
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<tr>
<td>COPDF</td>
<td>Chronic Obstructive Pulmonary Disease Foundation</td>
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<tr>
<td>CR</td>
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<td>CSC</td>
<td>Cancer Support Community</td>
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<td>CSN</td>
<td>Cancer Survivors Network</td>
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<td>CU</td>
<td>Consumers Union</td>
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<td>DBSA</td>
<td>Depression and Bipolar Support Alliance</td>
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<td>DIRLINE</td>
<td>Directory of Health Organizations (NLM)</td>
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<td>DOHS</td>
<td>Division of Occupational Health and Safety (NIH)</td>
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<tr>
<td>FAI</td>
<td>Food Allergy Initiative</td>
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<td>FDA</td>
<td>Food and Drug Administration</td>
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<td>FHOP</td>
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<td>Acronyms Reference List</td>
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<tr>
<td>FNIC</td>
<td>Food and Nutrition Information Center (USDA)</td>
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<td>GMHF</td>
<td>Geriatric Mental Health Foundation</td>
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<td>HFSA</td>
<td>Heart Failure Society of America</td>
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<td>HHS</td>
<td>U.S. Department of Health and Human Services</td>
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<td>HMHB</td>
<td>National Healthy Mothers, Healthy Babies Coalition</td>
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<td>IHA</td>
<td>Institute for Healthcare Advancement</td>
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<td>IOM</td>
<td>Institute of Medicine of the National Academies</td>
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<td>JC</td>
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<td>LCA</td>
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<td>LHC</td>
<td>Leadership for Healthy Communities</td>
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<td>LINCS</td>
<td>Literacy Information and Communication System</td>
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<td>LLLI</td>
<td>La Leche League International</td>
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<td>LLS</td>
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<td>North American Menopause Society</td>
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<td>NCOA</td>
<td>National Council on Aging</td>
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<td>NCBDDD</td>
<td>National Center on Birth Defects and Developmental Disabilities (CDC)</td>
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<td>NCCAM</td>
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<td>NCES</td>
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<td>NCFH</td>
<td>National Center for Farmworker Health</td>
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<td>NCHS</td>
<td>National Center for Health Statistics (CDC)</td>
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<td>NCPAD</td>
<td>National Center on Physical Activity and Disability</td>
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<td>NCPIE</td>
<td>National Council on Patient Information and Education</td>
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<td>NCPTSD</td>
<td>National Center for PTSD (VA)</td>
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<td>NCTSN</td>
<td>National Child Traumatic Stress Network</td>
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<td>NCWHD</td>
<td>National Coalition for Women with Heart Disease</td>
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<td>NDEP</td>
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<td>NDIC</td>
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<td>NIA</td>
<td>National Institute on Aging (NIH)</td>
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<td>NIAMS</td>
<td>National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH)</td>
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<td>NICHD</td>
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<td>NIDA</td>
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<td>NIDDK</td>
<td>National Institute of Diabetes and Digestive and Kidney Diseases (NIH)</td>
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<td>NINDS</td>
<td>National Institute of Neurological Disorders and Stroke (NIH)</td>
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<td>NIOSH</td>
<td>National Institute for Occupational Safety and Health (CDC)</td>
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<td>NJH</td>
<td>National Jewish Health</td>
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<td>NLM</td>
<td>National Library of Medicine (NIH)</td>
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<tr>
<td>NNLM</td>
<td>National Network of Libraries of Medicine (NLM)</td>
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<td>NORD</td>
<td>National Organization for Rare Disorders</td>
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<tr>
<td>NPR</td>
<td>National Public Radio</td>
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<td>NPSF</td>
<td>National Patient Safety Foundation</td>
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<td>NSA</td>
<td>National Stroke Association</td>
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<td>OCCAM</td>
<td>Office of Cancer Complementary and Alternative Medicine (NCI)</td>
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<td>Acronym</td>
<td>Description</td>
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<tr>
<td>ODS</td>
<td>Office of Dietary Supplements (NIH)</td>
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<td>OERC</td>
<td>Outreach Evaluation Resource Center (NNLM)</td>
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<td>ORE</td>
<td>Ohio Reference Excellence</td>
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<td>OWH</td>
<td>Office on Women’s Health</td>
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<td>PAN CAN</td>
<td>Pancreatic Cancer Action Network</td>
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<td>PCHC</td>
<td>Partnership for Clear Health Communication (NPSF)</td>
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<td>PEI</td>
<td>Patient Education Institute</td>
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<td>PFES</td>
<td>Patient and Family Education Services (UW)</td>
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<td>PIPS</td>
<td>Partnerships in Implementing Patient Safety (AHRQ)</td>
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<td>PNR</td>
<td>Pacific Northwest Region (NNLM)</td>
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<td>Pacific Southwest Region (NNLM)</td>
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<td>PSI</td>
<td>Postpartum Support International</td>
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<td>RWJF</td>
<td>Robert Wood Johnson Foundation</td>
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<td>RUSA</td>
<td>Reference and User Services Association (ALA)</td>
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<td>SAMHSA</td>
<td>Substance Abuse and Mental Health Services Administration</td>
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<td>SIS</td>
<td>Specialized Information Service (NLM)</td>
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<td>SLA</td>
<td>Special Libraries Association</td>
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<td>SPIRAL</td>
<td>Selected Patient Information Resources in Asian Languages</td>
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<td>ThyCa</td>
<td>Thyroid Cancer Survivors’ Association, Inc.</td>
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<tr>
<td>TLA50</td>
<td>Transforming Life After 50 (CSL)</td>
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<tr>
<td>TOXNET</td>
<td>Toxicology Data Network (NLM)</td>
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<tr>
<td>UCLA</td>
<td>University of California Los Angeles</td>
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<td>UCSF</td>
<td>University of California San Francisco</td>
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<tr>
<td>UMIM</td>
<td>University of Michigan Integrative Medicine</td>
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<tr>
<td>USCRI</td>
<td>U.S. Committee for Refugees and Immigrants</td>
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<tr>
<td>USDA</td>
<td>U.S. Department of Agriculture</td>
</tr>
<tr>
<td>UWMC</td>
<td>University of Washington Medical Center</td>
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<tr>
<td>VA</td>
<td>U.S. Department of Veterans Affairs</td>
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<tr>
<td>WELCOA</td>
<td>Wellness Council of America</td>
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</table>
Acronyms Reference List

WIC  Women, Infants and Children (USDA) (See also CALWIC)
WIN  Weight-control Information Network (NIDDK)
We Can!  Ways to Enhance Children’s Activity and Nutrition (NHLBI)

OTHER ACRONYMS

AIDS  acquired immuno-deficiency syndrome
ADHD  attention deficit hyperactivity disorder
BMI  body mass index
CAM  complementary and alternative medicine
CRAAP  Currency, Relevance, Authority, Accuracy, Purpose
EHR  electronic health record
HIV  human immuno-deficiency virus
LD  learning disability
PHR  personal health record
PTSD  post traumatic stress disorder
TBI  traumatic brain injury
TCM  Traditional Chinese Medicine