Add your name and organization information on this page

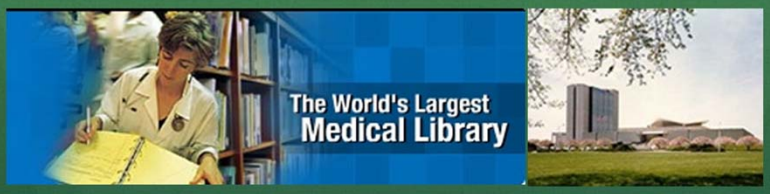
Agenda

- Introduction to NLM and NN/LM
- Health Disparities & Native-American Health Issues
- Evaluating Online Health Information
- MedlinePlus & Other Reliable Websites
- Before You Begin: Outreach Resources
- Native American Exhibits from NLM
- Questions?

If a break is desired, announce that there will be a break in the middle of the 'MedlinePlus & Other Reliable Websites' portion.

Introduction to NLM and NN/LM	10 minutes
Health Disparities & Native-American Health Issues	15 minutes
Evaluating Online Health Information	5 minutes
MedlinePlus & Other Reliable Websites – Part I	20 minutes
Break	10 minutes
MedlinePlus & Other Reliable Websites – Part II	30 minutes
Before You Begin: Outreach Resources	15 minutes
Native American Exhibits from NLM	5 minutes
Questions?	10 minutes

The National Library of Medicine (NLM)



Part of the National Institutes of Health

Creator of PubMed.gov, MedlinePlus.gov
and many other useful health information resources!

http://www.nlm.nih.gov

The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, is the world's largest medical library. The Library collects materials and provides information and research services in all areas of biomedicine and health care.

Besides being a physical library, NLM is also the creator of a wealth of online databases and websites for health information research. These resources range from highly technical to consumer-friendly – something for everyone. We'll be talking about MedlinePlus later – NLM's consumer health website that should be your first stop for general health information.

As one of NLM's outreach arms, NN/LM covers the entire country, divided into 8 regions.

This information is for the Southeastern/Atlantic Region which covers these states and territories: AL, DC, FL, GA, MD, MS, NC, Puerto Rico, SC, TN, United States Virgin Islands (USVI), VA and WV. If you desire information about any other region, select the region of interest on the map on the main NN/LM site: http://nnlm.gov/ (You may wish to replace this slide with one referring to the appropriate region.)

Training: NN/LM provides free training, ideally in a train-the-trainer model. Classes listed on the website are also available to use (and customize) free of charge.

Funding: NN/LM funds community outreach projects with awards from a few hundred dollars to $50,000. Awardees must be members of NN/LM but any non-profit organization can become a member free of charge. Individuals who want to apply for an award are encouraged to partner with libraries, community organizations or any non-profit organization.

Definition of Health Disparities

- "Population-specific differences in the presence of disease, health outcomes, or access to health care."

  ~ Health Resources and Services Administration (HRSA, DHHS)

- More information on Health Disparities:
  www.unnaturalcauses.org
  http://www.cdc.gov/omhd/Highlights/Highlight.htm#DISPARITIES0

The mission of NN/LM includes the goal of improving the public health. One of the greatest challenges in working toward that goal is the widespread existence of health disparities among the people we serve.

The National Institutes of Health define health disparities as "Differences in the incidence, prevalence, mortality, and **burden of diseases** and other adverse health conditions that exist among specific population groups in the United States."

The Unnatural Causes video is a seven-part documentary series that explores racial & socioeconomic inequalities in health. Originally broadcast by PBS, it is now utilized by thousands of organizations in the U.S. to introduce and tackle the root causes of our nation's alarming socio-economic and racial health disparities. The intro video is about an hour and subsequent videos are about ½ an hour long. The Unnatural Causes website offers discussion guides that can help you introduce this important issue in your community and motivate people to get involved in community health outreach.

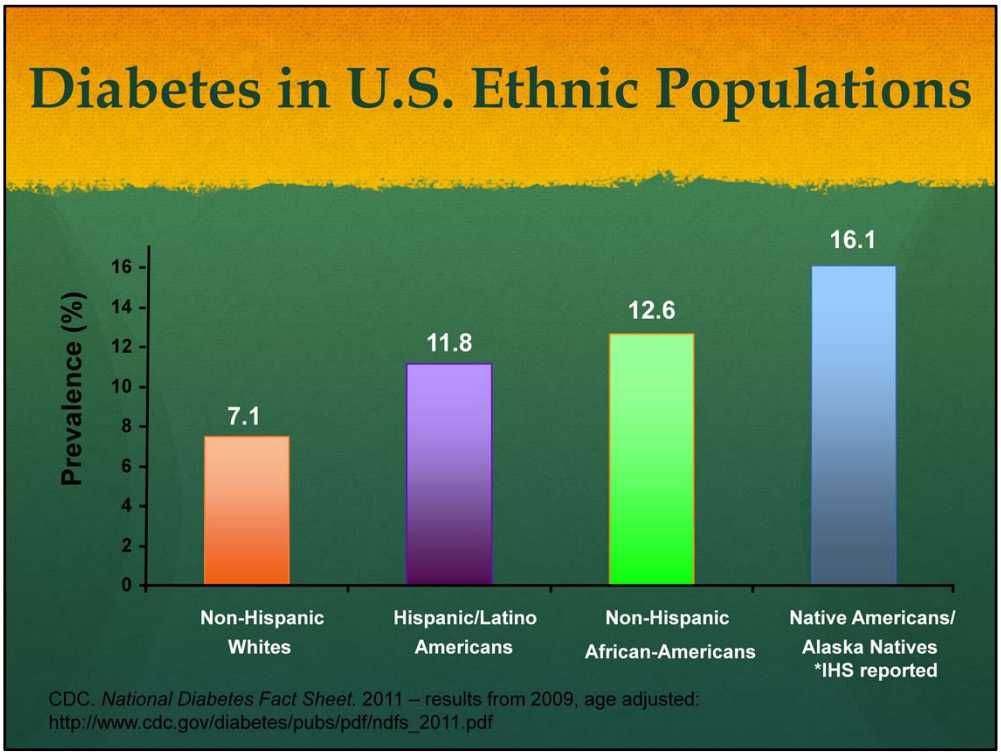
Instructor can review recommended URLs for more talking points.

These are general contributing factors for health disparities among minority populations.

For Native-Americans specifically, the factors that contribute to health disparities the most are:
Living in isolated locations where access to health information and health care is non-existent or difficult to obtain
Low health literacy due to inadequate education (lack of access, funding, transportation, etc.)
Disproportionate poverty
Discrimination in the access/delivery of health services
Cultural differences
Regarding Lifestyle/Behavior and Social Environment – living in poverty results in stress-related mental health issues like depression/anxiety. This makes solutions even more challenging to create and implement.

Source: http://www.ihs.gov/PublicAffairs/IHSBrochure/Disparities.asp

Instructor can review article for talking points:
http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5401a1.htm



Data from the 2009 IHS NPIRS indicate that 14.2% of American Indians and Alaska Natives aged 20 years or older who received care from IHS had diagnosed diabetes.

After adjusting for population age differences, 16.1% of the total adult population served by IHS had diagnosed diabetes, with rates varying by region from 5.5% among Alaska Native adults to 33.5% among American Indian adults in southern Arizona.

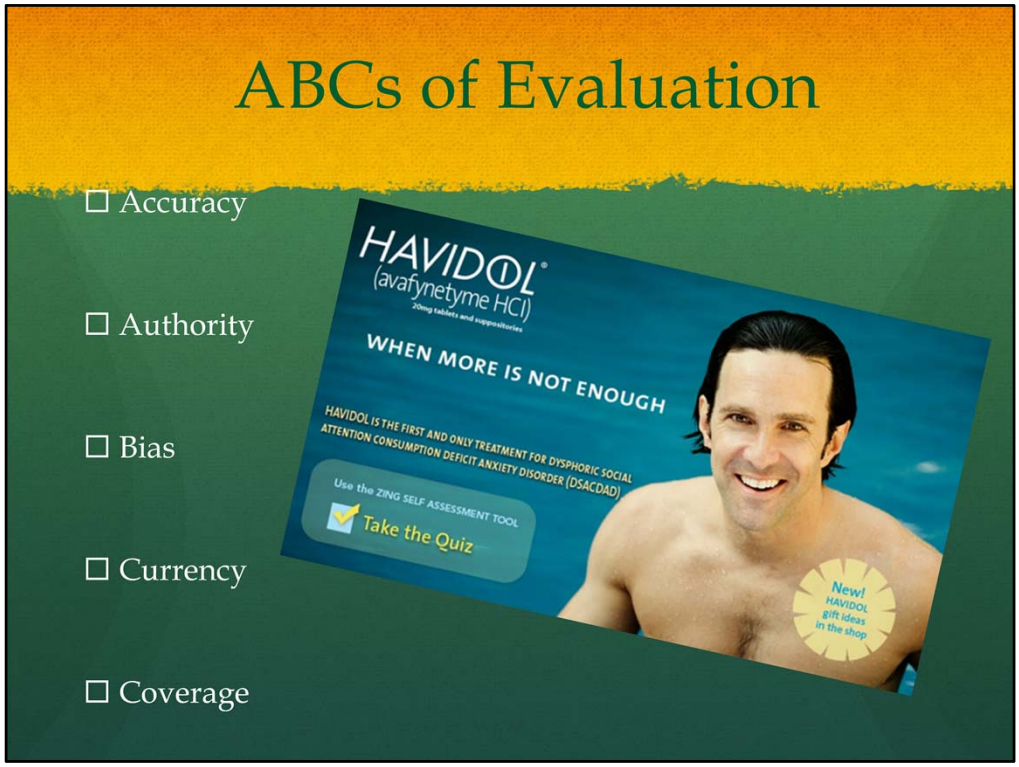
Major Health Issues Among Native Americans

- Heart disease
- Cancer
- Diabetes
- Chronic liver disease and Cirrhosis
- Chronic lower respiratory disease
- Stroke
- Suicide (mental health)
- Kidney disease (nephritis, nephrosis, NS)
- Influenza and Pneumonia

Heart disease and cancer are the leading causes of death among American Indians and Alaska Natives. The 2010 age-adjusted prevalence of diabetes was over twice that for all U.S. adults, and the Native-American mortality rate from chronic liver disease was nearly three times higher.

Health: It is significant to note that American Indians/Alaska Natives frequently contend with issues that prevent them from receiving quality medical care. These issues include cultural barriers, geographic isolation, inadequate sewage disposal, and low income. Some of the leading diseases and causes of death among AI/AN are heart disease, cancer, unintentional injuries (accidents), diabetes, and stroke. American Indians/Alaska Natives also have a high prevalence and risk factors for mental health and suicide, obesity, substance abuse, sudden infant death syndrome (SIDS), teenage pregnancy, liver disease, and hepatitis.

Other Health Concerns: American Indians and Alaska Natives have an infant death rate 60 percent higher than the rate for Caucasians. AI/ANs are twice as likely to have diabetes as Caucasians. An example is the Pima of Arizona, who have one of the highest diabetes rates in the world. AI/ANs also have disproportionately high death rates from unintentional injuries and suicide. In 2010, the tuberculosis rate for AI/NAs was 5.8, as compared to 2.0 for the White population.



Havidol (avafynetyme HCL) is a parody campaign for a fictional medication to treat a fake psychological disorder called Dysphoric Social Attention Consumption Deficit Anxiety Disorder (DSACDAD). [Pronounced Dee-sack-dad] The name is a play on the phrase: "have it all"; its chemical name, "avafynetyme HCL", reads, "Have a fine time".
According to the artist, Justine Cooper, the "official HAVIDOL website", havidol.com, had 5,000 hits within a few days after its creation, and some visitors to her gallery have believed HAVIDOL to be a real prescription drug.[1] HAVIDOL was presented at the 18th Consumers International World Congress on The Ethics of Drug Promotion held in Sydney, Australia October 29 to November 1, 2007.[2]

Accuracy - Rely on medical research, not opinion. Does the site identify the author? Does it rely on testimonials?
Look for the author of the information, either an individual or an organization. Good examples are "Written by Jane Smith, R.N.," or "Copyright 2003, American Cancer Society." If there are case histories or testimonials on the Web site, look for contact information such as an email address or telephone number.

Authority - Consider the source--Use recognized authorities, Know who is responsible for the content.
Look for an "about us" page. Check to see who runs the site: is it a branch of the Federal Government, a non-profit institution, a professional organization, a health system, a commercial organization or an individual.
There is a big difference between a site that says, "I developed this site after my heart

attack" and one that says, "This page on heart attack was developed by health professionals at the American Heart Association."
Web sites should have a way to contact the organization or webmaster.

Bias – What is the purpose? Who is providing the funding? Who pays for the site?
Check to see if the site is supported by public funds, donations or by commercial advertising. Advertisements should be labeled. They should say "Advertisement" or "From our Sponsor." For example, if a page about treatment of depression recommends one drug by name, see if you can tell if the company that manufactures the drug provides that information. If it does, you should consult other sources to see what they say about the same drug.

Currency - Look for the latest information, look for the last updated date at the bottom of the homepage. Look for dates on documents. A document on coping with the loss of a loved one doesn't need to be current, but a document on the latest treatment of AIDS needs to be current. Click on a few links on the site. If there are a lot of broken links, the site may not be kept up-to-date. Usually, in the medical libraries documents older than five years are discarded; unless they are medical history books or texts books.

Coverage – All Web sites are not created equal Does the site have an editorial board? Is the information reviewed before it is posted?
This information is often on the "about us" page, or it may be under the organization's mission statement, or part of the annual report.
See if the board members are experts in the subject of the site. Look for a description of the process of selecting or approving information on the site. It is usually in the "about us" section and may be called "editorial policy" or "selection policy" or "review policy."
Does the site make health claims that seem too good to be true? Beware of claims that one remedy will cure a variety of illnesses, that it is a "breakthrough," or that it relies on a "secret ingredient."
Use caution if the site uses a sensational writing style (lots of exclamation points, for example.) A health Web site for consumers should use simple language, not technical jargon.

Privacy – no site should request your personal information in order to provide health information. You should not pay to acquire health information.

Consult with your health professional--Patient/provider partnerships lead to the best medical decisions.

Source: http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html

Every time you turn around, you find health information. Many of the sites shown here will be familiar to you. What makes MedlinePlus different? Why is it the best place to start, in nearly every situation where you need health information? *Because it is* **Reliable, Up to Date, No Advertisements or Endorsements, Easy to Use, Information on Health Topics, Drugs & Supplements, English and Spanish, Interactive Tutorials, encyclopedia, dictionary, and directories.**

MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free.
You can use MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

For more info on talking points, see MedlinePlus tutorial at:

English: http://www.nlm.nih.gov/medlineplus/tour/tour.html

Spanish: http://www.nlm.nih.gov/medlineplus/spanish/tour/tour.html

MedlinePlus
Trusted Health Information for You

A service of the U.S. National Library of Medicine
NIH National Institutes of Health

Home About MedlinePlus Site Map FAQs Contact Us

Search MedlinePlus native american health GO

Health Topics | Drugs & Supplements | Videos & Cool Tools | ESPAÑOL

Refine by Type

All Results (883)
- Health Topics (17)
- External Health Links (788)
- Drugs and Supplements (13)
- Medical Encyclopedia (11)
- Videos and Tutorials (18)
- News (10)
- MedlinePlus Magazine (5)
- Other Resources (19)
- Multiple Languages (2)

Refine by Keyword

All Results (883) remix
- American Indians And Alaska Natives (54)
- Annual percent change (33)
- Diabetes (17)
- Mental Health (20)
- Flu | Young Adults (18)
- Tribal (10)
- Indian Health Service (8)
- Minority Women's Health (10)
- Health Disparities (8)
- We support health equity (11)

more

Native-American Health Search Help

Every racial or ethnic group has specific health concerns. Differences in the health of groups can result from:

- Genetics
- Environmental factors
- Access to care
- Cultural factors

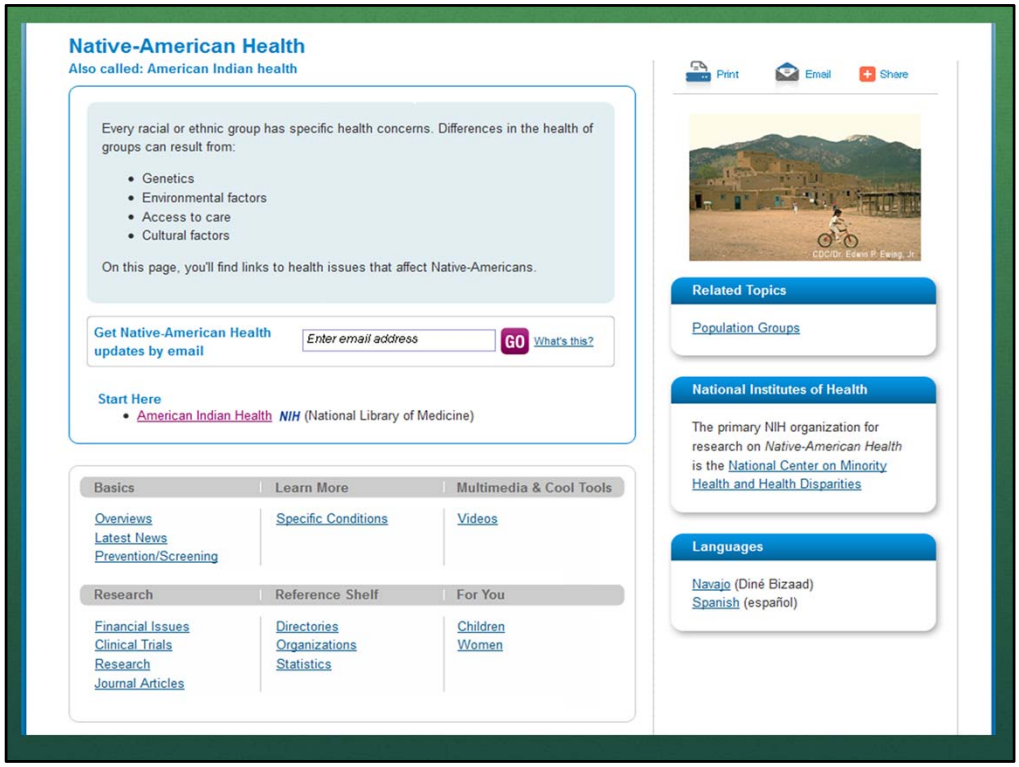
On this page, you'll find links to health issues that affect Native-Americans. (Read more)

Results **1** - **10** of **883** for **native american health**

1. **Native-American Health** (National Library of Medicine)
   Every racial or ethnic group has specific **health** concerns. Differences in the **health** of groups can result from: Genetics Environmental factors Access to care ...
   www.nlm.nih.gov/medlineplus/nativeamericanhealth.html - Health Topics
2. **American Indian Health** NIH (National Library of Medicine)
   HEALTH TOPICS Cancer Diabetes Flu and H1N1 (Influenza) Heart Diseases More **Health** Topics PEOPLE AND TRADITIONS Tribal Information Traditional Healing Other **Indigenous** ...
   americanindianhealth.nlm.nih.gov - External Health Links
3. Find an Indian **Health** Service Facility (Indian Health Service)
   ... markerArr,addresswindows); closeForm(201,addresswindows); ; var a = "Sacramento **Native American Health** Center \n2020 J Street\nSacramento, CA

To get to the Native American Health Page, either use the main search box with “Native American Health” and click “Go” – which will get you to this page. Once here, you can click on the Native-American Health title in the main box to get to the Population Group information or:

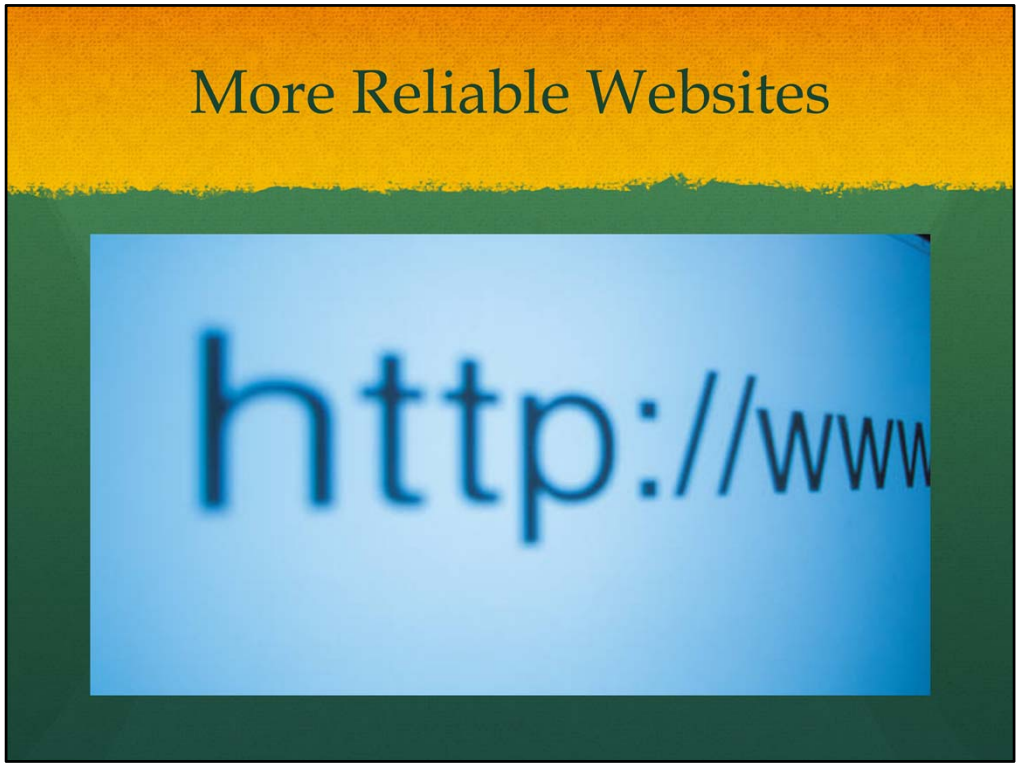
Refine by Topic
Refine by Keywords
Begin exploring the websites below the main box



To get to this main page, you could have clicked on the main Native-American Health title on the previous page, or you could begin your search this way:
Click on the Health Topics button > Click on Population Groups under Demographic Groups > Click on Native-American Health

Once at the main page, notice:

- You can subscribe to get email updates when new information is added to this category.
- You can "Start Here" with the American Indian Health page on the NLM/NIH site.
- You can choose from the box with 6 headings that is on all Health Topic pages: Basics, Learn More, Multimedia & Cool Tools, Research, Reference Shelf, and For You.
- You can go straight to the vetted articles categorized into those 6 headings – they begin below the box.
- You can use the boxes to right to visit Related Topics, go directly to the National Center on Minority Health and Health Disparities, or to read articles in the available languages – in this case, Navajo and Spanish. (as of February 2012)
- You can also use the symbols above the main entry box to email this page to yourself or another person or share this information via various social networking tools.



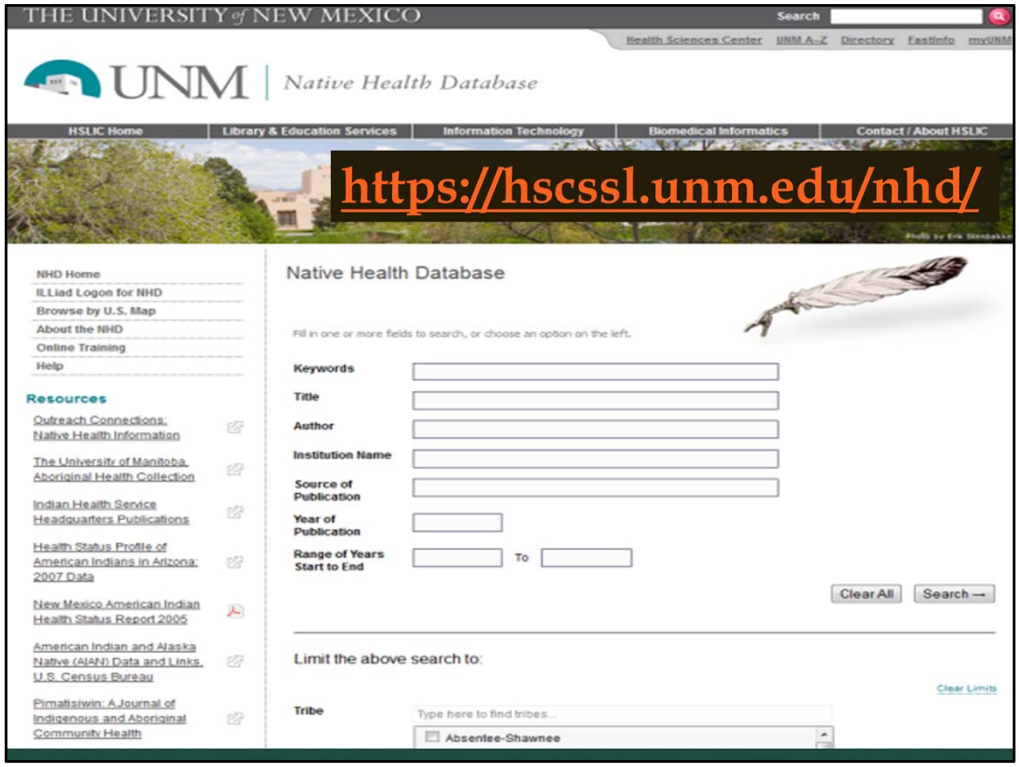
The following sites are developed and maintained by academic, government or other reputable organizations.
Information provided in these are accurate and free for public use.

This Web resource on American Indian Health, sponsored by the National Library of Medicine, is designed to bring together health and medical resources pertinent to the American Indian population including policies, consumer health information, and research. Links are provided here to an assortment of documents, Web sites, databases, and other resources.

The American Indian Health Web site is designed to bring together health and medical resources focused on the American Indian population. It includes links to evaluated health information from an assortment of resources, Web sites, and databases.

The Indian Health Service (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives.

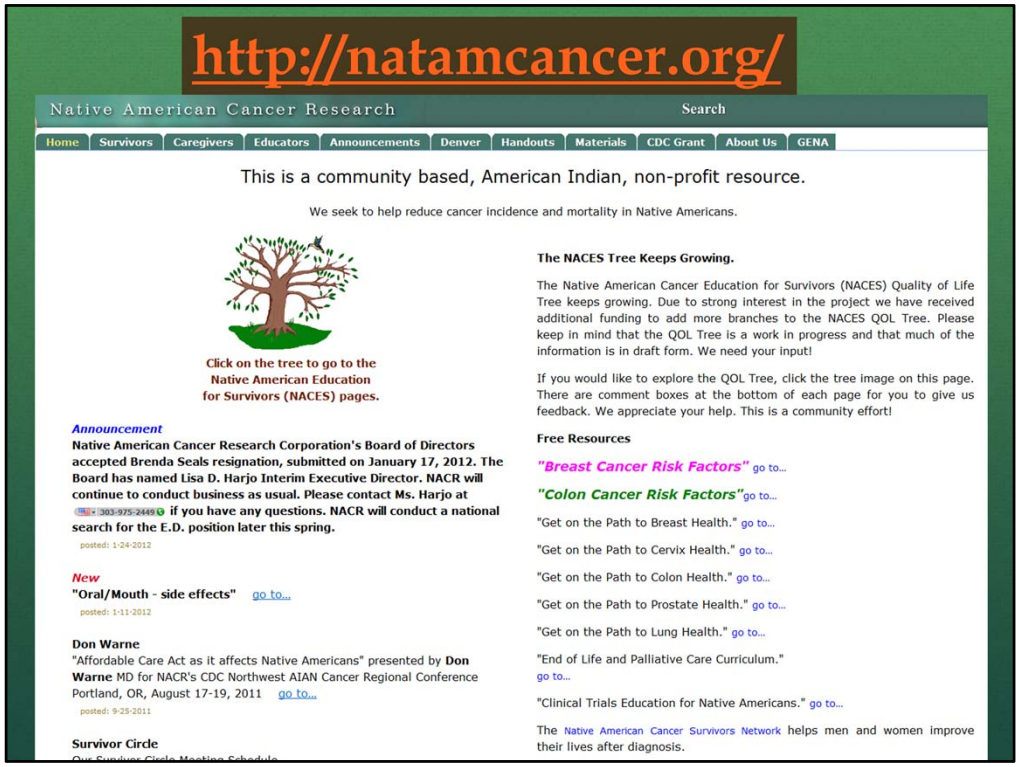
The provision of health services to members of federally-recognized tribes grew out of the special government-to-government relationship between the federal government and Indian tribes. This relationship, established in 1787, is based on Article I, Section 8 of the Constitution, and has been given form and substance by numerous treaties, laws, Supreme Court decisions, and Executive Orders. The IHS is the principal federal health care provider and health advocate for Indian people, and its goal is to raise their health status to the highest possible level. The IHS provides a comprehensive health service delivery system for approximately 1.9 million American Indians and Alaska Natives who belong to 564 federally recognized tribes in 35 states.



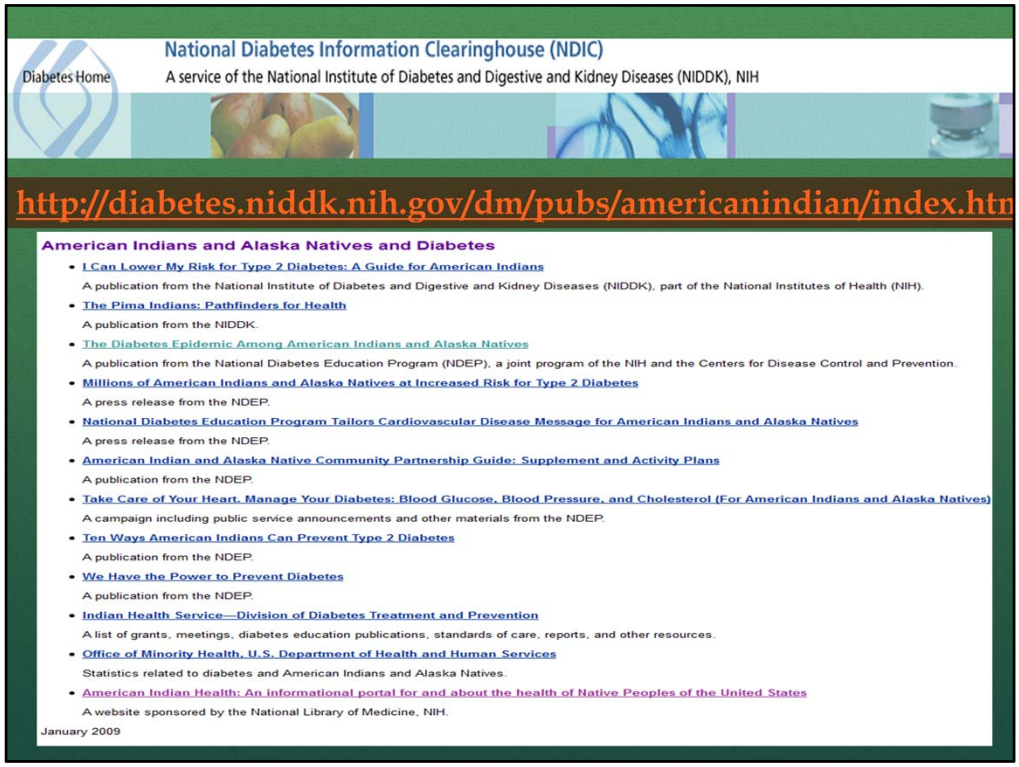
The Native Health Database contains bibliographic information and abstracts of health-related articles, reports, surveys, and other resource documents pertaining to the health and health care of American Indians, Alaska Natives, and Canadian First Nations. The database provides information for the benefit, use, and education of organizations and individuals with an interest in health-related issues, programs, and initiatives regarding North American indigenous peoples.

Developed and maintains by the University of Michigan. Native American Ethnobotany is a database of plants used as drugs, foods, dyes, fibers, and more, by native Peoples of North America. Complete botanical information on useful plants, plus pictures, range maps, and endangered status, are immediately available.

The online database, and the book mentioned above, were largely completed in the late 1990s.
The database now contains 44,691 items. This version added foods, drugs, dyes, fibers and other
uses of plants (a total of over 44,000 items). This represents uses by 291 Native American groups
of 4,029 species from 243 different plant families. About half of them are medicinal. This
expansion of the database was supported by a grant from the National Science Foundation.



General information: Native American Cancer Research (NACR) is an American Indian operated, community-based 501(c)(3) (non-profit) organization. The mission is to reduce cancer incidence and increase survival among Native Americans. NACR's priority is to implement cancer research projects involving: prevention, health screening, education, training, control, treatment options, and support.



National Diabetes Information Clearing House – A-Z Health Topics on American Indian Diabetes Issues. Materials from the National Diabetes Education program and NIDDK.

If a break isn’t wanted, hide this slide.

The National Native American AIDS Prevention Center helps organizations that serve Native communities to plan, develop and manage HIV/AIDS prevention, intervention, care and treatment programs.

On their website are numerous tools including an HIV Prevention toolkit, Regional Training Programs, HIV Fact Sheets, HIV Prevention Program Directory and resources to assist your organization in promoting
HIV awareness and testing, building capacity, developing media and utilizing social media tools. (and more)

One Sky Center:

Mission:
To improve prevention and treatment of mental health and substance abuse problems and services among Native people.

Goals
The objectives of the National Resource Center include:
Promote and nurture effective and culturally appropriate mental health and substance abuse prevention and treatment services for Native populations. Identify culturally appropriate, effective evidence-based mental health and substance abuse prevention and treatment practices and disseminate them so that they can be applied successfully across diverse tribal communities. Provide technical assistance, training and products to expand the capacity and quality of mental heath and substance abuse prevention and treatment practitioners serving Native populations.

A booklet and web-guide produced by the Gila River Indian Reservation staff of the NIH Clinic at Hu Hu Kam Memorial Hospital and NIDDK's Phoenix Epidemiology and Clinical Research Branch.

A resource to explore Native American food and recipes from the pre-Columbian era to current day.

Which recipes are the healthiest? How can some of the unhealthy offerings be altered to make them healthier?

Something for children:

This book has been written for Native American children from across North America, in grades 3-4. It contains a variety of activities, including reading, writing, discussion (small group or whole class), aboard game, drawing, a word search, and a quiz. It has been designed for use by classroom teachers in conjunction with other aspects of the curriculum, such as language arts and science activities. Supplementary material is provided to teachers for related music and cooking activities.

It was developed by Healthy Environments for Children Initiative for the Penobscot Indian Nation in Maine and with consultants from the EPA

Before beginning outreach to any community, do your homework. The following websites are good starting points to learn about community outreach and building partnerships toward a common outreach goal as well as to get statistical, logistical, cultural information about Native American populations in the U.S.

Community Outreach Resources

Public Libraries and Community Partners: Working together to provide health information - http://nnlm.gov/outreach/community

Environmental Health Information Outreach to Native Americans from SIS Office of Outreach to Special Populations - http://sis.nlm.nih.gov/pdf/APHA05_AmrcnIndnPstrREV.pdf

Community Tool Box - http://ctb.ku.edu

Healthy People Library Project - http://www.healthlit.org/index.htm

Thrive - http://www.preventioninstitute.org/thrive/index.php

Public Libraries and Community Partners: Working together to provide health information

Environmental Health Information Outreach to Native Americans from SIS Office of Outreach to Special Populations – From NLM's Specialized Information Services, this pdf features NLM's successful outreach programs as well as SIS web resources for Native American health and environmental health information, such as PubMed, the Environmental Health & Toxicology website and Tox Town.

Community Tool Box (CTB) -

Healthy People Library Project

Thrive -

Instructor should review URLs for talking points if more information is desired.

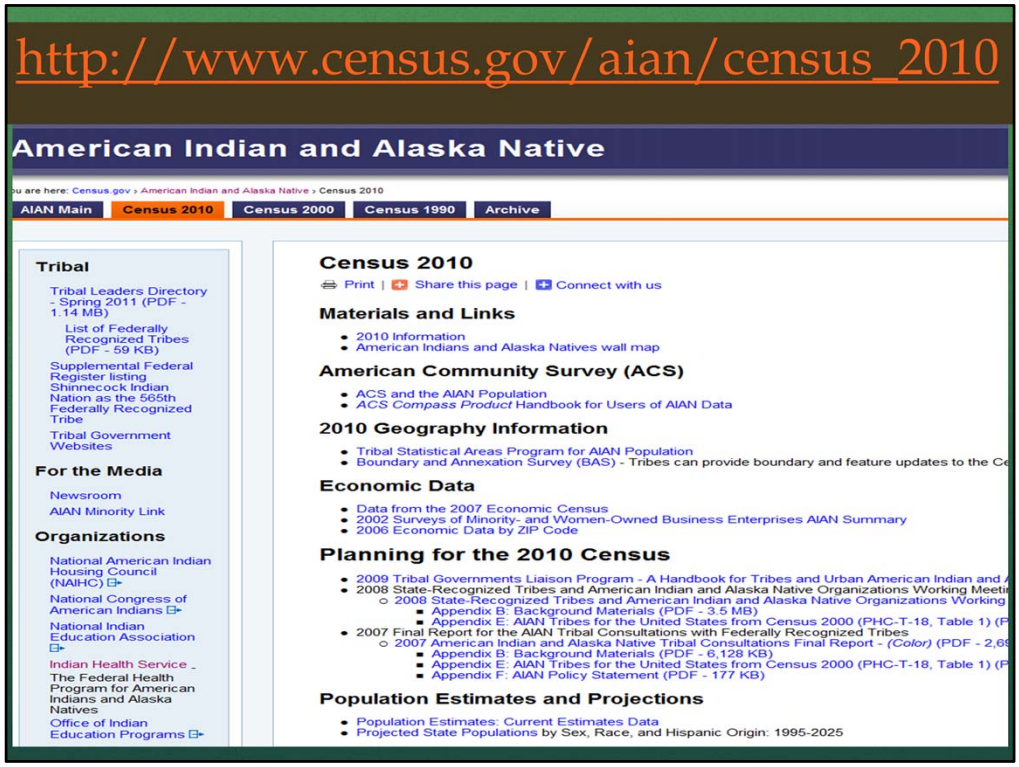
500 Nations is a good starting place for outreach work to Native Americans. Us it to find out which tribes are in your area, to get an introduction to different tribes, and to find scheduled pow-wows where you might exhibit or present.

Native Health Information Wiki, to exchange ideas for native health promotion and training purposes. A resource for those who work with health care providers serving native people.

The American Indian Higher Education Consortium (AIHEC) is another great starting point for outreach work.

It's the consortium of US Tribal Colleges and Universities (TCUs) and is dedicated to the higher education needs of American Indians. TCUs generally serve geographically isolated populations that have
no other means to accessing education beyond the high school level.

The Center for Disease Control and Prevention's American Indian & Alaska Native (AI/AN) Populations page is an excellent source of health data – from statistics to printable brochures to presentation slides and various reliable resources.



Census data for American Indian and Alaska Native populations can provide good information for outreach work or grant applications.

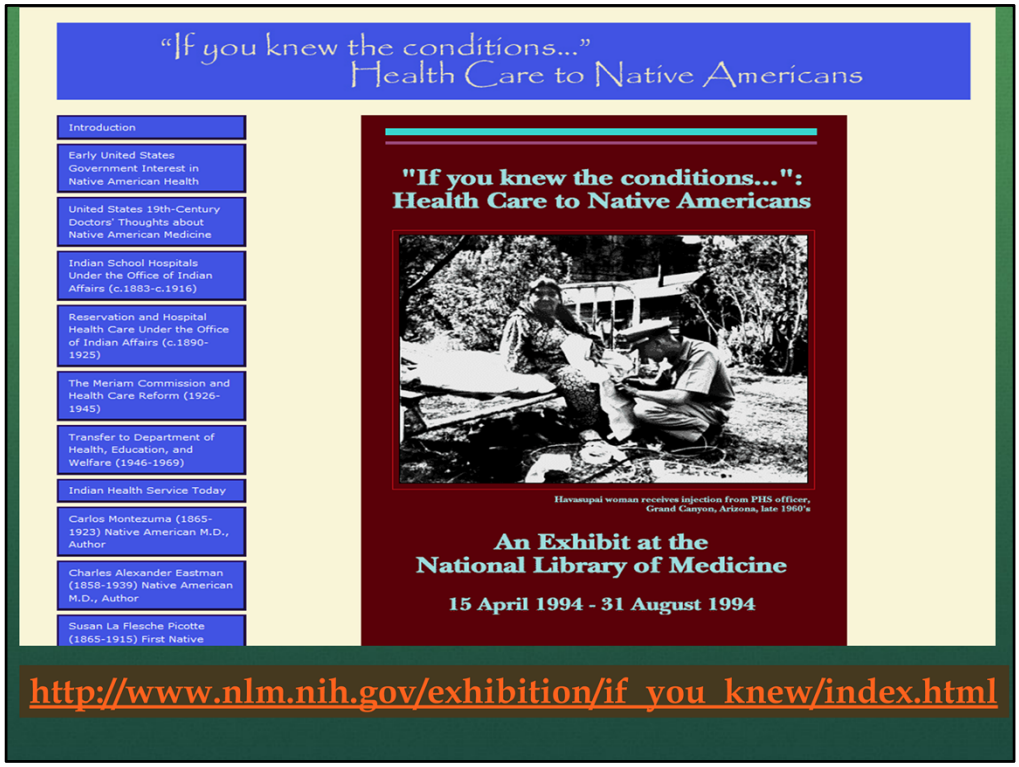
A little know fact about the National Library of Medicine is that they have a wonderful collection of exhibits, both online and traveling, on topics related to the social and cultural history of science, medicine, and technology.

If you're considering doing some community outreach, these exhibits can be great resources to include in your project – fun & informational exhibits can add a few minutes or a whole curriculum of entertaining education to complement your greater goals.

Online exhibits can be viewed at any time, at any pace – and many include entire curriculums to aid in teaching and learning about the topics.

Native Voices: Native Peoples' Concepts of Health and Illness explores the interconnectedness of wellness, illness, and cultural life for Native Americans, Alaska Natives, and Native Hawaiians. Visitors will discover how Native concepts of health and illness are closely tied to the concepts of community, spirit, and the land.

Originally exhibited at NLM in 2011



If You Knew the Conditions: Health Care to Native Americans focuses on the administration of health care to Native American recipients by the United States Government. It examines the evolution of government responsibility and its transfer through the Departments of War, the Interior, and Health, Education, and Welfare, now the Department of Health and Human Services.

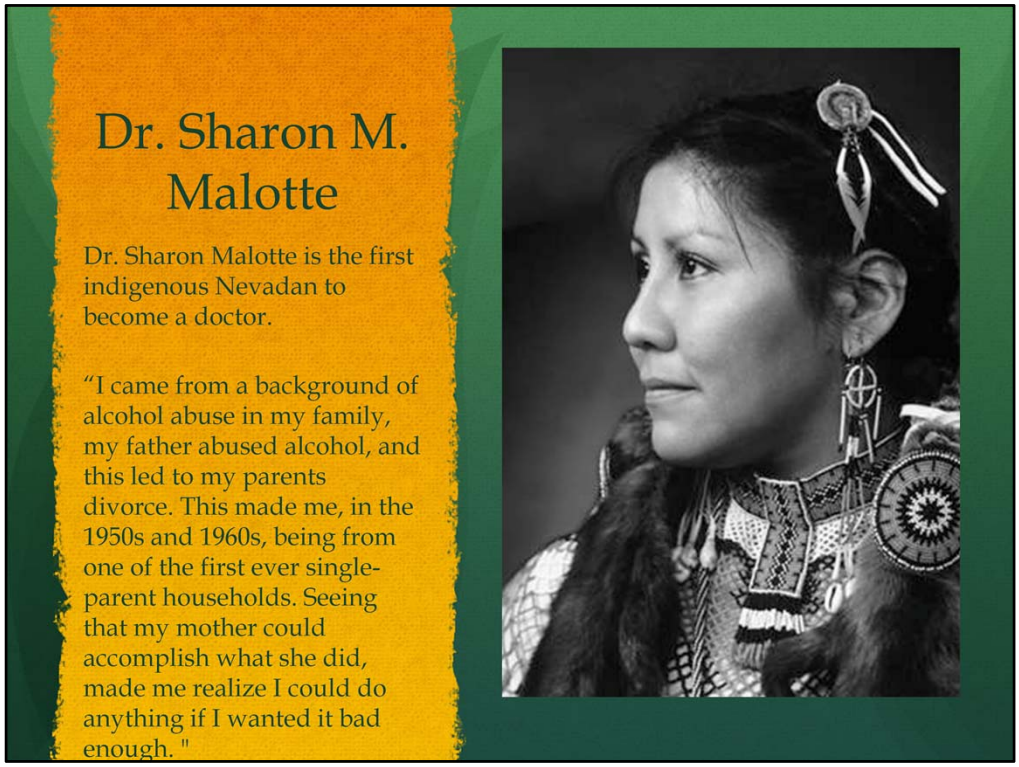
Originally exhibited at NLM in 1994

Travelling Health Exhibitions

http://www.nlm.nih.gov/hmd/about/exhibition/travelingexhibitions.html

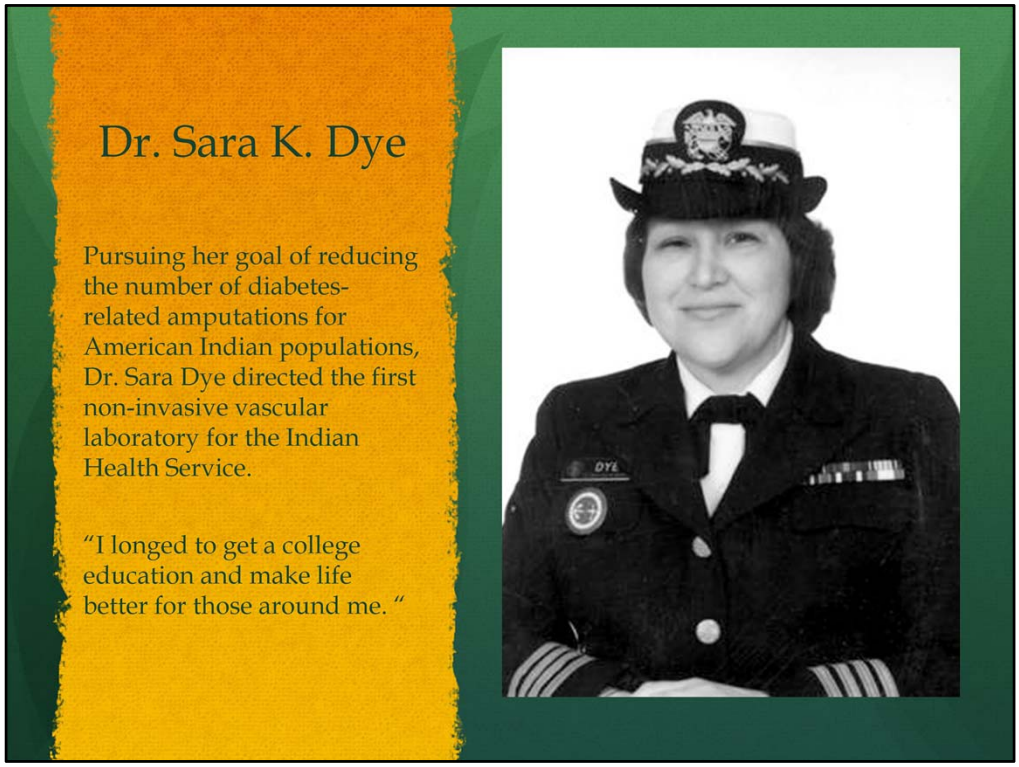
The traveling exhibits can be found via this URL on the National Library of Medicine website.

An exhibit that highlights some Native American women physicians is: Changing the Face of Medicine: Celebrating America's Women Physicians



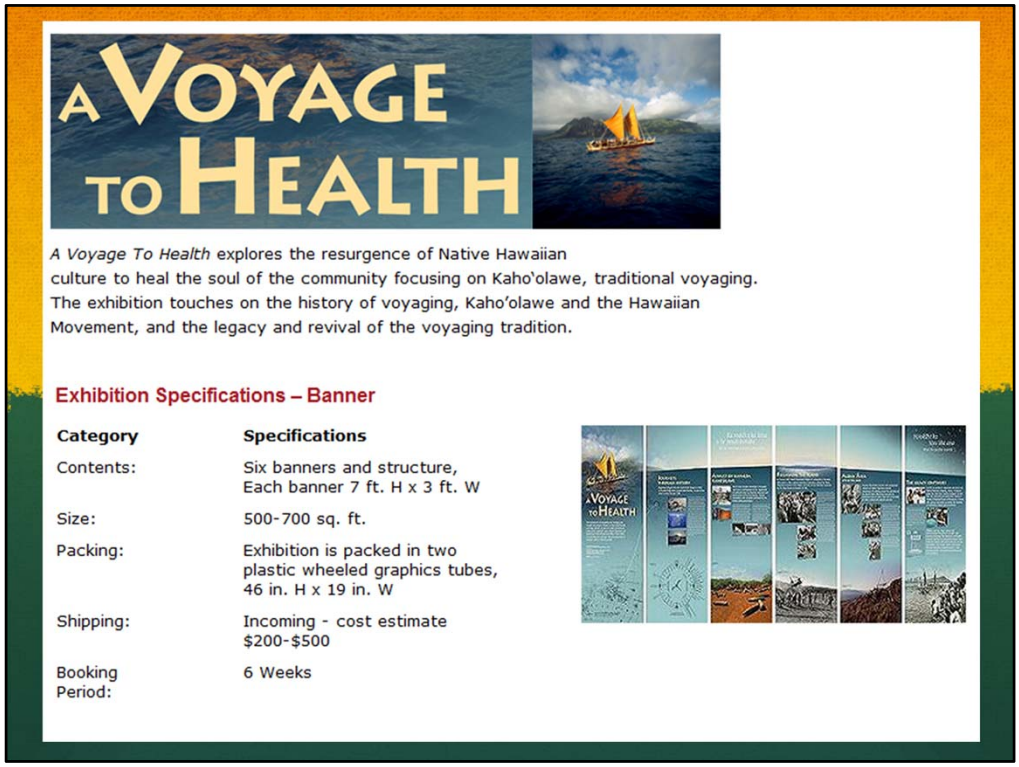
From Changing the Face of Medicine:

Dr. Sharon M. Malotte, graduate of the University of North Dakota School of Medicine and Health Sciences – Family Medicine – Nevada - 1989



Another from Changing the Face of Medicine:

Dr. Sara K. Dye, graduate of the Dartmouth Medical School – Surgery - Oklahoma, South Dakota, 1984.



Another that highlights native people in America , specifically the native population of Hawaii is: **A Voyage to Health** – which explores the recent revival of the ancient arts of navigation and voyaging of the people of Hawaii and their significance for health, well-being and determination.

* In 1974, the Native American Programs Act was amended to include native Hawaiians.

Put your contact information on this page