

ALA *Annual*

CHICAGO

CONFERENCE & EXHIBITION

JUNE 22–27, 2017

TRANSFORMING OUR LIBRARIES, OURSELVES

#ALAAC17

NIH > NLM > NNLM

National Network of Libraries of Medicine

ALA American Library Association

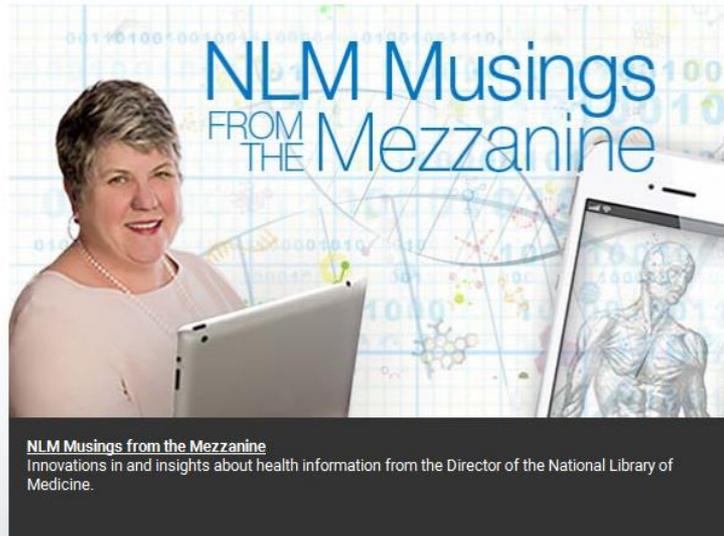
Healthy Aging at Your Library: Connecting Older Adults to Health Information

LYDIA N. COLLINS

CHRISTIAN I.J. MINTER

Databases

- PubMed/MEDLINE
- MeSH
- UMLS
- ClinicalTrials.gov
- MedlinePlus
- TOXNET
- Images from the History of Medicine
- Digital Collections
- LocatorPlus
- All NLM Databases & APIs



- 1
- 2
- 3
- 4

Find, Read, Learn

- Search biomedical literature
- Find medical terminologies
- Search NLM collections
- Read about diseases
- Learn about drugs
- Explore history
- Find a clinical trial
- Use a medical dictionary
- Find free full-text articles

Explore NLM

- About NLM
- Health Information
- Library Catalog & Services
- History of Medicine
- Online Exhibitions & Digital Projects

Research at NLM

- Human Genome Resources
- Biomedical Research & Informatics
- Environmental Health & Toxicology
- Health Services Research & Public Health
- Health Information Technology

NLM for You

- Grants & Funding
- Meaningful Use Tools
- Training & Outreach
- National Network of Medical Libraries
- Regional Activities

News, Events, Videos

- Amanda J. Wilson appointed Head, National Network Coordinating Office, Library Operations, NLM (01/09/17)
- Mark Ziomek appointed Chief, Public Services Division, Library Operations, NLM (01/09/17)
- NLM Director Dr. Patricia Flatley Brennan

“The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836”.

Regional Medical Libraries

Explore the pinpoints below and learn more about the NNLM Regional Medical Libraries and their respective territories.



Aging in Your Community: Data & Statistics

LIVING LONGER. LIVING HEALTHIER?

[TIPS FOR BETTER AGING]

What is the average life expectancy age in the United States?



[URL for Life Expectancy \(CDC\)](#)

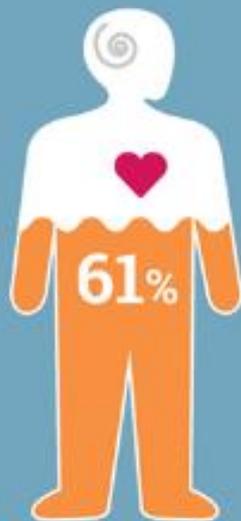
#ALAAC17

LIVING LONGER. LIVING HEALTHIER?

[TIPS FOR BETTER AGING]

But nearly

61% of
Americans age 65+
have multiple
chronic conditions.



United Nations, 2011

Practice
healthy aging:



Be physically
active



Make smart
food choices



Get regular
health
screenings



Participate
in activities
you enjoy

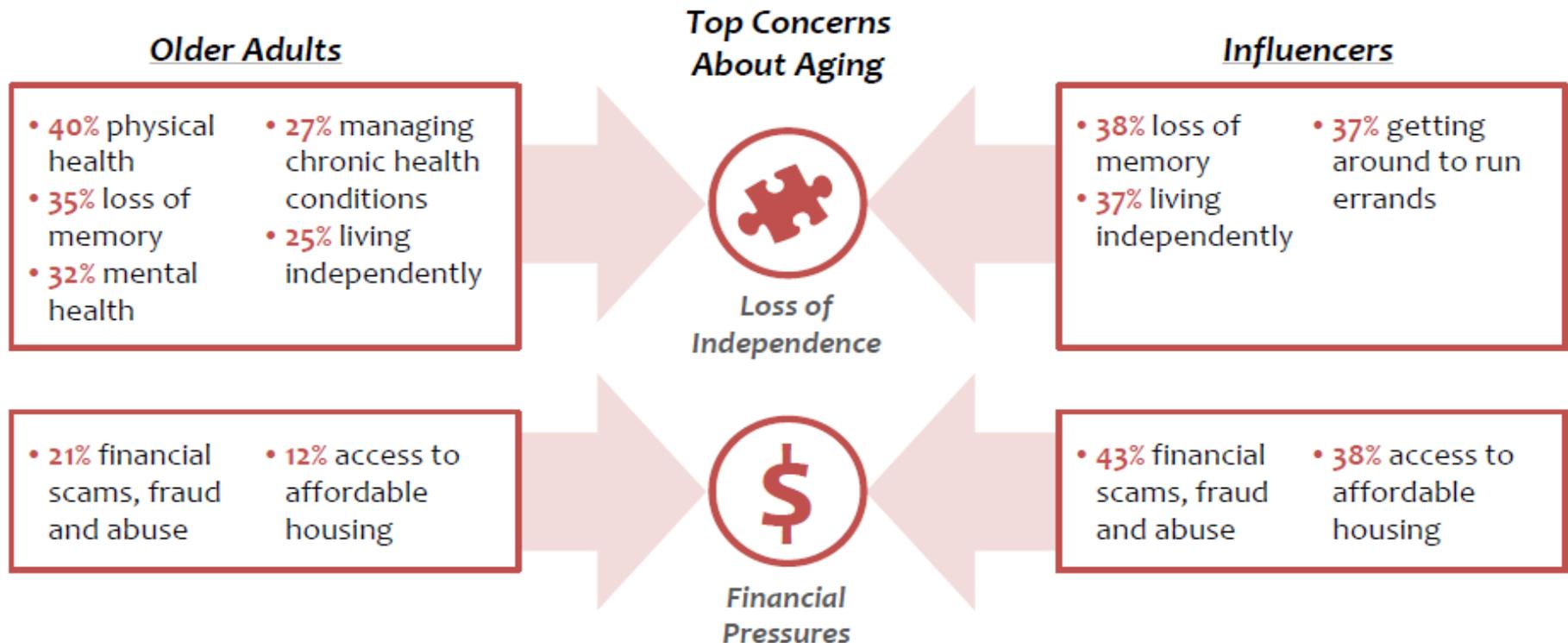
Chronic diseases among leading causes of death:

- Heart disease
- Cancer
- Chronic lower respiratory diseases
- Stroke
- Alzheimer's disease
- Diabetes

[URL](#) for Health, United States, 2015, table 20

When it comes to concerns about aging, both groups share similar concerns about loss of independence

However, Influencers are most concerned about financial pressures for Older Adults



Q15 (For 60+ 2015). What are your five biggest concerns about aging? Please tell me up to five answers. If you have no concerns, please say so.

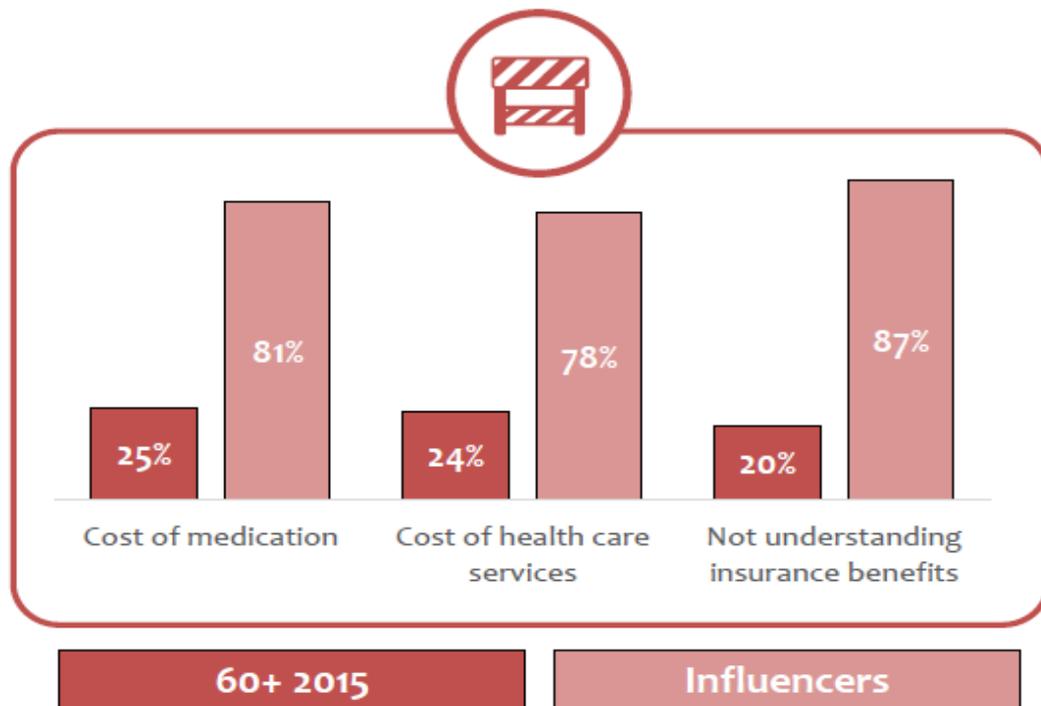
Q14 (For Influencers 2015). What are the five biggest concerns you have about Older Adults as they age? Please tell me up to five answers. If you have no concerns, please say so.

[URL](#) to 2015 U.S. Aging Survey Executive Summary Report
(National Council on Aging)

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Older Adults and Influencers agree that costs and difficulty understanding insurance are common challenges to accessing health care

Common Challenges to Accessing Health Care for Older Adults



Older Adults 60-74 years old are more likely to consider the cost of health care services (29%), cost of medication (30%) and not understanding insurance benefits (25%) as obstacles in trying to access health care, compared to all Older Adults nationally (24%, 25% and 20% respectively)



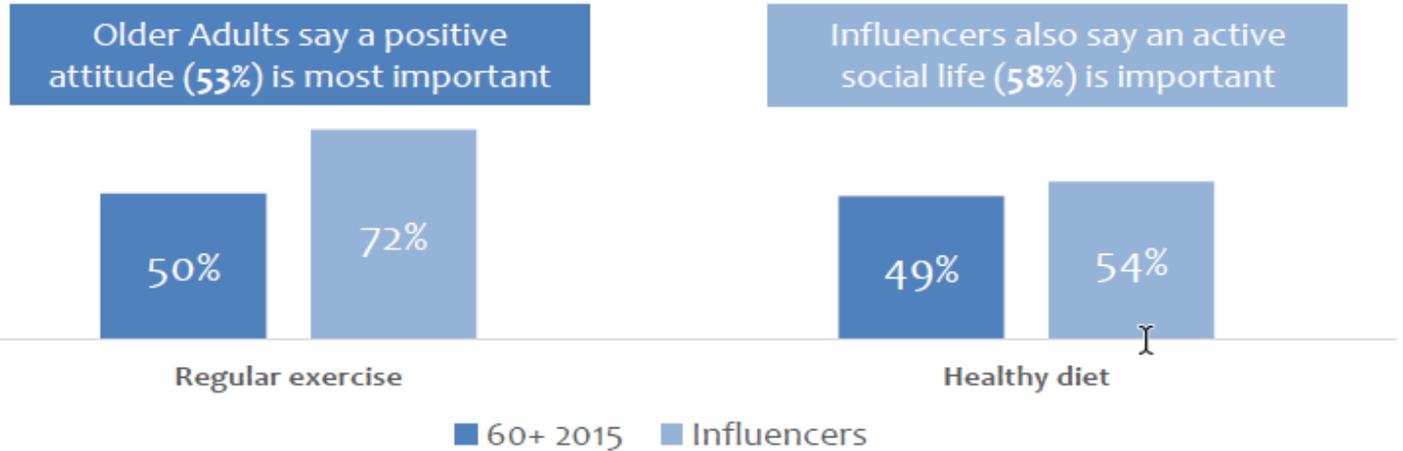
Q41 (For 60+ 2015). What are some of the challenges or obstacles you have faced in trying to access health care? Please tell me all that apply.

Q33 (For Influencers 2015). What are some of the challenges or obstacles that Older Adults in your community face in trying to access health care? Please tell me all that apply.

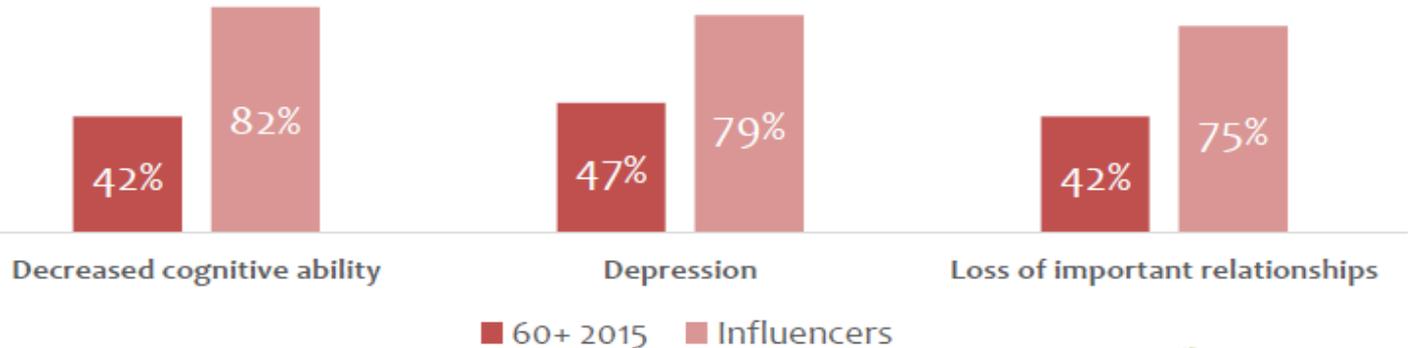
While both groups agree on a number of ways to stay mentally sharp, Older Adults emphasize having a positive attitude, while Influencers emphasize having a social life



Best Ways to Stay Mentally Sharp



Barriers to Staying Mentally Sharp



Q22 (For 60+ 2015). Which of the following do you feel are the best ways to stay mentally sharp as you age? Please tell me up to five answers.
 Q19 (For Influencers 2015). Which of the following do you feel are the best ways for Older Adults to stay mentally sharp as they age? Please tell me up to five answers.
 Q23 (For 60+ 2015), Q20 (For Influencers 2015). Which of the following prevents Older Adults from staying mentally sharp as they age?

HOW HEALTHY IS YOUR COMMUNITY?



What this means for library staff...

An increase in opportunities to:

- **Engage older adults in health, wellness & social activities**
- **Connect caregivers to community resources**
- **Provide health information to prevent & cope with chronic diseases**
- **Address health literacy needs and challenges**
- **Partner with service providers in the community**



Health Resources and Senior Friendly Web Sites



Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster

Share MedlinePlus



Your skin is the largest organ in your body!

Learn about common and uncommon **skin conditions**.



Today's Health News

[After Suicide Attempt, a Phone Call Could Save a Life](#)

[Meditation Can Help Improve Focus in People with Anxiety](#)

[Untreated Vision Problems Plague U.S. Preschoolers](#)

[More health news](#)

Clinical Trials

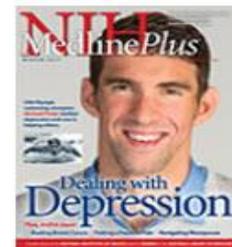
Search [ClinicalTrials.gov](#) for drug and treatment studies.

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Seniors

[Abuse](#) *see* [Elder Abuse](#)[Accidents](#) *see* [Falls](#)[Age-Related Macular Degeneration](#) *see* [Macular Degeneration](#)[Ageusia](#) *see* [Taste and Smell Disorders](#)[Aging](#) *see* [Seniors' Health](#)[Aging Skin](#) *see* [Skin Aging](#)[Alzheimer's Caregivers](#)[Alzheimer's Disease](#)[AMD](#) *see* [Macular Degeneration](#)[Amnesia](#) *see* [Memory](#)[Angina](#)[Anosmia](#) *see* [Taste and Smell Disorders](#)[Arteriosclerosis, Coronary](#) *see* [Coronary Artery Disease](#)[Artificial Lens](#) *see* [Cataract](#)[Assisted Living](#)[Assistive Devices](#)[Atherosclerosis, Coronary](#) *see* [Coronary Artery Disease](#)[Balance Problems](#)

MedlinePlus Health Topics for Older Adults



View page in Spanish.

Español

Home → Health Topics → Diabetes

Diabetes

Also called: Diabetes mellitus, DM



On this page

Basics

- [Summary](#)
- [Start Here](#)
- [Latest News](#)
- [Diagnosis and Tests](#)
- [Prevention and Risk Factors](#)
- [Treatment](#)

Learn More

- [Living With](#)
- [Related Issues](#)
- [Genetics](#)

See, Play and Learn

- [Videos and Tutorials](#)

Research

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- [Journal Articles](#)
- [Find an Expert](#)

For You

- [Men](#)
- [Women](#)
- [Seniors](#)
- [Patient Handouts](#)

View resources for older adults.



Get Diabetes updates by email

GO

MEDICAL ENCYCLOPEDIA

- [A1C test](#)
- [ACE blood test](#)

Summary

Diabetes is a disease in which your blood glucose, or **blood sugar**, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With **type 1 diabetes**, your body does not make insulin. With **type 2 diabetes**, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. You can also have **prediabetes**. This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.

MedlinePlus Magazine

**A quarterly publication of
the Friends of the National
Library of Medicine.**

Get a *free* subscription!

Organizations can order in bulk



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NIH News in Health

National Institutes of Health · Department of Health and Human Services · newsinhealth.nih.gov

Inside News: 3 Kidney Stones... 4 Diabetes in Children & Teens... Alcohol-Free Grad Parties... Safe Sleep for Your Baby

Dealing with Drug Problems Preventing and Treating Drug Abuse

Drug abuse can be a painful experience—for the person who has the problem, and for family and friends who may feel helpless in the face of the disease. But there are things you can do if you know or suspect that someone close to you has a drug problem.

Certain drugs can change the structure and inner workings of the brain. With repeated use, they affect a person's self-control and interfere with the ability to resist the urge to take the drug. Not being able to stop taking a drug even though you know it's harmful is the hallmark of addiction.

A drug doesn't have to be illegal to cause this effect.

People can become addicted to alcohol, nicotine, or even prescription drugs when they use them in ways other than prescribed or use someone else's prescription.

People are particularly vulnerable to using drugs when going through major life transitions. For adults, this might mean during a divorce or after losing a job. For children and teens, this can mean changing schools or other major upheavals in their lives.

But kids may experiment with drug use for many different reasons. "It could be a greater availability of drugs in a school with older students, or it could be that social activities are changing, or that they are trying to deal with stress," says Dr. Bethany Deeds, an NIH expert on drug abuse prevention. Parents may need to pay more attention to their children during these periods.



The teenage years are a critical time to prevent drug use. Trying drugs as a teenager increases your chance of developing substance use disorders. The earlier the age of first use, the higher the risk of later addiction. But addiction also happens to adults. Adults are at increased risk of addiction when they encounter prescription pain-relieving drugs after a surgery or because of a chronic pain problem. People with a history of addiction should be particularly careful with opioid pain relievers and make sure to tell their doctors about past drug use.

There are many signs that may indicate a loved one is having a problem with drugs. They might lose interest in things that they used to enjoy or start to isolate themselves. Teens' grades may drop. They may start skipping classes.

"They may violate curfew or appear irritable, sedated, or disheveled," says child psychiatrist Dr. Geetha Subramaniam, an NIH expert on substance use. Parents may also come across drug paraphernalia, such as water pipes or needles, or notice a strange smell.

"Once drug use progresses, it becomes less of a social thing and more of a compulsive thing—which means the person spends a lot of time using drugs," Subramaniam says.

If a loved one is using drugs, encourage them to talk to their primary care doctor. It can be easier to have this conversation with a doctor than a family member. Not all drug treatment requires long stays in residential treatment centers. For someone in the early stages of a substance use problem, a conversation with a doctor or another professional may be enough to get them the help they need. Doctors can help the person think about their drug use, understand the risk for addiction, and come up with a plan for change.

Substance use disorder can often be treated on an outpatient basis. But that doesn't mean it's easy to treat. Substance use disorder is a complicated disease. Drugs can cause changes in the brain that make it extremely difficult to quit without medical help.

continued on page 2

Subscribe @
newsinhealth.nih.gov

Making Your Website Senior-Friendly

Introduction

Organizing Web Information

Writing Online Text

Designing Readable Online Text

Making Web Information Easy to Find

Including Other Media

Resources

Questions? Contact:



NNLM

Middle Atlantic Region

(412) 648-2065

nnlmmar@pitt.edu

Introduction

This resource Guide offers guidelines that can help you create websites that work well for older adults, the fastest-growing group of internet users. Besides sending and receiving email, older adults search the web for health, financial, and religious or spiritual information. They also use the internet to shop, play games, perform genealogy searches and book travel. As the baby boomers age, the number of older adults using the internet will continue to grow, and web designers will increasingly be called upon to tailor websites to this population.

If you have questions about these guidelines and resources, please contact us!

Disclaimer: the information provided in this resource guide was modified from a handout entitled, "Making Your Website Senior Friendly: Tips from the National Institute on Aging (NIA) and the National Library of Medicine (NLM)," produced by the National Institute on Aging with contributions from the National Library of Medicine.

The Research

Studies completed by the National Institute on Aging (NIA) and other agencies have shown that older age is not in itself a hindrance to computer or internet use. However, older adults' use of electronic technology may be affected by age-related changes in vision and in cognition – for example, the ability to remember, learn, think, and reason. Cognitive abilities that change with age are likely to affect computer use including working memory, perceptual speed, text comprehension, attentional functioning, and spatial memory. Use of the appropriate typeface, colors, writing style, navigation structure, and accessibility features can make a website easier for older adults to access.

Key: Good web design can help counteract many age-related changes.

Usability Testing

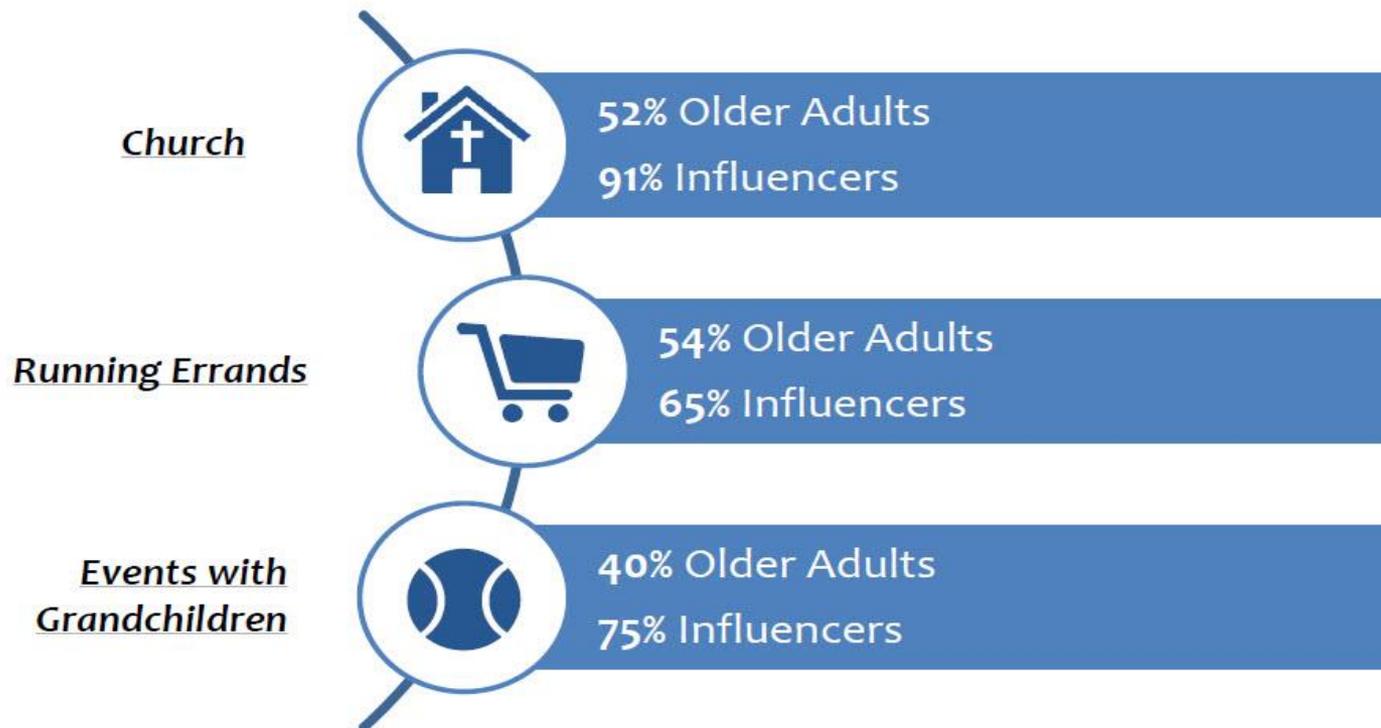
The guidelines included here should make your website easier for older adults to use in the end, however you cannot know for sure how well the site will work for older adults you are trying to reach until you watch and listen to some of them working with the site. Usability testing allows

Library Programs for Older Adults

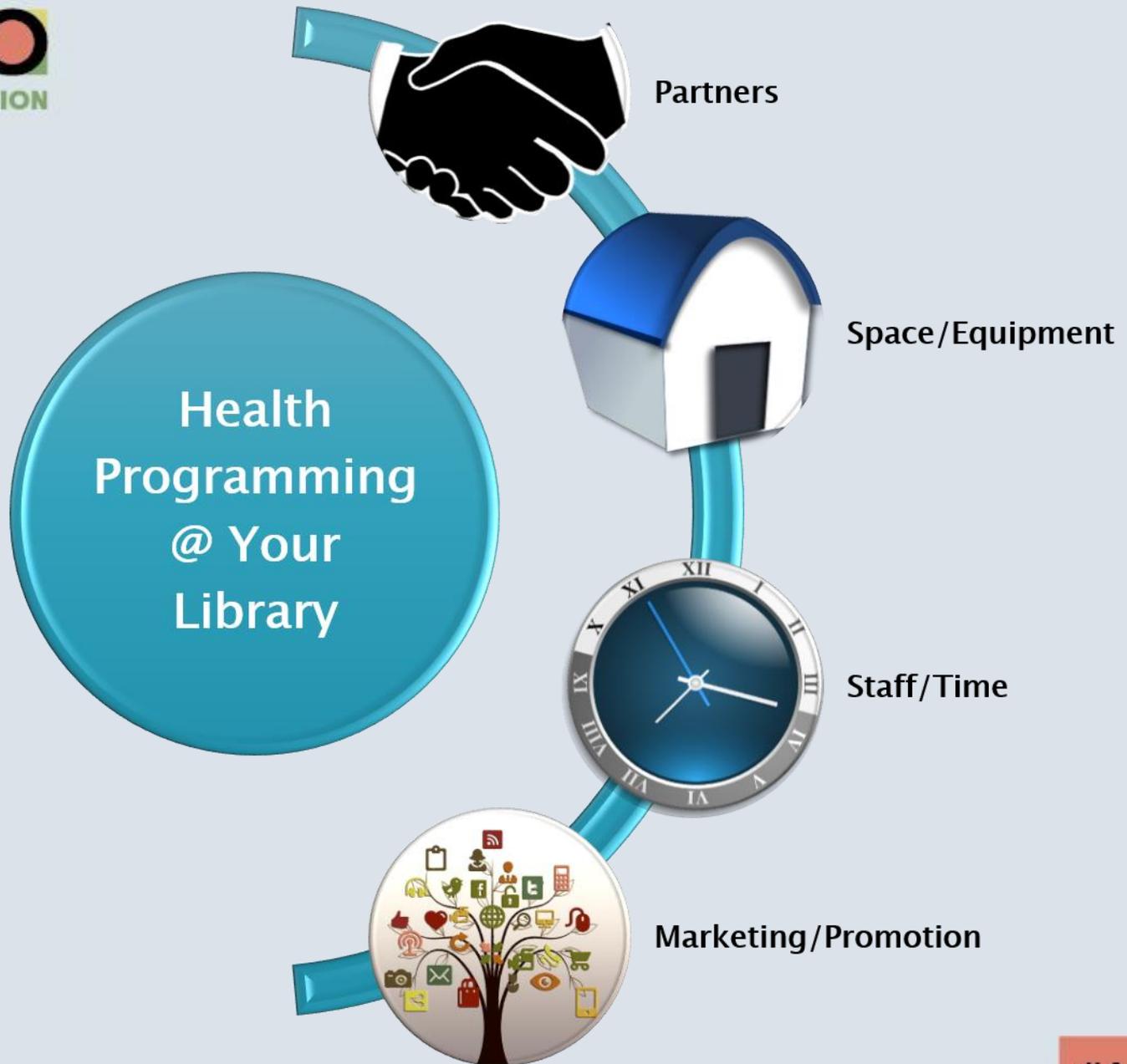
What is the most important to key to keeping a positive outlook on life?	Seniors 60+ (2014) %
My faith or spirituality	25
A loving family	15
A positive attitude	14
A happy marriage or relationship	9
Taking care of my health	9
Staying physically active	6
Staying mentally active	6
Being financially secure	5
Being socially connected	2
Supportive friends	1
Loving my job/career	1
Other	6

Older Adults and Influencers agree that Older Adults are active in the community by participating in church, running errands and attending events with their grandchildren

Places Where Older Adults Participate in the Community



Q59 (For 60+ 2015). Where are you participating in the community the most? Please tell me all that apply.
Q50 (For Influencers 2015). Where do you see Older Adults participating in the community the most? Please tell me all that apply.



Join our team!

Becoming a partner organization is easy. You'll get:

- FREE *Go4Life* resources.
- *Go4Life* program ideas.
- Monthly updates.
- Listed on our website.

SIGN UP TODAY



EXERCISE

Create a successful and safe exercise plan by building slowly from where you are now.

Find out your current fitness level. [➔](#)



ACTIVITIES

Setting specific and realistic exercise goals can help you become more active.

Learn how to set long- and short-term goals. [➔](#)



MOTIVATION

Did you take an exercise break over the holidays? Time to get back to fitness!

Read how to restart your exercise program safely. [➔](#)



Tales and Travel Memory Programs

Oh the places
we will go.

Toolkit for Librarians:

- **Sample agenda**
- **Excursion guides for 12 destinations**
- **Over 30 destination-specific folktales**
- **Bibliography of additional books**

[URL](#) for Tales and Travel Memory Programs (Gail Borden Public Library District)



RESOURCE: Library Models for Serving Boomers to Seniors

- **Provides step-by-step guide to plan and implement a program**
- **Examples of different models and case studies of programs in other libraries**
- **Resource list of info on funding, reports, tools, multimedia, etc.**



KNOW YOUR RIGHTS



STAY ENGAGED



STRIVE FOR WELLNESS

EXPLORE NEW THINGS



[Home](#) | [Older Americans Month 2017](#)

Older Americans Month 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

Quick Links: [Materials](#) | [Activity Ideas](#) | [Resources](#)



'Engage for Health': A Patient Communication Program

About 'Engage for Health'

Materials for Distribution

Questions? Contact:



Lydia Collins

Consumer Health Coordinator
(412) 624-1411
lydia@pitt.edu

[Findings from the 'Engage for Health' Pilot Project](#) 

(2017 Report)

['Engage for Health': A Partnership for Improved Patient-Doctor Communication](#)  (MLA 2017 Presentation-PPT)

['Engage for Health': A Partnership for Improved Patient-Doctor Communication](#)  (MLA 2017 Presentation-PDF)

About Engage for Health

The Hospital & Healthsystem Association of Pennsylvania ([HAP](#)) and its Pennsylvania Hospital Engagement Network ([PA-HEN](#)) developed 'Engage for Health', a series of tools to conduct a community education program on taking an active role in your health care. In 2016 the

Pennsylvania Library Association ([PaLA](#)) and the National Network of Libraries of Medicine, Middle Atlantic Region ([NNLM MAR](#)) partnered with HAP, the NNLM Evaluation Office ([NEO](#)) and the Agency for Healthcare Research and Quality ([AHRQ](#)) to update the program and pilot it in 16 libraries across PA.

The 'Engage for Health' program is now available for libraries, community and faith based agencies and health care providers to offer in their communities. If you are interested in offering this program, please feel free to use the materials located on this page and contact NNLM MAR for assistance.

We encourage you to offer this program, use the evaluation materials (and send them to us) as well as let us know about the success of your 'Engage for Health' program.

AHRQ published a case study on the 'Engage for Health' program and the pilot project in PA, read the entire [case study](#) here.



'Engage for Health' Program Materials

All of the materials you need to offer the 'Engage for Health' program are freely available. The toolkit includes the presentation slides, speaker notes, role play exercise, pre-post evaluation form (and instructions to send MAR the completed forms), promotional poster and logo.

- [Engage for Health Presentation Slides](#) 
- [Engage for Health Speaker Notes for Presentation Slides](#) 
- [Engage for Health Role Play](#) 
- [Engage for Health Pre-Post Evaluation Instructions](#) 
- [Engage for Health Pre-Post Evaluation Form](#) 
- Engage for Health Promotional Poster

Quick Tips for Senior Friendly Computer Classroom

Step 1: Create an Environment for Learning

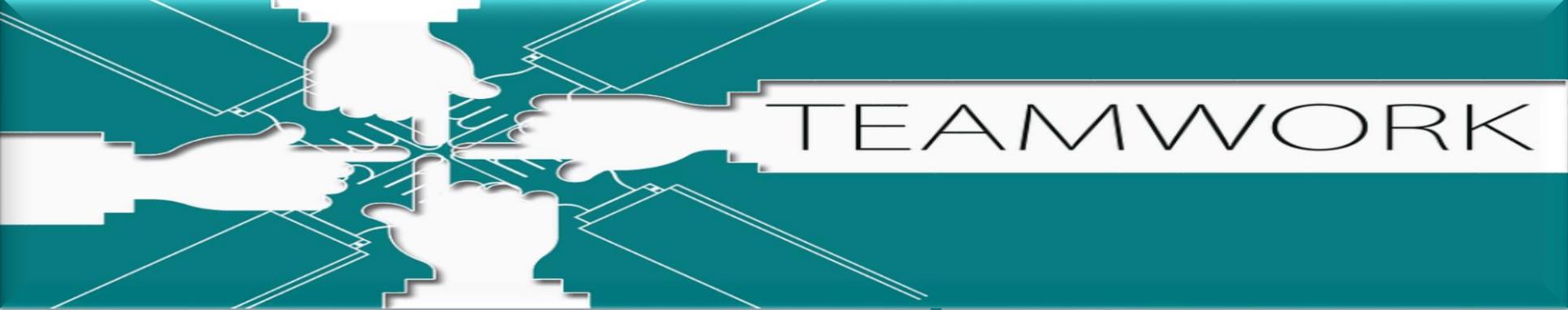
Step 2: Present Information Clearly

Step 3: Help Students Stay Focused

Step 4: Help Students Retain Information

Step 5: Accommodate Physical Changes





TEAMWORK

- **Existing Relationships**
 - **Who do you currently partner with?**
- **New Relationships**
 - **What other agencies are you aware of in your community that may serve as possible partners?**
- **Senior Specific Agencies**
 - **Area Agencies on Aging**
 - **Disease specific organizations (Alzheimer's Assoc.)**
 - **Neighborhood senior centers**
 - **Jewish Community Centers**
 - **Hospitals and Clinics**
 - **University Health Science Libraries**
 - **American Society on Aging**
 - **National Council on Aging**

How do I find partners?



[URL](#) to NNLM Membership Directory, [URL](#) to MedlinePlus Organizations, [URL](#) to MedlinePlus Directories and [URL](#) to 2-1-1 United Way

SHARING: Program Ideas

- **What programs for seniors are offered at your library?**
- **What health specific programs are offered at your library?**
- **What programs would you like to offer?**
- **What problems do you encounter with programming for seniors?**
- **What solutions have you found?**



FORGETFULNESS:

Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

mild
forgetfulness



serious
memory problems

↓
like Alzheimer's disease?

Forgetfulness: Normal or Not?

The Emotional Benefits of Exercise— Feel Good with Go4Life®

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



The Emotional Benefits of Exercise -
Feel Good with Go4Life

Is CLINICAL RESEARCH right for me?

Clinical research is medical research that involves **people**.



Is Clinical Research Right for Me?

DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Diet and Exercise: Choices Today for a Healthier Tomorrow

If a family member has ALZHEIMER'S DISEASE will I have it, too?

A family history of Alzheimer's does not mean for sure that you'll have it. But, it may mean you are more likely to develop it.



If a Family Member Has Alzheimer's Disease, Will I Have It, Too?

ALZHEIMER'S RESEARCH NEEDS YOU!

The number of older Americans 65+ with Alzheimer's disease is rapidly growing!



GOOD NEWS IMPORTANT ALZHEIMER'S RESEARCH IS MOVING FORWARD

BUT WE NEED YOUR HELP

Spread the Word About Volunteering

Human Body	Bodily Functions	Medical Terminology	SuperFoods	The 5 Senses	NLM @ Your Library
<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>
<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>
<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>
<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>
<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>

FINAL JEOPARDY

JEOPARDY!



[URL](#) to locate Jeopardy Templates (Health & Science Games)

#ALAAC17

Activate, Collaborate and Educate: Health Outreach and Programming in Your Community



By the end of the class attendees will be able to:

- **Locate county level information on health needs within their community**
- **Locate relevant NLM consumer health resources for specific target populations**
- **Identify organizations for health outreach partnerships**
- **Outline a potential health outreach or health program for their organization**

[URL](#) to ACE class site and [URL](#) to NNLM Training Schedule

Questions/Comments



- [URL](#) to **2015 U.S. Aging Survey Executive Summary Report (National Council on Aging)**
- [URL](#) for **National Council on Aging**
- [URL](#) for **Aging Stats (Federal Interagency Forum on Aging-Related Statistics)**
- [URL](#) to **An Aging World: 2015**
- [URL](#) to **Healthy Aging Data Portal (CDC)**
- [URL](#) for **State Health Facts (Kaiser Family Foundation)**
- [URL](#) for **Multiple Chronic Conditions in the United States**

Contact Us

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<https://nnlm.gov/mcr>



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