HEALTHY AGING AT YOUR LIBRARY: CONNECTING OLDER ADULTS TO HEALTH INFORMATION

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BECAUSE LIBRARIANS CAN LEAD YOU ON THE PATH TO HEALTHY AGING.

NIH
U.S. National Library of Medicine
National Network of Libraries of Medicine
Middle Atlantic Region
“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”.

URL for the National Library of Medicine
LOCATE YOUR NNLM OFFICE URL for National Network of Libraries of Medicine and URL for NNLM MAR

Greater Midwest Region (GMR)
Middle Atlantic Region (MAR)
MidContinental Region (MCR)
New England Region (NER)
Pacific Northwest Region (PNR)
Pacific Southwest Region (PSR)
South Central Region (SCR)
Southeastern/Atlantic Region (SEA)
AGING IN YOUR COMMUNITY: DATA & STATISTICS
LIVING LONGER. LIVING HEALTHIER?
[ TIPS FOR BETTER AGING ]

NEKTATIC FOR LIFE EXPECTANCY (CDC)
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.

**Older Adults**
- 40% physical health
- 35% loss of memory
- 32% mental health
- 27% managing chronic health conditions
- 25% living independently

**Top Concerns About Aging**

**Influencers**
- 38% loss of memory
- 37% living independently
- 37% getting around to run errands

**Loss of Independence**

- 21% financial scams, fraud and abuse
- 12% access to affordable housing

**Financial Pressures**

- 43% financial scams, fraud and abuse
- 38% access to affordable housing

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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)
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**

- Cost of medication: 25% (60+ 2015), 24% (Influencers)
- Cost of health care services: 81% (60+ 2015), 78% (Influencers)
- Not understanding insurance benefits: 20% (60+ 2015), 87% (Influencers)

*Health Care*

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).

**Q31** (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.

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

- **Regular exercise**
  - Older Adults: 50%
  - Influencers: 72%
- **Healthy diet**
  - Older Adults: 49%
  - Influencers: 54%

**Barriers to Staying Mentally Sharp**

- **Decreased cognitive ability**
  - Older Adults: 42%
  - Influencers: 82%
- **Depression**
  - Older Adults: 47%
  - Influencers: 79%
- **Loss of important relationships**
  - Older Adults: 42%
  - Influencers: 75%

HOW HEALTHY IS YOUR COMMUNITY?

Choose a state or search below to begin

URL for County Health Rankings & Roadmaps (Robert Wood Johnson Foundation)
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
Americans are not fully trusting of information from key sources. Libraries and health providers top the list.

% of U.S. adults who trust information from the following sources:

- Local public library or librarians: 40%
- Health care providers: 39%
- Family or friends: 24%
- Local news organizations: 18%
- Government sources: 18%
- National news organizations: 17%
- Financial institutions: 14%
- Social media, such as Facebook, Twitter or Instagram*: 3%

*Among social media users.
Source: Survey conducted Sept. 29-Nov. 6, 2016. "How People Approach Facts and Information"
Health Topics > Health Topics > Seniors

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
Diabetes
Also called: Diabetes mellitus, DM

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

Get a **free** subscription!

**Organizations can order in bulk**

[URL for MedlinePlus Magazine]
[URL for Single Subscriptions]
[URL for Bulk Orders]
Coping With Grief
Life After Loss
Losing someone you love can change your world. There's no right or wrong way to mourn. Finding healthy ways to cope with loss can help you make it through tough times.

URL to NIH News in Health
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 Insitute 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.
BECAUSE LIBRARIES ARE PARTNERS IN A HEALTHY COMMUNITY.
<table>
<thead>
<tr>
<th>What is the most important to key to keeping a positive outlook on life?</th>
<th>Seniors 60+ (2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>My faith or spirituality</td>
<td>25%</td>
</tr>
<tr>
<td>A loving family</td>
<td>15%</td>
</tr>
<tr>
<td>A positive attitude</td>
<td>14%</td>
</tr>
<tr>
<td>A happy marriage or relationship</td>
<td>9%</td>
</tr>
<tr>
<td>Taking care of my health</td>
<td>9%</td>
</tr>
<tr>
<td>Staying physically active</td>
<td>6%</td>
</tr>
<tr>
<td>Staying mentally active</td>
<td>6%</td>
</tr>
<tr>
<td>Being financially secure</td>
<td>5%</td>
</tr>
<tr>
<td>Being socially connected</td>
<td>2%</td>
</tr>
<tr>
<td>Supportive friends</td>
<td>1%</td>
</tr>
<tr>
<td>Loving my job/career</td>
<td>1%</td>
</tr>
<tr>
<td>Other</td>
<td>6%</td>
</tr>
</tbody>
</table>

URL to 2014 U.S. Aging Survey Executive Summary Report (National Council on Aging)
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

- **Church**
  - 52% Older Adults
  - 91% Influencers

- **Running Errands**
  - 54% Older Adults
  - 65% Influencers

- **Events with Grandchildren**
  - 40% Older Adults
  - 75% Influencers

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.

**URL** to 2015 U.S. Aging Survey Executive Summary Report
(National Council on Aging)
Be an exercise role model!
Motivate others to get excited about exercise.

GET INSPIRED!

NUTRITION
Lifestyle choices you make today can lead to a healthier future. Healthy diet and exercise can help control or delay age-related health problems.
Read and share this exercise and healthy eating infographic.

EXERCISE
Exercise isn’t just getting your heart rate up! Make sure you are doing strength, balance, and flexibility exercises for a well-rounded workout.
Watch this video and try these 7 exercises today.

SAFETY
Dusting off your bike this spring? Make safety your number one priority both before and during your rides this season.
Check out these safety tips before you head out for a ride.

URL for Go4Life (National Institute on Aging at NIH)
WHAT’S IN THE PARTNER TOOLKIT?

Motivational Flyers

Fit exercise into your workday.

Web Badges with codes

Activity ideas to get you started:

- Sponsor a health fair, and include Go4Life materials.
- Hold a wellness program, and include Go4Life materials.
- Sponsor an exercise challenge, and offer Go4Life materials as rewards.
- Invite a health expert to talk about the benefits of exercise, and use Go4Life handouts.

Workout Programs & Guides
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)
EXCURSION GUIDES

- Guide to Canada
- Guide to Ecuador Galapagos
- Guide to Guatemala & Central America
- Guide to Indonesia
- Guide to Japan
- Guide to Kenya
- Guide to Mexico
- Guide to Middle East
- Guide to Nigeria
- Guide to Poland
- Guide to Puerto Rico
- Guide to Spain

Read Aloud Folk tale, Legend or Myth:

The Golden Flower: A Taino Myth from Puerto Rico by Nina Jaffe (Simon and Schuster Books for Young People, 1996). This Taino creation myth tells the story of how the island of Puerto Rico came to be. A young child plants some seeds and soon a beautiful forest begins to grow. Two men fight over a pumpkin that has grown in the forest. It splits, and the oceans of the world tumble out. The forested island stays above water, and now the people have enough water to drink and grow crops. This story is told mainly through narration, with some dialogue. It unfolds in an engaging way, drawing readers in as the forest grows. The afterward includes information on the history and culture of the Taino people.

A shorter version of this story is found on pages 4-5 of Puerto Rico: The People and Culture by Erin Banting (Crabtree Publishing, 2003).

Remember to:
- Greet each person individually
- Use a globe or large map to show each person the starting point and destination
- Engage people in informal conversation
- Include supplemental materials such as music, souvenirs, coloring pages, or food to enhance the program

URL to Tales and Travel Excursion Guides
ANANSI AND THE BANANA BIRD
A tale from the Caribbean

Anansi the spider enjoyed eating the many different kinds of fruits found in the jungle. But, bananas were one of his favorites. Bananas were also a favorite of the Banana Birds. These birds were named after the fruit because they look a bit like bananas. Their yellow and black feathers enable them to blend in with the banana plants.

Once, just as the monsoon season was ending, the bananas began to ripen. This was when Anansi met up with a Banana Bird. Anansi commented on the bird’s looks, saying that if it hadn’t moved, the spider would have taken it for a banana. He laughed at how he might have tried to take a bite out of it.

The bird was not amused. In fact, it was a bit offended. So, he challenged Anansi to a race. Whichever got to Mr. Brown’s banana plantation first would win. The winner could take away and eat as many bananas as he could carry. Both the spider and bird agreed to these terms.

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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.

URL for Creative Aging Toolkit for Public Libraries (Lifetime Arts, Inc.)
Distinct Areas of Creative Aging Practice

- Health and Wellness
- Community
- Lifelong Learning

Three distinct areas of creative aging practice have emerged with each addressing particular segments of the older adult population, from active Baby Boomers and retirees, to frail elderly. The underlying emphasis in all is active engagement and professional facilitation.
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!
OAM MATERIALS

AGE OUT LOUD!

URL to Older Adults Month Materials
'Engage for Health': A Patient Communication Program

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.
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
- **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 CAN YOU FIND PARTNERS?

URL to NNLM Membership Directory, URL to MedlinePlus Organizations, URL to MedlinePlus Directories and URL to 2-1-1 United Way
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?

The Emotional Benefits of Exercise—Feel Good with Go4Life

Is Clinical Research Right for Me?

Diet and Exercise: Choices Today for a Healthier Tomorrow

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

Spread the Word About Volunteering

URL for Infographics (National institute on Aging)
URL to locate Jeopardy Templates (Health & Science Games)
Health Literacy Month

Health literacy refers to how well a person can get the health information and services that they need, and how well they understand them. It is also about using them to make good health decisions. It involves differences that people have in areas such as

- Access to information that they can understand
- Skills, such as finding that information, communicating with health care providers, living a healthy lifestyle, and managing a disease
- Knowledge of medical words, and of how their healthcare system works
- Abilities, such as physical or mental limitations
- Personal factors, such as age, education, language abilities, and culture

For more information visit Medlineplus.gov: https://www.nlm.nih.gov/medlineplus/healthliteracy.html

URL for Health Outreach and Programming Resource Guide (NNLM MAR)
**Brainteaser:** You are a cyclist in a cross-country race. Just before the crossing finish line you overtake the person in second place! What place did you finish in?
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
CAMPAIGN GOALS

- Increase public awareness
- Change perception of libraries
- Increase and ensure support for libraries and funding
KEY MESSAGES

• Libraries transform lives.
• Libraries transform communities.
• Librarians are passionate advocates for lifelong learning.
• Libraries are a smart investment.
BECAUSE LIBRARIES ARE PARTNERS IN A HEALTHY COMMUNITY.

BECAUSE RARE DISEASES ARE MORE COMMON THAN YOU THINK.

BECAUSE QUALITY INFORMATION HELPS YOU MAKE BETTER HEALTH DECISIONS.

BECAUSE LIBRARIES CAN HELP YOU KEEP YOUR FAMILY HEALTHY.

BECAUSE INFORMATION CAN HELP PREVENT CHRONIC DISEASES.

BECAUSE LANGUAGE SHOULDN'T BE A BARRIER TO YOUR HEALTH.

BECAUSE FAKE NEWS IS HARMFUL TO YOUR HEALTH.

BECAUSE LIBRARIANS CAN LEAD YOU ON THE PATH TO HEALTHY AGING.

BECAUSE KNOWLEDGE IS THE KEY INGREDIENT IN NUTRITION.

URL to Libraries Transform Health Literacy
COLLECTION DEVELOPMENT AND CAUTION/DISCLAIMERS
RUSA HEALTH AND MEDICAL REFERENCE GUIDELINES

- Role of Information Services Staff
- Reference Transaction Professional Behavior
- Ethics
  - Professional Behavior
  - Library Policies
  - Library Users’ Rights

URL for RUSA Health and Medical Reference Guidelines
“Materials in the Resource Center represent the opinions of the authors and are intended as a complement, not a substitute for the advice of your healthcare providers.”

Information provided by the Library and its employees has been gathered from a variety of consumer health resources. This information should not be interpreted as medical or professional advice. All medical information should be reviewed with your physician or other health care professional.

The Library provides this material to you for your information only. This is not to be considered medical advice. The library staff is not trained or qualified to diagnose illness or recommend treatment. Please refer your specific questions to the appropriate health professional.
Blood sugar test - blood

Blood sugar test measures the amount of a sugar called glucose in a sample of your blood.

Glucose is a major source of energy for most cells of the body, including brain cells. Carbohydrates are found in fruits, grains, bread, pasta, and milk. They are quickly turned into glucose in your body. This raises your blood glucose level.

Hormones made in the body help control blood glucose level.

How the Test Is Performed

A blood sample is needed.

How to Prepare for the Test

The test may be done in the following ways:

- After you have not eaten anything for at least 8 hours (fasting)
- At any time of the day (random)
- 2 hours after you drink a certain amount of glucose (oral glucose tolerance test)

How the Test Will Feel

When the needle is inserted to draw blood, some people feel a brief sting. Others feel only a pinch or pricking. Afterward, there may be some throbbing or aching. This wears away.

Why the Test Is Performed

Your doctor may order this test if you have signs of diabetes. More than likely, the doctor will order a fasting blood sugar test.

The blood glucose test is also used to monitor people who already have diabetes.
COLLECTION DEVELOPMENT

- Print Materials
- User Populations
- Online Resources
- Usage/Assessment
- Media
- Space
COLLECTION DEVELOPMENT (WEBSITES)

Medical Library Association (MLA)

URL to MLA Top Health Websites For Health Consumers and Patients

Includes General Health, Breast Cancer, Diabetes, Eye Disease, Heart Disease,

HIV/AIDS, & Stroke

URL to MLA Recommended Websites for Cancer Information

URL to Abstract/Article on Criteria to Develop Consumer Health Collections (PubMed)
QUESTIONS/COMMENTS
RESOURCES

- [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
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https://nnlm.gov/mar