

Public Libraries “Creating a Culture of Health”: With Support from Your Regional Medical Library (NN/LM MAR)



Lydia N. Collins, MLIS

Consumer Health Coordinator (NN/LM MAR)



U.S. National Library
of Medicine



National Network of
Libraries of Medicine

Agenda

Intro to NLM and NN/LM MAR

Community Health Needs

NN/LM MAR Support for Public Libraries

- Training
- Evaluation
- Consultant

Public Library Health Outreach



U.S. National Library of Medicine



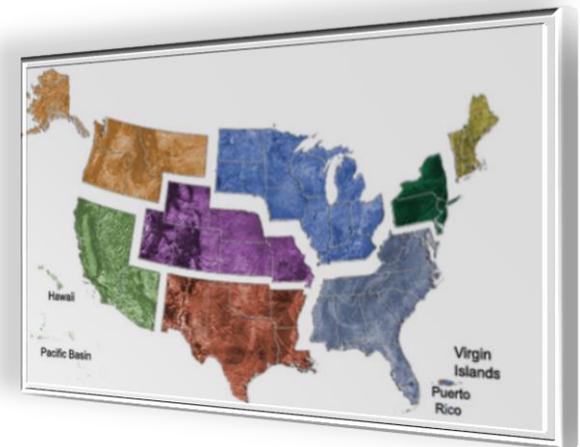
- Established in 1836
- One of the institutes of the National Institutes of Health (NIH)
- World's largest biomedical library
- Produces free, authoritative electronic health information resources
- 130+ health information databases

[URL](#) for NLM

National Network of Libraries of Medicine (NN/LM)

- Nation-wide program coordinated by the National Library of Medicine
- Established in the National Library of Medicine Act (1965)
- Core component of NLM outreach
- 8 Regional Offices

Mission: Provide health professionals and the general public with equal access to health information



[URL](#) for NN/LM MAR



Health Literacy & Community Health Needs

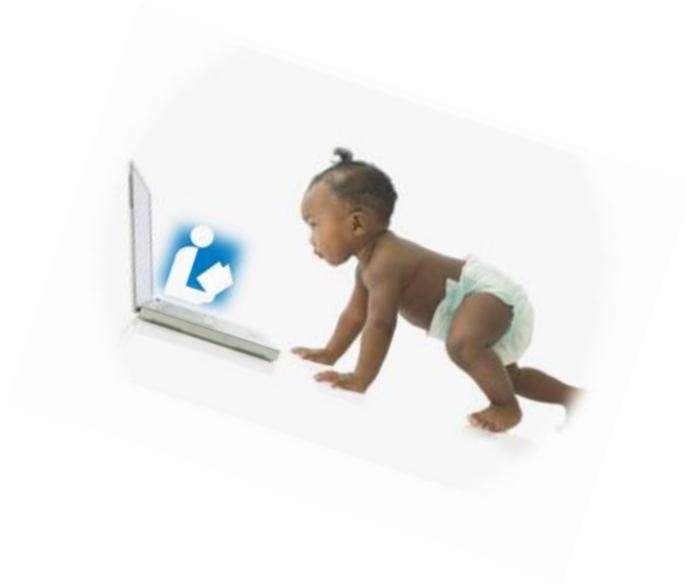
NN/LM & The Birth of Consumer Health Outreach

Free Medline (1997)

Public Libraries Pilot Project (1998)

MedlinePlus Debut
22 Topics (1998)

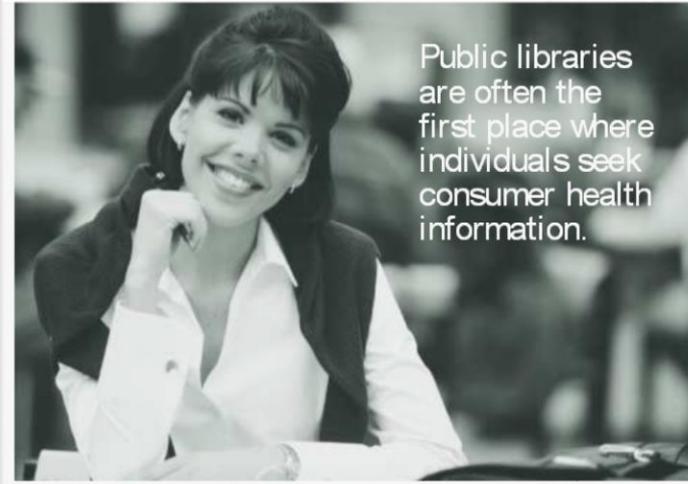
NIH > U.S. National Library of Medicine



THE CHALLENGE OF PROVIDING CONSUMER HEALTH INFORMATION SERVICES IN PUBLIC LIBRARIES



AMERICAN ASSOCIATION FOR THE
ADVANCEMENT OF SCIENCE



Public libraries
are often the
first place where
individuals seek
consumer health
information.

Seven Key Findings from the Literature Review

1. Health information in libraries is valuable 7
2. Health information is written for a level above those who use it 8
3. Libraries are important health information providers 8
4. Experienced librarians provide valuable lessons 10
5. Regional networks provide health information 12
6. Health care libraries also provide valuable information 14
7. Resources offered by government agencies 17

Model Consumer Health Libraries 16

Health-Related Web Sites 19

Annotated Bibliography/References 20

**URL for The Challenge of Providing Consumer Health
Information Services in Public Libraries (2010)**



Health Information Resources



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

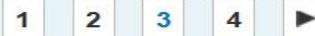
Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster



Managing Stress.

Find tips and techniques on our [Stress page](#).



Today's Health News

[Exercise May Extend Lives of People with COPD](#)

[Flu Season Hasn't Peaked Yet](#)

[Psychological Disorders Affect 1 in 7 U.S. Kids Under 9: CDC](#)

[More health news](#)

Clinical Trials

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

Stay Connected

Sign up for MedlinePlus email updates

NIH MedlinePlus Magazine

Read the [latest issue](#)



[Easy-to-Read Materials](#)



[Organizations and Directories](#)



[Health Information in Multiple Languages](#)



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NIH Senior Health

Built with You in Mind



Resize Text: [A](#) [A](#) [A](#) Change Contrast

Print Sign Up Share

Health and wellness information for older adults from the National Institutes of Health.

Health Topics by First Letter

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Categories

- [Bones and Joints](#)
- [Cancer](#)
- [Diseases and Conditions](#)
- [Healthy Aging](#)
- [Heart and Lungs](#)
- [Memory and Mental Health](#)
- [Treatments and Therapies](#)
- [Vision and Hearing](#)
- [All Topics A-Z](#)

Featured Topic



Psoriasis

Exercise Stories

People of all ages and physical conditions benefit from exercise and physical activity. These [exercise stories](#) feature older adults and the diverse activities they enjoy.



Health Videos

Many of our health topics feature short videos that complement the information in the topic. The [health videos](#) offer up-to-date medical information, tips for healthy living, and inspiring stories from older adults who are coping with diseases or conditions of aging.



Free Tips on Healthy Aging

[Sign up here for free tips on healthy aging from NIH Senior Health.](#)



Training Tools

Are you interested in helping older adults learn to search online health information on their own? Browse the [Trainer's Toolkit](#) for more information.



<http://medlineplus.gov/>

Access patient-oriented online information on over 950 health topics. Click **Drugs & Supplements** or search by drug name or disease. Other topics include: Drug Safety, Vitamins, Over the Counter Medicines, Pain Relievers, and Herbal Medicine.

Dietary Supplement Label Database

<http://dslid.nlm.nih.gov/>

This new label database includes information from 32,000 dietary supplement products marketed in the U.S. and includes product information, supplement facts, and ingredients.

LactMed

<http://lactmed.nlm.nih.gov/>

The Drugs and Lactation Database (LactMed) contains over 1,100 drugs, supplements and herbs to which breastfeeding mothers may be exposed. Included is information on levels of substances in breast milk and infant blood, possible effects on nursing infants, potential alternate drugs, and additional resources.

Pillbox

<http://pillbox.nlm.nih.gov/>

Quickly identify unknown drugs by color, shape, size, imprint, and scoring. Nearly 5,400 pill images are available.

<http://toxnet.nlm.nih.gov/>

Search databases on hazardous chemicals, toxic releases and environmental health, including LactMed and:

- **ChemIDplus** – *Chemical Identification/Dictionary* providing information on structure, property and chemical toxicity
- **HSDB** – *Hazardous Substances Data Bank* with biological and physical data including animal/human toxicity studies
- **DART** – *Developmental and Reproductive Toxicology* literature and
- **TOXLINE** – *Toxicology Literature Online*, with citations from toxicological journals including those in PubMed

Drug Information from the NLM

For more information, visit:

<http://www.nlm.nih.gov/learn-about-drugs.html>

The National Network of Libraries of Medicine® (NN/LM), an outreach program of NLM™, provides assistance and training nationwide. To find a local library, please call 800-338-7657 or go to <http://nnlm.gov/members>

Funded under Contract No. HHS-N-276-2011-00005-C with the University of Illinois at Chicago and awarded by the DHHS, NIH, National Library of Medicine. This resource is freely available at: <http://nnlm.gov/training/resources/drugstri.pdf>
Reviewed: June 2015

All About Drugs @ NLM

The U.S. National Library of Medicine® (NLM) provides a variety of informational databases on drugs and herbal supplements.

Portals – search across multiple databases

- **Drug Information Portal** – search across most NLM databases
- **TOXNET** – focus on toxic chemicals

Labels Databases

- **DailyMed** – FDA approved drug labels
- **Dietary Supplement Label Database**

Additional Drug Information Sources

- **AIDSinfo** – AIDs drugs and vaccines
- **Clinical Trials** – Drugs in clinical trials
- **LactMed** – Drugs affecting lactating mothers and breastfed infants
- **LiverTox** – Drug-induced liver injury cases
- **MedlinePlus** – For patients and families
- **Pillbox** – Pill identifier
- **PubChem** – Chemical information including components of drugs
- **PubMed** – Article citations
- **RxNorm** – Drug name listing

ClinicalTrials.gov currently lists **201,710 studies** with locations in all 50 States and in **190 countries**.

Text Size ▾

Search for Studies

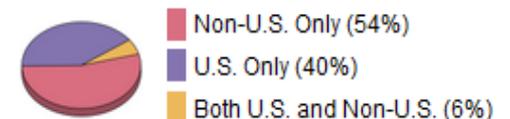
Example: "Heart attack" AND "Los Angeles"

[Advanced Search](#) | [See Studies by Topic](#)
[See Studies on Map](#)

Search Help

- [How to search](#)
- [How to find results of studies](#)
- [How to read a study record](#)

Locations of Recruiting Studies



Total N = 37,077 studies
(Data as of October 30, 2015)

- [See more trends, charts, and maps](#)

For Patients and Families

- [How to find studies](#)
- [See studies by topic](#)
- [Learn about clinical studies](#)
- [Learn more...](#)

For Researchers

- [How to submit studies](#)
- [Download content for analysis](#)
- [About the results database](#)
- [Learn more...](#)

For Study Record Managers

- [Why register?](#)
- [How to register your study](#)
- [FDAAA 801 requirements](#)
- [Learn more...](#)

Learn More

- [Tutorials for using ClinicalTrials.gov](#)
- [Glossary of common site terms](#)
- [For the Press](#)
- [Using our RSS Feeds](#)

Search

[Advanced Search](#)

--Select Language 

Documents Audio Videos

What's New

- ✔ Hepatitis B Virus (HBV) Fact Sheet (English, Haitian Creole (Kreyol), Spanish)
- ✔ Hepatitis A Virus (HAV) Fact Sheet (English, Haitian Creole (Kreyol), Spanish)
- ✔ Genital Herpes Fact Sheet (English, Haitian Creole (Kreyol), Spanish)
- ✔ Chlamydia Fact Sheet



Featured Resources

- ✔ Culture, Context, and the Mental Health and Psychosocial Wellbeing of Syrians **New!**
- ✔ Substance Abuse and the Torture Survivor Experience **New!**
- ✔ Resources in Arabic- various topics **New!**

[View All](#)

Tweets

 Follow



HealthReach
@NLM_HealthReach

23 Jun

Excellent resource on staying healthy available in 14 languages!
healthreach.nlm.nih.gov/DocumentProper...



NIH ODS ✓
@NIH_ODS

16 Apr

Make #nutrition education fun. Help #kids use detective skills to identify fruits & veggies on their cafeteria menu: 1.usa.gov/1DLv7nN

[URL](#) for HealthReach

ToxMystery

By the National Library of Medicine

Español

Welcome to WHAT'S WRONG IN THIS ROOM, a ToxMystery activity. Enter the house by clicking on the front door.



National Library of Medicine

Parent Resources

For Teachers

Getting Started

[URL](#) for ToxMystery



Environmental Health Student Portal

Connecting Middle School Students to Environmental Health Information

Home

Air Pollution

Chemicals

Climate Change

Water Pollution

Videos

Games

Experiments

For Teachers



Search

Go



Print this Page

What is Environmental Health ?

Environmental Health is the interrelationship between human health and the environment, either natural or manmade.

[Learn More](#)



Air Pollution



Chemicals



Climate Change



Water Pollution



Interested in a trailer of our animations about characteristics, uses, and health effects of hazardous chemicals?

Please, click here to preview.

1 2 3 4 5

[URL](#) for Environmental Health Student Portal



Airplanes	Brownfield	Construction	Drinking Water	EMFs	Factory	City Locations
-----------	------------	--------------	----------------	------	---------	----------------



Arsenic	Asbestos	Benzene	Carbon Monoxide	Chromium	Lead	All Chemicals
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[URL](#) for Tox Town



make history!

expand your horizons

 search exhibitions: explore, discover, enjoy!

explore our exhibitions



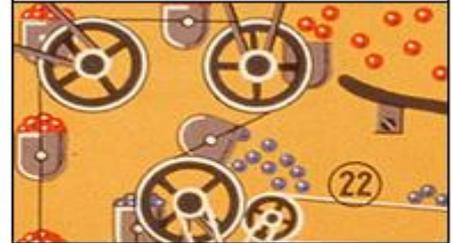
book a traveling exhibition



find an educational resource



curious? take a look



The Exhibition Program creates lively and informative exhibitions and educational resources that enhance awareness of and appreciation for the collections of the National Library of Medicine. Explore. Discover. Enjoy.

[URL](#) for NLM Exhibition Program and [URL](#) for NLM Traveling Exhibitions

Health Hotlines

Toll-free Numbers from the National Library of
Medicine's Health Hotlines Database

Números telefónicos sin cargo de la base de datos de
líneas directas, de la Biblioteca Nacional de Medicina

Find Organizations



Find an organization that can help you with your health information needs.

[Search Health Hotlines](#)

Get the eBook



Download the free eBook or printable PDF.

[Download](#)

Get In Touch



Call organizations in the directory to get personalized help with specific health related topics.

[URL for Health Hotlines](#)

Trusted Health Information from the National Institutes of Health

NIH MedlinePlus

WINTER 2016

the magazine

Benjamin King

Star of Disney Channel's *Liv and Maddie* helps others—especially kids—learn to live well with Crohn's disease.



Living with

Crohn's Disease

Walk! For Your Health

The US Surgeon General leads us all in a Call to Action on Walking.

Decoding Dyslexia

Early intervention and making learning fun can help with this reading disorder.

Managing Parkinson's Disease

New research offers hope for better diagnosis and treatments.

A publication of the NATIONAL INSTITUTES OF HEALTH and the FRIENDS of the NATIONAL LIBRARY OF MEDICINE

[Read the Winter 2016 Issue](#)

[URL](#) for MedlinePlus Magazine and [URL](#) for Bulk Orders

InformationRx.org



MedlinePlus.gov
THE WEB SITE YOUR DOCTOR PRESCRIBES

Information Rx

A free, comprehensive, authoritative, up-to-date health information Web site from the world's largest medical library, the National Library of Medicine of the National Institutes of Health.

MedlinePlus.gov
THE WEB SITE YOUR DOCTOR PRESCRIBES

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MedlinePlus.gov
THE WEB SITE YOUR DOCTOR PRESCRIBES

Information Rx

DEPARTMENT OF HEALTH & HUMAN SERVICES



What's inside...

Consumer Health Resources

- Health Check Tools
- Mobile Apps & Sites

Consumer Health Information Services

- Community Needs Assessment
- Reference Services

Technology & Health

- Health-related Audio and Video Podcasts
- Personal Health Records and Electronic Health Records

Workplace Wellness

- Creating Healthy Libraries
- Planning and Implementing Wellness Programs

and more

[URL](#) for Consumer Health Toolkit

Summer Reading 2016: Get Ready, Get Set!!



Let NN/LM MAR help as you gear up for **Summer Reading 2016!!** Watch recordings of the February 2016 and March 2016 **Boost Box Sessions** to learn about freely available health information resources from the National Library of Medicine and other reliable agencies that can be turned into fun ideas/activities for your Summer Reading 2016 program.

Listen to recordings of the webinars on the [NN/LM MAR Boost Box Archives](#) page.

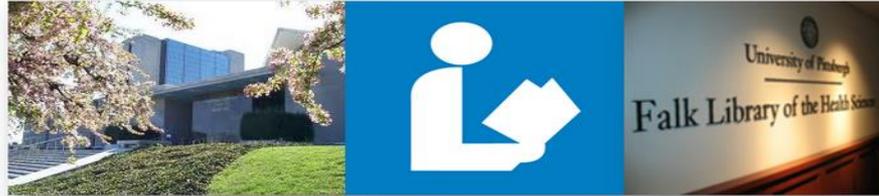
Access Summer Reading resources and materials on the [NN/LM MAR Health Outreach and Programming](#) resource guide.

-  [NNLM MAR Summer Reading 2016 Webinar Descriptions](#)
-  [NN/LM MAR Summer Reading Resources Highlights 2016](#)

Comments (0)

National Health Observances

Welcome to NN/LM MAR Information for Public Libraries



The National Library of Medicine (NLM) Provides freely available resources on a variety of topics for use by Public Libraries to use in their communities. Locate resources by subject using the information compiled by the Consumer Health Coordinator at the National Network of Libraries of Medicine, Middle Atlantic Region ([NN/LM MAR](#)).

Highlighted Resources by Population/Topic:

- [Adult/General/Senior Health](#)
- [Health Resources for Teens](#)
- [NLM's K-12 Resources](#)
- [Consumer Health](#)
- [Finding Health and Wellness @ the Library: A Consumer Health Toolkit for Library Staff 2nd edition](#)
- [Affordable Care Act Information](#)
- [Multicultural Health Resources](#)
- [Health Resources in Multiple Languages](#)

If you have any questions or would like training on the resources listed, please contact NN/LM MAR via e-mail, nnlmmar@pitt.edu or via telephone  (800) 338-7657 **FREE**.

NN/LM MAR Consumer Health Coordinator



Lydia Collins

Contact Info

NN/LM MAR
 Health Sciences Library System
 University of Pittsburgh
 200 Scaife Hall
 3550 Terrace Street
 Pittsburgh, PA 15261
 412.624.1411
[Send Email](#)

Links:

[Profile & Guides](#)

Subjects:

[Consumer Health K-12](#)
[Professionals Outreach Health](#)
[Literacy Outreach to Soliders, Veterans and Military Families](#)
[Outreach to Underrepresented and Minority Populations Outreach to Seniors](#)

Of Interest to Public Libraries

- o [Pew Internet Libraries](#)



**NN/LM MAR Support for
Public Libraries**

Support from Your Regional Medical Library

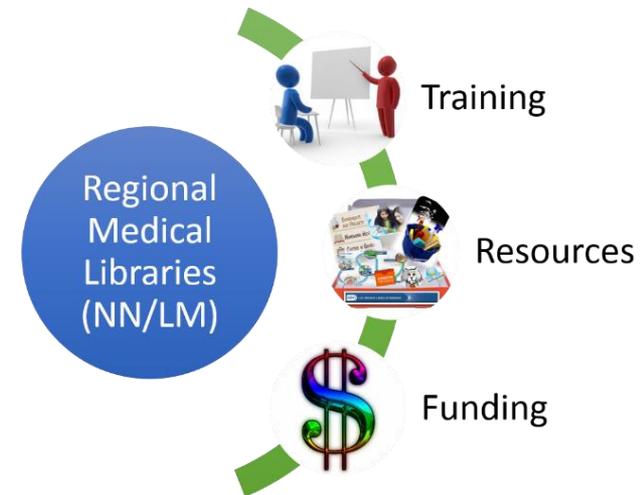
Assessment/Evaluation

Consumer Health

National Library of Medicine Resources

Outreach/Advocacy

Technology/Systems



[URL](#) for NN/LM MAR Training Page

[URL](#) for NN/LM MAR Funding Information

[URL](#) for NN/LM MAR Listserv

NN/LM MAR Consumer Health Classes

- **Beyond an Apple a Day: Providing Consumer Health Information at Your Library**
- **Caring for the Mind: Providing Mental Health Information at Your Library**
- **From A(norexia) to Z(its): Providing Health Information to Teens**
- **From Beyond Our Borders: Providing Health Information to Refugee Populations**
- **Grants and Proposal Writing**
- **Healthy Aging at Your Library: Connecting Older Adults to Health Information**
- **MedlinePlus and Affordable Care Act Resources for Public Libraries**
- **¿No Comprende? Online Health Resources for English Speakers Serving Spanish Speaking Communities**

[URL](#) for MAR Class Descriptions

NN/LM MAR Consumer Health and Disaster Preparedness Classes

Additional Consumer Health Classes

- Building Collections and Connections for LGBT Health Awareness: improving the health, safety, and well-being of lesbian, gay, bisexual and transgender persons
- Food for Thought: Exploring Nutrition Resources
- Health Literacy and its Importance to You
- Health on the Range: Rural Health Issues and Resources
- The Ropes: Planning Instruction for the Adult Learner

Disaster Preparedness Classes

- Are You Ready? Essential Disaster Health Information Resources for Keeping Your Loved Ones Safe
- Information Roles in Disaster Management
- Packing Your “Digital Go-Bag:” Essential Disaster Health Information on Your Mobile Device





Professional Development

- General Information
- Professional Competencies
- Continuing Education (CE) +
- AHIP Credentialing
- Specializations +
- Mentoring
- Research Imperative
- Grants and Scholarships
- Career Center

Consumer Health Information Specialization

The Consumer Health Information Specialization (CHIS) will help you keep current in the consumer health information field and obtain an additional, recognized level of expertise. MLA hours earned through the CHIS program may be used for credit in MLA's [Academy of Health Information Professionals](#).

CHIS can help advance the careers of:

- medical librarians
- public librarians
- librarians working in consumer health libraries
- allied health professionals

See a list of current [CHIS recipients](#).



Level 1: Completion of 12 hours approved course or activities focusing on consumer health

Level 2: Completion of 24 hours approved course or activities focusing on consumer health

\$75.00

NOTE: You have three years to gather the hours needed, ending with the date you submit your materials. The specialization is valid for three years and may be renewed.

[URL](#) for MLA CHIS

Professional Development

- General Information
- Professional Competencies
- Continuing Education (CE) +
- AHIP Credentialing
- Specializations +
- Mentoring
- Research Imperative
- Grants and Scholarships
- Career Center
- For Educators (Clearinghouse) +

Disaster Information Specialization



The MLA Disaster Information Specialization, developed by MLA and the National Library Medicine (NLM), offers training in providing access to information for disaster and emergency preparedness, response, and recovery.

Through an approved curriculum of courses and other educational activities, the Disaster Information Specialization can help you expand your role. Complete these free, online courses to acquire the knowledge and skills necessary to support your institution or community in times of disaster or public health emergencies.

Level 1: Required to take 5 Specific Courses

Level 2: This more advanced level requires completion of 27 contact hours.

\$75.00

Renewal requires an additional eight hours every 3 years.

URL for MLA DIS

Strength in Partnerships



National Health Observances – Promotional Materials

Your organization may re-use these slides to post on your electronic message boards/display screens or even save individual slides as PDF's to link/post onto your web sites. 12 months of ideas based on the U.S. Health Observances are currently available.

If you have questions or need help brainstorming ideas and are in DE, NJ, NY or PA please e-mail Lydia Collins, NN/LM MAR Consumer Health Coordinator at lydia@pitt.edu



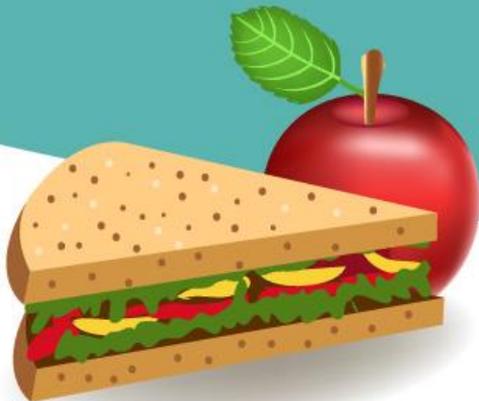
[URL](#) to Public Libraries Resource Guide

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



MedlinePlus

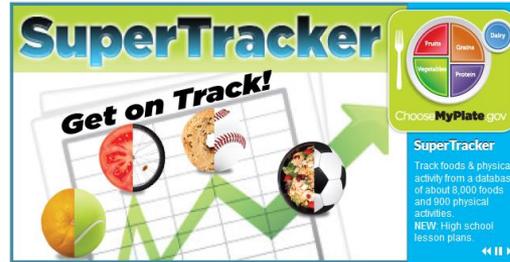


For more information visit [Medlineplus.gov](http://www.nlm.nih.gov/medlineplus/nutrition.html):
<http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choosemyplate.gov Images



Want to avoid that Freshman 15? (College Campus)



Start a campaign to have your members begin tracking their eating habits (Faith/Community Based Organizations)

It is always helpful to use images that target your outreach population.

Consider resizing and using the images on this slide and replacing the one on the previous slide if you want to use images that are more appealing to your target population.



Do you work with kids? (K-8 schools, after school programs, faith communities)



Eating Healthy on a Budget: You Can't Afford Not to! (All adult audiences)



My plate for older adults (Senior Outreach)

March: Ideas for National Nutrition Month

Healthy Food Choices for All!



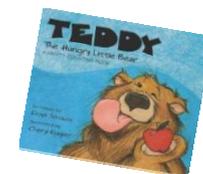
Consider this:

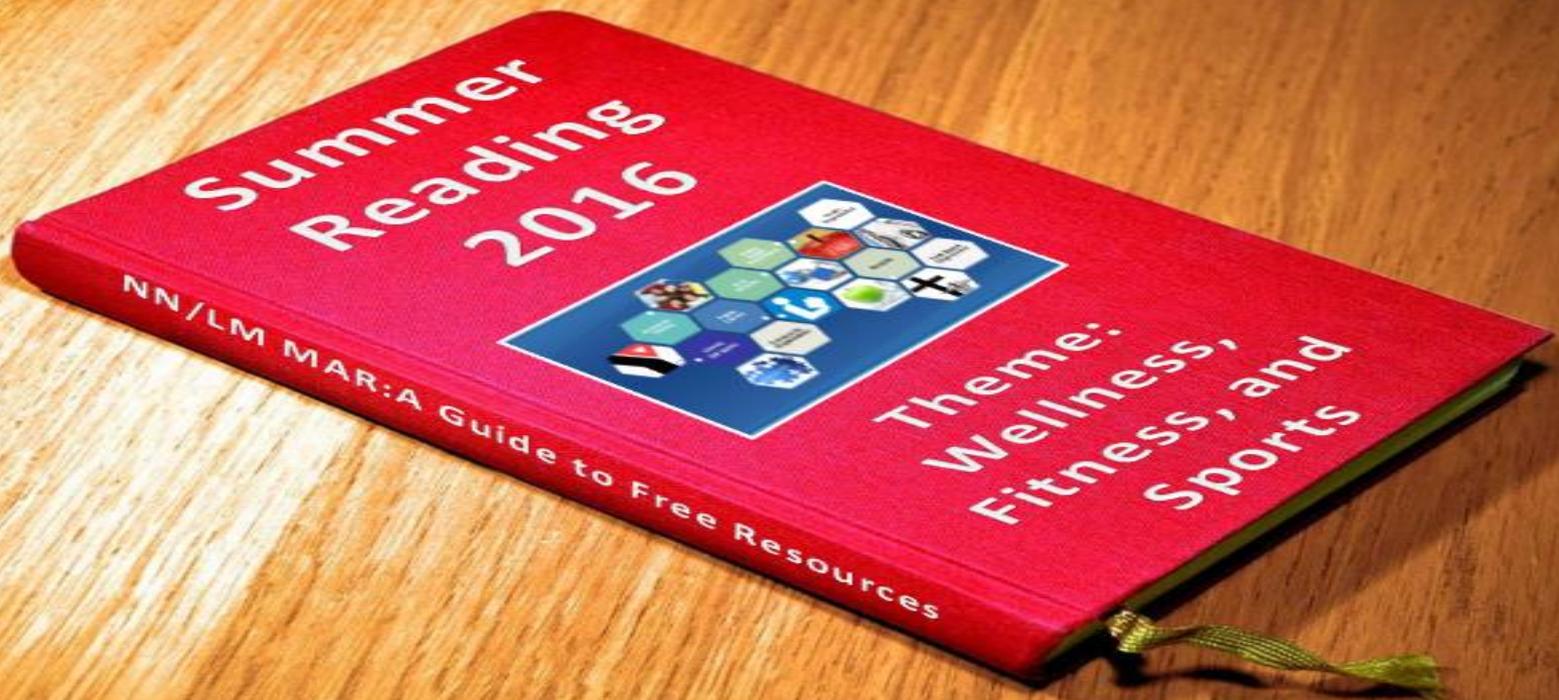
Do you have a local farm stand, grocery food chain or other provider of food in your community that has a community outreach component?

Perhaps you could use your organizations parking lot or meeting room to host a healthy eating fair and invite local health agencies or even a chef to provide a demonstration of low cost healthy cooking options available to your community.

Focus on using local resources to make sure that what you showcase is accessible to as many people as possible. Perhaps your local food bank would be willing to partner with you.

[URL](#) to locate national nutrition month materials

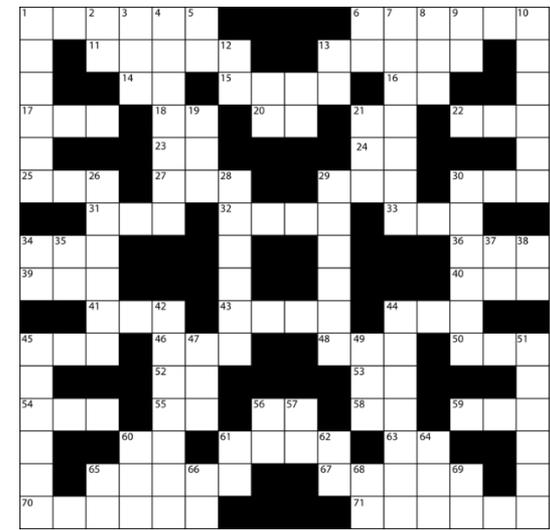




Let NN/LM MAR help as you ‘gear up’ for Summer Reading 2016!!

Watch recordings of the February 2016 and March 2016 Boost Box Sessions to learn about freely available health information resources from the National Library of Medicine and other reliable agencies that can be turned into fun ideas/activities for your Summer Reading 2016 program.

For more information visit the [NN/LM MAR Public Libraries Resource Guide](#)



Mad Lib Gen

Unicorns can be a great way to get in shape or stay that way. Having a specific umbrella can be a great motivator. Reluctantly, you need strength and phone. Your training will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of dog activities in your program. Research shows that cross training builds stronger turtles. Remember to listen to your lion. If you frequently row exhausted or you are in push pin, you may be overdoing it. Injuries can be the result. And be sure that you use your fork and your equipment safely. What you eat and drink is also important. pen is the most important nutrient for active people. blink it before, during and after workouts. MedlinePlus Sports Fitness: <https://www.nlm.nih.gov/medlineplus/sportsfitness.html>

[Play Again](#)

Being Healthy Can Be Fun!!

L.N. Collins



This comic strip was created at MakeBeliefsComix.com. Go there to make one yourself!

[URL](#) for Puzzlemaker (Discovery Education) and [URL](#) for Printable Worksheets (The Teachers Corner) and [URL](#) for Mad Lib Generator (Project Labyrinth) and [URL](#) for MedlinePlus Sports Fitness Mad Lib (LNC-MAR) and [URL](#) for MakeBeliefscomix.com



What's on Your Plate?

5 Food Groups

MyPlate Puzzle

Physically Fit

Name That Nutrient

Fantastic Fruits

\$100

\$100

\$100

\$100

\$100

\$100

\$200

\$200

\$200

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FINAL JEOPARDY

JEOPARDY!



[URL](#) for Jeopardy Fitness & Nutrition Youth

**Human
Body**

**Bodily
Functions**

**Medical
Terminology**

SuperFoods

**The 5
Senses**

**NLM @ Your
Library**

\$100

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FINAL JEOPARDY

JEOPARDY!



[URL](#) for Jeopardy General Health Adults



Health Outreach and Programming

Last Updated: Mar 7, 2016 | URL: http://guides.nnlm.gov/mar_program | [Print Guide](#) | [RSS Updates](#) | [Email Alerts](#)

- [Home](#)
- [Summer Reading 2016](#)
- [Creative Tools](#)
- [NIH and National Health Campaigns](#)

[Home](#) [Print Page](#)

Search: This Guide

NN/LM MAR Guide for Health Outreach and Programming

Welcome to the resource guide for health outreach and programming. On this guide you will find information on how to integrate the reliable and freely available health information resources from the National Library of Medicine (NLM) into health outreach and programming at your institution.



Currently the guide will provide you with information specific to Summer Reading 2016. Additional information for other health outreach will be added to the guide in April 2016.

If you have questions about the content on this guide, please contact Lydia Collins, Consumer Health Coordinator at NN/LM MAR.

NN/LM MAR Consumer Health Coordinator



Lydia N. Collins

Contact Info

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University of Pittsburgh
200 Scaife Hall
3550 Terrace Street
Pittsburgh, PA 15261
[412.624.1411](tel:412.624.1411)
[Send Email](#)

Links:

[Profile & Guides](#)

Subjects:

[Consumer Health](#)



**Public Library Health Outreach
(Examples)**

Health Program Ideas

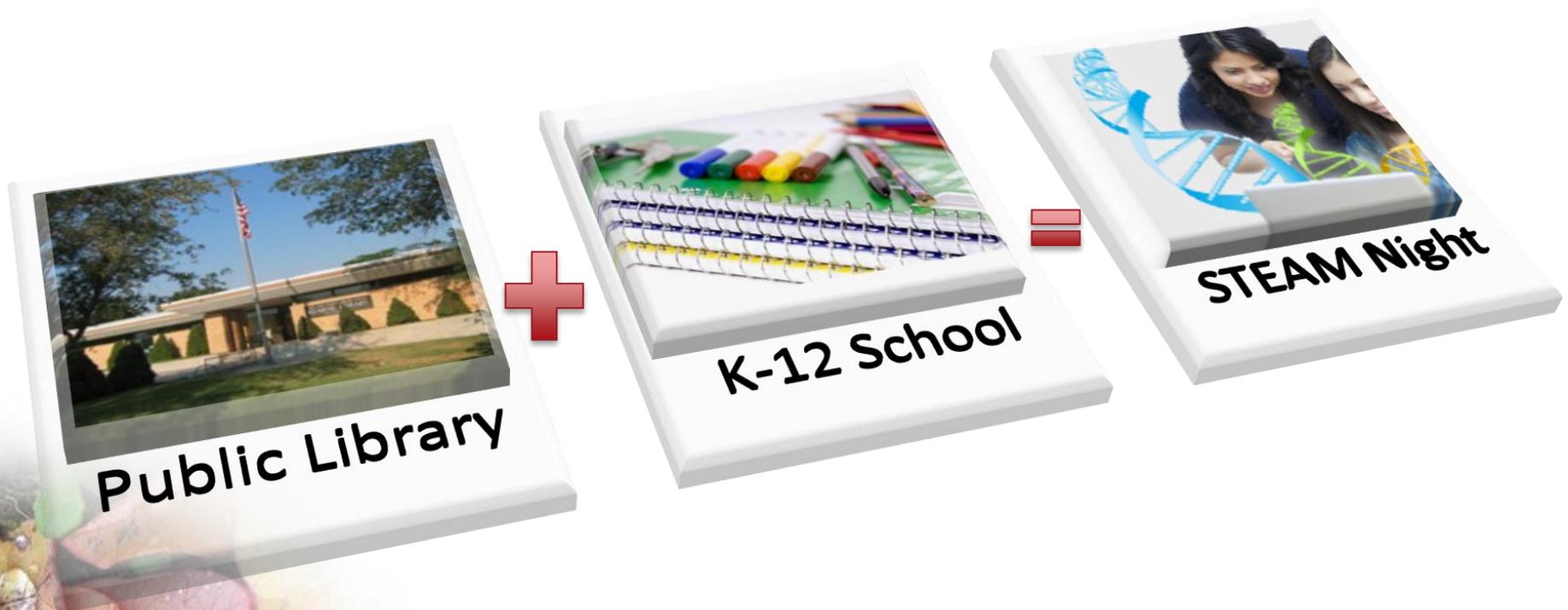


Cooking for Good Health (DE)



**Cooking for Good Health
Laurel Public Library
Laurel, DE**

NN/LM MCR: Region 4



Nutrition and Food Safety 101 for Refugee and Immigrant Communities

*Make your community healthier by learning the basics of
nutrition and food safety!*

When: **Tuesday, April 28, 2015, 2pm-4pm**

Where: Whitman Library
200 Snyder Ave, Philadelphia, PA 19148

Target Audience: Service Agency Case Managers,
Social Workers, and Community Leaders

REGISTRATION IS REQUIRED FOR THIS FREE EVENT.

Public health experts will present information about:

- *Common foodborne illnesses and how to prevent them*
- *How to read and understand nutrition labels*
- *The health hazards of soda and juice*
- *Navigating the grocery store to find healthy foods and meals*
- *Preparing meals with Cooking Demonstration and Free Samples*

NOTE: Individuals who participate in at least four monthly "Public Health 101" sessions will be eligible to receive a Public Health Outreach Kit.

REGISTRATION IS REQUIRED FOR THIS FREE EVENT.

*To register: contact Sarah Levin-Lederer at
sarah.levin-lederer@phila.gov or 215-685-6801.*

Brought to you by:



Department of
Public Health
CITY OF PHILADELPHIA
1500 BROADWAY, 5TH FLOOR



PHILADELPHIA
REFUGEE HEALTH
COLLABORATIVE



Nationalities
Service Center

Partnership Opportunity:

Let's join forces to provide statewide resources for your community!

The NJ Department of Children and Families (DCF) and the NJ State Library (NJSL) have partnered to provide expanded advocacy, outreach and marketing to your children, youth, women and families! You can join us in this effort and arrange for DCF and NJSL speakers to visit your library, facility or event to share details about resources for your community.

NJSL can provide important and valuable presentations on statewide resources such as:

- Audio Books & Braille
- Services to Special Populations and New Americans
- Literacy Education (for adult, early and fiscal literacy)
- Workforce Development
- Youth and Teen Services
- Diversity and Multicultural Programs
- Community Outreach

DCF representatives are available to conduct onsite presentations at your library, and provide your community with direct access to DCF's statewide programs:

- Children's System of Care
- Division on Women
- Family Success Centers
- Office of Adolescent Services
- Office of Education



55+ Live Well Fair



Discover
Resources for
Health & Wellness
Recreation & Activities and
Ways to Make Your
Life Easier

Tuesday, November 10
10:00 a.m. - 12:00 noon

Program Room B

Learn about the print, online information, and programs that the Bernards Township Library has to offer on these important topics:

- Health & Living Well
- Recreation & Activities
- Ways to Make Your Life Easier

Local and county organizations will be represented. This program is free and all adults are welcome to attend. Registration is requested by visiting www.BernardsLibrary.org or by calling 908-204-3031 ext. 186.

Light refreshments will be served.



BERNARDS TOWNSHIP
LIBRARY

Sparkling Awareness

www.BernardsLibrary.org

908.204.3033

Related Pages

- » [OERC Home](#)
- » [About the OERC](#)
- » [Blog](#)
- » [Evaluation Guides](#)
- » [Workshops](#)
- » [Tools and Resources](#)
- » [NN/LM Outreach Initiatives](#)

Overview: Outreach Evaluation Resource Center (OERC)

Librarians and health educators conduct programs to improve access to health information. The OERC provides assistance in developing well-planned evaluation to help target and measure outreach success.

About the OERC

The OERC builds capacity for health information outreach evaluation in the National Network of Libraries of Medicine (NN/LM). When evaluation is an integral part of an outreach project, participants can identify approaches that work well, learn from experiences, make mid-course corrections, and recognize accomplishments. Through evaluation, members of the NN/LM and staff of the Regional Medical Libraries can demonstrate to partners and stakeholders that efforts have made a difference...[more information](#)

OERC Blog

[Link to news and discussion about evaluation and health information outreach](#)

Publications from the OERC

[Planning and Evaluating Health Information Outreach Projects:](#)



The second edition (2013) of this popular series of three booklets by Cynthia Olney and Susan Barnes presents step-by-step planning and evaluation methods. Along with providing information about evaluation, each booklet includes a case study and worksheets to assist with outreach planning. The booklets are designed to supplement [Measuring the Difference: Guide to Planning and Evaluating Health Information Outreach](#) and to support evaluation workshops.

[Measuring the Difference: Guide to Planning and Evaluating Health Information Outreach:](#)

URL for Outreach and Evaluation Resource Center (OERC)



- 1) No activity is too small
- 2) Each library will determine capacity for health outreach
- 3) Partner with local agencies
- 4) Look to NLM for great resources!
- 5) Contact NN/LM MAR to support your efforts!!





Questions

Contact NN/LM MAR

Web site: <http://nnlm.gov/mar>

Phone: 1.412.648.2065

Serving Delaware, New Jersey, New York and Pennsylvania



For questions regarding the content of this presentation or to request training please contact:

Lydia N. Collins

Consumer Health Coordinator

lydia@pitt.edu