Beyond an Apple a Day

PROVIDING CONSUMER HEALTH INFORMATION AT YOUR LIBRARY
Who We Are

NIH
- National Institutes of Health
- Nation’s research agency
- 27 institutes and offices

NLM
- National Library of Medicine
- World’s largest biomedical library

NNLM
- National Network of Libraries of Medicine
- Program of the NLM comprised of 8 Regional Medical Libraries (RMLs) and 5 offices

PNR
- Pacific Northwest Region (NNLM PNR)
- Is one of the 8 RMLs
- Serves Alaska, Idaho, Montana, Oregon, Washington
Learning Objectives

- Basics of consumer health and health literacy
- Conduct appropriate health reference
- Identify quality online health information
- Identify, select, and provide appropriate health information for patrons
- Recall and locate at least one National Library of Medicine health resource
- Develop ideas to create health related programs and services
Consumer Health & Health Literacy
National Vodka Day: Why Drinking Vodka May Be Healthier Than A Glass Of Wine

Not all drinks are created equal. And National Vodka Day is a good time to take a closer look at this staple of every corner bar.

Vodka may have some virtues. Clear liquor contains fewer congeners, compounds besides alcohol produced during fermentation and may contribute to the severity of hangovers. Many drinkers look to vodka as a lower calorie option that could be healthier than drinking "antioxidant-rich" red wine.

Vanessa Risotto, a registered dietitian and nutritionist in Hoboken, New Jersey, says that vodka may be healthier than wine. "If you want antioxidant benefits [from wine], you'd have to take in a lot of..."
“My mom is starting to forget things but how do I know if it’s Alzheimer’s?”

“Why did my doctor put me on Prozac?”

“I want to find more about that diet thing Dr. Oz talked about the other day.”

“I just found out my son may have Marfan syndrome. Do you have a book about it?”

“My 23andMe test said I could get breast cancer, what do I do now?”

“Why is broccoli good for you?”
Consumer Health – Then and Now

▪ 1972  Patient Bill of Rights

▪ Realities of Health Care today:
  ▪ Patients are now asked to make decisions about their own disease process
  ▪ Most patients do not have the tools or knowledge to make fully informed decisions
  ▪ Health literacy
  ▪ Libraries can help!
Quiz: Health Status

What is the strongest predictor of an individual’s health status?

- Age
- Income
- Employment status
- Education
- Literacy skills
- Racial/ethnic group
Quiz: Fill in the Blanks

▪ One out of ? American adults reads at the 5th grade level or below.

   1 out of 5

▪ The average American reads at the 8th to 9th grade level, yet most health care materials are written above the ? grade level.

   10th grade level

National Partnership for Women and Families – Health Literacy & Plain Language Overview
What is Health Literacy?

“What health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

Why Health Literacy is Important

- Access health care services
- Analyze relative risks and benefits
- Calculate dosages
- Communicate with health care providers
- Evaluate information for credibility and quality
- Interpret test results
- Locate health information
Health Literacy Requires

- Basic literacy
- Numeracy
- Biology
- Computer literacy
- Media literacy
- Cultural and linguistic competency
- Digital literacy

Health Literacy Quick Guide, Health.gov
The Cost of Health Literacy

- poorer comprehension of nutrition labels
- less likely to act on public health alerts
- less likely to use preventative services
- more likely to skip tests
- less likely to adopt healthy behaviors
- struggle to manage chronic diseases
- misunderstand prescription labels or instructions
- more emergency room visits
- more preventable hospital admissions

Most Likely to have Low Health Literacy

- Adults over 65 years of age
- Racial and ethnic groups other than White
- Recent refugees and immigrants
- People with less than a high school degree or GED
- People with income at or below the poverty level
- Non-native speakers of English
Health Literacy videos

American Medical Association Health Literacy video

American College of Physicians Health Literacy video
Role of Libraries

HEALTHIER COMMUNITIES
Public Libraries

- Universally supported (almost)
- Are essential to community well-being
- Library systems support 95% of the population
- Play a critical role in promoting child and adult literacy
- Sources of consumer health information
Libraries are Partners in a Healthy Community

- Access to evidence-based up-to-date health information
- Safe environment to conduct health information searches
- Health related programming and outreach
- Model health behavior with workplace wellness
Healthier Communities

- Have higher rates of education
- Stronger local economy
- Recover after a disaster more quickly and with less negative health issues
- Fewer chronic diseases including obesity
- Lower rates of chronic stress and mental fatigue
- Lower early death rates from cancer and diabetes
Evaluating Health Information
ABCs of Evaluation

▪ Accuracy
  • Is the information based on sound medical research?

▪ Authority
  • Who published the page?

▪ Bias
  • Is the author using data improperly to promote a position or a product?

▪ Currency
  • When was the page last updated?

▪ Coverage
  • Are there sources given for additional information?

▪ Usability
  • Is it user friendly and easy to navigate?

NNLM Consumer Health guides
Trust It or Trash It?

1. Who said it?

2. When did they say it?

3. How did they know?

What is Trust It or Trash It?

This is a tool to help you think critically about the quality of health information (including websites, handouts, booklets, etc.). Click on Who said it? When did they say it? and How did they know? to guide you through the process.

Trust It or Trash It
Class exercise – evaluating websites
Break time!
The Resources
Google results

179,000,000 results
MedlinePlus results

Autism health topic page

748 results
- Links to reliable, authoritative health websites
- Easy-to-read articles
- Lab test information
- Medical encyclopedia
- Social media presence
- Clinical Trials
- Links to local services
- English, Spanish and other languages
- MedlinePlus Magazine
- No Advertisements!

MedlinePlus
https://medlineplus.gov/
MedlinePlus - health topic search

Health Topics
Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z
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 List of All Topics

Body Location/Systems
- Blood, Heart and Circulation
- Bones, Joints and Muscles
- Brain and Nerves
- Digestive System
- Eye, Nose and Throat
- Endocrine System
- Eye and Vision
- Immune System
- Kidneys and Urinary System
- Lung and Breathing
- Mouth and Teeth
- Skin, Hair and Nails
- Female Reproductive System
- Male Reproductive System

Disorders and Conditions
- Cancers
- Diabetes Mellitus
- Genetics and Birth Defects
- Infections
- Mental Health and Behavior
- Poisoning, Toxicology, Environmental Health
- Pregnancy and Reproduction
- Substance Abuse Problems

Diagnosis and Therapy
- Complementary and Alternative Therapies
- Diagnostic Tests
- Drug Therapy
- Surgery and Rehabilitation
- Symptoms
- Transplantation and Donation

Demographic Groups
- Children and Teenagers
- Men
- Population Groups
- Seniors
- Women

Health and Wellness
- Disasters
- Fitness and Exercise
- Food and Nutrition
- Health System
- Personal Health Issues
- Safety Issues
- Sexual Health Issues
- Social/Family Issues
- Wellness and Lifestyle

Mental Health and Behavior
- ADD see Attention Deficit Hyperactivity Disorder
- ADHD see Attention Deficit Hyperactivity Disorder
- Adolescent Development see Teen Development
- Agoraphobia see Phobias
- Alzheimer's Disease
- Amnesia see Memory
- Anorexia Nervosa see Eating Disorders
- Antidepressants
- Antisocial Personality Disorder see Personality Disorders
- Anxiety
- Asperger Syndrome see Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder
- Autism see Autism Spectrum Disorder
- Autism Spectrum Disorder
- Baby Blues see Postpartum Depression
- Bereavement
- Bipolar Disorder see Bipolar Disorder
- binge Eating see Eating Disorders
- Bipolar Disorder
- Borderline Personality Disorder see Personality Disorders
- Bulimia see Eating Disorders
- Cancer-Living with Cancer
- Child Behavior Disorders
- Child Mental Health
- Chronic Illness, Coping see Coping with Chronic Illness
- Compulsive Gambling
- Conduct Disorder see Child Behavior Disorders
- Coping with Chronic Illness

Get updates | Subscribe to RSS | Follow us
Searching MedlinePlus – search box

(National Library of Medicine) indicates a health topic page
MedlinePlus - videos & tools

Watch health videos on topics such as anatomy, body systems, and surgical procedures. Test your knowledge with interactive tutorials and games. Check your health with calculators and quizzes.

- Health Videos: View videos of anatomy and body systems and how diseases and conditions affect them.
- Surgery Videos: Find videos of operations and surgical procedures.
- Health Check Tools: Check your health with interactive calculators, quizzes and questionnaires.
- Games: Boost your health knowledge by playing interactive health games.

Understanding Medical Words Tutorial
Evaluating Health Information Tutorial
To Your Health: NLM Update Podcast
MedlinePlus: videos & tools examples
NIH- 27 institutes and centers
Multi-lingual and Multi-cultural

MEDLINEPLUS AND OTHER RESOURCES
NIH and MedlinePlus- Spanish

NIH information in Spanish https://salud.nih.gov/

MedlinePlus in Spanish
Varicella (Chickenpox) Vaccine: What You Need to Know

1. Why get vaccinated?

Varicella (also called chickenpox) is a very contagious virus disease. It is caused by the varicella-zoster virus. Chickenpox is usually mild but it can be serious in infants under 12 months of age, adolescents, adults, pregnant women, and people with weakened immune systems.

Chickenpox causes itchy red rash that usually lasts about a week. It can also cause:
- fever
- rash
- loss of appetite
- headache

More serious complications can include:
- encephalitis: infection of the brain (rare)
- hepatitis: inflammation of the liver (rare)
- pneumonia: swelling of the lungs and/or fluid build-up in the lungs (see below)

2. Chickenpox vaccine

Children 12 months through 12 years of age should get 2 doses of chickenpox vaccine:
- First dose: 12 through 15 months of age
- Second dose: 4 through 6 years of age

People 13 years and older who didn’t get the vaccine when they were young, and have never had chickenpox, should get 2 doses of vaccine:
- A person with chickenpox who gets 2 doses of vaccine should receive a second dose to complete the series.
- The second dose should be given at least 1 month after the first dose for those younger than 12 years, and at least 28 days after the first dose for those 13 years of age or older.

There is a combination vaccine called MMWV that contains both chickenpox and MMR. MMRV is an option for children 12 months through 12 years of age. There is a separate Vaccine Information Statement for MMRV. Your child’s health care provider can give you more information.

3. Some people should not get this vaccine

Tell your doctor if you have:
- any severe, life-threatening allergies
- you have or have had a severe allergic reaction after a dose of chickenpox vaccine or a severe allergic reaction to any part of this vaccine, may be advised not to be vaccinated. Ask your health care provider if you want more information about vaccine components.
- you have, or think you might be pregnant. Pregnant women should not get chickenpox vaccine until after they are no longer pregnant. Women should avoid getting pregnant for at least 1 month after getting chickenpox vaccine.
- you have weakened immune system shares your immune system with another person who has not had chickenpox and has not gotten chickenpox vaccine.
- you have received immunoglobulin within the last 6 months or have had a blood transfusion.
- you have had chickenpox or chickenpox vaccine in the past. People who have had chickenpox or chickenpox vaccine shouldn’t get chickenpox vaccine.
- you have had a transplant, or are receiving any immunosuppressive or chemotherapeutic drugs.
- you have a vaccine or drug allergy.

4. Other precautions

It is not known if chickenpox vaccine can protect people with HIV/AIDS or other diseases or conditions or if it can prevent chickenpox in pregnant women or blood donors.

People with chickenpox who received 2 doses of chickenpox vaccine should receive a second dose to complete the series.
- The second dose should be given at least 1 month after the first dose for those younger than 12 years, and at least 28 days after the first dose for those 13 years of age or older.

If you have questions about any of the above, talk to your doctor.
HealthReach

- Multilingual and multicultural
- Health education materials in various languages and formats
- Provider information
- National collaboration
- Submit your resources

HealthReach

Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Featured Resources

Opioid Misuse and Addiction Resources NEW

In response to the current opioid crisis, the National Library of Medicine partnered with Healthy Roads Media to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read handouts, videos, and audio recordings in English and Spanish.

Opioids
1. Basics
2. Pain
3. Prescription opioid medicines
4. Opioid pain medication management
5. What you should know if your child is prescribed opioids for pain
6. Getting rid of unused opioids

Opioid addiction
1. What is drug addiction?
2. Why do people take drugs?
3. Opioids and the brain
4. Why do some people become addicted to drugs while others do not?
5. The effects of opioid misuse on the body
6. Fantasy
7. Heroin
8. Prescription opioids and illegal opioids – What is the connection?
9. Compatibility or dual diagnosis
HealthReach - patient materials

Search for Patient Materials

Find culturally relevant information in multiple languages and formats about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video. Search by language, choose a format, or browse by keyword.

Flu and You

Resource Properties

Abstract:
This six-page brochure educates people about influenza (flu). It uses text and illustrations to show how the flu is spread, and discusses symptoms and prevention, handwashing, treatment, and when to seek emergency medical care. Contact information for the CDC is provided.

Author(s): Centers for Disease Control and Prevention

Country of Origin: United States

Language: English

Translation Method:
This translation was evaluated by a representative or group from the community for accuracy and cultural relevance.

Community Participation:
Coming soon

Country: N/A

Population: N/A

Resource Creation Date: Coming soon

Copyright: in the Public Domain

Last Reviewed by Author(s): 8/22/2016

Record Last Updated: 8/17/2017

Access Resource

Language Document Video Audio

English Open

Amharic Open

Arabic Open

Burmese Open

Dzongkha Open

Farsi Open

Karen Open

Kurdish Open

Nepali Open

Gromo Open

Somali Open

Spanish Open
Drug Information

INCLUDING HERBAL AND SUPPLEMENTS
MedlinePlus- Drugs & Supplements

Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

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 0-9

For FDA approved labels included in drug packages, see DailyMed.

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

All herbs and supplements

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland. Copyright © 2018. All Rights Reserved.
MedlinePlus - drug information
MedlinePlus- herbs and supplements

Browse by generic or brand name:
A B C D E F G H I J K L M N O P Q R S T
V W X Y Z 0 1 2 3 4 5 6 7 8 9

For FDA approved labels included in drug packages, see DailyMed.

Herbs and Supplements
Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

All herbs and supplements

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), in Bethesda, Maryland. Copyright © 2018. All Rights Reserved.
National Center for Complementary and Integrative Health (NCCIH)

- Health topics
- How to make health decisions
- Herbs at a Glance
- Finding a practitioner
- Know the Science
NNLM class - Will Duct Tape Cure My Warts?

- Have knowledge of the definition and types of Complementary and Alternative Medicine (CAM).
- Have greater knowledge of the history of CAM and its impact on medical practice.
- Have greater understanding of usage of CAM.
- Become more proficient in searching for evidence of the effectiveness of CAM.
Specific Health Topics

DIET, EXERCISE, CANCER, MENTAL HEALTH, SUBSTANCE ABUSE
MedlinePlus diet and exercise

Healthy Recipe of the Week

Staying healthy can be a challenge, but simple lifestyle changes can help a lot – like eating healthy and being physically active. Research shows that engaging in these health-promoting behaviors can help reduce the risk of heart attack and stroke.

These recipes show you how to prepare tasty, healthy meals. They use fat-free milk, small amounts of vegetable oil, lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, and lots of fresh herbs and spices for flavor. Follow these healthy tips to start a tradition of healthy eating in your family.

Classic Macaroni and Cheese
40 minutes

Pupusas Revueltas
55 minutes

Mango Shake
5 minutes

Apple Coffee Cake
50 minutes
Go4Life

Get Ready! Get Moving! Go4Life! Celebrate Go4Life Month in September!

ACTIVITIES
Help older adults get ready and get moving during Go4Life Month.

EXERCISE
Include endurance, strength, balance, and flexibility in your Go4Life Month plans.

MOTIVATION
Inspire others to move more, be safe, and track their exercise progress.

Heel-to-Toe Walk

Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.

TIP: If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.
MedlinePlus - Cancers

Health Topics
Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z
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 List of All Topics

Body Location/Systems
Blood, Heart and Circulation
Bones, Joints and Muscles
Brain and Nerves
Digestive System
Ear, Nose and Throat
Endocrine System
Eyes and Vision
Immune System
Kidneys and Urinary System
Lungs and Breathing
Mouth and Teeth
Skin, Hair and Nails
Female Reproductive System
Male Reproductive System

Disorders and Conditions
Cancers

Demographic Groups
Children and Teenagers
Men
Population Groups
Seniors
Women

Health and Wellness
Disasters
Fitness and Exercise
Food and Nutrition
Health System
Personal Health Issues
Safety Issues
Sexual Health Issues
Social/Family Issues
Wellness and Lifestyle

Diagnosis and Therapy
Complementary and Alternative Therapies
Dietary Supplements
Drug Therapy
Surgery and Rehabilitation
Symptoms
Transplantation and Donation

Colorectal Cancer
Also called: Colon cancer, Rectal cancer

On this page
Basics
Learn More
Research
Resources
See, Play and Learn
Search for Colon Cancer

Summary
The colon and rectum are part of the large intestine. Colorectal cancer occurs when tumors form in the lining of the large intestine. It is common in both men and women. The risk of developing colorectal cancer rises after age 50. You're also more likely to get it if you have colorectal polyps, a family history of colorectal cancer, alternative foods or Crohn's disease, eat a diet high in fat, or smoke.

Symptoms of colorectal cancer include:
- Diarrhea or constipation
- A feeling that your bowel does not empty completely
- Blood (either bright red or very dark) in your stool
- Blood that is not unusual
- Frequent gas pains or cramps, or feeling full or bloated
- Weight loss with no known reason
- Fatigue
- Nausea or vomiting

Because you may not have symptoms at first, it's important to have screening tests. Everyone over 50 should get screened. Tests include colorectaloscopy and tests for blood in the stool. Treatments for colorectal cancer include surgery, chemotherapy, radiation, or a combination. Surgery can usually cure it when it is found early.

NIH - National Cancer Institute
National Cancer Institute

https://www.cancer.gov/
National Institute of Mental Health

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

Featured Topics
- Director's Message: Confronting Bias to Advance Science
- Suicide: How You Can Make a Difference
- Mental Health 101

Publications
Free Publications
Order Now
Haga su pedido por el Internet (en español)
Phone: 1-866-615-6464
TTY: 1-866-415-8051

BROWSE BY DISORDER
- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder
- Bipolar Disorder
- Borderline Personality Disorder
- Eating Disorders
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder
- Schizophrenia

BROWSE BY TYPE
- Booklets
- Brochures
- Fact Sheets
- Posters

SPECIAL TOPICS
- Brain Anatomy & Physiology
- Children & Teens
- Clinical Trials
- Coping with Traumatic Events

ABOUT NIMH PUBLICATIONS
- How to Download & View NIMH eBooks
- Citing NIMH Information & Publications
MedlinePlus - Substance Abuse Problems
Treatment for Alcohol Problems: Finding and Getting Help

This guide is written for individuals, and their family and friends, who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them. Please note: NIAAA recently launched the NIAAA Alcohol Treatment Navigator. This online tool helps you find the right treatment for you—and near you. It guides you through a step-by-step process to finding a highly qualified professional treatment provider. Learn more at https://alcoholtreatment.niaaa.nih.gov.

Table of Contents
- When Is It Time for Treatment?
- Options for Treatment
- Treatments Led by Health Professionals
- What FDA-Approved Medications Are Available?
- Tips for Selecting Treatment
- An Ongoing Process
- Resources
American Indian/Alaska Native Health
Collection Development

Look for book lists from other institutions
- Medical Library Association
- Health science libraries
- Other libraries

Penn Libraries list, University of Pennsylvania

Medical Library Association books

“What criteria do consumer health librarians use to develop library collections?”
Give it a try
Challenging health information requests
Health Reference

PRIVACY, ETHICS, TIPS
Factors Impacting Information-Seeking Behavior

- Patients and caregivers may be fearful, angry, overwhelmed, disillusioned, or depressed. Emotions play a role in how they approach the library staff.

- Factors: age, gender, literacy level, socioeconomic background, culture/ethnicity, language.
Reference Skills

▪ Combination of knowledge and experience

▪ Good evaluation skills
  ▪ Quality of information

▪ Understanding the patron
  ▪ Health issues can cause stress, anger, sadness or other emotions
  ▪ Cultural differences

▪ The library staff person’s reaction and communication can help diffuse situations
Topic and Scope

- Many categories of health information
  - Diseases, treatments, prevention, causes

- Health questions can be complex

- How much detail is needed?

- What level of information is needed?

- What format(s) would be most appropriate?
The Health Reference Interview

- Provide a welcoming environment
- Be an active listener
- Use open ended questions
- Be prepared for emotions
- Be aware of body language
- Verify medical terms and spellings
- Repeat patron’s question to verify what is wanted
- Consider creating a form with prepared questions either for you and the patron to fill out together
Ethical Guidelines

▪ Privacy / Confidentiality
  ▪ Do not interpret medical information
  ▪ Don’t offer personal experiences
  ▪ Know your limits and limits of collection/information access
  ▪ Do not be afraid to refer the patron back to his/her health care provider
  ▪ Use a disclaimer or caution statement
Disclaimers / Caution Statements

“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.”

“You should not act or rely upon any of the resources and information available in or from this website without seeking the advice of a physician or other healthcare provider.”
Class Exercise – Role Playing

➢ What did the library staff do correctly?
➢ What could have been done differently?
Outreach

PROGRAMS AND SERVICES
Demographics

Analyze the demographics of your community

- CDC FastStats
- Kaiser State Health Facts
- County Health Rankings
- Census Bureau
- Rural Health Information Hub
Programs and Services

- Bookmarks
- Links to health websites (subject guides)
- Brochures
- Health kiosk
- Lecture series
- Health screenings
- Newsletter

- Social media
- Health fairs
- Community events (exhibit table/guest speaker)
- Health tech tools
- Consumer health database searching series
- Others?
Health Observances

National Health Observances

Libraries Transform Health Literacy Toolkit

Health Literacy Toolkit

The National Network of Libraries of Medicine (NNLM) and The American Library Association (ALA) have partnered through the Libraries Transform public awareness campaign to create a free toolkit to help library professionals raise awareness of how libraries provide trusted health information to their community.

The toolkit provides key messages, program ideas, and downloadable marketing materials, including bookmarks and social media graphics, for libraries to use as they promote health literacy during Health Literacy Month (October) and throughout the year.

Eight new because statements and accompanying resources were added to the toolkit in 2018, covering a wide-ranging array of health literacy topics including genetics, family history, clinical trials, citizen science projects, customizing care and student well-being.

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

Libraries Transform Health Literacy Toolkit

National Health Observances Toolkits
Book Discussion Kits

NER Graphic Medicine Initiative

Graphic Medicine Book Club Kits
If you are curious about medical comics, want to start a book club in your organization, or just want to learn more about the experience of a specific topic, our Graphic Medicine Book Club Kits can help. Each kit includes six copies of a graphic novel, a quick-guide to reading comics, discussion questions, and topic-relevant MedicinePlus information. Currently there are eleven topic areas available (see below) to organizations in the New England Region (CT, MA, ME, NH, RI, VT).

What is a Graphic Medicine Book Club Kit?
Kits are...
- Available for any New England-based organization
- Loaned for six weeks at a time
- Non-renewable
- Free-of-charge – mailed to you by us, with a return shipping label included
- Appropriate for both new and long-time comic readers
- Great for students, faculty, professionals, and the public alike!

Request a Graphic Medicine Book Club Kit HERE!
Contact Sarah Levin-Leitner (Sarah.Levin-Leitner@hanouned.edu) or 508-856-5910 if you have questions about the kits or suggestions for other Graphic Medicine kit titles or programs.

Available Topics

The NNLM Reading Club
The NNLM Reading Club is a selection of “ready-to-use” book titles along with free and downloadable materials designed to help libraries support the health information needs in their communities. Through the fun and intimacy of a book club, readers will discuss health and wellness topics important to them and their loved ones as well as discover NNLM National Library of Medicine consumer health resources.

NNLM All of Us Reading Club
Programming Librarian

Have a great program idea from your library? Share it with us.

SHARE YOUR PROGRAM

Events & Celebrations
In News
Check out this list of monthly events and celebrations to help with your program planning.

Learn to Skateboard: Partnering for Health and Exercise
Blog by Colleen Whittall
Teen librarian Colleen Whittall takes her teens to the skate park — with nary a book in sight.

A Range of Ages: Mixed-Age Play at the Library
Blog by Jenn Carson
Mingling different age groups enables kids to learn from one another in new ways.

Programming Librarian
Health and Wellness programs
Collaborative Programs

Library Nurse

Through a partnership with the Pima County Health Department, a team of public health nurses make rounds in our libraries providing basic health services. One public health nurse works in the library full-time.

Schedule of Public Health Nurse visits

The nurses help make the library a welcoming and safe place for everyone and improve the physical and mental health of our customers. Nurses provide much-needed services, such as:

- Nursing assessment
- Case management
- Nutrition and health education
- Resource information
- Blood pressure screenings
- Referrals
- Outreach

The library nurse program was nationally recognized as a 2013 Top Innovator by the Urban Libraries Council, and received the 2014 American Public Health Association’s Lillian Wald Service Award. In 2015, two of the County’s Public Health Nurses were recognized as Tucson’s Fabulous 50 Nurses.

Upcoming Events

Community Conversations
A CONVERSATIONAL APPROACH TO ALZHEIMER’S & DEMENTIA LED BY NATIONAL ADVOCATE

Lori La Bey, Alzheimer’s Speaks

Mar 7
Mar 7 - Mar 8 · Westchester Public Library · Chesterton, IN
Health

*Interested*
Pregnant Women Used to Fear Rubella.

Once considered little more than a minor childhood illness, rubella's dangers hid in plain sight. Research in the 1940s and 1950s linked rubella infection early in a woman's pregnancy to miscarriage, stillbirth, and a constellation of health problems known as congenital rubella syndrome (CRS). Children with CRS may be born with hearing, vision, or heart conditions, cognitive disabilities, and more.
Pacific Northwest Members Directory

**Members** provide health professionals and the general public with health information resources and services. Members include libraries, information centers, or other types of organizations.

**Membership is free!** [Join the Network today!](#)

**Members** can request specialized training in providing health information through National Library of Medicine resources. Members are also eligible for funding for health information projects.

View the full [Members Directory](#).
Partner

- Health clinics
- Medical practices
- Local health department
- Schools / child care centers
- Long term care facilities
- Places of worship
- Veterinarians / pet supply shops
- Historical societies
Collaboration Tips

FREE GUIDE
Create Health Programming That Makes a Difference

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Demco - 4 Ways to Get Started with Health Programming at Your Library

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

This course will provide an overview of ideas to conduct health outreach and create health programs for libraries and community health based organizations. Participants will learn how to integrate resources from the National Library of Medicine (NLM) and other reputable agencies to introduce community members to NLM resources in fun and engaging ways. Examples of programs for children, teens, adults and seniors using NLM and other National Institutes of Health center and office resources will be shared.

Additional Materials:
- Health Outreach and Programming Class Guide

Objectives:
- This presentation provides an overview of planning health programs for organizations incorporating resources from the National Library of Medicine. By the end of the session participants 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

Course Materials:
- ACE Health Outreach and Programming Introduction (Rev Feb 2018)
- ACE Drugs and Your Body: Teen/Teen Program (Rev Feb 2018)
- ACE Engage for Health Sample Program (Rev Feb 2018)
- ACE Holistic Model Class Exercise (Rev March 2018)
- ACE Establishing Partnerships Class Exercise (Rev March 2018)
- ACE Emergency Preparedness Sample Program (Rev Dec 2018)

Class Length:
60 minutes, 2 hours, 3 hours. Variable credit class. The number of CE credits is tied to how much time and effort is expected of the learner to complete the class. A higher credit class goes deeper into the content.

NNLM class, “Activate, Collaborate, and Educate”
NNLM Funding

• “Improving Rural Montanans Access to Quality Health Information”
  Montana State University Library

• “CAM Health Literacy and Older Rural Adults”
  Montana State University

• “Expanding Children’s Mental Healthcare in Butte/SilverBow”
  Early Childhood Coalition (the Butte Community Council) and
  Children’s Mental Health Committee

• “Kalispell Regional hospital Patient Portal Education Access”
  Kalispell Regional Medical Center
Professional Development

CLASSES, WEBINARS, NEWS, AND MORE
Learn more…

Webinars and Online (synchronous and asynchronous)
- NNLM Resource Picks (NLM resources)
- PNR Rendezvous (various topics)
- ABCs of DNA (genetics)

On Demand Classes:
- EvalBasics (evaluation)
- Grants and Proposal Writing
- Serving Diverse Communities (cultural competency)

NNLM Training Schedule
Consumer Health Information Specialization (CHIS)

- *Beyond an Apple a Day* applies
- Good for 3 years
- Builds skills and knowledge in providing consumer health services
- Improves patrons’ confidence in staff knowledge
- Improves health literacy and health knowledge of their communities
Keeping updated

PLA Health Interest Group

Latest Discussion Posts

Wildfire protection
By: Lisa Pan, 4 days ago

Some of you may be in the west where wildfires are growing rapidly. The CDC has information on how to protect yourself from wildfire smoke and ash, and how to check air quality and devices to use to protect your lungs. Additional information can be found...

Backpack giveaways
By: Stephon Smith, 11 days ago

The August issue of the PLA Health Initiative e-newsletter is now available online. If you aren't already receiving this newsletter, please visit the PLA Opt-In Manager at https://alla.informz.net/alla/pages/PLA_Opt_In_Manager and check the box marked 'Health Initiative newsletter.'

Announcements

August PLA Health Initiative newsletter
By: Lenair Watson, 9 days ago

The public libraries are critical to our nation's health.

All Americans need access to current, reliable health information, especially as we navigate complex issues like health care, insurance, and aging. Public libraries are a go-to resource throughout this journey.

This website, a project of the National Network of Libraries of Medicine (NNLM) and the Public Library Association (PLA), brings together a host of resources to help public libraries better serve their patrons' health needs.

Healthy Community Tools for Public Libraries

Resources

Training

Regional Offices & Funding

Databases

Latest Resources

Tools, program ideas, and primers to help public libraries get the information and inspiration they need.

Libraries are Champions of Health Communities
(Facebook Group)

ALA Libraries Transform Health Literacy Toolkit

Latest Trainings

The National Network of Libraries of Medicine and its Regional Medical Libraries offer live and online educational experiences for health professionals, medical librarians, public librarians and others. The courses below are those most relevant to public librarians.
In addition...

**Blogs, Lists, & Bulletins**
- Dragonfly (PNR blog)
- Bringing Health Information to the Community (BHIC blog)
- NLM-NW Discussion List
- Medlib-L Discussion List
- NLM Technical Bulletin
- PNR News (subscribe to PNR's official email announcements)

**Weekly Digest: October 9, 2018**

**In the Dragonfly:**

**Announcing NLM/PNR funding support to attend ALA Midwinter preconference on Health Equity and Health Literacy**
The ALA Office for Diversity, Literacy and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine (NNLM) have awarded a grant to the Washington State Library to support the participation of librarians in the Health Equity and Health Literacy preconference at the 2018 ALA Midwinter meeting in Seattle, WA. To learn more, visit the [NNLM/PNR Funding Support](#) page.

**October is Health Literacy Month!**

It's October - Health Literacy Month! We've still much work ahead to improve how we deliver actionable health information for the many communities where low health literacy has real-world consequences, since it's well documented that individuals with low health literacy suffer poorer health outcomes, which makes addressing this persistent challenge so compelling. [Read the post](#).

**Educational Opportunities:**

**In the Shoes of a Fellow: The National Library of Medicine's Associate Fellowship Program**:
The National Library of Medicine (NLM) is pleased to announce the 2018-2019 Associate Fellow Program, which provides opportunities for librarians to gain valuable experience in the health sciences information field. Applications are now being accepted through January 15, 2018. [Learn more](#)
Montana State Library Resources
A staff person who is passionate about health information at each library!
NNLM: Stand Up for Health Online Learning Cohort

- Carolyn Martin as our instructor!
- Hopefully starting in October/November
- CE credit eligible, as well as Consumer Health Information Specialization certification eligible
- MLA Session in April
MSL Resources

- Previous Health-Focused Webinars
- Health Literacy Month Handbook
- Health Fair Manual
- Open Enrollment 2019 Toolkit
- Opioid/Narcan Training with Best Practice Medicine
Looking for libraries to partner with for future grant opportunities at NNLM in hosting a traveling health kiosk exhibit!
Thank You!

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