Beyond an Apple a Day

PROVIDING CONSUMER HEALTH INFORMATION AT YOUR LIBRARY
A Little About Me…

- Consumer Health Coordinator
- Former hospital librarian
- Former public librarian
- Quilt enthusiast
- Rock collector
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
A Little About You…

- Name
- What library and location
- 1 thing you hope to learn today
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
Fluoride: Poison on Tap

A Glass Of Red Wine Is The Equivalent To An Hour At The Gym, Says New Study

UPDATE: Drinking red wine could help burn fat, says new study

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..."
Consumer Health Questions

- “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?”
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?

“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
Example: COPD

- “My breathing problems are controlling my life.”
- “No matter what I do or how hard I try, I just can’t seem to get relief from my breathing problems.”
- “Too often, my breathing problems just seem to hit me from out of the blue.”
COPD Patients and Low Health Literacy

- Do not know how to use inhaled medications
- Do not recognize need for acute medical attention
- Feel helpless to manage own disease
- 5 times more likely to go to the Emergency Room
- 8 times more likely to be hospitalized
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?
Class exercise – evaluating websites
Break time! – 10 minutes
The Resources
Google results

179,000,000 results
MedlinePlus results

748 results

Autism health topic page
- 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/
Teen Mental Health

Summary

Being a teenager isn’t easy. You’re under stress to be liked, do well in school, get along with your family, and make big decisions. You can’t avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless, or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you:

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is on control or out of control
- Use alcohol or drugs
- Exercise, eat, or not eat excessively
- Hurt other people or destroy property
- Do reckless things that could harm you or others
- Feel depressed (sad and hopeless)

Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider.

Start Here

- Child and Adolescent Mental Health (National Institute of Mental Health)

Related Issues

- BMI Guide to Cattle (Centers for Disease Control and Prevention)
- Coping with Cycles (Seminars Foundation)
- Dealing with a Health Condition (Seminars Foundation)
- Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do (Easy-to-Read (National Institute of Mental Health)
- How Can I Deal with My Anger (Seminars Foundation)
- How Can I Help a Friend Who Cuts? (Seminars Foundation)
- Pool Pressure (Seminars Foundation)
- Preparing for Teenagers’ Difficult Emotional Development (Seminars Foundation)

Diagnosis and Tests

- Comprehensive Psychiatric Evaluation (American Academy of Child and Adolescent Psychiatry)
- Mental Health and Teens: Watch for Danger Signs (American Academy of Pediatrics)

Treatments and Therapies

- 11 Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent (American Academy of Child and Adolescent Psychiatry)
- Antidepressants for Children and Teens: Information for Parents and Caregivers (National Institute of Mental Health)
- Antidepressants for Children and Teens (Mayo Foundation for Medical Education and Research)
- Going to a Therapist (Seminars Foundation)
- Mental Health Medications (National Institute of Mental Health)
- Psychotropics for Children and Adolescents (American Academy of Child and Adolescent Psychiatry)
- Residential Treatment Programs (American Academy of Child and Adolescent Psychiatry)

Health Check Tools

- How’s Your Self-Esteem? (Seminars Foundation)

Statistics and Research

- Children’s Mental Health: Data & Statistics (Centers for Disease Control and Prevention)
- Combinations of Types of Mental Health Services Received in the Past Year Among Young Adults (Substance Abuse and Mental Health Services Administration)
- Homelessness Among Adolescents: United States, 2003-2010 (National Center for Health Statistics)
- Therapy Reduces Risk in Suicidal Youth (National Institute of Mental Health)
- Use of Selected Nonmedical Mental Health Services by Adolescent Boys and Girls with Serious Emotional or Behavioral Difficulties, United States, 2010-2012 (National Center for Health Statistics)

Clinical Trials

- ClinicalTrials.gov: Teen Mental Health (National Institute of Health)

Journal Articles

- Addressing Children’s Mental Health (ProQuest)
- The Effect of Three-Circles Peer Standing (Zhanghe) (ProQuest)
- Examining the relationship between sports participation and youth development outcomes (ProQuest)
- Teen Mental Health – see more articles
- Teen mental health problems – see more articles

Find an Expert

- American Academy of Child and Adolescent Psychiatry
- Behavioral Health and Substance Abuse Treatment Service Locator (Substance Abuse and Mental Health Services Administration)
- KidsHealth (Seminars Foundation)
- National Institute of Mental Health
- National Suicide Prevention Lifeline (Substance Abuse and Mental Health Services Administration)
- Psychologist Locator (American Psychological Association)
Searching MedlinePlus – search box

(National Library of Medicine) indicates a health topic page

1. Teen Mental Health (National Library of Medicine)
   - Being a teenager is hard. You’re under stress to be liked, do well in school, get along with your family, and make big decisions. You can’t avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.
   - Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you:
     - Feel like you want to hurt yourself
     - Feel like you would hurt others
     - Think that things will never get better
     - Can’t eat or sleep
     - Can’t do things you usually enjoy
     - Can’t concentrate

(Read more)
MedlinePlus - videos & tools

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.

Search all Videos & Tutorials
Search all Videos & Tutorials

Understanding Medical Words Tutorial
Evaluating Health Information Tutorial
To Your Health: NLM Update Podcast
MedlinePlus - videos & tools examples
NIH- National Institutes of Health

NIH News in Health

February 2019

Safeguarding Our Health

Vaccines Protect Us All

We share more than food and culture within our homes and communities. We can also spread disease. Luckily, we live in a time when vaccines can protect us from many of the most serious illnesses. Staying current on your shots helps you—and your neighbors—avoid getting and spreading disease.

Vaccines have led to large reductions in illness and death for both kids and adults, says Dr. David M. Kasten, a vaccine expert at the University of Washington in Seattle. One study estimated that, among U.S. children born from 1994 to 2013, vaccines will prevent about 332 million illnesses, 21 million hospitalizations, and 730,000 deaths.

Vaccines harness your immune system's natural ability to detect and destroy disease-causing germs and then "remember" the best way to fight these germs in the future. Vaccination, or immunization, has completely eliminated naturally occurring smallpox worldwide—to the point that we no longer need to get shots against this fast-spread ing, deadly disease. Polio has...
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 viral 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 without a previous varicella infection, and people with weakened immune systems.

Chickenpox causes a rash that usually lasts about a week. It can also cause:

- Fever
- Itching
- Loss of appetite
- Malaise

More serious complications can include:

- Brain problems
- Infection of the lungs (pneumonia)
- Infection of blood vessels
- Swelling of the brain and/or spinal cord
- Bleeding of the brain
- Bloodstream, bone, or joint infection

Some people go on to get herpes zoster (shingles), a condition caused by the same virus that causes chickenpox. Before varicella vaccine, almost everyone in the United States got chickenpox, averaging 4 to 14 million people each year.

Children who get chickenpox usually rest at home for 4 to 6 days of school or child care.

Some people who get chickenpox get a painful rash called shingles (also known as herpes zoster) later. Chickenpox can spread from an infected person to someone who has not had chickenpox and has not gotten chickenpox vaccine.

2 Chickenpox vaccine

Children 13 months through 12 years of age should get:

- 2 doses of varicella vaccine usually:
  - First dose: 12 through 15 months of age
  - Second dose: 4 through 6 years of age

People 13 years and older who did not get the vaccine when they were young and have never had chickenpox should get 2 doses of varicella vaccine.

A person who previously received only one dose 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 13 years, and at least 28 days after the first dose for those 13 years of age and older.

There are no known risks to getting chickenpox vaccine at the same time as other vaccines.

3 Some people should not get this vaccine

Tell your health care provider if you:

- Have ever had chickenpox or shingles, or a person who has had a life-threatening allergic reaction after a dose of chickenpox vaccine or has a severe allergic reaction to any part of this vaccine may be advised not to be vaccinated. Ask your health care provider if you need information about vaccine components.

- Are pregnant, or think she might be pregnant. Pregnant women should wait to get chickenpox vaccine until after they no longer are pregnant. Women should avoid getting pregnant for at least 1 month after getting chickenpox vaccine.

- Have weakened immune system (also called to immune deficiencies or immunosuppression), such as those caused by AIDS or certain medications.

- Have a brother, sister, or child with a history of immunologic system problems.

- Are taking immunosuppressive drugs (such as cyclosporine or methotrexate).

People should avoid using safety precautions for at least 1 month after getting varicella vaccine.

- Has recently had a blood transfusion or received other blood products. People might be advised to postpone chickenpox vaccination for 3 months or more.

- Has tuberculosis.
HealthReach

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

HealthReach
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 videos. 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

Medical Reviewer
Coming soon

Other Reviewer
Coming soon

Development Method
Resource developed in English and translated into other languages

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

Community Participation
N/A

Country
N/A

Population
N/A

Resource Creation Date
Coming soon

Copyright
In the Public Domain

Last Reviewed by Author(s)
5/2/2016

Record Last Updated
6/7/2017

Language: English

Document: Open

Video: Open

Audio: Open

Amharic

Open

Arabic

Open

Burmese

Open

Chinese

Open

English

Open

Farsi

Open

Filipino

Open

French

Open

Hindi

Open

Korean

Open

Kurdish

Open

Mandarin

Open

Nepali

Open

Persian

Open

Sinhalese

Open

Somali

Open

Spanish

Open

Thai

Open

Tagalog

Open

Tamil

Open

Urdu

Open

Vietnamese

Open
Drug Information

INCLUDING HERBAL AND SUPPLEMENTS
MedlinePlus - Drugs & 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

Oxycodeone

pronounced as (ox' i ko de' non)

Why is this medication prescribed?
How should this medicine be used?
Other uses for this medicine
What special precautions should I follow?
What special dietary instructions should I follow?
What should I do if I forget a dose?
What side effects can this medication cause?
What should I know about storage and disposal of this medication?
In case of emergency (overdose)
What other information should I know?
Brand names
Brand names of combination products

IMPORTANT WARNING:

Oxycodeone may cause serious or life-threatening breathing problems, especially during the first 24 to 72 hours of your treatment and any time your dose is increased. Your doctor will monitor you carefully during your treatment. Talk to your doctor if you have or have ever had slowed breathing or asthma. Your doctor will probably tell you not to take oxycodeone. Also tell your doctor if you have or have ever had lung disease such as chronic obstructive pulmonary disease (COPD), a group of diseases that affect the lungs and airways, a head injury or any condition that increases the amount of pressure in your brain. The risk that you will develop breathing problems may be higher if you are an older adult or are weak or uncontrolled due to disease. If you experience any of the following symptoms, call your doctor immediately or get emergency medical treatment: slowed breathing, long pauses between breaths, or shortness of breath.

Taking certain other medications with oxycodeone may increase the risk of serious or life-threatening breathing problems in children or teens. Tell your doctor and pharmacist if you are taking or plan to take any of the following medications: certain antibiotics such as clarithromycin (Biaxin, in Preveza and Previa) and erythromycin (Erythrocin, Erythrocin); certain antifungal medications including itraconazole (Sporanox), ketoconazole (Nizoral), and voriconazole (Vfend); certain antiarrhythmic drugs such as amiodarone (Cordarone), and propafenone (Rythmol); cimetidine (Tagamet); diazepam (Diazemuls, Valium); felodipine (Plendil); fluoxetine (Prozac); haloperidol (Haldol); labetalol (Normodyne); loratadine (Claritin); metoprolol (Lopressor); nortriptyline (Pamelor); and warfarin (Coumadin). 

Your doctor may need to change the doses of your medication and monitor you carefully. If you take oxycodeone with any of these medications, your risk of side effects may be increased.
MedlinePlus- herbs and supplements

All herbs and supplements
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

NCCIH
NCCIH - Herbs

Herbs at a Glance

How might herbs interact with medicines?
Learn about herb-drug interactions.

Download the HerbList app today

Put an herb database in the palm of your hand
Download HerbList™ - NCCIH's app for research-based information about the safety and effectiveness of herbal products.

The herb into your need in an on-the-go package
HerbList gives you fast, free access to science-based summaries on more than 60 popular herbs, such as aloe, chamomile, ginger, and turmeric. Features include:

- Information on the herbs’ common names, history, and uses, plus what the science says about their effectiveness for health purposes
- Easy-to-find facts on potential safety problems, side effects, and herb-drug interactions
- A quick way to select your favorites, so that you can talk about them later with your doctor or pharmacist
- The option to work offline! No Internet connection is required for In-app navigation.

Download the HerbList app today.
Specific Health Topics

DIET, EXERCISE, CANCER, MENTAL HEALTH, SUBSTANCE ABUSE
MedlinePlus diet and exercise
Go4Life

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

ACTIVITIES
Help older adults get ready and get moving during Go4Life Month.
- Plan activities for each week.

EXERCISE
Include endurance, strength, balance, and flexibility in your Go4Life Month plans.
- Try all 4 types of exercise.
- Share social media messages.

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.
National Cancer Institute

[Website image of National Cancer Institute]

National Cancer Institute  https://www.cancer.gov/
MedlinePlus- Mental/Behavioral Health
MentalHealth.gov and SAMHSA
MedlinePlus- Substance Abuse Problems
National Institute on Alcohol Abuse & Alcoholism

Treatment for Alcohol Problems: Finding and Getting Help

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
Collection Development

Look for book lists from other institutions

- Medical Library Association
- Health science libraries
- Other libraries

“What criteria do consumer health librarians use to develop library collections?”
Give it a try
Break time!
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 (NHOs) are special days, weeks, or months dedicated to raising awareness about important health topics.

2019 NHO Calendar

- National Health Observance Toolkit — February
  - American Heart Month
    - Sponsor: The American Heart Association
  - Teen Dating Violence Awareness Month
    - Sponsor: Break the Cycle
- Plan Ahead for March
  - Colorectal Cancer

Libraries Transform Health Literacy Toolkit

The Libraries Transform Health Literacy Toolkit is designed to help libraries promote health literacy by providing resources and tools to support their efforts. The toolkit includes resources such as fact sheets, guides, and webinars.

Health Literacy Toolkit

The Libraries Transform Health Literacy Toolkit is an initiative of the American Library Association. The toolkit provides key messages, program ideas, and downloadable marketing materials to help libraries promote health literacy. It includes resources such as fact sheets, guides, and webinars.

Join the Libraries Transform Campaign to receive updates and access to these new tools.
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-related MedlinePlus information. Currently there are eleven topic areas available (see below) to organizations in the New England Region (CT, MA, ME, NH, RI, VT).

Available Topics

**Topic: Addiction**
- **Title:** Sobriety: A Graphic Novel by Daniel Maurer (2014)
- **Description:** From the publisher: “Through rich illustration and narrative, Sobriety: A Graphic Novel offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles and successes while working the Steps.”
- **Addiction Graphic Medicine Book Club Discussion Guide**

**Topic: Aging**
- **Title:** Can I Talk About Something More Pleasant? by Roz Chast (2014)
- **Description:** From the publisher: “Roz Chast and her parents were practitioners of denial: if you don’t even think about death, it will never happen. Can I Talk About Something More Pleasant? is the story of an indelible childhood, meant to help us understand our own mortality, and to smile in the face of it.”

Request a Graphic Medicine Book Club Kit HERE!

Contact Sarah Levin Leeder: sarah.levin.leeder@emsny.org or 508-816-5918 if you have questions about the kits or suggestions for other Graphic Medicine book kits or programs.

NNLM Reading Club

What is the NNLM Reading Club?

The NNLM Reading Club is a selection of “ready-to-use” fiction and non-fiction books along with free and downloadable materials designed to help librarians support health literacy and their communities’ health information needs by celebrating important National Health Observances through the fun and intimacy of a book club.

How are books selected?

Books reference a health topic in support of the National Health Observances 2 calendar and are selected based upon the following criteria:
- Award-winning book or author and/or national best seller
- Consistently positive reviews
- Recent publication (< 3 years), unless the title is a classic
- Title available in another format such as audiobook, e-book, or large print
- Publicly-available discussion guides

What materials are available to download?

Discussion guides, promotional materials, as well as health information and program ideas can be downloaded, printed, and shared from the NNLM Reading Club Selection Guide.

What is the NNLM Reading Club Book Kit?

Use the NNLM Reading Club Selection Guide to find books, authors, and health information and to apply for a free NNLM Reading Club Book Kit.

NNLM All of Us Reading Club

Graphic Medicine Book Club Discussion Guides
Programming Librarian

Health and Wellness programs

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

SHARE YOUR PROGRAM

Events & Celebrations
Is Love
- 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 Whitmill
- Teen librarian Colleen Whitmill takes her teens to the skate park — with every book in sight.

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

Pumpkin Carving & Seed Saving Extravaganza
Blog by ProgramModel
- A western Massachusetts

Programming Librarian

Read to Swim
It's ProgramModel
- A rural public library in Canada's Yukon territory partnered with a local pool to get kids reading and swimming over summer break.

The Cooperative Extension System: Your Library's Go-To Partner for Gardening, Nutrition, and Healthy Living Programming
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 8 · Westchester Public Library · Chesterton, IN
Health
NLM Traveling Exhibits

Graphic medicine is the use of comics to tell personal stories of illness and health.
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

Download Now

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

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### 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: Tween Teen Program (Rev Feb 2018)
- ACE Engage for Health Sample Program (Rev Feb 2018)
- ACE Logic 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”**
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
NNLM and PLA Partnership
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 protections
By: Lashana Wood, 15 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, how to check air quality and devices to use to protect your lungs. Additional information can be found...

Backpack giveaways
By: Stephanie Smith, 15 days ago

Announcements

August PLA Health Initiative newsletter
By: Lauren Deyo, 9 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.”

Healthy Community Tools for Public Libraries

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.

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 (BHC blog)
- HUB-NW Discussion List
- Medlib-L Discussion List
- NLM Technical Bulletin
- PNR News (subscribe to PNR's official email announcements)

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**Weekly Digest: October 9, 2018**

**In the Dragonfly:**

**Announcing NNLM PNR funding support to attend ALA Midwinter preconference on Health Equity and Health Literacy**
The ALA Office for Diversity, Literary and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine (NNLM) at ALA Midwinter in Seattle, WA on January 25, 2019 from 9am to noon at the Washington State Convention Center. Those living in Washington are eligible for a Professional Development Award to attend the preconference. [Read more of this post](#).

**October is Health Literacy Month!**

It's October -- Health Literacy Month. We're still much work ahead to improve how we deliver actionable health information for the nine out of ten individuals who need it. [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) offers a unique opportunity for librarians and health information professionals to develop skills related to understanding and working with the new field of biocomputing. [Learn more](#).
Thank You!

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