Healthy Communities

HEALTH AND WELLNESS AT THE LIBRARY
Learning Objectives

- Evaluate the quality of online health information
- Recall and locate at least one National Library of Medicine health resource
- Identify, select, and provide appropriate health information for patrons
- Develop ideas to create health related programs and services
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
Public Libraries

- Universally supported (almost)
- Are essential to community well-being
- Play a critical role in promoting child and adult literacy
- Sources of consumer health information
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..."
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?”
Google results

179,000,000 results
MedlinePlus results

748 results

Autism health topic page
- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia
- Links to local services
- English, Spanish and other languages
- No Advertisements!

MedlinePlus
https://medlineplus.gov/
Searching MedlinePlus – search box

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

https://www.nih.gov/
NIH - 27 institutes and centers
Multi-lingual and Multi-cultural

MEDLINEPLUS AND OTHER RESOURCES
NIH information in Spanish: https://salud.nih.gov/

MedlinePlus in Spanish
HealthReach

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

- Fight the Flu Poster
  - Format: Document
  - Translation Review: Company review
  - Medical Review: ✔
  - Languages: English, Arabic, Armenian, Bengali, Burmese, Chinese, Simplified Mandarin, Chinese, Traditional (Cantonese dialect), Chinese, Traditional (Mandarin dialect), Dari, Farsi, French, Haitian Creole, Hindi, Hmong, Korean, Khmer, Korean, Lao, Nepali, Oromo, Russian, Somali, Spanish, Tagalog, Thai, Vietnamese

- Vaccine Information Statement (VIS) – Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know
  - Format: Document
  - Translation Review: Company review
  - Medical Review: ✔
  - Languages: English, Arabic, Armenian, Bangla, Burmese, Chinese, Simplified (Mandarin dialect), Chinese, Traditional (Cantonese dialect), Chinese, Traditional (Mandarin dialect), Dari, Farsi, French, Haitian Creole, Hindi, Hmong, Khmer, Korean, Lao, Nepali, Oromo, Polish, Portuguese, Punjabi, Russian, Somali, Spanish, Swahili, Tagalog, Thai, Turkish, Urdu, Vietnamese

- Advice for Parents on Talking to Children About the Flu
  - Format: Document
  - Translation Review: Community review
  - Medical Review: ✔
  - Languages: English, Arabic, Burmese, Dzongkha, Farsi, Karen, KiwNU, Nepali, Oromo, Somali, Spanish
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

Oxycodeone
pronounced as (ox i cod en)

Why is this medication prescribed?
What side effects can this medication cause?
How should this medicine be used?
What should I know about storage and disposal of this medication?
Other uses for this medicine
In case of emergency/oroverdose
What special precautions should I follow?
What other information should I know?
What special dietary instructions should I follow?
Brand names
What should I do if I forget a dose?
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. Tell your doctor if you 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 manifested 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 loss of breath.
Taking certain other medications with oxycodeone may increase the risk of serious or life-threatening breathing problems, sedation, or coma. 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 Pneumocystis jirovecii pneumonia (Corynebacterium parvum), and voriconazole (Voretic); benzodiazepines such as alprazolam (Xanax), midazolam (Versed), diazepam (Diazepam), lorazepam (Ativan), flurazepam (Rotel), certain anxiolytics (Alprazolam, Librium), certain antiemetics (Prochlorperazine, Pimozide), certain antipsychotics (Fluanxine, Zofran), and certain antidepressants (Fluoxetine, Prozac). 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 breathing may slow down.
MedlinePlus- 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 - Herbs

Herbs at a Glance

Herbs at a Glance is a series of brief fact sheets that provides basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information.

HerbList App

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 you need in an on-the-go package. HerbList gives you fast, free access to science-based summaries on more than 50 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.

Find out what the science says about popular herbs. Shopping for herbal products? Take your herb database with you to the supermarket or drugstore. With HerbList on your phone or tablet, you’ll have information on the science and safety of popular herbs at your fingertips when you need it most.

Get the facts about herbs from a trusted source—the National Institutes of Health. Download HerbList to your phone or tablet.
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 heart 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!

BALANCE

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.

Go4Life Exercise: Heel to Toe Walk
Cancers

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

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
- Diagnostic Tests
- Drug Therapy
- Surgery and Rehabilitation
- Symptoms
- Transplantation and Donation

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, colorectal cancer, 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 in your stool
- 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 colonoscopy and fecal blood 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.
MedlinePlus - Mental/Behavioral Health

Health Topics

- Health Topics

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
- Diabetes Mellitus
- Genetics/Defects
- Infections
- Injury and Environmental Health
- Mental Health and Behavior
- Neurological Disorders
- 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

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

Anxiety

Anxiety

On this page

- Basics
  - Start Here
  - Treatments and Therapies
- Learn More
  - Living With
  - Related Issues
  - Specifics
  - Genetics
- Sec, Play and Learn
  - Health Check Tools

Research

- Clinical Trials
- Journal Articles

Resources

- Find an Expert

For You

- Children
- Teenagers
- Women
- Seniors
- Patient Handouts

Summary

Fear and anxiety are part of life. You may feel anxious before you take a test or walk down a dark street. This kind of anxiety is useful - it can make you more alert or careful. It usually ends soon after you are out of the situation that caused it. But for millions of people in the United States, the anxiety does not go away and gets worse over time. They may have chest pains or nightmares. They may even be afraid to leave home. These people have anxiety disorders. Types include:

- Panic disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Phobias
- Generalized anxiety disorder

Treatment can involve medicines, therapy, or both.

NIH: National Institute of Mental Health

Start Here

- Anxiety Disorders (American Psychiatric Association)
- Anxiety disorders (Department of Health and Human Services, Office on Women's Health)
- Stress in Spanish
- Understanding Anxiety Disorders: When Panic, Fear, and Worries Overwhelm

MEDICAL ENCYCLOPEDIA

Agitation
Generalized anxiety disorder
Generalized anxiety disorder - children
Generalized anxiety disorder – self-care
Imipramine
Palliative care – fear and anxiety
Separation anxiety in children
Stress and your health

Related Health Topics

Obesity and Emotional Benefits
MentalHealth.gov and SAMHSA
National Institute on Alcohol Abuse & Alcoholism

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
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.

- Have questions, comments or suggestions? Send us a note.
- Click here for a printer friendly version.
- The Quality Assessment Toolbox is for educational purposes only. Read our disclaimer language.
- Creating a resource? Click here for the developer version.
Health Reference

HEALTH LITERACY, PRIVACY/ETHICS, TIPS
Health Literacy

Library users often ask complicated health questions, but they need non-complicated answers.

“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.”

Healthy People
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.
Tips for dealing with challenges

- Be empathetic
- Be an active listener
- Use open ended questions
- Be aware of body language
- Respect privacy / confidentiality
- Be prepared for emotions
Health reference guidelines

- Provide a welcoming safe environment
- Be aware of the person asking the question, but don't make assumptions
- Get as much information as possible
- Verify medical terminology in a medical dictionary or encyclopedia
- Be aware of the limitations of medical information
- Provide the most complete information to answer the information request
- Do not interpret medical information or provide advice
- Refer the patron back to their health care professional
How to use...

SERVICES AND PROGRAMS
Health Observances

National Health Observances Toolkit — October

2018 NHO Calendar

Plan Ahead for November

View All Toolkits

National Health Observances

Libraries Transform Health Literacy Toolkit
Book Discussion Kits

NNLM All of Us Reading Club

NNLM Reading Club
What is the NNLM Reading Club?
The NNLM Reading Club is a selection of "ready-to-use" fiction and nonfiction book titles along with free and downloadable materials designed to help libraries 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 calendar and are selected based upon the following criteria:
- Award-winning book or author and/or national best seller
- Consistently positive reviews
- Recent publication (≤ 5 years), unless the title is a classic
- Title available in another format such as audio, e-book, or large print
- Publicly available discussion guides

What materials are available to download?

Graphic Medicine Book Club Discussion Guides
Programming Librarian

Health and Wellness programs
Collaborate

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.
NLM Traveling Exhibits

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

CLASSES, WEBINARS, WEBSITES...
Learn more…

Webinars and Online (synchronous and asynchronous)
- NNLM Resource Picks (NLM resources)
- Substance Use Disorder Webinar Series
- Will Duct Tape Cure My Warts (complementary/alternative medicine)

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

NNLM Training Schedule
NNLM and PLA Partnership

PROMOTING HEALTHY COMMUNITIES

a health information and health literacy initiative

Stand Up for Health
Health and Wellness Services for Your Community
Consumer Health Information Specialization (CHIS)

- *Stand Up for Health* qualifies for level 1
- 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

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.

- ALA Health Literacy Essential Training
- ALA Health Literacy Basic Training
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)

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, Literacy and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine Health Equity at ALA Midwinter in Seattle, WA on January 25, 2019 from 9am to noon at the Washington State Convention Center. There 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've still much work ahead to improve how we deliver actionable health information for the nine that 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 component. The program is designed to provide a broad foundation in health sciences information services, and to prepare librarians to deal with the organization of the program, her experiences as an Associate Fellow, and some of the projects she and other fellows work on.
Thank You!

Carolyn Martin, MLS, AHIP
Consumer Health Coordinator
National Network of Libraries of Medicine
Pacific Northwest Region (NNLM PNR)
martinc4@uw.edu