Resource List for Webinar
Owning Your Health: Wellness Resources for Young Adults Ages 18-24
Updated February 7, 2019

Websites for NLM, NNLM, NNLM NER
National Library of Medicine (NLM) – Part of the National Institute of Healt hhttps://www.nlm.nih.gov/
National Network of Libraries of Medicine (NNLM) – Outreach arm of the NLM https://nnlm.gov
New England Region of NNLM – located at the University of Massachusetts Medical School Library, Worcester, MA https://nnlm.gov/ner

NLM General Wellness
NLM Your Family, Your History, Your Health Flyer - http://bit.ly/2F6K6RA

NLM Your Lifestyle, Your Wellness, Your Choice Flyer - http://bit.ly/2RaJtwy

NLM Your Data, Your Device, Your Apps - http://bit.ly/2VAtEhe

Pubmed **-** PubMed comprises more than 29 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites https://www.ncbi.nlm.nih.gov/pubmed/

MedlinePlus – Consumer Health website, https://medlineplus.gov
NLM Mobile Apps for General Health - http://bit.ly/2VAtEhe

Other General Health and Wellness Resources
7 Habits of Highly Effective College Students, Sean Covey, 2014 (workbook)

SAMHSA Creating a Healthier Life – A Step by Step Guide to Wellness
https://store.samhsa.gov/system/files/sma16-4958.pdf

The 8 Dimensions of Wellness from SAMHSA (3-minute video, overview of each wellness dimension)
https://www.youtube.com/watch?v=tDzQdRvLAfM&feature=youtu.be

Implementation Science and Practice Advance Center (iSPARC) - https://www.umassmed.edu/sparc/
Located at the University of Massachusetts Medical School, part of the Department of Psychiatry iSPARC's mission In collaboration with DMH and its academic and community partners, is to provide state-of-the-art and recovery-informed research, training, and systemic interventions to enhance the mental and behavioral health of all citizens in Massachusetts and beyond, and to guide leaders in the development of enlightened public health policies that support the treatment and prevention of mental illness and addiction across the life span.

Transitions to Adult Center for Research (ACR) - https://www.umassmed.edu/TransitionsACR/
Research organization located at the University of Massachusetts Medical School. Mission is to promote the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions. Tip sheets on various topics available.

American Academy of Family Physicians - https://www.aafp.org/home.html

Department of Health and Human Services – https://www.hhs.gov/

National Center for Complementary and Integrative Health - http://www.nccih.nih.gov/

CDC Health Education Standards
https://www.cdc.gov/healthyschools/sher/standards/

General Wellness and Health
National Center for Complementary and Integrative Medicine - Fed gov's lead agency for scientific research on the diverse medical and health care systems, practices and products that are not considered part of conventional medicine. https://nccih.nih.gov

Household Products Database – What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room?
https://householdproducts.nlm.nih.gov/

HealthFinder.gov – gives you a list of health care providers and organizations offering health services and support. Also provides health info by topic, You can also search on what health services you need at your particular age, by using the myhealthfinder option by putting in your age and gender
https://healthfinder.gov/

Pillbox – NLM tool that provides links to drug information and drug labels, and helps you find out the name of a pill. https://pillbox.nlm.nih.gov/

DailyMed – https://dailymed.nlm.nih.gov NLM tool that provides high quality information about marketed drugs. This information includes FDA labels (package inserts). Gives health information providers and the public a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.

Wellness Toolkits – Tools to improve our well-being in different areas of your life, such as your surroundings, Your feelings, Your body, your relationships, https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits

AIDS info - offers access to AIDS/HIV related including approved treatment guidelines, prevention, clinical trials https://aidsinfo.nih.gov/

Brain Development in Young Adults -
https://escholarship.umassmed.edu/cgi/viewcontent.cgi?article=1129&context=pib

Evaluating Online Health Information
Information for librarians and trainers about teaching MedlinePlus -
https://medlineplus.gov/training/trainers.html

Trust it or Trash it - http://www.trustortrash.org

Connecting Youth to Quality Health Information – A Lesson Plan for High School Health and Fitness
Education (Developed by the University of Washington Center for Public Health Nutrition
https://depts.washington.edu/uwcphn/qhi/lesson.pdf

Mental Health Resources
The JED Foundation https://www.jedfoundation.org

College Transition Summer Checklist - https://www.settogo.org/college-transition-summer-checklist/
Transition of Care Guide https://www.settogo.org/wp-content/uploads/2018/01/Transition-of-Care-Guide.pdf

NLM and Partner Organizations list of Mental Health Resources - http://bit.ly/2DKDG8x

Mental Health America – http://www.mentalhealthamerica.net/

Substance Use Disorder Resources
NLM and Partner Organizations Substance Use Disorder Resource - http://bit.ly/2s8yc0T

Key Resources for Healthy Eating and Nutrition
The following links are considered the four major nutrition resources.
Even though they all cover nutrition information, each has something unique about it that makes it a
"key" resource.
US Department of Agriculture (USDA)(link is external)
USDA is a portal for many nutrition resources.
US Food and Drug Administration (FDA)(link is external)
The FDA is charged with regulating food production and keeping food safe.
Centers for Disease Control and Prevention (CDC)(link is external)
The Healthy Living section on the CDC home page goes to a list of topics, including the general Nutrition
page but also Food Safety, Folic Acid, Diabetes Prevention, etc.
Academy of Nutrition and Dietetics(link is external)
The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition
professionals.

General Food and Nutrition Resources

Fooducate - is a free app and website that evaluates various foods based on how good they are for you.

Fooducate's Grading System:

- Fooducate uses an algorithm to grade foods, selecting a rank from a list of 10 grades from A to D.
- Food can earn an A+, A, A-, B+, B, B-, etc.
- The more natural, healthful, and less processed a food is, the higher grade it will receive.
- Fooducate only uses publicly available information when evaluating a product.

How to Use Fooducate:

- Scan an item's barcode to find out key information about that food.
- To **scan a barcode**, first find the barcode on the actual product. Then tap the "Scan" section of the app's home screen. Hold the barcode up to the phone until you see it lined up inside the little box on the screen. The phone will automatically process the code and pop up the product information.
- No barcode? Again, no problem! You can also **look up foods by name** in the "Browse" section of the app, or online.
- Once you find your food, tap it to get all the information you need. Evaluate its grade, review the **product details**, etc.
- If the food you scanned has a low grade, find a better option with the **alternatives list**. On the app's overview page for that food, look at the bottom right corner. There, you'll find a button labeled "alternatives." Tap it, and you'll find a list of 10 better foods that are similar to the one you originally entered.
- Just **want to browse**? Tap the "Browse" section of the home screen and you'll find a list of products divided into different food categories. Select a category and browse by "Top Graded," "Popular," or "Recent."

Fooducate is a great reference tool, but it should not serve as a substitute for reading the Nutrition Facts label.

MedlinePlus.gov(link is external)
MedlinePlus has more than 100 different pages of information on food and nutrition topics. Drugs & Supplements tab has many well-known nutrition supplements. Videos and Tools has quizzes, calculators and games related to nutrition.

FDA - Science and Our Food Supply - The Science and Our Food Supply Teacher Guides are challenging hands-on, minds-on activities that link food safety and nutrition to students' everyday lives. They are crafted in a teacher-friendly modular format that easily fit into science, health, and other classes.
https://www.fda.gov/Food/FoodScienceResearch/ToolsMaterials/ucm2006976.htm

International Food Information Council Foundation - https://foodinsight.org/
The International Food Information Council (IFIC) Foundation is dedicated to the mission of effectively communicating science-based information on health, nutrition and food safety for the public good.

Nutrition Facts Label Infographic -
https://www.fda.gov/downloads/Food/LabelingNutrition/UCM511646.pdf
NIH Healthy Eating website - https://healthyeating.nhlbi.nih.gov/
Share Our Strength - https://www.shareourstrength.org
Cooking Matters - http://cookingmatters.org

Nutrition Terms
UNICEF Nutrition Glossary(link is external) A 15-page glossary of nutrition terms developed by
UNICEF's Office of Research
FDA Nutrition Glossary(link is external)Easy to use, downloadable glossary
Vegetarian Glossary of Terms(link is external) This useful glossary was developed by the
Academy of Nutrition and Dietetics
MedlinePlus Food & Nutrition(link is external) Provides a list of definitions and descriptions of
common nutrition terms

Nutrition Videos from Federal Government
The Food Label and You US(link is external) Food and Drug Admin
Amusing YouTube video covering Food Labels while spoofing CSI (Calorie Scene Investigation), and other
fun approaches to nutrition. (28.47 min.)
Don't let your food take you by surprise. Read the label! US Food and Drug Admin
A fun Public Service Announcement from the FDA! (30 secs)
Are You Smarter Than A Food Label?(link is external)
The Food Label and You: Game Show Review US FDA (4.54 minutes)

Financial Health
Consumer Financial Protection Bureau (CFPB), a U.S. government agency that makes sure banks,
lenders, and other financial companies treat you fairly.
https://www.consumerfinance.gov/practitioner-resources/adult-financial-education/

Telling your Money What to Do
https://escholarship.umassmed.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1084&context=pib

Meeting your MyPlate Goals on a Budget -
http://cookingmatters.org/sites/default/files/Meeting_Your_MP_Goals_on_a_Budget_FINAL.pdf

Cooking Matters Video on Comparing Unit Prices
https://cookingmatters.org/tips/video-comparing-unit-prices

Environmental Health
ToxTown - https://toxtown.nlm.nih.gov
TOXNET – https://toxnet.nlm.nih.gov
Household Products Database - https://hpd.nlm.nih.gov/
iNaturalist App - https://www.inaturalist.org/

HerbList App - HerbList gives you fast, free access to science-based summaries on more than 50 popular herbs, such as aloe, chamomile, ginger, and turmeric. https://nccih.nih.gov/Health/HerbListApp

Classroom Resources for Environmental Health
Careers in Environmental Health, Chemistry, and Toxicology
Careers (Society of Toxicology)
Careers and Internships: Opportunities for Students (Environmental Protection Agency)
Enviro-Health Links: Education, Careers, and Outreach (National Library of Medicine)
Getting Your Own Lab Coat. Careers for You in Science and Research (National Institute of Environmental Health Sciences)
Outbreak at Watersedge: A Public Health Discovery Game (University of Minnesota) [en español]
What is Public Health (Association of Schools and Programs of Public Health)

Videos to use in the Classroom - **https://toxtown.nlm.nih.gov/tools-for-teachers**
These brief NLM-produced videos provide engaging, easy to understand information about the impact of the environment on human health.

Occupational Health
Career Aptitude Test - http://www.oprah.com/omagazine/aptitude-tests-career-assessment
Career Interest Test https://blog.hubspot.com/marketing/career-aptitude-tests
Bureau of Labor Statistics, Occupational Outlook Handbook - https://www.bls.gov/ooh/

Social Health
https://newsinhealth.nih.gov/.../02/do-social-ties-affect-our-health

Improving Communication During Medical Visits
'Engage for Health' Program Materials
All of the materials you need to offer the 'Engage for Health' program are freely available. The toolkit includes the presentation slides, speaker notes, role play exercise, pre-post evaluation form (and instructions to send MAR the completed forms), promotional poster and logo.
Engage for Health Presentation Slides
Engage for Health Speaker Notes for Presentation Slides
Engage for Health Role Play
Engage for Health Pre-Post Evaluation Instructions
Engage for Health Pre-Post Evaluation Form
Engage for Health Promotional Poster
Engage for Health Logo (jpg)
Engage for Health Logo (png)
Community Partner Invite Letter Template

Other Resources for Taking Charge of Your Medical Care

https://www.nytimes.com/guides/well/be-a-patient-advocate - New York Times Guide, November 1, 2018, Take Charge of Your Medical Care by Elizabeth Yuko

https://www.nytimes.com/guides/smarterliving/personal-health-checklist, New York Times Guide October 2, 2018, Your Lifetime Health Checkup Roadmap by Anahad O'Connor, for each decade what routine tests are necessary.