

Healthy Lifestyles

HUD Healthy Neighborhoods Webinar
December 14, 2010

Kelli Ham, Consumer Health Coordinator
National Network of Libraries of Medicine,
Pacific Southwest Region



National Network of Libraries of Medicine

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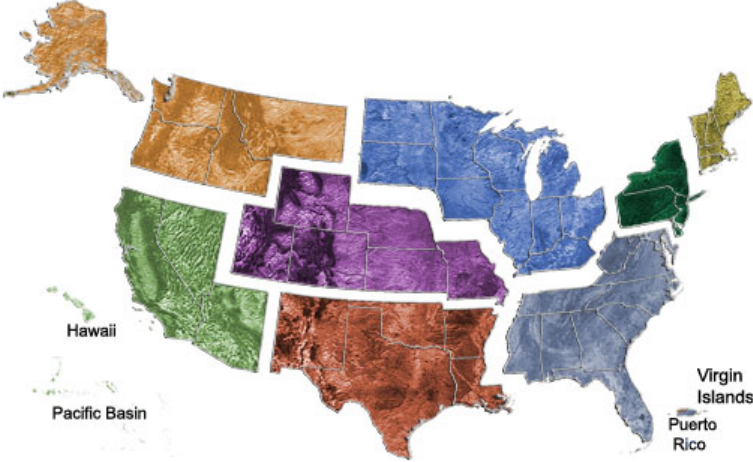
NN/LM National Network of Libraries of Medicine Search:

nnlm.gov

Member Services | Provide Outreach | Resource Sharing & Document Delivery | Health Information on the Web | Funding | Training & Educational Opportunities

Resources for Members of the National Network of Libraries of Medicine (NN/LM)

Advancing the progress of medicine and improving the public health through access to health information. Join the network or find local resources by clicking on the links below or call us at 1-800-338-7657.



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- [New England Region](#)
- [Pacific Northwest Region](#)
- [Pacific Southwest Region](#)
- [South Central Region](#)
- [Southeastern/Atlantic Region](#)

Quick Links:

- [Health Information on the Web](#)
 - [PubMed](#)
 - [MedlinePlus®](#)
- [Order Articles with Loansome Doc](#)
- [DOCLINE](#)
- [Emergency Preparedness & Response Toolkit](#)
- [Members Directory](#)
- [Moodle Classes](#)
- [National Training Center and Clearinghouse \(NTCC\)](#)
- [Outreach Evaluation Resource Center \(OERC\)](#)
- [PHPartners.org](#)

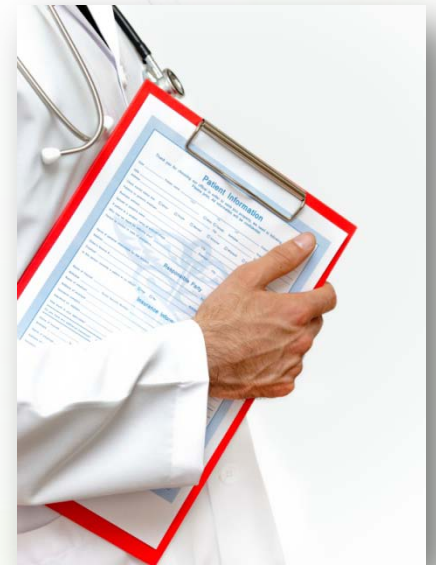
News & Announcements:

- [NN/LM's Blogs](#)
- [Regional Events Calendars](#)
- Problems with the website? Use the [Feedback](#) link (at the top of any page) or call us at 800-338-7657.

Funding is provided by the National Library of Medicine under a contract (N01-LM-6-3507) with the UCLA Louise M. Darling Biomedical Library.

Healthy Lifestyles Agenda

- Introduction
- Chronic Illness and Prevention
- Discussion: What are the Big Health Issues?
- Healthy Living Resources
- Discussion: Is Information Enough?
 - Plan of Action
- Wrap-up and Q&A



Some Facts About Chronic Illness

- 7 out of 10 deaths in U.S. annually
- 1 out of 2 adults has at least one chronic illness
- Health disparities in chronic disease are widespread among members of racial and ethnic minority populations.

Diabetes

COPD

Asthma

Heart Failure

Arthritis

Something to Think About

The World Health Organization estimates that if the major risk factors for chronic disease were eliminated, at least 80% of all heart disease, stroke, and type 2 diabetes would be prevented, and more than 40% of cancer cases would be prevented.

World Health Organization, Preventing chronic diseases: a vital investment, 2005

www.who.int/chp/chronic_disease_report/full_report.pdf

Health Behaviors Play a Role

- Four *modifiable* health risk behaviors lead to illness, suffering, and early death
 - Lack of physical activity
 - Poor nutrition
 - Tobacco use
 - Excessive alcohol consumption



Some Elements of Healthy Living

- Have regular health screenings
- Maintain a healthy weight
- Be physically active
- Eat healthy foods, limit sodium and saturated fat
- Control your blood pressure and cholesterol
- Quit smoking and drink alcohol in moderation
- Protect yourself from too much sun

Living Well with Chronic Conditions

- Adopting healthy behaviors improve quality of life
- Prevent other conditions from developing or getting worse
- In some cases, reverse effects of disease
- Even modest efforts result in physical and mental benefits

Discussion

- Working Towards Healthy Communities
 - What are the big health issues or concerns in your community?

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- Working Towards Healthy Communities
 - What are the big health issues or concerns in your community?

Drug & Alcohol Abuse

Childhood Obesity

Teen Pregnancy

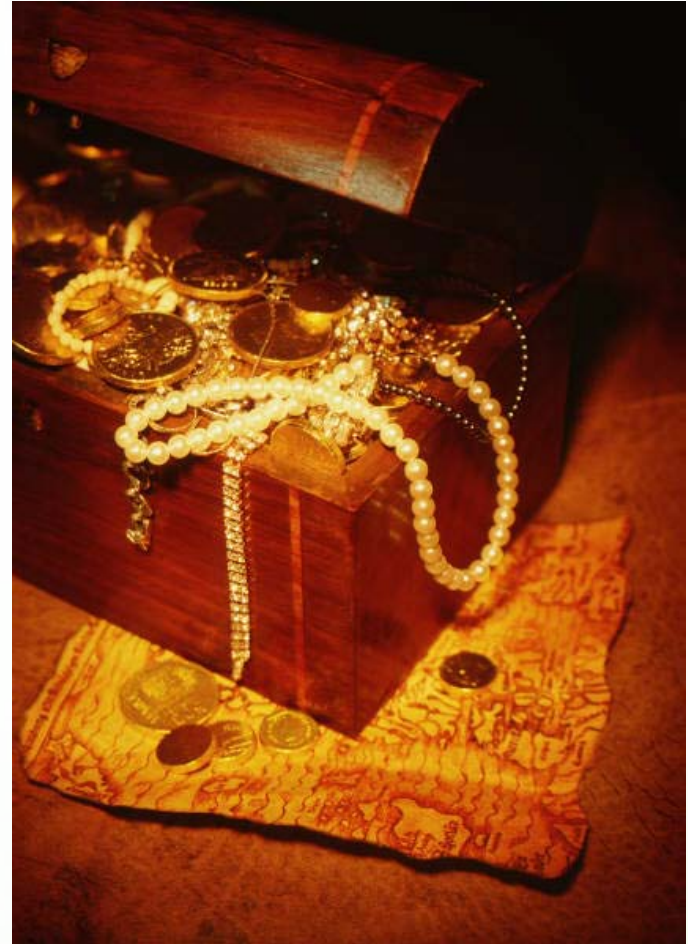
Heart Disease

Diabetes

Gang Violence

Give a Man a Fish...

- Lists of resources are useful
- Knowing how to find the right resource is golden



Health, Wellness and Prevention

- MedlinePlus.gov – Best Place to Start!
 - Great info and links to reliable sources
 - Health Topic pages: Healthy Living, Health Screenings
 - Many other Health Topics – prevention, coping links
 - Special population pages
 - Health Check Tools, games and quizzes
 - Interactive Tutorials



Different Groups, Different Needs



Search Strategies

- Click on Main Health Topic section

The screenshot shows the MedlinePlus website. At the top left is the MedlinePlus logo with the tagline "Trusted Health Information for You". To the right, it says "A service of the U.S. National Library of Medicine NIH National Institutes of Health". Below the logo are links for "About MedlinePlus", "Site Map", "FAQs", "Contact Us", and a "ESPAÑOL" button. A search bar labeled "Search MedlinePlus" with a "GO" button is on the right. A large blue banner for "FLU.GOV" is in the center, with the text "Want to Protect Yourself & Your Family from the Flu?" and "Learn how at flu.gov". Below the banner are three green buttons: "→ Health Topics", "→ Drugs & Supplements", and "→ Videos & Cool Tools". A red arrow points to the "Health Topics" button. On the left side of the banner, there is a vertical navigation bar with numbers 1, 2, 3, 4, and a play button. Below the banner, there is a "MEDICAL DICTIONARY" section with a search box and a "GO" button, and a "POPULAR SEARCHES" section listing "anemia" and "asthma". To the right, there is an "About Your Health" section with tabs for "General", "Seniors", "Men", "Women", and "Children", and a "Health News" section with a date "13 DEC" and several news headlines.

MedlinePlus[®]
Trusted Health Information for You

A service of the U.S. National Library of Medicine
NIH National Institutes of Health

About MedlinePlus Site Map FAQs Contact Us **ESPAÑOL** Search MedlinePlus **GO**

1
2
3
4
▶

Want to Protect Yourself & Your Family from the Flu?
Learn how at flu.gov

FLU.GOV Know what to do about the flu.

→ Health Topics → Drugs & Supplements → Videos & Cool Tools

Merrim-Webster MEDICAL DICTIONARY **GO**

POPULAR SEARCHES
anemia asthma

About Your Health
General Seniors Men Women Children

Back Pain
COPD (Chronic Obstructive Pulmonary Disease)
Depression
Diabetes
Exercise and Physical Fitness

13 DEC Health News
[Home Monitors Can Aid Blood Pressure Control](#)
[Many Elderly Have Preventable Eye Problems](#)
[Stray Breast Tumor Cells in Early Chemo Could Be Bad Sign](#)

Special Content Categories



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Search MedlinePlus

GO

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL











Find your topic by first letter:

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Health Topics

Read about symptoms, causes, treatment and prevention for over 800 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

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](#)

Disorders and Conditions

- [Cancers](#)
- [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](#)

Diagnosis and Therapy

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](#)

Search Strategies

- Specific MedlinePlus Health Topic pages
 - Healthy Living
 - Exercise and Physical Fitness
 - Health Screening
 - Healthy Aging

Helpful Tip:

Check out the “Related Topics” box; you’ll discover even more great info!

Search Results Page



A service of the U.S. National Library of Medicine
NIH National Institutes of Health

[Home](#) [About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

Search MedlinePlus

GO

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Refine by Type

All Results (5,324)

- Health Topics (89)
- External Health Links (4,716)
- Drugs and Supplements (30)
- Medical Encyclopedia (149)
- Videos and Tutorials (119)
- News (79)
- MedlinePlus Magazine (51)
- Other Resources (71)
- Multiple Languages (20)

Refine by Keyword

All Results (5,324)

remix

- Events, Resources & Tools (105)
- Women's Health (13)
- Exercise (10)
- U.S. (8)
- Drugs (6)
- Your Child (5)
- Find similar publications based (5)
- Other Topics (54)

Healthy Living

[Search Help](#)

Many factors affect your health. Some you cannot control, such as your genetic makeup or your age. But you can make changes to your lifestyle. By taking steps toward healthy living, you can help reduce your risk of heart disease, cancer, stroke and other serious diseases. For example,

- See your doctor for regular screenings, not just when you are sick
- Maintain a healthy weight
- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active
- Control your blood pressure and cholesterol
- Quit smoking
- Protect yourself from too much sun



Agency for Healthcare Research and Quality ([Read more](#))

Results 1 - 10 of 5,324 for healthy living

1. [Healthy Living](#) (National Library of Medicine)
... changes to your **lifestyle**. By taking steps toward **healthy living**, you can help reduce your risk of heart ...
www.nlm.nih.gov/medlineplus/healthyliving.html - Health Topics
2. [Exercising for a Healthy Life Interactive Tutorial](#) (Patient Education Institute)
X-Plain Exercising For a **Healthy Life** Reference Summary Introduction By exercising and becoming more active, you can improve your health. People who are not physically active are ...
www.nlm.nih.gov/.../exercisingforahealthylife/htm/index.htm - Videos and Tutorials

Each One Trustworthy

2. [Exercising for a Healthy Life Interactive Tutorial](#) (Patient Education Institute)
X-Plain Exercising For a **Healthy Life** Reference Summary Introduction By exercising and becoming more active, you can improve your health. People who are not physically active are ...
www.nlm.nih.gov/.../exercisingforahealthylife/htm/index.htm - Videos and Tutorials
3. [Healthy Living, Healthy Vision](#) (Prevent Blindness America)
Healthy Living, Healthy Vision Take Care of Yourself! **Good health** is an important part of good vision. The healthier you ...
www.preventblindness.org/healthy_living - External Health Links
4. [Healthy Living](#) (Mental Health America)
... Home > Health Info > Mental Health Info > **Healthy Living Healthy Living** 10 Tips for Improving Family Mental Health 10 ...
www.mentalhealthamerica.net/.../get-info/healthy-living - External Health Links
5. [Healthy Living Can Prevent Nearly 25% of Colorectal Cancers](#)
... Health Topics Drugs & Supplements Videos & Cool Tools ESPAÑOL **Healthy Living** Can Prevent Nearly 25% of Colorectal Cancers Study ... October 27, 2010 Related MedlinePlus Pages Colorectal Cancer **Healthy Living** TUESDAY, Oct. 26 (HealthDay News) -- As many as
www.nlm.nih.gov/medlineplus/news/fullstory_104815.html - News
6. [Show Your Children How to Live a Healthy Life](#) (Centers for Disease Control and Prevention)
... Date Show Your Children How to Live a **Healthy Life** It is never too early or too late ... for showing your children how to live a **healthy life**. As a parent, the things you do and ...
www.cdc.gov/Features/ChildHealth - External Health Links
7. [Preventive Services for Healthy Living](#) (American Academy of Family Physicians)
Preventive Services for **Healthy Living** How can my doctor help me stay **healthy**? In addition to treating you when you are sick, your doctor can follow a program designed to help you stay ...
familydoctor.org/.../healthy/prevention/175.printerview.html - External Health Links
8. [Healthy Living: How Common Behaviors Affect Your Health](#) (American Academy of Family Physicians)
Healthy Living: How Common Behaviors Affect Your Health What comes to mind when you think of taking risks ... if you have questions about your diet or **healthy** eating for your ... many

Healthy Living Health Topic

Healthy Living

Many factors affect your health. Some you cannot control, such as your genetic makeup or your age. But you can make changes to your lifestyle. By taking steps toward healthy living, you can help reduce your risk of heart disease, cancer, stroke and other serious diseases. For example,

- See your doctor for [regular screenings](#), not just when you are sick
- Maintain a healthy weight
- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active
- Control your blood pressure and cholesterol
- Quit smoking
- Protect yourself from too much sun

Agency for Healthcare Research and Quality

Get Healthy Living updates by email

GO [What's this?](#)

Start Here

- [Preventive Services for Healthy Living](#) (American Academy of Family Physicians)
Also available in [Spanish](#)
- [Tips for Healthy Children and Families](#) (American Academy of Family Physicians)



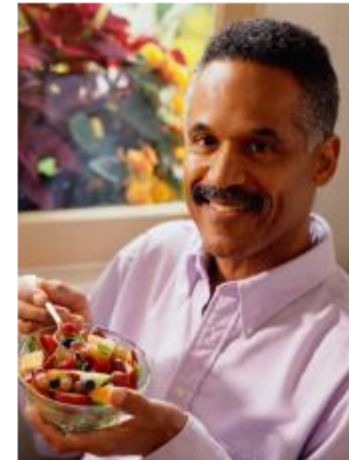
Print



Email



Share



MEDICAL ENCYCLOPEDIA

[Healthy living](#)

Related Topics

[Exercise and Physical Fitness](#)
[Heart Diseases--Prevention](#)
[Mental Health](#)
[Wellness and Lifestyle](#)

MedlinePlus - Know Where to Look

- Sub-topics on each disease or condition page
 - Prevention
 - Coping
 - Nutrition
 - Disease Management
 - Health Check Tools, Tutorials

Look for Subtopics (Health Topic Pages)

Basics

[Overviews](#)

[Latest News](#)

[Diagnosis/Symptoms](#)

[Treatment](#)

[Prevention/Screening](#)

Learn More

[Alternative Therapy](#)

[Nutrition](#)

[Coping](#)

[Disease Management](#)

[Specific Conditions](#)

[Related Issues](#)

Multimedia & Cool Tools

[Health Check Tools](#)

[Tutorials](#)

[Videos](#)

Research

[Financial Issues](#)

[Clinical Trials](#)

[Genetics](#)

[Research](#)

[Journal Articles](#)

Reference Shelf

[Dictionaries/Glossaries](#)

[Directories](#)

[Organizations](#)

[Newsletters/Print](#)

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[Law and Policy](#)

[Statistics](#)

For You

[MedlinePlus Magazine](#)

[Children](#)

[Teenagers](#)

[Men](#)

[Women](#)

[Seniors](#)

[Patient Handouts](#)

NIH Institutes - Useful!

- Diabetes – National Institute of Diabetes, Digestive and Kidney Diseases
 - niddk.nih.gov
- Senior Health and Alzheimers – National Institute on Aging
 - nia.nih.gov
- Heart Disease – National Heart, Lung and Blood Institute
 - nhlbi.nih.gov

Visit health.nih.gov for a sampling



[Home](#) > [Health Information](#) > [Minority Health](#)

African American Health

Quick Links

[Child & Teen Health](#)[Men's Health](#)[Minority Health](#)[Seniors' Health](#)[Wellness & Lifestyle](#)[Women's Health](#)[Editorial Policy](#)

Search Health Topics

Health Topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#)

 [Sign up to receive African American Health email updates](#)


NCI

National Cancer Institute

- » [Eat 5 to 9 Servings of Fruits and Vegetables a Day for Better Health](#)
 - » [Men: Shoot for 9 Servings of Fruits and Vegetables a Day for Better Health](#)
 - » [Pathways to Freedom for African American smokers](#)
 - » [Women: Aim for 7 Servings of Fruits and Vegetables a Day for Better Health](#)
-  [Call \(800\) 422-6237 for more information](#)

NHLBI

National Heart, Lung, and Blood Institute

- » [Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol](#)
 - » [Empower Yourself! Learn Your Cholesterol Number](#)
 - » [Heart-Healthy Home Cooking African American Style](#)
 - » [Improving Cardiovascular Health in African Americans. Package of Seven Easy-To-Read Booklets](#)
 - » [Protect Your Heart! Prevent High Blood Pressure](#)
 - » [Refresh Yourself! Stop Smoking](#)
-  [Call \(301\) 496-4236 for more information](#)

NIDDK

National Institute of Diabetes and Digestive and Kidney Diseases

- » [African Americans and Kidney Disease Fact Sheet](#)
- » [Celebrate the Beauty of Youth](#) [PDF Version]
- » [Diabetes and High Blood Pressure: What African Americans Need To Know](#) [PDF Version]

Healthy Kids Sampler

MedlinePlus.gov

Information for parents on the Children's Health page, and for kids on the Children's Page and Teens Page

KidsHealth.org

A health site for kids, teens and parents, including a teachers' section with lesson plans for different ages and grades.

BAM.gov

The Body and Mind site from the CDC is for kids 9-13 years old. The Teacher's Corner has good materials and activities.

KidsHealth[®]

from the health experts of Nemours



Parents site



Kids site



Teens site

[About KidsHealth](#) | [About Nemours](#) | [Partners](#) | [Privacy Policy & Terms of Use](#)

Nemours.

Different Styles for Kids and Teens

KidsHealth
from Nemours

For Parents For Kids For Teens

Search here...

- Kids Home
- Feelings
- Staying Healthy
- Illnesses & Injuries
- How the Body Works
- Growing Body & Mind
- Kids Talk
- Cooking & Recipes
- People, Places & Things That Help
- Staying Safe
- Movies & Games
- Health Problems
- Kids' Dictionary of Medical Words
- Health Problems of Grown-Ups
- En Español

Nutrition & Fitness Center

Articulos en Español

food & nutrition
Easy-to-follow advice on healthy eating.

recipes
Fuel your body with delicious snacks and meals.

special diets
Learn about food allergies and more.

weight
We'll cheer you on to a healthy weight.

Mission Nutrition
Snoop around the kitchen to find healthy snacks and drinks.

Fitness Tip:
Get 60 minutes of physical activity every day. If you can't do it all at once, be active in shorter spurts throughout the day.

Staying Fit
Being active = having fun.

Exercise and Sports Safety
Be safe and you'll prevent sports injuries.

EAT LIKE A PRO

What other kids are reading...

- The Rockettes: Eating Healthy Before the Show
- Video: Welcome Home Yoga

Sign up for a **free** weekly newsletter for **Kids!** [CLICK HERE](#)

TeensHealth
from Nemours

For Parents For Kids For Teens

Search here...

- Teens Home
- Your Body
- Your Mind
- Sexual Health
- Food & Fitness
- Recipes
- Drugs & Alcohol
- Expert Answers
- Diseases & Conditions
- Infections
- School & Jobs
- Staying Safe
- En Español

Healthy Weight

Your Personal Plan

KidsHealth > Teens > Food & Fitness > Healthy Weight > Healthy Weight: Your Personal Plan

Listen

AAA
Text Size Print

We've all seen ads for diet programs that make losing lots of weight seem as quick and easy as posing for the "before and after" photos. But as anyone who has tried to lose weight knows, it can be a struggle.

It's easy to feel frustrated when we set a weight-loss goal and then don't drop all the pounds we planned to lose. That's why the best way to lose weight — and keep it off — is not to go on a diet. (Yes, you read that right!) Instead, make being healthy your ultimate goal, not a specific number on the scale.

The ideal approach to losing weight is to focus on making small, specific changes that are easy to stick with in the long run — like not eating while watching TV, replacing a lunchtime soda with water, or walking to the bus instead of getting a ride.

So instead of going on an all-out diet or exercising until your knees shake, try making one small change. Use our personal plan to guide you.

When you're finished, you can print a goal sheet to inspire you as you work to turn your change into something that feels like a natural part of your life. This personal plan tool also

Making a Change
Your Personal Plan

Hot Topics

- > Stepparents
- > Cooking Tips and Recipes for You
- > Cat the Flu

Use this tool to plan your goal!
[Click Here](#)
Macromedia Flash needed

BAM! Body and Mind from the CDC

- Lots of healthy topics – safety, nutrition, physical activity
- BAM! Classroom has numerous activities of interest to kids and teens

The screenshot shows the BAM! Body and Mind website interface. At the top, it features the CDC logo and the text "Department of Health and Human Services Centers for Disease Control and Prevention". A search bar is located in the top right corner. Below the header, there are several navigation tabs: "BAM! Body and Mind", "DISEASES", "FOOD & NUTRITION", "PHYSICAL ACTIVITY", "YOUR SAFETY", "YOUR LIFE", and "YOUR BODY".

The main content area is divided into several sections:

- Got a question about: FITNESS? DISEASE? PEER PRESSURE?** You've come to the right place! BAM! Body and Mind will tell you all you need to know about all the stuff that matters.
- smile style** BAM! Feature Zone Play "Smile Style" to help Kristie get a clean, healthy smile!
- Activity Calendar** Use the Activity Calendar to create your very own personalized fitness calendar. Check it out!
- The Game Room** Check out these games:
 - Dining Decisions: You giving your body the best? In this game, the food choices are your call.
 - Check out more games in the [BAM! Game Room!](#)
- The BAM! Challenge** Show what you know!
Toothpaste with _____ makes teeth stronger.
 - A.) Flavor
 - B.) Fluoride
 - C.) Flambé
 - D.) Floss**submit answer**
- Try this today...**
The Immune Platoon A super-powered team of white blood cells protecting your body from infections and other diseases that threaten your body's health. **learn more!**
- BAM! Classroom** Teachers: Incorporate BAM! topics into your classroom activities. **Find out more**
- CDC Scoop:** The latest from BAM! ☆
Fashion Gurus Say, "A Shiny & Bright Smile is Always in Style."
Ads Can Affect How You Feel: See How, and Take Back Control!

BAM! Teacher's Corner

CDC Department of Health and Human Services
Centers for Disease Control and Prevention

Search:

BAM! Body and Mind™

Teacher's Corner

About Teacher's Corner

Activities

Downloads

Related Materials

Kids Website

TELL US WHAT YOU THINK

BAM! Body and Mind is a resource for you to incorporate CDC health, safety, and science topics into your classroom. The site also offers your students interactive content to investigate topics for school or for a personal interest.

[Click here](#) to learn more about the Teacher's Corner.

Featured Activity

Active or Not, Here It Comes! Learn how to extend student's view of physical activity beyond organized sports. [Click](#) to learn more and download this activity.

Activities

- [Body Image](#)
- [Energy](#)
- [Epidemiology](#)
- [Natural Disasters](#)
- [Physical Activity](#)
- [Safety](#)
- [Smoking](#)
- [Stress](#)

Related Materials

- [General](#)
- [Media Literacy](#)
- [Disabilities](#)
- [Infectious Disease](#)
- [Food Safety](#)
- [Physical Fitness](#)
- [Tobacco](#)

Great materials for after school programs or school projects!

MyPyramid.gov/kids

A Close Look at MyPyramid ^{For Kids}

MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



United States Department of Agriculture

MyPyramid.gov



Home About Us News & Media Site Help

Search MyPyramid.gov

Go

Subjects

- MyPyramid Menu Planner
- MyPyramid Tracker
- Pregnancy & Breastfeeding
- MyPyramid Plan
- Steps to Healthier Weight
- Inside the Pyramid
- Tips & Resources
- Partnering with MyPyramid
- For Preschoolers (2-5yrs)
- For Kids (6-11yrs)
- For Professionals
- Dietary Guidelines
- Related Links

You are here: [Home](#) / [For Kids](#) / [MyPyramid Blast Off Game](#)

For Kids

MyPyramid Blast Off Game

An interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of how their choices fit into MyPyramid.



System Requirements:

- Flash Player 7 (or higher)
Click [here](#) to download (for free) the latest version of Flash Player.

Blast Off Game in MyPyramid.gov

1 BREAKFAST **2 LUNCH** **3 SNACKS** **4 DINNER** **5 ACTIVITY** SOUND OFF | HELP | QUIT

Hamburger Meatball Sub (Wheat) Turkey and Cheese Sandwich (White) Fish Sticks Pretzels Quesadilla

Hamburger
1 patty (3 ounces, cooked), 1 white roll

2 ounces **GRAINS** EMPTY **VEGETABLES** EMPTY **FRUITS** EMPTY **MILK** 3 ounces **MEAT & BEANS**

EXTRAS:
Oils: 0 grams Solid Fats: 17 grams Added Sugar: 0 grams
FUEL: 400

ADD TO YOUR FUEL TANK **NO THANKS**

Would You Like To Add...

- Pickle, lettuce, and tomato
1 leaf iceberg lettuce, 1 slice tomato, 2 slices p...
- Ketchup
1 tablespoon
- Mustard
1 teaspoon
- Mayonnaise
2 teaspoons

ACTIVITY BATTERY
MINUTES

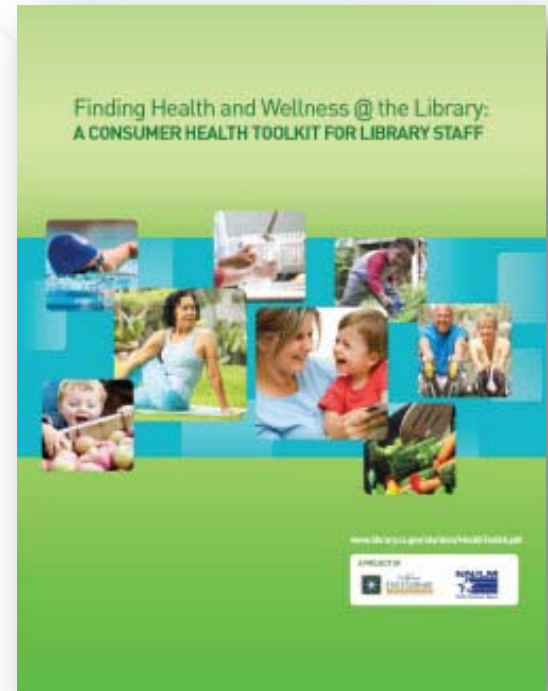
GRAINS 0 ounces
VEGETABLES 0 cups
FRUITS 0 cups
MILK 0 cups
MEAT & BEANS 0 ounces

Fuel Tank: 0 Target: 1800

BLAST OFF!

Consumer Health Toolkit

- Professional Development Tool
 - Geared to public library staff, but some sections very useful for community organizations
 - Prevention and wellness focus
 - Contains links to Spanish, multilingual and easy to read



www.library.ca.gov/lds/docs/HealthToolkit.pdf

Health Resources: Pages 11-46

- Focus on prevention, wellness, coping, and support

Health Resources / 11

11 Introduction

11 Objectives

12 General Health Resources

13 Directories of Health Organizations and Physicians

13 Health Information for Special Populations

14 Easy-to-Read and Multilingual

15 Healthy Living

15 General Resources on Healthy Living

15 Fitness and Exercise

17 Nutrition and Foods

19 Environmental Health, and Toxicology

19 Stages of Life

19 Children & Adolescents

21 Men's Health

21 Women's Health

22 Pregnancy, Childbirth, Breastfeeding, and Newborn Care

24 Seniors and Healthy Aging

25 Preventing and Living Well with Chronic Conditions

25 Alzheimer's Disease

26 Arthritis

26 Asthma

27 Cancer

30 Chronic Obstructive Pulmonary Disease (COPD)

31 Diabetes

32 Heart Disease

34 High Blood Pressure (Hypertension)

35 HIV/AIDS

36 Mental Health

39 Osteoporosis

40 Overweight and Obesity

41 Stroke

42 Substance Abuse, Addiction, and Dependence

43 Treatment and Care

43 Caregiving

44 Complementary and Alternative Medicine (CAM)

45 Herbs and Supplements

45 Over-the-counter and Prescription Drugs

Sample Entries

Healthy Living

GENERAL RESOURCES ON HEALTHY LIVING

PDF Tips for a Safe and Healthy Life

Key tips about nutrition and weight, physical activity, disease and injury prevention, stress management, and medical care are provided in English and Spanish by the Centers for Disease Control and Prevention (CDC).

<http://www.cdc.gov/family/tips/>

<http://www.cdc.gov/family/tipsgen-sp.pdf> **SPAN**

Quick Guide to Healthy Living

This section of the Healthfinder.gov web site is a great starting point for learning about healthy living. Each of these printable topics starts with the basics and then continues with an action plan. The Quick Guide won the 2010 ClearMark award for the best plain language Public Sector Web Site. The second link below is to the expanded listing of all Quick Guide topics.

<http://www.healthfinder.gov/prevention/default.aspx> **EASY**

<http://www.healthfinder.gov/prevention/TopicsAtoZ.aspx> **EASY**

Staying Healthy

The materials in this great collection from Healthy Roads Media are easy-to-understand, in multiple languages and formats, and focus on helping people stay healthy.

<http://www.healthyroadsmedia.org/topics/stayinghealthy.htm> **EASY MULTI**

Body Mass Index Calculator

Simple but important tools, these body mass index (BMI) calculators for adults, teens, and children are provided by the the CDC. Information is provided on interpreting BMI and the health consequences of obesity and being overweight. The differences between adult and child BMI are emphasized, and special information for parents is included.

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

FITNESS AND EXERCISE

PDF Stay Active and Feel Better

Make physical activity your solution to feeling tired, bored, and out of shape. Here are some fun tips for adding activity to your family's daily routine.

<http://www.healthyroadsmedia.org/english/Files/pdf/EngAct.pdf> **EASY**

<http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaAct.pdf> **SPAN**

Get Active: The Basics

This site from the HHS is a healthy living guide to physical fitness and exercise information, helping people learn how to get started and how to keep going for better health.

<http://healthfinder.gov/prevention/PrintTopic.aspx?topicID=22> **EASY**

Health Program Ideas: Pages 66-68

- Ideas for healthy programs and fun events
 - Food label fair
 - Recipe makeovers
 - Health fair planning
 - Brain games for kids
- What programs would work at your NN Center?



Technology & Health: Pages 71-76

- Health information and tools available on our phones now
- Social networking for online support and sharing information
- Mobile MedlinePlus and more!
 - m.medlineplus.gov



How to Use the Health Toolkit

- Interactive Table of Contents
- Icons to identify type of content
- Hyperlinks
- Acronyms list in Appendix
- Helpful tips

Helpful Tip:

While the PDF file can be accessed on the web, it is more efficient to save the file locally to your computer. Save the PDF file to your desktop or other convenient location.

Key to Icons

Format and Content



Book



PDF file, easier to print or send by email



Video file



Audio file, podcast



CD or DVD



eLearning resource, e.g. online tutorial



Easy-to-read or understand materials



In Spanish or contains Spanish language content



Contains multilingual resources

Link to Toolkit from nnlm.gov/psr

First, go here


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NN/LM National Network of Libraries of Medicine
Pacific Southwest Region

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Member Services Provide Outreach Document Delivery Funding Training & Educational Opportunities **Serving the Public** Technology

NN/LM Pacific Southwest Region



Supporting collaboration among libraries and information centers that serve health information needs in Arizona, California, Hawaii, Nevada, and the U.S.-Associated Pacific Basin.

JOIN THE NETWORK > The NN/LM's goal is to enhance access to health information for health professionals and the public. If you would like more information about joining the network, go to our [Network Membership page](#).

MIDDAY AT THE OASIS Join us for NN/LM PSR's monthly web conference, "Midday at the Oasis." Session is held the third Wednesday of every month from 1-2PM (Pacific Time). For login instructions, go to the [Midday at the Oasis page](#).




News & Announcements:

- [Latitudes](#) **XML** - a newsletter of feature articles
- [NewsBits](#) **XML** - a brief list of announcements, upcoming events & tech tips
- [PSR-News Announcement List](#)
- [Training and Exhibit Calendar](#)

Quick Links:

- [Health Information on the Web](#)
 - [PubMed](#)
 - [MedlinePlus®](#)
- [DOCLINE Information](#)
- [Emergency Preparedness & Response](#)
- [NLM Databases](#)
- [NLM Technical Bulletin](#)
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In This Section:

Serving the Public

[Consumer Health articles in Latitudes](#)

[Especially for the General Public](#)

Topics on this page:

- [Professional Development for Librarians](#)
- [Providing Health Reference](#)
- [Resources for Consumer Health Collections and Services](#)
- [Training in Consumer Health Resources](#)
- [Presentations and Handouts](#)
- [The Health e-Shows Series](#)
- [Tutorials, Brochures and Factsheets](#)
- [Funding Opportunities](#)

We strive to improve the public's access to health information so they can make informed decisions about their health. Our programs focus on reaching minorities, senior citizens, and low income populations. To accomplish this, we provide outreach and training to staff at public libraries and other community-based organizations, Network members, healthcare providers, K-12 teachers and staff, college and adult school staff, and health advocacy groups.

Professional Development for Librarians

- [Finding Health and Wellness @ the Library: A Consumer Health Toolkit for Library Staff](#) **PDF** 7 MB - a resource for librarians and library staff to build their competencies in providing excellent consumer health services to users.
- [Consumer Health Information Specialization Program \(MLA\)](#) - gain expertise in the area of consumer health information

Then download here

Accessing the Toolkit

California State Library:

www.library.ca.gov/lds/docs/HealthToolkit.pdf

Or from the link at

www.nlm.gov/psr/public/

To request a print copy, send an email with your name and mailing address to:

Kelli Ham

kkham@library.ucla.edu

Discussion – Is Information Enough?

People need good information so they can make good decisions and make healthy changes

- Plan of Action

- How will you use the information learned today?
- What kinds of events or programs would work at your Center?

Tell Us What You Think

Evaluation Survey link for this webinar:

www.surveymonkey.com/s/HUDHealthyLifestyles



Questions ?

Thank You!

The National Network of Libraries of Medicine

<http://nnlm.gov>

1-800-338-7657

