

# Healthy Neighborhoods

Neighborhood Networks  
&  
The National Network of Libraries of Medicine  
September 14, 2010



<http://nnlm.gov>



# Your Host



**NN/LM**

**National Network Office  
(serving all Regions)**

**Lisa Boyd, MA, MLS**

**Consumer Health librarian**

# Agenda

- **Introduction to the National Network of Libraries of Medicine**
- **NN/LM and HUD Neighborhood Networks Partnership**
- **National Library of Medicine Resources**

# National Network of Libraries of Medicine

The NN/LM's goal is to enhance access to quality health information and enable people to make informed decisions about their health.

WE OFFER:

Online Health Information - Reliable online resources for your health research needs:

<http://nnlm.gov/hip/>

Free Training – For a list of classes see our website:

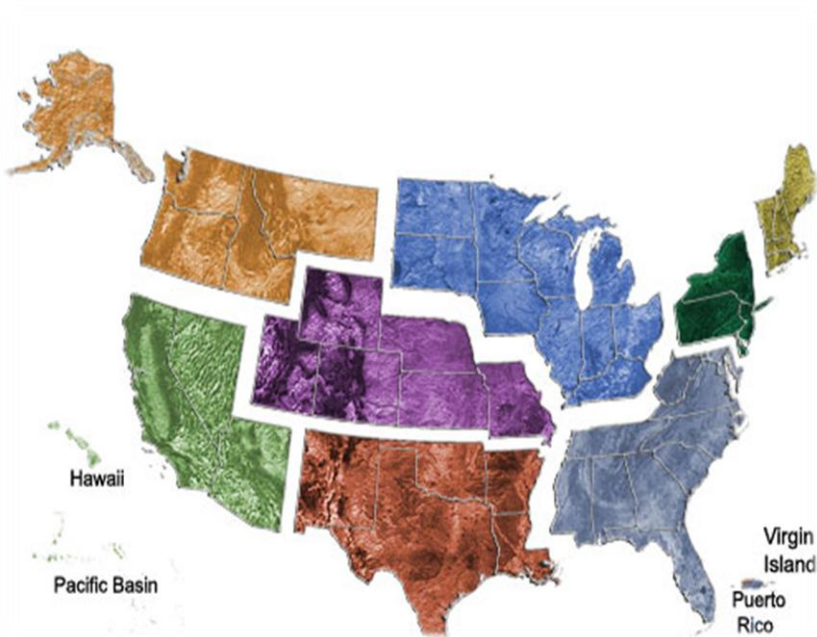
<http://nnlm.gov/training/>

Funding – For projects to promote health information in your community:

<http://nnlm.gov/funding/>

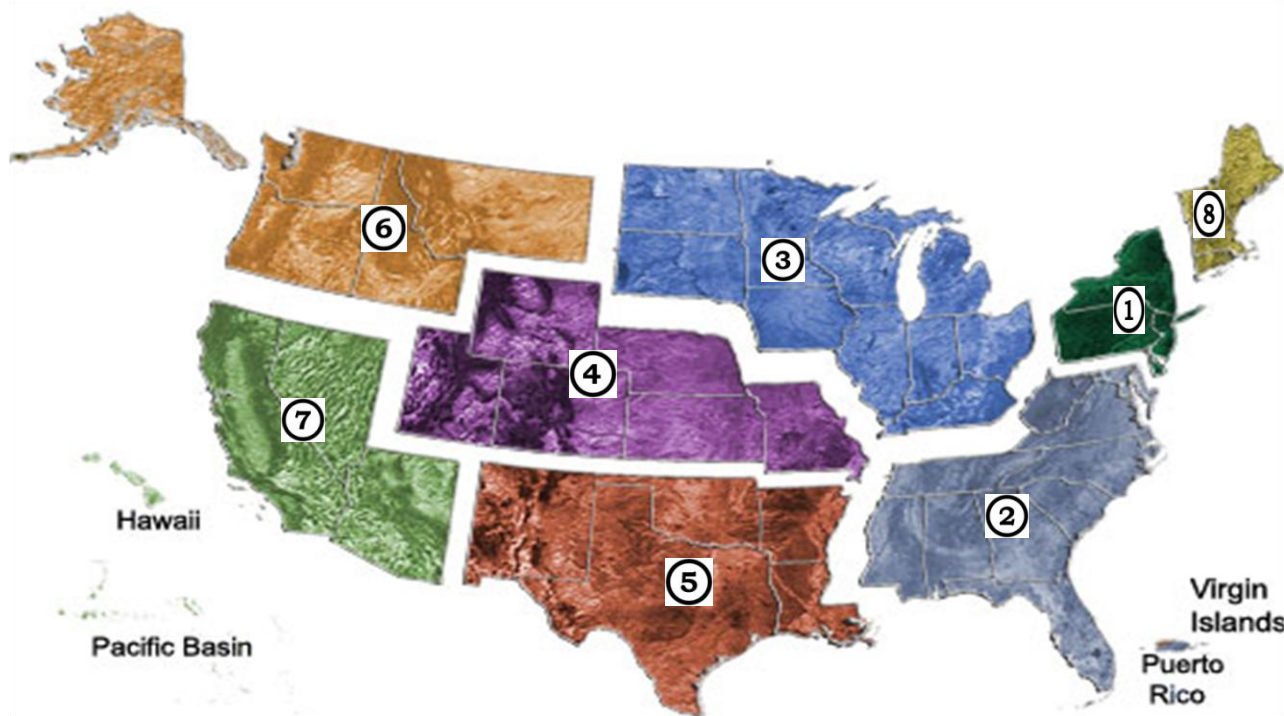
Outreach – Make a difference in the health of your community:

<http://nnlm.gov/outreach/>



Join the network or find local resources by calling us at 1-800-338-7657.

# 8 Regions of NN/LM



- |                          |                      |
|--------------------------|----------------------|
| 1. MidAtlantic           | 5. South Central     |
| 2. Southeastern/Atlantic | 6. Pacific Northwest |
| 3. Greater Midwest       | 7. Pacific Southwest |
| 4. MidContinental        | 8. New England       |

# Your Coordinators



**(1) Middle Atlantic Region**

**DE, NJ, NY, PA**

**Helen Tannenbaum, MLS**

**Outreach and Communications Coordinator**



**(2) Southeastern/Atlantic Region**

**AL, DC, FL, GA, MD, MS, NC, Puerto Rico,  
SC, TN, US Virgin Islands, VA, WV**

**Nancy Patterson, MLS**

**Community Outreach Coordinator**



# Your Coordinators



## **(3) Greater Midwest Region**

**IL, IN, IA, KY, MI, MN, ND, OH, SD, WI**

**Samanthi Hewakapuge, MLS**

**Consumer Health Coordinator**



## **(4) MidContinental Region**

**UT, CO, WY, KS, NE, MO**

**State-by-State Model**

**Siobhan Champ-Blackwell**

**Community Outreach**

**Dana Abbey/Colorado**

**Consumer Health Liaison**

# Your Coordinators



**(5) South Central Region**

**AR, LA, NM, OK and TX**

**Karen J. Vargas, MLS**

**Consumer Health Outreach Coordinator**



**(6) Pacific Northwest Region**

**AK, ID, MT, OR, and WA**

**Gail Kouame, MLS**

**Consumer Health Coordinator**



# Your Coordinators



## **(7) Pacific Southwest Region**

**AZ, CA, HI, NV, US-Associated Pacific Basin**

**Kelli Ham, MLS**

**Consumer Health Coordinator**



## **(8) New England Region**


**CT, ME, MS, NH, RI, VT**

**Michelle Eberle, MLS**

**Consumer Health Coordinator**

# NN/LM Membership

<http://nnlm.gov/services>

**NN/LM** National Network of Libraries of Medicine  
 **nnlm.gov**


Search:

[Home](#) [Member Services](#) [Provide Outreach](#) [Resource Sharing & Document Delivery](#) [Health Information on the Web](#) [Funding](#) [Training & Educational Opportunities](#)

**In this section:**

- [Member Services](#)
- [Members Directory](#)
- [Join the Network](#)
- [NN/LM News & Announcements](#)

**Find Local Resources:**



## NN/LM Member Services

Members of the National Network of Libraries of Medicine (NN/LM) provide health professionals and the general public with health information resources and services.

Membership in the NN/LM is free!

If you are providing health information resources through a library, information center or other organization, staff at your NN/LM regional office can help you.

Visit the Member Services section for your region:

- [Middle Atlantic \(MAR\)](#) Member services - serving Delaware, New Jersey, New York, and Pennsylvania
- [Southeastern Atlantic \(SEA\)](#) Member services - serving Alabama, District of Columbia, Florida, Georgia, Maryland, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, U.S. Virgin Islands, Virginia and West Virginia
- [Greater Midwest \(GMR\)](#) Member services - serving Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, North Dakota, Ohio, South Dakota and Wisconsin
- [MidContinental \(MCR\)](#) Member services - serving Utah, Colorado, Wyoming, Kansas, Nebraska and Missouri
- [South Central \(SCR\)](#) Member services - serving Arkansas, Louisiana, New Mexico, Oklahoma and Texas
- [Pacific Northwest \(PNR\)](#) Member services - serving Alaska, Idaho, Montana, Oregon, and Washington
- [Pacific Southwest \(PSR\)](#) Member services - serving Arizona, California, Hawaii, Nevada, and the U.S.-Associated Pacific Basin
- [New England \(NER\)](#) Member services - Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont

# NN/LM Funded Outreach



# Success Stories



NN/LM Greater Midwest Region  
Chicago, IL

Heartland Alliance Refugee Health Programs  
Project: New Americans Library and Internet  
Access Project



NN/LM Southeastern/Atlantic Region  
Georgetown, SC

Ma Flo's Beauty Salon

Project: Ma Flo's Health & Awareness  
Team

# Success Stories



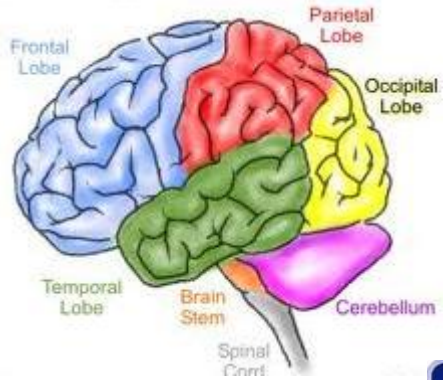
NN/LM South Central Region  
San Antonio, TX  
Edgewood Family Network  
Project: Technology-Enhanced Community Neighborhood  
Organization



NN/LM New England Region  
Worcester, MA  
Central Massachusetts Area Health Education Center  
Project: Outreach Worker Training Institute (OWTI)



# NN/LM Classes





# Definition of Health Disparities



- **“Population-specific differences in the presence of disease, health outcomes, or access to health care.”**  
~ Health Resources and Services Administration  
(HRSA, DHHS)

**More information on Health Disparities:**

MedlinePlus – <http://www.nlm.nih.gov/medlineplus/healthdisparities.html>

CDC Office of Minority Health – <http://www.cdc.gov/omhd/About/about.htm>

# Health Disparities

Many factors contribute to racial/ethnic health disparities:

- **Socioeconomic status**

Education, employment, income

- **Lifestyle Behavior**

Physical activity and alcohol intake

- **Social Environment**

Educational and economic opportunities, racial/ethnic discrimination, neighborhood and work conditions

- **Access to Preventive Care**

Cancer Screening and vaccination



<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5401a1.htm>

# Community Outreach



**Excellent Resources for Getting Started and Going Strong:**

**Public Libraries and Community Partners: Working together to provide health information - <http://nnlm.gov/outreach/community>**

**Community Tool Box - <http://ctb.ku.edu>**

**Healthy People Library Project - <http://www.healthlit.org/index.htm>**

**Thrive - <http://www.preventioninstitute.org/thrive/index.php> -**

# NLM Consumer Health Resources



# MedlinePlus

<http://medlineplus.gov>

The screenshot shows the MedlinePlus website homepage. At the top left is the MedlinePlus logo with the tagline "Trusted Health Information for You". To the right, it states "A service of the U.S. National Library of Medicine NIH National Institutes of Health". Below the logo is a search bar with the text "Search MedlinePlus" and a "GO" button. A navigation menu includes "About MedlinePlus", "Site Map", "FAQs", "Contact Us", and "ESPAÑOL".

The main content area features a large banner with the text "Have a doctor appointment? Find out how to make the most of your visit on our Talking With Your Doctor page." Below this banner are three green buttons: "→ Health Topics", "→ Drugs & Supplements", and "→ Videos & Cool Tools".

On the left side, there is a "MEDICAL DICTIONARY" section with a search box and a "GO" button. Below it is a "POPULAR SEARCHES" section listing terms like anemia, asthma, diabetes, fibromyalgia, gout, hypertension, lupus, mrsa, shingles, stroke, and vitamin d. There is also a "FEATURED SITE" section with a link to a hurricane topic page.

The right side of the page has an "About Your Health" section with tabs for "General", "Seniors", "Men", "Women", and "Children". It lists various health topics such as Back Pain, COPD, Depression, Diabetes, and High Blood Pressure. Below this is a "Health News" section with a date "01 SEP" and several news headlines. At the bottom right, there is a "Stay Connected" section with an email sign-up form and buttons for "MAGAZINE", "EASY TO READ", and "MULTIPLE LANGUAGES".

At the very bottom, there are links for "Mobile version", "Get email updates", "Subscribe to RSS", and "Follow us on Twitter".

- Over 800 health topics
- In English/Spanish
- Drug and herbal supplement information
- Videos
- Health Check tools
- Easy to Read Page
- Magazine
- Multiple Languages
- Medical Dictionary & Encyclopedia
- Health News

# NIH Senior Health

<http://nihseniorhealth.gov>

Skip Navigation    Text Size:      Contrast:  on  off    Speech:  on  off    Help



## NIH SeniorHealth

Home | Site Index | Contact Us

Welcome to NIHSeniorHealth. This easy-to-use website features basic health and wellness information for older adults from the National Institutes of Health. Use the buttons at the top of each page to make the text bigger, change text color, or hear the text read aloud.



Find a health 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 X Y Z**

Categories

- [Bones and Joints](#)
- [Cancer](#)
- [Diseases and Conditions](#)
- [Healthy Aging](#)
- [Heart and Lungs](#)
- [Memory and Mental Health](#)
- [Treatments and Therapies](#)
- [Vision and Hearing](#)
- [All Topics A-Z](#)

Featured Topic



**Alcohol Use and Older Adults**

**Exercise Stories**

People of all ages and physical conditions benefit from exercise and physical activity. These [exercise stories](#) feature older adults and the diverse activities they enjoy.



**Health Videos**

Many of our health topics feature short videos that complement the information in the topic. The [health videos](#) offer up-to-date medical information, tips for healthy living, and inspiring stories of older adults who are coping with diseases or conditions of aging.



**E-Mail Updates**

 [Sign up here for free e-mail updates.](#) Get information on new topics, videos, and more from NIHSeniorHealth.

**Training Tools**

Are you interested in helping older adults learn to search online health information on their own? Browse the [Trainer's Toolkit](#) for more information.



This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). Read more [about NIHSeniorHealth](#).

Last reviewed: 12 July 2010    First published: 19 March 2002

National Institute on Aging, U.S. National Library of Medicine  
National Institutes of Health, U.S. Department of Health & Human Services  
[Contact us](#), [Accessibility](#), [Copyright](#), [Privacy](#)

- Customized for older adults
- Special features allow searcher to increase text size, turn on contract and speech
- Senior specific health topics
- Exercise stories
- Videos
- Trainers toolkit



# Genetics Home Reference

<http://ghr.nlm.nih.gov>

The screenshot shows the homepage of the Genetics Home Reference website. At the top, there is a navigation bar with links for 'About', 'Site Map', and 'Contact Us', along with a search box. The main content area is divided into several sections: 'What's New' (listing recent updates like Leber congenital amaurosis), 'Newborn Screening', 'In the Spotlight', and 'In the Spotlight' (repeated). The central part of the page features a grid of topic-specific boxes: 'Genetic Disorders A to Z and related genes and chromosomes', 'Genetic Conditions', 'Genes', 'Chromosomes', 'Handbook', 'Glossary', and 'Resources'. Each box provides a brief description of the topic and a small icon. At the bottom, there is a footer with contact information for the Lister Hill National Center for Biomedical Communications, links to the U.S. National Library of Medicine and National Institutes of Health, and a disclaimer about the site's compliance with the HONcode standard for trustworthy health information.

- Health information for the public on genetic conditions
- Help Me Understand Genetics Handbook
- Information about specific genes related to disorders
- Links to scientific literature

# Household Products Database

<http://hpd.nlm.nih.gov>

The screenshot shows the homepage of the Household Products Database. At the top, it features the U.S. Department of Health & Human Services logo and the website URL www.hhs.gov. The main header includes the title 'Household Products Database' and the subtitle 'Health & Safety Information on Household Products'. Below this, there are navigation tabs for 'Home', 'Products', 'Manufacturers', 'Ingredients', and 'Health Effects'. A 'Quick Search' box is located on the left side, with a 'GO' button. Below the search box, there are links for 'Advanced Search' and 'Browse by Category'. The 'Browse by Category' section lists various product categories such as 'Auto Products', 'Inside the Home', 'Pesticides', 'Landscape/Yard', 'Personal Care', 'Home Maintenance', 'Arts & Crafts', 'Pet Care', and 'Home Office'. A 'Browse A-Z' section is also present, listing 'Product Names', 'Types of Products', 'Manufacturers', and 'Ingredients'. A 'Support' section includes links for 'About the Database', 'FAQ', 'Product Recalls', 'Help', 'Glossary', 'Contact Us', and 'More Resources'. The main content area features a grid of product categories, each with a small image and a list of products. The categories include 'Auto Products', 'Inside the Home', 'Pesticides', 'Landscape/Yard', 'Personal Care', 'Home Maintenance', 'Arts & Crafts', 'Pet Care', and 'Home Office'. A footer section contains copyright information, contact details for the National Library of Medicine, and the date of the last update (June, 2010).

- Information on over 10,000 household products
- Product, ingredient and health effects
- Safety, handling, exposure
- From Material Safety Data Sheets, manufacturers and product labels

# National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov>



The screenshot shows the NCCAM website homepage. At the top, it features the NCCAM logo and the text "NATIONAL INSTITUTES OF HEALTH National Center for Complementary and Alternative Medicine". Below the logo is a navigation menu with links for "Health Info", "Research", "Grants", "Training", "News and Events", and "About NCCAM". A search bar is located to the right of the navigation menu. The main content area is divided into several sections: "Take Charge of Your Health" with a list of topics and a photo of a person in a Tai Chi pose; "A-Z Index of Health Topics"; "Be an Informed Consumer"; "NCCAM Newsletter September '10"; "August 30-September 30, 2010" with a call to action for comments on a draft strategic plan; "What is CAM?"; "What does NCCAM do?"; "Get Updates" with social media icons; "News and Highlights" with a list of recent news items; "Research Results" with a link to research results A-Z and by date; and a featured article titled "Tai Chi May Benefit Patients With Fibromyalgia (August 2010)".

## NCCAM

- What is CAM?
- Be an informed consumer
- Herbs at a Glance
- Clinical Trials
- For both consumer and health professional
- Spanish too

# ToxTown

<http://toxtown.nlm.nih.gov>

**Tox Town** Environmental health concerns and toxic chemicals where you live, work, and play

Home Text Version Neighborhoods Locations Chemicals A-Z Index A-Z Disasters For Teachers What's New Site Map Español

EXPLORE NEIGHBORHOODS WHERE YOU LIVE, WORK, PLAY TOXIC CHEMICALS YOUR HEALTH

City Town Farm Port US-Mexico Border

**New chemical page on Ethylene Oxide.**

- Learn what it is and how you can be exposed.

**Methanol is a toxic chemical used in antifreeze, solvents, and gasoline.**

- Visit this new chemical page to learn about exposure and health effects.

Visit the new [Wildfires](#) page.

**Oil Spills & Health**  
Get this Widget

For poisoning emergencies, contact the Poison Help hotline at 1-800-222-1222.

About Help Clip Art & Promotional Materials for Tox Town E-mail Updates Contact Us: [tehip@teh.nlm.nih.gov](mailto:tehip@teh.nlm.nih.gov)

U.S. National Library of Medicine, 8600 Rockville Pike, Bethesda, MD 20894 National Institutes of Health Department of Health & Human Services  
1-888-FIND-NLM

Developed by Specialized Information Services, Environmental Health and Toxicology Copyright Privacy Freedom of Information Act Accessibility

We subscribe to the [HQNcode principles](#) of the [Health On the Net Foundation](#). Accredited 07/2009. Download [Adobe Flash Player™](#) to view all Flash content on this site.

Download [Windows Media Player™](#) or [Apple QuickTime™](#) to view multimedia files on this site. Download [Adobe Acrobat® Reader™](#) to view PDF files located on this site.

- Interactive, educational site to teach students about environmental toxicology
- Includes a city, farm, town, US Mexico border, and port
- Links to web sites on environmental health

# Evaluating Online Health Information



- Accuracy
- Authority
- Bias
- Currency
- Coverage
- User Friendliness

For further information:

MedlinePlus, Guide to Healthy Web Surfing

<http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html>

# Promotionals

## Learn About Your Health

MedlinePlus helps you find health information you can trust. Learn about diseases, treatments, drugs, research, and other important health issues. See easy-to-understand videos and read about health in your native language.

## Information Wherever You Are

MedlinePlus is now available for mobile devices at [m.medlineplus.gov](http://m.medlineplus.gov). Check it out!

## Use What You Learn

Everyone can use good health information. With MedlinePlus, you can:

- Help a friend or family member make a health decision.
- Learn more about treatment options.
- Know what questions to ask your doctor.
- Find doctors, dentists, and hospitals.
- Learn about ways to prevent illness and stay healthy!

## Get Health News on Twitter!



<http://twitter.com/MedlinePlus4You>

## About MedlinePlus

MedlinePlus is a web site that offers free, high quality health information in English, Spanish, and more than 45 other languages. Trained professionals choose materials that are current, accurate, and reliable.

MedlinePlus was created for consumers by the National Library of Medicine.

## Need Help?

Librarians can help you find the health information you need so you know the right questions to ask your doctor and make good decisions. Visit your local public library or find a medical or hospital library using the map at [www.nlm.nih.gov/medlineplus/libraries.html](http://www.nlm.nih.gov/medlineplus/libraries.html), by calling NN/LM toll-free at 800-338-7657, or by visiting the web site at <http://nmlm.gov>.



This brochure was developed by NN/LM staff; it may be freely reproduced from the Internet at:

<http://nmlm.gov/training/resources/mptr1.pdf>

Updated: August 2010



<http://medlineplus.gov>

## Have you or a family member ever been in a situation like this?



Maria's doctor told her she has diabetes. She wants to find out more about the medications to help her manage her disease.

Julian hurt his knee while mountain biking. He wants to know more about knee injuries and what questions to ask his doctor about different treatments.



Cham has to do a school assignment about the causes of asthma and how to treat it.



Contact your region's coordinator for more information.

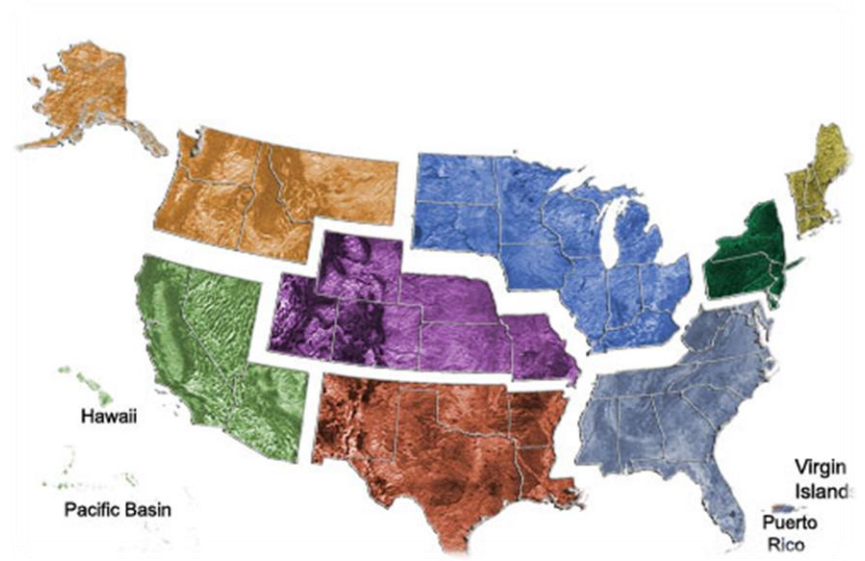




# What's next?

- Stay tuned for more information about monthly webcasts
- Contact your NN/LM coordinator for more information about training opportunities, membership or funding
- Start exploring NLM resources

<http://nlm.nih.gov>



**Reach your local Consumer Health Coordinator at:  
(800) 338-7657**

# Upcoming webcasts



October  
November  
December

## 2010

MedlinePlus: An Overview  
Teen Health Resources  
Healthy Lifestyles Resources

January  
February  
March  
April  
May  
June  
July  
August

## 2011

Resources for Medication Safety  
Mental Health  
Healthy Aging Resources  
Environmental Health Resources  
Complementary & Alternative Resources  
NLM, NN/LM and Funding Application Tips  
PHPartners.org Overview  
Health Disparities, Outreach & NLM Resource Refresher



# Thank you!

## Questions?

**The National Network of Libraries of Medicine**

<http://nnlm.gov>

**1-800-338-7657**

