

Health Information for Kids and Teens and Seniors, Oh My!

Presented by Kelli Ham, MLIS, Consumer Health Coordinator for the National Network of Libraries of Medicine for the Pacific Southwest Region, October 28, 2008.

Online Resources for Kids and Teens

KidsHealth

KidsHealth provides age-appropriate health information for kids and teens, a site for parents and a teachers' section with lesson plans for different ages and grades.

kidshealth.org

kidshealth.org/kid

kidshealth.org/teen

classroom.kidshealth.org

BAM! from the Centers for Disease Control

The CDC produces this site for kids 9-13 years old. The Teacher's Corner includes activities and guides on health topics.

www.bam.gov

www.bam.gov/teachers

Yucky Gross & Cool Body from Discovery Kids

From Discovery Health for Kids, the Gross & Cool Body site is an interactive, fun and informative site.

yucky.discovery.com

Girlshealth

Girlshealth.gov provides girls from 10-16 reliable, useful information on the health issues they will face as they become young women and to promote healthy, positive behaviors. The site is produced by the Office on Women's Health in the Department of Health and Human Services.

girlshealth.gov

MyPyramid for kids

MyPyramid is an interactive site to help users learn about nutrition, healthy eating habits, and the role of physical activity in maintaining a healthy weight. The site includes sections for kids (age 6-11) and for preschoolers (age 2-5).

mypyramid.gov/kids

mypyramid.gov/preschoolers

ToxMystery

ToxMystery is the National Library of Medicine's interactive learning site designed to help kids age 7 to 10 find clues about toxic substances that can lurk in the home. With lively animations, sound effects and lots of positive reinforcement, ToxMystery provides a fun, game-like experience, while teaching important lessons about potential environmental health hazards.

toxmystery.nlm.nih.gov

ToxTown

Tox Town is an interactive guide to commonly encountered toxic substances, your health, and the environment. Tox Town helps users explore a variety of locations and communities to identify common environmental hazards.

toxtown.nlm.nih.gov

MedlinePlus

MedlinePlus from the National Library of Medicine (NLM) is the site for patients, families and healthcare providers. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations.

medlineplus.gov (in English and Spanish)

- Examples of MedlinePlus Health Topic Pages relating to Children and Teens
 - Children's Page
nlm.nih.gov/medlineplus/childrenspage.html
 - Teens' Page
nlm.nih.gov/medlineplus/teenspage.html
 - Children and Teenager's Links
nlm.nih.gov/medlineplus/childrenandteenagers.html

Genetics Home Reference

The Genetics Home Reference is the National Library of Medicine's Web site for consumer information about genetic conditions and the genes or chromosomes responsible for those conditions.

ghr.nlm.nih.gov

Additional Resources for Kids and Teens

CDC List of Websites for Kids and Teens

The Family Health section of the CDC website provides a great list of health-related sites intended especially for this age group.

www.cdc.gov/family/kidsites/

Online Resources for Older Adults

NIHSeniorHealth

NIHSeniorHealth is an easy-to-use website designed especially for older adults which features health and wellness information from the National Institutes of Health.

nihseniorhealth.gov

Training Toolkit

The National Institute on Aging produced an extremely useful toolkit titled "Helping Older Adults Search for Health Information Online: A Toolkit for Trainers". All materials are available as a free download from the NIHSeniorHealth website.

nihseniorhealth.gov/toolkit

MedlinePlus

MedlinePlus includes Health Topics on many subjects of interest to seniors, including diseases, healthy aging, and other issues related to growing older.

medlineplus.gov (in English and Spanish)

National Institutes on Aging

NIA produces many excellent publications for seniors, families and caregivers. Most are available for free, either as a download or by ordering a print copy. For the full list:

nia.nih.gov/HealthInformation/Publications/

Centers for Medicare and Medicaid Services

The CMS website is a gateway to official websites and information resources for Medicare, Medicaid, and the State Children's Health Insurance Program (SCHIP).

cms.hhs.gov/

Resources for Caregivers

A new addition to the Medicare site provides helpful information for caregivers, allowing users to compare hospitals, nursing homes, and home health care services.

www.medicare.gov/caregivers

GovBenefits

GovBenefits.gov is the official benefits website of the U.S. government, with information on over 1,000 benefit and assistance programs.

govbenefits.gov

BenefitsCheckUp

Developed by The National Council on Aging, BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. The Senior Housing Locator is a search tool that helps users find senior housing options, including assisted living, residential care, nursing & rehabilitation homes, CCRCs and independent living retirement communities.

benefitscheckup.org

Health Literacy [webinar] August 2008 - This material is based on content from the National Institutes of Health, the National Library of Medicine and other web resources and has been adapted by Kelli Ham for the Infopeople Project [infopeople.org], supported by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian and funded by the National Library of Medicine under contract no. N01-LM-1-3517 with the NN/LM Pacific Southwest Region, UCLA Louise M. Darling Biomedical Library. Any use of this material should credit the author and funding sources.

Additional Resources

National Center for Complementary and Alternative Medicine

In a recent survey of adults age 50+, two out of three reported using some form of complementary and alternative medicine (CAM), yet only one in three discussed it with their health care providers. Patients and their health care providers need to talk openly about all of their health care practices. NCCAM created "Time to Talk" to inform consumers about the importance of telling their doctors about their use of CAM therapies.

nccam.nih.gov

nccam.nih.gov/timetotalk/

About the Health e-Shows Series

In working with Infopeople, the California State Library, public libraries and other who provide health information to the public, we are continually reminded that the need for health information continues to grow. People are confronted with more information than ever before, and libraries can provide services and resources to help people make sense of it all and make good decisions about their health. This series covers a variety of topics related to best practices and best resources for providing health information services to patrons.

Your comments and suggestions are welcome!

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