



ARSL

THE ASSOCIATION FOR
RURAL & SMALL
LIBRARIES

The Search for Health Information

- Health is the second most popular subject of online searches
- 80% of online health inquiries start at a search engine
- Less than $\frac{1}{4}$ of searchers verify the date or information of the source
- More than $\frac{1}{4}$ of searchers hit a paywall
- 90% of adults have difficulty using the health information they encounter every day

The TACO CLEANSE

THE TORTILLA-BASED DIET PROVEN TO
CHANGE YOUR LIFE

★★★★★
"Pretty much the
best, hottest cleanse
of all time."

—ISA CHANDRA MOSKOWITZ
POST PUNK KITCHEN

WITH OVER
75 VEGAN RECIPES *that will*
DETOX YOUR DREAMS
AND REDEFINE YOUR DINNER



HEALTH

CARDIOLOGIST ON NATIONAL TACO DAY: EATING ONLY TACOS IS GOOD FOR YOU

BY **MELISSA MATTHEWS** ON 10/4/17 AT 10:05 AM

Jennifer Aniston's New Diet Plan Will Shock And Inspire You

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.

-U.S. Department of Health and Human Services. 2000. Healthy People 2010. Washington, DC: U.S. Government Printing Office

Why people need health literacy

- Access health care services
- Analyze risks and benefits
- Calculate dosages
- Communicate with health care providers
- Evaluate information for credibility and quality
- Interpret test results
- Locate health information

Health literacy requires:

- Basic literacy
- Numeracy
- Biology
 - Watch: *Health Literacy and Patient Safety* by AMA Foundation on YouTube
- Cultural/linguistic competency
 - read: *The Spirit Catches You and You Fall Down* by Anne Fadiman

Why should libraries help?

- Libraries are (almost) universally supported
- Libraries are essential to community well-being
- Library systems reach 95% of the population
- Libraries already play a critical role in promoting child and adult literacy

Why should community stakeholders care?

- Healthier communities have:
 - higher rates of education
 - Stronger local economies
 - Recover from disasters more quickly
 - Fewer chronic diseases
 - Lower rates of chronic stress
 - Lower early death rates

Libraries are partners in a healthy community

- Access to evidence based up to date health information
- Provide a safe environment to conduct health information services
- Provide health related programming and outreach

The CRAAP Test

- Currency
- Relevancy
- Authority
- Accuracy
- Purpose



Search MedlinePlus


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[Español](#)

 **Health Topics**
Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Videos & Tools**
Discover tutorials, health and surgery videos, games, and quizzes

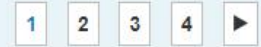
 **Lab Test Information**
Learn why your doctor orders laboratory tests and what the results may mean

 **Medical Encyclopedia**
Articles and images for diseases, symptoms, tests, treatments

Share MedlinePlus   



Need information on medications or supplements?
Find them on our [Drugs and Supplements page](#).



Tweets by @MedlinePlus

 **MedlinePlus.gov**  @medlineplus

Read about @MichaelPhelps battle with #depression in the MedlinePlus Magazine: ow.ly/H6Od30mc1H4 #NIMHchats



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 **MedlinePlus.gov** 

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NIH MedlinePlus Magazine

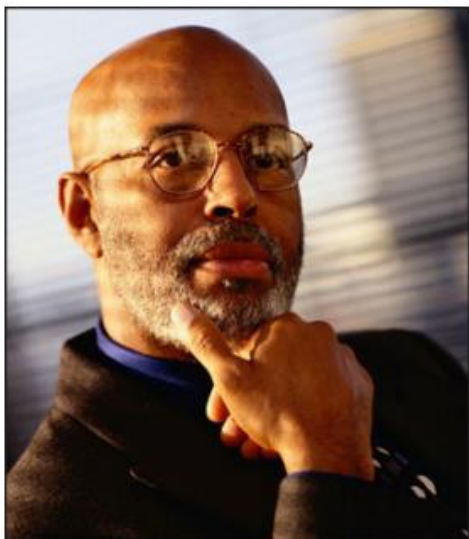
Read the [latest issue](#)



Clinical Trials

Search [ClinicalTrials.gov](#) for drug and treatment studies.

Chemotherapy



“As soon as I got past the shock of being told I had cancer, I wanted to learn more. I had so many questions about the kind of cancer I have and how it’s treated. Now I’ve finished my first cycle of chemo, and I feel very hopeful.”

Read this pamphlet to learn about chemotherapy.

Take it with you to your doctor’s visit to fill in together. This will help you share what you learn with family and friends.

What is chemotherapy?

Chemotherapy is a cancer treatment that uses drugs to destroy cancer cells. It is also called “chemo.”

Today, there are many different kinds of chemotherapy. So the way you feel during treatment may be very different from someone else.

Have all the blood tests your doctor orders. Blood tests help your doctor take care of your health.



How can chemotherapy help me?

Chemotherapy can be used to:

- Destroy cancer cells
- Stop cancer cells from spreading
- Slow the growth of cancer cells

Chemotherapy can be given alone or with other treatments. It can help other treatments work better. For example, you may get chemotherapy before or after surgery or radiation therapy. Or you may get chemotherapy before a peripheral blood stem cell transplant.

Fill this section in with your doctor or nurse.

I am getting chemo to:

Check with your doctor or nurse before you take any medicine, vitamins, or herbs. Some of these can change the way chemotherapy works.



How is chemotherapy given?

Chemotherapy can be given in these forms:

- An IV (intravenously)
- A shot (injection) into a muscle or other part of your body
- A pill or a liquid that you swallow
- A cream that is rubbed on your skin
- Other ways: _____

Fill this section in with your doctor or nurse.

This is how I will get chemo:

[Health Resources and Services Administration](#)

[HealthCare.gov](#) (Department of Health and Human Services) Also in [Spanish](#)

[HealthIT.gov](#) (Office of the National Coordinator for Health Information Technology)

[Heart Failure Society of America](#)

[Heart Rhythm Society](#)

[Henry J. Kaiser Family Foundation](#)

[Hepatitis B Foundation](#)

[Hispanic Dental Association](#)

[Hormone Health Network](#)

[Hospice and Palliative Nurses Association](#)

[House Committee on Veterans' Affairs](#)

[HSC Foundation](#)

[Huntington's Disease Society of America](#)

[Hypertrophic Cardiomyopathy Association](#)

I

[Immune Deficiency Foundation](#)

[Immunization Action Coalition](#)

[Indian Health Service](#)

[Infectious Diseases Society of America](#)

[Injury Free Coalition for Kids](#)

[Institute for Safe Medication Practices](#)

[International Dyslexia Association](#)

[International Essential Tremor Foundation](#)

[International Federation of Red Cross and Red Crescent Societies](#)

[International Foundation for Functional Gastrointestinal Disorders](#)

[International Myeloma Foundation](#)

[International OCD Foundation](#)

[International Osteoporosis Foundation](#)

Health Information in Spanish (español)

Go to: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#)

HealthReach resources will open in a new window.

A

Abortion

- [Early Abortion Options - English PDF](#)
[Early Abortion Options - español \(Spanish\) PDF](#)
Reproductive Health Access Project
- [Emergency Contraceptive Pill and the Abortion Pill: What's the Difference? - English PDF](#)
[Emergency Contraceptive Pill and the Abortion Pill: What's the Difference? - español \(Spanish\) PDF](#)
Reproductive Health Access Project

Acute Bronchitis

- [Bronchitis - español \(Spanish\) Bilingual PDF](#)
Health Information Translations

Advance Directives

- [Advance Directives - español \(Spanish\) Bilingual PDF](#)
Health Information Translations

After Surgery

- [Home Care After Total Joint Replacement - español \(Spanish\) Bilingual PDF](#)
Health Information Translations
- [Home Care Instructions After Surgery - español \(Spanish\) Bilingual PDF](#)
Health Information Translations
- [Your Hospital Care After Surgery - español \(Spanish\) Bilingual PDF](#)
Health Information Translations

Alcoholism and Alcohol Abuse

- [Substance Abuse or Dependence - español \(Spanish\) Bilingual PDF](#)

ClinicalTrials.gov is a database of privately and publicly funded clinical studies conducted around the world.

Explore **287,078** research studies in all 50 states and in 204 countries.

ClinicalTrials.gov is a resource provided by the U.S. National Library of Medicine.

IMPORTANT: Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our [disclaimer](#) for details.

Before participating in a study, talk to your health care provider and learn about the [risks and potential benefits](#).

Find a study (all fields optional)

Status ⓘ

- Recruiting and not yet recruiting studies
- All studies

Condition or disease ⓘ (For example: breast cancer)

Other terms ⓘ (For example: NCT number, drug name, investigator name)

Country ⓘ

Search

[Advanced Search](#)

**Temas de salud**

Infórmese sobre temas de salud, bienestar, enfermedades y condiciones

**Medicinas y suplementos**

Aprenda sobre sus medicamentos de receta, de venta libre, hierbas y suplementos

**Videos y multimedia**

Descubra tutoriales, videos de cirugías, juegos y herramientas virtuales

**Pruebas de laboratorio**

Entérese por qué el doctor pide esa prueba y qué significan sus resultados

**Enciclopedia médica**

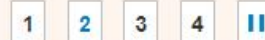
Artículos e imágenes sobre enfermedades, síntomas, exámenes, tratamientos

[Documentos de lectura fácil](#)

Compartir



Hay muchos tipos de flanes, pero tiene que probar este **Flan de miel clásico**. Una versión saludable para el corazón de un postre exquisito.

**Tweets de @MedlinePlusEsp**

MedlinePlus Español 
 @MedlinePlusEsp 

Los ojos secos ocurren cuando el ojo es incapaz de mantener una capa saludable de lágrimas. ¿Cuáles son las causas y los síntomas del síndrome del ojo seco? Eso y más aquí ow.ly/kbwl30mfCRD

**Conéctese con nosotros**

Suscríbese al boletín Mi MedlinePlus 

**Revista NIH
 MedlinePlus
 Salud**

Lea el
último número



American Indian & Alaska Native

<https://americanindianhealth.nlm.nih.gov>



American Indian and Alaska Native Health
HEALTH INFORMATION FOR PEOPLE AND COMMUNITIES

[Home](#) | [Health & Wellness](#) | [Health Conditions](#) | [People & Traditions](#) | [Programs & Services](#) | [Research & Data](#)

 Text Size: [A](#) [A](#) [A](#)

Welcome!

American Indian and Alaska Native Health <https://americanindianhealth.nlm.nih.gov/> is a central source for information about the health and well-being of Native Americans and Alaska Natives. It is freely available, and offers access to evaluated and authoritative resources for:

- individuals,
- health educators,
- healthcare professionals.



Women's Health

www.womenshealth.gov

The screenshot shows the homepage of the Office on Women's Health website. At the top left is the OWH logo with the text "OFFICE ON WOMEN'S HEALTH" and "womenshealth.gov". To the right is a search bar with the placeholder text "What can we help you find?" and a magnifying glass icon. Further right is a link for "En Español". Below the search bar is the helpline information: "Call the OWH HELPLINE: 1-800-994-9662 9 a.m. – 6 p.m. ET, Monday – Friday". A purple navigation bar contains icons and text for "Home", "Health and Wellness", "Diseases and Conditions", "Reproductive Health", "Printables and Shareables", and "About Us". The main content area features a large banner for sickle cell disease with the headline "Do you know someone with sickle cell disease?" and a sub-headline "Learn more about how to support her." Below this are four smaller image-based links: "Sickle cell disease", "Depression symptoms", "Pap test 101", and "Research Conference on Sleep and the Health of Women". On the right side, there is a "Blog" section with two articles: "Communities Can Help Prevent Dating and Sexual Violence" (dated October 15, 2018) and "How to Encourage Girls to Go After Their Dreams" (dated October 10, 2018).

En Español

What can we help you find?

Call the OWH HELPLINE: **1-800-994-9662** 9 a.m. – 6 p.m. ET, Monday – Friday

Health and Wellness | Diseases and Conditions | Reproductive Health | Printables and Shareables | About Us

Do you know someone with sickle cell disease?

Learn more about how to support her.

Blog

Communities Can Help Prevent Dating and Sexual Violence

October 15, 2018 | Nicole Greene
Find evidence-based strategies ... [Read more](#)

How to Encourage Girls to Go After Their Dreams

October 10, 2018 | Brittney Storm Rankin
Here are some tips to encourage ... [Read more](#)

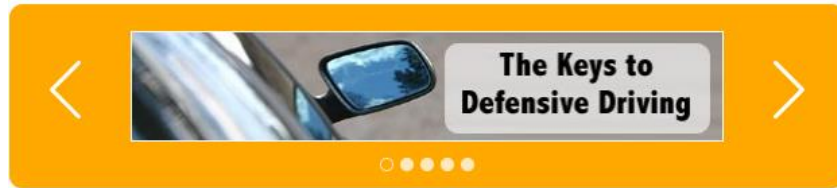
Sickle cell disease

Depression symptoms

Pap test 101

Research Conference on Sleep and the Health of Women

Children and Teens: <https://kidshealth.org>



Hot Topics

- Online Safety
- Celiac Disease
- Peer Pressure

TAKE 5

Tips for Life

5 ways to disagree without disrespect.

Find out more ►

Expert Answers on...

When Is it Time to Start Seeing a Gynecologist?

Find out more ►

Quiz

After hitting your head during a game, you should:

- A. sit out the game
- B. rest for 5 minutes
- C. keep playing



WHAT'S HOT!

Lungs & Respiratory SYSTEM

GO ►

IN THE SPOTLIGHT

Girls & Puberty

GO ►

THE DAILY BRAIN BUZZ

What happens when your foot "falls asleep"?

GET THE ANSWER ►

BIG QUESTIONS?

Why Do I Need to Wash My Hands?

GO ►

Senior health

<https://www.nia.nih.gov>



Alzheimer's and related dementias Eureka Challenge

Enter your care coordination or navigation app for a chance to win!



Eatright.org



Understanding Body Mass Index

Body Mass Index, also known as BMI, is a ratio of your weight to height, and it is used as an indicator of body fat.

Latest Articles

Understanding Body Mass Index



The Juicing Trend - About Raw Juice



Chemotherapy and Diet



Formula Basics for Healthy Babies



End Mealtime Battles



Explore...

[Learn More About RDNs](#)

RDNs and Medical Nutrition Therapy Services

[Food](#)

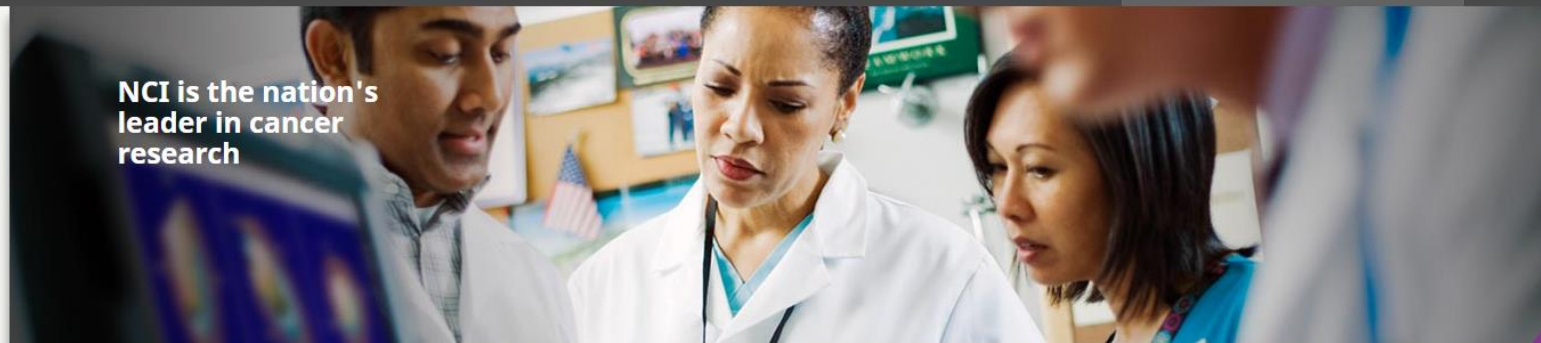
National Cancer Institute cancer.gov



Español

1-800-4-CANCER Live Chat Publications Dictionary

ABOUT CANCER CANCER TYPES RESEARCH GRANTS & TRAINING NEWS & EVENTS ABOUT NCI search



NCI is the nation's
leader in cancer
research




Facts About Mammograms
Learn about mammograms, their



**EMERGENCY
RESOURCES**

Emergency Resources
Resources for patients and health



**Annual Plan and Budget
Proposal FY 2020**

Substance Abuse and Mental Health Services Administration:



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[Grants](#)

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[Programs & Campaigns](#)

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Find Help & Treatment



Behavioral Health Treatment Services Locator

Find alcohol, drug, or mental health treatment facilities and programs around the country at findtreatment.samhsa.gov.

Buprenorphine Physician & Treatment Program Locator

Find information on locating physicians and treatment programs authorized to treat opioids, such as heroin or prescription pain relievers, at www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator.

Early Serious Mental Illness Treatment Locator

Find treatment programs in your state that treat recent onset of serious mental illnesses such as psychosis, schizophrenia, bi-polar disorder, and other conditions at www.samhsa.gov/esmi-treatment-locator.

Opioid Treatment Program Directory

Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers, at dpt2.samhsa.gov/treatment/.



Suicide Prevention Lifeline

1-800-273-TALK (8255)

TTY: 1-800-799-4889

Website: www.suicidepreventionlifeline.org

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

SAMHSA's National Helpline

1-800-662-HELP (4357)

TTY: 1-800-487-4889

Website: www.samhsa.gov/find-help/national-helpline

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Disaster Distress Helpline

Health and Wellness Resource Center













GALE Health & Wellness Resource Center Advanced Bookmark More

Browse Topics

Home > Diseases and Conditions > Sudden infant death syndrome (SIDS) > **Videos**

Search Terms: Topic Search (Sudden infant death syndrome (SIDS)) Sort by: Relevance

Videos (18)

 <p>Sudden Unexpected Infant Death NYTimes.com Video Collection, May 14, 2017. Save</p>	 <p>Sudden Infant Death Syndrome... Consumer Health Video Library, Jan. 1, 2012. Save</p>	 <p>Sudden Infant Death Syndrome... Consumer Health Video Library, Jan. 1, 2012. Save</p>	 <p>Health Headlines NYTimes.com Video Collection, July 12, 2013. Save</p>
 <p>Swaddling and SIDS NYTimes.com Video Collection, May 8, 2016. Save</p>	 <p>SIDS and Residential Altitude NYTimes.com Video Collection, May 21, 2015. Save</p>	 <p>Babies Still At Risk for SIDS NYTimes.com Video Collection, Aug. 14, 2016. Save</p>	 <p>SIDS and Crib Advertisements NYTimes.com Video Collection, Dec. 17, 2016. Save</p>
 <p>Increasing Baby's Sleep Safety NYTimes.com Video Collection, May 28, 2015.</p>	 <p>SIDS Prevention and Flat Spots NYTimes.com Video Collection, July 7, 2013.</p>	 <p>Sudden Infant Death and Sofa... NYTimes.com Video Collection, Oct. 10, 2014.</p>	 <p>Bed-sharing with Babies NYTimes.com Video Collection, Sept. 30, 2013.</p>

Content Types

- Reference (87)
- Magazines (100)
- Videos (18)**
- Images (2)
- Audio (12)
- News (1,033)
- Academic Journals (646)

Search within results

Limit Search by:

Subjects +

- Sudden infant death ... (13)
- Sleep (7)
- Infant mortality (4)

Publication Title

- NYTimes.com Video Co... (14)
- Consumer Health Vide... (3)
- Sudden Infant Death ... (1)

Document Type

- Video file (18)

Action points for your library

- Weeding!
- New collections
- Develop community partnerships
- Library as third place
- Look at your policies

Brainstorm