Health and Wellness Resources for Oklahoma Public Library Websites

Providing health resource links on your library website satisfies Edge benchmark 3.4, *The library selects and organizes online resources for learning about medical conditions, procedures, prescription drugs, and healthcare providers.*

This list of resources is long—select the ones that make sense for your community. Please contact ODL Edge consultant Amy Brandley, amy.brandley@libraries.ok.gov, for help in getting these resources on your library’s website.

Include the following or similar statement on your library website health links pages:

*You should not act or rely upon any of the resources and information available in or from this website without seeking the advice of a physician or other healthcare provider.*

Oklahoma Department of Libraries would like to give special thanks to the California State Library and the National Network of Libraries of Medicine Pacific Southwest Region and their project, *Finding Health and Wellness @ the Library: A Consumer Health Toolkit for Library Staff.* This valuable resource provides most of the sources and descriptions in this guide. You can find the Toolkit here:

http://www.library.ca.gov/lds/docs/healthtoolkit.pdf

General Health Resources

**MedlinePlus.gov**
MedlinePlus has medical information in English and over 45 other languages for patients and their families and friends. Find drug information, an illustrated medical encyclopedia, the latest health news, and tools such as calculators, quizzes, and questionnaires.

http://medlineplus.gov
http://medlineplus.gov/spanish/

**Healthfinder.gov**
Healthfinder is designed to be easy to use. Find information and tools to help you and those you care about stay healthy.

http://www.healthfinder.gov/
http://www.healthfinder.gov/espanol
NIHSeniorHealth
This easy-to-use website features basic health and wellness information of interest to older adults. Buttons at the top of each page can be used to make the text larger, and low vision users can change the text color and background for better contrast and readability.
http://nihseniorhealth.gov

KidsHealth.org
KidsHealth is divided into three main sections about children’s health for parents, kids, and teens. Each section has content available in Spanish, accessible by clicking the “En Español” button.
http://kidshealth.org/
http://classroom.kidshealth.org/

Ask Me 3
Watch this video to learn the three important questions to ask your providers to better understand your health conditions and what you need to do to stay healthy.
http://www.youtube.com/watch?v=B3EB-icaNKQ

Agency for Healthcare Quality and Research (AHRQ)
What questions should you ask your doctor or health care provider? This site helps you understand medical treatments, patient safety, staying healthy, and patient-doctor communication.
http://www.ahrq.gov/patients-consumers/
http://www.ahrq.gov/patients-consumers/patient-involvement/preguntas

ClinicalTrials.gov
Are you interested in participating in a research study or finding the results of a completed trial? ClinicalTrials.gov is a database of publicly and privately funded clinical studies of human participants. Search trials by condition, location, intervention, eligibility requirements, and other criteria.
http://clinicaltrials.gov/

PubMed
PubMed contains more than 27 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.

Affordable Care Act
Get information for finding and enrolling in health insurance plans for individuals and families.
http://www.healthcare.gov
http://www.cuidadodesalud.gov
Directory of Health Organizations and Physicians

Directories Page (MedlinePlus)
An up-to-date listing of directories for finding health care providers, specialists, healthcare facilities, and services.

Health Information for Special Populations

MedlinePlus Topics for Special Population Groups
Use these links to quickly find health information for groups based on age, gender, cultural, or ethnic backgrounds.

American Indian Health
This site guides you to information about the issues and conditions that affect the health and well-being of Native Americans.
http://americanindianhealth.nlm.nih.gov/about.html

National Indian Council on Aging
The mission of NICOA is to advocate for improved health, social services, and economic well-being for American Indian and Alaska Native Elders.
http://nicoa.org/

African American Health (MedlinePlus)
This page provides health information specifically for African Americans.
http://medlineplus.gov/africanamericanhealth.html

Easy to Read and Multilingual

MedlinePlus Videos and Cool Tools
Watch videos on health and surgery topics. Learn from health games, calculators, quizzes, and questionnaires.
http://medlineplus.gov/videosandcooltools.html
Health Information in Multiple Languages
Access MedlinePlus articles written in over 45 languages, accompanied by an English translation. Find articles by browsing all the available languages or by the list of all multilingual health topics.
http://medlineplus.gov/languages/languages.html
http://medlineplus.gov/languages/all_healthtopics.html

HealthReach
Multilingual information for health professionals, refugees, and asylees (in print, audio and video formats).
http://healthreach.nlm.nih.gov/

Consumer Health Information in Many Languages Resources
Search links to health information sites in multiple languages.
http://nnlm.gov/consumer-health-information-many-languages-resources

Healthy Living

Quick Guide to Healthy Living
This section of the Healthfinder.gov website 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.
http://healthfinder.gov/HealthTopics/Category/everyday-healthy-living

How Much Physical Activity Do You Need?
Everyone needs to be active, but how much is best? This site provides guidelines for youth, adults, and older adults, plus a special section for pregnant women and new moms. Short sessions last as little as 10 minutes to make the goals do-able.
http://www.cdc.gov/physicalactivity/basics/index.htm

Exercise and Physical Activity
There is something for everyone in this collection of links and resources about becoming more physically active.
http://medlineplus.gov/exerciseandphysicalfitness.html
http://medlineplus.gov/spanish/exerciseandphysicalfitness.html

Activities for Kids
The American Heart Association provides great resources for kids and youth, including information on the importance of playing and fun activities such as the Healthy Challenge Scavenger Hunt.
http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ActivitiesforKids/Activities-for-Kids_UCM_304155_SubHomePage.jsp
How Much Physical Activity Do Children Need?
This guide from the CDC provides ideas for age-appropriate activities and tips on getting children active.
http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html

Exercise and Physical Activity for Older Adults
This easy-to-navigate page from NIH SeniorHealth provides tips for seniors on how to get started with exercise, the benefits of exercise, and exercises to try.
http://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html

Exercise and Fitness for People With Disabilities
The National Center on Physical Activity and Disability (NCPAD) provides a wide variety of information and videos on maintaining health through exercise for disabled people of all ages.
http://www.ncpad.org/content/9/Exercise~and~Fitness

Nutrition and Foods

Nutrition.gov
This site provides easy access to information on nutrition, including *What’s In Food?* and the latest nutrition and health issues.
http://www.nutrition.gov/
http://www.nutrition.gov/en-espanol

ChooseMyPlate.gov
ChooseMyPlate.gov is a user-friendly, interactive website for menu planning, diet assessments and comparisons, and specific food information from the USDA.
http://www.choosemyplate.gov/
http://www.choosemyplate.gov/en-espanol.html

SuperTracker
SuperTracker helps users set and track nutrition and physical activity goals. Users can create a personalized profile, save their favorite foods, track their physical activity, and view reports on the goal progress.
http://www.supertracker.usda.gov/

Fruit and Veggies—More Matters
Find tips, recipes, and information to help you eat more fruits and vegetables. The Plate Makeover section provides tips on healthy makeovers for over 45 typical meals, and visitors to the site can get involved by joining in the MyPlate challenge.
http://www.fruitsandveggiesmorematters.org/

Kids Eat Right
This site provides scientifically-based health and nutrition information for children of all ages, from babies to teens with videos, tips, and timely topics.
http://www.eatright.org/kids/
Eating Well as You Get Older
From NIH SeniorHealth, this easy-to-navigate site for seniors provides tips on how to eat healthy to stay healthy. Videos on choosing nutrient-rich foods and eating well to maintain a healthy lifestyle are included.
http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html

Environmental Health and Toxicity

Household Products Database
This easy-to-use site from NLM provides health effects and safety information on everyday products in the home, garage, and garden.
http://householdproducts.nlm.nih.gov/

ToxMystery
ToxMystery is the NLM’s interactive learning site designed for kids age seven to ten to find clues about toxic substances that can be discovered in the home. With lively animations, sound effects, and lots of positive reinforcement, ToxMystery provides a fun, game-like experience while teaching about potential environmental health hazards. Also contains a Spanish site.
http://toxmystery.nlm.nih.gov/

Children and Adolescents

KidsHealth.org
KidsHealth is divided into three main sections about children’s health for parents, kids, and teens. Each section has content available in Spanish, accessible by clicking the “En Español” button.
http://kidshealth.org/

Healthy Children
This comprehensive site from the American Academy of Pediatrics for parenting kids from prenatal until adulthood covers diseases, staying healthy, mental and social concerns, school problems, and safety. Parents of prospective and new teen drivers will appreciate the site’s Teen Driving Agreement.
http://www.healthychildren.org/English/Pages/default.aspx

When Do Children and Teens Need Vaccinations?
This site provides a useful chart with schedules for all vaccinations for children from six months to 18 years of age.
CDC List of Websites for Kids and Teens
The Family Health section of the CDC web site provides a list of health-related sites intended especially for this age group.
http://www.cdc.gov/family/kidsites/index.htm

If you are a girl age 10-16, here is a site just for you. Learn how to be healthy and stay healthy as you grow up. You can also get tips on handling relationships with family and friends, at school and at home. Included are message boards, quizzes, interactive games, and other fun stuff to help you deal with emotions, bullying, safety, and much more.
http://www.girlshealth.gov/

Sex, Etc.
Teens can get honest, accurate answers to their questions about sex and relationships, pregnancy, STDs, birth control, sexual orientation and more from this site. Answer, a national organization dedicated to providing and promoting comprehensive sexuality education to young people and teachers, developed the site as part of their Teen-to-Teen Sexuality Education Project.
http://sexetc.org/

Men’s Health

Men’s Health (MedlinePlus)
Learn about men’s health including common diseases affecting men; healthy lifestyle tips; sexual, prostatic, and urological problems; and health screening guidelines.
http://medlineplus.gov/menshealth.html

Women’s Health

WomensHealth.gov
Full of informative resources for women, this site from the US Department of Health and Human Services has tools such as anatomical illustrations, health-related calculators, and tool kits. Topics of special interest include healthy lifestyle, body image, sexual and reproductive concerns, and violence prevention.
http://womenshealth.gov/
http://espanol.womenshealth.gov/

Women’s Health Checkup (MedlinePlus)
This Health Topic page discusses health exams and tests that are specific to women at different ages and life stages. It includes many easy-to-understand and multilingual resources, plus links to videos and related topics.
http://medlineplus.gov/spanish/womenshealthcheckup.html
Age Page: Menopause
This National Institute on Aging site is a good overview on menopause. Brochures can be printed for free.
http://www.nia.nih.gov/health/publication/menopause
http://www.nia.nih.gov/espanol/publicaciones/la-menopausia

Pregnancy, Childbirth, Breastfeeding, and Newborn Care

Healthy Pregnancy
Whether you’re thinking about motherhood, trying to conceive, or already pregnant, this section of WomensHealth.gov will help you learn what you can do before, during, and after pregnancy to give your baby a healthy start to life.
http://www.womenshealth.gov/pregnancy/
http://espanol.womenshealth.gov/pregnancy/

Pregnancy: MedlinePlus
Learn about all aspects of pregnancy through articles, videos, and images, from a variety of trusted sources in multiple languages.
http://medlineplus.gov/pregnancy.html

National Center on Birth Defects and Developmental Disabilities
This CDC site covers topics on child development, parenting, preventing birth defects, and information about disabilities of many kinds.
http://www.cdc.gov/ncbddd/index.html
http://www.cdc.gov/ncbddd/Spanish/index.html

La Leche League International
La Leche League International helps mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education. La Leche League provides resources in multiple languages.
http://www.llli.org/
http://www.llli.org/langespanol.html

Seniors and Healthy Aging

NIHSeniorHealth
This easy-to-use website features basic health and wellness information of interest to older adults. Buttons at the top of each page can be used to make the text larger, and low vision users can change the text color and background for better contrast and readability.
http://nihseniorhealth.gov/

Health and Aging Publications from the National Institute on Aging
The NIA provides clearly written health and medical information for topics of interest to seniors.
http://www.nia.nih.gov/health/publication
Centers for Medicare & Medicaid Services
The CMS site is the essential resource for information about Medicare, Medicaid, and the Children’s Health Insurance Program (CHIP), providing answers to common questions, information about applying for different programs, regulations, and guidance on many topics.
http://www.cms.gov/

BenefitsCheckUp
The databases and resources on this site allow seniors to discover benefits available to them, get help with food and prescription drug costs, and locate housing options. This site is provided by the National Council on Aging.
http://www.benefitscheckup.org

Health Conditions

4 Steps to Manage Your Diabetes for Life
These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy.
http://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/4-steps

American Heart Association
The AHA provides information and health check tools for consumers, to help people live healthier lives and to reduce the risk of heart disease. The website also has information in Spanish, Chinese, and Vietnamese.
http://www.heart.org/HEARTORG/

High Blood Pressure from the National Heart, Lung, and Blood Institute
Learn about high blood pressure—causes, symptoms, diagnosis, treatment, prevention, and more.
http://www.nhlbi.nih.gov/health/health-topics/topics/hbp

Know Stroke. Know the Signs. Act in Time
This video from the National Institute of Neurological Disorders and Stroke describes the importance of knowing the signs of stroke, the risk factors for stroke, and what to expect after a stroke with an emphasis on prevention and treatment.
http://stroke.nih.gov/materials/knowstrokevideo.htm
http://stroke.nih.gov/materials/knowstrokevideoSpanish.htm

National Cancer Institute
This site offers extensive explanation and treatment information about all types of cancer.
http://www.cancer.gov/
http://www.cancer.gov/espanol
National Institute of Mental Health (NIMH)
The mission of the National Institute of Mental Health is to help Americans understand and get
treatment for mental illness. The website provides information on specific conditions, treatments,
clinical trials, local resources, and for special populations such as kids, teens, and seniors.

National Suicide Prevention Lifeline
The Lifeline [1-800-273-TALK (8255)] is a 24-hour, toll-free, confidential suicide prevention
hotline available to anyone in suicidal crisis or emotional distress, or someone concerned about
another person. The web site includes suicide warning signs and information for concerned
family and friends. Of special interest is a section for military veterans.
http://www.suicidepreventionlifeline.org/
http://suicidepreventionlifeline.org/help-yourself/en-espanol/

Alzheimer’s Disease (MedlinePlus)
This Health Topic page from MedlinePlus contains links to the best, most current information on
all aspects of the disease.
http://medlineplus.gov/alzheimersdisease.html

AIDS.gov (changing to HIV.gov in Spring 2017)
The aim of this site is to increase knowledge about HIV and access to HIV services for people
most at-risk for, or living with, HIV.
http://www.aids.gov/

Flu (MedlinePlus)
This Health Topic page from MedlinePlus contains links to the best, most current information on
all aspects of the flu.
http://medlineplus.gov/flu.html

Drug Facts from the National Institute on Drug Abuse
Learn about drug abuse, addiction, and treatment through videos, personal stories, and fact
sheets. Click “listen” on any page, and the computer will read the text to you. Available in
Spanish.
http://easyread.drugabuse.gov

Holistic and Complementary Medicine

Taking Charge of Your Health
The Center for Spirituality and Healing at the University of Minnesota provides information for
consumers on complementary therapies and healing practices. This site complies with the Health
on the Net Foundation standard for trustworthy health information
http://takingcharge.csh.umn.edu/
Complementary and Integrative Medicine (MedlinePlus)
This Health Topic from MedlinePlus provides links to numerous complementary and alternative medicine therapies, in addition to general information about choosing a practitioner and other helpful information.

Drugs and Pharmaceuticals

Drug Information Portal
Search for information on over 39,000 drugs. Resources such as MedlinePlus provide easy-to-read summaries for consumers. The PubMed link provides medical literature describing research, and TOXLINE provides toxicology literature.
http://druginfo.nlm.nih.gov/drugportal/drugportal.jsp

DailyMed
Provided by the National Library of Medicine, DailyMed offers label and package information for Food and Drug Administration (FDA) approved drugs.
http://dailymed.nlm.nih.gov/dailymed

Pillbox
This website helps you identify unknown pills by shape, size, color, and imprint. Once you have identified a pill, additional information is provided, including brand/generic name, ingredients, and links to NLM drug information resources.

ConsumerMedSafety.org
Provided by the Institute for Safe Medication Practices, this website is designed to help you avoid mistakes when taking medicines. You’ll find resources for buying, taking, and storing medications, including over-the-counter medications. Other tools include patient safety websites, FDA alerts, and keeping children safe.
http://consumermedsafety.org/

Miscellaneous

Nursing Home Compare
Nursing Home Compare allows consumers to compare information about nursing homes. It contains quality of care and staffing information for all 15,000 plus Medicare- and Medicaid-participating nursing homes.
http://www.medicare.gov/nursinghomecompare/search.html

Advance Directives or “Living Wills”
This page on the National Hospice and Palliative Care Organization’s site provides information about advance directives and links to state advance directive forms.
http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3284
Databases

If your library subscribes to the databases EBSCOhost and Britannica (all Oklahoma public libraries have free subscriptions provided by the Oklahoma Department of Libraries), the following resources are available at no expense to library patrons.

**Consumer Health Complete**
Find articles, fact sheets about diseases, reference books, drug information, medical procedures, and perspectives in complementary and holistic medicine in this EBSCOhost database.

**EBSCOhost Health Research**
Search EBSCOhost health databases including Medline, Health Source Consumer Edition and Health Source Nursing/Academic Edition for medical research articles.
Visit EBSCOhost and click on Health Research: [http://search.ebscohost.com](http://search.ebscohost.com).

**Britannica**
A familiar resource for young and old, this now digitized encyclopedia includes sound, video, and other multimedia features on a variety of topics.
[http://school.eb.com](http://school.eb.com)

Oklahoma Resources

**2-1-1 Oklahoma**
An easy telephone number to remember that provides callers with health related and general information about human services.
[http://www.211oklahoma.org/](http://www.211oklahoma.org/)

**Oklahoma Health Care Authority (SoonerCare) Programs**
SoonerCare (Oklahoma Medicaid) is a health coverage program jointly funded by the federal and state government through the Oklahoma Health Care Authority. This program helps pay some or all medical bills for many people who can't afford them.

**Oklahoma Tobacco Helpline**
The Oklahoma Tobacco Helpline is a free service available 24/7 to provide the tools and support you need to quit tobacco. That includes free text and email support, phone and web coaching, patches, gum or lozenges and more for registered participants.
[http://okhelpline.com](http://okhelpline.com)

**Indian Health Service—Oklahoma City Area**
The Federal Health Program for American Indians and Alaska Natives site has information on healthcare facilities, programs and services, and more.
[http://www.ihs.gov/oklahomacity/](http://www.ihs.gov/oklahomacity/)
**Aging Services Division of ODHS**
The Aging Services Division helps support independence and quality of life for older persons, and promotes citizen involvement in planning and delivering services.
http://www.okdhs.org/services/aging/Pages/AgingServicesMain.aspx

**Area Agencies on Aging in Oklahoma**
These local aging programs provide information and services on a range of assistance for older adults and those who care for them. This page lists the offices in Oklahoma.
https://www.agingcare.com/local/oklahoma-aging-services-division-oklahoma-city-area-agency-on-aging-ok

**Oklahoma Autism Network**
The Oklahoma Autism Network serves as the state’s information and referral system providing evidence-based information through a toll-free telephone line, a comprehensive website, and trainings and technical assistance to families and professionals.
http://okautism.org/

**Oklahoma Developmental Disabilities Council**
The council promotes quality services and programs that enable persons with developmental disabilities to realize increased independence, productivity, integration, and inclusion in the community.
http://www.okddc.ok.gov

**Sooner SUCCESS**
The purpose of Sooner SUCCESS is to promote health, social, and educational services for Oklahoma children and youth with special needs in their community.
http://soonersuccess.ouhsc.edu

**Oklahoma Coalition Against Domestic Violence and Sexual Assault**
This page provides hotlines for immediate help, as well as a map of service providers and links to other resources.
http://ocadvsa.org/local-resources/

**Family Caregiver Alliance**
This page on the national website provides a list of services, programs, and resources in Oklahoma to assist with quality of life for caregivers and those they care for.
http://www.caregiver.org/pilotIntegration/indexPersistent.html?uri=%2Fstate-list-views%3Ffield_state_tid%3D95

**Gambling Treatment Programs**
Oklahoma Department of Mental Health and Substance Abuse funds programs for treatment in state locations found on this webpage.
http://ok.gov/odmhsas/Substance_Abuse/Problem_and_Compulsive_Gambling_Addiction/Gambling_Treatment_Programs.html
Mental Health Centers in Oklahoma
This page on the Oklahoma Department of Mental Health and Substance Abuse site lists mental health centers in cities across the state.
http://www.ok.gov/odmhsas/Mental_Health/Mental_Health_Centers_by_City/index.html

Behavioral Health Treatment Services Locator
This page on the Substance Abuse and Mental Health Services Administration's site lists federal, state, local, and private facilities that provide drug abuse and alcoholism treatment services. Includes locator maps.
http://www.ok.gov/odmhsas/Substance_Abuse/Resources/index.html

Shape Your Future
Dedicated to improving Oklahoma’s health and future through nutrition, fitness education, and tobacco-free lifestyles, this site encourages parents, caregivers, children, and all Oklahomans to eat better, move more, and be tobacco free.
http://shapeyourfutureok.com/

Oklahoma Board of Medical Licensure and Supervision
Find a doctor by name, specialty, county, license number and more.
http://www.okmedicalboard.org/

OK Grown
Explore farmers markets and fresh produce in Oklahoma with this interactive map.
http://www.okgrown.com/markets

Local Resources

Add your local area health resources to your webpage. Below are some suggestions.

County Health Departments in Oklahoma
Oklahoma currently has 68 county health departments and two independent city-county health departments serving 77 counties under the Oklahoma State Department of Health. Each department offers a variety of services, such as immunizations, family planning, maternity education, well-baby clinics, adolescent health clinics, hearing and speech services, child developmental services, environmental health, and the SoonerStart program. If your county is not listed, call 211.
http://www.ok.gov/triton/modules/health/map/county_map.php

County Office of the Oklahoma Department of Human Services
DHS provides a wide range of assistance programs to help Oklahomans in need including: food benefits (SNAP); temporary cash assistance (TANF); services for persons with developmental disabilities and persons who are aging; adult protective services; child welfare programs; child support services; and child care assistance, licensing and monitoring. DHS also handles applications and eligibility for Sooner Care, the state’s Medicaid program offering health care to families with low incomes. Find your local office from the ODHS home page.
http://www.okdhs.org
County OSU Extension Service Office
The Oklahoma Cooperative Extension Service provides research-based information to help improve the quality of life for all Oklahomans. Information topics include health, food, nutrition, growing your own food, and more. There is an extension office in each county.
http://countyext2.okstate.edu/

Health Centers from Health Resources and Services Administration
Find a HRSA Health Center near you. You pay what you can afford based on your income, even if you don’t have health insurance. Health centers provide service that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services.
https://findahealthcenter.hrsa.gov

- Area hospital
- Community health organizations and coalitions
- Local Area Agency on Aging
- Local farmers’ market