

Owning Your Health:

Wellness Resources
for Young Adults Ages 18-24



Evaluation Link: <http://bit.ly/2M0QZV7>
Enrollment code: young19

Your Webinar Host



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or

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Medical School

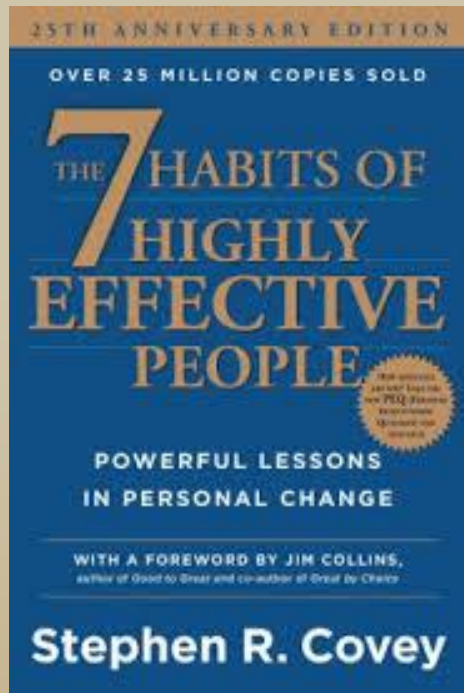
Worcester, Massachusetts





Post Secondary Success Formula

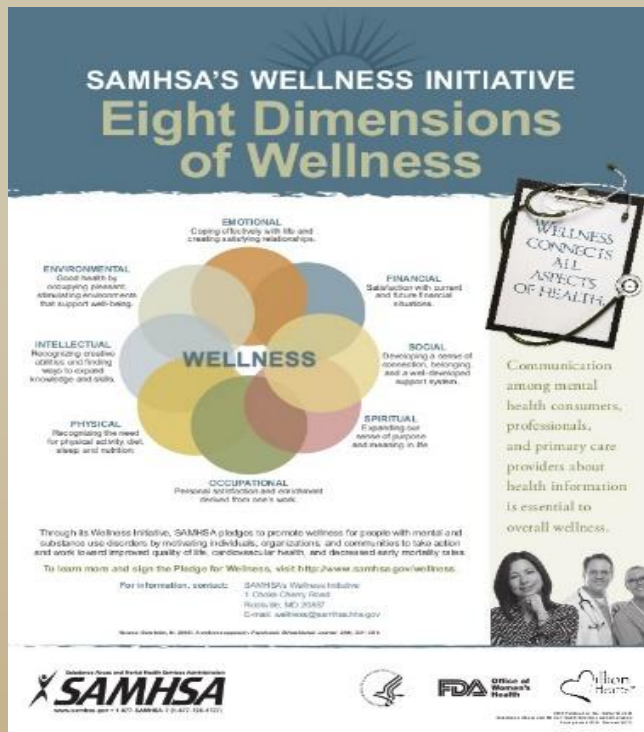
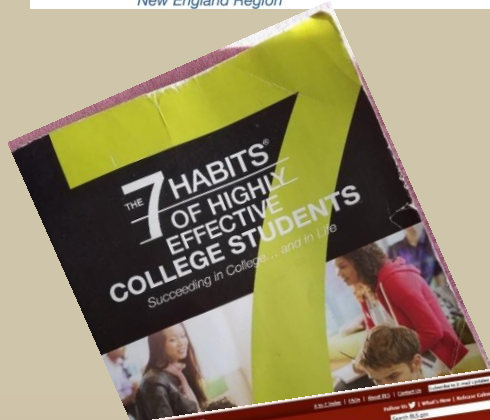
Effective Life Skills = HEALTH




1. BE PROACTIVE
2. BEGIN WITH THE END IN MIND
3. PUT FIRST THINGS FIRST
4. THINK WIN-WIN
5. SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD
6. SYNERGIZE
7. SHARPEN THE SAW



Recommended Resources





Best career aptitude tests

1. 123 Career Test
2. Princeton Review Career Quiz
3. My Next Move O*NET Interests Profiler
4. MyPlan.com
5. MAPP Career Test
6. Career Strengths Test
7. PathSource



Steps to Owning Your Health

1

Locate credible health info & evaluate it?

Start your search with National Library of Medicine online sites and databases

2

Understand that Health is multi-dimensional

Balance in each of the dimensions is necessary for health.

3

Use Trusted Wellness Resources and Tools

Don't Google! Use these tools instead!

4

Put Knowledge into Practice

Prepare for medical appointment and communicate effectively with a provider

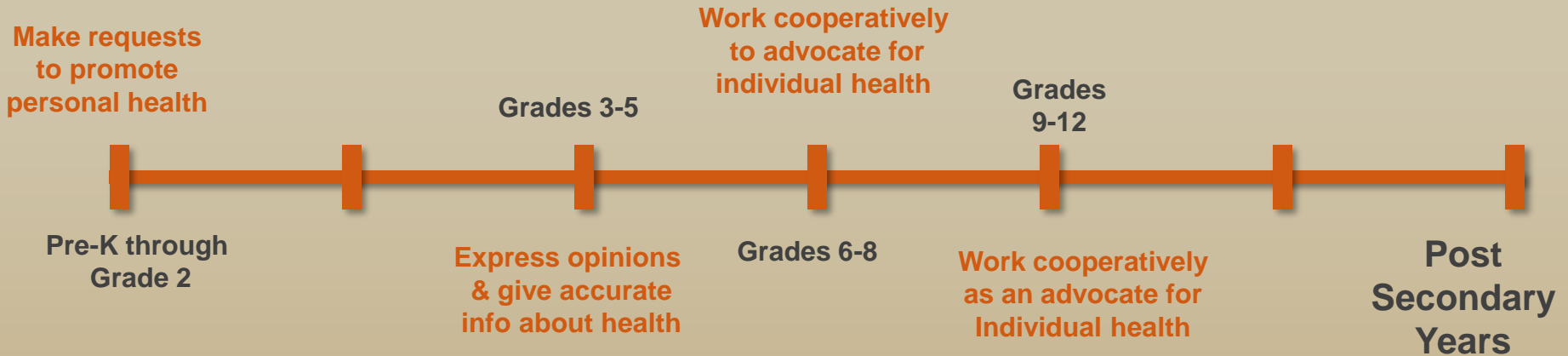


Health Knowledge



K-12 Performance Indicators

Ability to Advocate for Personal Health



"What does a health care provider need to know to take care of me?"



Online Health Information Search Facts

Source: Hopelab/Well Being Trust Teens and young Adults Survey, Feb-Mar 2018. N=1337 young people ages 14-22.

87% have searched online for health information



75% Search for info about a health issue they are dealing with

50% for health issue affecting someone they know

94 % say info found “somewhat helpful.”

29% report info “very helpful.”



What are they looking for?

Table 1: Online health seekers

Among 14-22 year-olds, percent who have gone online for information about:

Fitness and exercise	63%
Diet and nutrition	52%
Stress	44%
Anxiety	42%
Depression	39%
Birth control	30%
Pregnancy	28%
Sleep disorders	27%
Sexually transmitted diseases	26%
Drug or alcohol abuse	24%



Sharing Health Info Through Social Media

“

I shared my experience with IBS on Facebook and gave tips for major flare-ups

22 year-old female

“

I wanted to know some thing about birth control and people had the same questions and it helped me to know I wasn't alone.

21 year-old female

“

I shared my scoliosis journey and spinal surgery and updates on post-surgery recovery.

20 year-old female

“

I have watched Several people Detail their fitness routines and how They used it to beat mental health disorders...

22 year-old male

”

”

”

”

Source: Hopelab/Well Being Trust Teens and young Adults Survey, Feb-Mar 2018.



The National Library of Medicine (NLM)



Physical library is Bethesda, MD part of the NIH campus.

Largest biomedical library in the world

One of the federal government's largest providers of digital content

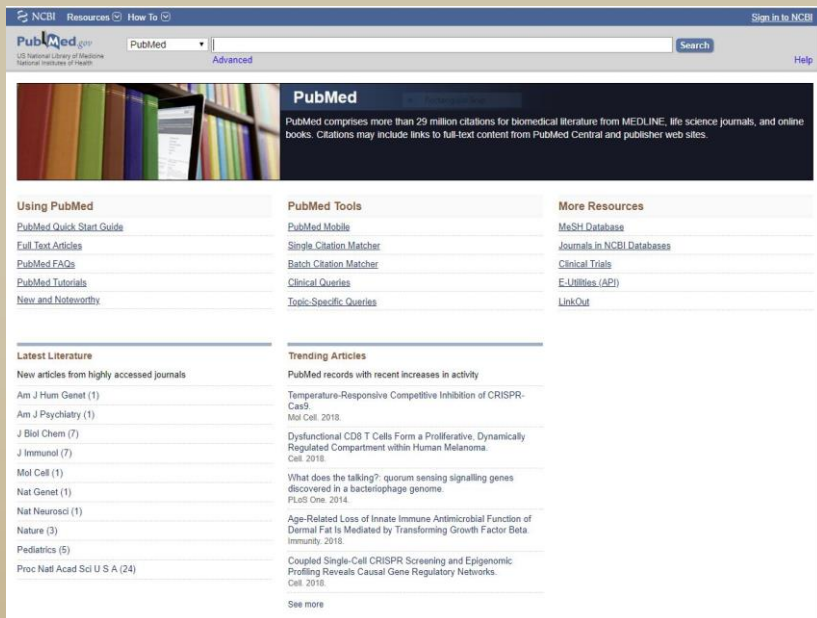
The library is open to everyone

NLMs mission

Advance the progress of medicine and improve public health by making biomedical information accessible to everyone.

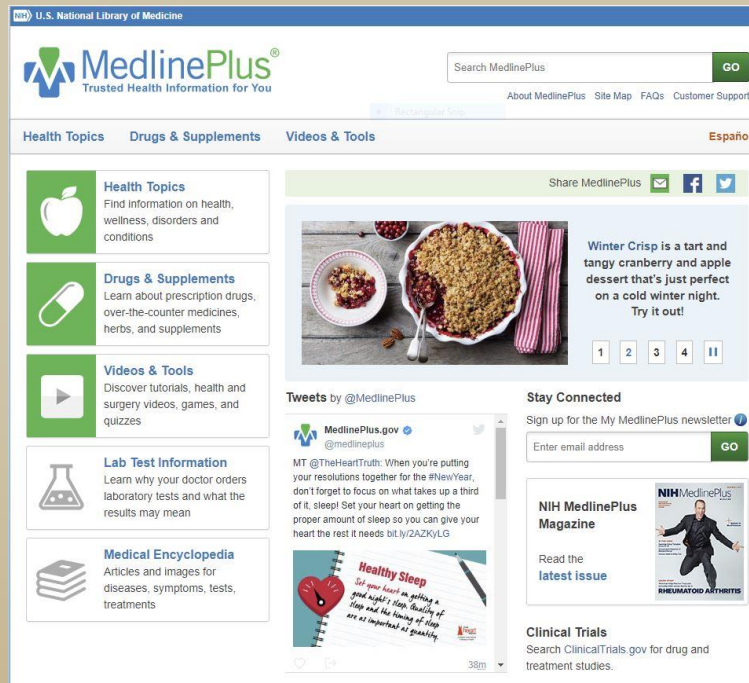


Pubmed and MedlinePlus



The screenshot shows the PubMed website. At the top, there's a navigation bar with "NCBI Resources" and "How To". Below it, a search bar contains the word "PubMed" and a "Search" button. A banner image shows a row of colorful books. The main content area is titled "PubMed" and includes a description: "PubMed comprises more than 29 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." Below this, there are three columns of links: "Using PubMed" (including Quick Start Guide, Full Text Articles, FAQs, Tutorials, and New and Noteworthy), "PubMed Tools" (including Mobile, Citation Matcher, Batch Citation Matcher, Clinical Queries, and Topic-Specific Queries), and "More Resources" (including MeSH Database, Journals in NCBI Databases, Clinical Trials, E-Utilities (API), and LinkOut). At the bottom, there are sections for "Latest Literature" (listing new articles from journals like Hum Genet, Psychiatry, Biol Chem, Immunol, Mol Cell, Nat Genet, Nat Neurosci, Nature, Pediatrics, and Proc Natl Acad Sci U S A) and "Trending Articles" (listing recent increases in activity for topics like CRISPR-Cas9, Human Melanoma, quorum sensing, and CRISPR screening).

<https://www.ncbi.nlm.nih.gov/pubmed/>



The screenshot shows the MedlinePlus website. At the top, there's a navigation bar with "U.S. National Library of Medicine" and a search bar. Below it, the "MedlinePlus" logo is displayed with the tagline "Trusted Health Information for You". A navigation menu includes "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The main content area features a large article titled "Winter Crisp is a tart and tangy cranberry and apple dessert that's just perfect on a cold winter night. Try it out!" with a photo of the dessert. Below this, there are sections for "Tweets by @MedlinePlus" (featuring a tweet about New Year's resolutions and sleep), "Stay Connected" (with a newsletter sign-up), "NIH MedlinePlus Magazine" (with a link to the latest issue), and "Clinical Trials" (with a search link). The bottom right corner features a cartoon owl wearing headphones and sitting at a desk with a laptop.

<https://medlineplus.gov>

MedlinePlus Teaches How to Evaluate Online Health Information



U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Evaluating Health Information

Evaluating Health Information

On this page

Basics <ul style="list-style-type: none"> Summary Start Here 	Learn More <ul style="list-style-type: none"> Related Issues Specifics 	See, Play and Learn <ul style="list-style-type: none"> Videos and Tutorials
Research <ul style="list-style-type: none"> Statistics and Research Journal Articles 	Resources <ul style="list-style-type: none"> Find an Expert 	For You <ul style="list-style-type: none"> Patient Handouts



Summary


Millions of consumers get health information from magazines, TV or the Internet. Some of the information is reliable and up to date; some is not. How can you tell the good from the bad?

First, consider the source. If you use the Web, look for an "about us" page. Check to see who runs the site: Is it a branch of the government, a university, a health organization, a hospital or a business? Focus on quality. Does the site have an editorial board? Is the information reviewed before it is posted? Be skeptical. Things that sound too good to be true often are. You want current, unbiased information based on research.

NIH: National Library of Medicine

Start Here

- Evaluating Internet Health Information: A Tutorial from the National Library of Medicine  (National Library of Medicine)
- Find Quality Resources: How Do I Know If I Can Trust the Information I Find Online? (Office of the National Coordinator for Health Information Technology)
- Finding and Evaluating Online Resources on Complementary Health Approaches  (National Center for Complementary and Integrative Health)
Also in Spanish
- Health Information on the Web: Finding Reliable Information (American Academy of Family Physicians)
Also in Spanish
- MedlinePlus Guide to Healthy Web Surfing  (National Library of Medicine)
Also in Spanish
- Trust It or Trash It? (Genetic Alliance)
Also in Spanish

Get Evaluating Health Information updates by email 

Enter email address GO

MEDICAL ENCYCLOPEDIA

Online health information - what can you trust?

Related Health Topics

Understanding Medical Research

National Institutes of Health

The primary NIH organization for research on *Evaluating Health Information* is the National Library of Medicine.

<https://medlineplus.gov/evaluatinghealthinformation.html>



Thinking Critically About Online Health Info

- **Consider the source -- Use recognized authorities** - Know who is responsible for the content
- **Focus on quality--All Web sites are not created equal**
 - Does the site have an editorial board?
 - Is the information reviewed before it is posted?
- **Be a cyberskeptic—Lots of Misinformation**
 - Does the site make health claims that seem too good to be true?
 - Does the information use deliberately obscure, "scientific" sounding language?
 - Does it promise quick, dramatic, miraculous results? Is this the only site making these claims?
- **Look for the evidence--Rely on medical research, not opinion**
 - Does the site identify the author? Does it rely on testimonials?
- **Check for currency--Look for the latest information**
 - Is the information current? Look for dates on documents
- **Beware of bias--What is the purpose? Who is providing the funding?**
 - Who pays for the site?
- **Protect your privacy--Health information should be confidential**
 - Does the site have a privacy policy and tell you what information they collect?



Trust it or Trash it Tool



Trust It or Trash It?

How to use the *Trust It or Trash It?* tool

Use this tool to help you think critically about the quality of health information found on websites, handouts, booklets, and more.

Consider three questions to guide you through the critical thinking process:

- (1) *Who said it?*
- (2) *When did they say it?*
- (3) *How did they know?*

Who said it?

Who wrote the information you are reading?

✓ **Think about TRUSTING IT if:**

- The author's name is easy to find.
- The authors have experience with the condition and are respected in the community and by their colleagues.

✗ **Think about TRASHING IT if:**

- You don't know who wrote it or you can't find the author's name.
- You can't find information about the author's background or experience, or you can tell they don't have any experience.

Who provided the facts? Where did the facts come from?

✓ **Think about TRUSTING IT if:**

- You can tell where the information comes from – the sources are listed.

✗ **Think about TRASHING IT if:**

- You can't tell where the information comes from – the sources aren't listed.

Who paid for it?

✓ **Think about TRUSTING IT if:**

- The sponsor has a lot of experience with the condition and the information doesn't try to sell a product or point of view.

✗ **Think about TRASHING IT if:**

- The sources listed for the information aren't clearly related to the content or appear to be selling something.
- Information about the funding or sponsoring group isn't provided.

4301 Connecticut Ave., NW, Suite 404 | Washington, DC 20008-2369 202.966.5557 www.geneticalliance.org

1. WHO SAID IT?

2. WHEN DID THEY SAY IT?

3. HOW DID THEY KNOW?

<http://www.trustortrash.org/>



Helpful Features Offered by MedlinePlus



NO advertising
Easy to search,
by health topic or use the search box

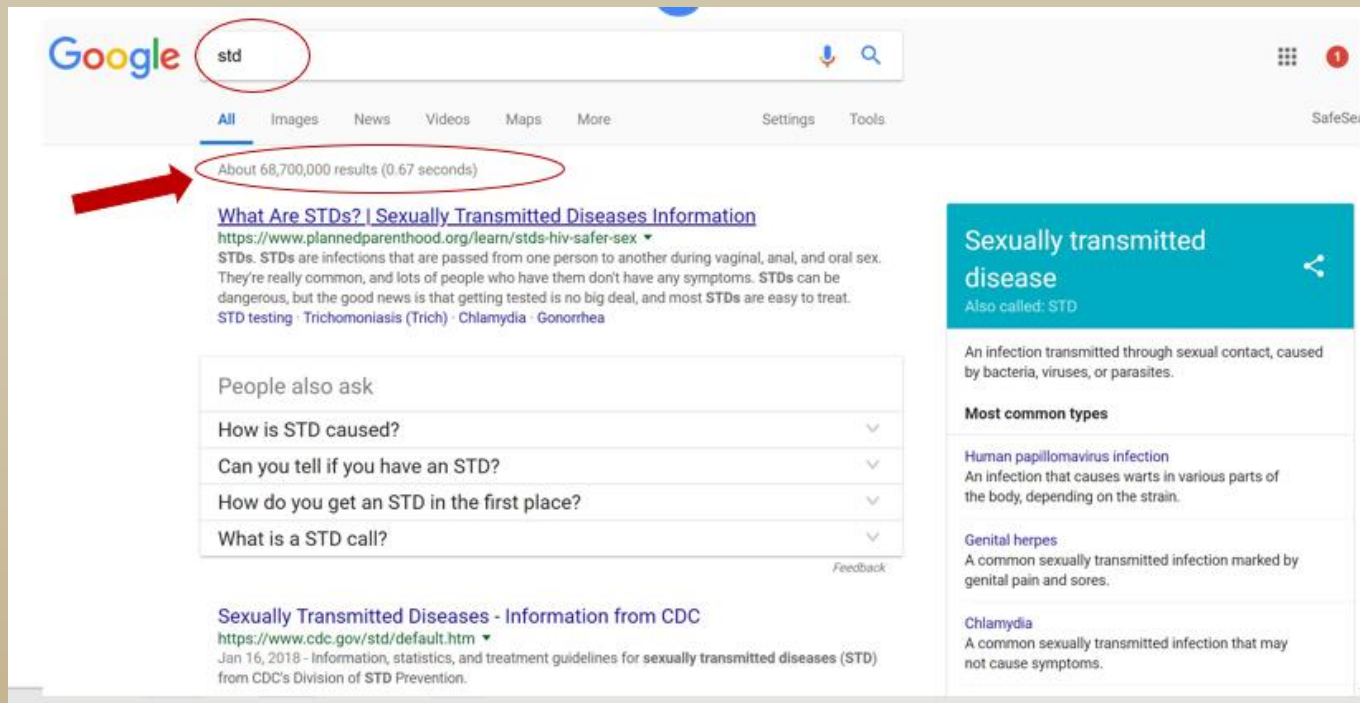
Info presented in videos, podcasts
and written formats

Info is written by experts, updated regularly
and is peer reviewed

<https://medlineplus.gov/>



Don't Google Health Info Instead Start with MedlinePlus.gov



The screenshot shows a Google search for "std". A red circle highlights the search bar containing "std". A red arrow points to the search results summary: "About 68,700,000 results (0.67 seconds)". Below this, the first result is titled "What Are STDs? | Sexually Transmitted Diseases Information" with a URL from plannedparenthood.org. To the right, a knowledge panel for "Sexually transmitted disease" is visible, also called "STD", with a description and common types like "Human papillomavirus infection", "Genital herpes", and "Chlamydia". Below the first result, a "People also ask" section lists questions like "How is STD caused?" and "Can you tell if you have an STD?". At the bottom, there is a link to "Sexually Transmitted Diseases - Information from CDC" with a URL from cdc.gov.

Google **std**

All Images News Videos Maps More Settings Tools

About 68,700,000 results (0.67 seconds)

What Are STDs? | Sexually Transmitted Diseases Information
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex> ▼
STDs. STDs are infections that are passed from one person to another during vaginal, anal, and oral sex. They're really common, and lots of people who have them don't have any symptoms. STDs can be dangerous, but the good news is that getting tested is no big deal, and most STDs are easy to treat.
STD testing · Trichomoniasis (Trich) · Chlamydia · Gonorrhea

People also ask

- How is STD caused? ▼
- Can you tell if you have an STD? ▼
- How do you get an STD in the first place? ▼
- What is a STD call? ▼

Feedback

Sexually Transmitted Diseases - Information from CDC
<https://www.cdc.gov/std/default.htm> ▼
Jan 16, 2018 - Information, statistics, and treatment guidelines for **sexually transmitted diseases (STD)** from CDC's Division of STD Prevention.

Sexually transmitted disease
Also called: STD


An infection transmitted through sexual contact, caused by bacteria, viruses, or parasites.

Most common types

- Human papillomavirus infection**
An infection that causes warts in various parts of the body, depending on the strain.
- Genital herpes**
A common sexually transmitted infection marked by genital pain and sores.
- Chlamydia**
A common sexually transmitted infection that may not cause symptoms.



Compare Searching for STD Using MedlinePlus

 **MedlinePlus**
Trusted Health Information for You

std

GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools

Español

Home → Search Results

Search Help

Related Topics

- Sexually Transmitted Diseases
- HIV/AIDS and Infections
- Infections and Pregnancy
- Teen Sexual Health

Refine by Type


All Results (1,050)

- Health Topics (14)
- External Health Links (669)

Sexually Transmitted Diseases

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses. There are more than 20 types of STDs, including

- Chlamydia
- Genital herpes
- Gonorrhea
- HIV/AIDS
- HPV
- Syphilis
- Trichomoniasis

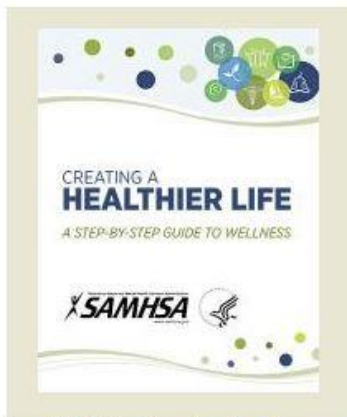




Creating a Healthier Life: A Step-by-Step Guide to Wellness

[Publications Home](#) » [Creating a Healthier Life:](#)


Creating a Healthier Life: A Step-By-Step Guide to Wellness



Available for download only.

A component of SAMHSA's wellness initiative, this handbook defines wellness and presents the eight dimensions of wellness: social, environmental, physical, emotional, spiritual, occupational, intellectual, and financial. It also offers tips for improving oneself in each dimension.

Download Publication 

 [Creating a Healthier Life: Wellness Guide | .pdf](#) (377.7 KB)

Publication ID: SMA16-4958

Publication Date: 4/2016

Format: [Campaign or Initiative](#)

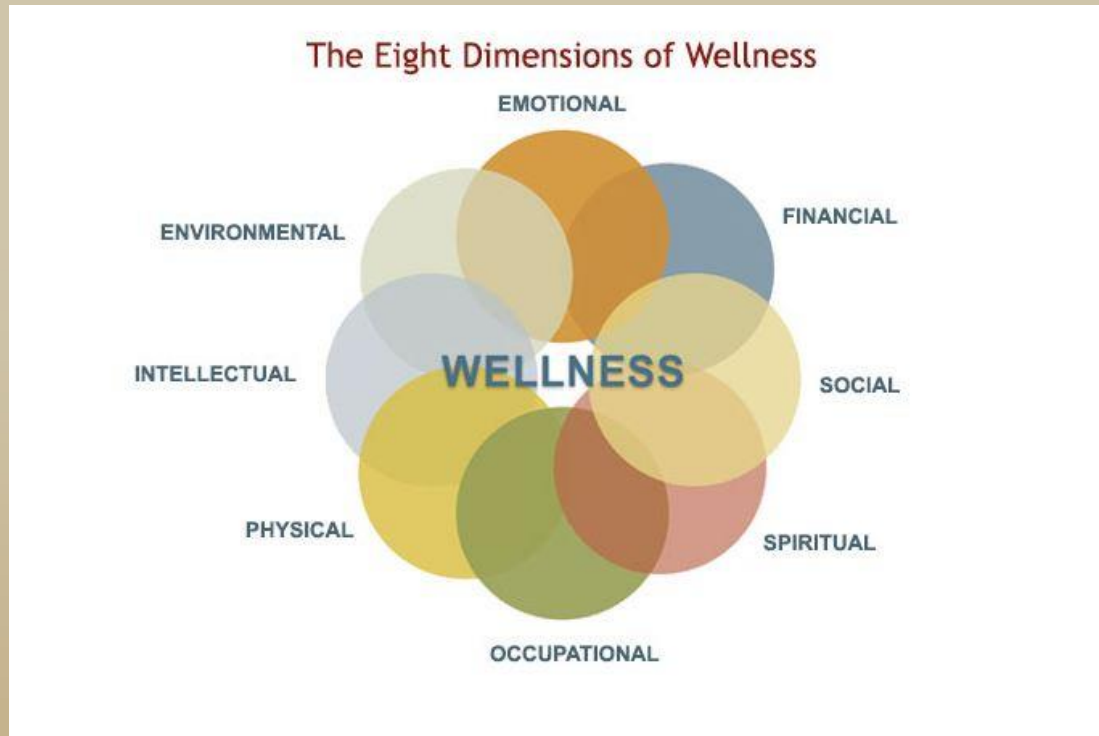
Note: if you experience problems with PDF documents, please [download the latest version of Adobe Acrobat Reader®](#).

[Review SAMHSA's public domain notice](#)

<https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958>

The 8 Dimensions of Wellness

From SAMHSA



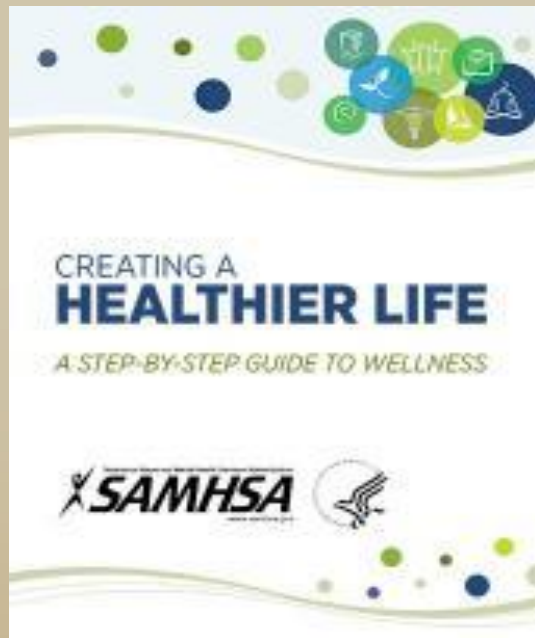
Emotional
Spiritual
Intellectual
Physical
Environmental
Financial
Occupational
Social

Dimensions of Health are Interconnected



Creating a Healthier Life

Step-by-Step Guide



IMPROVING OUR EMOTIONAL WELLNESS

The Emotional Wellness Dimension involves the ability to express feelings, adjust to emotional challenges, cope with life's stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at, and living and working on our own but letting others help us from time to time.

AREA	THINK ABOUT...	RESOURCES
Feelings/ Emotions	<ul style="list-style-type: none"> Do you allow yourself to be open to and acknowledge your feelings without judgment? Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts? Do you see challenges as opportunities for growth? Do you recognize your limitations and learn from your mistakes? Are you taking responsibility for your actions? 	<ul style="list-style-type: none"> Reflect each day on your emotions, what can they teach you, and how you can express them. Consider using a journal to record feelings and thoughts. Develop regular habits that help you process and deal with your feelings effectively so you move forward in fulfilling your emotional needs. Find a place where you feel the most comfortable and go there when you feel a need for comfort, quiet space, or safety.
Self-Care	<ul style="list-style-type: none"> Have you joined support groups, or thought about starting one? Do you write your thoughts in a journal, listen to music, or talk to family or friends when you are in need? Have you tried yoga, breathing, or meditation to remain calm and centered? Are you maintaining a daily routine? Do you leave yourself plenty of time to get to work and other obligations? Are you eating some meals without distractions, like checking your phone or watching TV? 	<ul style="list-style-type: none"> Discover what you like to do best, and do it often. It will help keep your spirits and emotions up. Find an outlet for physical activity, such as a sports league or a gym/fitness center. Take some time to yourself regularly. Identify resources that can help you with a sleep schedule or ideas for meal planning. Practice positive self-affirmations. Develop a positive statement to repeat to yourself daily. When you change your thoughts, you can change your mood and attitude.
Stress	<ul style="list-style-type: none"> Are you learning to manage stress in ways that work for your lifestyle? Do you recognize stress triggers and appreciate that you are not your feelings? Feelings are fleeting and will pass. Do you welcome and cultivate positive, empowering thoughts and emotions? 	<ul style="list-style-type: none"> Take a step back when in a stressful situation. Practice deep breathing or other relaxation techniques. Try out different coping exercises or strategies when not in a stressful situation. When challenges arise, you will be better prepared to deal with them. Practice finding positives (a silver lining) in something that you feel is negative. Support others in doing this, as well.

Guide has tips for improving oneself in each dimension.

Wellness Resources

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21

CREATING A HEALTHIER LIFE: A STEP-BY-STEP GUIDE TO WELLNESS

Questions to think about

Resources to Foster Health

Topics Related to Emotions

WAYS TO IMPROVE MY EMOTIONAL WELLNESS

WHAT I WILL DO	WHAT I NEED
What will I do?	What I Need?

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Learn more about the Eight Dimensions of Wellness. VISIT WWW.SAMHSA.GOV/WEWELLNESS-INITIATIVE

2015 SHA-16-4809

CREATING A HEALTHIER LIFE: A STEP-BY-STEP GUIDE TO WELLNESS



Mental Health and Mental Illness

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

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Health Topics Drugs & Supplements Videos & Tools **Español**

Home → Health Topics → Mental Health

Mental Health


On this page

Basics <ul style="list-style-type: none"> Summary Start Here Diagnosis and Tests Treatments and Therapies 	Learn More <ul style="list-style-type: none"> Related Issues Specifics 	See, Play and Learn <ul style="list-style-type: none"> No links available
Research <ul style="list-style-type: none"> Statistics and Research Clinical Trials Journal Articles 	Resources <ul style="list-style-type: none"> Find an Expert 	For You <ul style="list-style-type: none"> Children Teenagers Women Patient Handouts

Summary

What is mental health?
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

What are mental illnesses?
Mental illnesses are serious disorders which can affect your thinking, mood, and behavior. They may be occasional or long-lasting. They can affect your ability to relate to others and function each day. Mental disorders are common; more than half of all Americans will be diagnosed with a mental disorder at some time in their life. But there are treatments. People with mental health problems can get better, and many of them recover completely.

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MEDICAL ENCYCLOPEDIA
Learn to manage your anger

Related Health Topics

Start Here

- [Live Your Life Well](#) (Mental Health America)
- [Mental Health: Keeping Your Emotional Health](#) (American Academy of Family Physicians)
Also in Spanish
- [Mind/Body Connection: How Your Emotions Affect Your Health](#) (American Academy of Family Physicians)
Also in Spanish
- [Positive Emotions and Your Health: Developing a Brighter Outlook](#)  (National Institutes of Health)
Also in Spanish
- [What Is Mental Health?](#) (Department of Health and Human Services)

Diagnosis and Tests

- [Mental Health: What's Normal, What's Not?](#) (Mayo Foundation for Medical Education and Research)
Also in Spanish

Treatments and Therapies

- [Meditation](#)  (National Center for Complementary and Integrative Health)
- [Relaxation Techniques for Health](#)  (National Center for Complementary and Integrative Health)
- [Yoga for Health](#)  (National Center for Complementary and Integrative Health)

<https://medlineplus.gov/mentalhealth.html>



Substance Use Disorder

Environmental Health
& Toxicology

Environmental Health, Toxicology & Chemical Information

NIH U.S. National Library of Medicine

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[Home > Selected Topics > Opiate Addiction and Treatment: Health Information Resources](#) [Updates](#) [Follow](#) [Email This Page](#)

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[TOXNET Manual](#)
[NNLM class schedule](#)

[A to Z Index of Resources](#)

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

Opiate Addiction and Treatment

Health Information Resources

[Understanding Addiction](#)
[Opioid Overdose](#)
[Opioid Drugs](#)
[Treating Opioid Addiction](#)
[Opioid Prescribing](#)
[Pregnancy, Opioid Use, and Neonatal Abstinence Syndrome](#)
[Recovery](#)
[Data, Trends, & Statistics](#)
[Topic-related Searches of National Library of Medicine Resources](#)
[Selection Guidelines](#)
[Disclaimer](#)

Understanding Addiction

- [Definition of Addiction](#)
American Society of Addiction Medicine (ASAM)
- [Drugs, Brains, and Behavior: The Science of Addiction](#)
The National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)
- [East to Read Drug Facts](#)
The National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)

<https://envirotoxinfo.nlm.nih.gov/opiate-addiction-and-human-health.html#a7>

A cartoon illustration of a brown owl wearing large black headphones and sitting at a small white laptop. The owl is looking at the screen with a focused expression.

Anxiety and Stress

COLLEGE TO CAREER: SUPPORTING MENTAL HEALTH



Every young adult is unique, but there are some commonly faced challenges:

- Anxiety
- Stress
- Coping skills
- Time management

Reasons for not seeking help

- Stigma
- Bureaucracy or required paperwork

<https://www.jedfoundation.org/wp-content/uploads/2018/06/College-to-Career-Supporting-Mental-Health-JED-UMass-Whitepaper-FINAL.pdf>



Self Advocacy

Transitions ACR
Transitions to Adulthood Center for Research

Home About Us Research Youth Voice Publications Resources Need Help Comeback TV

Our Goals

Support youth and young adults as students learners and workers

Youth and young adults with serious mental health conditions face obstacles in learning and working

Click here to learn more about a great opportunity to bring HYPE services to your agency!

Our Mission

Our mission is to promote the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions. We use the tools of research and knowledge translation in partnership with this at risk population to achieve this mission.

Hot Off the Press!

Supporting Employment for Young Adults Living with Mental Health Conditions

Tips and Tricks to Starting a Young Adult Council Part 1: 10 Steps to Starting a Young Adult Advisory Council

Tips and Tricks to Starting a Young Adult Council Part 2: The Do's and Don'ts of Young Adult Councils

Have You Seen Our Tipsheets?

Tipsheets & Publications
*Publicaciones en Español

Monthly Update/Newsletter
October 2018

<https://www.umassmed.edu/TransitionsACR/>

How To Speak Up and Be Heard: Self Advocacy

Community of Practice, Northeast Massachusetts 2014

SELF ADVOCACY IS THE ABILITY TO SPEAK UP FOR YOURSELF AND FOR THE THINGS THAT ARE IMPORTANT TO YOU. AS YOU BECOME OLDER AND TAKE ON MORE RESPONSIBILITIES IN YOUR LIFE, SELF ADVOCACY HELPS YOU:

- ▶ Get what you need
- ▶ Make your own choices
- ▶ Learn how to say no
- ▶ Express your feelings respectfully

Places to Use Self Advocacy

AT WORK OR SCHOOL

- Adjusting your schedule
- Participating in meetings
- Asking for accommodations
- Requesting tutoring
- During a job interview
- Asking for a raise

AT HOME

- Managing finances (bills/roommates)
- Requesting personal space/time
- Renting an apartment
- Sharing food costs
- In a relationship

IN THE COMMUNITY

- Arranging transportation
- Presenting in court
- Making a complaint
- Paying a check

Putting it Into Words

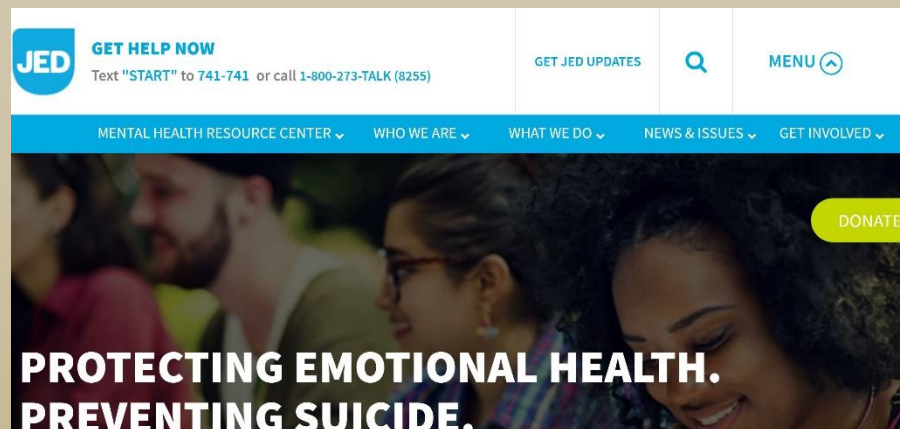
- AT SCHOOL:** E-mail to professor: "I am asking for a week extension for this assignment. I haven't been feeling well and I fell behind."
- AT WORK:** "I can't work on Sunday, I have a family commitment. Can I work a different shift instead?"
- WITH ROOMMATES:** "I have class at 8 A.M. Can you stop playing your music by 10 P.M.?"
- ARGUMENT WITH A SIGNIFICANT OTHER:** "I need to remove myself from this conversation, could we talk about this later when we are both feeling less angry?"
- AT THE BANK:** "I don't understand this statement, can you explain the fees to me?"
- SPLITTING A CHECK:** "I'd love to go out

Look under "tip sheets" on the Transitions ACR website



From the JED Foundation

Substance Use and Suicide Prevention



<https://www.jedfoundation.org>

College Transition Summer Checklist



<https://www.settogo.org/college-transition-summer-checklist/>



Concern for Others

Connections with Family, Friends and Community

NIH News in Health
A monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services

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February 2017 [Print this issue: pdf](#)

Do Social Ties Affect Our Health?

Exploring the Biology of Relationships

[En español](#) | [Send us your comments](#)

Cuddles, kisses, and caring conversations. These are key ingredients of our close relationships. Scientists are finding that our links to others can have powerful effects on our health. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

Wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Such connections might improve your ability to fight off germs or give you a more positive outlook on life. Physical contact—from hand-holding to sex—can trigger release of **hormones** and brain chemicals that not only make us feel great but also have other biological benefits.

Marriage is one of the most-studied social bonds. “For many people, marriage is their most important relationship. And the evidence is very strong that marriage is generally good for

Wise Choices
Making Connections
Social connections might help protect health and lengthen life. Look for ways to get involved with others:

- Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
- Take a class in yoga, tai chi, or another new physical activity.
- Help with gardening at a community garden or park.
- Volunteer at a school, library, hospital, or place of worship.
- Join a local community group or find other ways to get involved in things you care about.

Links

- Participating in Activities You Enjoy
- Sexuality in Later Life
- Feeling Stressed?
- Positive Emotions and Your Health

References
Hostile marital interactions, proinflammatory cytokine production, and wound healing. Kiecolt-Glaser JK, Loving TJ, Stowell JR, et al. *Arch Gen Psychiatry*. 2005 Dec;62(12):1377-84. PMID: 16330726.

Print subscriptions & multiple copies available FREE for Clinics, offices, community centers and libraries

nihnewsinhealth@od.nih.gov(link sends e-mail)

Links

- Participating in Activities You Enjoy
- Sexuality in Later Life
- Feeling Stressed?
- Positive Emotions and Your Health

<https://newsinhealth.nih.gov/.../02/do-social-ties-affect-our-health>



NLM Resources for Physical Wellness

Nutrition, Exercise, Genetics, Family History



Resources for General Health:

- National Center for Complementary and Integrative Medicine
- Household Products Database
- Healthfinder.gov
- Pillbox

Resources for Genetics:

- Genetics Home Reference
- My Family Health Portal
- GenEd

Resources for Lifestyle:

- Nutrition.gov
- Smoking and Tobacco Use
- CDC Healthy Living
- CDC Physical Activity
- Health Eating



Healthy Eating

More than 1000 delicious,
Heart healthy recipes
from regional and
multicultural cuisines

U.S. Department of Health & Human Services

NIH National Heart, Lung, and Blood Institute Health Topics Grants and Training News and Events About NHLBI

Delicious Heart Healthy Recipes

My Saved Recipes Register / Sign In Search All Categories GO

DOWNLOAD COOKBOOKS!

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About

All Healthy Eating Recipes

Healthy Dinners

Healthy Family Meals

Stay Young At Heart

Healthy Latino Recipes

Home Cooking African American Style

American Indian/Alaska Native Recipes

Vietnamese Community Recipes

Filipino Community Recipes

Cooking Resources

Family Resources

Tools & Resources

Healthy Eating Video Clips

Media

NHLBI Recipe Collections

We Can!

calories 340
total fat 11 g
saturated fat 2 g
cholesterol 107 mg
sodium 331 mg
total fiber 9 g
protein 14 g
carbohydrates 50 g
potassium 369 mg

Oatmeal Pecan Waffles (or Pancakes)

Your children will jump right out of bed for this delicious meal.

View Recipe >>

LUNCH/BRUNCH

Browse Recipes!

Browse Delicious Heart Healthy Recipes

Deliciously Healthy Dinners contains 75 recipes influenced by Asian, Latino, Mediterranean, and American cuisine that are good for your heart and taste great too. (EDE, 8,300 KB)

Deliciously Healthy Family Meals contains 40 kid-tested healthy, delicious, and quick recipes, along with cooking tips and ways to get kids involved in the kitchen. (EDE, 8,900 KB)

Delicious Heart Healthy Latino Recipes contains recipes for 26 popular and easy-to-prepare Latino dishes (in English and Spanish), along with cooking tips and heart healthy food substitutions. (EDE, 2,722 KB)

Heart Healthy Home Cooking African American Style contains recipes for 26 tasty and favorite African American dishes, prepared in a heart healthy way, as well as cooking tips and heart healthy food substitutions. (EDE, 3,433 KB)

Browse Videos!

Check out our latest video

Baked Eggrolls

Love eggrolls, but not the fat and oil? Watch this video for a step-by-step guide on how to make this delicious, heart healthy dish.

The New and Improved Nutrition Facts Label – Key Changes



FDA U.S. FOOD & DRUG ADMINISTRATION

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

“Calories” is now larger and bolder.

3. Fats

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230

Calories from Fat 72

% Daily Value*

Total Fat 8g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 160mg

Total Carbohydrate 37g

Dietary Fiber 4g

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a diet of other people's misdeeds.

Your daily value may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 10g 40g

Sat Fat Less than 20g 29g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

New Label

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 160mg

Total Carbohydrate 37g

Dietary Fiber 4g

Total Sugars 12g

Includes 10g Added Sugars

Protein 3g

Vitamin D 2mcg

Calcium 200mg

Iron 8mg

Potassium 235mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

For more information about the new Nutrition Facts label, visit:

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

<https://www.fda.gov/downloads/Food/LabelingNutrition/UCM511646.pdf>

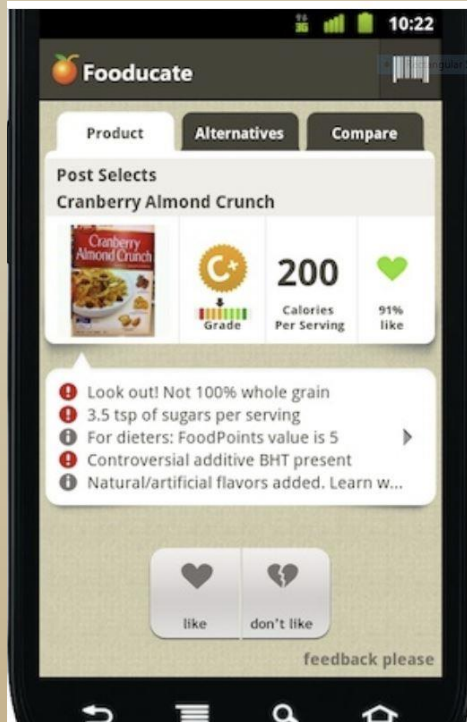
<https://healthyeating.nhlbi.nih.gov/>

January 2018



Understanding Nutrition

Fooducate App



<https://www.fooducate.com/>

Other Helpful Sites for Nutrition Info:

USDA -

FDA

CDC (See Healthy Living Section)

Academy of Nutrition and Dietetics



Be an Informed Consumer

When considering Complementary or Integrative Treatment



NIH...Turning Discovery Into Health

Información en Español

Health Info

Research

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Be an Informed Consumer

Share:



Decisions about your health care are important—including decisions about whether or not to use complementary health products and practices. Take charge of your health by being an informed consumer. Find out and consider what scientific studies have been done on the safety and effectiveness of the product or practice that interests you. Discuss the information with your health care provider before making a decision. These fact sheets and resources can help you think about the issues to consider and questions to ask.



<https://nccih.nih.gov/health/decisions>



Wait there's more.. NLM has Apps too!!

National Library of Medicine Mobile Resources

Reliable health information at
your fingertips!



HIV/AIDS

Public Health

Toxicology

Drugs and Medical Devices

Consumer Health

Education

<https://nnlm.gov/sites/default/files/shared/files/trifolds/mobiletri.pdf>



More NLM Apps



U.S. National Library of Medicine
National Network of Libraries of Medicine

**Your Data
Your Device
Your Apps**

Use Technology for Your Health



Mobile Health Resources for You

MedlinePlus® is a mobile friendly resource for extensive consumer health information in both English and Spanish. MedlinePlus features hundreds of health topics, easy-to-read materials, drug information, interactive tutorials with audio, news, surgery videos, and more.

medlineplus.gov

HerbList App gives you fast, free access to science-based summaries on more than 50 popular herbs. Available for Android and Apple iOS.

nccih.nih.gov/Health/HerbListApp

Milestone Tracker App tracks your child's developmental milestones from age 2 months to 5 years. Available for Android and Apple iOS.

cdc.gov/ncbddd/actearly/milestones-app.html

QuitGuide App can help you understand your smoking patterns and build the skills needed to become and stay smoke free. Available for Android and Apple iOS.

smokefree.gov/tools/tips/apps/quitguide

AIDSinfo® HIV/AIDS Drug Database App provides access to the same drug information provided by the AIDSinfo Drug Database. The app includes two versions of each drug summary—one for consumers (English and Spanish) and one for health care professionals. The app automatically refreshes content so the information is always up-to-date. Available for Android and Apple iOS.

aidsinfo.nih.gov/apps

BAM! Dining Decisions App helps you make smart food choices to stay powered up. Designed for kids ages 9–12. Available for Android and Apple iOS.

cdc.gov/bam/nutrition/mobileapp.html

CDC Mobile App: Health and Fitness gives you access to timely, vital health information wherever you go. Available for Android and Apple iOS.

cdc.gov/mobile/applications/cdgeneral/promos/cdcmobileapp.html

CDC's Health IQ App is an interactive, educational, and fun health trivia application. Available for Android and Apple iOS. Available in English and Spanish.

cdc.gov/mobile/applications/healthiq/index.html

CDC's TravWell App helps you plan for safe and healthy international travel. Available for Android and Apple iOS.

www.cdc.gov/travel/page/apps-about#travwell



All of Us
RESEARCH PROGRAM

The Future of Health Begins With You

August 2018

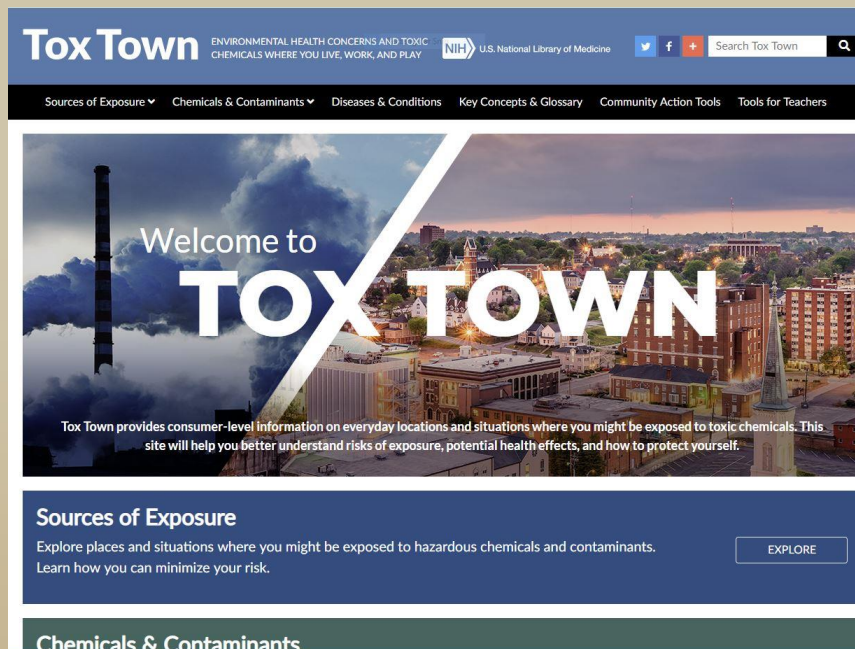
- HerbList App
- Milestone Tracker App
- QuitGuide App
- AIDSinfo HIV/AIDS Drug Database App
- BAM Dining Decisions App
- CDC Mobile App: Health and Fitness
- CDC Health IQ App
- CDC TravWell App

<http://bit.ly/2VAtEhe>



Clean Air, Food and Water

NLM Environmental Health Resources



Sources of Exposure
Chemical & Contaminants
Diseases and Conditions
Key Concepts & Glossary
Community Action Tools
Tools for Teachers

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



What's in My Hair Color or Gel Manicure?

All Sources of Exposure

Abandoned Military Sites	Factories	Pests
Agriculture	Fish Farming	Power Plants
Air Pollution	Food and Cooking	Runoff
Algae Blooms	Fuel Industry	Schools
Beaches	Gas Station	Sheep Ranching
Boats and Ships	Hair and Nail Salons	Shellfishing
Brownfield	Healthcare Services	Trash
Chemical Spills and Accidents	Homes	Uranium Tailings
Chemical Storage Tank	Meat Processing	Urban Sprawl
Construction	Microplastics	Vehicles and Engines
Drinking Water	Mines	Wastewater Treatment
Dry Cleaning	Natural Disasters	
Electromagnetic Fields	Noise Pollution	

Tox Town

ENVIRONMENTAL HEALTH CONCERNS AND TOXIC CHEMICALS WHERE YOU LIVE, WORK, AND PLAY

NIH U.S. National Library of Medicine

Twitter Facebook Plus Search Tox Town

Sources of Exposure

Chemicals & Contaminants

Diseases & Conditions

Key Concepts & Glossary

Community Action Tools

Tools for Teachers

Home > Sources of Exposure > Hair and Nail Salons

Hair and Nail Salons

What are they?

Why are they a concern?

Who is at risk?

What pollutants are of greatest concern?

Reduce your risk

External links

What are they?

Hair and nail salons offer cosmetic treatments for men and women. They provide foot, hand, and nail care; nail manicures; haircuts and hair styling; and other services.

See also: [Acetone](#) [Solvents](#)

Why are they a concern?

Salon products may contain potentially harmful chemicals that can cause asthma among workers, as well as other health concerns. Many chemicals in nail products evaporate into the air, potentially affecting clients as well as workers. Nail polish removers are sometimes abused as recreational inhalants to get high.

Some hair dye products contain ingredients that may irritate or penetrate the skin. Some products must not be used to dye eyelashes or eyebrows because they may cause blindness.

Salon workers may be exposed to latex dust if they use latex gloves. This can cause allergies.

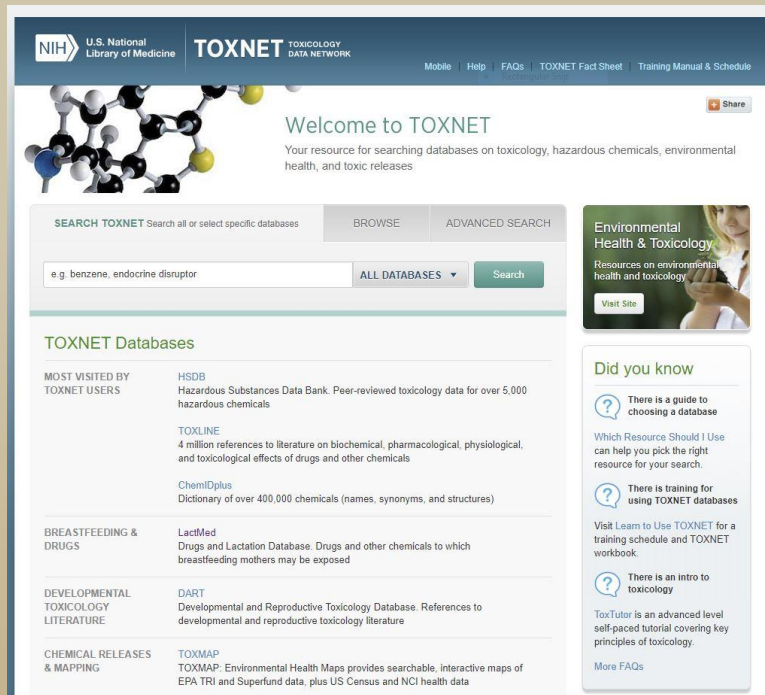
Hair sprays are flammable and contain a variety of chemicals.

Who is at risk?

- Salon workers, owners, and clients are at risk.
- Children are especially at risk if they are exposed to or accidentally drink nail polish removers and artificial nail removers.



What's in My Meds or in My Cleaning Products?



NIH U.S. National Library of Medicine **TOXNET** TOXICOLOGY DATA NETWORK

Mobile | Help | FAQs | TOXNET Fact Sheet | Training Manual & Schedule

Welcome to TOXNET
Your resource for searching databases on toxicology, hazardous chemicals, environmental health, and toxic releases

SEARCH TOXNET Search all or select specific databases

BROWSE ADVANCED SEARCH

e.g. benzene, endocrine disruptor ALL DATABASES Search

TOXNET Databases

MOST VISITED BY TOXNET USERS	<p>HSDB Hazardous Substances Data Bank. Peer-reviewed toxicology data for over 5,000 hazardous chemicals</p> <p>TOXLINE 4 million references to literature on biochemical, pharmacological, physiological, and toxicological effects of drugs and other chemicals</p> <p>ChemIDplus Dictionary of over 400,000 chemicals (names, synonyms, and structures)</p>
BREASTFEEDING & DRUGS	<p>LactMed Drugs and Lactation Database. Drugs and other chemicals to which breastfeeding mothers may be exposed</p>
DEVELOPMENTAL TOXICOLOGY LITERATURE	<p>DART Developmental and Reproductive Toxicology Database. References to developmental and reproductive toxicology literature</p>
CHEMICAL RELEASES & MAPPING	<p>TOXMAP TOXMAP: Environmental Health Maps provides searchable, interactive maps of EPA TRI and Superfund data, plus US Census and NCI health data</p>

Environmental Health & Toxicology
Resources on environmental health and toxicology
Visit Site

Did you know

- There is a guide to choosing a database
- Which Resource Should I Use can help you pick the right resource for your search.
- There is training for using TOXNET databases
- Visit Learn to Use TOXNET for a training schedule and TOXNET workbook.
- There is an intro to toxicology
- ToxTutor is an advanced level self-paced tutorial covering key principles of toxicology.
- More FAQs

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

Household Products Database



U.S. Department of Health & Human Services www.hhs.gov

Household Products Database
Health & Safety Information on Household Products

NIH U.S. National Library of Medicine

Home Products Manufacturers Ingredients Health Effects

Quick Search
Product, Manufacturer etc... Go

Advanced Search >

Browse by Category
Inside the Home
Home Maintenance
Personal Care
Landscape/Yard
Arts & Crafts
Pet Care
Pesticides
Auto Products
Home Office
Commercial / Institutional

Browse A-Z
Product Names
Types of Products
Manufacturers
Ingredients

Support
About the Database
FAQ
Product Recalls
Help
Glossary
Contact Us
More Resources

Inside the Home
Air Freshener, Bleach, Cleaners, Toilet Bowl Cleaner, and more...

Home Maintenance
Caulk, Grout, Insulation, Paint, Putty, Stain, and more...

Arts & Crafts
Adhesive, Glaze, Glue, Primer, Varnish, and more...

Auto Products
Brake Fluid, De-icer, Lubricant, Sealant, and more...

Personal Care
Antiperspirant, Hair Spray, Makeup, Shampoo, Soap and more...

Landscape/Yard
Fertilizer, Lawn Care, Swimming Pool Products, and more...

Pet Care
Flea & Tick Control, Litter, Stain/Odor Remover, and more...

Pesticides
Animal Repellent, Fungicide, Herbicide, Insecticide, and more...

Home Office
Ink, Toner, Correction Fluid, Electronics Cleaners, Pens and more...

Commercial/Institutional
Cleaner, Disinfectant, Floor Polish, Insecticide, Lubricant, Solvent, and more...

What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room?

Learn more about what's in these products, about potential health effects, and about safety and handling.

For advice if someone is poisoned, call your local Poison Center at 1-800-222-1222.

Home | Products | Manufacturers | Ingredients | Health Effects

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



A Penny Saved is a Penny Earned

DAIRY

MyPlate says:

Choose low-fat (1%) or nonfat milk and milk products.



The Budget Shopper says:

Compare unit prices to find the best deal.

Larger packages of foods often have a lower unit price. In the dairy aisle, compare unit prices for a gallon versus a half-gallon of milk, a tub of yogurt versus individual-size packages, or a larger versus smaller bag of cheese. Choose the item with the lower unit cost. Worried you won't use up the larger item before it goes bad? Dairy foods can be frozen for later use.

Not sure where to find unit price? You can usually find it on the shelf tag just under the food. It will often be listed as "price per ounce" or "price per gallon" — think of gas prices, which are listed as "price per gallon." The unit price tells you how much it costs for a set amount of food, so you can compare "apples to apples" (or "yogurt to yogurt").



Time-saving tip: Compare unit prices for block and pre-shredded cheese. Sometimes pre-shredded cheese can have a lower unit price, particularly if it's on sale. You won't know until you check.



12 Meeting Your MyPlate Goals on a Budget

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We're the CFPB

The Consumer Financial Protection Bureau is a U.S. government agency that makes sure banks, lenders, and other financial companies treat you fairly.

Consumer Financial Protection Bureau (CFPB) Guides Available: Auto Loan, Military Life Financial Life Cycle, and Paying for College

<https://www.consumerfinance.gov>

Telling Your Money What to Do: The Young Adult's Guide

Community of Practice, Northeast Massachusetts 2013

Has it ever felt like your money, or the lack of it, is telling you what you can or can not do? If you take control of your money and spending, you can find ways to do more with what you have. This sheet provides tips on how this can be done.

Top Money Tips

Tell your money what to do by following these tips.

- ✓ **Track your money** for one or two weeks to see where your money is going - then develop a basic budget to set goals on spending. You can use the one on this tip sheet.
- ✓ **Monitor your checking account** and make sure you understand your bank's policy on overdrafts. Fines for overdrafts can be costly. You may need a savings account to prevent overdraft fees. You can also ask the bank to deny charges that overdraft your account.
- ✓ **Fees and interest on credit cards** can add up. To avoid this, pay as much of your bills as you can each month.
- ✓ **Emergency funds** can save you if you have a car breakdown, unexpected medical expenses, a traffic ticket, etc.
- ✓ **Start Saving.** 5 to 10% per paycheck is a great start.
- ✓ **Eating out, though convenient, is VERY expensive** - cooking at home can save you a lot of money.
- ✓ **Smoking, drinking and drugs** add up and are expensive. Make sure to include them in your budget.
- ✓ **Borrowing money** from friends or family can add stress to your relationships. If you have to borrow money you may want to put yourself on a payment plan to pay it back.
- ✓ **Lending money** can also add stress to your relationships. Family and friends have financial stress too, so they may not be able to pay it back.

It All Adds Up

One meal out may not seem like much, but if you look at costs over time you see how much it takes from your wallet.

	Average Cost per Item	Average Cost per Week	Average Cost per Month
Energy drinks	\$2.50	7x\$2.50=\$17.50	\$75
Daily Coffee	\$2.00	7 x \$2.00 =\$14	\$60
Cigarettes	\$6.25	4 x \$6.25=\$25	\$100+
Eating Out	\$7.00	2 x \$7.00 = \$14	\$60
Taxi Rides	\$10	1 x \$10 = \$10/week	\$40
Cat	---	---	\$60

Cooking Matters
Eating Healthy on a Budget Guide

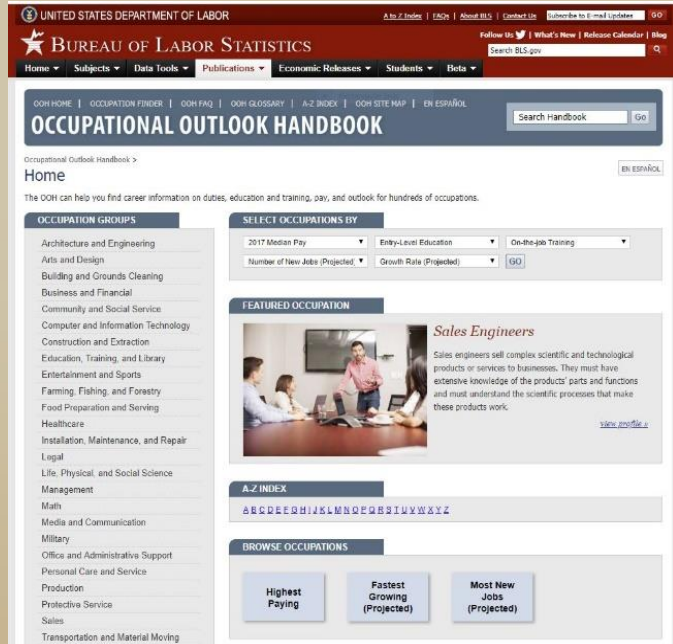
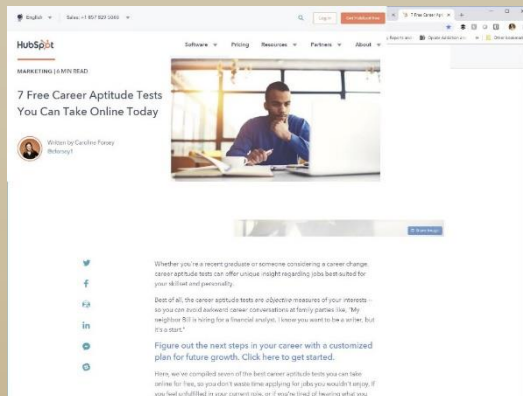
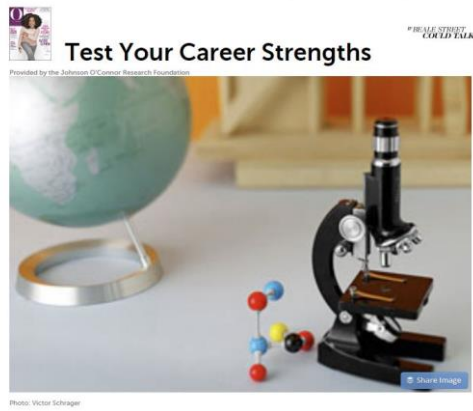
<http://bit.ly/2SauAKD>

Transitions ACR
Telling Your Money What to Do

<http://bit.ly/2ShpIZs>



Choose a Job You Love, & You Will Never Have to Work a Day in Your Life.



<http://bit.ly/2svQXvp>

<http://bit.ly/2SZDwzr>

<https://www.bls.gov/ooh/>



Getting a Job And Keeping It!

Download these tip sheets
for useful info about:

How to Apply for a Job

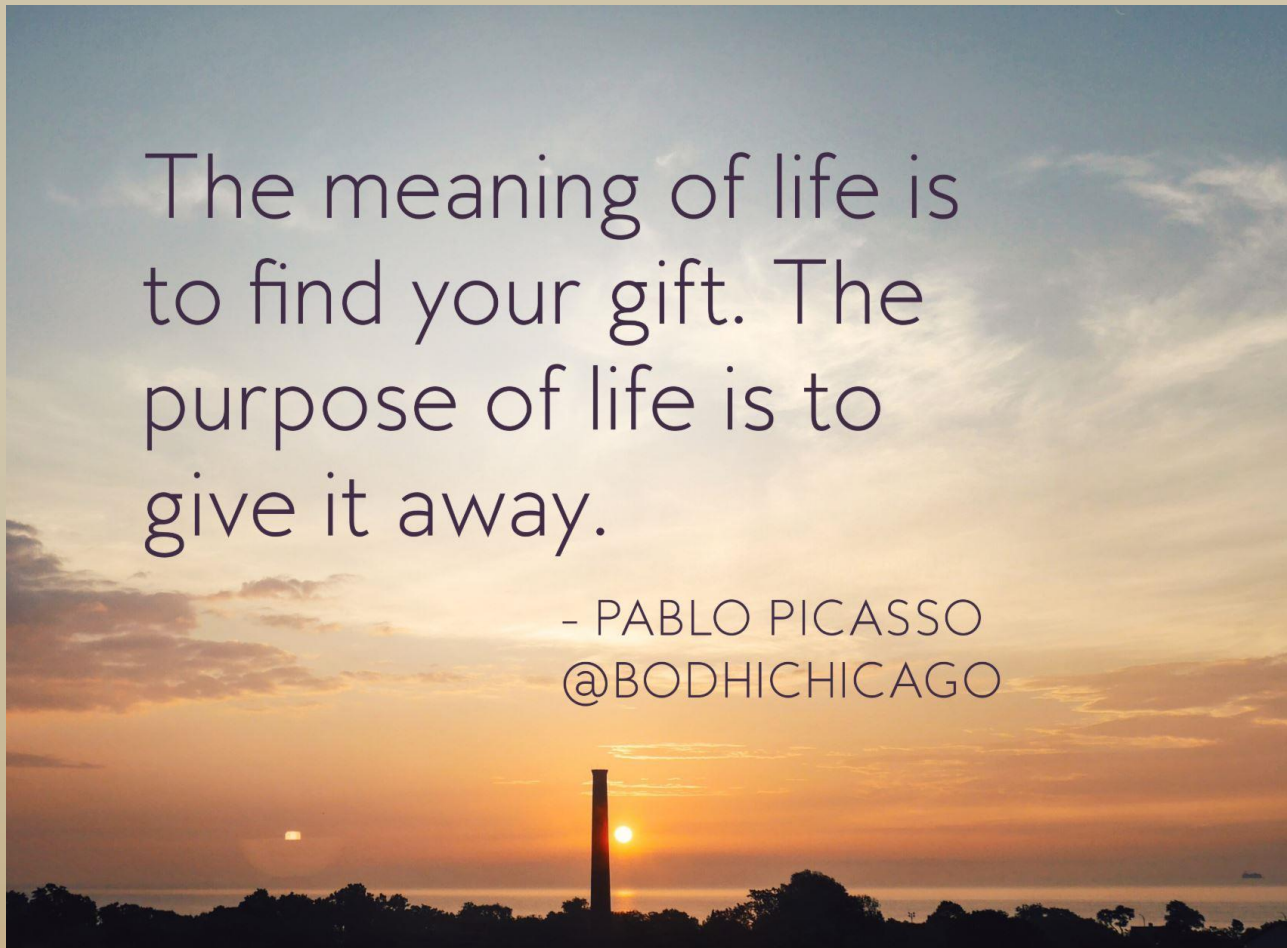
How to Get a Job and Keep It

<https://umassmed.edu/TransitionsACR/publication/>



The meaning of life is
to find your gift. The
purpose of life is to
give it away.

- PABLO PICASSO
@BODHICHICAGO



Deep Thoughts....

Cultivating Spiritual Health

- Meditate
- Spend time in Nature
- Listen to Inspiring Music
- Write Poetry or Journal
- Perform Service for an Organization or person in need
- Attend a worship service



Cultivating Intellectual Health

- Take part in community events
- Teach or lead a class or workshop
- Visit the public library
- Subscribe to newspapers, newsletters, journals
- Travel
- Learn a new skill or language
- Befriend someone who stimulates your mind.



Owning Your Medical Care

NLM's "Engage for Health" Program



<https://nnlm.gov/mar/guides/programming-class/engageforhealth>



NLM's "Engage for Health" Program

Communication



"The single biggest problem in communication is the illusion that it has occurred."

—George Bernard Shaw



Preparation, Engagement and Asking Questions

Tips to Stay Engaged



- ▶ Take a friend or family member with you
- ▶ Write things down
- ▶ Repeat back what you've heard
- ▶ Ask questions

3 Types of Questions



- ▶ **What** is this test for?
- ▶ **What** are my choices?
- ▶ **Why** do I need this treatment?
- ▶ **Why** do I need to decrease how much salt I eat?
- ▶ **How** often do I need to take the medication?
- ▶ **How** do you spell the name of that drug?



Congratulations
You Now Have Lots of Resources to
Help Young Adults
Own Their Health!!!



Owning Your
Health Webinar
Graduate Badge

Susan Halpin
NNLM NER Education and Outreach Coordinator
Susan.Halpin@umassmed.edu

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