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Owning Your Health:

Wellness Resources

for Young Adults Ages 18-24

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

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Your Webinar Host

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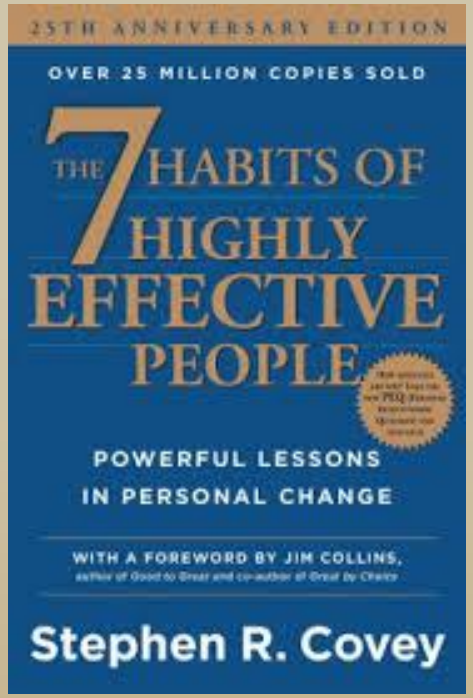
Post Secondary Success Formula

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

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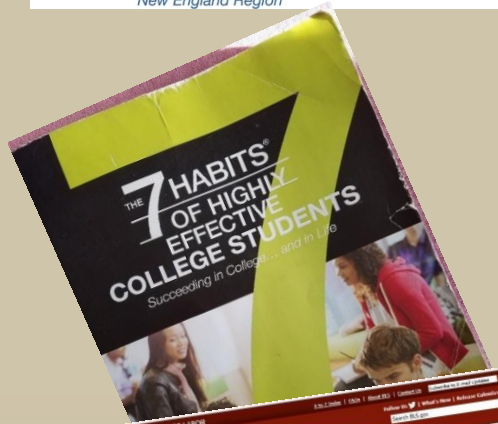
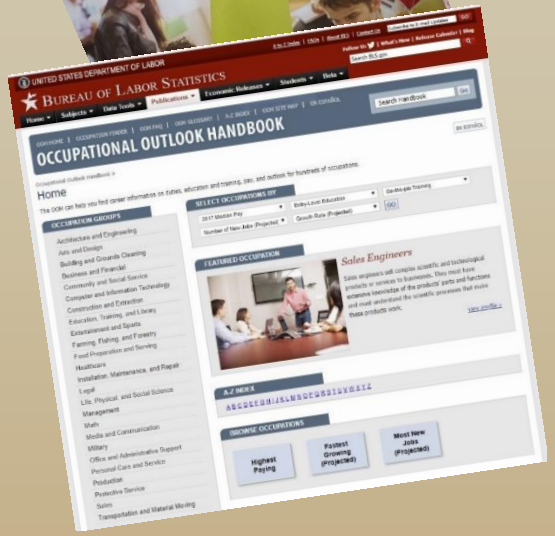
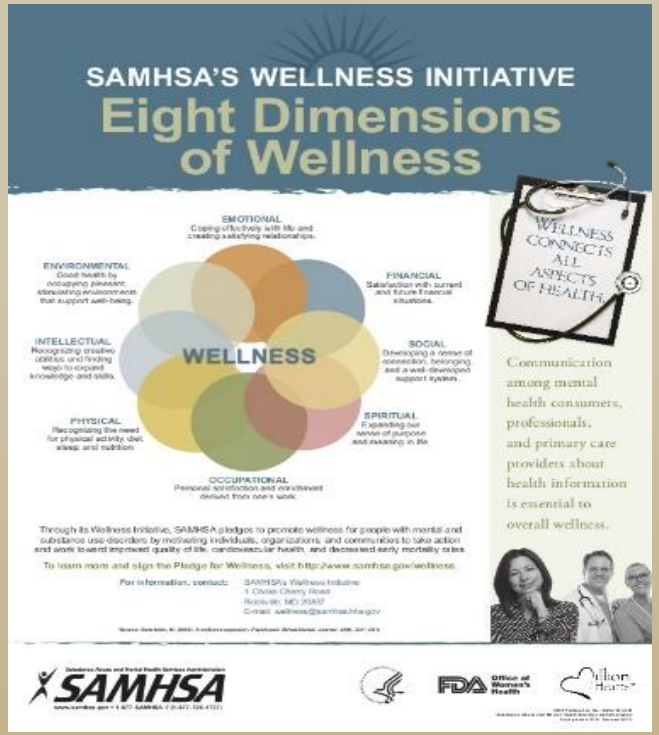
Recommended Resources







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

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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

Pre-K through Grade 2
Make requests to promote personal health

Grades 3-5
Express opinions & give accurate info about health

Grades 6-8
Work cooperatively to advocate for individual health

Grades 9-12
Work cooperatively as an advocate for Individual health

Post Secondary Years

"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 a nd 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.

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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.

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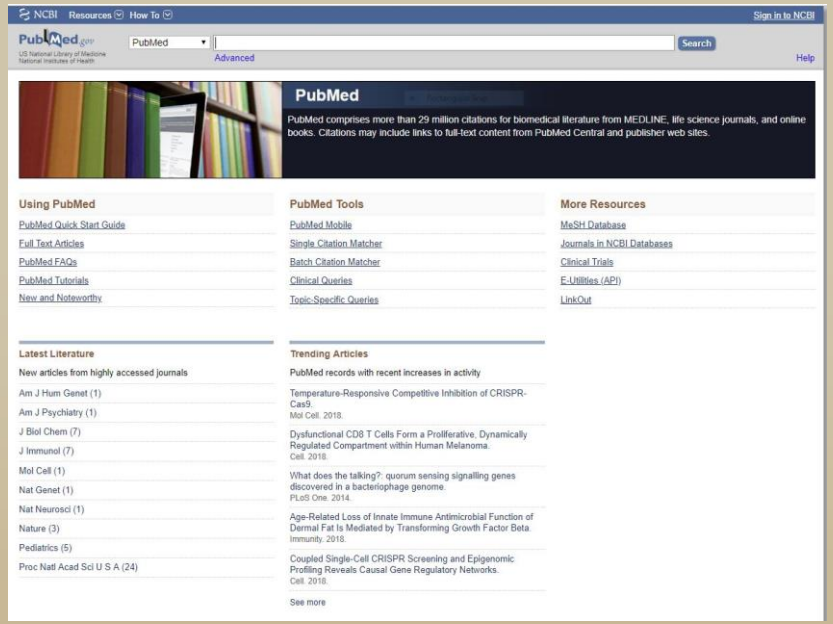
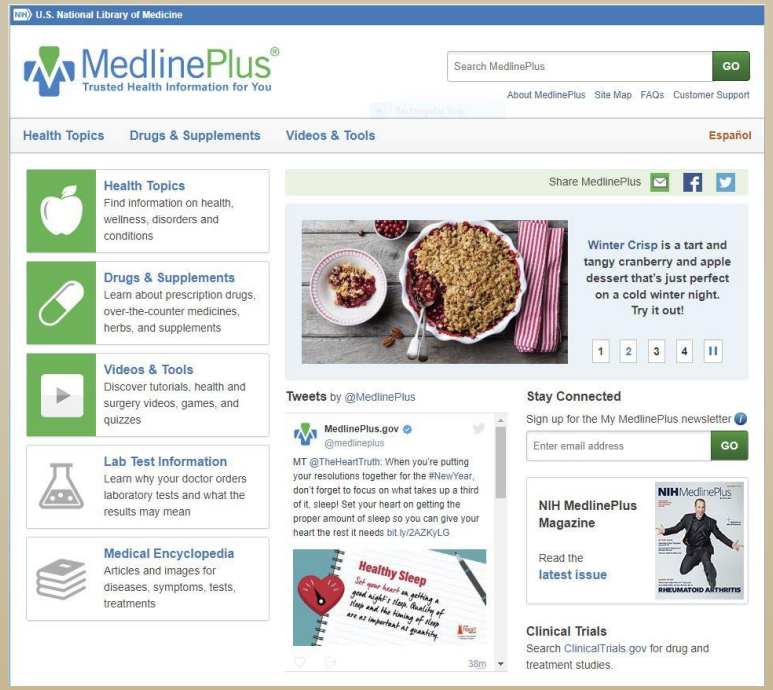
Pubmed and MedlinePlus





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

https://medlineplus.gov

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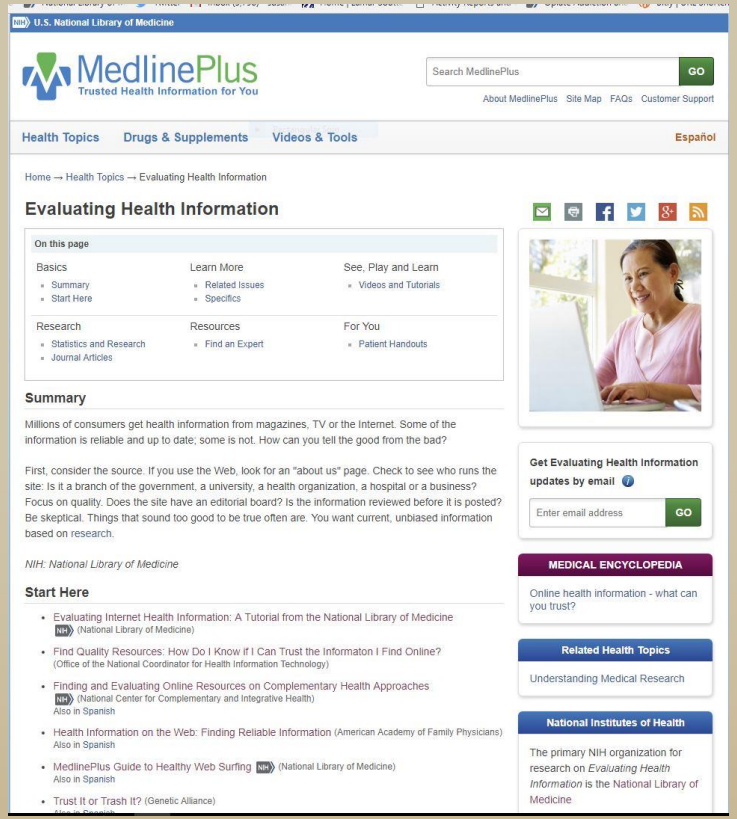
MedlinePlus Teaches How to Evaluate Online Health Information



https://medlineplus.gov/evaluatinghealthinformation.html

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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?

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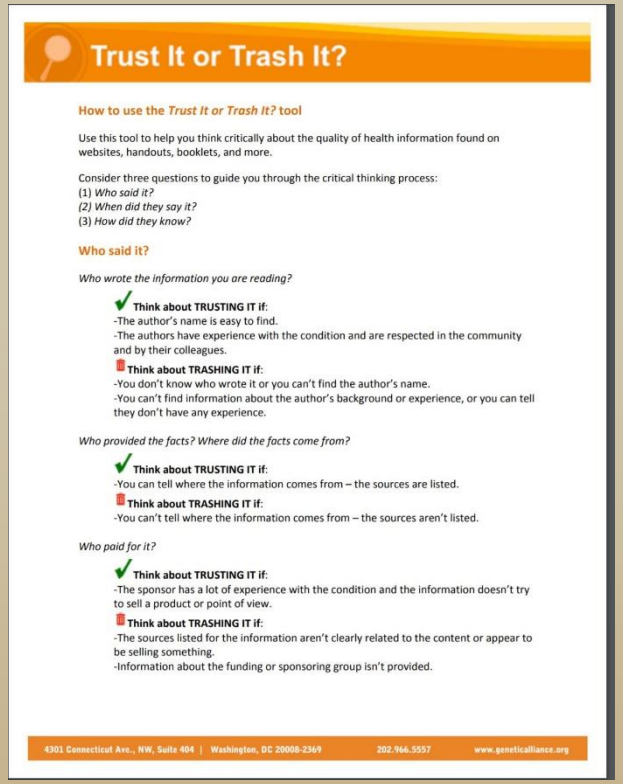
Trust it or Trash it Tool



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/

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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/

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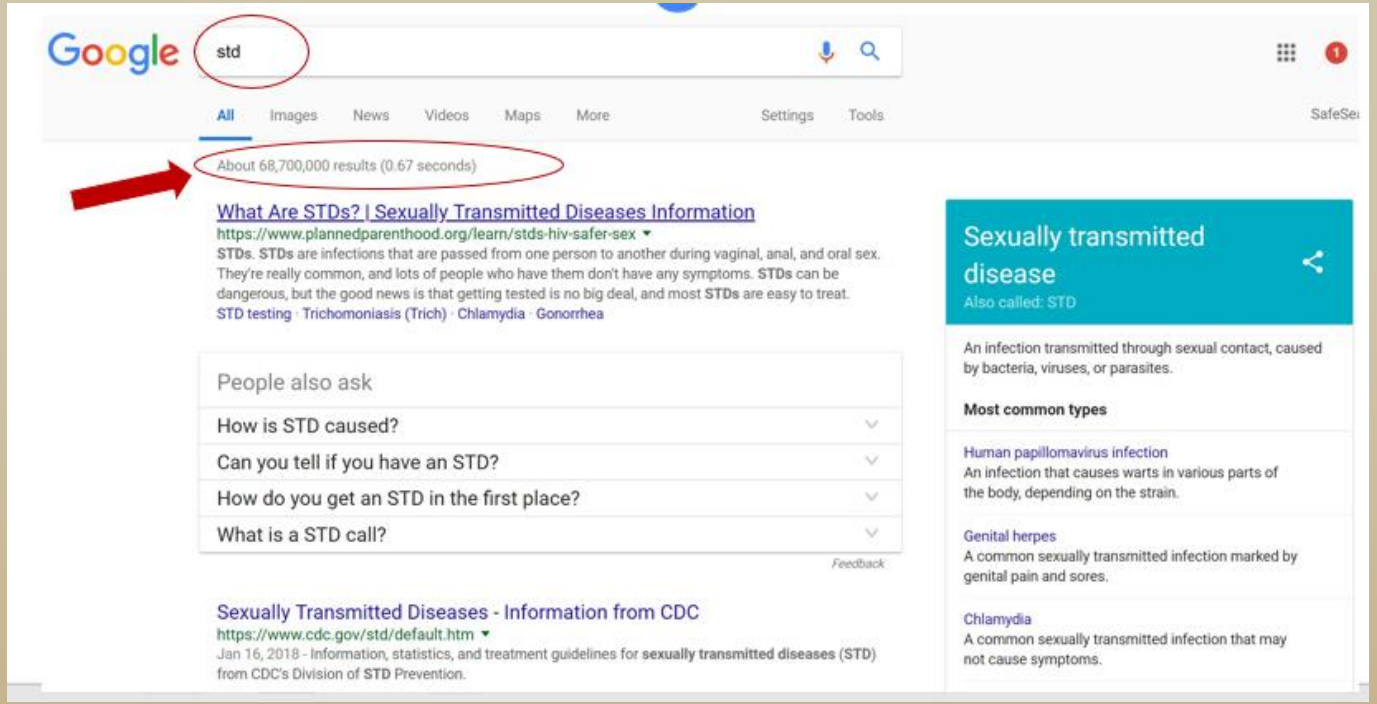
Don't Google Health Info

Instead Start with MedlinePlus.gov



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

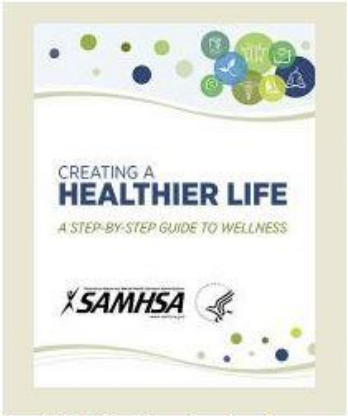
- Chlamydia
- Genital herpes
- Gonorrhea
- HIV/AIDS
- HPV
- Syphilis
- Trichomoniasis

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

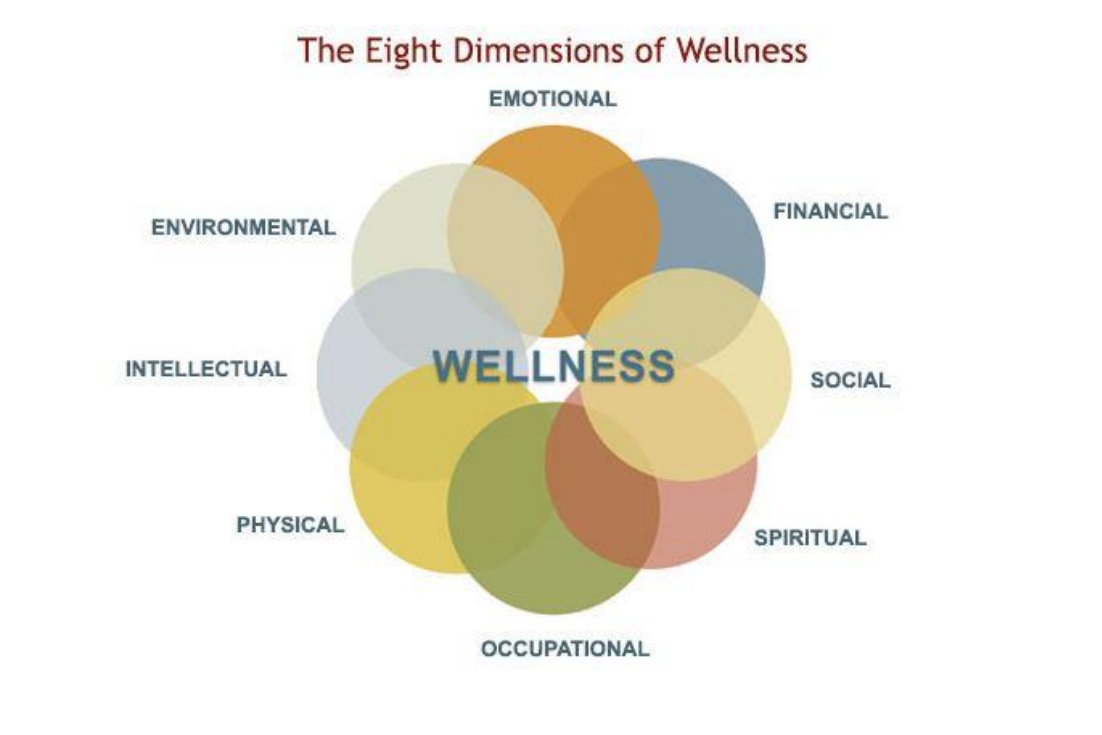
Format: Campaign or Initiative

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

https://www.youtube.com/watch?v=tDzQdRvLAfM&feature=youtu.be

Dimensions of Health are Interconnected

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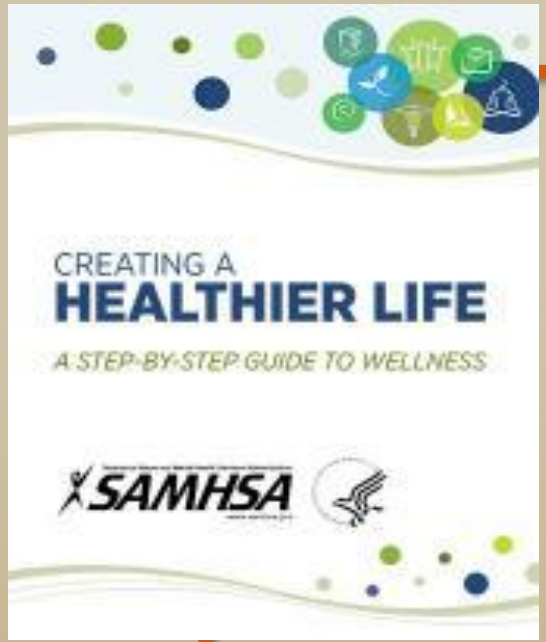
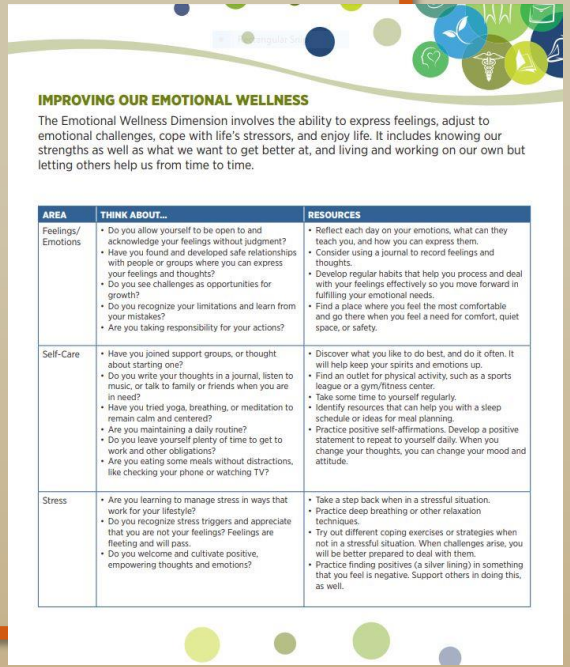
Creating a Healthier Life

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	• 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?	• 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	• 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?	• 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	• 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?	• 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.

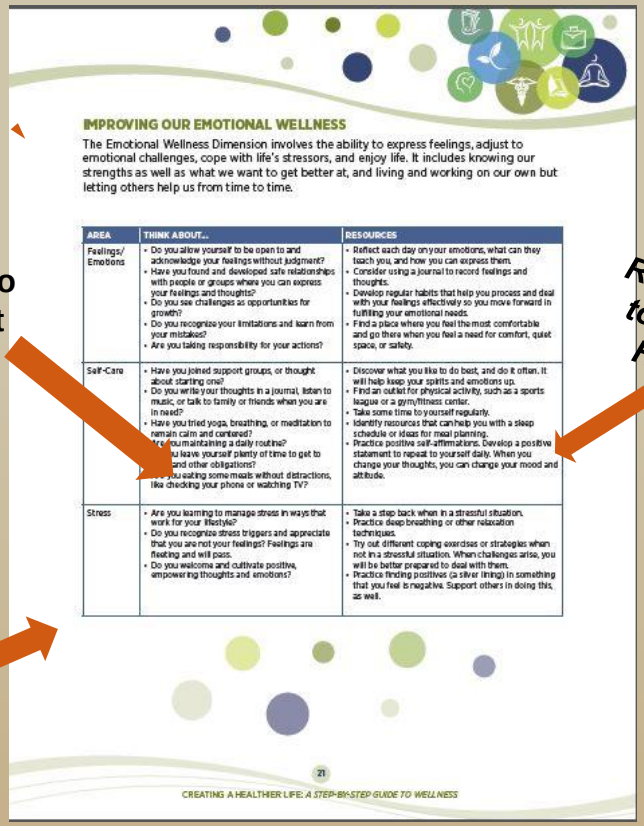
https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958

SAMHSA
Wellness Resources

Questions to think about

Topics Related to Emotions

Resources to Foster Health



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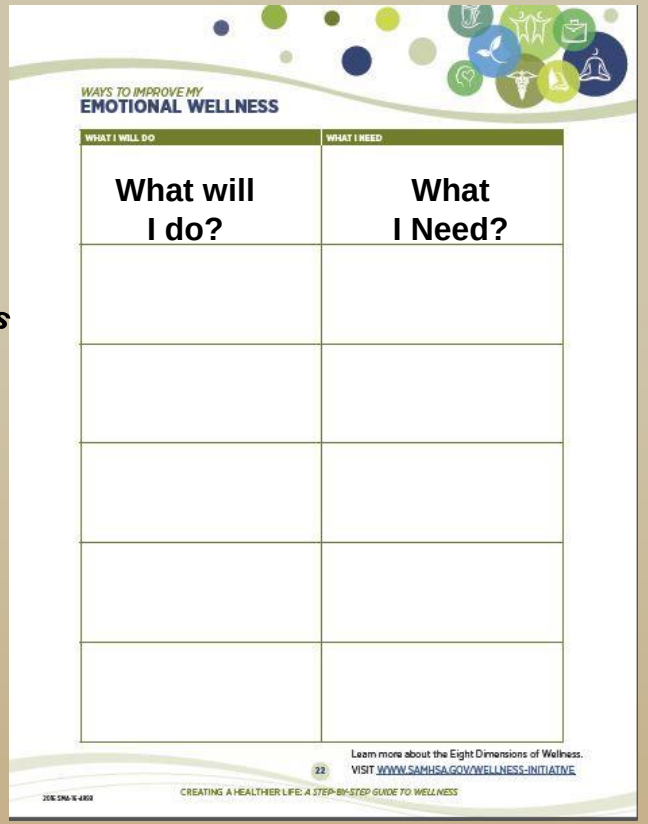

WAYS TO IMPROVE MY
EMOTIONAL WELLNESS

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

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

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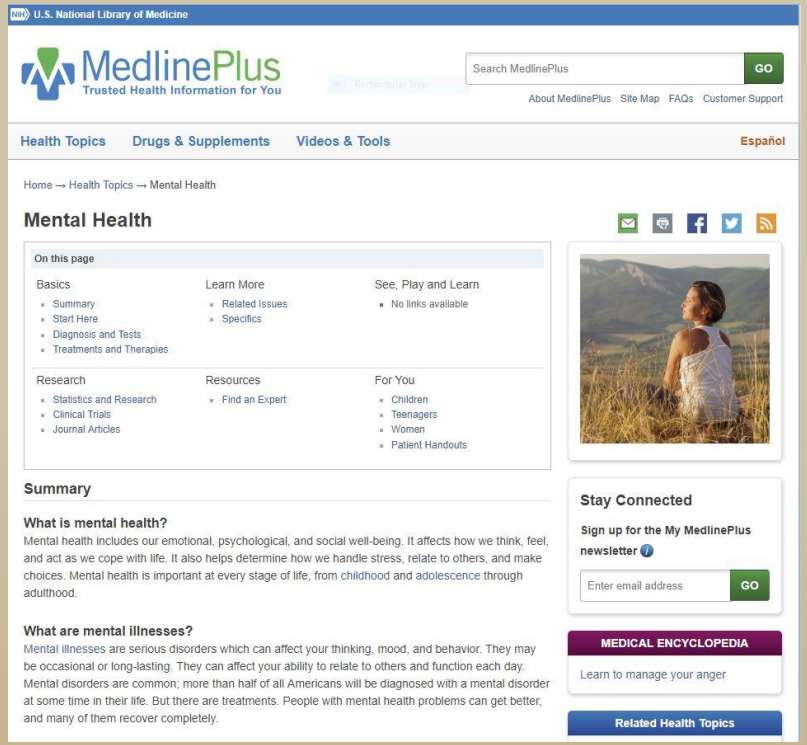
Mental Health and Mental Illness



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 NIH (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 NIH (National Center for Complementary and Integrative Health)
- Relaxation Techniques for Health NIH (National Center for Complementary and Integrative Health)
- Yoga for Health NIH (National Center for Complementary and Integrative Health)

https://medlineplus.gov/mentalhealth.html

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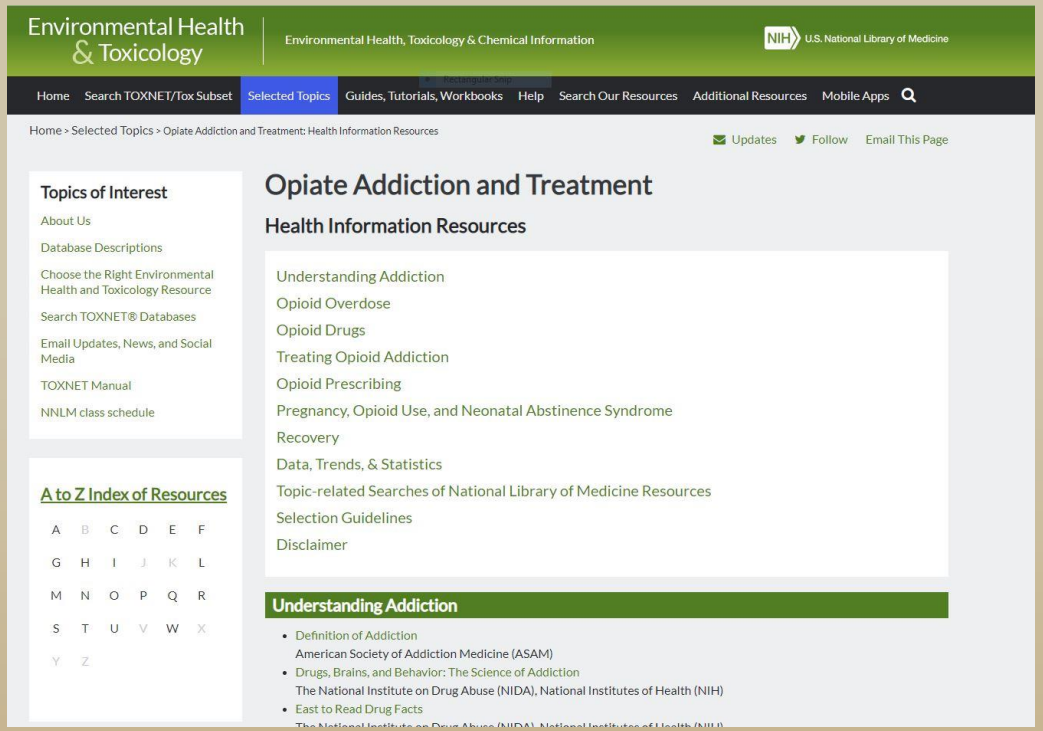
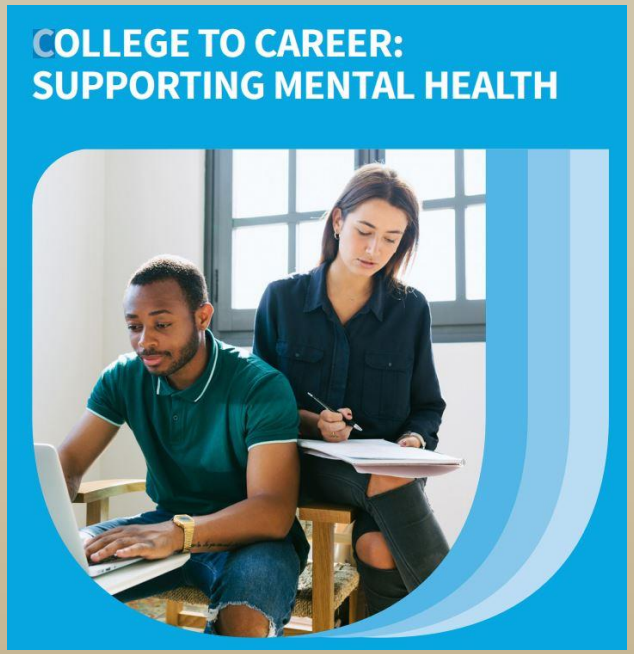
Substance Use Disorder



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

Anxiety and Stress



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

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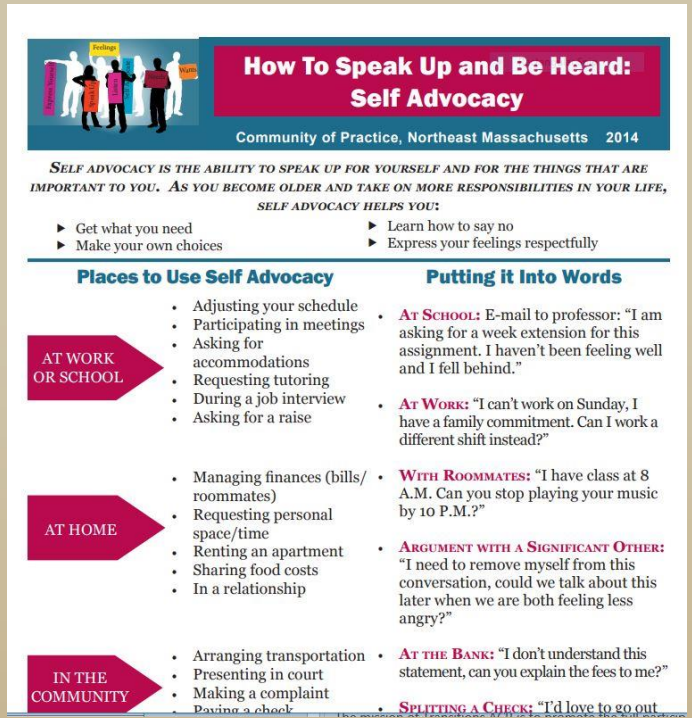
Self Advocacy

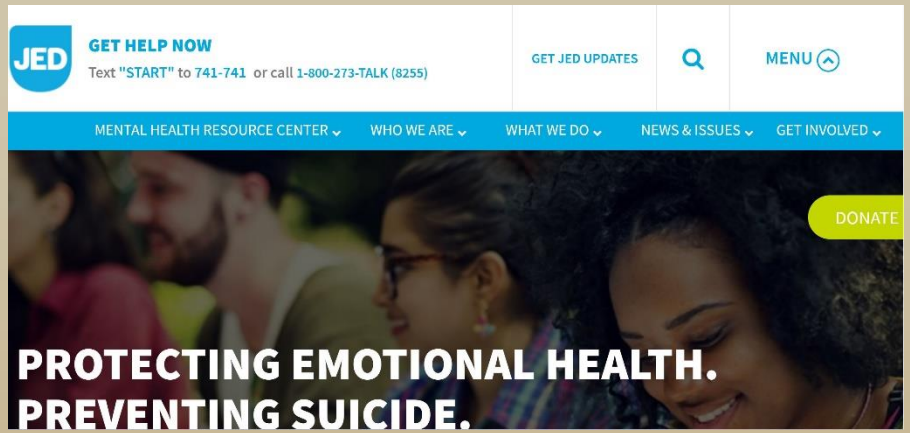
https://www.umassmed.edu/TransitionsACR/



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

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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

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- Sexuality in Later Life
- Feeling Stressed?
- Positive Emotions and Your Health

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

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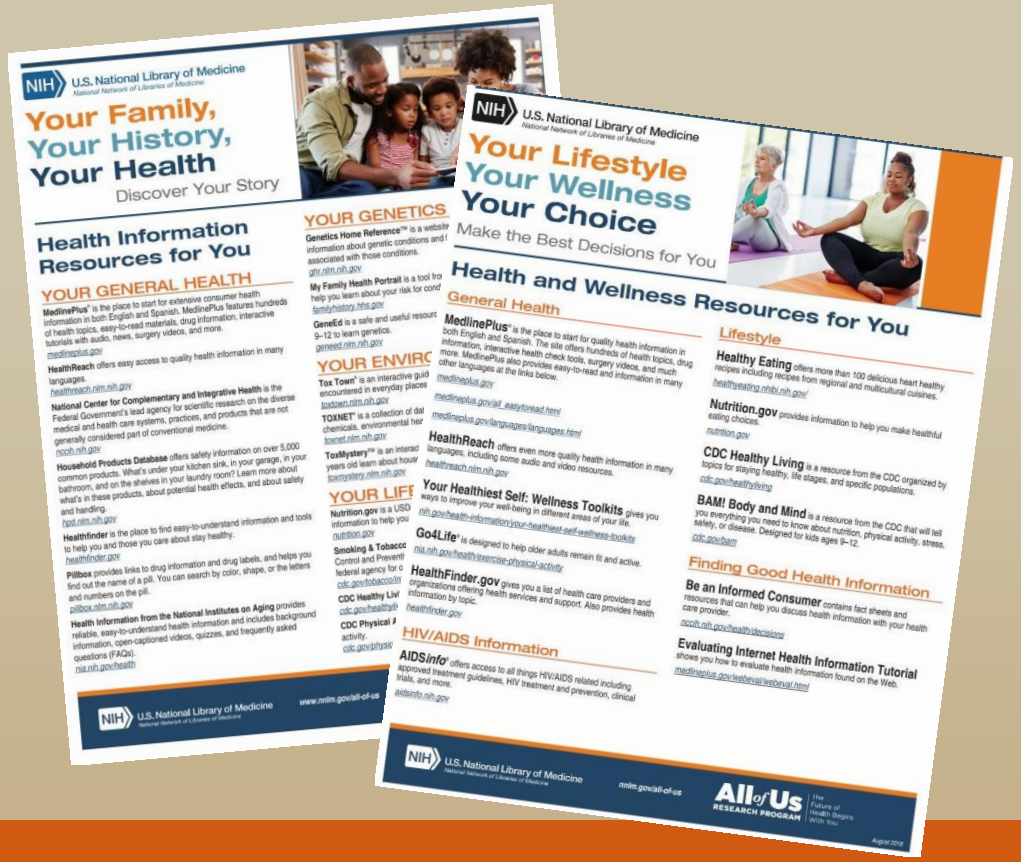
NLM Resources for Physical Wellness

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

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Healthy Eating

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

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

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 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.

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	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts
1 8 servings per container
Serving size 2/3 cup (55g)

2 Amount per serving	
Calories	**230**
	% Daily Value*
3 **Total Fat** 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
4 Includes 10g Added Sugars	20%
Protein 3g	
5 Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	6%

6 * 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.

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

January 2018

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

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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

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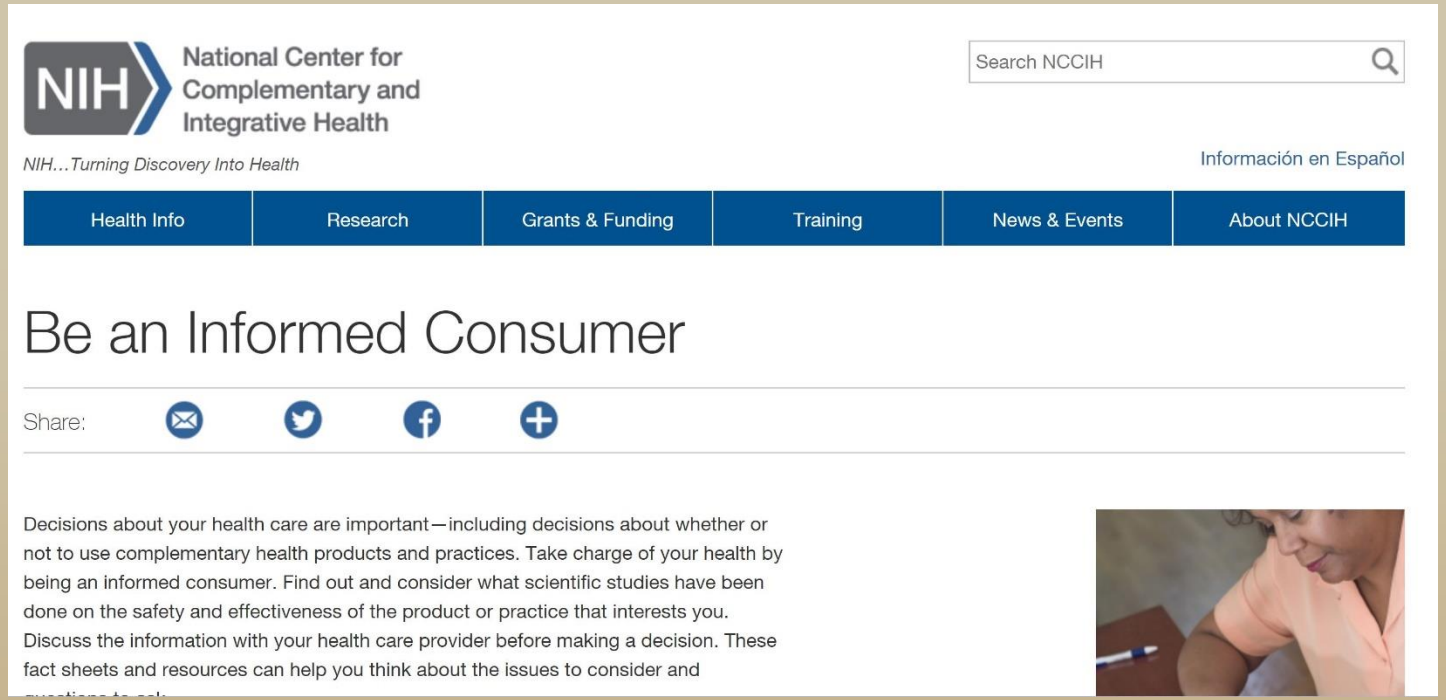
Be an Informed Consumer

When considering Complementary or Integrative Treatment



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

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Wait there's more..

NLM has Apps too!!

HIV/AIDS

Public Health

Toxicology

Drugs and Medical Devices

Consumer Health

Education

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

http://bit.ly/2VAtEhe

More NLM Apps

- HerbList App
- Milestone Tracker App
- QuitGuide App
- AIDSInfo HIV/AIDS Drug Database App
- BAM Dining Decisions A[[
- CDC Moblie App: Health and Fitness
- CDC Health IQ App
- CDC TravWell App

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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

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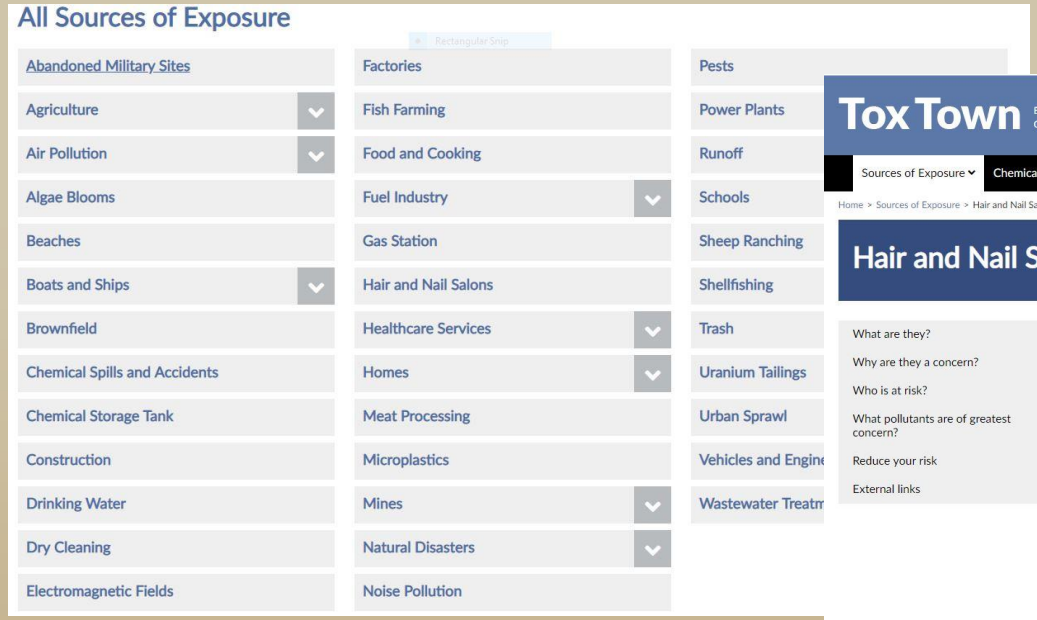
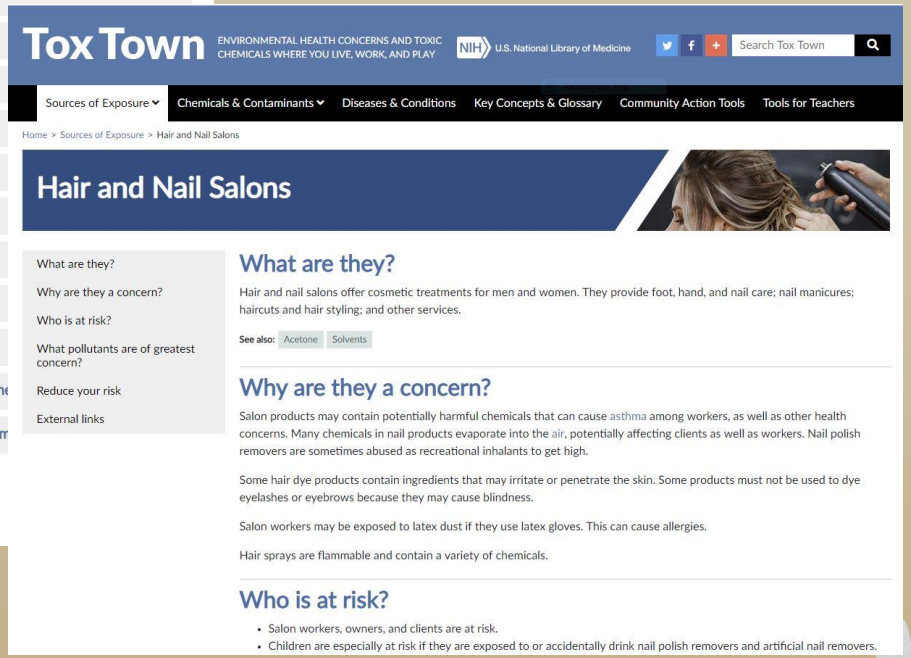
What's in My Hair Color or Gel Manicure?





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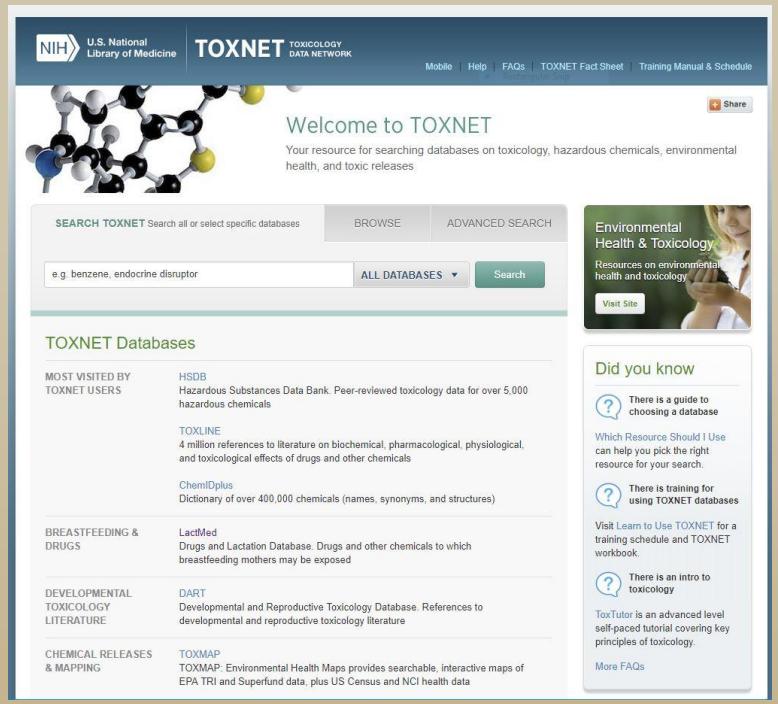
What's in My Meds or in My Cleaning Products?



https://toxnet.nlm.nih.gov

Household Products Database

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

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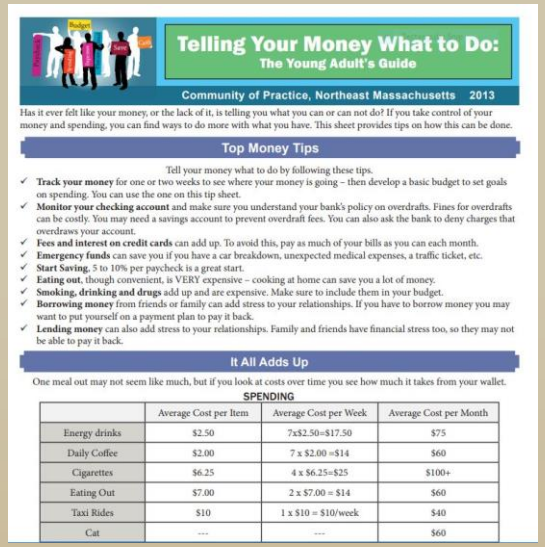
A Penny Saved is a Penny Earned

Cooking Matters
Eating Healthy on a Budget Guide

http://bit.ly/2SauAKD

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

https://www.consumerfinance.gov



Transitions ACR
Telling Your Money What to Do

http://bit.ly/2ShplZs

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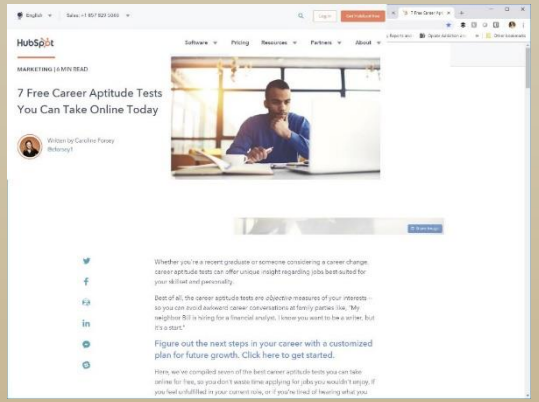
Choose a Job You Love, &
You Will Never
Have to Work a Day in Your Life.

http://bit.ly/2svQXvp



http://bit.ly/2SZDwzr

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

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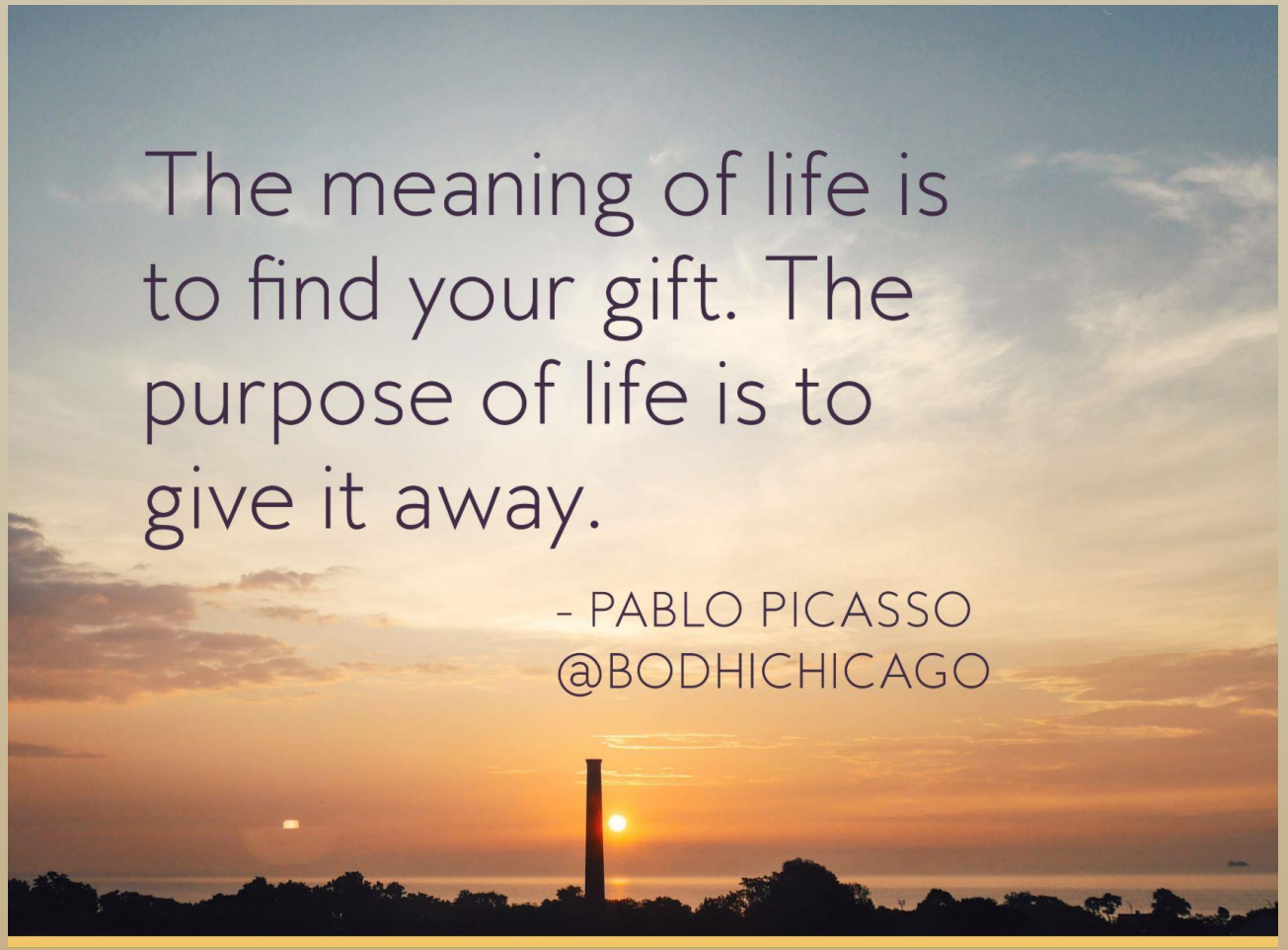
Getting a Job And Keeping It!

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.

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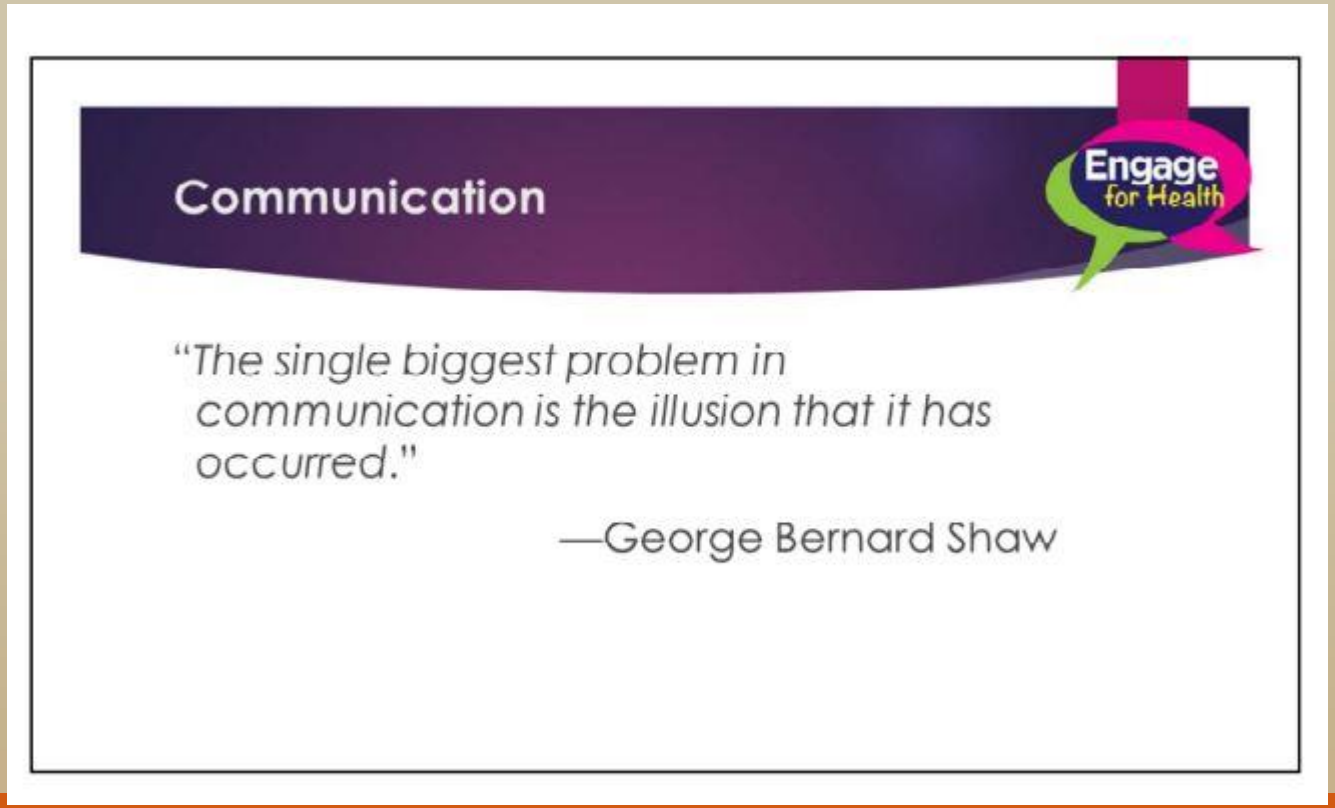
Owning Your Medical Care

NLM's "Engage for Health" Program

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

NLM's "Engage for Health" Program



Preparation, Engagement and Asking Questions

Tips to Stay Engaged

Engage for Health

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

3 Types of Questions

Engage for Health

- ***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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Congratulations You have successfully completed Owning Your Health

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

You have 60 days from the date you completed the course to complete an evaluation and claim credit.

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   Register as an MLA guest.
   After you've set up your MLA account and you're logged in to MLANET, click MEDLIB-ED on the navigation bar to return to MEDLIB-ED.
2. Click My Learning on the blue bar near the top of the MEDLIB-ED home page.
3. Enter **young19** as the enrollment code. Complete the evaluation & claim credit.
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5. For questions, please email MEDLIB-ED@mail.mlahq.org.