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How the National Library of Medicine Can Add Evidence To Your mHealth App

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How the National Library of Medicine (NLM) Resources Can Add Evidence to Your Mobile Health App

Presented by National Network of Libraries of Medicine & UConn Center for mHealth and Social Media

About your Webinar Hosts



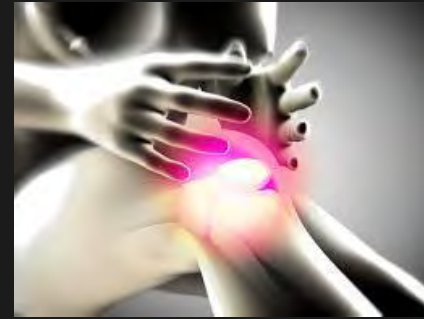
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Many commercial health apps lack evidence-based strategies

- Obesity (Pagoto et al 2012, Rivera et al 2016)
- Physical activity (Modave et al 2015, Conroy et al 2014)
- Arthritis (Geuens et al 2016)
- Stress management (Coulon et al 2016)
- Eating disorders (Juarascio et al 2015)
- Smoking cessation (Jacobs et al 2014)
- HIV prevention (Muessig et al 2013)



Ways to incorporate evidence into apps

Have app deliver an evidence-based behavior change strategy

Have app deliver an evidence-based behavior change strategy

- Self-monitoring is most popular example employed by apps
- Michie's behavior change taxonomy includes numerous behavioral strategies
- Evidence-based protocols available for many behavioral issues



Have app provide user with evidence-based health information

- Big question is: [what is an evidence-based resource? Is it vetted? Up-to-date?](#)

Purpose of Today's Webinar

- Introduce you to NLM and the FREE Health & Medical websites databases and tools. Why are NLM resources better than commercial websites such as WebMd?
- Demonstrate how NLM resources carry out the mission to improve public health.
- Provide examples of how these health related resources can add value to your app

What Makes a Resource Good?

CLEVELAND CLINIC
JOURNAL OF MEDICINE

Cardiology Diabetes Drug Therapy Hepatology Hospital Medicine Infectious Diseases Women's Health

Are you screening for the virus that infects 1 out of 30 of your Baby Boomer patients? [Learn more](#)

UNBP2836 12/16
Advertisement

REVIEWS

Staying afloat in a sea of information: Point-of-care resources

Cleveland Clinic Journal of Medicine. 2017 March;84(3):225-235

Author(s): Rebecca Andrews, MS, MD, FACP, Neil Mehta, MBBS, MS, FACP, Jack Maypole, MD, Stephen A. Martin, MD, EdM

[Author and Disclosure Information](#)

BE READY TO TALK TO YOUR PATIENTS ABOUT HCV

[Learn more about this health awareness initiative](#)

HCV. THE FORGOTTEN VIRUS.

GILEAD

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Advertisement

Ease of Use

Links to Original Articles

Freedom from Advertisements

Evidence, Not Expert Opinion

Ease of Access

Disclosure of Conflict of Interest

About National Library of Medicine (NLM)



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

Largest biomedical library in the world

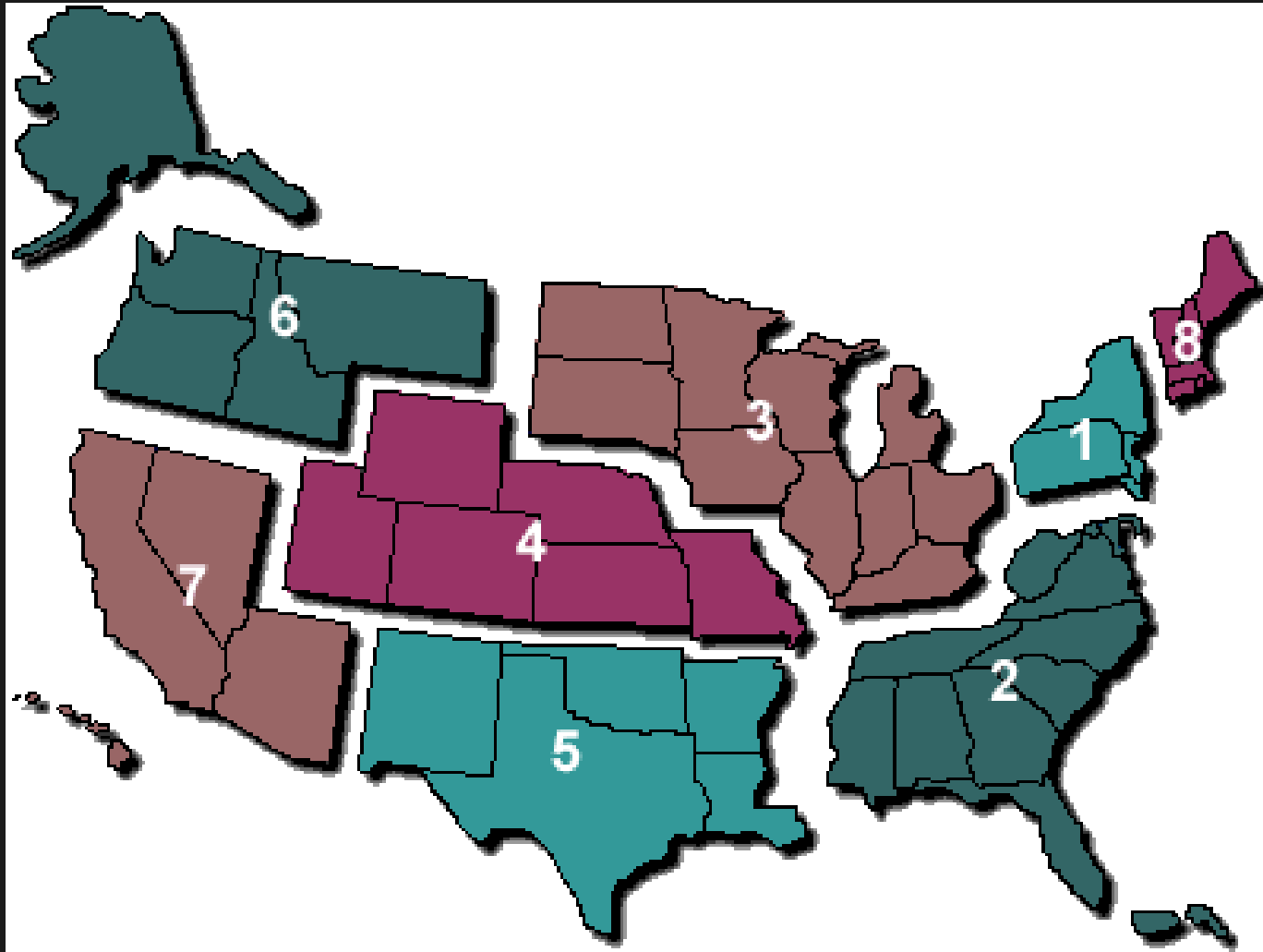
One of the federal government's largest providers of digital content

The library is open to everyone

NLMs mission

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

NLM Carries Out its Mission Through National Network of Libraries of Medicine (NNLM)



- Nationwide network of health sciences libraries, public libraries & information centers
- Each region has a partnership with a regional medical library
- Outreach provided through
 - Free access to online resources**
 - Training & PD**
 - Grant funding opportunities**

NLM Resources you know...

The screenshot shows the PubMed website header with the NCBI logo, navigation links for Resources and How To, and a search bar. Below the header, there is a main heading 'PubMed' and a descriptive paragraph: 'PubMed comprises more than 21 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.' The page is organized into three columns of links: 'Using PubMed' (including Quick Start Guide, Full Text Articles, FAQs, Tutorials, and New and Noteworthy), 'PubMed Tools' (including Mobile, Citation Matchers, Clinical Queries, and Topic-Specific Queries), and 'More Resources' (including MeSH Database, Journals in NCBI Databases, Clinical Trials, E-Utilities, and LinkOut).

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

<https://medlineplus.gov/>

The screenshot shows the MedlinePlus website header with the NLM logo and the text 'U.S. National Library of Medicine'. The main heading is 'MedlinePlus' with the tagline 'Trusted Health Information for You'. A search bar is located in the top right. Below the header, there are navigation links for Health Topics, Drugs & Supplements, Videos & Tools, and Español. The main content area features three green boxes: 'Health Topics' (with an apple icon), 'Drugs & Supplements' (with a pill icon), and 'Videos & Tools' (with a play button icon). To the right, there is a banner for disaster preparedness with the text 'Disasters happen. Be prepared. Find out about disaster preparation and recovery.' Below the banner, there are social media sharing options and a 'Stay Connected' section with an email sign-up form.

NLM Partners

Partners in Information Access for the Public Health Workforce <https://phpartners.org/>

The screenshot shows the PHPartners website homepage. At the top left is the logo for "Partners in Information Access for the Public Health Workforce" with the tagline "A collaboration of U.S. government agencies, public health organizations and health sciences libraries". A search bar is located at the top right. Below the header, there are navigation links for Home, News, About Partners, Contact Us, Sitemap, FAQ, and Suggest Link. The main content area is divided into several sections: "Our Mission" (Helping the public health workforce find and use information effectively to improve and protect the public's health), "Public Health Topic Pages" (a list of topics like Bioterrorism, Dental Public Health, etc.), "Main Topic Pages" (a list of topics like Health Promotion and Health Education, Literature and Guidelines, etc.), "Current Public Health News" (with several news items and a "more news" link), "Get the Latest Information on Public Health Topics of Interest" (with an "Email Updates" form and a "Subscribe to RSS" link), "In the Spotlight" (highlighting the E-learning Institute Fellowship (ELI)), and "NICHSR ONESearch" (described as "One website to search them all: HSRProj, HSRR, HSRIC, PHPartners"). On the right side, there are several promotional banners: "Practice Informed by Research" (Healthy People 2020 PubMed Structured Evidence Queries), "Public Health Information and Data Tutorial", "Disaster Lit: The Resource Guide for Disaster Medicine and Public Health", "VitalSigns" (Learn about the latest public health data), and "THIS IS PUBLIC HEALTH." (thisispublichealth.org). At the bottom, there is a "Partners:" section listing various organizations like AHRQ, APHA, ASPPH, etc., and a footer with copyright and privacy information.

Public Health Topic Pages

- ▶ Bioterrorism
- ▶ Dental Public Health
- ▶ Environmental Health
- ▶ HIV/AIDS
- ▶ How to Access Journal Articles
- ▶ Nutrition
- ▶ Obesity
- ▶ Public Health Genomics
- ▶ Veterinary Public Health
- ▶ Workforce Development

Main Topic Pages

- ▶ Health Promotion and Health Education
- ▶ Literature and Guidelines
- ▶ Health Data Tools and Statistics
- ▶ Public Health Workforce Data
- ▶ Grants and Funding
- ▶ Education and Training
- ▶ Legislation and Policy
- ▶ Conferences and Meetings
- ▶ Finding People
- ▶ Discussion and E-mail Lists
- ▶ Jobs and Careers

Current Public Health News

The Appalachia Initiative: A Bipartisan Approach for the 21st Century (September 2017) - 14-SEP-2017

National 4-H Council and the Robert Wood Johnson Foundation Partner to Empower Youth in Creating Healthier Communities - 14-SEP-2017

Social Determinants of Health Resource Series - 14-SEP-2017

Breastfeeding Savings Calculator - 14-SEP-2017

Surveillance for Certain Health Behaviors and Conditions Among States and Selected Local Areas - Behavioral Risk Factor Surveillance System, United States, 2013 and 2014 - 14-SEP-2017

▶▶▶ more news

Get the Latest Information on Public Health Topics of Interest

Email Updates
Please enter your email address in the box below for updates:

Submit

Subscribe to RSS

In the Spotlight

E-learning Institute Fellowship (ELI)

NICHSR ONESearch
One website to search them all: HSRProj, HSRR, HSRIC, PHPartners

Partners:

Agency for Healthcare Research and Quality (AHRQ) ♦ American Public Health Association (APHA) ♦ Association of Schools and Programs of Public Health (ASPPH) ♦ Association of State and Territorial Health Officials (ASTHO) ♦ Health Resources and Services Administration (HRSA) ♦ Medical Library Association (MLA) ♦ National Agricultural Library (NAL) ♦ National Association of County and City Health Officials (NACCHO) ♦ National Association of Local Boards of Health (NALBOH) ♦ National Library of Medicine (NLM) ♦ National Network of Libraries of Medicine (NN/LM) ♦ Public Health Foundation (PHF) ♦ Society for Public Health Education (SOPHE) ♦

Copyright | Privacy | Accessibility | Freedom of Information Act | Viewers and Players
Page Last Updated: 14 SEP 2017

Public Health Topic Pages

NICHSR ONESearch

Why Use NLM Resources?

What is the AD?

What is the information you were looking for?

The screenshot shows the WebMD website interface. At the top, there are navigation links: "CHECK YOUR SYMPTOMS", "FIND A DOCTOR", "FIND LOWEST DRUG PRICES", "SIGN IN", and "SUBSCRIBE". Below these are category tabs: "HEALTH A-Z", "DRUGS & SUPPLEMENTS", "LIVING HEALTHY", "FAMILY & PREGNANCY", and "NEWS & EXPERTS". A search bar is located on the right side.

A red oval highlights an advertisement for "Living with Osteoarthritis KNEE PAIN?". The ad includes the text "Avoid 3 key mistakes when seeking treatment" and a "Learn More" link. A blue arrow points from the left side of the image to this advertisement.

Below the advertisement is a featured article titled "Are 'Green' Cleaners Better?". The article text asks, "Do they work? And are they really better for you -- and the Earth -- than conventional cleaners?" and includes a link "More: Clean Up Germs Around the House". To the right of the article is an image of cleaning supplies, including a yellow spray bottle, a green cloth, and a sponge.

Below the article is a "Trending Videos" section. It features three video thumbnails with play buttons:

- "Innovative Pen Spots Cancer in Seconds" (with a blue arrow pointing to it)
- "How to Prep for a Colonoscopy"
- "'I Have Schizophrenia'"

To the right of the "Trending Videos" section is another advertisement with a yellow background. It contains the text: "If your treatment for metastatic breast cancer stops working, do you know ALL your options?" and a "LEARN MORE" link. A red oval highlights this advertisement, and a blue arrow points from the left side of the image to it.

Why Use NLM Resources?

The screenshot shows the MedlinePlus website with several annotations. A large blue oval highlights the 'Lab Test Information' section, which includes a video player showing a gloved hand holding a test tube. A blue arrow points to the 'Español' language link in the top right navigation bar. Another blue arrow points to the 'Lab Test Information' category in the left sidebar. A third blue arrow points to the 'NIH MedlinePlus Magazine' section in the bottom right. The website header includes the NIH logo, the text 'U.S. National Library of Medicine', the MedlinePlus logo with the tagline 'Trusted Health Information for You', a search bar with a 'GO' button, and links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. The main navigation bar contains 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and 'Español'. The left sidebar lists categories: 'Health Topics' (apple icon), 'Drugs & Supplements' (pill icon), 'Videos & Tools' (play icon), 'Lab Test Information' (flask icon), and 'Medical Encyclopedia' (stack of books icon). The main content area features a video player with the title 'MedlinePlus now has lab test information!' and a 'Today's Health News' section with articles like 'About Half of Americans Get Health Care in ER' and 'Are Stents Really Useless After Chest Pain?'. There is also a 'Stay Connected' section with an email sign-up form and a 'NIH MedlinePlus Magazine' section with a 'latest issue' link and a magazine cover for 'ASTHMA'.

Evidence Based Information at Your Fingertips

National Library of Medicine®



Evidence-based Information At Your Fingertips

www.nlm.nih.gov

AIDS info®

Resources providing the latest, clinically approved treatment guidelines for healthcare professionals as well as information on treatment, prevention, and research.

aidsinfo.nih.gov
infoaids.nih.gov

ClinicalTrials.gov

Searchable database providing information about current ongoing clinical research studies on drugs and treatments.

clinicaltrials.gov

DailyMed®

Information about marketed drugs, with FDA labeling (package insert) and links to other key information resources.

dailymed.nlm.nih.gov

Dietary Supplement Label Database (DSLDB)

Collaborative project between the Office of Dietary Supplements (ODS) at National Institutes of Health (NIH) and NLM containing full label content from U.S. marketed dietary supplements and providing search features important for consumers.

dslb.nlm.nih.gov

Drug Information Portal

Portal to current drug information from NLM and other Federal agencies. Information on drugs from the time that they are in clinical trials, through their FDA approval process, and then on to the marketplace.

druginfo.nlm.nih.gov

Genetic Home Reference™

Consumer-friendly information about the effects of genetic variations on human health.

ghr.nlm.nih.gov

Haz-Map®

Occupational disease linking jobs and hazardous tasks with occupational diseases and their symptoms.

hazmap.nlm.nih.gov

Health Services and Sciences Research Resources

Database for healthcare researchers and health sciences librarians seeking data resources used in health services research, the behavioral and social sciences, and public health.

nlm.nih.gov/nichs/hsrr_search

Information Rx

Initiative program to help people better understand health information, to enhance cooperation between healthcare providers and patients, and to encourage the use of evidence-based health information on the Internet.

informationrx.org

2010/04/20 10:00

<https://sis.nlm.nih.gov/outreach/evidencebasedinformation.pdf>

NLM Resources Helpful for mHealth Developers

MedlinePlus Connect

Linking Patient Portals and EHRs to Consumer Health Information

NIH 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

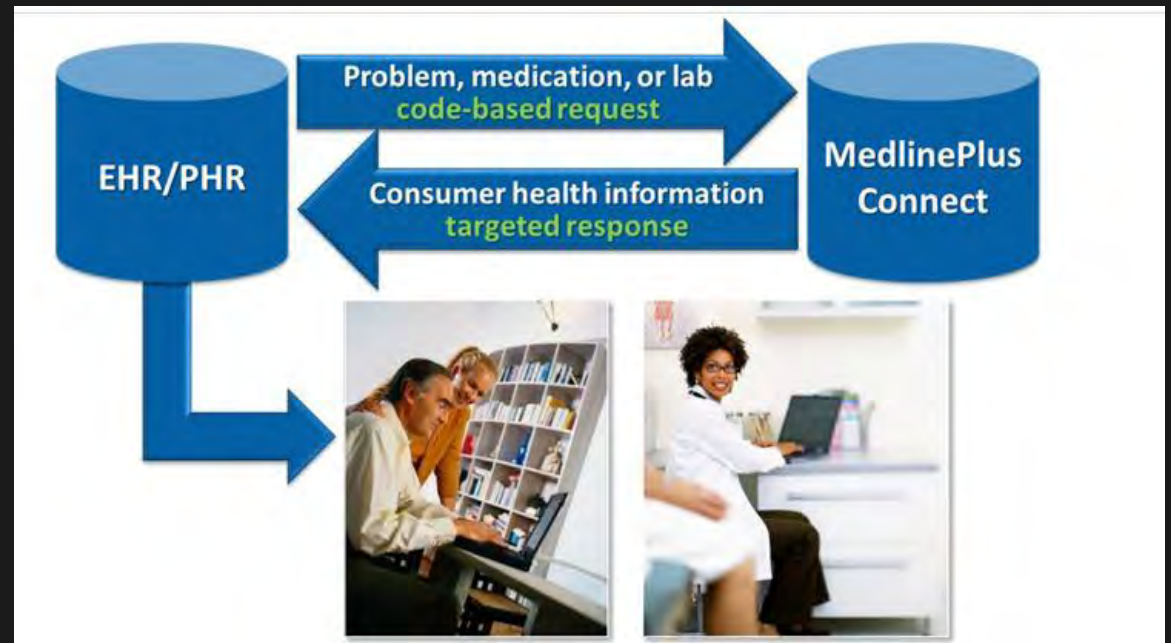
Home → MedlinePlus Connect

MedlinePlus Connect

Linking Patient Portals and EHRs to Consumer Health Information

MedlinePlus Connect helps patients and health care providers access consumer health information at the point of need in a health IT system. Patient portals, patient health record (PHR) systems, and electronic health record (EHR) systems can use MedlinePlus Connect to provide health information for patients, families, and healthcare providers using standard clinical vocabularies for diagnoses (problem codes), medications, and lab tests.

MedlinePlus Connect is a free service of the National Library of Medicine (NLM), National Institutes of Health (NIH), and the Department of Health and Human Services (HHS).



MedlinePlus API is available as a Web application or a Web service.



ALL DRUGS

HUMAN DRUGS

ANIMAL DRUGS

adderal



MORE WAYS TO SEARCH:

ADVANCED SEARCH

BROWSE DRUG CLASSES

LABEL ARCHIVES

TABLET/CAPSULE ID TOOL

This website contains 96667 drug listings as submitted to the Food and Drug Administration (FDA).

At the present time, this Web site does not contain a complete listing of labels for approved prescription drugs.

SHARE

NEWS

[DailyMed Announcements](#)

Posted: July 19, 2017

DailyMed/RxNorm Jamboree Workshop 2017

NLM's 5th annual Jamboree will take place Tuesday, September 19, 2017, in the Lister Hill Auditorium at NLM on the NIH campus in Bethesda, MD. Speakers from the Federal government, industry, pharmacy standards groups, and others will present. The emphasis is always on practical and novel ways to use and understand this free drug information, which is produced and consumed by a number of Federal agencies.

Registration is required, and seating is limited. While the proceedings will be webcast and archived, in-person attendance offers greater opportunity to exchange ideas, questions, and insights with your peers. Please find registration and agenda information here: <https://www.nlm.nih.gov/mesh/jamboree2017.html>

[MORE INFO](#)

[Get RSS News & Updates](#)

FDA GUIDANCES & INFORMATION

[Drug Guidance, Compliance & Regulatory Information](#)



[View FDA Structured Product Labeling Resources](#)

[View FDA Drug Labeling Guidances](#)

[View All FDA Drug Guidances](#)

NLM SPL RESOURCES

The following Structured Product Labeling (SPL) resources have been created to assist industry professionals:

[Download Data](#)



[All Drug Labels](#)

[All Indexing & REMS Files](#)

[All Mapping Files](#)

[SPL Image Guidelines](#)



Guidelines for SPL image files of oral solid dosage forms that are submitted to the FDA with SPL documents.

DailyMed

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

Search for Adderall in DailyMed

NIH U.S. NATIONAL LIBRARY OF MEDICINE REPORT ADVERSE EVENTS | RECALLS

DAILYMED

ALL DRUGS HUMAN DRUGS ANIMAL DRUGS MORE WAYS TO SEARCH





Adderall

HOME + NEWS FDA GUIDANCES & INFO + NLM SPL RESOURCES + APPLICATION DEVELOPMENT SUPPORT HELP


SEARCH RESULTS FOR: Adderall (5 results)

Sort By Relevance < previous | page 1 of 1 | next > 20 results/pg

SHARE

-  **ADDERALL (dextroamphetamine saccharate, amphetamine aspartate, dextroamphetamine sulfate, and amphetamine sulfate) ...** [view full title](#)
NDC Code(s): 57844-105-01, 57844-110-01, 57844-112-01, 57844-115-01, [view more](#)
Packager: Teva Select Brands
-  **ADDERALL XR (dextroamphetamine sulfate, dextroamphetamine saccharate, amphetamine sulfate and amphetamine aspartate...)** [view full title](#)
NDC Code(s): 54092-381-01, 54092-383-01, 54092-385-01, 54092-387-01, [view more](#)
Packager: Shire US Manufacturing Inc.
-  **ADDERALL (dextroamphetamine saccharate, amphetamine aspartate, dextroamphetamine sulfate, and amphetamine sulfate) ...** [view full title](#)
NDC Code(s): 63629-3768-1
Packager: Bryant Ranch Prepack
This is a repackaged label.
[Source NDC Code\(s\): 0555-0764](#)
-  **ADDERALL (dextroamphetamine saccharate, amphetamine aspartate, dextroamphetamine sulfate, and amphetamine sulfate) ...** [view full title](#)
NDC Code(s): 63629-3769-1
Packager: Bryant Ranch Prepack

VIEW PACKAGE PHOTOS



+ VIEW MORE

SAFETY

- Boxed Warnings
- Report Adverse Events
- FDA Safety Recalls
- Presence in Breast Milk

RELATED RESOURCES

- Medline Plus
- Clinical Trials
- + PubMed
- Biochemical Data Summary

MORE INFO FOR THIS DRUG

- View Label Archives
- RxNorm
- Get Label RSS Feed

NDC Code(s): 54092-381-01, 54092-383-01, 54092-385-01, 54092-387-01, [view more](#)
Packager: Shire US Manufacturing Inc.

Category: HUMAN PRESCRIPTION DRUG LABEL
DEA Schedule: CII
Marketing Status: New Drug Application

Updated October 4, 2017

DRUG LABEL INFORMATION

If you are a consumer or patient please visit [this version](#).

DOWNLOAD DRUG LABEL INFO: [PDF](#) | [XML](#) | [i](#) MEDICATION GUIDE: [HTML](#) | [i](#) OFFICIAL LABEL (PRINTER FRIENDLY) [i](#)

[VIEW ALL SECTIONS](#)

BOXED WARNING (WHAT IS THIS?)

WARNING: POTENTIAL FOR ABUSE

Amphetamines have a high potential for abuse. Administration of amphetamines for prolonged periods of time may lead to drug dependence. Pay particular attention to the possibility of subjects obtaining amphetamines for non-therapeutic use or distribution to others and the drugs should be prescribed or dispensed sparingly [see [DRUG ABUSE AND DEPENDENCE \(9\)](#)].

Misuse of amphetamine may cause sudden death and serious cardiovascular adverse reactions.

[CLOSE](#)

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use ADDERALL XR safely and effectively. See full prescribing information for ADDERALL XR, ADDERALL XR® (mixed salts of a ...

FULL PRESCRIBING INFORMATION: CONTENTS*

Table of Contents

1 INDICATIONS AND USAGE

1.1 Attention Deficit Hyperactivity Disorder - ADDERALL XR® is indicated for the treatment of attention deficit hyperactivity disorder (ADHD). The efficacy of ...

2 DOSAGE AND ADMINISTRATION

2.1 Dosing Considerations for all Patients - Individualize the dosage according to the therapeutic needs and response of the patient. Administer ADDERALL XR at the ...

3 DOSAGE FORMS AND STRENGTHS

ADDERALL XR 5 mg capsules: Clear/blue (imprinted ADDERALL XR 5 mg) ADDERALL XR 10 mg ...

Pillbox

Identify or Search for a Pill

Imprint:
 Pill does not have an imprint.

Shape:

Color:

Size:

Score: Unknown 1 2 3 4

Drug Name or Ingredient(s):

Inactive Ingredient(s):
 Find pills WITHOUT this ingredient.

Label Author:

DEA Schedule:

Product Code: -

Do not search repackaged and relabeled medications.

Discover

There's more to a pill than how it looks. What's inside the pill other than the drug? Is it a controlled substance?

Connect

Learn more than the pill's name. Pillbox links you to the drug label, clinical trials, breastfeeding safety, and more.

Explore



Pillbox's advanced search app has been retired. A new Pillbox website is in development that has the same features as the advanced search and runs on phones, tablets, and desktop browsers.







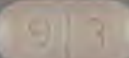


<https://pillbox.nlm.nih.gov/pilimage/search.php>

Pillbox Search

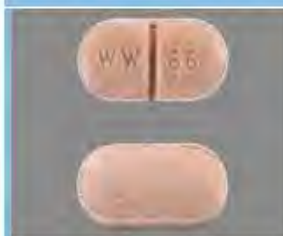
Home About FAQ Developer Contact Us

[Show Search Criteria](#)

Search Results: 535 record(s) for "Oval | Orange". **Display:** 1 - 40

 	Name: Lisinopril - Lisinopril 5 MG Oral Tablet Ingredient(s): LISINOPRIL Imprint: WW;66 Label Author: West-Ward Pharmaceutical Corp	
Show More Information	Drug Label	Drug Information Links
 	Name: PEXEVA - Paroxetine 20 MG Oral Tablet [Pexeva] Ingredient(s): Paroxetine mesylate Imprint: 20mg;POT20;[or];POT;20 Label Author: NOVEN THERAPEUTICS, LLC	
Show More Information	Drug Label	Drug Information Links
	Name: Hectorol - Doxercalciferol 0.001 MG Oral Capsule [Hectorol] Ingredient(s): DOXERCALCIFEROL mixture with COCONUT OIL and GELATIN and GLYCERIN and TITANIUM DIOXIDE and ALCOHOL and BUTYLATED HYDROXYANISOLE and FD&C YELLOW NO. 6 Imprint: g Label Author: Genzyme Corporation	
Show More Information	Drug Label	Drug Information Links
	Name: Clonidine Hydrochloride - Clonidine Hydrochloride 0.2 MG Oral Tablet Ingredient(s): CLONIDINE HYDROCHLORIDE Imprint: 25;42;V Label Author: Qualitest Pharmaceuticals	
Show More Information	Drug Label	Drug Information Links
 	Name: Trandolapril - trandolapril 1 MG Oral Tablet Ingredient(s): TRANDOLAPRIL Imprint: 9;3;7325 Label Author: Teva Pharmaceuticals USA Inc	
Show More Information	Drug Label	Drug Information Links
	Name: Simvastatin - Simvastatin 10 MG Oral Tablet Ingredient(s): SIMVASTATIN	

Search Results: 535 record(s) for "Oval | Orange". **Display:** 1 - 40



Name: Lisinopril - Lisinopril 5 MG Oral Tablet

Ingredient(s): LISINOPRIL

Imprint: WW;66

Label Author: West-Ward Pharmaceutical Corp

[Hide More Information](#)

[Drug Label](#)

[Drug Information Links](#)

Color(s): Pink, Orange

Shape: Oval

Size (mm): 8.00

Score: 2

Inactive Ingredient(s): starch, corn / silicon dioxide / calcium phosphate, dibasic, anhydrous / magnesium stearate / mannitol / ferric oxide red / sodium starch glycolate type a potato

DEA Schedule: Non-scheduled

Product Code: 0143-1266

NLM Disaster Resources and Apps








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

Packing Your Digital Go Bag

Disaster and Emergency Apps

<https://disaster.nlm.nih.gov/apps>

Icon	Mobile Access	Description
	WISER iPhone Android Blackberry Mobile Web	WISER (Wireless Information System for Emergency Responders) from the National Library of Medicine (NLM) assists first responders in Hazmat incidents, with features including substance identification support, containment and suppression advice, and medical treatment information. Includes CHEMM content.
	REMM iPhone Android Blackberry	REMM (Radiation Emergency Medical Management) from NLM provides guidance about clinical diagnosis and treatment of radiation injuries during radiological and nuclear emergencies.
	SAMHSA Behavioral Health Disaster Response iPhone Android Blackberry	SAMHSA Behavioral Health Disaster Response connects behavioral health responders to evidenced-based behavioral health resources for use in the field. Users can access pre-loaded resources when Internet connectivity is limited, locate nearby treatment facilities, search for key materials and share information with colleagues and survivors.
	CDC iPhone Mobile Web	Centers for Disease Control and Prevention (CDC) app and mobile web page provide health and safety information related to emergencies and disasters.
	FEMA iPhone Android Blackberry	The FEMA app and mobile enhanced web page provide government disaster response information.

<https://disasterinfo.nlm.nih.gov/dimrc/apps>
 This is a 2 page promotional flyer you can print out (.PDF)

How Does NLM Select Partner Sites/Organizations?

<https://disasterinfo.nlm.nih.gov/dimrc/disasterapps.html#selection-guidelines>

The National Library of Medicine (NLM)
has free health & medical information online

NLM Resources for These 10 Trending Health Topics



Addiction, Opioid & Toxicology

[TOXNET](#)

[MedlinePlus Opioids](#)
[MedlinePlus Drugs](#)

[Opiate Addiction & Treatment Portal](#)



Mental Health

[MentalHealth](#)

[National Institute of Mental Health](#)



Complementary & Integrative Medicine

[National Center for Complementary Integrative Health](#)

[MedlinePlus C&I Medicine](#)



Multicultural Minority & Refugee Health

[American Indian Health](#)

[Arctic Health](#)

[HealthReach \(Refugee and many languages health\)](#)



Environmental Health & Disaster Preparedness

[TOXNET](#)

[ToxTown](#)

[ToxLearn](#)



Pet Health

[MedlinePlus](#)

[KidsHealth](#)

[AVMA](#)



Food, Nutrition & Fitness

[American Society of Sports Medicine](#)

[MedlinePlus Nutrition](#)
[MedlinePlus Exercise & Fitness](#)

[MyPlate](#)

[Food & Nutrition Information Center](#)



K-12 Education & Career Exploration

[Harry Potter's World: Renaissance Science, Magic and Medicine](#)

[Frankenstein Penetrating the Secrets of Science](#)



Clinical Trials in Your City & State

[ClinicalTrials](#)



Genetics, Pregnancy & Breastfeeding

[Genetic Home Reference](#)

[LactMed](#)

[MedlinePlus Pregnancy](#)

NLM Trending Health Topics Infographic

[bit.ly/NLMtrendingtopicsinfographic](https://www.nlm.nih.gov)

A World of Health at your Fingertips!
<https://www.nlm.nih.gov/>

Link to NLM Home Page

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

Environmental Health & Toxicology
SPECIALIZED INFORMATION SERVICES

National Library of Medicine
National Institutes of Health NLM

SIS Home | About Us | A-Z Index | SIS News | Contact Us


SIS Home > Environmental Health and Toxicology > Enviro-Health Links Text size: [S](#) [M](#) [L](#) [XL](#)
Expand/Collapse

Topics of Interest
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[Enviro-Health Links](#)
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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 #

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Opiate Addiction and Treatment (Enviro-Health Links)

- Understanding Addiction
- Opioid Overdose
- Opioid Drugs
- Medications to Treat Opioid Addiction
- Opioid Prescribing
- Pregnancy, Opioid Use, and Neonatal Abstinence Syndrome
- Recovery
- Data, Trends, & Statistics
- Topic-related Searches of National Library of Medicine Resources
- Disclaimer

Understanding Addiction

- Opioid Crisis (Video) by Dr. Nora Volkow, Director of the National Institute on Drug Abuse
April 2017 National Rx Drug Abuse and Heroin Summit
- Definition of Addiction
American Society of Addiction Medicine
- Drugs, Brains, and Behavior: The Science of Addiction
National Institute of Drug Abuse
- Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health (2016)
Office of the Surgeon General of the United States
- July Vital Signs – Opioid Prescribing: Where you live matters
Centers for Disease Control and Prevention
- Opioid Crisis
National Institute of Drug Abuse
- The Role of Science in Addressing the Opioid Crisis
Volkow ND, Collins FS. N Engl J Med. 2017 May 31. doi: 10.1056/NEJMSr1706626.
- TurnTheTideRx: Surgeon General's Call to End the Opioid Crisis
Office of the Surgeon General of the United States
- Why Are Drugs So Hard to Quit? (Video)
National Institute of Drug Abuse
- What is Addiction? - Easy-to-Read material (PDF, 600 KB)
National Institute of Drug Abuse
- White House Commission on Combating Drug Addiction and the Opioid Crisis

Addiction, Opioid & Toxicology

Topics of Interest

More

Stay Connected

NLM Nutrition Related Resources

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Health Topics → Nutrition

Nutrition

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Basics <ul style="list-style-type: none">SummaryStart HereLatest NewsDiagnosis and Tests	Learn More <ul style="list-style-type: none">Related IssuesSpecifics	See, Play and Learn <ul style="list-style-type: none">Health Check Tools
Research <ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Reference DeskFind an Expert	For You <ul style="list-style-type: none">TeenagersMenWomenPatient Handouts

Summary


Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals, and water.


Healthy eating is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines, and shortenings.

Centers for Disease Control and Prevention





Get Nutrition updates by email

Enter email address

MEDICAL ENCYCLOPEDIA

- 20 healthy snacks with 100 calories or less
- Calorie count - fast food
- Eating extra calories when you are sick - adults
- Eating out
- Fast food tips

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

PHPartners Nutrition Related Resources



A collaboration of U.S. government agencies, public health organizations and health sciences libraries

Search PHPartners Go

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Public Health Topic Pages

- ▶ Bioterrorism
- ▶ Dental Public Health
- ▶ Environmental Health
- ▶ HIV/AIDS
- ▶ How to Access Journal Articles
- ▶ Nutrition
- ▶ Obesity
- ▶ Public Health Genomics
- ▶ Veterinary Public Health
- ▶ Workforce Development

Main Topic Pages

- ▶ Health Promotion and Health Education
- ▶ Literature and Guidelines
- ▶ Health Data Tools and Statistics
- ▶ Public Health Workforce Data
- ▶ Grants and Funding
- ▶ Education and Training
- ▶ Legislation and Policy
- ▶ Conferences and Meetings
- ▶ Finding People
- ▶ Discussion and E-mail Lists
- ▶ Jobs and Careers

Nutrition

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Nutrition News

Access to Public Benefits among Dual Eligible Seniors Reduces Risk of Nursing Home and Hospital Admission and Cuts Costs (August 2017) - 06-SEP-2017 [PDF](#)
Researchers studied the impact of access to food and energy assistance on healthcare utilization among all community-dwelling seniors (age 65+) in Maryland who received both Medicare and Medicaid. (University of Maryland)

Rollbacks to school meal nutrition threatening health: Public health regulations under fire - 01-SEP-2017
On May 1, U.S. Secretary of Agriculture Sonny Perdue announced that USDA would relax school nutrition requirements related to whole grains, sodium and milk. Under the new rules, schools are only required to make 50 percent of their grain products whole-grain rich, as opposed to 100 percent, for the 2017-18 school year; schools are exempt from achieving the highest sodium targets from school years 2017-18 through 2020; and schools are allowed to serve flavored 1 percent milk. (The Nation's Health)

A Community-Based Marketing Campaign at Farmers Markets to Encourage Fruit and Vegetable Purchases in Rural Counties With High Rates of Obesity, Kentucky, 2015-2016 - 01-SEP-2017
Researchers conducted a community-based marketing campaign, Plate it Up Kentucky Proud (PIUKP), in 6 rural communities over 2 years to determine the association between exposure to the campaign and fruit and vegetable purchases, adjusted for Supplemental Nutrition Assistance Program recipient status. (Centers for Disease Control and Prevention (CDC), HHS)

Improving Nutrition and Physical Activity Policies and Practices in Early Care and Education in Three States, 2014-2016 - 01-SEP-2017
Study evaluates the effectiveness of the National Early Care and Education Learning Collaboratives project in facilitating best practices in nutrition, physical activity, screen time, and infant feeding among early care and education programs.

The Food-Spending Patterns of Households Participating in the Supplemental Nutrition Assistance Program: Findings From USDA's FoodAPS (August 2017) - 21-AUG-2017 [PDF](#)
This study finds that, when adjusted for household size and composition, average food spending in SNAP households is lower than in other U.S. households, even those that are eligible for SNAP but choose not to participate. Food-at-home spending accounts for a greater share of the total food expenditures of SNAP households than of other households. (Agricultural Research Service (ARS), USDA)

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Associations and Organizations

Federal

CDC Division of Nutrition, Physical Activity and Obesity
The mission of CDC's Division of Nutrition, Physical Activity and Obesity is to lead strategic public health efforts to prevent and control obesity, chronic disease, and other health conditions through regular physical activity and good nutrition. (Centers for Disease Control and Prevention (CDC), HHS)

FDA Food Safety
Food safety resources from the FDA. (U.S. Food & Drug Administration (FDA), HHS)

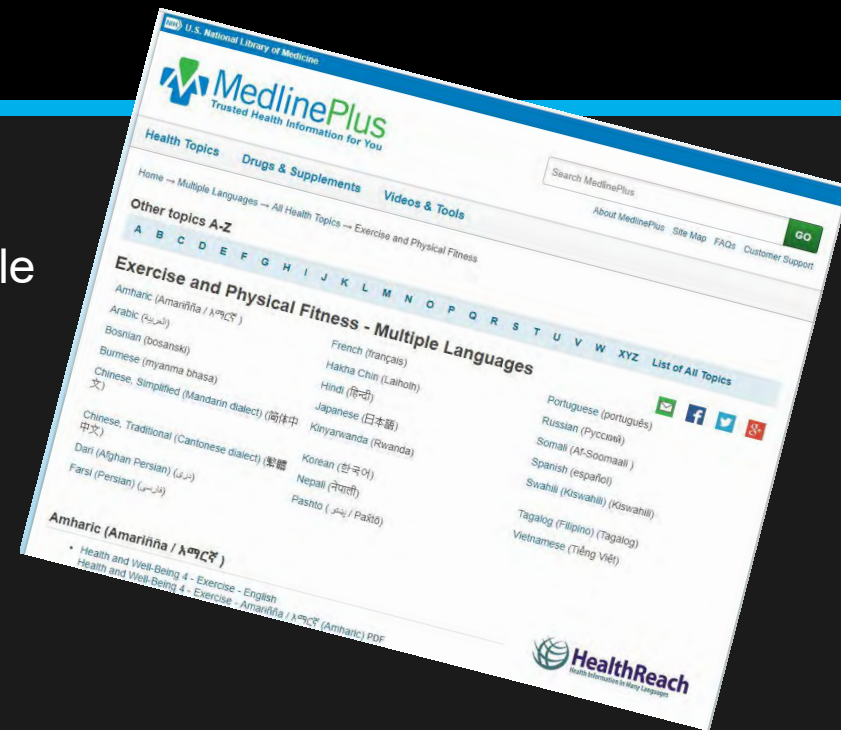
Food and Nutrition Service (FNS)
FNS increases food security and reduces hunger in partnership with cooperating organizations by providing children and low-income people access to food, a healthy diet, and nutrition education in a manner that supports American agriculture and inspires public confidence. (U.S. Department of Agriculture (USDA))

<https://phpartners.org/>

NLM Resources Related to Physical Activity and Exercise

MedlinePlus offers information in multiple languages

MedlinePlus also has a quarterly magazine available online and in print



<https://medlineplus.gov/>



MedlinePlus also allows you to choose to search on External Health Links to locate info from external organizations (that have been vetted by NLM)

For example,

- *American College of Obstetricians and Gynecologists
- *National Center for Health Statistics
- *National Multiple Sclerosis Society

NLM Resources Related to Mental and Behavioral Health

The screenshot shows the MedlinePlus website with a search bar containing "teen mental health". The search results are displayed in a list format. On the left, there are two filter sections: "Refine by Type" and "Refine by Format". A blue arrow points to the "Refine by Format" section, which includes options for PDF, Images, and Videos. The search results list several items, including "Teen Mental Health", "Mental Disorders", "Mental Health", "Child Mental Health", "Teen Violence", and "Teen Development".

<https://medlineplus.gov/>

The screenshot shows the NIH U.S. National Library of Medicine website. The search bar contains "teen mental health" and a blue arrow points to it. The search results are displayed in a list format. The first result is "Teen Mental Health" with a link to <https://medlineplus.gov/teenmentalhealth.html>. The second result is "Easy-to-Read" with a link to https://medlineplus.gov/all_easytoread.html. The third result is "Health Check Tools" with a link to <https://medlineplus.gov/healthchecktools.html>. On the right side, there is a "Teen Mental Health" sidebar with a description and a "Learn more" link. Below the sidebar, there is a "Most Recent PubMed Articles" section with a list of articles.

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

The screenshot shows the MentalHealth.gov website. The header includes the HHS.gov logo and the text "U.S. Department of Health & Human Services". The main content area features a large graphic of two hands holding each other, with the text "Recognize the Warning Signs" and "Do you know the behaviors that might suggest someone is thinking about suicide?". Below this, there is a "Learn more" link and a "Share image" button. The website has a navigation menu with "Basics", "What To Look For", "Talk About Mental Health", and "How To Get Help". There is also a "Featured Topics" section with "Eating Disorders" and "Mental Health Experts Resources". A "Get Immediate Help" button is visible in the bottom right corner, along with the "NATIONAL SUICIDE PREVENTION LIFELINE" logo.

<https://mentalhealth.gov/>

Gallery of NLM Mobile Apps

Biomedical Literature

PubMed Mobile

Mobile website
<https://ncbi.nlm.nih.gov/pubmed/>
Database of more than 26 million citations for biomedical literature from MEDLINE, life science journals, and online books.



PubMed for Handhelds (PubMed4Hh)

Mobile website and app for Android and IOS
<https://pubmedhh.nlm.nih.gov/>
Unique PubMed tools, including PICO (clinical queries), askMEDLINE (natural language search), and Consensus Abstracts.



HIV/AIDS Guidelines

AIDSinfo

Mobile-optimized website
<https://aidsinfo.nih.gov/>
Federally approved HIV/AIDS medical practice guidelines, HIV treatment and prevention clinical trials, and research.



AIDSinfo HIV/AIDS Drug Database

Mobile app for Android and IOS
<https://aidsinfo.nih.gov/apps/>
Information about drugs approved to treat HIV infection and other infections or diseases common to people living with HIV.



AIDSinfo HIV/AIDS Glossary

Mobile app for Android and IOS
<https://aidsinfo.nih.gov/apps/>
Definitions for HIV/AIDS-related terms, written in concise and easy-to-understand language, in both English and Spanish.



Public Health

PHPartners (Partners in Information Access for the Public Health Workforce)

Mobile-optimized website
<https://phpartners.org/>
Provides timely, convenient access to selected public health resources, including data, tools, and statistics.



Drugs and Medical Devices

Drug Information Portal Mobile

Mobile website
<https://druginfo.nlm.nih.gov/drugportal/>
Gateway to drug information from US Government agencies including NIH, FDA, and CDC.



DailyMed

Mobile-optimized website
<https://dailymed.nlm.nih.gov/>
Comprehensive resource of medication content and labeling found in FDA label information.



LactMed

Mobile app for Android and IOS
<https://toxnet.nlm.nih.gov/help/lactmedapp.htm>
Information about maternal and infant drugs and dietary supplement levels, effects on lactation and on breastfed infants, and alternative drugs to consider.



Pillbox

Mobile app for IOS
<https://itunes.apple.com/us/app/id892934923>
Identify unknown prescription, over-the-counter, homeopathic, and veterinary medications.



AccessGUDID (Global Unique Device Identification Database)

Mobile-optimized website
<https://accessgudid.nlm.nih.gov/>
Key device identification information about medical devices that have Unique Device Identifiers (UDI).



Toxicology

Haz-Map

Mobile-optimized website
<https://hazmap.nlm.nih.gov/>
Occupational health database of information about the adverse effects of workplace exposures to chemical and biological agents.



TOXNET Mobile

Mobile website
<https://toxnet.nlm.nih.gov/pda/>
Collection of databases on toxicology, hazardous chemicals, environmental health, and toxic release.



Consumer Health

MedlinePlus

Mobile-optimized website
<https://medlineplus.gov/>
Covers diseases, conditions, medications, wellness topics, and the latest news, in both English and Spanish.



Educational

Digital Collections

Mobile-optimized website
<http://collections.nlm.nih.gov/>
Access NLM's transcribed and fully searchable historical biomedical books and videos.



Embryo

Mobile app for IOS
<https://itunes.apple.com/us/app/id422337604>
Explore human embryo development through videos, micrographs, images, interactive tools, and related resources.



Native Voices

Mobile app for iPads and Android
<https://itunes.apple.com/us/app/id521226050>
Explore the interconnectedness of wellness, illness, and cultural life for Native Americans, Alaska Natives, and Native Hawaiians.



TOXinvaders

Mobile app for iPads
<https://itunes.apple.com/us/app/id971776185>
Game that supports middle school science concepts about environment and health.



Turning the Pages

Mobile app for iPads
<https://itunes.apple.com/us/app/id423830194>
Virtually flip through rare books and manuscripts and learn more about them through historian and curator annotations.



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

Examples of Mobile app Use Aidsinfo, LactMed

U.S. Department of Health and Human Services Contact Us | En Español

AIDSinfo OFFERING INFORMATION ON HIV/AIDS TREATMENT, PREVENTION, AND RESEARCH


Search AIDSinfo

Home **Guidelines** Understanding HIV/AIDS Drugs Clinical Trials Apps

Download the AIDSinfo apps

Download Now

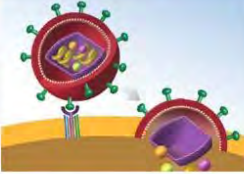
Guidelines



Federally approved HIV/AIDS medical practice guidelines

- View and Download the Guidelines
- Adult ARV Guidelines
- Pediatric ARV Guidelines
- Perinatal Guidelines


Understanding HIV/AIDS



Links to HIV/AIDS-related resources

- Fact Sheets
- Infographics
- Glossary
- HIV/AIDS Awareness Days


Drugs



Information on FDA-approved HIV/AIDS and opportunistic infection drugs and investigational HIV/AIDS drugs

- HIV/AIDS-Related Drugs

Clinical Trials



Search tool to find HIV/AIDS-related clinical trials

- HIV/AIDS-Related Clinical Trials
- HIV Preventive Vaccine Clinical Trials
- HIV Therapeutic Vaccine Clinical Trials

LactMed
[View More by This Developer](#)

By National Library of Medicine

This app is only available on the App Store for iOS devices.



Free


Category: Medical
Updated: 04 June 2017
Version: 3.1
Size: 9.8 MB
Language: English
Developer: National Library of Medicine
© 2016 National Library of Medicine
You must be at least 17 years old to download this application.
Frequent/Intense Medical/Treatment Information

Compatibility: Requires iOS 7.0 or later. Compatible with iPhone, iPad and iPod touch.

Customer Ratings

This application has not received enough ratings to display a summary.

More iPhone Apps by National Library of Medicine



ReUnite

Description

LactMed, part of the National Library of Medicine's (NLM) Toxicology Data Network (TOXNET®), is a database of drugs and dietary supplements that may affect breastfeeding. It includes information on the levels of such substances in breast milk and infant blood, and possible adverse effects in the nursing infant. Suggested therapeutic

[National Library of Medicine Web Site](#) | [LactMed Support](#) | [...More](#)

What's New in Version 3.1

New data update.

iPhone Screenshots





Promotional Items & Printable Handouts

The screenshot shows the website for the U.S. Department of Health & Human Services, specifically the Outreach Activities & Resources section. The page header includes the department name and logo, the URL www.hhs.gov, and the National Library of Medicine logo. A navigation bar contains links for SIS Home, About Us, A-Z Index, SIS News, and Contact Us. A search bar is located on the right. The main content area is titled "Promotional Materials" and "Apps, Badges, Brochures, Fact Sheets, and Wallet Cards". It features a list of categories and a detailed list of promotional materials under the "Disaster Information Management Research Center" category.

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

Outreach & Resources
SPECIALIZED INFORMATION SERVICES

National Library of Medicine
National Institutes of Health **NLM**

[SIS Home](#) | [About Us](#) | [A-Z Index](#) | [SIS News](#) | [Contact Us](#)

[SIS Home](#) > [Outreach Activities & Resources](#) > [Apps, Badges, Brochures, Fact Sheets, Wallet Cards](#) [Share](#) Text size: [S](#) [M](#) [L](#) [XL](#)

Promotional Materials

Apps, Badges, Brochures, Fact Sheets, and Wallet Cards

- Disaster Information Management Research Center
- Environmental Health and Toxicology
- Health Information
- Health Professionals
- HIV/AIDS
- Minority Health
- Radiation Emergency Medical Management (REMM)
- Specific Populations
- Students and Educators
- Wireless Information System for Emergency Responders (WISER)
- En español

Disaster Information Management Research Center

- Posters, Flyers, and Wallet Cards
 - 8 1/2 x 11 inch Flyer 2017 (PDF, 2.1 MB)
 - Table Top 8 1/2 x 11 inch Poster - 2015 (PDF, 2.1 MB)
 - Large Poster - 2015 (PDF, 2.9 MB)
 - Disaster and Emergency Apps Flyer - 2016 (PDF, 308 KB)
 - Where To Find Disaster Literature Flyer - 2017 (PDF, 356 KB)
 - Disaster Health Information Resources Wallet Card - 2013 (PDF, 68 KB)

https://sis.nlm.nih.gov/outreach/promotional_materials.html

NLM Also Provides Grant Funding Opportunities

- **Community Engagement (up to \$10,000)** - short-term outreach projects to advance health information resources in collaboration community groups.
- **Knowledge and Data Management (up to \$10,000)** – projects that support innovations data management and research services at the health care or research institution.
- **Member Programs (up to \$5,000)** – Projects & programs that improve the knowledge and skills of librarians & health information professionals
- **Technology (up to \$7,000)** - Improve technology access and delivery of health information for network members

Example of mHealth Project MedlinePlus and LactMed for Patient Education



Funded Partner Spotlight | Pettaway Pursuit Foundation
from Michael Laramie

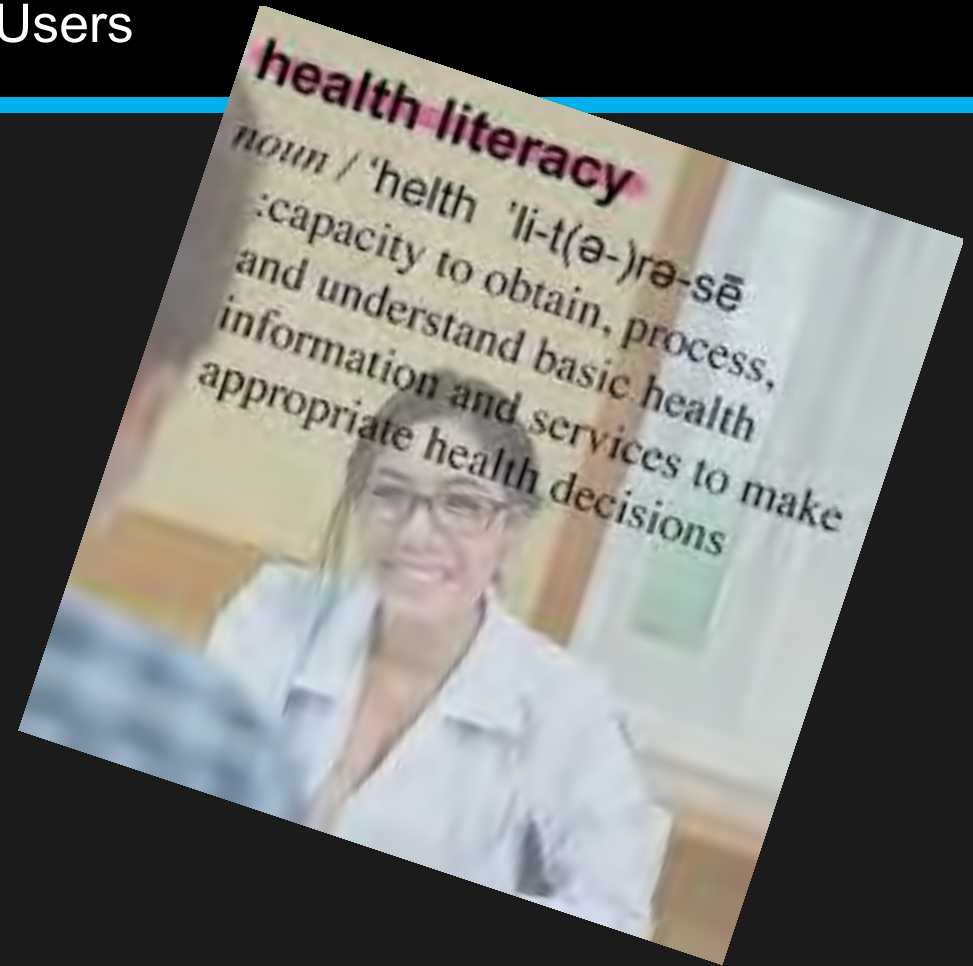
Theresa Pettaway
Executive Director: Pettaway Pursuit Foundation

UMASS NIH > NLM > NNLM
New England Region

Video player interface showing a woman speaking. The video title is "Funded Partner Spotlight | Pettaway Pursuit Foundation" and it is from Michael Laramie. The woman is Theresa Pettaway, Executive Director of Pettaway Pursuit Foundation. Logos for UMASS and NIH > NLM > NNLM New England Region are visible in the bottom left. Social media icons (heart, clock, share) are in the top right.

<https://vimeo.com/217207971>

Using NLM Resources A Win/Win For mHealth Developers & Users



National Network of Libraries of Medicine

<https://nnlm.gov/>

NNLM has about 6800
Network Members

Anyone can join the
network, it's FREE

To Join the NNLM Network :

<https://nnlm.gov/members/join-network>

NIH NLM>NNLM

National Network of Libraries of Medicine

HELP



Search this site



HOME About Regions Offices Members Priorities Funding Training

NNLM in Your Community: Philadelphia, PA

NER's Library Fellow and Graphic Medicine Specialist discussed educational outreach on the value of comics and NER's Graphic Medicine Book Club Kits initiative at the 2017 MEDstudio@JEFF collaboration with Design Philadelphia.

Learn More



9 OUT OF 10 don't know they have prediabetes

1 million people –
that's 1 out of 3 adults
have prediabetes



National Network of Libraries of Medicine

The mission of the National Network of Libraries of Medicine (NNLM) is to advance the progress of medicine and improve the public health by providing all U.S. health professionals with equal access to biomedical information and improving the public's access to information to enable them to make informed decisions about their health. The Program is coordinated by the National Library of Medicine and carried out through a nationwide network of health science libraries and information centers.

Find Your Region

Visit the [New England Region](#)



News & Announcements

MLA CALLS FOR 2018 RESEARCH TRAINING INSTITUTE (RTI) APPLICATIONS



NNLM RD3

RESOURCES FOR DATA-DRIVEN DISCOVERY

Benefits of NNLM Membership



How Will Use NLM Resources in Your mHealth App?

For more information about how to incorporate
MedlinePlus in your application development

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

Please share your ideas, comments, and questions in the Chat Box

Thank you for Attending this Webinar!

Webinar Evaluation Link

<http://www.surveygizmo.com/s3/3529624/47e6102b9be5>

For more information about how you can benefit from NNLM NER outreach contact Susan Halpin, Education & Outreach Coordinator susan.halpin@umassmed.edu

For more information about the University of Connecticut Center for mHealth & Social Media contact Dr. Sherry Pagoto sherry.pagoto@uconn.edu