National Library of Medicine Health Information Resources

E. Hatheway Simpson

University of Massachusetts Medical School

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National Library of Medicine
Health Information Resources

Hathy Simpson, MPH
Public Health Information Specialist
Hathy.Simpson@umassmed.edu
New England Region
National Network of Libraries of Medicine
University of Massachusetts Medical School

Massachusetts Association of Health Boards
Certificate Program
November 3, 2012
November 10, 2012
Mission of NN/LM
To advance the progress of medicine and improve the public health by:
• Providing all U.S. professionals with equal access to biomedical information
• Improving the public's access to information to enable them to make informed decisions about their health
National Library of Medicine

http://nlm.nih.gov
Objectives

- Learn about health information resources from the National Library of Medicine:
  1) Trusted health information for patients, families and providers on MedlinePlus.gov
  2) National Library of Medicine resources for environmental health and toxicology
  3) Relevant information for the public health workforce on PHPartners.org

- Discussion & wrap-up
MedlinePlus is the National Institutes of Health's website for patients, families, and friends.

http://MedlinePlus.gov
MedlinePlus.gov

- Over 900 health topics
- In English/Spanish
- Drug and herbal supplement information
- Videos
- Health check tools
- Easy-to-read pages
- Magazine
- Multiple languages
- Medical dictionary & encyclopedia
- Health news
Drugs, Supplements, and Herbal Information

**Drugs**
Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

**Browse by generic or brand name**

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 0-9

For FDA approved labels included in drug packages, see [DailyMed](#)

**Herbs and Supplements**
Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

**All herbs and supplements**

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland; Copyright © 2012. All Rights Reserved.
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Calculators & Quizzes
- Cholesterol IQ Quiz
- Exercise Counts: How Many Calories Will Your Activity Burn?
- Heart Attack Risk Assessment
- How Many Fruits and Vegetables Do You Need?
- Ovarian Cancer
- Prostate Cancer
- Puzzle
- What's Your Age Factor?

Calculators & Quizzes
- Best Bones Forever
- Building Blocks: Children
- Bully Round Up
- ChooseMyPlate.gov Blast Off Game
- Food Flight
- Friend Finder
- Fun and Games for Teens
- Help a Friend
- Play the Mosquito Game
- Sleep for Kids: Games and Puzzles
- USFA's Kid Page

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FLU

NIH National Institutes of Health
A service of the U.S. National Library of Medicine
Drug Abuse
Also called: Substance abuse

Drug abuse is a serious public health problem that affects almost every community and family in some way. Each year drug abuse results in around 40 million serious illnesses or injuries among people in the United States. Abused drugs include:

- Amphetamines
- Anabolic steroids
- Club drugs
- Cocaine
- Heroin
- Inhalants
- Marijuana
- Prescription drugs

Drug abuse also plays a role in many major social problems, such as drugged driving, violence, stress and child abuse. Drug abuse can lead to homelessness, crime and missed work or problems with keeping a job. It harms unborn babies and destroys families. There are different types of treatment for drug abuse. But the best is to prevent drug abuse in the first place.

*NIH: National Institute on Drug Abuse*

**Related Topics**
- Alcoholism
- Anabolic Steroids
- Club Drugs
- Cocaine
- Drugs and Young People
- Heroin
- Inhalants
- Marijuana
- Methamphetamine
- Prescription Drug Abuse
- Substance Abuse Problems
Overviews
- Commonly Abused Drugs [NIH](https://www.drugabuse.gov) (National Institute on Drug Abuse)
- Drug Addiction [Mayo Foundation for Medical Education and Research](https://www.mayo.edu)
- Faces of Change: Do I Have a Problem with Alcohol or Drugs? [Easy-to-Read](https://www.drugabuse.gov) (Substance Abuse and Mental Health Services Administration) - PDF

Latest News
- Drop In Illicit Drug Use in Cities, Uptick in Prescription Drug Abuse [10/15/2012, HealthDay](https://www.drugabuse.gov)
- Suicide OD Risks High When Addicts Leave Hospital [08/29/2012, Reuters Health](https://www.drugabuse.gov)
- Marijuana IQ [08/28/2012, HealthDay](https://www.drugabuse.gov)
- Detox, Rehab Keep Few Meth Users Clean Long Term [08/01/2012, Reuters Health](https://www.drugabuse.gov)

Treatment
- Alcohol and Drug Treatment: How It Works, and How It Can Help You [Substance Abuse and Mental Health Services Administration] - PDF
  Also available in [Spanish](https://www.drugabuse.gov)
- Seeking Drug Abuse Treatment: Know What to Ask [NIH](https://www.drugabuse.gov) (National Institute on Drug Abuse)
- Treatment Approaches for Drug Addiction [NIH](https://www.drugabuse.gov) (National Institute on Drug Abuse)
  Also available in Spanish

Languages
- ASL (American Sign Language)
- Arabic (العربية)
- Bosnian (Bosanski)
- Chinese - Simplified (简体中文)
- Chinese - Traditional (繁體中文)
- French (français)
- Hindi (हिंदी)
- Japanese (日本語)
- Karen (Sgaw Karen)
- Korean (한국어)
- Nepali (नेपाली)
- Portuguese (português)
- Russian (Русский)
- Somali (af Soomaali)
- Spanish (español)
- Tagalog (Tagalog)
- Vietnamese (Tiếng Việt)
"Bath Salts" - Emerging and Dangerous Products

February 2011

"Bath Salts", the newest fad to hit the shelves (virtual and real), is the latest addition to a growing list of items that young people can obtain to get high. The synthetic powder is sold legally online and in drug paraphernalia stores under a variety of names, such as "Ivory Wave," "Purple Wave," "Red Dove," "Blue Silk," "Zoom," "Bloom," "Cloud Nine," "Ocean Snow," "Lunar Wave," "Vanilla Sky," "White Lightning," "Scarface," and "Hurricane Charlie." Because these products are relatively new to the drug abuse scene, our knowledge about their precise chemical composition and short- and long-term effects is limited, yet the information we do have is worrisome and warrants a proactive stance to understand and minimize any potential dangers to the health of the public.

We know, for example, that these products often contain various amphetamine-like chemicals, such as methylenedioxypyrovalerone (MPDV), mephedrone and pyrovalerone. These drugs are typically administered orally, by inhalation, or by injection, with the worst outcomes apparently associated with snorting or intravenous administration. Mephedrone is of particular concern because, according to
National Library of Medicine
Environmental Health and Toxicology

Information on toxicology, hazardous chemicals, environmental health, and toxic releases

- Tox Town
- Hazardous Substances Data Bank
- TOXMAP

Tox Town


- Tox Town's lead page has information on exposure, health effects, and prevention.
- Visit EPA to learn about the dangers of lead.

October is Children's Health Month.

- Learn what you can do to keep your school environment healthy.
Dioxins

What are dioxins?

Dioxin is the common name for the chemical 2,3,7,8-tetrachlorodibenzo-p-dioxin, or TCDD. The term “dioxins” refers to a group of dioxin-like chemical compounds that share similar chemical structures. They all contain carbon, hydrogen, oxygen, and chlorine. In pure form, dioxins are crystals or colorless solids. Dioxins include some polychlorinated biphenyls (PCBs). Dioxins and PCBs are all persistent organic pollutants.

TCDD is the most toxic and potent of the dioxins. The chemical formula for TCDD is C₁₂H₄Cl₄O₂. TCDD may be white to colorless, and is odorless.

Dioxins are highly toxic and persistent in the environment and accumulate exponentially as they move up the food chain. They may be transported long distances.

Most dioxins are produced through burning and other industrial activities. Major sources of dioxin emissions are incineration of waste, chlorine bleaching of pulp and paper, copper smelting, chemical manufacturing, cement kiln burning, coal-fired electricity generation, wood burning, forest fires, and backyard burning of household trash. Other sources of dioxin emissions include cigarette smoking, drum and barrel reclamation facilities, motor vehicles, residential oil furnaces, scrap electric wire recovery, and tire burning.

TCDD was an ingredient of the herbicide Agent Orange, which was used as a defoliant by the U.S. military during the Vietnam War. Pentachlorophenol (PCP), which is used to preserve wood, contains dioxins.

How might I be exposed to dioxins?

Because dioxins are so widespread, everyone has some level of dioxins in their bodies. You can be exposed to small amounts of dioxins through the food you eat, especially animal products and fats, and fish. You can be exposed through the air you breathe and the water you drink. Handling pesticides and herbicides, burning wood or trash, smoking cigarettes, and breathing automobile exhaust may also expose you to dioxins.

Nursing infants can be exposed to dioxins through breast milk, cow’s milk, and infant formula. Fetuses can be exposed through the pregnant woman’s placenta.

You can be exposed to dioxins if you live near a hazardous waste site that contains dioxins or an incinerator that releases dioxins. Dioxins are released during manufacturing, burning, or landfills of polyvinyl chloride (PVCs). You can be exposed if you are near the burning of old electrical equipment that contains PCBs or near forest fires. You can be exposed to higher levels of dioxins through roads or soils that have been treated with TCDD, such as in Times Beach, Missouri.

At work, you can be exposed to dioxins if you work at a facility that manufactures pesticides, herbicides, or chemicals; a waste incinerator; cement kiln; coal-fired power plant; drum and barrel reclamation facility; petroleum refining plant; or copper smelter. You can be exposed if you work with PCP-treated wood products, bleach materials at a pulp or paper mill, apply or incinerate sewage sludge, or recover scrap electric wires. Dioxin exposure can also occur if you work in hazardous waste clean-up, emergency clean-up of PCB transformers, or firefighting.

If you worked or served in the military in Vietnam during the Vietnam War, you may have been exposed to dioxin through the application of the herbicide Agent Orange.

How can dioxins affect my health?

TCDD dioxin is listed as a human carcinogen in the Twelfth Report on Carcinogens published by the National Toxicology Program because it causes cancer, particularly lung cancer and non-Hodgkin’s lymphoma.
**2,3,7,8-Tetrachlorodibenzo-p-dioxin**

CASRN: 1746-01-6

Policlorinated dibenzo-p-dioxins occur as 75 different isomers. There are 22 possible tetrachlorodibenzo-p-dioxin isomers, but only one isomer that contains chlorines at the 2,3,7, and 8 positions. [WHO; Environmental Health Criteria 88. Polychlorinated dibenzo-p-dioxins and dibenzofurans. Available from, as of May 10th, 2004: http://www.inchem.org/pages/ehc.html]

For other data, click on the Table of Contents

**Human Health Effects:**

**Evidence for Carcinogenicity:**

Evaluation: There is limited evidence in humans for the carcinogenicity of 2,3,7,8-tetrachlorodibenzo-p-dioxin. There is sufficient evidence in experimental animals for the carcinogenicity of 2,3,7,8-tetrachlorodibenzo-p-dioxin. According to the IARC, the carcinogenicity of tetrachlorodibenzo-p-dioxin is carcinogenic to humans (group 2A).

The U.S. Environmental Protection Agency has classified 2,3,7,8-TCDD as a multi-site carcinogen in experimental animals. The U.S. Food and Drug Administration (FDA) has classified TCDD as a possible carcinogen in humans. The International Agency for Research on Cancer (IARC) has classified TCDD as a possible human carcinogen (group 2B).

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**Other Data:**

- **Toxicokinetics:**
  - The half-life of TCDD in humans is approximately 170 days. The primary route of exposure is inhalation, followed by skin contact and ingestion.
  - The primary route of elimination is the liver, with the majority of the dose excreted in the feces. A small amount is excreted in the urine.

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TOXMAP® Environmental Health e-Maps

Use Quick Search or click on a map to explore on-site toxic chemical releases and hazardous waste sites from the EPA's Toxics Release Inventory (TRI) and the Superfund National Priorities List (NPL).

FAQ Spotlight
There are chemical releases or sites near my neighborhood. Is my health at risk?

- TOXMAP now includes TRI 2010 data
- TOXMAP's NCI cancer/disease mortality data updated

Subscribe to TOXMAP news feed

Environmental News from EPA:
- EPA Finalizes Cleanup Plan for Diaz Chemical Superfund Site; $12 Million Spent to Date
- Bayer CropScience LP to Pay $13.900 Penalty for Distribution of Misbranded Pesticides in Iowa

TRI facilities (blue) and Superfund NPL sites (red).
TOXMAP Search Results
Toxic Release Inventory (TRI) Facilities
Worcester, Massachusetts
TOXNET - Databases on toxicology, hazardous chemicals, environmental health, and toxic releases

Public Health Web Portal: PHPartners.org

From the Partners in Information Access for the Public Health Workforce

- Collaboration of U.S. government agencies, public health organizations, and health science libraries
- Mission: Helping the public health workforce find and use information effectively to improve and protect the public’s health
Partners in Information Access for the Public Health Workforce

- Agency for Healthcare Research and Quality (AHRQ)
- American Public Health Association (APHA)
- Association of Schools of Public Health (ASPH)
- Association of State and Territorial Health Officials (ASTHO)
- Centers for Disease Control and Prevention (CDC)
- 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 Public Health
- National Library of Medicine (NLM)
- National Network of Libraries of Medicine (NN/LM)
- Public Health Foundation (PHF)
- Society for Public Health Education (SOPHE)
PHPartners.org

- One-stop portal for public health information resources
- Resources are carefully selected by librarians and public health information specialists
- Find information by public health topic
- Keep up-to-date with what’s new in the field public health
Find information on specific public health topics

More topic pages in development
Examples of Public Health Topic Pages:
- Environmental Health
- Obesity
Resources to promote public health
- Evidence-based public health resources
- Health data & statistics
- Funding opportunities
- Continuing education
- Upcoming meetings & archived conference materials
- Jobs & careers

PHPPartners.org
http://phppartners.org
Health Data and Statistics Levels:
- County and local data
- State data and individual state data
- National data (United States)
- Global/international data
PHPartners – Education and Training

Continuing Education and Training Opportunities

- **Alabama Public Health Training Network (PHTN) Webcasts** - (Alabama Public Health) - Continuing education satellite conferences and live webcasts for the public health workforce.

- **AMIA 10x10 Courses** - (American Medical Informatics Association) - Conducted across the United States by AMIA in collaboration with key academic institutions, biomedical and health informatics education community. The content covers informatics and personal health records, health information exchange, standards and quality and error prevention.

- **APHA Continuing Professional Education** - (American Public Health Association) - The mission of APHA Learning and Professional Development Programs Unit is to support the development, and strengthen public health practice within the core public health essential services.

- **Area Health Education Centers** - (AHEC) - Continue continuing education based on the core centers.

- **AskSAGE** - (Health Resources and Services Administration) - A learning object that can be used across centers.

**Upcoming Webinars**

- **MCH Navigator: Introducing a New Online Resource for Local Health Departments** - (National Association of County and City Health Officials (NACCHO)) - October 23, 2012, 3:00-4:00 PM. This webinar will include a live demonstration of the Maternal and Child Health Bureau’s (MCHB) MCH Navigator, a new learning portal that facilitates use of existing open-access training and is organized in areas consistent with nationally endorsed public health and MCH leadership competencies.

- **How State and Local Health Departments Can Capitalize on Social Media** - (Association of State and Territorial Health Officials (ASTHO)) - October 24, 2012, 2:00-3:30 EST. This webinar will highlight three organizations that have been studying and utilizing social media to strategically and successfully engage and communicate with the public.

- **Who’s Leading the Leading Health Indicators? - Substance Abuse** - (Department of Health and Human Services (HHS) U.S.) - October 24, 2012, 12:00-12:45 PM, EDT. This webinar event will provide an overview of substance abuse and highlight prevention strategies for reducing alcohol and drug use among adolescents in America.

- **Effective Strategies for Communicating Public Health Findings with the Media and Policymakers** - (AcademyHealth) - October 25, 2012, 1:00-2:30 PM ET. This webinar will provide pointers for how researchers can effectively communicate health services research (HSR) and public health services and systems research (PHSSR) findings with decision-makers.

- **Implementing the National Prevention Strategy at the Local Level: Part II** - (National Association of County and City Health Officials (NACCHO)) - October 25, 2012, 2:00-3:00 PM, EDT. Local health departments will discuss their successes using multi-sector approaches to building healthier communities and combating tobacco, obesity, and chronic disease.

- **Improving Public Health Research by Making the Most of Participatory Approaches** - (AcademyHealth) - November 8, 2012, 2:00-3:00 PM, EDT. This webinar will illustrate how participatory research approaches can be applied through Public Health Services and Systems Research (PHSSR), with examples of current activity.

- **The Adaptation Effect: Engaging Community Partners to Adapt and Implement Evidence-based Interventions** - (National Cancer Institute, NIH (NCI)) - November 13, 2012, 2:00-3:30 PM EST. The cyber-seminar will discuss the community’s efforts to e...
Sample Search on PHPartners.org

1. **Quick Guide to Health Literacy** (Office of Disease Prevention and Health Promotion, HHS)  
   - A comprehensive guide to health literacy, including tips and strategies for improving health literacy.  
   - [Download the guide](http://www.health.gov/communication/literacy/quickguide) - External Public Health Links

2. **Health Literacy and Cultural Competency** (Agency for Healthcare Research and Quality)  
   - An overview of the importance of health literacy and cultural competency in healthcare.  
   - [Visit the website](http://www.ahrq.gov) - External Public Health Links

3. **National Action Plan to Improve Health Literacy** (Department of Health and Human Services)  
   - Information on the national action plan to improve health literacy, including resources and tools.  
   - [Read more](http://www.health.gov/communication/HLActionPlan) - External Public Health Links

4. **Clear Communication: A NIH Health Literacy Initiative** (National Institutes of Health)  
   - A guide on clear communication to improve health literacy.  
   - [Learn more](http://www.nih.gov) - External Public Health Links

5. **Health Literacy: Accurate, Accessible and Actionable Health Information for All** (Centers for Disease Control and Prevention)  
   - Information and services to make appropriate health decisions.  
   - [Visit the site](http://www.cdc.gov) - External Public Health Links

   - Proceedings of the workshop on improving health literacy.  
   - [Read the proceedings](http://www.surgeongeneral.gov/topics/healthliteracy) - External Public Health Links

7. **Health Literacy Information Resources**  
   - A collection of resources for health literacy information.  
   - [Explore](http://www.nlm.nih.gov) - External Public Health Links

8. **Culture & Health Literacy Online Training** (Midwest Center for Lifelong Learning in Public Health)  
   - An online course on cultural and health literacy.  
   - [Enroll](http://www.sph.umn.edu) - External Public Health Links

9. **Health Literacy Out Loud**  
   - Information on the Health Literacy Out Loud program.  
   - [Find out more](http://www.healthliteracyoutloud.com) - External Public Health Links
Healthy People 2020 Structured Evidence Queries

Search by Topic Area

This site lets you search for published literature related to the Healthy People 2020 topic areas.

- Access to Health Services
- Adolescent Health
- Arthritis, Osteoporosis, and Chronic Back Conditions
- Chronic Kidney Disease
- Dementias, Insufficiency, and Cognitive Impairment
- Diabetes
- Early and Middle Childhood
- Family Planning
- Food Safety
- Genomics
- Health Communication
- Healthcare-Associated Infections
- Medical Products
- Mental Health
- Nutrition and Weight
- Oral Health
- Physical Activity
- Preparedness
- Sleep Health
- Substance Abuse
- Tobacco Use
- Vision

NWS-9  Reduce the proportion of adults who are obese

<table>
<thead>
<tr>
<th>Baseline:</th>
<th>34.0 percent of persons aged 20 years and over were obese in 2005–08 (age adjusted to the year 2000 standard population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target:</td>
<td>30.6 percent</td>
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<tr>
<td>Target-Setting Method:</td>
<td>10 percent improvement</td>
</tr>
<tr>
<td>Data Source:</td>
<td>National Health and Nutrition Examination Survey (NHANES), CDC, NCHS</td>
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</tbody>
</table>

More Information:
- Data from the HHS Health Indicators Warehouse
- The HP2010 objective with the same definition was 19-2. View on DATA2010
- Search PubMed for Literature Relating to this Objective

Healthy People 2020 Structured Evidence Queries
http://phpartners.org/hp2020/index.html
PubMed Search Results for the Healthy People 2020 Objective
NWS-9: Reduce the proportion of adults who are obese

1. Correlates of physical activity and the theory of planned behavior between African American women who are physically active and those who are not.
   PMID: 22924229 [PubMed - indexed for MEDLINE]

2. The Latino Health Project: pilot testing a culturally adapted behavioral weight loss intervention in obese and overweight Latino adults.
   Corsino L, Rocha-Goldberg MP, Batch BC, Ortiz-Melo DJ, Bosworth HB, Svetkey LP.

3. Engaging community partners to develop a culturally relevant resource guide for physical activity and nutrition.
   Bopp M, Fallon EA, Bolton DJ, Kahi D.
   PMID: 22734648 [PubMed - indexed for MEDLINE]

   Anderson GH, Foreyt J, Sigman-Grant M, Allison DB.

5. Alliance for a Healthy Border: factors related to weight reduction and glycemic success.
   Wang X, Ghaddar S, Brown C, Pagán JA, Balboa M.
   PMID: 22503683 [PubMed - indexed for MEDLINE]

PubMed/MECLINE
http://pubmed.gov
Public Health Resources

Topics on this page:
- Information Resources
- Training on Information Resources

Information Resources
- PHPartners.org, Partners in Information Access for the Public Health Workforce
- Evidence-Based Practice for Public Health, Lamar Soutter Library, University of Massachusetts Medical School

Training on Information Resources

Presentations
- Evidence-Based Public Health: Identifying and Using Information Resources PPT, CT-RI Public Health Training Center Webinar, April 2012
  - View the recording of the program on TRAIN. New users must create an account to view the recording.
- Evidence-Based Public Health: Finding and Appraising Relevant Resources Medical Library Association Continuing Education Course, May 2010
- Public Health Online Resources — PHPartners.org PPT (File Size 7.5 MB) Connecting with the NER Series, February 2009
  - View the recording of the program.
- Evidence-Based Public Health: Identifying Evidence-Based Resources in Public Health PPT Association of Maternal and Child Health Programs Annual Conference, Skills Building Session, March 2006

Tutorials
- Public Health Information & Data Tutorials
- PubMed Tutorials
- Environmental Health and Toxicology

NN/LM New England Region
Public Health Resources
http://nnlm.gov/ner/training/phptraining.html
## Summary - NLM Health Information Resources

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<td>• Introduction to chemicals and</td>
<td>➢ Hazardous Substances Data Bank (HSDB)</td>
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<td>environmental health risks</td>
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<tr>
<td>• Data on human exposure, emergency</td>
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<td>handling, environmental fate, and</td>
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<td>• Maps of chemical releases and</td>
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<td>• Portal of public health information</td>
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<td>• Specialized literature searches of</td>
<td>➢ HP 2020 Structured Evidence Queries</td>
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Thank you!

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