Owning Your Health: Wellness Resources for Young Adults Ages 18-24

Susan Marie Halpin

University of Massachusetts Medical School

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Owning Your Health:
Wellness Resources for Young Adults Ages 18-24

Enrollment code: young19
Your Webinar Host

Susan Halpin, M.Ed.
susan.halpin@umassmed.edu
NNLM NER, Education & Outreach Coordinat
or
University of Massachusetts Medical School
Worcester, Massachusetts
Post Secondary Success Formula
Effective Life Skills = HEALTH

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

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>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness and exercise</td>
<td>63%</td>
</tr>
<tr>
<td>Diet and nutrition</td>
<td>52%</td>
</tr>
<tr>
<td>Stress</td>
<td>44%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>42%</td>
</tr>
<tr>
<td>Depression</td>
<td>39%</td>
</tr>
<tr>
<td>Birth control</td>
<td>30%</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>28%</td>
</tr>
<tr>
<td>Sleep disorders</td>
<td>27%</td>
</tr>
<tr>
<td>Sexually transmitted diseases</td>
<td>26%</td>
</tr>
<tr>
<td>Drug or alcohol abuse</td>
<td>24%</td>
</tr>
</tbody>
</table>
Sharing Health Info Through Social Media

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

22 year-old female

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

21 year-old female

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

20 year-old female

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

22 year-old male

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

NLM's mission

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


https://medlineplus.gov
MedlinePlus Teaches How to Evaluate Online Health Information

https://medlineplus.gov/evaluatinghealthinformation.html
Thinking Critically About Online Health Info

- **Consider the source -- Use recognized authorities** - Know who is responsible for the content
  - Does the site have an editorial board?
  - Is the information reviewed before it is posted?
- **Focus on quality--All Web sites are not created equal**
  - 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?
- **Be a cyberskeptic—Lots of Misinformation**
  - Does the site identify the author? Does it rely on testimonials?
- **Look for the evidence--Rely on medical research, not opinion**
  - Is the information current? Look for dates on documents
- **Check for currency--Look for the latest information**
  - Who pays for the site?
- **Beware of bias--What is the purpose? Who is providing the funding?**
  - Does the site have a privacy policy and tell you what information they collect?
Trust it or Trash it Tool

1. WHO SAID IT?

2. WHEN DID THEY SAY IT?

3. HOW DID THEY KNOW?

http://www.trustortrash.org/
Helpful Features Offered by MedlinePlus

- NO advertising
- Easy to search, by health topic or use the search box
- Info presented in videos, podcasts and written formats
- Info is written by experts, updated regularly and is peer reviewed

https://medlineplus.gov/
Don’t Google Health Info
Instead Start with MedlinePlus.gov
Compare Searching for STD Using MedlinePlus

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

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.
The 8 Dimensions of Wellness
From SAMHSA

https://www.youtube.com/watch?v=tDzQdRvLAfM&feature=youtu.be
Dimensions of Health are Interconnected
Creating a Healthier Life
Step-by-Step Guide

Guide has tips for improving oneself in each dimension.

https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958
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 (National Institutes of Health) Also in Spanish
- What Is Mental Health? (Department of Health and Human Services)

Diagnosis and Tests

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

Treatments and Therapies

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

https://medlineplus.gov/mentalhealth.html
Substance Use Disorder

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

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

Do Social Ties Affect Our Health? Exploring the Biology of Relationships

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

https://newsinhealth.nih.gov/.../02/do-social-ties-affect-our-health
## NLM Resources for Physical Wellness

**Nutrition, Exercise, Genetics, Family History**

### Resources for General Health:
- National Center for Complementary and Integrative Medicine
- Household Products Database
- Healthfinder.gov
- Pillbox

### Resources for Genetics:
- Genetics Home Reference
- My Family Health Portal
- GenEd

### Resources for Lifestyle:
- Nutrition.gov
- Smoking and Tobacco Use
- CDC Healthy Living
- CDC Physical Activity
- Health Eating
## The New and Improved Nutrition Facts: Label – Key Changes

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 “Servings 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 in such as (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 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 sugars.

### 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.

For more information about the new Nutrition Facts label, visit: [www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/labelingNutrition/ucm382653.htm](https://www.fda.gov/downloads/Food/LabelingNutrition/UCM382653.pdf)

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**Current Label**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>New Label</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 1/2 cups (55g)</td>
<td>Serving size 2 1/2 cups (55g)</td>
</tr>
<tr>
<td>Serving Size: 2 1/2 cups (55g) (Serving Per Container About 8)</td>
<td>Servings Per Container About 8</td>
</tr>
<tr>
<td>Nutrient</td>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories</td>
<td>20</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>12%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>150mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>35g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
</tr>
<tr>
<td>Sugars</td>
<td>10g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>8%</td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
<tr>
<td>Sodium</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>10g</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>7g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>35g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>2%</td>
</tr>
</tbody>
</table>

**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.

**January 2018**

Understanding Nutrition

Fooducate App

Other Helpful Sites for Nutrition Info:

USDA -

FDA

CDC (See Healthy Living Section)

Academy of Nutrition and Dietetics

https://www.fooducate.com/
Be an Informed Consumer

When considering Complementary or Integrative Treatment

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

https://nccih.nih.gov/health/decisions
Wait there’s more..
NLM has Apps too!!

HIV/AIDS
Public Health
Toxicology
Drugs and Medical Devices
Consumer Health
Education

More NLM Apps

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

http://bit.ly/2VAtEhe
Clean Air, Food and Water

NLM Environmental Health Resources

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

What’s in My Hair Color or Gel Manicure?

**Hair and Nail Salons**

**What are they?**
Hair and nail salons offer cosmetic treatments for men and women. They provide foot, hand, and nail care; nail manicures; haircuts and hairstyling; and other services.

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

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

Salon workers may be exposed to both dust if they use colored powders. This can cause allergies.

Hair sprays are flammable and contain a variety of chemicals.

**Who is at risk?**
- Salon workers, owners, and clients are at risk.
- Children are especially at risk if they are exposed to or accidentally drink nail polish removers and artificial nail removers.
What’s in My Meds or in My Cleaning Products?

Household Products Database


https://hpd.nlm.nih.gov/
A Penny Saved is a Penny Earned

Cooking Matters
Eating Healthy on a Budget Guide


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

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

https://www.bls.gov/ooh/
Getting a Job And Keeping It!

Download these tip sheets for useful info about:

**How to Apply for a Job**

**How to Get a Job and Keep It**

[https://umassmed.edu/TransitionsACR/publication/](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
Cultivating Spiritual Health

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

Cultivating Intellectual Health

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

NLM’s “Engage for Health” Program

https://nnlm.gov/mar/guides/programming-class/engageforhealth
NLM’s “Engage for Health” Program

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

—George Bernard Shaw
Preparation, Engagement and Asking Questions

Tips to Stay Engaged
- Take a friend or family member with you
- Write things down
- Repeat back what you’ve heard
- Ask questions

3 Types of Questions
- **What** is this test for?
- **What** are my choices?
- **Why** do I need this treatment?
- **Why** do I need to decrease how much salt I eat?
- **How** often do I need to take the medication?
- **How** do you spell the name of that drug?
Congratulations
You Now Have Lots of Resources to Help Young Adults Own Their Health!!!

Owning Your Health Webinar Graduate Badge

Susan Halpin
NNLM NER Education and Outreach Coordinator
Susan.Halpin@umassmed.edu
Congratulations You have successfully completed Owning Your Health

Complete an evaluation and claim an MLA Certificate of Credit for your participation.


**Enrollment code:** young19

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

   - Login. If you do not have a current MLANET login, 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.
4. To learn more about MEDLIB-ED, please see the FAQ in the About menu.
5. For questions, please email [MEDLIB-ED@mail.mlahq.org](mailto:MEDLIB-ED@mail.mlahq.org).