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

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

Enrollment code: young19
Your Webinar Host

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Post Secondary Success Formula
Effective Life Skills = HEALTH

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

Make requests to promote personal health

Pre-K through Grade 2

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

Work cooperatively to advocate for individual health

Grades 6-8

Work cooperatively as an advocate for Individual health

Grades 9-12

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>Percent</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 something 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

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

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
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.

Download Publication

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

Publication ID: SMA16-4958
Publication Date: 4/2016
Format: Campaign or Initiative

Available for download only.

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

Review SAMHSA's public domain notice

https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958
The 8 Dimensions of Wellness
From SAMHSA

Emotional
Spiritual
Intellectual
Physical
Environmental
Financial
Occupational
Social

https://www.youtube.com/watch?v=tDzQdRvLAFM&feature=youtu.be
Dimensions of Health are Interconnected
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
SAMHSA Wellness Resources

Topics Related to Emotions

Questions to think about

Resources to Foster Health
Mental Health and Mental Illness

https://medlineplus.gov/mentalhealth.html
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

College Transition Summer Checklist

https://www.jedfoundation.org

https://www.settogo.org/college-transition-summer-checklist/
Concern for Others
Connections with Family, Friends and Community

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

nihnewsinhealth@od.nih.gov

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

- Wise Choices
  - Making Connections
    - Social connections might help protect health and lengthen life. Look for ways to get involved with others:
      - Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
      - Take a class in yoga, tai chi, or another new physical activity.
      - Help with gardening at a community garden or park.
      - Volunteer at a school, library, hospital, or place of worship.
      - Join a local community group or find other ways to get involved in things you care about.

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

References

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 has increased and are now in larger and/or bold 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 of fat consumed.

### 4. Added Sugars

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

<table>
<thead>
<tr>
<th>Current Label</th>
<th>New Label</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>Serving Size 2/3 cup (59g)</td>
<td>Serving Size 2/3 cup (59g)</td>
</tr>
<tr>
<td>Amount Per Serving</td>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 250</td>
<td>Calories 230</td>
</tr>
<tr>
<td>Total Fat 9g</td>
<td>Total Fat 8g</td>
</tr>
<tr>
<td>% Daily Value 12%</td>
<td>% Daily Value 10%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 260mg</td>
<td>Sodium 150mg</td>
</tr>
<tr>
<td>% Daily Value 12%</td>
<td>% Daily Value 7%</td>
</tr>
<tr>
<td>Total Carbohydrate 35g</td>
<td>Total Carbohydrate 27g</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td>Sugars 12g</td>
<td>Sugars 10g</td>
</tr>
<tr>
<td>Protein 3g</td>
<td>Protein 3g</td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td>Vitamin A 10%</td>
</tr>
<tr>
<td>Vitamin C 8%</td>
<td>Vitamin C 8%</td>
</tr>
<tr>
<td>Calcium 3%</td>
<td>Calcium 3%</td>
</tr>
<tr>
<td>Iron 10%</td>
<td>Iron 10%</td>
</tr>
<tr>
<td>Total Sugars 10g</td>
<td>Includes 10g Added Sugars 20g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 150mg</td>
<td>Sodium 150mg</td>
</tr>
<tr>
<td>% Daily Value 7%</td>
<td>% Daily Value 5%</td>
</tr>
<tr>
<td>Total Carbohydrate 27g</td>
<td>Total Carbohydrate 27g</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td>Sugars 12g</td>
<td>Sugars 12g</td>
</tr>
<tr>
<td>Protein 3g</td>
<td>Protein 3g</td>
</tr>
<tr>
<td>Vitamin D 10%</td>
<td>Vitamin D 10%</td>
</tr>
<tr>
<td>Calcium 200mg</td>
<td>Calcium 200mg</td>
</tr>
<tr>
<td>Iron 10%</td>
<td>Iron 10%</td>
</tr>
<tr>
<td>Potassium 230mg</td>
<td>Potassium 230mg</td>
</tr>
<tr>
<td>% Daily Value 10%</td>
<td>% Daily Value 10%</td>
</tr>
</tbody>
</table>

### 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.
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/
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 Moblie 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 harms among workers, as well as other health concerns. Many chemicals in nail products evaporate into the air and potentially affect clients as well as workers. Nail polish removers are sometimes abused as recreational inhalants to get high.

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

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

Hair sprays are flammable and contain a variety of chemicals.

Who is at risk?
- Salon workers, owners, and clients are at risk.
- Children are especially at risk if they are exposed to or accidentally drink nail polish removers and artificial nail removers.
Welcome to TOXNET
Your resource for searching databases on toxicology, hazardous chemicals, environmental health, and toxic releases.

TOXNET Databases
- MOST WANTED BY TOXNET USERS
  - HSDB: Hazardous Substances Data Bank. Peer-reviewed toxicology data for over 5,000 hazardous chemicals.
  - TOXLINE: 4 million references to literature on biological, pharmacological, physiological, and toxicological effects of drugs and other chemicals.
  - ChemIDplus: Dictionary of over 400,000 chemicals (names, synonyms, and structures).

SEARCH TOXNET: Search the full text databases or select specific databases.
- BROWSE
- ADVANCED SEARCH

Did you know?
- Training to use TOXNET for a training schedule and TOXNET workbook.
- There is an entry to toxicology.
- TOXNET/TOXMAP: Environmental Health Maps provides searchable, interactive maps of EPA TCEs and Superfund data, plus US Census and NIEHS health data.

Household Products Database
- Quick Search
- Product Names
- Types of Products
- Manufacturers
- Ingredients
- Support
- About the Database
- FAQ
- Product Index
- Help
- Glossary
- Contact Us
- More Resources


A Penny Saved is a Penny Earned


http://www.consumerfinance.gov

Cooking Matters Eating Healthy on a Budget Guide


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

- PABLO PICASSO
@BODHICHICAGO
Deep Thoughts….

Cultivating Spiritual Health

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

Cultivating Intellectual Health

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

NLM’s “Engage for Health” Program

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