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

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Owning 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
Recommended Resources

- The 7 Habits of Highly Effective College Students
- SAMHSA's Wellness Initiative
  - Eight Dimensions of Wellness
  - Communication among mental health consumers, professionals, and primary care providers about health information is essential to overall wellness.

Best career aptitude tests
1. 123 Career Test
2. Princeton Review Career Quiz
3. My Next Move O*NET Interest Profiler
4. MyPlan.com
5. MAPP Career Test
6. Career Strengths Test
7. PathSource
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
  - 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 have an editorial board?
  - Is the information reviewed before it is posted?

• **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

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.

Download Publication

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

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

Note: if you experience problems with PDF documents, please download the latest version of Adobe Acrobat Reader®. Review SAMHSA's public domain notice

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

Emotional
Spiritual
Intellectual
Physical
Environmental
Financial
Occupational
Social

https://www.youtube.com/watch?v=tDzQdRvLAfM&feature=youtu.be
Dimensions of Health are Interconnected
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
Questions to think about

Topics Related to Emotions

Resources to Foster Health

SAMHSA Wellness Resources

IMPROVING OUR EMOTIONAL WELLNESS

The Emotional Wellness Dimension involves the ability to express feelings, adjust to emotional challenges, cope with life's stresses, and enjoy life. It includes knowing our strengths as well as what we want to get better at, and living and working on our own but letting others help us from time to time.

What will I do? What I Need?

What will I do? | What I Need?
--- | ---

**Questions to think about**

**What will I do?**

1. **Physiological:**
   - How do your body and emotions feel after you wake up or when you are feeling your best?
   - Does your body feel different when you are feeling a particular emotion?

2. **Cognitive:**
   - Do you have any thoughts about your daily routine or what you need to do?
   - How do you feel about your thoughts and feelings?

3. **Behavioral:**
   - Do you engage in activities that make you feel better or worse?
   - How do you use these activities to manage your emotions?

**What I Need?**

1. **Physiological:**
   - What resources do you need to feel physically healthy?
   - What do you need to feel emotionally healthy?

2. **Cognitive:**
   - How do you use your thoughts and feelings to make decisions?
   - How do you use your thoughts and feelings to solve problems?

3. **Behavioral:**
   - What activities do you need to feel better or worse?
   - How do you use these activities to manage your emotions?
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

Look under “tip sheets” on the Transitions ACR website

https://www.umassmed.edu/TransitionsACR/
Substance Use and Suicide Prevention

From the JED Foundation

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

Widespread research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Such connections might improve your ability to fight off germs or give you a more positive outlook on life. (Physical contact—from hand-holding to sex—can trigger release of hormones and brain chemicals that not only make us feel good but also have other biological benefits.)

Marriage is one of the most-studied social bonds. "For many people, marriage is their most important relationship, and the evidence is very strong that marriage is generally good for health," says Dr. Laub. However, science is just beginning to look at the roles played by other social bonds, such as friendship, sibling relationships, and romantic partnerships.

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

nihnewsinhealth@od.nih.gov(link sends e-mail)

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
Healthy 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” declaration have been 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 (115g) and now is 2 1/2 cups (362g).

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 total amount.

4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugars.

5. Nutrients

Many nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

For more information about the new Nutrition Facts label, visit: http://www.fda.gov/food/NutritionFacts/ucm385265.html

https://healthyeating.nhlbi.nih.gov/
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 A[
- CDC Moblie App: Health and Fitness
- CDC Health IQ App
- CDC TravWell App

http://bit.ly/2VAtEhe
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 lotions dust if they use lotions. 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.
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
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
NLM’s “Engage for Health” Program

“Communication

“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!!!
Claiming MLA CE Credits for this webinar

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).

Congratulations You have successfully completed Owning Your Health