

General

- ❖ **Center for Disease Control and Prevention (CDC)** <http://www.cdc.gov>
Access information about diseases, emergency preparedness, environmental health, life stages, healthy living, injury violence and safety, traveler's health, and workplace health and safety.
- ❖ **Kaiser Family Foundation Websites** (www.kaisernetwork.org) (www.statehealthfacts.org), (www.kaiserEDU.org), (www.GlobalHealthReporting.org) Access to the thousands of Foundation reports, news summaries, webcasts, and data and analysis on Medicaid, Medicare, HIV/AIDS, the uninsured, prescription drugs, quality of care, women's health, health insurance, disparities in health care, public opinion, health and the law, and more.
- ❖ **National Institute of Health** <http://www.health.nih.gov>
Access information related to Child and Teen Health, Men's health, Minority Health, Senior Health, Women's Health, and Wellness and Lifestyle.
- ❖ **National Library of Medicine** <http://www.nlm.nih.gov>
Access health information in 40 different languages.
- ❖ **MD Consult** <http://www.mdconsult.com/das/patient/body/105448337-2/1/toc?tab=cond>
- ❖ **Medline Plus** <http://medlineplus.gov>
- ❖ **Mayo Clinic** www.mayoclinic.com
- ❖ **Milwaukee Health Department** <http://www.city.milwaukee.gov/health>
- ❖ **PubMed** <http://www.ncbi.nlm.nih.gov/pubmed>
- ❖ **Rotary Club** <http://www.helpguide.org> Access information related to Abuse, Addictions, ADHD, Alheimers to Depression, Stress, and Sleep Disorders
- ❖ **Up-to-date** through Raynor Library
- ❖ **Web MD** home page <http://www.webmd.com>
- ❖ **Wisconsin Department of Health Services (DHS)** (<http://dhfs.wisconsin.gov/StateHealthPlan>)

Adolescents

- ❖ **CDC** <http://www.cdc.gov/HealthyYouth/AdolescentHealth/index.htm>
- ❖ **Boston's Children's Hospital: Adolescent Health Information**
<http://www.childrenshospital.org/clinicalservices/Site1916/mainpageS1916P0.html?CFID=18089087&CFTOKEN=722491e078874b34-C14884E2-BF95-45AB-4CFEE12D9C6AFADB>
- ❖ **CDC** <http://www.cdc.gov/HealthyYouth/AdolescentHealth/index.htm>
- ❖ **Society of Adolescent Medicine** <http://www.adolescenthealth.org/teens.htm>

Alcohol

- ❖ **Alcoholics Anonymous** (www.aa.org)
- ❖ **National Drug and Alcohol Treatment Referral Routing Service** www.findtreatment.samhsa.gov
- ❖ **Substance Abuse and Mental Health Administration** <http://www.samhsa.gov>

Alternative Medicine

- ❖ **Journal of Complementary and Integrative Medicine**, An international forum for evidence-based practices: <http://www.bepress.com/jcim>

Anxiety

- ❖ **Anxiety** <http://www.nlm.nih.gov/medlineplus/anxiety.html>

Asthma

- ❖ **National Heart Lung and Blood Institute Diseases and Conditions Index** (http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_WhatIs.html)
This website provides information on what asthma is, causes, who is at risk, signs and symptoms, diagnosis, treatments, prevention, and living with asthma.
- ❖ **Healthy Airways.com** (www.healthyairways.com)
- ❖ **Asthma Assistant Self Management Site** (<http://www.asthmaassistant.com/index.html>)
This site has a downloadable program for you to use to manage your asthma.

Web Link Resources for MNHC 23Sept08

- ❖ **Wisconsin Lung Association** (www.lungusa.org)

Back pain

- ❖ **WebMD** <http://www.webmd.com/back-pain/default.htm>
- ❖ **Mayo Clinic** www.mayoclinic.com/health/back-pain/DS00171
- ❖ **Medline Plus** www.nlm.nih.gov/medlineplus/backpain.html

Breastfeeding

- ❖ **Got Mom** (<http://www.gotmom.org>) was created by the American College of Nurse-Midwives and offers information about breastfeeding and other resources for mothers and families.
- ❖ **La Leche League** (<http://www.la lecheleague.org>) Great site for mothers who are breastfeeding or want to learn more about breastfeeding. Topics ranging from general breastfeeding topics, Maternal breastfeeding issues, infant/child breastfeeding issues, family issues, and locations of La Leche centers. It also offers a link to ask questions to a lactation consultant and talk with other mothers who are breastfeeding.
- ❖ **Wisconsin Association of Perinatal Care** (<http://www.perinatalweb.org/>) This site offers health information about the time before pregnancy, pregnancy, labor and delivery, and infancy and infant care. There is also a Spanish section provided. (<http://www.perinatalweb.org/association/bfeed.html>) Wisconsin Breastfeeding Coalition

Cholesterol

- ❖ Did you know that with a combination of a heart healthy diet, physical activity, and weight management, you may be able to lower your high blood cholesterol by 20 to 30 percent? The NHLBI's easy-to-read 80-page booklet **Your Guide to Lowering Your Cholesterol with TLC** (Therapeutic Lifestyle Changes) details a three-part program and includes practical tips and tools to help you reach your blood cholesterol goal. View the booklet online at http://www.nhlbi.nih.gov/health/public/heart/cho/cho_tlc.pdf.
- ❖ Need an easy-to-share, clearly written brochure to help others understand what their cholesterol numbers mean and how best to lower their cholesterol? Try **High Blood Cholesterol: What You Need to Know**. View the brochure online at <http://www.nhlbi.nih.gov/health/public/heart/cho/wyntk.pdf>. See pages 3 and 6 for tools that estimate your risk for having a heart attack. See page 4 for goal cholesterol levels for each risk category.
- ❖ Dietary Approaches to Stop Hypertension (**DASH diet**) (http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

Cancer

- ❖ **American Cancer Society** <http://www.cancer.org/docroot/home/index.asp>

Children

- ❖ The Official **Journal of the American Academy of Pediatrics** (<http://pediatrics.aappublications.org>) Offers articles from the Journal of the American Academy of Pediatrics that covers a variety of topics. Topics can be found by a subject search located on the top right corner.
- ❖ **Bright Futures** (<http://www.brightfutures.org>)
- ❖ **Kidshealth.org** (<http://www.kidshealth.org>). Offers suggestions and provides answers to a variety of topics related to childhood nutrition and fitness.
- ❖ **Children's Health Protection** (<http://yosemite.epa.gov/ochp/ochpweb.nsf/content/homepage.htm>)
- ❖ The Environmental Protection Agency (EPA) web site provides information about keeping children safe and avoiding exposure to harmful substances. The site allows you to look specifically at what is going on where you live.
- ❖ **Children's Hospital of Wisconsin** <http://www.chw.org/>
- ❖ **March of Dimes** <http://www.marchofdimes.com>
- ❖ **Milwaukee Health Department Lead Prevention Program** <http://www.city.milwaukee.gov/clppp>
- ❖ **National Institute of Health** <http://www.nih.gov/category/ChildTeenHealth>

Web Link Resources for MNHC 23Sept08

- ❖ **Error! Hyperlink reference not valid. Wisconsin Newborn Screening**
http://dhfs.wisconsin.gov/DPH_BFCH/Newborn_Screen/
- ❖ **Department of Health and Family Services** <http://www.dhfs.state.wi.us>
- ❖ *Tips for parents and educators on electronic media and youth violence: Two new resources from CDC*
 - To help parents and educators better understand and address "electronic aggression," (any kind of aggression perpetrated through technology which also includes any type of harassment or bullying) "**Electronic media and youth violence: A CDC issue brief for educators and caregivers**" (http://www.cdc.gov/ncipc/dvp/YVP/electronic_agression_brief_for_parents.pdf)
 - "**Technology and Youth: Protecting your Child from Electronic Aggression**" (http://www.cdc.gov/ncipc/dvp/Electronic_Aggression_Tip_Sheet.pdf). Both publications include: a review of most current research; examples to help parents and educators identify electronic aggression; prevention tips for parents and caregivers; prevention strategies for educators and educational policy makers; and prevention tactics for school districts, policy makers and parents.
 - For more information, visit http://www.cdc.gov/ncipc/dvp/electronic_aggression.htm
- ❖ **Boston's Children's Hospital: Adolescent Health Information**
<http://www.childrenshospital.org/clinicalservices/Site1916/mainpageS1916P0.html?CFID=18089087&CFTOKEN=722491e078874b34-C14884E2-BF95-45AB-4CFEE12D9C6AFADB>

Dental Health

- ❖ **American Dental Association** www.ada.org

Depression

- ❖ **Depression** <http://www.nlm.nih.gov/medlineplus/depression.html>

Disabilities/Special Needs

- ❖ **Birth to Three, Wisconsin** <http://dhs.wisconsin.gov/bdds/birthto3>
- ❖ **CDC** <http://www.cdc.gov/ncbddd/disabilities.htm>
- ❖ **Keep Kids Healthy** <http://www.keepkidshealthy.com/welcome/conditions/DevelopmentalDelays.html>
- ❖ **Medline Plus** <http://www.nlm.nih.gov/medlineplus/disabilities.html>

Drugs

- ❖ **Narcotics Anonymous** (www.wisconsinna.org)
- ❖ **National Drug and Alcohol Treatment Referral Routing Service** www.findtreatment.samhsa.gov
- ❖ **Substance Abuse and Mental Health Administration** <http://www.samhsa.gov>

Diabetes

- ❖ **American Diabetes Association** (<http://www.diabetes.org/home.jsp>)
- ❖ **Diabetes Care Coalition** (www.diabetesA1C.org) Interactive, motivating website for people with diabetes
- ❖ **Diabetes education in languages other than English** links:
 - National Diabetes Information Clearinghouse www.diabetes.niddk.nih.gov/dm/pubs/eating_ez
 - American Dietetic Association www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition.html
 - CDC www.cdc.gov/diabetes/NDEP/lang.htm
 - National Diabetes Educational Program www.ndep.nih.gov/diabetes/diabetes.htm
- ❖ **Learning About Diabetes, Inc.** (<http://www.learningaboutdiabetes.org>) a non-profit, charitable, educational corporation dedicated to providing:
 - Easy-to-read, low literacy, and very low literacy health education programs
 - Culturally sensitive foreign-language programs for those in need of health care information in their native language
 - Research on the role of art and design in creating effective health care communications.

Eating disorders

- ❖ **Medline Plus** www.nlm.nih.gov/medlineplus/obesity.html

Web Link Resources for MNHC 23Sept08

- ❖ **World Health Organization** www.who.int/topics/obesity/en
- ❖ **Medline Plus** www.nlm.nih.gov/medlineplus/eatingdisorders.html
- ❖ **National Institute of Diabetes, Digestive, & Kidney Diseases**
<http://win.niddk.nih.gov/publications/binge.htm>

Exercise

- ❖ www.americanheart.org/presenter.ihtml?identifier=1200013
- ❖ www.mayoclinic.com/health/exercise/HQ01676
- ❖ www.hsph.harvard.edu/nutritionsource/staying-active
- ❖ **National Institute of Health** http://www.health.nih.gov/result.asp?terms=exercise&disease_id=245
- ❖ **C. Everett Koop** <http://www.shapeup.org>

Fibromyalgia

- ❖ www.mayoclinic.com/health/fibromyalgia/DS00079

Heart

- ❖ **American Heart Association** (www.americanheart.org)
- ❖ **American College of Cardiology** <http://www.acc.org>

Hepatitis

- ❖ **CDC** www.cdc.gov/NCIDOD/diseases/hepatitis/a/index.htm

HIV/AIDS

- ❖ **CDC** www.cdc.gov/hiv/
- ❖ **Kaiser Family Foundation** Websites (www.kaisernetwork.org)
- ❖ **Mayo Clinic** www.mayoclinic.com/health/hiv-aids/DS00005
- ❖ **Medline Plus** www.nlm.nih.gov/medlineplus/aids.html
- ❖ **National Institute of Allergies and Infectious Diseases** <http://www.niaid.nih.gov/factsheets/hivinf.htm>
- ❖ **National Institute of Health** www.aidsinfo.nih.gov
- ❖ **United Nations AIDS** (<http://www.unaids.org/en/>). This website discusses prevention, treatment, and care of HIV. It also discusses the affected communities and the impact of HIV. There are many sub-categories of these areas to explore.
- ❖ **World Health Organization (WHO)** (<http://www.who.int/en/>).

Homelessness

- ❖ **Homelessness Resource Center (HRC)** <http://homeless.samhsa.gov/Default.aspx> Targeted toward providers who work with people who are homeless, the Web site shares state-of-the art knowledge, evidence-based practices, and practical resources. The Web site provides an interactive learning community for researchers, providers, consumers, and Government agencies at all levels.

Hypertension

- ❖ **Web MD** www.webmd.com/hypertension-high-blood-pressure
- ❖ **Medline Plus** www.nlm.nih.gov/medlineplus/ency/article/000468.htm
- ❖ **American Society of Hypertension** www.ash-us.org
- ❖ **CDC** www.cdc.gov/nchs/fastats/hyprtens.htm

Immunizations

- ❖ **Immunization Action Coalition** (<http://www.immunize.org>)
- ❖ **CDC 2008 Influenza** recommendations: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr57e717a1.htm>
- ❖ **CDC** (includes travel vaccine recommendations) <http://www.cdc.gov/vaccines/recs/acip/default.htm>
- ❖ **Wisconsin Immunization Registry** <http://dhfs.WIR.org>

Kidney

Web Link Resources for MNHC 23Sept08

- ❖ **National Kidney Foundation** <http://www.kidney.org>

Mental Health

- ❖ **Mental Health America of Wisconsin** (www.mhawisconsin.org)
- ❖ **Mental Health America of Wisconsin: Mental Health and Wellness Guide for Milwaukee County** (<http://www.mhamilw.org>)
- ❖ **National Alliance of Mental Illness (NAMI)**
http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/About_Mental_Illness.htm
- ❖ **Substance Abuse and Mental Health Administration** <http://www.samhsa.gov>
- ❖ **Depression** <http://www.nlm.nih.gov/medlineplus/depression.html>
- ❖ **Anxiety** <http://www.nlm.nih.gov/medlineplus/anxiety.html>

Men's Health

- ❖ **National Institute of Health** <http://www.health.nih.gov/category/MensHealth>
- ❖ **Substance Abuse and Mental Health Services Administration** <http://www.samhsa.gov>

Milwaukee

- ❖ **City of Milwaukee** www.milwaukee.gov Overview of resources in city of Milwaukee including Public Health News, Community Resources, etc.
- ❖ **Fighting Back** www.fbimilwaukee.com Fighting Back, Inc. aims to reduce substance abuse and provide drug, tobacco, and alcohol-free lifestyle options for youth in Milwaukee.
- ❖ **Impact 2-1-1** <http://www.impactinc.org/211/211.htm> Website information related to 2-1-1 hotline; a central access point for Milwaukee County residents who need assistance with family, health and social services.
- ❖ **Mental Health America of Wisconsin: Mental Health and Wellness Guide for Milwaukee County** <http://www.mhamilw.org>
- ❖ **Milwaukee Workers** <http://www.milwaukeeworkers.org> Information about jobs, insurance, transportation and child care
- ❖ **Milwaukee Lesbian Gay Bisexual Transgender Community Center:** www.mkelgbt.org
- ❖ **Milwaukee County Nutrition and Physical Activity Coalition**
<http://www.mcw.edu/display/router.asp?docid=12653>
- ❖ **Milwaukee Water Works** <http://water.mpw.net/1waterquality.htm> Information about safe drinking water and water quality in Milwaukee
- ❖ **Milwaukee Women Infant & Children (WIC)**
<http://www.milwaukee.gov/WICWomenInfantsampCh23783.htm>
- ❖ **One Milwaukee** <http://onemilwaukee.org> Information and resources for teen pregnancy in Milwaukee.

National

- ❖ **Public Health Foundation** (<http://www.phf.org>)
- ❖ **Healthfinders** (<http://www.healthfinder.gov>)
- ❖ **American Public Health Association** (<http://www.apha.org>)
- ❖ **US Department of Health and Human Services** (<http://www.os.dhhs.gov>)
- ❖ **Centers for Disease Control and Prevention** (<http://www.cdc.gov>)
- ❖ **Medline Plus, Health Information for You** (<http://medlineplus.gov/>) This site is like an encyclopedia of health information. It includes pictures and links to other sites. It is very useful!
- ❖ **National Heart, Lung and Blood Institute** (<http://www.nhlbi.nih.gov/index.htm>) Site includes information on hypertension, cholesterol, asthma, obesity, sleep and more. Some highlights include recipe books such as "Heart Healthy Cooking, African American Style" and "Keep the Beat, Heart Healthy Recipes"

Nutrition Links

- ❖ **Breast Feeding** <http://www.nlm.nih.gov/medlineplus/breastfeeding.html>

Web Link Resources for MNHC 23Sept08

- ❖ **Center for Disease Control** <http://cdc.gov/nccdphp/dnpa/nutrition/index.htm>
- ❖ **Center for Science in the Public Interest** (<http://www.cspinet.org>) CSPI is an independent nonprofit consumer health group
- ❖ **Dietary Approaches to Stop Hypertension (DASH diet)** (http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)
- ❖ **Diet and Cancer** (<http://www.dietandcancerreport.org>) 500 page report on Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective.
- ❖ **Food pyramid** (<http://www.mypyramid.gov>)
- ❖ **Got Mom** (<http://www.gotmom.org>) was created by the American College of Nurse-Midwives and offers information about breastfeeding and other resources for mothers and families.
- ❖ **Lactation Consultants** <http://www.breastfeeding.com/directory/states/wisconsin.html>
- ❖ **La Leche League** (<http://www.lalecheleague.org>) Great site for mothers who are breastfeeding or want to learn more about breastfeeding. Topics ranging from general breastfeeding topics, Maternal breastfeeding issues, infant/child breastfeeding issues, family issues, and locations of La Leche centers. It also offers a link to ask questions to a lactation consultant and talk with other mothers who are breastfeeding.
- ❖ **National Agriculture Library, Food and Nutrition Information Center** <http://www.nutrition.gov>
- ❖ **SHARE Food Program** (www.share.org)
- ❖ Interactive chat: Barb Troy, a clinical assistant professor in dietetics at Marquette University, answers questions about eating, dieting and nutrition in her monthly JSONline chat. Chat appeared on JSONline, Sept. 3, 2008 <http://www.jsonline.com/story/index.aspx?id=790729>
- ❖ **WIC (Women, Infant and Children), Wisconsin** <http://dhs.wisconsin.gov/wic/>

Obesity

- ❖ **Kids Health** http://kidshealth.org/teen/food_fitness/dieting/obesity.html
- ❖ **Medline Plus** www.nlm.nih.gov/medlineplus/obesity.html
- ❖ **World Health Organization** www.who.int/topics/obesity/en

Parenting

- ❖ **Attachment Center** (<http://www.attachmentcenter.org>) Education, treatment, & research for children with attachment disorders
- ❖ **Bonding with Baby** (<http://www.bondingwithbaby.org>)

Prevention

- ❖ **Safe Living Guide: A guide to Home safety for seniors** <http://www.phac-aspc.gc.ca/seniors-aines/pubs/safelive/index.htm>
- ❖ **Fall Prevention** www.coalitions.fallsfree.org

Primary Care

- ❖ **Wisconsin Primary Health Care Association** www.wphca.org

Professional

- ❖ **National Association of Nurse-Practitioners in Women's Health** <http://www.npwh.org>
- ❖ **Wisconsin Association for Perinatal Care and the Perinatal Foundation** <http://www.perinatalweb.org> Perinatal health care professional & consumers information
- ❖ **National Association of Pediatric Nurses and Practitioners** Error! Hyperlink reference not valid.
- ❖ **American Academy of Pediatrics Publications** <http://pediatrics.aappublications.org>
American Academy of Pediatrics Publications
- ❖ **American Academy of Pediatrics** (<http://aap.org>)
- ❖ **American Journal of Nursing** (<http://www.ajnonline.com>)
- ❖ **American Academy of Nurse-Practitioners** <http://www.aanp.org/AANPCMS2>
- ❖ **ANA** <http://www.nursingworld.org>

Web Link Resources for MNHC 23Sept08

- ❖ **Association of Women's Health Obstetric and Neonatal Nurses (AWHONN)** <http://www.awhonn.org/awhonn>
- ❖ **Sigma Theta Tau** <http://www.nursingsociety.org/default.aspx>
- ❖ **National Institute of Nursing Research** <http://www.ninr.nih.gov/>
- ❖ **UCSF Internet Resources for Nurse Practitioner Students** <http://nurseweb.ucsf.edu/www/arwwebpg.htm>

Senior Health

- ❖ **Area Agencies of Aging** <http://dhs.wisconsin.gov/aging/contacts/coagof.htm>
- ❖ **Aging Disability Resource Centers** <http://dhs.wisconsin.gov/lcicare/Generalinfo/adrcontactlist.pdf>
- ❖ **National Institute of Health** <http://www.health.nih.gov/category/SeniorsHealth>

Smoking

- ❖ **CDC** www.cdc.gov/tobacco
- ❖ **American Heart Association** www.americanheart.org/presenter.jhtml?identifier=4545
- ❖ **Wisconsin Tobacco QuitLine** <http://www.ctri.wisc.edu/quitline.html>

Spiritual Health

- ❖ **Family Doctor** <http://familydoctor.org/online/famdocen/home/articles/650.html>
- ❖ **National Center for Complementary and Alternative Medicine** http://nccam.nih.gov/news/newsletter/2005_winter/prayer.htm

STD

- ❖ **CDC** www.cdc.gov/STD

Stroke

- ❖ **American Vascular Association** http://www.vascularweb.org/professionals/AVA_Foundation/index.html
- ❖ **National Stroke Association** <http://www.stroke.org/site/PageNavigator/HOME>
- ❖ **National Institute of Neurological Diseases and Stroke** <http://www.ninds.nih.gov>

Women's Health

- ❖ **American College of Nurse-Midwives** <http://www.acnm.org> "Share with Women" handouts
- ❖ **Lactation Consultants, Wisconsin** <http://www.breastfeeding.com/directory/states/wisconsin.html>
- ❖ **National Institute of Health** <http://www.health.nih.gov/category/WomensHealth>
- ❖ **ACOG** <http://www.acog.com>
- ❖ **British Journal of Midwifery** <http://www.britishjournalofmidwifery.com>
- ❖ **Dancing Thru Pregnancy®, Inc.** <http://www.dancingthrupregnancy.com>
- ❖ **DONA (doula)** <http://www.dona.org>
- ❖ **International Cesarean Awareness Network** <http://www.ican-online.org>
- ❖ **Maternity Center Association** <http://www.maternitywise.org>
- ❖ **Bright Futures for Women's Health and Wellness (BFHW)** tools have been developed by the U.S. Department of Health and Human Services, Office of Women's Health and can be accessed at <http://www.mchlibrary.info/BFHW.html> . Materials are available in Spanish and English.