

Stand by for realtime captioning.

>> Can everyone hear me?

>> Thank you. We will get started in a five minutes.

>>

>> One last sound check and then we will start.

>> In sickness and in health, U.S. government resources can protect your health and help when you are sick. Let me read a little bit, you may have heard this before. Jane is the coordinator, federal government information and docket. She has 40 years of experience in the library field. She started as a public librarian, moved into school libraries, taught for six years at graduate school, worked as director of library of post secondary location school and arrived at her current job in 2007. She fell in love for the world of government documents and has taken on the special task of promoting documents that exist in other languages and especially Spanish as 1% of her users are native Spanish speakers. Before we get started, I will walk you through a few housekeeping tips. If you have any questions or comments on the presentation, hoping to chat them in the chat box located in the bottom right corner of the screen. I'll keep track of questions that come in and at the end, I will read them back.

>> We are recording today's session. We will email a link to everyone who registered for this webinar. We will send you a certificate of participation and email you used to register for today's webinar. If anyone needs additional certificate because multiple people watched the webinar together, please email outreach and include the title of today's webinar along with names and email addresses of those needing certificates. If you need to zoom in on the slides being shown, you can click on the full screen button on the bottom left side. To exit, NASA -- mouse over the blue bar and then click on the blue return button to get that to default. At the end, we will share webinar satisfaction survey. We will let you know when the survey is available and the URL will appear in the chat box. We would appreciate your feedback after the session is through.

>> Please keep in mind to reserve your comments about visitation and style and the value of the webinar or the survey and use the chat box for questions you would like to ask and to report technical issues.

>> With that, I'll hand it over to Jane.

>> Good afternoon. You who have been following the long-term hurricane situation in Puerto Rico, I'm happy to report that as of Monday, the University where I work are back to full air-conditioning everywhere. First time in 11 month. I am finally sitting in air-conditioned comfort. And virtually hundred percent of Puerto Rico has its electricity back. For those who have followed the situation, life is continuing to improve for us.

>> Let's get started. Those who have ever been to a wedding or are married, will realize that I stole my title from the wedding vows. U.S. government resources can protect you. Let's get started on what some of those resources are and where you can find them.

>> Let's talk about, how can you find out what the health status of U.S. is? How can you look at it compared to other states, how can you look at it compared to other countries and the place to do that is that healthy people.gov. I will share my screen so we can go to the site for minute. We can take a look at what is there. You should be seeing the main page for healthy people.gov.

>> It's the site where the government is developing objectives for the health of the U.S., provides data about health in the U.S. And also provide webinars an event you can listen to. Take a look at what some of the topics are.

>> You can see a wide range of topics and provide information on all of these areas within the U.S. Some, there are a number of new topics recently that there. Let's take a look at older adults. I'll put myself in that category. Let's look. What you see when you click on one of the topics, with the goal of healthy people.gov is in terms of improving the health of aging Americans. You also get an overview

with statistics about the number of people in the U.S. were over 65 years old. A list of common -- common chronic conditions. Basic information on the health of older Americans. You also find objectives for what healthy people.gov has said our objectives for the year 2020 in terms of United States population.

>> You can also find actual data within healthy people.gov including state-level data maps. You can learn how to use state level data maps and find your state and go to the information. That's just a brief overview at the site which is a good starting point for information on general health and objectives the government has set about the health of people in the U.S.

>> Now going back to our slideshow.

>> Another place to get health data and information is the address here from the CDC. This is the national Center for health statistics. Right now, I want to go to that one but later if you get a minutes, I will come back and head for that well so let's go on. This is an example I pulled out of healthy people.gov. And info graphic, there are many infographics on different topics you can look at. This particular one has to do with physical activity, nutrition and obesity. Something a lot of us may struggle with and has information on one of the interesting things. Their disparities by educational level. Those who are college educated are in better physical condition and engage in more physical activity than those who don't. Males are better at it than females. Where else can you find statistics on health? The U.S. has a national Institute of health statistics which is part of the CDC. Also within the U.S. Census Bureau, there's a specific area for help topics and health data. Let's take a look at both of these. I will share my desktop again. We will go to the CDC and take a look. This is a national Center for health statistics within the CDC. They provide, this is the area that tells you how they collect data, what data is available and there's public use data files that anyone can restrict. There is restricted data mistreated to people doing specific research. Their data tools you can learn to use for working with data. There also programs and partnerships and services which the CDC provides including a research data center. There's a classification of diseases and disability you can access. There's international statistics program it will give you international statistics. Within this national Center for health statistics, there also lists of topics which include diseases and conditions, infections, family life, healthcare and insurance and a number of others. If I would just, let's take a look at family life, in this case, the should be statistics on marriage and divorce. This will give you the number of urges in the U.S., the marriage rate, the divorce rates and if you would like more and detailed data, there are numerous places to link to get that data and information from the national Center for health statistics from the CDC.

>> One of the interesting publications that comes out of the government is the national vital statistics reports. You can see the cover up one here, you can see an old newspaper announcement. I look as I was doing this for old, fun and interesting previous publications and posters. The national vital statistics reports come out during each year and they cover different topics. Causes of death, infant mortality, there's also one on pregnancy care and rates. This assisted care, only 77.1% of the women who had children in 2016 got prenatal care before their three months pregnant. That's something that could be improved.

>> One of the place to go for general health information is held.gov. They say health, literacy and peer condition are key to improving health and the quality of healthcare.

>> Held.gov is less research and academically oriented and more oriented towards the needs of the general population and include topics such as food and nutrition, physical activity, health literacy, health care quality, any which you can access it I will take a look today at health literacy. Within here, you find things like a toolkits you can order or download. About immunizations, and vaccines. You can find out about health literacy online. There's health illiterates care model. There's information that's useful at a more general level to provide information for your library users and population.

>> Back we go again.

>> Sickness. What I found when I looked for health and sickness, when I search for health within USA.gov, I found lots of general sites that have to do with help. When I search for sickness, I didn't find

any general sites. I found a lot of references to specific sites. Including couple here. You have to forgive me for saying information ex you are. It probably doesn't but I believe the more information you have about your illness or health, the better prepared you are to deal with it. Now it's take a look at different specific agencies that provide different information on health and illness. One is health and human services. Specifically, with information on laws her house and other things about poverty guidelines that have to do with health and sickness. Let's take a look at Health and Human Services. You should be seeing --[Silence]

>> Jane, you just cut off. Can the audience hear me?

>> Jane, you had cut off go if you could repeat the last minute of what you said. Thank you.

>>[Silence]

>> Jane, you drop -- you dropped off again.

>> We have a problem. Jane has dropped off. Hopefully the audience can hear me.

>> I apologize for the inconvenience, Jane, it appears your audio has been disconnected. Please go up and click on audio and audio conference. Once you click on that, I should give you the other phone number to dial in.

>> I am back. We will look at Health and Human Services on poverty in children. I will go to Health and Human Services now so you can see the website and see what information is there. You should now be seeing my website and desktop. He should be seeing the Health and Human Services website. This is a very clear sight in terms of the search boxes. You can visit look for information you provide information on how Health and Human Services helps with disaster recovery. It also provides information on basics over here on head start school readiness programs, poverty guidelines so it's a relatively easy site to use and search. I will go to the head start program so you get a look at where that takes you.

>> I'll put in here Puerto Rico just to see if it works. If it doesn't, then I will choose another states.

>> It does. Use all the locations. I will sing the praises of Headstart a little bit here. Now you have an idea of what you can find. I will go back to the slideshow. The Veterans Administration also provide information in particular for veterans on health and hospital and clinics. And centers they have within the United dates. Now I'm going to the CDC.

>> I put a little note there. It's the thing that saves us some things that go bump in the night. Things that scare us. Like a bad flu epidemic or Zika or other strange diseases. The CDC also does a lot of other things that are not as exciting or scary in terms of health in the U.S. Let's take a look at the CDC. He should be seeing the main page of the CDC. Which refines information on all kinds of diseases and conditions. Healthy living sites, if you will travel, they give information about where you will travel. They give destinations, travel notices, disease directory, the yellow book which is a scary book of information about all kinds of diseases and places to visit. Let's take a look at travel notices. You can search by country or disease name and you will get a level I, level II or three warning if you intend to travel in the place. You can search for Puerto Rico. And see what it tells us. It's giving me Zika and travel advisory. It's a problem here. I'm hoping warning levels is at for Puerto Rico right now. Let's see if I can find. Here's a warning level III where there is a health infrastructure. Here's a warning level two which would be take precautions. Three, it's better not to go there. To -- two has polio and Papa New Guinea, Deacon Aruba, all the Koreans have it at the moment. You will need to avoid the mosquitoes. Sure I keep going, I will find in Puerto Rico somewhere. I guess Puerto Rico isn't in there. If you're planning to travel somewhere in York's earned about what might be there in terms of health. The CDC provides travel health notices. They also provide fun things like hand foot and mouth disease and tuberculosis and wildfire smoke and this little thing that says outbreaks, if you want to know what sort of food out rakes there are, there it is.

>> If you want information about outbreaks on current illnesses being caused by food, that's also here at the CDC. Down here, if you keep going, the CDC publishes one of the scariest the most interesting publications out of the government. Morbidity and mortality weekly reports which is exactly what it says. This gives you statistics on death also gives you statistics on current problems happening within

the U.S. that had to do with mortality. For instance, opioid use. Foodborne illness, recommendations and reports. It's useful tool. One researcher has me send this to her every way. It's a useful publication for those who may have researchers at your library who do any kind of research in the health else. It's an interesting and useful publication. Is so so little about what the CDC does.

>> The National Institutes of Health. The U.S. government umbrella agency for health information and research. This is the umbrella for the national Library of medicine, for any research you are looking for grant possibilities. It's where you will want to go.

>> Let's take a look. This is the homepage. As you see, they provide an amazing range of information. Health information which includes wellness toolkits, news, MEDLINEplus. A publications list. If you're interested in what does the national Institute of health publish? Here's the list. You can put in title, keyword, what are you looking for? This is one way to get looking for library patrons speak other images, this is one way to find the information, to go to publications and do a search for that information. What else is here? If you're at a university library and you have researchers looking for funding, this is where they go. Let's take a look at the grants homepage. Find funding, how to apply. If any of you out there thinking this is really hard, it is but we have young research -- researcher who has received her second national institutes for health grant to investigate issues here. It's possible to get the funding. All the information your researchers may need about looking for grant. Learn the basics, application, how to apply. It takes a while to get through but the information is here.

>> If there's somebody out there who knows all of these, I would like to know because it's a big list of initials and these are all institutes that form part of the umbrella. I'm just going to choose one to click on and see what it is. When you get here, you get information on regulations, clinical trials, the latest science, drug abuse, warnings from the FDA. Ways to find treatment. If you're looking for a way to participate in a research study. That's just one of the umbrella Institute that exists under the national institutes of health. This would make a fine webinar to explore all of these different institutes that were here. Here's the list go a gives you all the different institutes that it missed. If you want to take a look at any of them, here they are. At this point, I hope you're all saying, wow, the amount of information on health and illness is actually overwhelming, there's so much information. Except, MEDLINEplus. It's a great place to find general health information, videos, definitions, it's really easy to switch to Spanish and look information. Let's take a look. Here we go. Some of the videos are really entertaining. Lab test, there's a medical encyclopedia can search for information. Here for those with Spanish-speaking clients, this is the button that will change this test manual. Here it is in Spanish. This the same site with the same information. I'm going to click on health topics you get an idea of what is here in another language.

>> What else is in there? Drugs and supplements so you can look up medicines you are taking. A medical encyclopedia can search for definitions MEDLINEplus site done by the national Institute of health to provide accurate, reliable health information for the public. You can access MEDLINEplus magazine which is a monthly publication on various medical topics. I urge you to explore this. If you have library patient to speak Spanish, export a little in Spanish also. Back we go. A little bit, I always get in a little information about how do you find information in other languages? I put two things, we have just been 10 MEDLINEplus. You will find information in Spanish. If you need information, the easiest way to get it is to go to USA.gov and put in your search. Health information and other languages. Numerous other languages will appear. I put it information about specific diseases. These are in full graphics posters that are just examples of what the government puts out. One is on the number of cancer cases, one is on avoid the flu. One is, mosquitoes read disease. These are just examples of the kind of visual information you can also find health information with in any of these websites. Finally, a couple of local governments examples. One is the Tennessee state government site. If you go to USA.gov and you put in states and local health information, there'll be information from virtually every states, there'll be information from local cities that the city government publishes lots of information. Just to look at it, I will go to the Puerto Rican Department of Health. Another example of information in another language. This is the site

for the Puerto Rican Department of Health. And things it provides. Services to citizens which include a directory of hospitals which include information about the WIC program which include information I can get a discount card and use an express line from being over 60. Information about conditions that are important in Puerto Rico. Including this one says disasters. Let's take a look. This is a link to being prepared for disasters. Types of emergencies that will occur, emotional help after a disaster, links and information about protecting yourself against mosquitoes and diseases. There's information about influenza, hurricane Maria. We do have the flu in the tropics.

>> Information about hospitals, health regions. This is pretty typical for what you will find. It's worth taking a look to see what you find because there's good information out there at the state and local level. That should take me to my last slide which says thank you for your attention and are there any questions? I think, despite the phone glitch, we have a little time for questions.

>> Inky. Are there any questions? Julie put a link and.

>>> Looks like she found a link for Puerto Rico.

>> Inky. Any questions for Jane? You're mentioning, we had people national Library of medicine a little while back.

>> Inc. they have done at least two webinars that were really good.

>> That was very reasons. Check that out. Corey will put in a satisfaction survey. Jane has done many great webinars go back and check the archive. LV up there in a second. You give those links look. Also, Corey if you want to know more about the Academy, we do all these webinars and conferences and all kinds of training. That's an article, give that a look when you get a chance for more detail. That see if we have any more questions. I'm going to go into my wrap up comment. We still have time for questions. Please keep those coming. I would like to think Jane once again, terrific webinar as always. Jane will be doing a webinar in September among others to talk about how human the audience can to a webinar for us and Jane will give you tips and tricks. I would like to thank my colleague for keeping everything running smoothly. Don't forget our upcoming webinars. We have two more scheduled for August. The next is next Tuesday. Intended through -- entitled through an extended lens. That's put on by regional at LSU. We also have an October, much more webinars, our fall conference and new depository librarians Institute. You will see notice of all of our upcoming webinars when they are announced. From the Academy webpage linked in the bottom of the homepage, you can view a calendar of upcoming webinars, access pass webinars and link to a volunteer to present. Don't let Jane do all the webinars. There people who can do great ones. Things presented on a local or library level.

>> Let's check and see if we have any other questions. When there are no questions, it means you have covered all the bases.

>> Thank you, there's so much thereon anyone of agencies they could all be a webinar on their own.

>> It looks like the audience is quiet today. It is very help full. Last chance for questions, anyone have any questions? Another shout out from Diane. Was a great presentation. Spill have -- distill a moment or two for questions. We will close things out today. Jane will be back for more webinars. Keep an eye on our calendars. Please come back to the Academy for more webinars. Have a great rest of the day. Thank you.

>> Goodbye.

>>[Event Concluded]