

In Sickness and In Health:

U.S. Government Resources Can Protect
Your Health and Help When You're Sick

Jane Canfield
Coordinator
Federal Government Information Center
Pontifical Catholic University of Puerto Rico
Encarnación Valdés Library
787-841-2000 ext 1806
787-348-5151 cellular
jcanfield@pucpr.edu



HEALTH STATUS

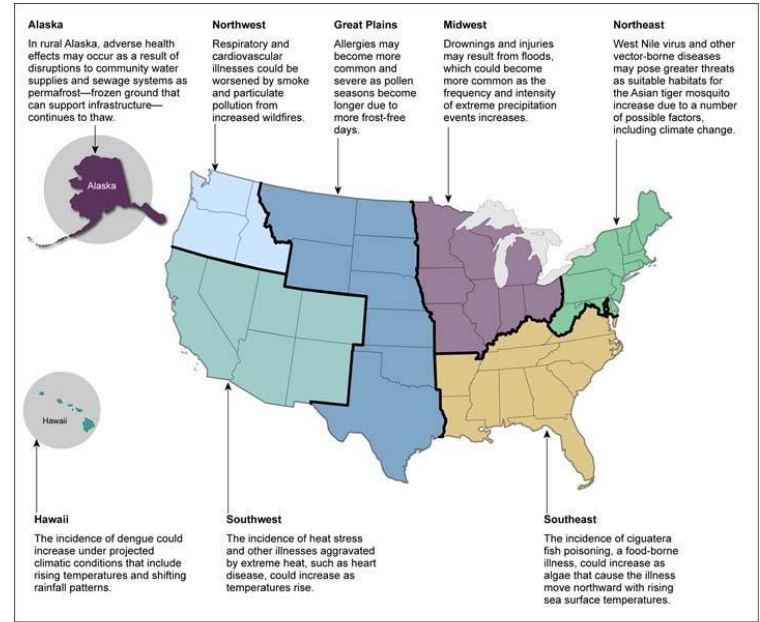
HealthyPeople.gov



CITIZENS OF THE UNITED STATES

<https://www.healthypeople.gov/>

<https://www.cdc.gov/nchs/data/hus/hus16.pdf>

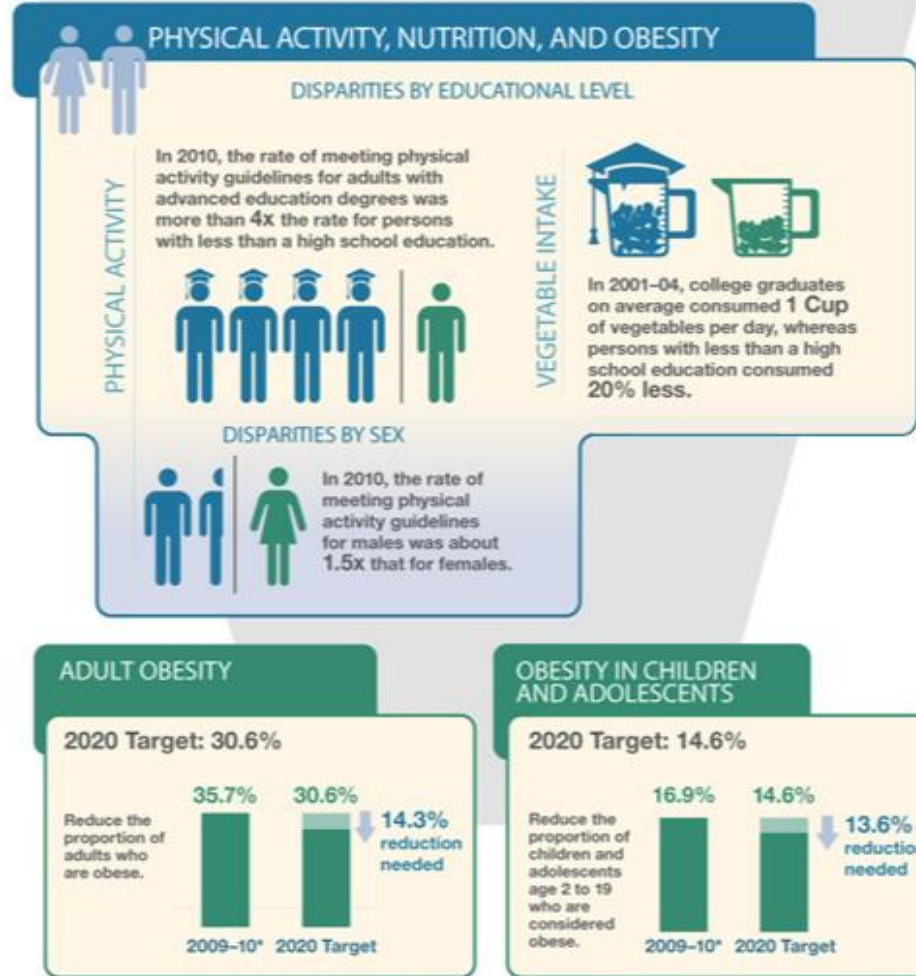


Sources: GAO analysis of U.S. Global Change Research Program's third National Climate Assessment; Map Resources (map). | GAO-16-122

EXAMPLE FROM

<https://www.healthypeople.gov/>

Information on adult
and child obesity



* Target is based on a 4-year estimate, and the most recent (2009-2010) 2-year estimate will be replaced by a 4-year estimate later in the decade.

STATISTICS ON HEALTH

National institute of Health Statistics

<https://www.cdc.gov/nchs/index.htm>



National Health Interview Survey

New online dynamic report on key health indicators

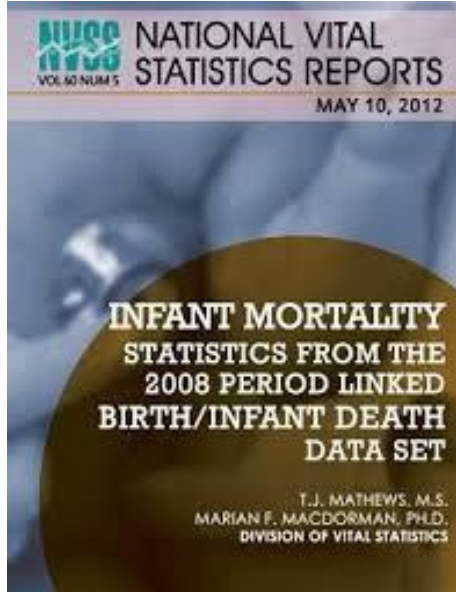
<https://www.census.gov/topics/health.html>



EXAMPLES OF INFORMATION FROM

National Vital Statistics Reports

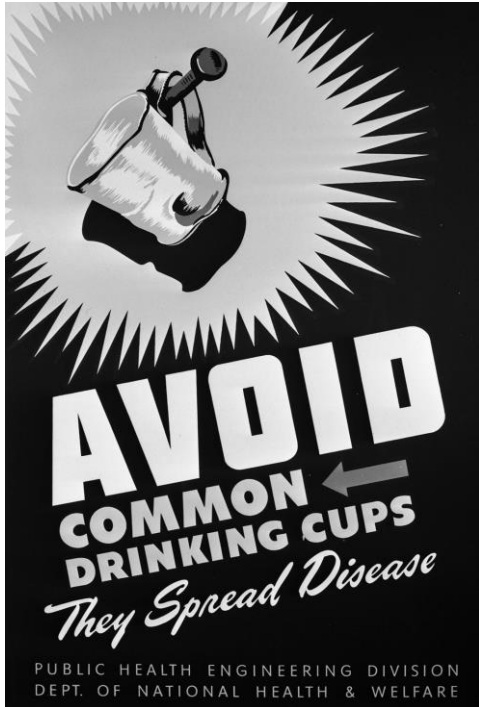
Volume 67, Number 3
May 30, 2018



Overall, 77.1% of women who gave birth in 2016 initiated prenatal care in the first trimester of pregnancy; 4.6% began prenatal care in the third trimester, and 1.6% of women received no care at all.

HEALTH

Finding the Resources



<https://health.gov/>

Health literacy and clear communication between health professionals and patients are key to improving health and the quality of health care.



SICKNESS

Information makes you well

A search for illness/sickness in usa.gov results in numerous references to various diseases and illnesses. A few examples follow:



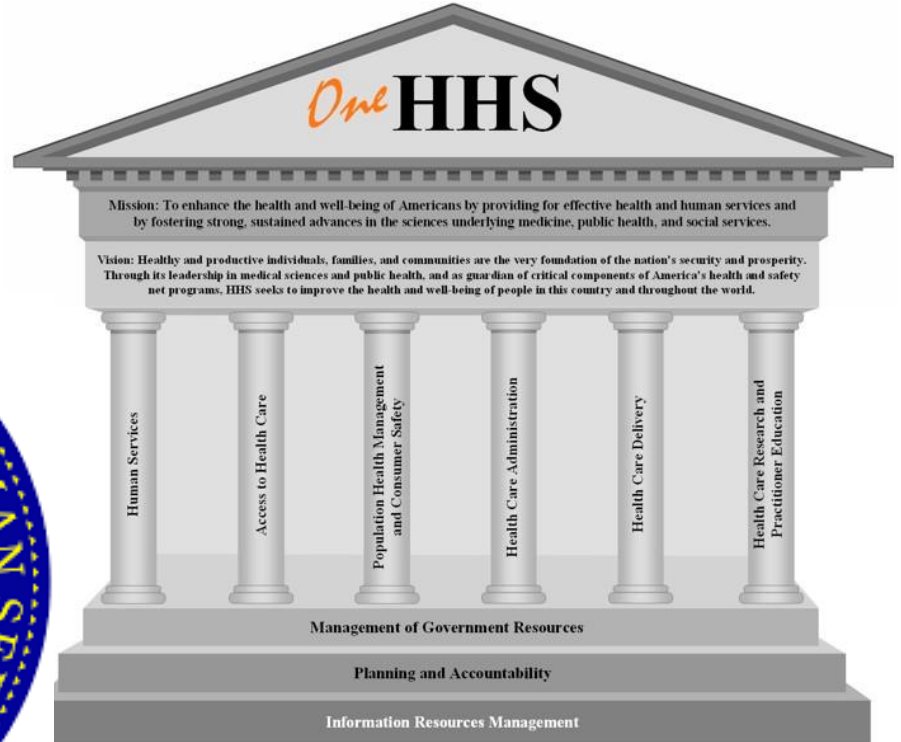
<https://www.cdc.gov/disasters/extremeheat/warning.html>

<https://medlineplus.gov/copingwithchronicillness.html>



<https://www.hhs.gov/>

Information on HIPAA and on
poverty guidelines



<https://www.va.gov/>

VA operates the nation's largest integrated health care system, with more than 1,700 hospitals, clinics, community living centers, domiciliaries, readjustment counseling centers, and other facilities.



VA

U.S. Department
of Veterans Affairs

<https://www.cdc.gov/>

CDC [works 24/7](#) to protect America from health, safety and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease



The CDC
saves us from
the things that
go bump in the
night

<https://www.nih.gov/>



**National Institutes
of Health**

The umbrella agency for
health information and
research

<https://medlineplus.gov/>

The place to find general
Health information and videos
This site can easily be changed
to Spanish



INFORMATION IN OTHER LANGUAGES

<https://medlineplus.gov/spanish/healthtopics.html>



Lea sobre síntomas, causas, tratamientos y prevención de más de 960 enfermedades, condiciones y temas de bienestar.

Search usa.gov for health information in other languages

<https://search.usa.gov/>



SPECIFIC DISEASES AS EXAMPLES



Avoid the Flu

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Clean your hands
- Avoid touching your eyes, nose or mouth

Information obtained from CDC.gov

Mosquitoes spread diseases, including Dengue, Chikungunya and Zika

Know how to protect yourself, especially when traveling to warmer regions:

- Use insect repellent
- Use air conditioning or window/door screens
- Wear long-sleeved shirts and long pants

Pregnant?

Warning: Zika might be linked to birth defects

- There is no vaccine to prevent Zika virus infection
- Daytime is most dangerous for bites, but they can also bite at night.
- Mosquitoes that spread Zika and other diseases are aggressive daytime biters.

If you've recently traveled to the American tropics:

- Watch for fever with joint, muscle, or eye pain, or a rash in the next 2 weeks.
- If you get sick, see a doctor.

STATE AND LOCAL INFORMATION EXAMPLES



<http://www.salud.gov.pr/Pages/Home.aspx>

**Tennessee
State Government**

<https://www.tn.gov/health.html>

Thank you for your attention!

