Evaluating Health Information on the Internet
Selected Resources and Checklists

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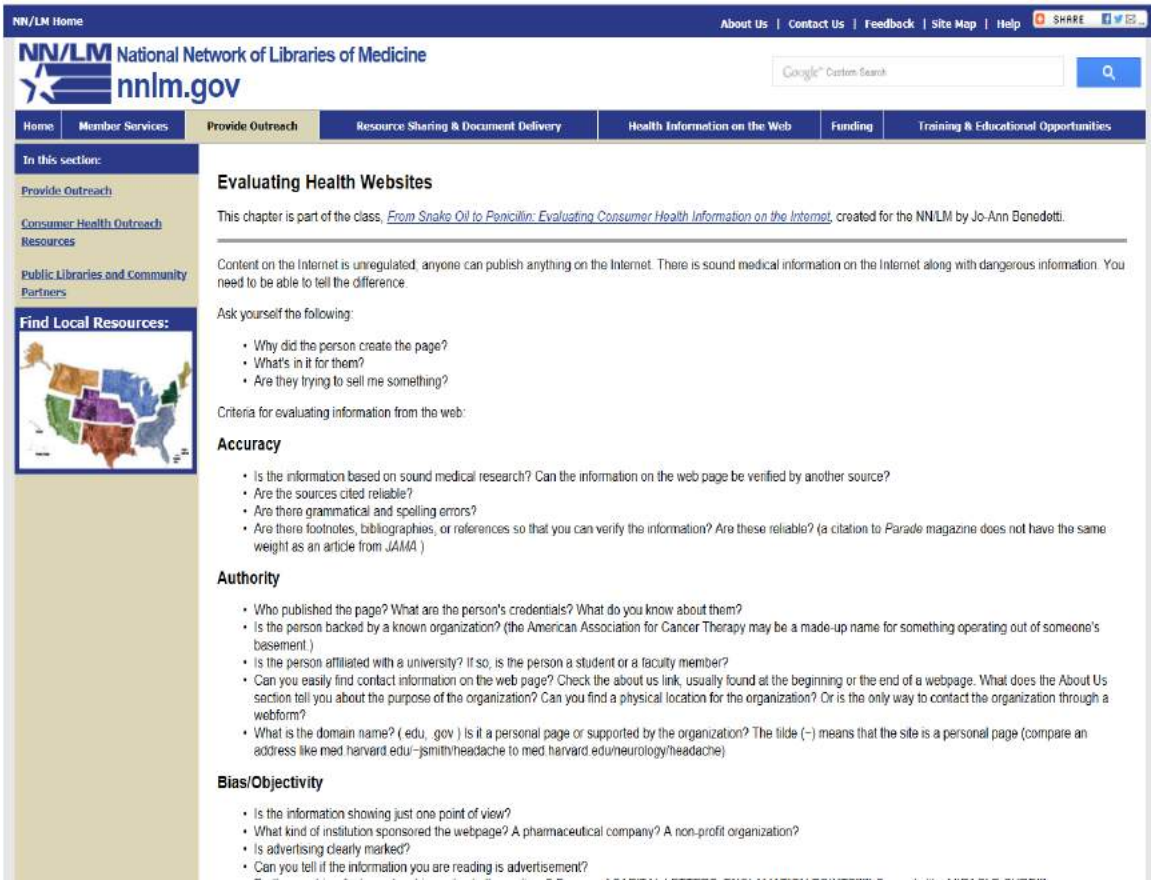
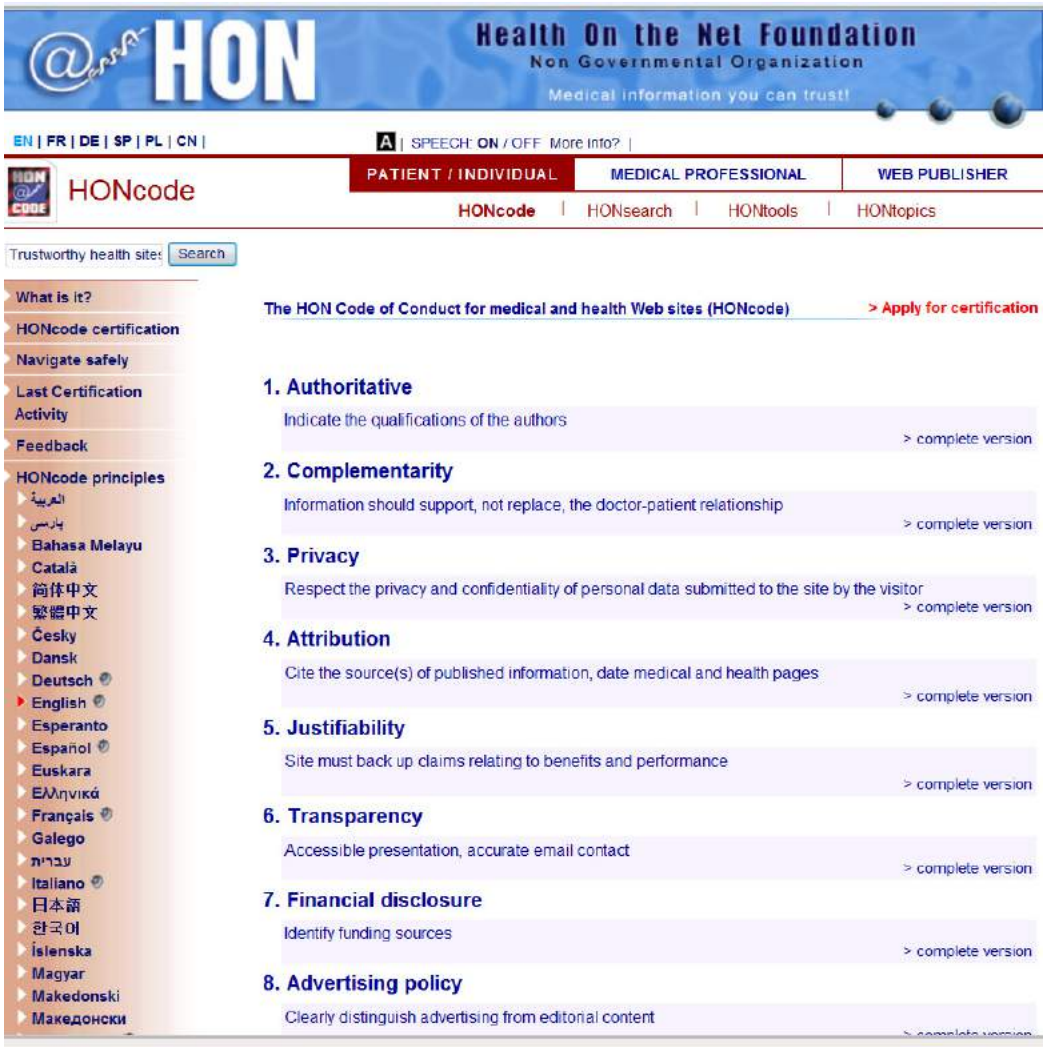
February 27, 2014

MedlinePlusTutorial at
http://www.nlm.nih.gov/medlineplus/webeval/webeval.html



National Network of Libraries of Medicine(NNLM) page
http://nnlm.gov/outreach/consumer/evalsite.html



Health On the NET (HON) page
http://www.healthonnet.org/HONcode/Conduct.html

Selected CHECKLISTS

✓ NIH Office Dietary Supplements
http://ods.od.nih.gov/Health_Information/How_To_Evaluate_Health_Information_on_the_Internet_Questions_and_Answers.aspx

Questions and Answers for evaluating health information on the Internet including Key Points

✓ NCCAM Finding and Evaluating Online Resources on Complementary Health Approaches
http://nccam.nih.gov/health/webresources

Includes sections on key facts, what to keep in mind, finding information on the Internet, how to start, questions to ask when evaluating a health-related site, and key references for more Information

✓ Website Evaluation Checklist (Albany College of Pharmacy)
http://library.acphs.edu/PDFs/Website%20Evaluation%20Checklist.pdf

A yes or no checklist that covers all the points to consider

✓ Consumer Health Web Site Evaluation Checklist (University of Michigan) http://www-personal.umich.edu/~pfa/pro/courses/EvalPtEd.pdf

A more detailed checklist for evaluating a consumer health web site

Additional Internet Search Hints
Marcia Zorn, MA, MLS

Our goal: Help you as intermediaries or "knowledge brokers". This is traditional the role of librarians; but we know that information dissemination is always best done in a community, especially communication for change. So my role is to provide tools to facilitate knowledge transfer to community through you as community health workers.

Health.gov is a good source for Population Health. For example, statistical information about the Affordable Care Act and Asian-American population.
http://www.hhs.gov/healthcare/facts/factsheets/2012/05/asian-americans05012012a.html

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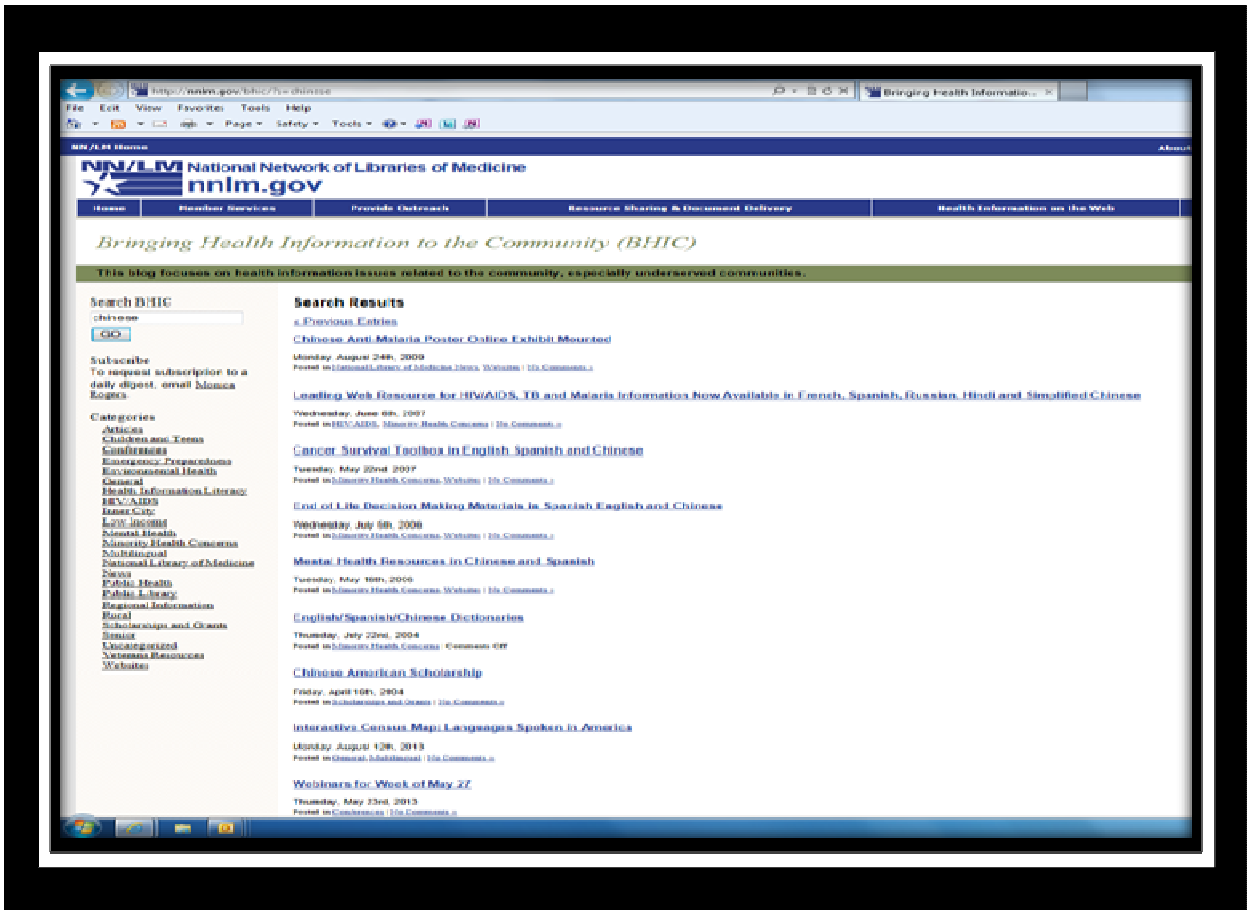
Community Resources

BHIC (Bringing Health Information to the Community) – great for finding out about community and national resources. A blog by and for community health librarians
http://nnlm.gov/bhic/



National Network of Libraries of Medicine

nnlm.gov

Home	Member Services	Provide Outreach	Resource Sharing & Document Delivery	Health Information on the Web	Funding	Training & Educational Opportunities

Bringing Health Information to the Community (BHIC)

This blog focuses on health information issues related to the community, especially underserved communities.

- Search BHIC

  Search: chinese GO

- Subscribe

  To request subscription to a daily digest, email Monica Rogers.

- Categories
  - Articles
  - Children and Teens
  - Conferences
  - Emergency Preparedness
  - Environmental Health
  - General
  - Health Information Literacy
  - HIV/AIDS
  - Inner City
  - Low Income
  - Mental Health
  - Minority Health Concerns
  - Multilingual
  - National Library of Medicine News
  - Public Health
  - Public Library
  - Regional Information
  - Rural
  - Scholarships and Grants
  - Senior
  - Uncategorized
  - Veterans Resources
  - Websites

Search Results

Chinese Anti-Malaria Poster Online Exhibit Mounted
Monday, August 24th, 2009
Posted in National Library of Medicine News, Websites | No Comments »

Leading Web Resource for HIV/AIDS, TB and Malaria Information Now Available in French, Spanish, Russian, Hindi and Simplified Chinese
Wednesday, June 6th, 2007
Posted in HIV/AIDS, Minority Health Concerns | No Comments »

Cancer Survival Toolbox in English Spanish and Chinese
Tuesday, May 22nd, 2007
Posted in Minority Health Concerns, Websites | No Comments »

End of Life Decision Making Materials in Spanish English and Chinese
Wednesday, July 5th, 2006
Posted in Minority Health Concerns, Websites | No Comments »

Mental Health Resources in Chinese and Spanish
Tuesday, May 16th, 2006
Posted in Minority Health Concerns, Websites | No Comments »

English/Spanish/Chinese Dictionaries
Thursday, July 22nd, 2004
Posted in Minority Health Concerns | Comments Off

Chinese American Scholarship
Friday, April 16th, 2004
Posted in Scholarships and Grants | No Comments »

Interactive Census Map: Languages Spoken in America
Monday, August 12th, 2013
Posted in General, Multilingual | No Comments »

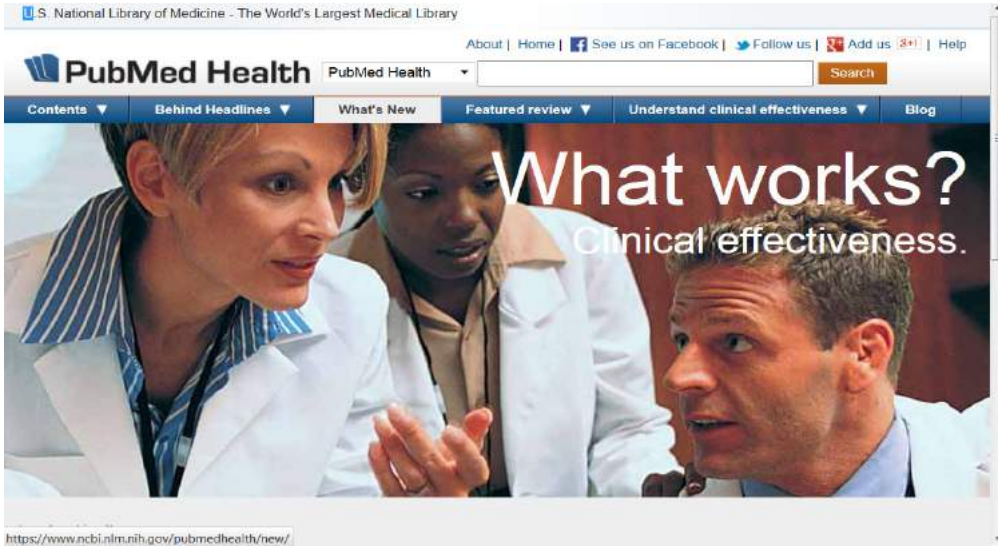
Webinars for Week of May 27
Thursday, May 23rd, 2013
Posted in Conferences | No Comments »

The Health Care Law and You: Translated in 10 Asian and Pacific Islander Languages
Thursday, May 16th, 2013
Posted in Health Information Literacy, Multilingual, Websites | No Comments »

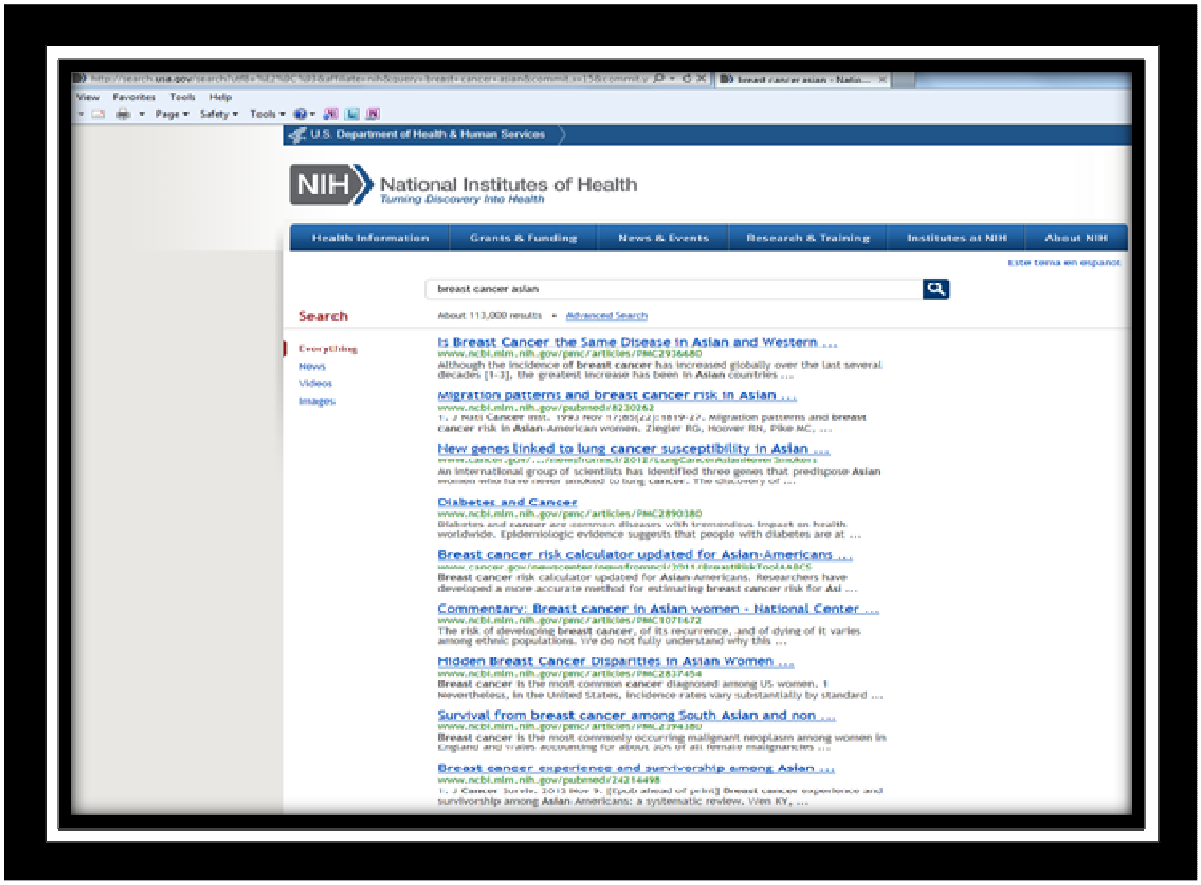
Clinical Research

PubMed Health – from the NLM National Center for Biotechnology Information (creators of PubMed) is peer reviewed and evidence base information only

https://www.ncbi.nlm.nih.gov/pubmedhealth/



National Institutes of Health
NIH health page http://health.nih.gov/ .



HINT: Stick with Federal sites or use your evaluation skills to determine the value of non-government sites!

http://www.cdc.gov/minorityhealth/populations/REMP/asian.html

CDC http://www.cdc.gov/minorityhealth/populations/REMP/asian.html

Cancer

Hint: Search Google for nci site:.govasian

National Cancer Institute, part of the National Institutes of Health

- Asian and Pacific Islander Web Tool - National Cancer Institute
- Asian and Pacific Islander Cancer Education Materials Web Tool.
- Jul 25, 2013 - National Cancer Institute at the National Institutes of Health ... First major study to examine cancer incidence among Asian Americans. http://www.cancer.gov/newscenter/cancerresearchnews/2013/CancerIncidenceAsianAmericans
- Lifelines™ Cancer Health Disparities - National Cancer Institute
- http://www.cancer.gov/cancertopics/disparities/lifelines/cancerhealthdisparitieshttp://webcache.googleusercontent.com/search?q=cache:tPsL6w8f2H4J:www.canc

er.gov/cancertopics/disparities/lifelines/cancerhealthdisparities+&cd=3&hl=en&ct=clnk&gl=us

- NCI's gateway for information about cancer health disparities and related ...NCI funds first National Center for Reducing Asian American Cancer Health ...
- Breast Cancer Risk Assessment Tool (BCRAT) updated for Asian-Americans May 16, 2011 - NCI's http://www.nih.gov/news/health/may2011/nci-16.htm
- Gene variations linked to lung cancer susceptibility in Asian women http://www.nih.gov/news/health/nov2012/nci-11.htm

American Cancer Society

- Asian American Network for Cancer Awareness http://www.cancer.org/apicem/default

World Health Organization

- Tobacco Free Initiative (TFI) http://www.who.int/tobacco/mpower/publications/en/
- Brochure: Warn about the dangers of tobacco (in Chinese) http://www.who.int/tobacco/mpower/publications/zh_tfi_mpower_w.pdf?ua=1

HealthFinder http://healthfinder.gov/search/Default.aspx?q=Asian+American+Health

Google

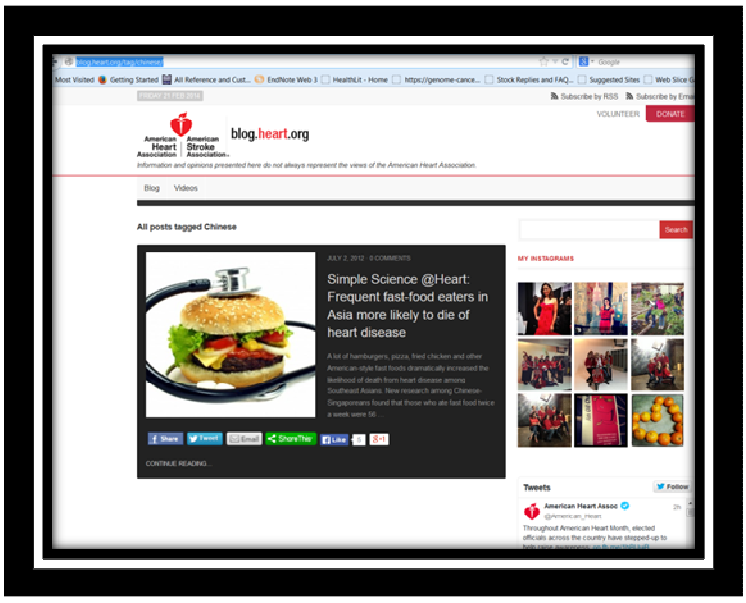
Many good non-government organizations ("NGOs") sites can be found using Google if *you use evaluation criteria*. It's good, for example, for Google Images http://www.pewsocialtrends.org/2012/06/19/the-rise-of-asian-americans/2/ and Google Advanced searches.

To limit to government, add site:.gov
To limit to University sites by adding site:.edu. Example: Asian heart disease site:.edu
To eliminate .gov or .edu, put a – in front. Example: Asian heart disease -:.gov

Heart Health

HINT: Search also for Translations or named groups

American Heart Association Educational Brochures
https://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Order-American-Heart-Association-Educaional-Brochures_UCM_312777_Article.jsp
Graphic http://blog.heart.org/tag/chinese/



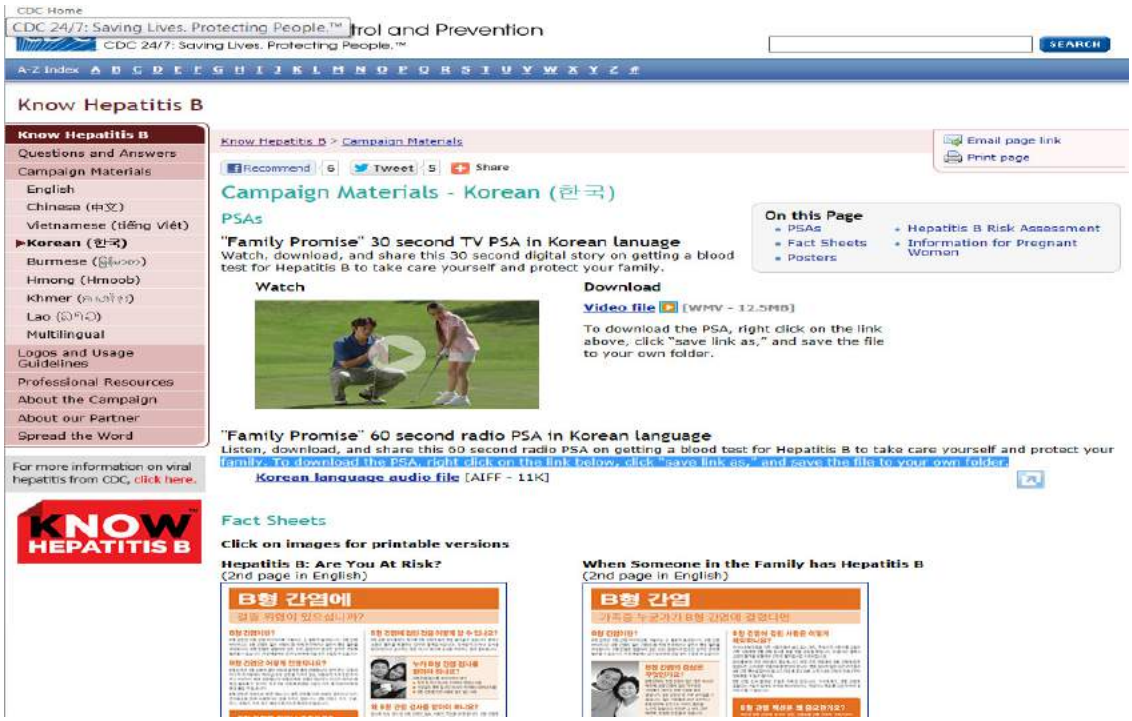
Translated Web sites page at
http://www.heart.org/HEARTORG/CPRAndECC/International/TranslatedWebsites/Translated-Websites_UCM_303149_SubHomePage.jsp#

Center for Disease Control and Prevention (CDC) for translated materials

Infectious Diseases (including Hepatitis B)

Centers for Disease Control and Prevention (CDC) – great for infectious diseases, like HepB

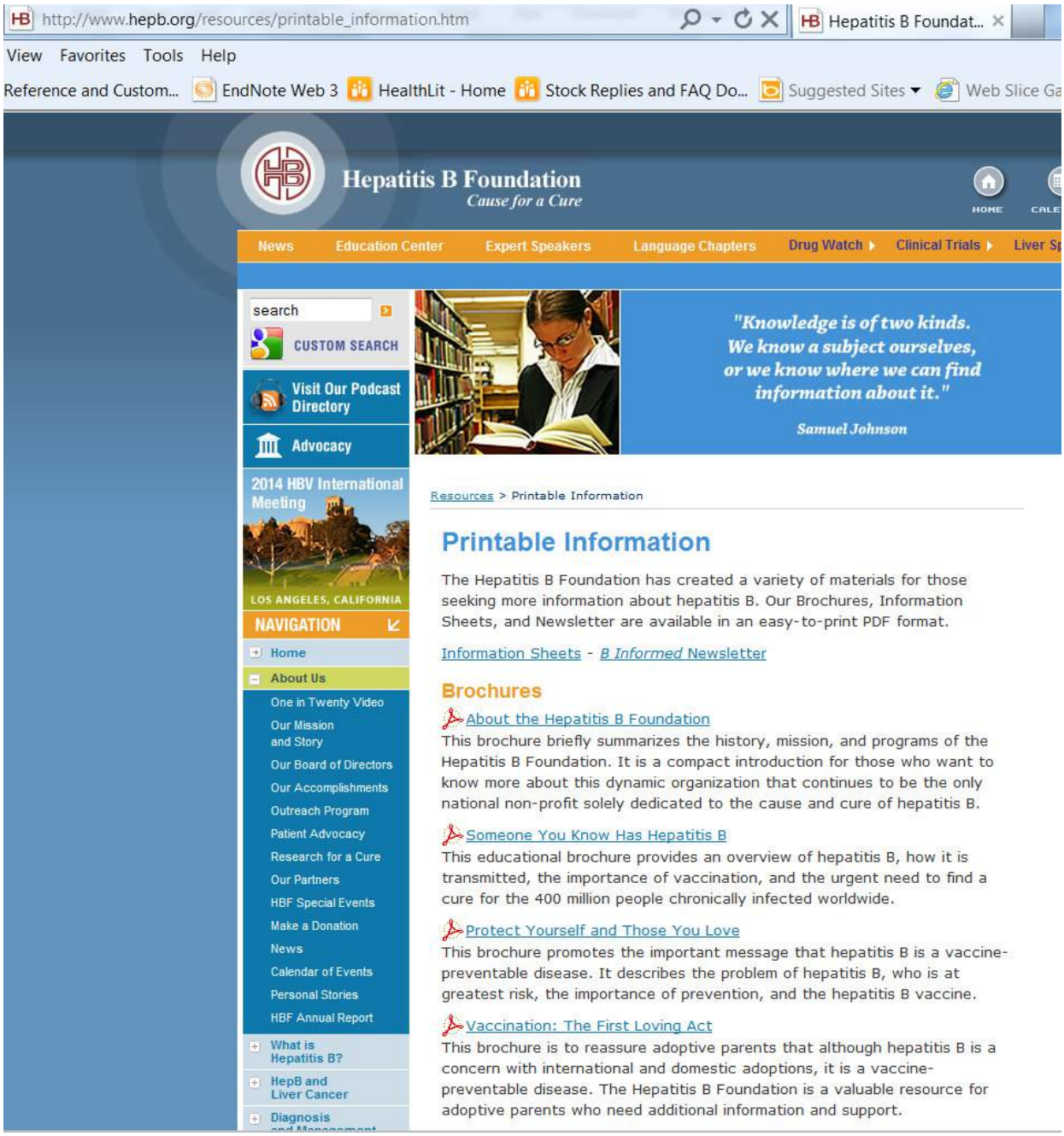
Example: CDC - Know Hepatitis B - Campaign Materials - Korean... PSA English Snapshot of 'Should You Be Tested for Hepatitis B?' card.
www.cdc.gov/knowhepatitisb/Korean.htm



CDC brochures in other languages example:
www.cdc.gov/hepatitis/HBV/PDFs/HepBPerinatal-ProtectWhenPregnant_kor.pdf

Consider also non-government Hepatitis B Foundation
http://www.hepb.org/resources/printable_information.htm#

- Note HON Certificate
- Note date (2014)
- Click Language Chapters



Osteoporosis

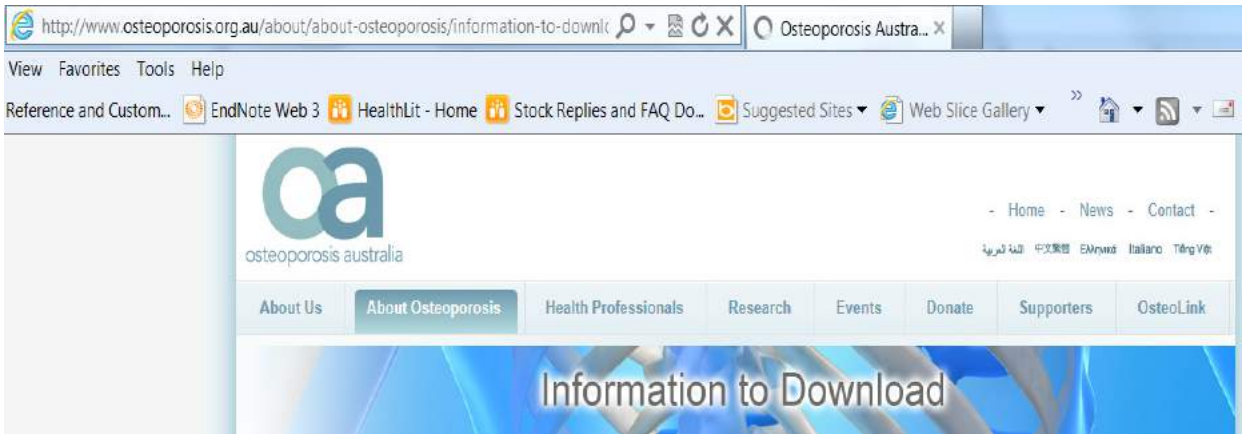
MedlinePlus page at http://www.nlm.nih.gov/medlineplus/osteoporosis.html → http://www.nlm.nih.gov/medlineplus/languages/osteoporosis.html#Chinese-Traditional

The NIH Osteoporosis and Related Bone Diseases ~ National Resource Center Foreign-Language Publications offers publications to assist foreign-language speakers and health professionals. Browse our current list of foreign-language publications below. http://www.niams.nih.gov/Health_Info/Bone/languageListPage.asp#chinese

Osteoporosis and Asian American Women http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Background/asian_american_women.asp & Related Resources at the Right

Healthy Bones: Why They Matter for Chinese Americans http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Multicultural_Bones/ChineseAmericans.asp

But consider also osteoporosis asian brochure -.gov



International Osteoporosis Foundation brochures in other languages. Site has HON certificate and dates http://www.iofbonehealth.org/bone-health-brochures

Diabetes

A search for diabetes prevention language materials using -.gov for diabetes materials in other languages that are special interest health education groups

Examples: These lack dates and HON icon, but may be useful???

Diabetes Handouts and Resources Vol.2
http://wellnessproposals.com/wellness-library/health/diabetes-handouts-and-resources-vol-2/

Asian American and Pacific Islander
Diabetes Related Resourceshttp://www.aapcho.org/wp/wp-content/uploads/2012/06/AAPI_Diabetes_Related_Resources.pdf

Mental Health

- National Asian American Pacific Islander Mental Health Association (NAAPIMHA) http://naapimha.org/
    - Note the date of most recent posting: NAAPIMHA Partners with NAPA and Active Mind for AAPI Mental Health Awareness Posted on January 28, 2014 by admin.
    - M+ won't point to this because it asks for donations
    - So check Resource: http://naapimha.org/resources/resource-database/

- NAMI (National Alliance on Mental Health) Depression and Asian Americans and Pacific Islanders example
http://www.nami.org/Content/NavigationMenu/Mental_Illnesses/Depression/Depression_and_Asian_American_and_Pacific_Islanders.htm

- http://www.nami.org/Template.cfm?Section=Fact_Sheets1&Template=/ContentManagement/ContentDisplay.cfm&ContentID=46805

- American Psychiatry Association
Mental Health in *Asian American* and Pacific Islanders

- Alzheimer's Association example– has HON sealhttp://www.alz.org/professionals_and_researchers_korean_communities.asp

More Multicultural Health Sources, Other Governments Examples

NSW Multicultural Health Communication Service in Australia offers translation guidelines and checklists.
http://www.mhcs.health.nsw.gov.au/publicationsandresources/resources-by-language
NSW http://www.mhcs.health.nsw.gov.au/search?SearchableText=korean

Minnesota Department of Health, Communications Office. Translation Protocol: A Guide to Translating Materials for Limited English-speaking Communities (St. Paul: Minnesota Department of Health), November 2000 at http://www.health.state.mn.us/communityeng/multicultural/translation.pdf has checklists, examples of translations that have gone wrong, lists of qualified translation agencies, and how to find a qualified translator. (See http://www.health.state.mn.us/communityeng/multicultural/translation.pdf).

The Interagency Working Group on Limited English Proficiency offers a clearinghouse of information, tools, and technical assistance for Federal agencies, recipients of Federal funds, and community-based organizations and individuals regarding meaningful language access to Federal and federally assisted programs and activities. (See www.lep.gov).

YouTube of panel presentations for Praeger Handbook of Asian American Health: Taking Notice and Taking Action (2009) illuminates the biological, historical and cultural issues impacting the health of America's fastest-growing racial group, and offers insights into best practices that those in the healthcare field can apply in their own work.
http://www.youtube.com/watch?v=9x3-EA10Q-I

H.E.R.E. (Health Education Resouce Exchange), Department of Health, State of Washington http://here.doh.wa.gov/search-by-language/

Professional Resources

Asian American Professional Networks & Associations:
http://www.asianamericangiving.com/aapi-professional-network.html→ Asian

Asian American Suicide Prevention Initiative (AASPI) http://aaspi.blogspot.com/

American Association of Physicians of Indian Origin, e.g.
http://aapiusa.org/resources/nutrition.aspx
Google Images http://www.aahiinfo.org/english/asianAmericans.php

White House Initiative; White House Office of Public Engagement and White House Initiative on Asian Americans and Pacific Islanders (WHIAAPI)
http://www.whitehouse.gov/aapi
http://www.whitehouse.gov/sites/default/files/aapi_federal_agencies.pdf

Asian-American Health Initiative Resource Library
http://aahiinfo.org/resources/resource-library/

Maryland Asian American Health Studies, University of Maryland School of Public Health http://www.sph.umd.edu/epib/faculty/slee/MAAHS/
http://www.sph.umd.edu/epib/faculty/slee/MAAHS/Projects2.html

Johns Hopkins Asian American Cancer program
http://www.jhsph.edu/research/centers-and-institutes/asian-american-cancer-program/

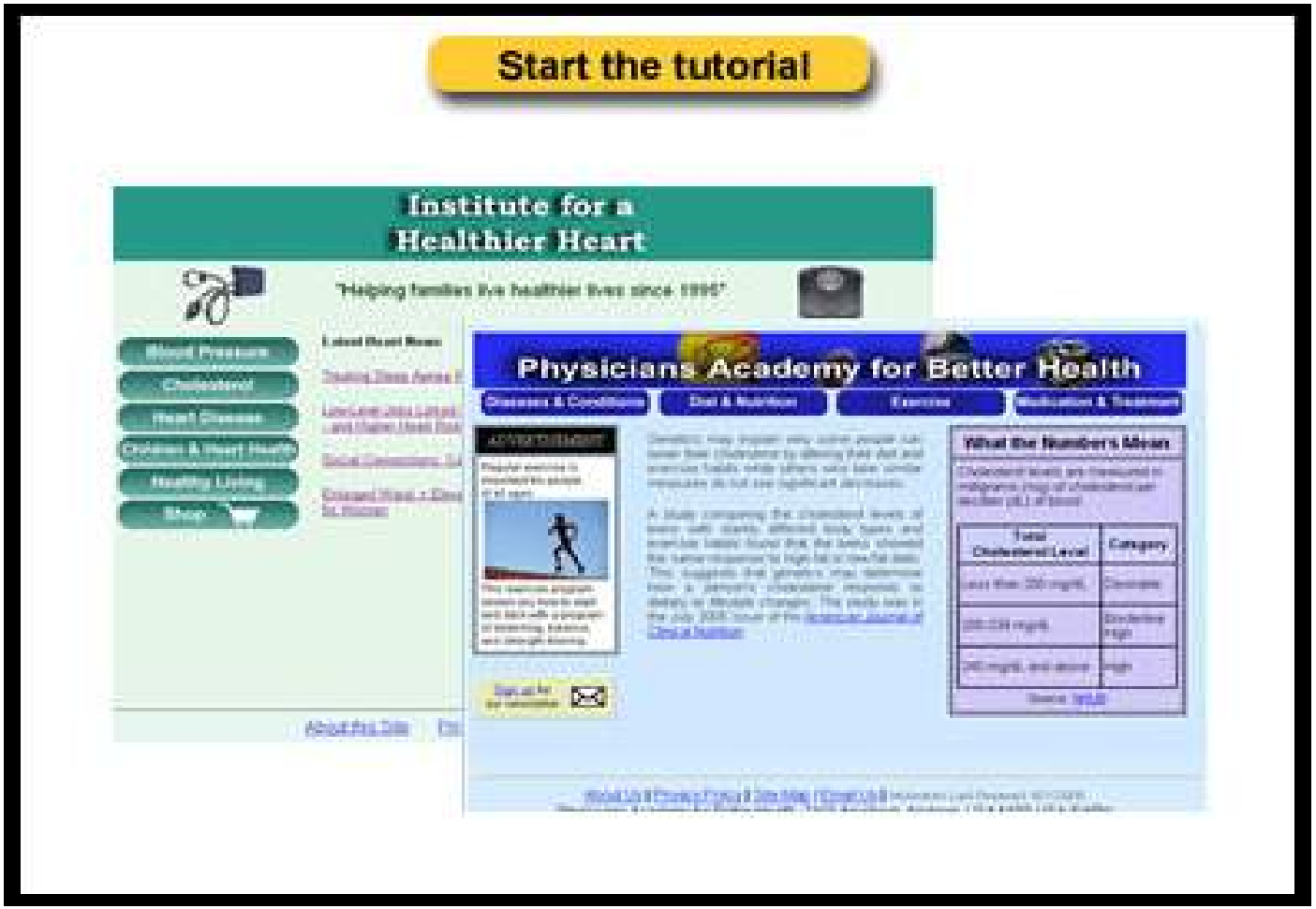
Psychological Treatment of Ethnic Minority Populations Council of National Psychological Associations for the Advancement of Ethnic Minority Interests, The Asian American Psychological Association (AAPA), others. November 2003
http://www.apa.org/pi/oema/resources/brochures/treatment-minority.pdf

Evaluating Online Health Content

Marcia Zorn & Andrew Plumer
National Library of Medicine
2/27/2014

MedlinePlus Tutorial for Consumers

Evaluating Internet Health Information



Evaluating Online Health Content

MedlinePlus
Trusted Health Information for You

A service of the U.S. National Library of Medicine
NIH National Institutes of Health

Home About MedlinePlus Site Map FAQs Contact Us

Search MedlinePlus GO

Health Topics | Drugs & Supplements | Videos & Cool Tools | ESPAÑOL

Other Topics: A B C D E F G H I J K L M N O P Q R S T U V W XYZ All Topics

Evaluating Health Information

Millions of consumers get health information from magazines, TV or the Internet. Some of the information is reliable and up to date; some is not. How can you tell the good from the bad?

First, consider the source. If you use the Web, look for an "about us" page. Check to see who runs the site: Is it a branch of the government, a university, a health organization, a hospital or a business? Focus on quality. Does the site have an editorial board? Is the information reviewed before it is posted? Be skeptical. Things that sound too good to be true often are. You want current, unbiased information based on research.

NIH: National Library of Medicine

Get Evaluating Health Information updates by email — Enter email address — GO — What's this?

Start Here

- Evaluating Internet Health Information: A Tutorial from the National Library of Medicine NIH (National Library of Medicine)
- Health Information on the Web: Finding Reliable Information (American Academy of Family Physicians)
  Also available in Spanish
- MedlinePlus Guide to Healthy Web Surfing NIH (National Library of Medicine)

Related Topics

Understanding Medical Research
Personal Health Issues
Wellness and Lifestyle

National Institutes of Health

The primary NIH organization for research on *Evaluating Health Information* is the National Library of Medicine

Evaluating Online Health Content

- Who is responsible for the site?

Download
Version: Latest
OS: Windows®
Language: English
Recommended:
Windows® XP Drivers
Start Download at DriverUpdate Website

ZIP 4 Tweens

- Keep that ZIP!
- Recipes
- Games
- For Parents

Calculation Station

A Parents' Choice Approved Award Winner

Funded by The Beef Checkoff

Brought to you by KidsCom.com

What's Zip

Chances are, you've got your own thing.

Everybody's got something that gives them that "zip" in their step.

Whatever your thing is, you're the only one who knows what it means to you. It could be sports, music, writing, video games, school work, cooking... it's something that makes you unique.

One way to keep on doin' your thing is to get enough Zinc, Iron, and Protein and other nutrients to y healthy without .

About how many calories should a healthy kid eat each day?

- 160 - 260
- 1,600 - 2,600
- ,000

view results

Featured Recipe

Featured Game

Appetite Attack

Play Now!

Evaluating Online Health Content

- Who is responsible for the site?
- Who is the authority? Is the authority biased?

ISMM officers & Executive committee 2010 – 2014

President

Buddha Basnyat 2016

Treasurer

Bruno Durrer 2014

Vice Presidents

David Hillebrandt 2014

Susi Kriemler 2014

Kozo Matsubayashi 2014

George Rodway 2014

Erik Swenson 2014

PCRM

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

- HEALTH AND NUTRITION
- ETHICAL RESEARCH & EDUCATION
- MEDIA CENTER
- LEGISLATIVE FOCUS
- CLINICAL RESEARCH
- FACT SHEETS AND FAQS
- MEMBERSHIP
- SHOP

TAKE ACTION

Help us win our latest RESEARCH and NUTRITION campaigns.

DR. BARNARD's BLOG

HEALTH and NUTRITION

more >

PCRM Food Fighters Challenge Harlem Wizards

Play in the Oct. 13 celebrity basketball game >

- Golden Carrot Awards
- Spanish-Language Kickstart
- Kickstart Intensive: Oct. 4-6
- Food Fighters Basketball Game
- September 21-Day Kickstart

ETHICAL RESEARCH and EDUCATION

more >

VICTORY! Albert Einstein Medical Center Stops Using Kittens for Pediatrics Training >

- Help End Chimp Experiments
- UVA Cat Experiments
- Medical Education Victories
- Harvard Lab Kills Primates
- End Cosmetics Animal Testing

NEWS and FEATURES

Example of Bias

Quotes from a literature search of Neal D Bernard (President, PCRM):

"Animal research is wasteful and misleading."

"The medical costs attributable to meat consumption."

"Effectiveness of a low-fat vegetarian diet in altering serum lipids in healthy premenopausal women."

"The lipid-lowering effect of lean meat diets falls far short of that of vegetarian diets."

Evaluating Online Health Content

- Who is responsible for the site?
- Who is the authority? Is the authority biased?
- Is the site informational or commercial?

Highlights >

MORE HIGHLIGHTS

New Facebook and Twitter for Dr. Spock's Baby and Child Care

MORE +

New E-book Format of Dr. Spock's Baby and Child Care

MORE +

Dr. Spock's Baby And Child Care

MORE +

the drSPOCK

WebSite for Parents

Recent Entries

Go to the Archives to see more entries

PREGNANCY AND BIRTH

MOMDOC'S BLOG: ACHIEVING NATURAL CHILDBIRTH

HEALTHY LIFESTYLE, PREGNANCY AND BIRTH, UNCATEGORIZED

A HEALTHY LIFESTYLE FOR GETTING PREGNANT

PREGNANCY AND BIRTH

RECOGNIZING REAL LABOR

Your First Day Breastfeeding

Parents often hear the current wisdom about "bonding," which says the first feeding should happen within an hour.

MOST COMMENTED | RECENT COMMENTS | TAGS

- Momdoc's blog: Achieving Natural Childbirth in the Hospital
- Childhood Without Fear
- New Ways To Push Out A Baby

INFANT

Avoiding Colic

PRESCHOOLER, SCHOOL AGE

Preventing Childhood Obesity

COOKING

Cooking at Home: Creating the Guilt-Free Burger

Parenting media and merchandising company…
A diverse line of related branded products…

Evaluating Online Health Content

- Who is responsible for the site?
- Who is the authority? Is the authority biased?
- Is the site informational or commercial?
- Is the information up-to-date?

Hint: No date is on this page!

Never Drink and Drive!

Women

Drinks	Approximate Blood Alcohol Percentage — Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Affected
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	Possible Criminal Penalties
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	Criminal Penalties
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

Your body can get rid of one drink per hour.
One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

Data supplied by the Pennsylvania Liquor Control Board.

Evaluating Online Health Content

- Who is responsible for the site?
- Who is the authority? Is the authority biased?
- Is the site informational or commercial?
- Is the information up-to-date?
- Are there access restrictions?

Access Restrictions

- Pop-ups
- Site registration
- Web 2.0 applications

Sites should be accessible to all!

YourSurgery.Com®

Procedures
- Head
- Neck
- Chest
- Abdomen
- Pelvis
- Back
- Limbs

Internet Informed Consent Login
- Subscribers
- Register
- Demo

Educators

Pre-Surgery Form

Animations

Media Info

Press Releases

FORBES magazine names YourSurgery.Com as one of it's "Best of the Web"

More...

YourSurgery.Com® provides easy to understand information for common and specific surgical procedures. YourSurgery.Com® organizes the information so that you and your family can understand each procedure and help you ask your physician questions. Below is a list of the topics that will be explained for each procedure:

For Our Viewers

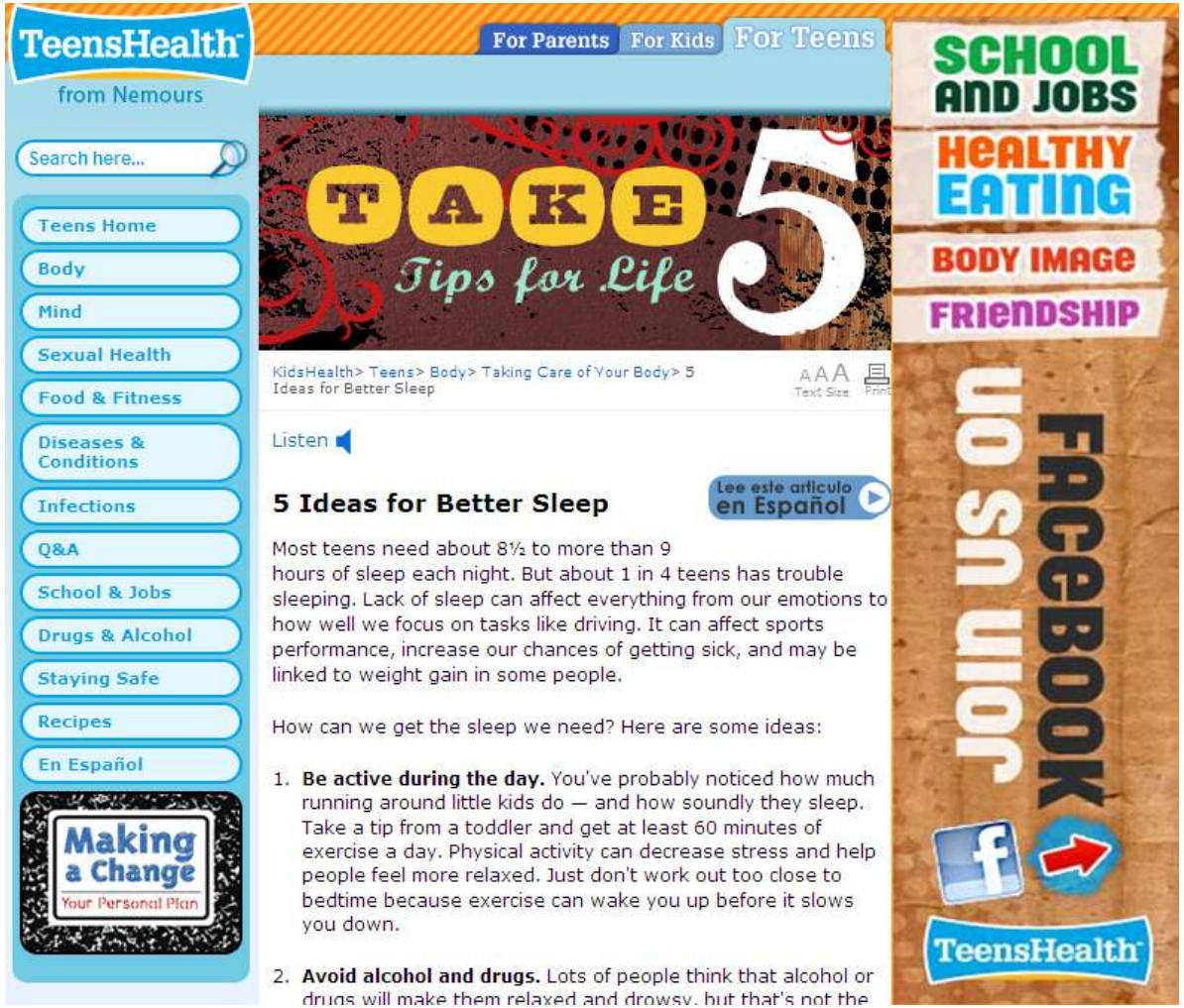
YourSurgery.Com invites you to become a registered member. Benefits of membership include the most comprehensive information on surgical procedures for only $5 per visit or $100 for a year long membership. To choose the program that works for you, pick any procedure and select your choice on that page.

Surgeons and Hospitals may subscribe to YourSurgery.Com's Educational Texts fully illustrated as seen on this website for distribution to their patients. Each text is inscribed with the name and address of the surgeon and/or hospital.

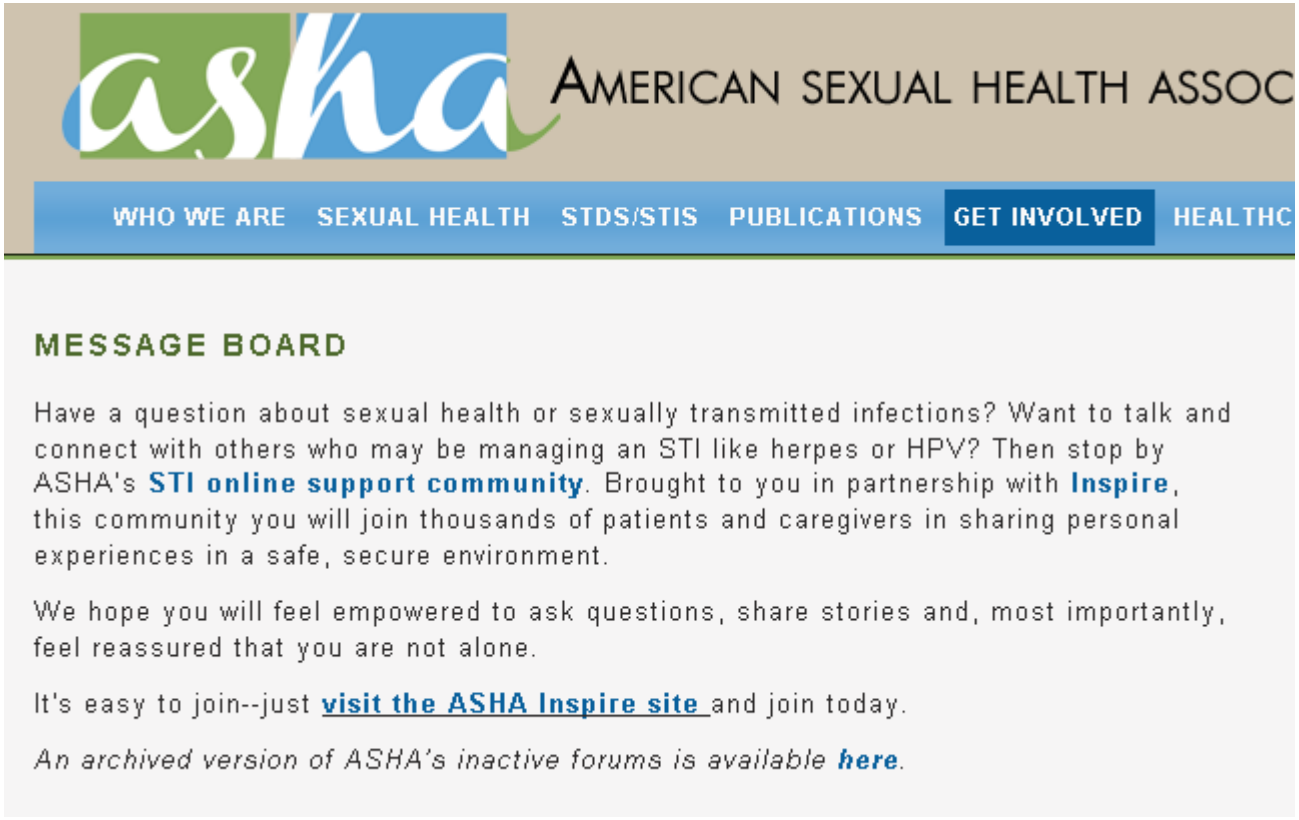
Forbes.com Best of The Web

More Awards - click here

Sites that Link to Web 2.0 Applications



Sites that Have Their Own Web 2.0 Applications



These boards are monitored regularly and the moderators review all posts and reserve the right to edit or delete any post at their discretion.

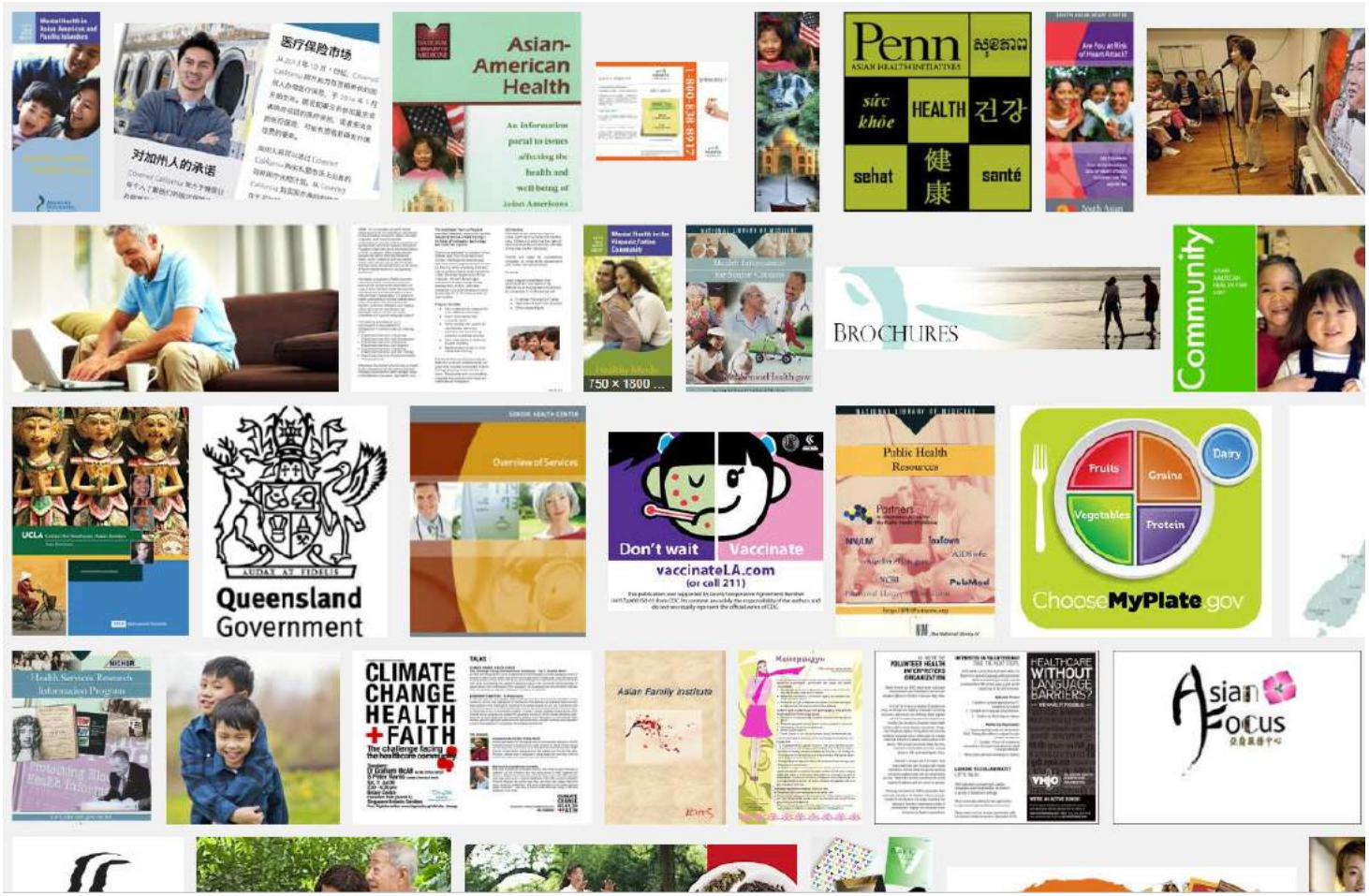
Evaluating Online Health Content

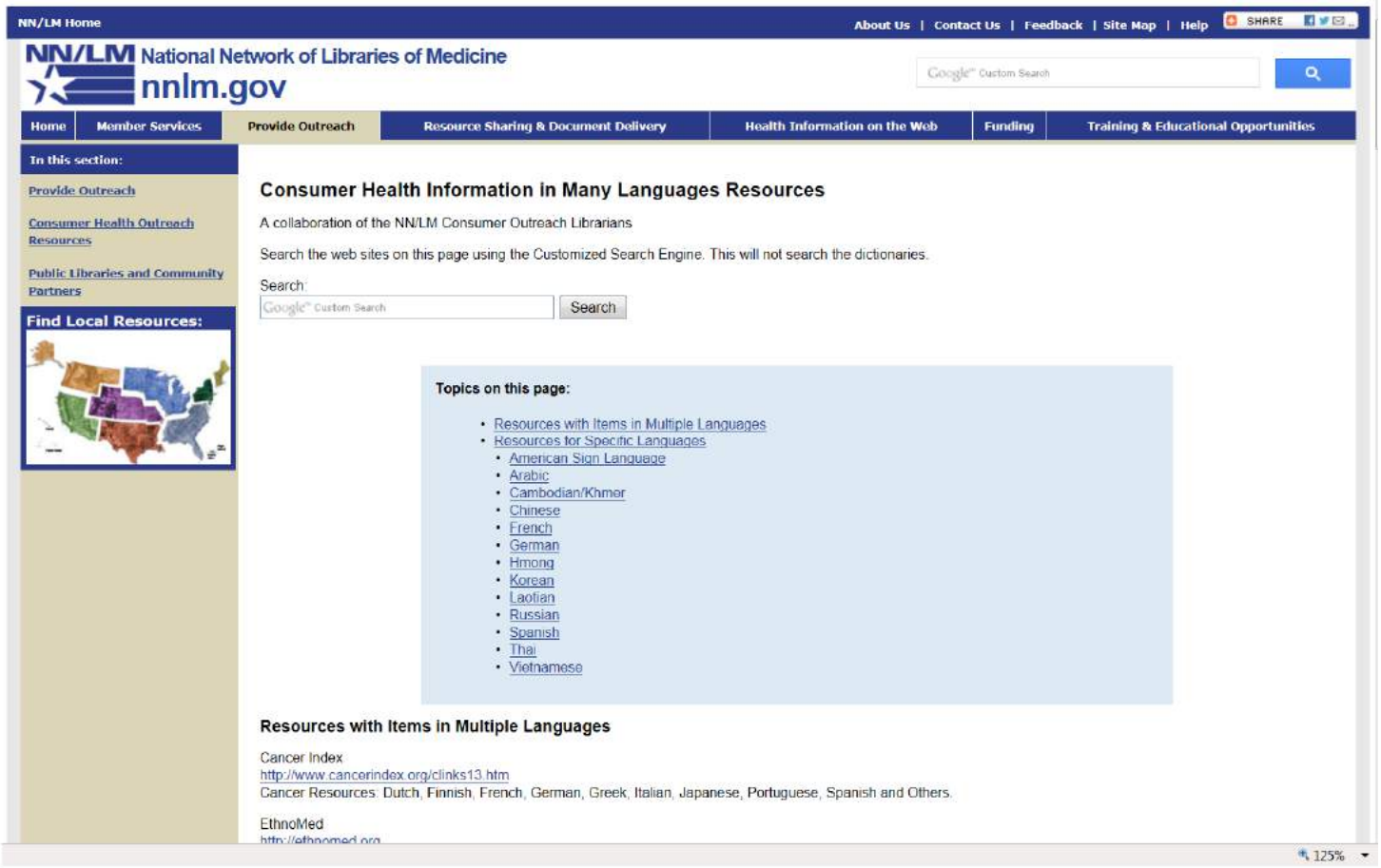
- Who is responsible for the site?
- Who is the authority? Is the authority biased?
- Is the information up-to-date?
- Is the site informational or commercial?
- Are there access restriction? How accessible is it?
- Is the site appealing? Usable?

Selected Sources for Asian Language Health Brochures

Marcia Zorn, MA, MLS

February 27, 2014





Consumer Health Information in Many Languages Resources

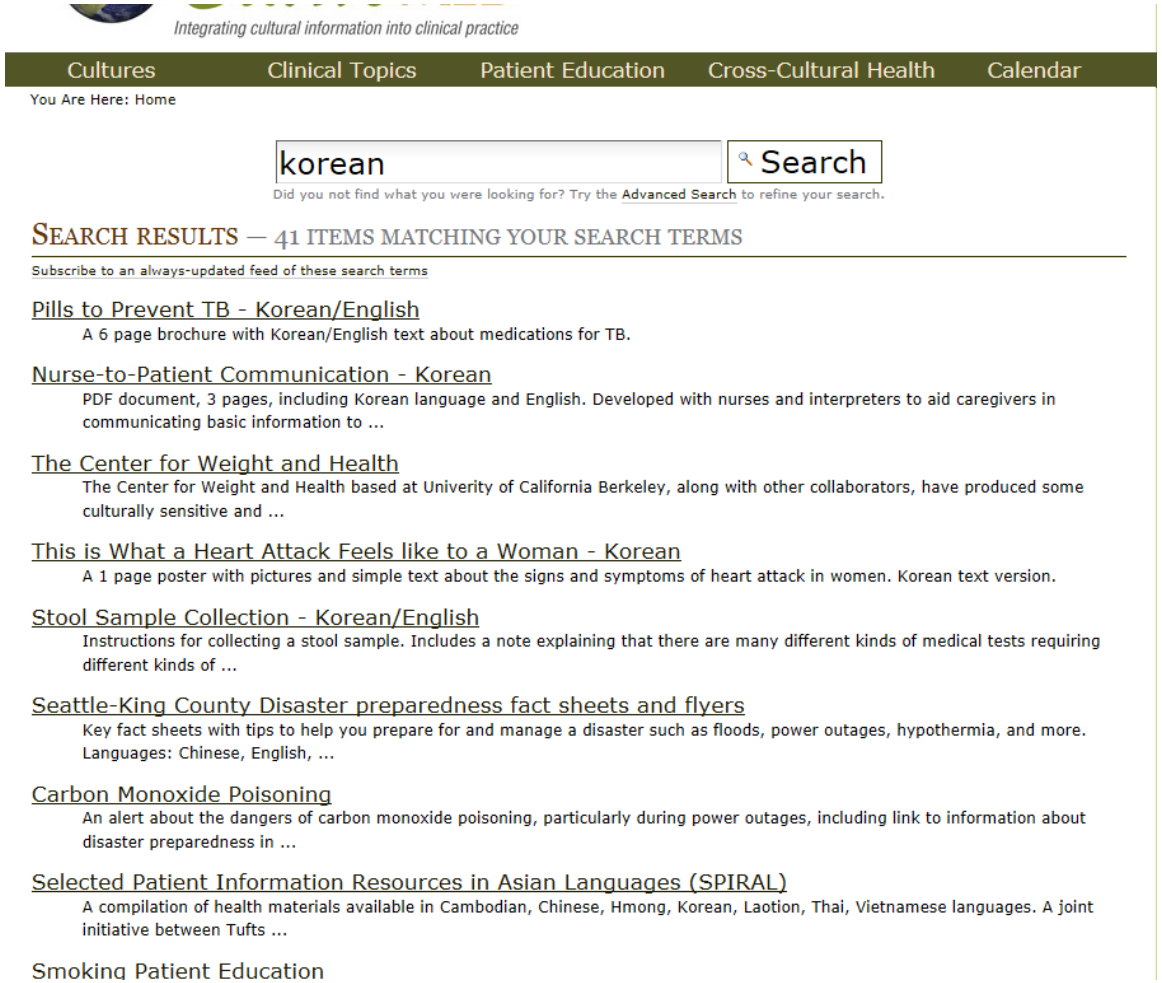
National Network of Libraries of Medicine
http://nnlm.gov/outreach/consumer/multi.html

S*P*I*R*A*L (Selected Patient Information in Asian Languages

http://spiral.tufts.edu/

Health Information Translations

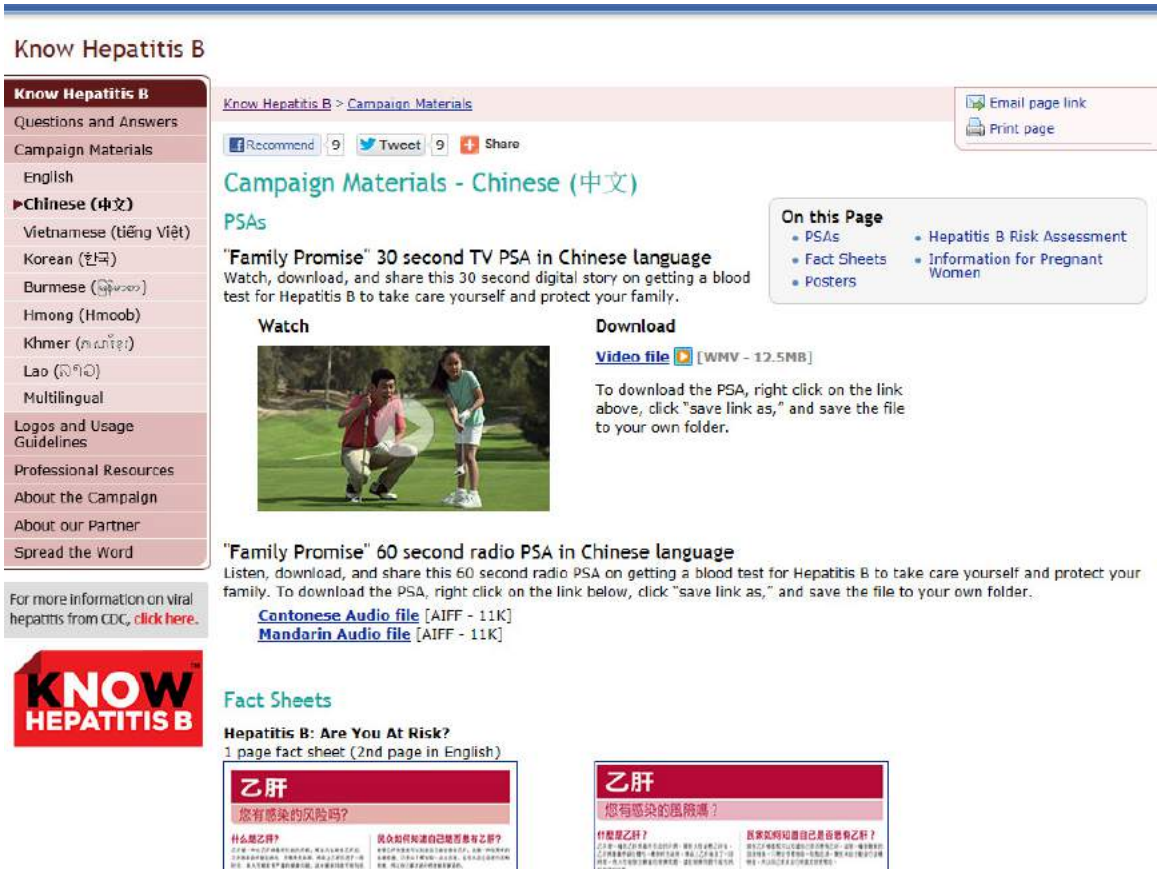
https://www.healthinfotranslations.org/



Ethnomed
http://ethnomed.org/search?SearchableText=korean

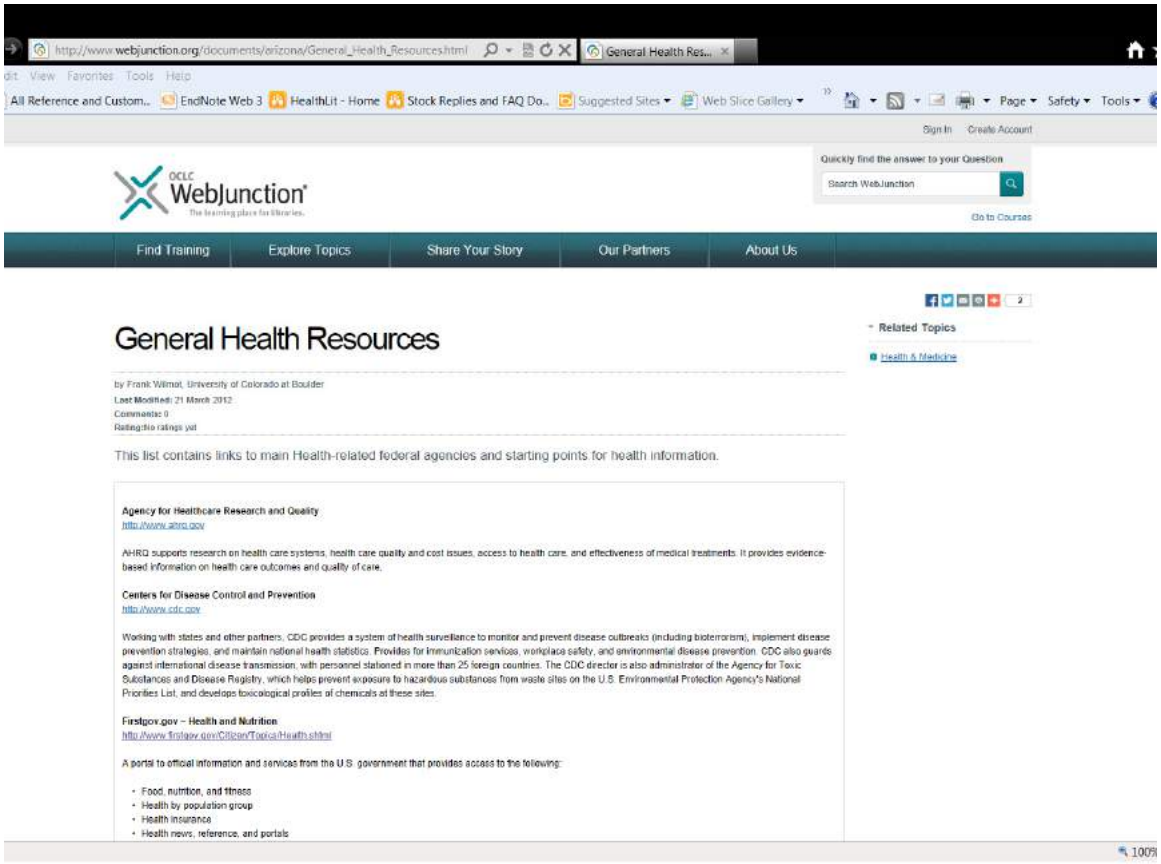
Charles B. Wang Community Health Center (NY)
Chinese American Brochures

http://www.cbwchc.org/project/brochures/brochures.asp



CDC Know Hepatitis B Campaign Materials

http://www.cdc.gov/knowhepatitisb/Chinese.htm



OCLC Web Junction

http://www.webjunction.org/documents/arizona/General_Health_Resources.html

About RHIN

- National collaborative partnership
- database of quality multilingual, public health resources
- Features:
  - Health education materials
  - Provider tools

Background

- Needed resource
- Molded by stakeholders
- Prototyped
- Continual improvements

Asian languages in RHIN

- Burmese
- Cambodian
- Cantonese
- Chin,
- Chin, Hakha
- Chinese
- Chinese Simplified
- Hmong
- Ilokano
- Indonesian (Malay)
- Japanese
- Karen
- Karen (S'ghaw)
- Khmer
- Korean
- Lao
- Laotian
- Mandarian
- Marshallese
- Samoan
- Tagalog
- Thai
- Tibetan (Bhotia)
- Vietnamese

South Asian languages in RHIN

- Bengali
- Dzongkha (Bhutanese)
- Gujarati
- Hindi
- Malayalam
- Marathi
- Nepali
- Pashto
- Punjabi
- Tamil (Malabar)
- Urdu
- Uzbek

Searching RHIN

Search example

Search Results for 'Diabetes'

12 result(s) found: ***Search Criteria: All Text:*** Diabetes ***Language(s):*** Vietnamese
Modify Your Search

All Resources >>>
Documents
Videos
Audio

	Title	Format	Language(s)
1.	Diabetes Handout	Document	English; Arabic; Bosnian; Chinese; Farsi; French; German; Greek; Gujarati; Haitian Creole (Kreyol); Hebrew; Hindi; Hmong; Igbo; Japanese; Khmer; Korean; Kurdish; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Swahili; Thai; Turkish; Urdu; Vietnamese; Yoruba
2.	Diabetes Info Sheet	Document	English; Chinese; Haitian Creole (Kreyol); Spanish; Vietnamese
3.	Diabetes Meal Plan Basics	Document	English; Vietnamese
4.	Diabetes: Are You at Risk?	Document	English; Haitian Creole (Kreyol); Khmer; Mandarin; Portuguese; Spanish; Vietnamese
5.	Exercise and Diabetes	Document	English; Vietnamese
6.	Healthy Living Toolkit-Nutrition Related Diseases: What is Diabetes?	Document	English; Amharic; Arabic; Bosnian; Burmese; Farsi; French; Haitian Creole (Kreyol); Hmong; Karen; Kirundi; Russian; Somali; Spanish; Swahili; Vietnamese
7.	Heart Disease Info Sheet	Document	English; Chinese; Haitian Creole (Kreyol); Spanish; Vietnamese
8.	Know Your Blood Sugar Numbers . . .	Document	English; Khmer; Mandarin; Portuguese; Spanish; Vietnamese
9.	Portions to Eat to Control Your Diabetes	Document	English; Vietnamese
10.	Preventing Diabetes	Video	English; Hmong; Khmer; Lao; Somali; Spanish; Vietnamese

Next >

Search example, Diabetes

RHIN®
Refugee Health Information Network

Multilingual health information for refugees and their health providers

Home | Find Resources | Share Resources | + LARGER FONT | - SMALLER FONT | PRINT THIS PAGE | EMAIL THIS PAGE

Home > Search Results > Diabetes: Are You at Risk?

Diabetes: Are You at Risk?

Requested Language(s)

Documents

Vietnamese | split screen

Available Language(s)

Documents

English
Haitian Creole (Kreyol) | split screen
Khmer | split screen
Mandarin | split screen
Portuguese | split screen
Spanish | split screen

Document Properties

Abstract: This six-panel brochure educates the general public about diabetes. It includes what diabetes is, the two types of diabetes, the risks associated with developing it, its symptoms, screening information and what it means, and important points to remember.

Document Category: Health Education for patient

Author of the Document: Mass DPH, Mass Health Promotion Clearinghouse The

Keywords: Diabetes, Risk, Symptoms, Patient education, Insulin, Risk factors, Blood glucose, Blindness, Diabetic nephropathies, Heart diseases, Diabetic foot, Diabetes mellitus, Type II, Type I

Development Method: Translation from English text

With Medical Review (This resource has been reviewed by a medical professional for quality and accuracy: Yes

Copyrighted: In the Public Domain

Search example, Diabetes, cont.

Home > Search Results > Diabetes: Are You at Risk?

Diabetes: Are You at Risk?

Requested Language(s)

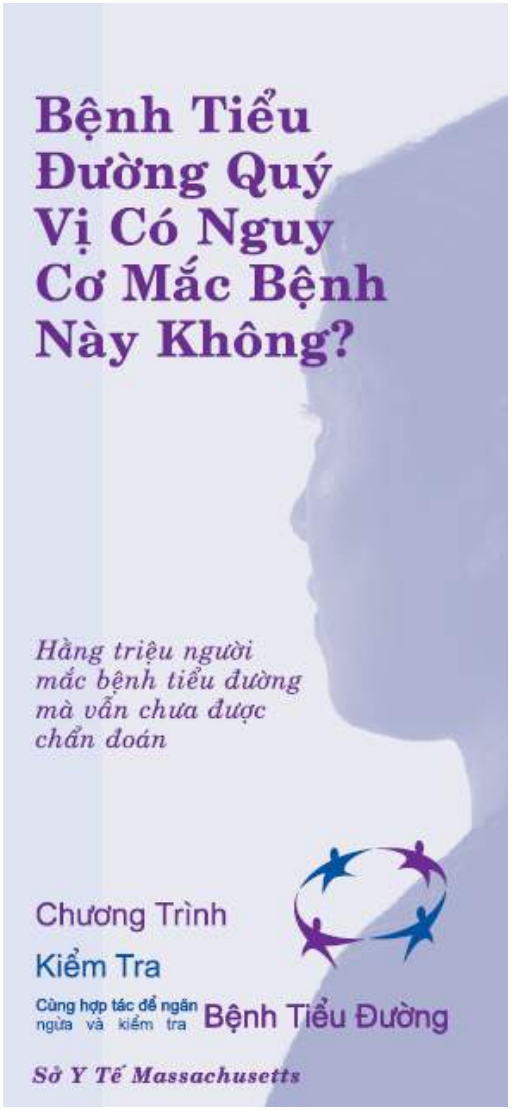
Documents

Vietnamese | split screen

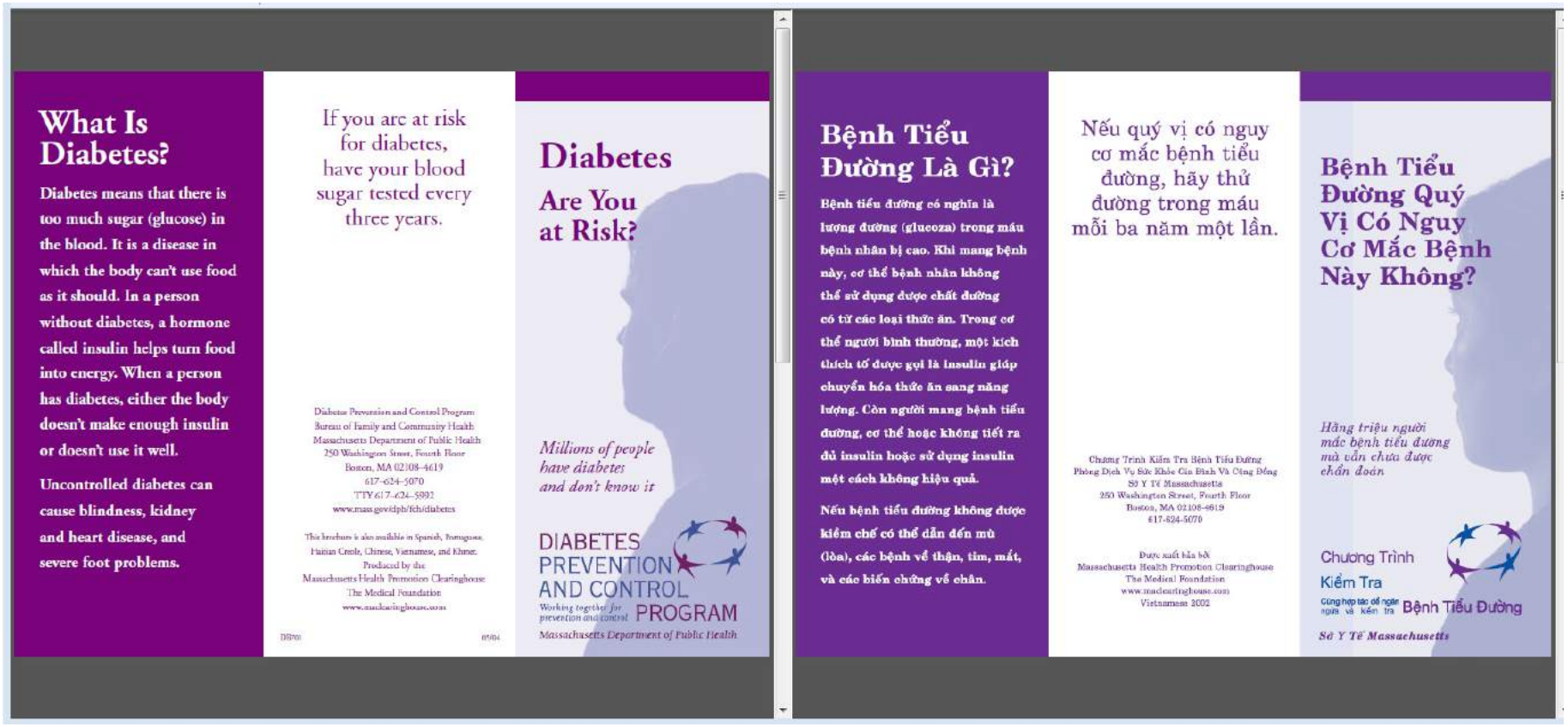
Available Language(s)

Documents

English
Haitian Creole (Kreyol) | split screen
Khmer | split screen
Mandarin | split screen
Portuguese | split screen
Spanish | split screen



Split screen option



What Is Diabetes?

Diabetes means that there is too much sugar (glucose) in the blood. It is a disease in which the body can't use food as it should. In a person without diabetes, a hormone called insulin helps turn food into energy. When a person has diabetes, either the body doesn't make enough insulin or doesn't use it well.

Uncontrolled diabetes can cause blindness, kidney and heart disease, and severe foot problems.

If you are at risk for diabetes, have your blood sugar tested every three years.

Diabetes Prevention and Control Program
Bureau of Family and Community Health
Massachusetts Department of Public Health
250 Washington Street, Fourth Floor
Boston, MA 02108-4619
617-624-5070
TTY 617-624-5992
www.mass.gov/dph/fch/diabetes

This brochure is also available in Spanish, Portuguese, Haitian Creole, Chinese, Vietnamese, and Khmer.
Produced by the
Massachusetts Health Promotion Clearinghouse
The Medical Foundation
www.mahealthclearinghouse.com

DH705 05/04

Diabetes Are You at Risk?

Millions of people have diabetes and don't know it

DIABETES PREVENTION AND CONTROL PROGRAM

Working together for prevention and control

Massachusetts Department of Public Health

Bệnh Tiểu Đường Là Gì?

Bệnh tiểu đường có nghĩa là lượng đường (glucoza) trong máu bệnh nhân bị cao. Khi mang bệnh này, cơ thể bệnh nhân không thể sử dụng được chất đường có từ các loại thức ăn. Trong cơ thể người bình thường, một kích thích tố được gọi là insulin giúp chuyển hóa thức ăn sang năng lượng. Còn người mang bệnh tiểu đường, cơ thể hoặc không tiết ra đủ insulin hoặc sử dụng insulin một cách không hiệu quả.

Nếu bệnh tiểu đường không được kiểm chế có thể dẫn đến mù (lòa), các bệnh về thận, tim, mất, và các biến chứng về chân.

Nếu quý vị có nguy cơ mắc bệnh tiểu đường, hãy thử đường trong máu mỗi ba năm một lần.

Chương Trình Kiểm Tra Bệnh Tiểu Đường
Phòng Dịch Vụ Sức Khỏe Cần Bảnh Và Cộng Đồng
Sở Y Tế Massachusetts
250 Washington Street, Fourth Floor
Boston, MA 02108-4619
617-624-5070

Được xuất bản bởi
Massachusetts Health Promotion Clearinghouse
The Medical Foundation
www.mahealthclearinghouse.com
Vietnamese 2002

Bệnh Tiểu Đường Quý Vị Có Nguy Cơ Mắc Bệnh Này Không?

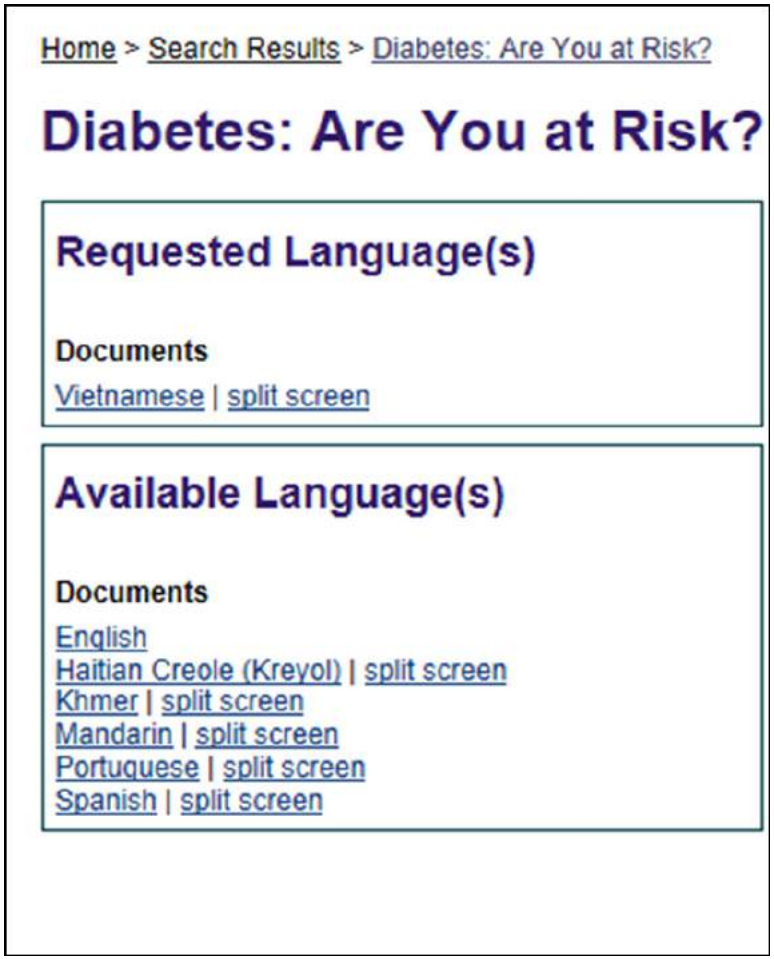
Hàng triệu người mắc bệnh tiểu đường mà vẫn chưa được chẩn đoán

Chương Trình Kiểm Tra Bệnh Tiểu Đường

Cùng hợp tác để ngăn ngừa và kiểm tra

Sở Y Tế Massachusetts

Search example, Diabetes, cont.



Search example, Diabetes, cont.

តើអ្វីជាជំងឺ ទឹកនោមផ្អែម?

ជំងឺទឹកនោមផ្អែមគឺមានន័យថាមាន ជាតិស្ករ(គ្លុយកូស)ច្រើនពេកនៅក្នុង ឈាម ។ គឺជាជំងឺមួយដែលរាងកាយរបស់ យើងមិនអាចប្រើអាហារបានដូចតាម ធម្មតា ។ ក្នុងរូបកាយជនដែលគ្មានជំងឺ ទឹកនោមផ្អែម ជាតិស័ក្ទ័នម្យ៉ាងដែលហៅថា អ៊ិនស៊ុលិនដួយធ្វើអាហារឲ្យទៅជាថាមពល ។ កាលណាជនណាម្នាក់មានកើតជំងឺទឹកនោម ផ្អែម គឺម្យ៉ាងរូបកាយរបស់គេមិនអាចបង្កើតជាតិ អ៊ិនស៊ុលិនគ្រប់គ្រាន់ ឬក៏មិនបានប្រើជាតិអ៊ិនស៊ុលិន នោះបានល្អត្រឹមត្រូវ ។

ជំងឺទឹកនោមផ្អែមដែលមិនត្រួតត្រាត្រឹមត្រូវ អាចបណ្តាលឲ្យទៅជាខ្វាក់ភ្នែកមានជំងឺ ក្រល្បែន(វក្តំ) និងជំងឺបេះដូង ហើយ មានបញ្ហាប្រឈមបំផើងធ្ងន់ធ្ងរផងដែរ ។

បើសិនជាអ្នកបិតក្នុងភាពមានគ្រោះថ្នាក់ សំរាប់ជំងឺទឹកនោមផ្អែម សូមពិនិត្យជាតិស្ករក្នុងឈាមរបស់អ្នក រ្យៀងរាល់បីឆ្នាំម្តង ។

កម្មវិធីត្រួតពិនិត្យជំងឺទឹកនោមផ្អែម
ការិយាល័យសុខភាពគ្រួសារ និងសហគមន៍
ក្រសួងសាធារណៈសុខាភិបាលរដ្ឋម៉ាស្សាឈូសេត្ស
250 Washington Street, Fourth Floor
Boston, MA 02108–4619
617–624–5070

ផលិតដោយ Massachusetts Health Promotion Clearinghouse
The Medical Foundation
www.maclearinghouse.com
Khmer 2002

ជំងឺទឹកនោមផ្អែម

តើអ្នកបិតក្នុងភាពមាន គ្រោះថ្នាក់ ឬ?

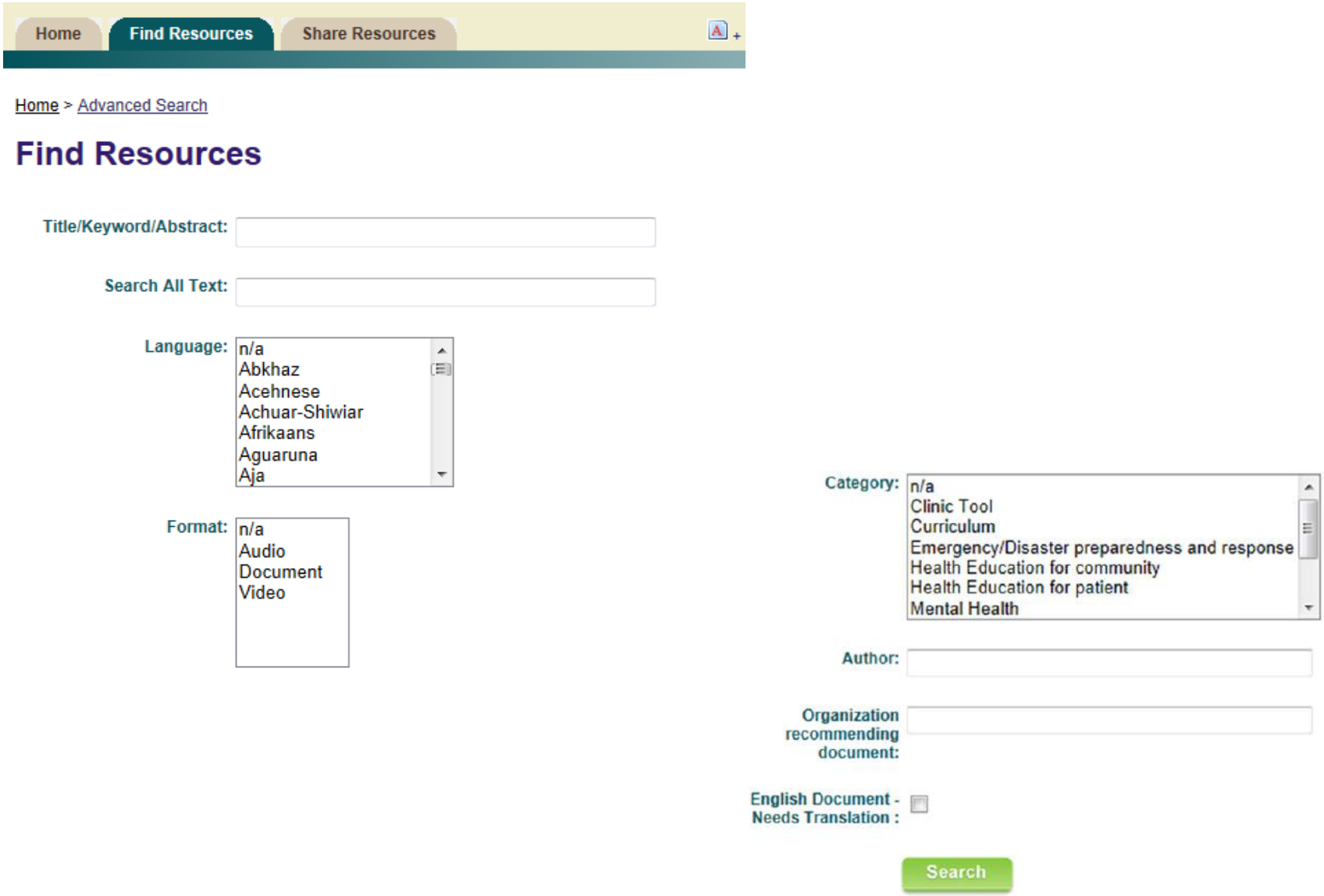
មនុស្សជាច្រើនលានៅមានកើត ជំងឺទឹកនោមផ្អែម តែមិនដឹងខ្លួនថា មានកើតជំងឺនោះទេ ។

កម្មវិធី ត្រួតពិនិត្យ

ធ្វើការជាមួយភ្នាក់ងើម្បី ត្រួតពិនិត្យ និងការការ **ជំងឺទឹកនោមផ្អែម**

ក្រសួងសាធារណៈសុខាភិបាល រដ្ឋម៉ាស្សាឈូសេត្ស

Advanced search



Advanced search example

Home > Find Resources > Search Results

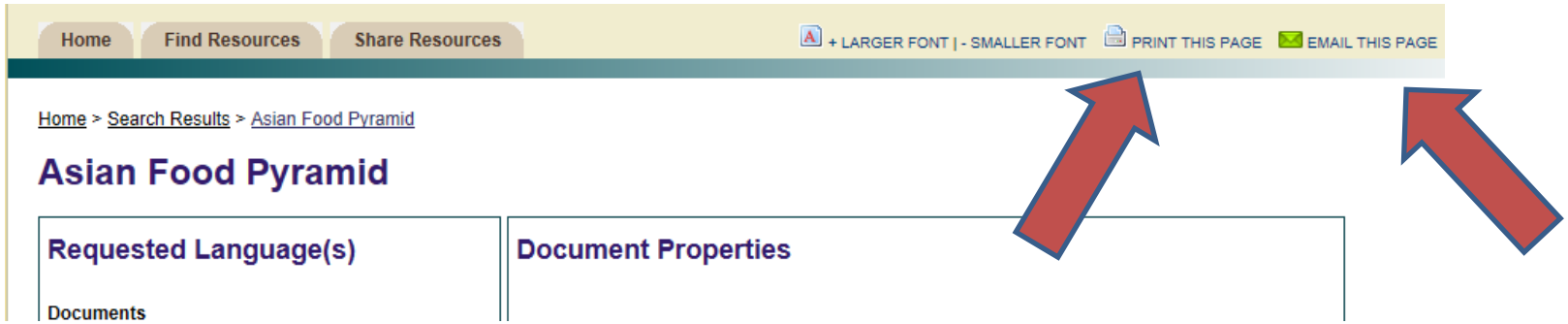
Search Results for 'nutrition'

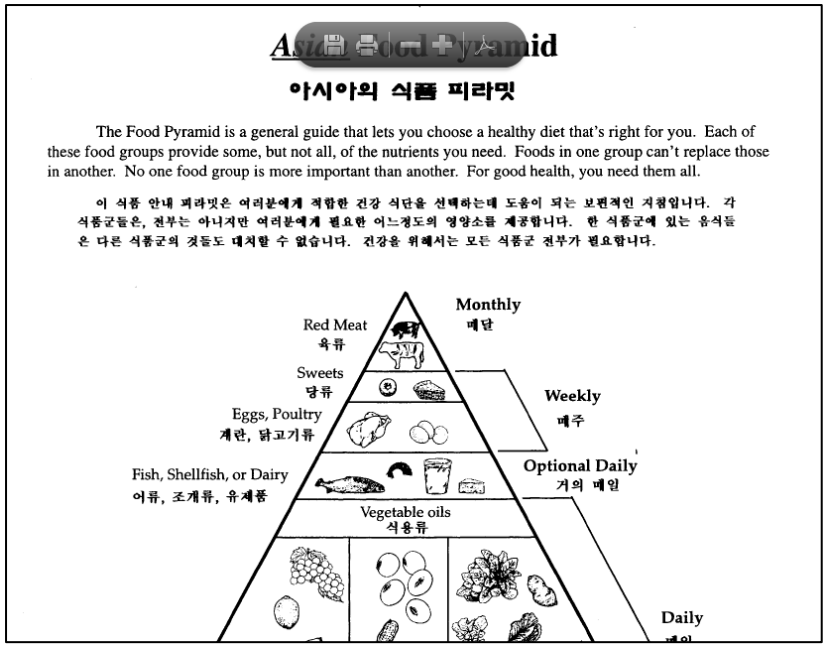
7 result(s) found: ***Search Criteria: Title/Keyword/Abstract:*** nutrition ***Language(s):*** Korean ***Categories:*** Health Education for patient
Modify Your Search

All Resources »»»
Documents
Videos
Audio

	Title	Format	Language(s)
1.	Asian Food Pyramid	Document	English; Chinese; Hmong; Japanese; Khmer; Korean; Lao; Thai; Vietnamese
2.	Better Health Begins With You	Document	English; Amharic; Arabic; Bengali; Bosnian; Chinese; Farsi; French; German; Greek; Gujarati; Haitian Creole (Kreyol); Hebrew; Hindi; Hmong; Igbo; Japanese; Khmer; Korean; Kurdish; Lao; Oromo; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Swahili; Thai; Tigrinya; Turkish; Ukrainian; Urdu; Vietnamese; Yoruba
3.	Better Health for Mother and Baby	Document	English; Amharic; Arabic; Bengali; Bosnian; Chinese; Farsi; French; German; Greek; Gujarati; Haitian Creole (Kreyol); Hebrew; Hindi; Hmong; Igbo; Japanese; Khmer; Korean; Kurdish; Lao; Oromo; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Swahili; Thai; Tigrinya; Turkish; Ukrainian; Urdu; Vietnamese; Yoruba
4.	Better Nutrition for Mature Adults	Document	English; Amharic; Arabic; Bengali; Bosnian; Chinese; Farsi; French; German; Greek; Gujarati; Haitian Creole (Kreyol); Hebrew; Hindi; Hmong; Igbo; Japanese; Khmer; Korean; Kurdish; Lao; Oromo; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Swahili; Thai; Tigrinya; Turkish; Ukrainian; Urdu; Vietnamese; Yoruba
5.	Diabetes Handout	Document	English; Arabic; Bosnian; Chinese; Farsi; French; German; Greek; Gujarati; Haitian Creole (Kreyol); Hebrew; Hindi; Hmong; Igbo; Japanese; Khmer; Korean; Kurdish; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Swahili; Thai; Turkish; Urdu; Vietnamese; Yoruba
6.	Good Food for Kids	Document	English; Amharic; Arabic; Bengali; Bosnian; Chinese; Farsi; French; German; Greek; Gujarati; Haitian Creole (Kreyol); Hebrew; Hindi; Hmong; Igbo; Japanese; Khmer; Korean; Kurdish; Lao; Oromo; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Swahili; Thai; Tigrinya; Turkish; Ukrainian; Urdu; Vietnamese; Yoruba
7.	The Food Pyramid	Document	English; Arabic; Bengali; Bosnian; Chinese; Farsi; French; German; Greek; Gujarati; Haitian Creole (Kreyol); Hebrew; Hindi; Hmong; Igbo; Japanese; Khmer; Korean; Kurdish; Lao; Oromo; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Swahili; Thai; Tigrinya; Turkish; Ukrainian; Urdu; Vietnamese; Yoruba

Materials “share” features





Other tools

- “About RHIN” that describes the partnerships
- Search “Help”
- Text, images, and descriptions to help you link to RHIN from your website
- “Contact Us” link

Thank you!

- Andrew Plumer

Outreach Librarian

Outreach and Special Populations branch

National Library of Medicine

plumera@mail.nih.gov