What Was New

January - March 2010

New Pages

- Blog 2000 - 2003 Previously known as Blog 1
- Blog 2004 Previously known as Blog 2
- Blog 2005 Previously known as Blog 3
- Blog 2006 Previously known as Blog 4
- Blog 2007 Previously known as Blog 5
- 2000 - 2004 Public Health E-News Table of Contents Replaces Jan - Jun & Jul - Dec Table of Content Pages for 2000 - 2004
- 2005 - 2009 Public Health E-News Table of Contents Replaces Jan - Jun & Jul - Dec
Table of Content Pages for 2005 - 2009
- 2010 - 2014 Public Health E-News Table of Contents Replaces Jan - Jun & Jul - Dec
Table of Content Pages for 2010- 2014
- 2009 - 2013 Hits Statistics Replaces the annual hits statistics Webpages for 2009 to 2013
- PCH 201 Assignments - Part 1
- PCH 201 Assignments - Part 2
- PCH 201 Assignments - Part 3

Deleted/Changed Pages

| E-News 2000-2001 Table of Contents (TOC); | E-News 2000-2001 Table of Contents (TOC); |
| E-News Jan-Jun 2002 TOC; | E-News Jan-Jun 2002 TOC; |
| E-News Jul-Dec 2002 TOC; | E-News Jul-Dec 2002 TOC; |
| E-News Jan-Jun 2003 TOC; | E-News Jan-Jun 2003 TOC; |
| E-News Jul-Dec 2003 TOC; | E-News Jul-Dec 2003 TOC; |
| E-News Jan-Jun 2004 TOC; | E-News Jan-Jun 2004 TOC; |
| E-News Jul-Dec 2004 TOC; | E-News Jul-Dec 2004 TOC; |
| E-News Jan-Jun 2005 TOC; | E-News Jan-Jun 2005 TOC; |
| E-News Jul-Dec 2005 TOC; | E-News Jul-Dec 2005 TOC; |
| E-News Jan-Jun 2006 TOC; | E-News Jan-Jun 2006 TOC; |
| E-News Jul-Dec 2006 TOC; | E-News Jul-Dec 2006 TOC; |
| E-News Jan-Jun 2007 TOC; | E-News Jan-Jun 2007 TOC; |
| E-News Jul-Dec 2007 TOC; | E-News Jul-Dec 2007 TOC; |
| E-News Jan-Jun 2008 TOC; | E-News Jan-Jun 2008 TOC; |
| E-News Jul-Dec 2008 TOC; | E-News Jul-Dec 2008 TOC; |
| E-News Jan-Jun 2009 TOC; | E-News Jan-Jun 2009 TOC; |
| E-News Jul-Dec 2009 TOC; | E-News Jul-Dec 2009 TOC; |

| 2001 Hits Statistics; | 2001 What Was New Page; |
| 2002 Hits Statistics; | 2002 What Was New Page; |
| 2003 Hits Statistics; | 2003 What Was New Page; |
| 2004 Hits Statistics; | 2004 What Was New Page; |
| 2005 Hits Statistics; | 2005 What Was New Page; |
| 2006 Hits Statistics; | 2006 What Was New Page; |
| 2007 Hits Statistics; | 2007 What Was New Page; |
| 2008 Hits Statistics; | 2008 What Was New Page; |
| 2009 What Was New Page; | 2009 What Was New Page; |

Updated Pages

All statistics to be updated can be found on all the Site Map Pages, the Web Site Statistics Page, and the Web Polls Stats Page. This is done monthly, usually near the beginning of each month.

http://www.bettycjung.net/Wn2010.htm
• **Academic Resources** The $555,000 Student-Loan Burden;

• **Cardiovascular Disease Index & Chronic Disease Page** Chronic Care: Making the Case for Ongoing Care (Pdf); Chronic Care: Making the Case for Ongoing Care (ppt);

• **Cardiovascular Disease - General** Prevalence of hypertension in six European countries, Canada and the United States, by age group - EUphact; 24 Foods That Can Save Your Heart; How Anger Hurts Your Heart; Mental Health and Anger Management; Herbal Remedies May Be Risky With Heart Drugs; Sex and Your Heart; 12 Possible Heart Symptoms Never to Ignore; 24 Foods That Can Save Your Heart; Fatty Fish May Lower Heart Failure Risk; 2010 Atlas of Heart Disease Hospitalizations Among Medicare Beneficiaries;

• **Chinese Culture** Websaru Online Chinese English Dictionary;

• **CONNECTICUT PUBLIC HEALTH RESOURCES** CTECO - CT Environmental Conditions Online; CT county health rankings; 2010 Health Outcomes Map; 2010 Connecticut County Health Rankings Report;

• **Consumer Health Information** CDC's Blog: Public Health Matters; Myhealthfinder widget; Poison Prevention;

• **Cool Sites A-L** FamilySearch.org;

• **Cool Sites M-Z** USA.gov's Saving Money resources; Emergency Savings Calculator; America Saves Week; Basic Guides for Certificates of Deposit, Money Market Accounts, Savings Accounts, Checking Accounts and other investments;

• **Diabetes Resources on the Net** Diet Guidelines: Treatment for All Diabetics; Twice as Many Women May Soon Be Diagnosed With Gestational Diabetes; New section: Hypoglycemia: Familial hyperinsulinism;

• **Evaluation Resources & Report Cards** Basic guides to evaluation; County Health Rankings; Your Food Environment Atlas; Tobacco Policy Maps;

• **Everything You Ever Wanted to Know...** NOAA 's State of the Climate; Universcale - Nikon's look at perspective;

• **Favorite Movie Sites** Avatar; Sherlock Holmes; Owen Gleiberman's 10 Best Movies of the Decade; Percy Jackson and the Olympians: The Lightning Thief; Shutter Island; The Hurt Locker; New Section: Movies Online: Hulu.com; Classic Cinema Online;

• **Favorite Music Sites** Blondie.Net; Yes.com's radio music logs; Beatles' Across the Universe; Beatles Videos on Youtube; DJ Earworm's Mashups; Free Music Archive.org;

• **Fitness** Physical Activity Guidelines for Americans: Children and Adolescents; 100 Best Fitness Tips; Fidgeting: Key to Who is Lean or Obese; 18 Exercise Upgrades for More Muscle; Getting Fit For Life; Burn More Fat on the Treadmill; 5 Ways to Get Stronger Without Lifting a Weight; 15-Minute Workout: V-Shape Shortcut; Small Changes that Lead to Bigger Muscles; Aristocracy of Cardio;

• **Graphing** A Consumers Guide to Low-Cost Data Visualization Tools; Fishbone Diagram; Pareto Chart; Scatter Diagram; Pareto Charr; Smiletemplates.com; New section: Spaghetti Diagrams; Flowchart template; Process Analysis Tools; Templates and Tools;

• **Health Care Information** KFF's Medicare: A Primer; Medhelp - Pill Identifier; Costs of Complementary and Alternative Medicine (CAM) and Frequency of Visits to CAM Practitioners: United States, 2007;

• **Healthcare Quality Standards** How Will Comparative Effectiveness Research Affect the Quality of Health Care? Timely Analysis of Immediate Health Policy Issues;

• **Healthcare Quality Issues** Methodological Issues in Measuring Health Disparities;
1. Kids Health NET CETERA - Chatting with Kids About Being Online;
2. Kids' Fun Sites - Atari Arcade games; Coloring4all; Flame Online drawing;
3. Maternal Child Health - Family History is Important for Health; The State of Play;
4. Nutrition Resources - NHIBI's Aim for a Healthy Weight; The Practical Guide
   Identification, Evaluation, and Treatment of Overweight and Obesity in Adults; Aim for a Healthy Weight Provider Kit; Weight Loss for Life; My Foodpedia; Herbal medicines and the EU Directive; The Truth About Energy Drinks; 24 Ways to Lose Weight Without Dieting; Long-Term Weight Loss: What Works? Tips from the POUNDS LOST Study; 12 Diet Mistakes and How to Avoid Them; Best Anti-Aging Foods; Weight Loss and What You Drink; 10 Tips to Detoxify Your Diet; 12 Foods to Make the Ultimate Guy's Salad; 10 Best Foods For Your Skin; Soft drink consumption may increase risk of pancreatic cancer; CRON-O-Meter; What are dietary supplements?; Over-the-counter weight-loss pills: Do they work?; 7 Signs of Inadequate Nutrition; Cut Your Carbohydrate Footprint; The Fat Belly Cure Review; 8 Worst Hotel Breakfast Foods; 9 Ways to Eat Healthily at the Seafood Restaurant; 24 Ways to Lose Weight Without Dieting; Why Am I Fat?; Weight-loss drugs: Can a prescription help you lose weight?; Guide to portion control for weight loss; 10 Dirtiest Foods You're Eating; Eat to Beat Stress; Table of Condiments - shelf life; Five Surprising Reasons You're Gaining Weight; Healthy Recipes; FishOilSafety.com; Caffeine Content Of Popular Drinks; Caffeine Levels in Sodas; 12 Easy Ways to Estimate Serving Sizes; Healthiest Cheap Food in America; Diet for Stress Management Slideshow: Stress-Reducing Foods; Omega-3s in fish oil and supplements: what's your best strategy?; What Works for the Prevention and Treatment of Obesity among Children;
8. Public Health E-News Table of Contents D January - March 2010;
9. Public Health Practice Partnering for Success: How Health Departments Work and How to Work with Health Departments; Should Your Organization Use Social Networking Sites?; idealware.org's technical reports and resources;
10. Public Health Sites A - C - NIH's Alcohol Information; Food, Nutrition, Physical Activity and Cancer, Which factors increase or decrease the risk of cancer; "Choking Game" Awareness and Participation Among 8th Graders --- Oregon, 2008; A Visual Guide to Understanding Pancreatic Cancer; Teen Drinking May Cause Irreversible Brain Damage; The Teen Brain: It's Just Not Grown Up Yet;
Public Health Sites D-G 10 EPA Widgets: Environmental Tip of the Day, Air Emissions, Safe Drinking Waters Systems, Superfund, Toxic Release, Radiation Information, My Environment, Envirofacts, UVIndex, Watershed Info; Prescription Pills: The New Drug of Choice for Teens; New section: Global Warming: EPA's Climate Change; Europa's Climate Change; Climate Change: NASA's Eyes on the Earth; Newsscientist.com's Climate Change; PEW Center's Global Climate Change; UNEP.org's Climate Change; Panda.org's Climate Change News; Gateway to the UN System's Work on Climate Change; Global Climate Change Research Explorer; NY Times Global Warming; Intergovernmental Panel on Climate Change; Nature Reports Climate Change; Pacific Tsunami Warning Center; Extreme Ice Survey; NASA's Earth Observatory's Climate Q&A; Healthy Water: A Web Site for All Your Water-related Health Information; TSCA Chemical Substance Inventory;

Public Health Sites H-L Eliminate Germs from Your Life; Protect Your Kidneys by Controlling Diabetes and High Blood Pressure;

Public Health Sites M - N Diagnose and Manage Your Stress Type; Pay it Forward: Elevation Leads to Altruistic Behavior; Common Causes of Depression; Stress Managents: Effects of Stress; Dealing with Difficult People: 17 Tips to Keep You Sane; Atherosclerosis and Erectile Dysfunction; 12 Ways to Beat the Worst Health Problems; 7 Thoughts That Are Bad For You; 6 Body Parts You Can Repair Yourself; Strokes: What Every Man Needs to Know; Is There Sex After Heart Disease?; Myhealthfinder widget; Heart Attack and Cardiac Arrest in Men; Health Characteristics of the American Indian or Alaska Native Adult Population: United States, 2004-2008; Health Characteristics of the American Indian or Alaska Native Adult Population: United States, 2004–2008;

Public Health Sites O-Z Your Guide to Healthy Sleep; 7 Bedtime Habits Ruining Your Sleep; New section: Thyroid - Fatigued or Full Throttle: Is Your Thyroid to Blame?; Eating, Exercising, Relaxing and the Sleep Cycle;

Public Health Software NASA's Global Maps; LimeSurvey;

Research Resources on the Net A Few Good Online Survey Tools;

Resources for Health Professionals Biomedical and Clinical Journals On-line;

Search Engines - Health Biomedical Search;

Senior Health Myths & Facts About Food and Nutrition After 60; What You Need to Know About Social Security: Life After Cancer;

Statistical Functions New section: Excel Statistics: Status Bar stats in Excel; Quick and easy statistics in Excel; Average / Mean options in Excel; Median and Mode functions in Excel; Variability in Excel;

Statistical Programs Microsoft Excel 2007 Starter's Guide; Internet Guide to Stata;

Temperament Page Your Pet May Predict Your Personality;

US Government Statistics Sites Marketing Across Generations;

Useful Sites for Everyday Living Federal Holidays;

Visitor Index Visitor Stats, as of January 2010;

Webmastering Tools Flaws in Website Design; PDFmyurl.com; HTML ASCII Reference; TweetStats; Broadband Speed Checker;

Website Polls Statistics Jan - March 2010;

Website Polls Statistics Archives 2009 statistics;

Wellness Index The Oxycontin Express documentary video; Tips for Reaping the
Benefits of Whole Grains; Turn Ordinary Foods into Nutritional Superpowers; 18 Supermarket Lies Revealed; 15 Worst Desserts; FDA 101: Smoking Cessation Products; Women's Scent Triggers Hormone Surge in Men; 12 Health Risks of Chronic Heavy Drinking; 10 Healthy Foods Under $1; Marijuana Use Can Up Psychosis Risk. Study found the longer teens smoked, the more their mental health suffered; 5 Foods You Should Eat Everyday; Myhealthfinder widget Teen Drinking May Cause Irreversible Brain Damage; Movie Snacks: The Ugly Diet Truth; 12 Diet Mistakes and How to Avoid Them; Best and Worst Foods at the Gas Station;

- **Women's Health - General Resources Skin Deep: Cosmetic Safety Database**;
- **Women's Health Life Cycle Issues** Myhealthfinder widget;
- **Women's Health Issues** Boneporosis;
- **Women's Health - Heart Disease** Ischemic Heart Disease in Women, Many Questions, Few Facts; Twelve-Year Follow-Up of American Women's Awareness of Cardiovascular Disease Risk and Barriers to Heart Health; Representation of Women in Randomized Clinical Trials of Cardiovascular Disease Prevention; Evaluation of the American Heart Association Cardiovascular Disease Prevention Guideline for Women; The Role of Social Support in Health Status and Depressive Symptoms After Acute Myocardial Infarction Evidence for a Stronger Relationship Among Women; Gender Differences in Stroke Incidence and Poststroke Disability in the Framingham Heart Study;

---

**April - June 2010**

---

**Updated Pages**

All statistics to be updated can be found on all the Site Map Pages, the Web Site Statistics Page, and the Web Polls Stats Page. This is done monthly, usually near the beginning of each month.

- **Academic Resources** Paperrater.com;
- **Annotated Great Books Bibliography** Dan Brown's The Lost Symbol;
- **Annotated Health Education Methods Bibliography** Cottrell, Girvan & McKenzie's Principles and Foundations of Health Promotion and Education; McKenzie, Neiger & Thackeray's Planning, Implementing and Evaluating Health Promotion Programs. A Primer. Fifth Edition;
- **Annotated Public Health Practice Bibliography** Cottrell, Girvan & McKenzie's Principles and Foundations of Health Promotion and Education; McKenzie, Neiger & Thackeray's Planning, Implementing and Evaluating Health Promotion Programs. A Primer. Fifth Edition;
- **Cardiovascular Disease - General** Frequently Asked Questions about Broken Heart Syndrome; 15 Tips for Avoiding Heart Disease; AHRQ's Treating High Cholesterol - A Guide for Adults; Red and Processed Meat Consumption and Risk of Incident Coronary
Heart Disease, Stroke, and Diabetes Mellitus. A Systematic Review and Meta-Analysis; Diet and Exercise in the Management of Hyperlipidemia; What Are Lipids?; In Brief: Your Guide To Lowering Your Blood Pressure With DASH; Statin Use Tied to Eye, Kidney, Liver Troubles;

- **Cardiovascular Disease - Specific & Stroke** Majority of U.S. Women Have Limited Knowledge of Stroke Symptoms, Risks;
- **Career Resources** Job Interview Tips;
- **Chinese Culture** New section: Tourism Information China Odyssey Tours.com; China Travel Information: China Travel Tips; Chinatour.com; Chinatravel.com; Warriortours.com; Travel China Guide.com; Beijing, China;
- **Connecticut Public Health Resources** Connecticut Adolescents and Young Adults State Health Profile; State of Pre-School 2009 - CT;
- **Consumer Health Information** Health Rules You Can Bend;
- **Cool Sites Index Page** Project Gutenberg - 30,000 free ebooks to read on your PC, iPhone, Kindle, Sony Reader or other portable device; USA.gov's Tips for Gardening;
- **Cool Sites A-L** Open Source Shakespeare; National Speed Trap Exchange; How-To Photograph Tips: Summer Edition Round-Up;
- **Diabetes Resources on the Net** Percentage of Adults Aged 18 Years Ever Told They Had Diabetes* by a Doctor or Health Professional, by Race/Ethnicity--- National Health Interview Survey, United States, 2004–2008; The CommunityGuide.org's Diabetes Prevention & Control;
- **Evaluation Resources & Report Cards** Tobacco Control State Highlights 2010; Adolescents and Young Adults Health State Profiles; Attitudes Toward Mental Illness --- 35 States, District of Columbia, and Puerto Rico, 2007; STAR METRICS - Science and Technology in America's Reinvestment Measuring the Effect of Research on Innovation, Competitiveness and Science; STAR METRICS Working Group; State of Pre-school 2009;
- **Everything You Ever Wanted to Know...** Funny Science Videos; Skyscraper.com; Blackbox - Aviation; Crime Reports - National Crime Map;
- **Favorite Movie Sites** 100 Movies to See Before You Die: The Modern Classics; Moviepooper.com - spoilers; 15 sequels that top the originals; How to Train Your Dragon; Prince of Persia;
- **Favorite Music Sites** Drumbot - tools for musicians; Hey Jude: Get That Song out My Head!; Hey Jude: Get That Song out My Head! - Top 25 Tunes - with snippets;
- **Fitness** Physical Activity and Healthy Eating for Men; 7 Easy Stretches to Do at Work; Turning Your Workday Into Weight Loss; How to Lose the Last 10 Pounds for Good!; Look Great at Any Age; New section: Fitness and Youth: Physical Activity and the Health of Young People; Healthy Physical Activity and Children and Adolescents Knowledge Path; Physical Activity and the Health of Young People CDC; Physical Activity Guidelines for Americans: Children and Adolescents; Promoting Physical Activity; 15-Minute Workout: 3 Moves, 300 Muscles; National Physical Activity Plan; Physical Inactivity, Overweight and Obesity; The Complete Guide — Nutrition and Physical Activity; Physical Activity Fact Sheets; 2008 Physical Activity Guidelines for Americans At-a-Glance; 10 Things Fitness Clubs Won't Tell You; Gain a Pound of Muscle Every Week; The 300 Workout: Can You Handle It?; Exercise for weight loss: Calories burned in 1 hour; Which is better for weight loss — cutting calories or
increasing exercise?; Can I lose weight if my only exercise is walking?; 9 Habits that will shrink your middle; Office Exercises; 5 Ways to Upgrade Your Workout video; Exercise May Ward Off Anger; More Steps a Day Lead to Better Health; 100 Best Fitness Tips;

- **Free Software**Sculptris;
- **Graphing** Freepowerpointtemplates.com;
- **Health Care Information** NIH's Ask/Discuss widget - discuss the use of complementary medicine with your doctor;
- **Healthcare Quality Standards** 2009 National Healthcare Quality & Disparities Reports; 2008 National Healthcare Quality & Disparities Reports;
- **Healthcare Quality Issues** Promising Practices - Quality/Equality; Cultural Competency: Doing Business in Other Cultures; Health Literacy Universal Precautions Toolkit; National Action Plan to Improve Health Literacy;
- **Health Education Resources** CDC-TV;
- **Healthy People 2020** 21 Critical Health Objectives for Adolescents and Young Adults;
- **Kids' Index Page** FindHow Search Engine;
- **Kids Health** CHANDRA; Protecting Kids from Tobacco; Collegeatlas.org; HRSA's Stop Bullying Now!
- **Kids' Fun Sites** Guess Your Number Game (it really works!); Let's Move Kids Collection;
- **Maternal Child Health** Get the Picture - Childhood Immunizations - CDC video; SparkAction.org;
- **Nutrition Resources** 9 Weight-Loss Rules that Work; Glycemic index diet: Losing weight with blood sugar control; CDC's Overweight and Obesity Web site; Eating the Wrong Kind of Carbohydrates Increases Heart Disease Risk; New section: Fats; Good Fats/Bad Fats, how to know the difference; New section on salt: Sodium Content of Your Food, Comparing the Sodium Content of Value Menu Items at Fast Food Restaurants, Sodium Content of Common Foods, Sodium Content of Common Fast Foods, Sodium in Diet, How Eating Less Sodium Can Help Your Cardiovascular Health; New section on fiber: Fiber: Give Yourself a Fresh Start for Health; Fast Food '05; Most Nutritious Whole Foods; 7 Biggest Diet Myths; Dietary Sugars Intake and Cardiovascular Health; Heart Healthy Advice on Sugars Intake; The Truth About Vitamin D: Why You Need Vitamin D; Solving the Problem of Childhood Obesity Within A Generation; USDA's Nutrition Essentials; The Truth About Energy Bars; Here’s the Skinny: Americans Getting Fatter; Weight Gain and Stress; 10 Meaty Secrets Revealed; An update on salt, sodium, and DASH; Sodium in Soft Drinks, Soda Pops, Beverages; 11 Secrets the Food Industry Doesn't Want You to Know; Best and Worst Sandwich Meats; HERBAL DIETARY SUPPLEMENTS - Examples of Deceptive or Questionable Marketing Practices and Potentially Dangerous Advice; Sip Your Way to a Flat Belly!; Amazing Vitamin D, Nutrition's Newest Star; 6 Foods and Tips for More Fiber; Calcium and Strong Bones; 9 Weight-Loss Rules that Work; The Truth About Sugar; Good Carbs, Bad Carbs: Why Carbohydrates Matter to You;
- **Public Health Data Search Engines** Hepatocellular Carcinoma --- United States, 2001-2006; Heart and Stroke Statistical Update; Adolescents and Young Adults - Summary of National Data; Health Status of Young Adults in the United States; Vital Statistics Data Available Online; Vital and Health Statistics Series; Death Rates For Leading Causes* Among Youths Aged 12--19 Years --- National Vital Statistics System, United States,
1999--2006;

- Public Health Data

  Significant Multiple Risk Behaviors Among U.S. High School Students; Percentage of Adults Aged ≥18 Years Who Were Current Cigarette Smokers,* by Race/Ethnicity† --- National Health Interview Survey, United States, 2004--2008§;


- Public Health Data


- Public Health Documents

  2009 State Children's Health Legislation Report;

  Public Health E-News Table of Contents D April-June 2010;

- Public Health Fact Sheets:

  Acrylamides and Coffee; Alzheimer's Disease; Anabolic Steroids; Anabolic-Androgenic Steroids; Bisphenol A; Chewing Tobacco; Chronic Obstructive Lung Disease; Dietary Supplements; Falls; Hepatitis C; Heterocyclic Amines; Human Papillomavirus; Insulin Resistance; Lung Cancer; Metabolic Syndrome; Nitrosamines and Cancer; Omega Three Fatty Acids; Second Hand Smoking; Sleeping and Weight Gain; Stem Cells; Thyroid Disorders; Visceral Fat (Abdominal Obesity); Vitamin D Deficiency;

- Public Health Sites A - C

  USA.gov's Substance Abuse; CDC's Teen Drivers;Teen Dating Violence; Youth Violence: Electronic Aggression; Teen Drivers: Fact Sheet; Youth Violence;

- Public Health Sites D-G

  Latest Earthquakes M5.0+ in the World; USA.gov's Substance Abuse; New section: Gastrointestinal Health - The Scoop on Poop; New section: Volcano Hazards Program;

- Public Health Sites H-L

  Surveillance for Human West Nile Virus Disease --- United States, 1999--2008; Adolescents' Experiences and Views on Health Care; Malaria Surveillance --- United States, 2008;

http://www.bettycjung.net/Wn2010.htm
Public Health Sites M - N: Essential Screening Tests Every Man Needs; 15 Cancer Symptoms Men Ignore; Top 10 Health Threats for Men; USA.gov's Men's Health resources; Stress Management Mind Maps: 39 Essential Steps


Public Health Software: Epi Info™ and OpenEpi In Epidemiology and Clinical Medicine - Health Applications of Free Software;

Research Resources on the Net: Tutorial: Conducting Research with Online Query Tools;

Resources for Health Professionals: Vaccines and Immunizations - Information for Health Professionals;

Senior Health: Tai chi: Discover the many possible health benefits;

Temperament Page: What does your sleep position reveal about your personality?;

Useful Sites for Everyday Living: ConsumerWatch.com; Dial A Human; Where to Write for Vital Records;

Webmastering Tools: New section: Converting Webpages to PDF: PDFmyurl.com, HTML to PDF Online Converter, HTML-PDF-CONVERTER.com, PDFdownload.org, PDFonfly.com; PicGhost;

Web Resources: Findthatfile.com; Delete Your Account; Freebyte's Guide to...Free Anti-Virus Software; Nirsoft.net's Freeware Utilities for Windows;

Web site Medical Search Engines: HealthMash Search Engine;

University Health and Wellness Resources: Avoid Cellulite; Boost Your Body Image; Proof: Smoking Is Dumb; Social Network Influences Alcohol Intake; Men's Brain Women's Brain; 20 Worst Restaurant Foods in America; 15 Worst Desserts; Best and Worst Smoothies; Scabies FAQ Sheet; STD Fact Sheets from the CDC; The downside of 'friends with benefits'; Are you at risk for an STD? quiz; 10 Sperm Killers; 15 Worst Burgers; The Truth about Red Meat; Teens and STDs; Cold Sores; Vaporizing HPV; Medicine: The Appalling Saga of Patient Zero; HIV/AIDS FAQS and Basic Facts; STD Brochures; STD Detection and Treatment in HIV Prevention; TB and HIV Coinfection; Teens and STDs; The downside of 'friends with benefits'; 9 Ways to Eat Healthily at the Coffeehouse; 10 Worst Ice Cream Treats in America; Guide to portion control for weight loss; General Screenings and Immunizations for Women; The Science of a Happy Marriage; Diet for Stress Management Slideshow: Stress-Reducing Foods; 30 Saltiest Foods in America; Adolescents and Young Adults - Summary of National Data; Dangers of Trans Fat video; 10 Tips and Tools to Stop Your Binges; 14 Restaurant Survival Strategies; CDC videos: Binge Drinking; Jamie Foxx: HIV/AIDS; Ludacris: HIV/AIDS; Injury Prevention Research; The Story Of Iyal; Finding A Balance - Achieving and maintaining a healthy weight is about FINDING A BALANCE through healthy eating and physical activity; Behind the Scenes: Emergency Operations Center; Every Nine Minutes; A Need To Know - African-American men who have sex with other
men NEED TO KNOW their HIV status; The Quiet Killer; A New Era of Preparedness; A Time to Act; 9 Ways to Eat Healthily at the Seafood Restaurant; Worst Foods in Your Fridge 10 unhealthy foods that are probably lurking in your refrigerator or freezer right now; 30 "Healthy" Foods That Aren't;

- **Women's Health - General Resources** General Screenings and Immunizations for Women; NIH's Women's Health Resources; The New Demography of American Motherhood;
- **Women's Health Life Cycle Issues** Menopause and Its Effect on Your Sleep; Healthy body image: Tips for guiding girls;
- **Women's Health - Breast Cancer** Study Links Chemical Exposure to Breast CA Risk; Comparative Effectiveness of Core-Needle and Open Surgical Biopsy for the Diagnosis of Breast Lesions: Executive Summary; Core-Needle Biopsy for Breast Abnormalities: Clinician's Guide; Having a Breast Biopsy: A Guide for Women and Their Families;
- **Writing Resources** Symbols from your keyboard;

---

**July - September 2010**

---

**New Pages**

- **Obesity Resources on the Internet**
- **PCH Special Project Index Page**
- **PCH 593 Fall 2010 Syllabus**
- **Wellness Resources Part I (1 - 5)**
- **Wellness Resources Part II (6 - 11)**
- **Wellness Resources Part I (12 - 17)**

---

**Updated Pages**

All statistics to be updated can be found on all the **Site Map Pages**, the **Web Site Statistics Page**, and the **Web Polls Stats Page**. This is done monthly, usually near the beginning of each month.

- **Academic Resources** Study Skills Resource Page;
- **Annotated Academe Bibliography** Mark Bauerlein's The Dumbest Generation. How the Digital Age Stupefies Young Americans and Jeopardizes Our Future;
- **Annotated Great Books Bibliography** Erma Bombeck’s All I Know About Animal Behavior I Learned From Loehmann’s Dressing Room; Mark Bauerlein's The Dumbest Generation. How the Digital Age Stupefies Young Americans and Jeopardizes Our...
1/19/2015

- **Annotated Health Education Methods Bibliography** National Cancer Institute's Theory at a Glance: A Guide for Health Promotion Practice;
- **Annotated Public Health Practice Bibliography** National Cancer Institute's Theory at a Glance: A Guide for Health Promotion Practice;
- **APA Information Page** APA Style Resources; New section: Digital Object Identifiers (DOIs); DOI/URL flowchart; Free DOI Lookup; The Digital Object Identifier (DOI®) System; DOI® Handbook doi:10.1000/186; Frequently Asked Questions about the DOI® System; A DOI Primer; What's a DOI?; Simple Text Query Form; Bibme.org; Citing Electronic Sources; In-Text Citations: Author/Authors; APA Reference Style Guide;
- **APA Style - MCC Guide**
- **Cancer Resources on the Internet** Medpage Colon Cancer News widget; Medpage Lung Cancer News widget; Medpage Skin Cancer News widget; Medpage Chemotherapy News widget; Medpage Brain Cancer News widget; Medpage Leukemia News widget; Medpage Lymphoma News widget; USA.gov's Cancer page;
- **Cardiovascular & Chronic Disease Index** CDC Vita Signs widget; Prevalence of Selected Risk Behaviors and Chronic Diseases and Conditions---Steps Communities, United States, 2006–2007;
- **Cardiovascular Disease** "Comparing Two Kinds of Blood Pressure Pills: ACEIs and ARBs"; "Treating Cholesterol With Combination Therapy: Clinician's Guide"; Vulnerable Atherosclerotic Plaque; Medpage Hypertension news widget; Medpage Dyslipidemia news widget; DASH eating plan lowers long-term heart attack risk, especially among African-Americans; High Cholesterol: Understand Your Risks;
- **Heart and Stroke Resources on the Internet** Medpage Cardiology news widget; Medpage Myocardial Infarction news widget; Medpage Strokes news widget; Medpage Coronary Artery Disease news widget;
- **Chinese Culture** Mandarin Chinese Conversation Podcast; China.org.cn; Finding News About China; Army Area Handbook; History of China - List of Chinese Dynasties; History Timeline; Badaling; Forbidden City; Great Wall of China; List of World Heritage Sites in China; Ming Dynasty Tombs; Summer Palace; The Sacred Way; Yongle Emperor; Cloisonne; New section: Jade: Chinese Jade; Hall of Jades: All About Jade; Tell-if-Jade-Is-Real; Jade; Jade FAQ; Jade Jewelry - Jade Identification and Buying Guide; Jade - The Different Colors, Sizes and Shapes;
- **Connecticut Public Health Resources** Stately Knowledge about CT; New Haven 7-day forecast; Senior health services;
- **Consumer Health Information Index** Electronic Preventive Services Selector (ePSS) Widget;
- **Consumer Health Information** NOAA's Warnings and Watches; Keep Your Cool in Hot Weather; Healthfinder.gov's Quick Guide to Healthy Living; Medpage Prevention news widget; Quick Guide to Healthy Living; Motor Vehicle Safety; Impaired Driving;
- **Cool Sites A-L** Like the '55 Chevy, the 3,000-Mile Oil Change Is Pretty Much History;
- **Cool Sites M-Z** Changes to Credit Card Regulations;
- **Diabetes Resources on the Internet** "Pills for Type 2 Diabetes: A Guide for Adults"; "Comparing Oral Medications for Adults With Type 2 Diabetes"; "Gestational Diabetes:
Caring for Women During and After Pregnancy"; "Premixed Insulin Analogues: A Comparison With Other Treatments for Type 2 Diabetes"; Diabetes Risk Test CDC widget; Got Diabetes? Thinking About Having A Baby?; Diabetes and Pregnancy, Gestational Diabetes; Helping Your Child Manage Diabetes at School; Medpage Diabetes news widget; CDC's Gestational Diabetes fact sheet; Hospital Stays for Patients with Diabetes, 2008; Biologists discover biochemical link between biological clock and diabetes;

- **Epidemiology A-L** Public Health Image Library (PHIL) Image of the Day (IOTD) CDC widget;
- **Evaluation Resources & Report Cards** SAMHSA's State-by-State Data Trends in Substance Use, Mental Illness; Addressing Pitfalls to Research in Real World Settings; Enhancing the Usefulness of Evidence to Inform Practice; Communicating Results Effectively;

- **Everything You Ever Wanted to Know** Electricity Around the World; Behind the Name; NOAA's Storm Predictor Center; NOAA Storm Reports; NASA's Astronomy Picture of the Day Calendar; Beloit College Mindset List From 2002 to Present;
- **Favorite Movie Sites** Toy Story 3; Smoking in Top-Grossing Movies --- United States, 1991--2009; Inception; POV full-length movies online;
- **Favorite Music Sites** Top 50 Music Videos of the 1990s;
- **Fitness** Kellan Lutz's Workout; Get Fit: Diet vs. Exercise; 9 Secrets for Bigger, Stronger Muscles; Men's Health and Exercise Videos; 6 Ways to Avoid Workout Injuries; Weight training exercises slideshow; Aquatic exercise how to's slideshow; The Truth About Beer and Your Belly; Quuxplayer; Medpage Exercise and Fitness news widget; New section: METS: METs Table - CALCULATING YOUR WEEKLY ENERGY EXPENDED IN RECREATIONAL-TIME PHYSICAL ACTIVITY USING METs (Metabolic Equivalent Task)*; General Physical Activities Defined by Level of Intensity; Metabolic Equivalent; METS Common Physical Activity Chart; METS Extensive Chart; METS Walking & Running Charts; 5 Fitness Myths You Need to Forget; Best Workouts to Relieve Stress; Concussion in Sports; A Framework for Physical Activity as a Complex and Multidimensional Behavior;
- **Free Software** Sculptris;
- **Graphing** Graphing and Types of Graphs; Introduction to Excel; Investintech Free PowerPoint Templates; ASQ's Flowchart; Excel Budget Templates; Microsoft Budget Templates; Google Budget Template Search Results; Easy Timeline Installation; Ganttproject.biz;
- **Health Care Information** Having Surgery? What You Should Know Before You Go; Electronic Preventive Services Selector (ePSS) Widget; Drugalert.org; Medpage Medicare news widget; Medpage Alternative Medicine news widget; Medpage Preventive Care news widget; Check Your Medicines, Tips for Using Medicines Safely; Medpage Medical Health Care News widget;
• **Healthcare Quality Standards** Selecting Quality and Resource Use Measures; A Decision Guide for Community Quality Collaboratives; Evidence-based Practice;

• **Healthcare Quality Issues** Medpage Prevention of Medical Errors news widget;

• **Health Education Resources** New section: Resources - Multimedia EHC Program Buttons from AHRQ; NIH widgets; Encyclopedia of Clinical Toxicology - Lead Acetate; USDA's International Bibliographic Information on Dietary Supplements database; NYC.gov's Imported Herbal Medicine Products Known to Contain Lead, Mercury, or Arsenic; Lead Poisoning from Encyclopedia.com, FAQs.org, Medscape.com; Managing Menstrual Cycle Problems; Remediating the Remedy: Dangers of Lead in Traditional Medicine; IA DOH's Sources of Lead Other than Lead-Based Paint; LA County HD's Traditional Remedies and Other Products Reported to Contain Lead; WHO Pharmaceuticals Newsletter 1999, Number 05 and 06; CDC's Education Home Page;

• **Kids' Index Page** Pet Health and Safety CDC widget;

• **Kids Health** Cyberbullies are after your kids; CTI College Search; Stately Knowledge; Prescription Drug Child Safety; Expedition Titanic;

• **Kids' Fun Sites** Coloringpages24.com;

• **Koo Sar Net** NIEHS.NIH.gov's CAS Registry Number: 1317-36-8 Toxicity Effects;

• **Maternal Child Health** Child Exploitation and Obscenity Section (CEOS) of the US Department of Justice; Cytomegalovirus (CMV) Disease: The Congenital Disease Mothers Don't Know About; Pharmacogenomics Knowledge Base (PharmGKB); Use of World Health Organization and CDC Growth Charts for Children Aged 0--59 Months in the United States;

• **Nutrition Resources** We Can! widget; Diet and Cancer Report; Understanding Your Weight Loss Options; 6 Mistakes That Keep You Fat; The IDF consensus worldwide definition of the metabolic syndrome; Obesity and Cardiometabolic Risk Factors: The Loaded Gun; Changes in Terminology for Childhood Overweight and Obesity; Soft Drink Consumption and Risk of Developing Cardiometabolic Risk Factors and the Metabolic Syndrome in Middle-Aged Adults in the Community; Menshealth's The Truth About Sugar; 12 Supplements to Avoid; Healthy Snacks: Quick tips for parents; Food Additive Glossary; New section - Protein: The Truth About Protein; Sodium widget; Sodium Fact Sheet; CDC's Salt page; Medpage Eating Disorders news widget; Medpage Diet and Nutrition news widget; The Best and Worst Sandwich Meats; State-Specific Trends in Fruit and Vegetable Consumption Among Adults --- United States, 2000-2009; 25 Best Nutrition Secrets;

• New page. Vital Signs: State-Specific Obesity Prevalence Among Adults --- United States, 2009; Medpage Metabolic Syndrome news widget; New section: Obesogens (Endocrine Disruptors): 10 Ways to Avoid Obesogens and their Fat-Boosting Ways; Big on obesogens; Born to be Big - Early exposure to...
common chemicals may be programming kids to be fat; Don’t Just Blame Calories - How bacteria could make you fat; Endocrine disrupters as obesogens; Endocrine-Disrupting Chemicals: An Endocrine Society Scientific Statement; Environmental Obesogens: Organotins and Endocrine Disruption via Nuclear Receptor Signaling; Fat epidemic linked to chemicals run amok; Is plastic making us fat?; inireview: The Case for Obesogens; Receptor Signaling Environmental Obesogens: Organotins and Endocrine Disruption via Nuclear Receptor Signaling; Regulation of Energy Metabolism Pathways by Estrogens and Estrogenic Chemicals and Potential Implications in Obesity Associated with Increased Exposure to Endocrine Disruptors; Obesogen; Active Lifestyle May Help Counter Obesity Genes; Many Americans Don't Even Know They're Fat; Help Your Child Stay at a Healthy Weight; Childhood Obesity Woes Linked to Too Little Sleep; 6 Mistakes That Keep You Fat; National Collaborative on Childhood Obesity Research; What Are Overweight and Obesity?; A Heavy Burden: The Individual Costs of Being Overweight and Obese in the United States; The developing world's new burden: obesity;

- **PHENOM Reports** 2010 - 2011 Logic Model & 2009 - 2010 Annual Report;
- **PHENOM Stats** 2009 - 2010 Visitors;
- **Personality - MBTI** Personalvaluation series; What Type are you;
- **Public Health Continuing Education Opportunities** Environmental Public Health Online Courses (EPHOC); Environmental Health Training in Emergency Response (EHTER) - Awareness Level; AHRQ's HCUP On-line Tutorial Series;
- **Public Health Data Search Engines** Vital Signs: Colorectal Cancer Screening Among Adults Aged 50--75 Years --- United States, 2008; Vital Signs: Breast Cancer Screening Among Women Aged 50--74 Years --- United States, 2008;
- **Public Health Data** Never-Married Females and Males Aged 15--19 Years Who Have Ever Had Sexual Intercourse* --- National Survey of Family Growth, United States, 1988--2008; Cigarette Use Among High School Students --- United States, 1991--2009; YRBS Data Widget; Number of Poisoning Deaths* Involving Opioid Analgesics and Other Drugs or Substances --- United States, 1999--2007;
- **Public Health Data** Primary* Contraceptive Method Used Among Women Aged 15--44 Years --- National Survey of Family Growth, United States, 2006--2008; Incidence and Total Lifetime Costs of Motor Vehicle-Related Fatal and Nonfatal Injury by Road User Type, United States, 2005;
- **Public Health Documents** 2009 State Children's Health Legislation Report;
- **Public Health E-News Table of Contents** July - September;
- **Public Health Practice** Environmental Health Workforce Development Training;
  Knowledge to Action Science Clips Top Ten CDC widget; New section: Social Marketing: Gateway to Health Communication & Social Marketing Practice; Tools & Templates; Health Communication Basics; CDCynergy Social Marketing Edition; Medpage Public Health Policy news widget; CDC's Education: College Students resource page; CDC's Education Home Page;
- **Public Health Sites A - C** CDC Vital Signs; Walking The Alcohol Minefield; CDCynergy Social Marketing Edition; Get Yourself Talking widget; AIDS widget; Know your HIV Status widget; Medpage AIDS/HIV news widget; Medpage Other Cancers news widget; Medpage Addictions news widget; Medpage Bioterrorism news widget; Medpage Arthritis news widget; Helping Teens Resist Sexual Pressure; Teen Substance Use Seems
to Differ by Race; Prevalence and Awareness of HIV Infection Among Men Who Have Sex With Men --- 21 Cities, United States, 2008; AIDS Retrospective Slideshow: A Pictorial Timeline of the HIV/AIDS Pandemic;

- **Public Health Sites D-G** Updated section: Gay & Lesbian Health: Gay, Lesbian and Transgender Health; APHA's Gay and Lesbian Health; Healthline's Gay and Lesbian Health; CDC's Lesbian, Gay, Bisexual and Transgender Health; Lesbian Health Research Center; National Coalition for LGBT Health; Natural Disasters; Hurricane Health & Safety Tips CDC widget; National Environmental Public Health Tracking Program CDC widget; National Institute on Drug Abuse; Medpage Environmental Health news widget; FEMA's Hurricane page; Ready.gov's Hurricane page; USA.gov's Hurricane page; Toxic Teflon: Compounds from Household Products Found in Human Blood; Europa's Perfluorooctane sulfonate (PFOS), perfluorooctanoic acid (PFOA) and their salts;

- **Public Health Sites H-L** FluView National Flu Activity Map CDC widget; New section: Injury Prevention: Self-Injury - Individual Therapy: What to Expect; Recovering From Self-Injurious Behavior Presentation; Recovering From Self-Injury; Therapy: Myths & Misconceptions; What is Self-Injury?; MRSA in Healthcare: Key Things You Should Know; Medpage Infectious Disease news widget; CDC's Antibiotic / Antimicrobial Resistance; New section: NDM-1 (New Delhi metallo-beta-lactamase): Alarm over 'unbeatable' enzyme that could make all bacterial diseases resistant to antibiotics; Detection of Enterobacteriaceae Isolates Carrying Metallo-Beta-Lactamase --- United States, 2010; New delhi b lactase Presentation; NDM-1, Superbug Gene, Could Spread Worldwide, Doctors Warn; NDM-1 superbug poses threat to medical tourists; Q&A: NDM-1 superbugs; Scientists find new superbug spreading from India; Superbug: Neither Super Nor a Bug; What is NDM-1?; Detection of a Verona Integron-Encoded Metallo-Beta-Lactamase in Klebsiella pneumoniae --- United States, 2010;

- **Public Health Sites M - N** Why We Dream: Real Reasons Revealed;"Antidepressant Medicines - A Guide for Adults With Depression"; Healthy Men; Medpage Anxiety and Stress news widget; Medpage Depression news widget; Mental health: What's normal, what's not; Types of mental health providers;

- **Public Health Sites O-Z** Tobacco Control State Highlights 2010 CDC widget; No More "Light," "Low," or "Mild" Cigarettes; Medpage Smoking news widget; Medpage Sleep Disorders news widget; Medpage Sexually Transmitted Diseases news widget;How to Achieve a Better Nights Sleep; To Not Sleep, Obesity Woes Linked to Too Little Sleep;Formula for healthy sleep; CDC's Preventing Suicide; CDC's Suicide Prevention; CDC's Sexually Transmitted Diseases Information;

- **Public Health Software** Software Used to Generate Cancer Statistics; Health Disparities Calculator (HD*Calc);A Few Good Mapping and GIS Tools; Patient Flow Analysis software; CDC's Education: College Student page;

- **Research Resources on the Net** Medpage Clinical Trials news widget; Typology for Linking Self-Report Methods to Study Design and Data Modeling Strategies; A checklist for evaluating the validity and suitability of existing physical activity and sedentary behavior instruments; Language translation & cultural adaptation of self-report instruments; Assessing PA with self-report: A methodological overview; Modeling errors in physical activity data; Basics of Design to Evaluate Policy Interventions; Creating a Framework for "Best Evidence" Approaches in Systematic Reviews AKA "Best
Evidence" Approaches;

- **Resources for Health Professionals** National Cancer Institute's Cancer Library; Medpage Medical Ethics news widget;
- **Search Engines - Health** USA.gov's Libraries; Brain Facts Glossary;
- **Senior Health** "Choosing Pain Medicine For Osteoarthritis"; "Osteoarthritis of the Knee: A Guide for Adults"; Third Age - The Age of Change;
- **Statistical Programs** Online Unit Converters; Free Calculator from Moffsoft; Calcmoolator.com;
- Medpage Smoking COPD News widget; Tobacco Use Among Middle and High School Students --- United States, 2000--2009;
- **Useful Sites for Everyday Living** National Sex Offender Public Website from the FBI; Dru Sjodin National Sex Offender Public Website (NSOPW); Billy's Savings Clug; Garage Sales Tracker; Household Products Database;
- **Webmastering Tools** HTML color codes; Domain Crawler widgets; Public Domain Clip Art; Be funny.com. New section: Fonts - Fonts2u.com; Simplythebest.net; The Best xxx Web Marketing Checklist, Period; Wordle;
- **Web Resources** Extremeinstability.com - A stormchaser's collection of wallpapers; Last FM; Hide Text.com; Bare Bones 101: A Basic Tutorial On Searching The Web; NY Times - Your Brain on Computers; NY Times - Test Your Ability to Focus and Juggle Tasks New York Time; Wordle;Pdfmyurl.com;
- 12 Secrets the Beverage Industry Doesn't Want You to Know; Parents are the Key CDC widget; No More "Light," "Low," or "Mild" Cigarettes; Food Additive Glossary; Get Yourself Talking Widget; ADHD widget;
- **Wellness Resources Part I (1 - 5)** Health and Safety for College Students; 10 Things Every Man Should Know about a Woman's Brain; Tips for College Health and Safety; Podcast about college health and safety; New College Students Urged to Confront Their Social Anxiety; Sleep-Deprived Teens Eat More Fat, Study Finds; Life's Key Moments Occur Within Relationships, Study Finds; 8 Things You Didn’t Know About Dreams; 6 Tricky Relationship Talks You Must Have;
- **Wellness Resources Part II (6 - 11)** Drugalert.org's Adderall information; National Institute on Drug Abuse; Cigarettes Won't Help Teens' Depression; A Snapshot of Annual High-Risk College Drinking Consequences; College Drinking - Changing the Culture; Friends Don't Let Friends Have Risky Sex After Drinking; Foods to Increase Your Brain Power; Impaired Driving; BAC, Typical Effects & Predictable Effects on Driving; 20 Things That Can Ruin Your Smile;
- **Wellness Resources Part III (12 - 17)** Why Do Teens Hurt Themselves? The Science of Self-Injury; CDC's Sexually Transmitted Diseases Information; The 6 Most Common...
STDs in Men; Get the STD Picture - Think You've Got a High Sex IQ? Try the STD Name Game; Braving an HIV Test; AIDS Retrospective Slideshow: A Pictorial Timeline of the HIV/AIDS Pandemic;

- **Women's Health Life Cycle Issues** Medpage Pregnancy news widget; Medpage Menopause news widget; Medpage OB/GYN news widget; Medpage Infertility news widget;
- **Women's Health Issues** Osteoporosis and Related Bone Disease; Medpage Domestic Violence news widget; Medpage Osteoporosis news widget; 15 Cancer Symptoms Women Ignore;
- **Women's Health - Heart Disease** Women Urged to Declare Their Independence From Tobacco; Women and Smoking: Questions and Answers;
- **Writing Resources** Clear & Simple: Developing Effective Print Materials for Low-Literate Readers;

---

**October - December 2010**

---

**New Pages**

- [2010 Family Christmas Newsletter](http://www.bettycjung.net/Wn2010.htm)
- [2011 Public Health Blog](http://www.bettycjung.net/Wn2010.htm)
- [Cancer Resources on the Internet](http://www.bettycjung.net/Wn2010.htm) In development; Rates of New Lung Cancer Cases;
- [Tobacco Resources on the Internet](http://www.bettycjung.net/Wn2010.htm) In development

---

**Updated Pages**

All statistics to be updated can be found on all the [Site Map Pages](http://www.bettycjung.net/Wn2010.htm), the [Web Site Statistics Page](http://www.bettycjung.net/Wn2010.htm), and the [Web Polls Stats Page](http://www.bettycjung.net/Wn2010.htm). This is done monthly, usually near the beginning of each month.

- **Annotated Great Books Bibliography** Stieg Larsson's The Girl with the Dragon Tattoo;
- **Annotated Public Health Skills Bibliography** Publication Manual of the American Psychological Association, Sixth Edition;
- **Annotated Statistics Bibliography** Publication Manual of the American Psychological Association, Sixth Edition;
- **Cancer Resources on the Internet** "Inside Knowledge" About Gynecologic Cancer; Death

- Are You At Risk for Deep Vein Thrombosis?; 10 Heart Attack Symptoms You’re Most Likely to Ignore; American Heart Association Statements and Guidelines; The Truth Behind More Holiday Heart Attacks;

- CDC's Stroke site;

- Chinese Culture Language Dictionary - free online Chinese language lessons;

- Connecticutt Public Health Resources Health Justice CT;

- Consumer Health Information When Every Drop Counts - Protecting Public Health During Drought Conditions - A Guide for Public Health Professionals; Top 50 .Gov Web Pages To Learn About Your Own Health;

- Cool Sites A- L Earth from Above - The fantastic photos of Yann Arthus Bertrand;

- Diabetes Resources on the Internet 12 Tips to Avoid Diabetes Complications; Sugary Drinks May Raise Diabetes Risk; Women and Diabetes; Incidence of End-Stage Renal Disease Attributed to Diabetes Among Persons With Diagnosed Diabetes --- United States and Puerto Rico, 1996–2007; Blood Sugar Control and Insulin; Understanding Diabetes - Symptoms; How to Reverse Type 2 Diabetes; Death Rates* For Persons Aged 65 Years, with Diabetes as the Underlying or a Contributing Cause, by Race and Sex -- United States, 1981–2007; Diabetes Prevention: Keeping Our Eyes on the Prize!; Respiratory Drug Boosts Diabetes Risk;

- Epidemiology A- L History of Public Health; History of the Public Health Service;

- Evaluation Resources & Report Cards AHRQ 2009 State Snapshots;

- Everything You Ever Wanted to Know; Reframing the Mind; British History Timelines; Language Dictionary - free online language lessons;

- Favorite Movie Sites Independent Horror Films;

- FAQ Page Some humorous and insightful updates;

- Fitness Make Your Walk a Workout; Lose Weight With Morning Exercise; Extreme Fitness: Calorie-Torching Workouts; Upper Body - Strength and Endurance Challenge; Upper Body Progression; Walking Calculator; Joint-Friendly Fitness Routines;

- Graphing Mytemplatesshopcom;Presenting Data in Tables and Graphs; Data Visualization: Modern Approaches; Google's Books Ngram Viewer; Introduction to Infographic Design;

- Health Care Information Handbook for Long-Distance Caregivers; Caring From a Distance Service Directories; Recommended Adult Immunization Schedule --- United States, 2010; Taking Care of Myself: A Guide for When I Leave the Hospital; Pill Identification Tool; Commonly Abused Prescription and OTC Drugs;

- Healthcare Quality Data Registries for Evaluating Patient Outcomes: A User’s Guide:
2nd Edition;


- **Healthy People 2020** Healthy People 2020; HP 2020 - Maternal Child Health;

- **Kids Health** Pet Health and Safety widget; Parliament's Custom Diagnostic SAT Quiz; Healthy Pets Healthy People; PISA 2009 At a Glance;

- **Kids' Fun Sites** Brain Teasers and Optical Illusions - Brain Teasers;

- **Nutrition Resources** Sodium Intake Quiz widget; When Your Healthy Diet Isn't So Healthy; Eat Smart for a Healthier Brain; Super Foods for Your Bones; What's REALLY in Your Food?; WebMD's Food-o-Meter; The Truth About Omega-3, the Good Fat;

- **Obesity Resources on the Internet** Overweight and Obesity in Connecticut: Precursors, Policies and Possibilities; Overweight and Obesity in Children and Adolescents Knowledge Path; Prevalence of Overweight* and Obesity Among Youths Aged 6-19 Years, by Race/Ethnicity and Sex --- National Health and Nutrition Examination Survey, United States, 2007-2008; What to Expect With Weight Loss Surgery; Belly Fat Is Key to U.S. Diabetes Risk; Recommended Community Strategies and Measurements to Prevent Obesity in the United States: Implementation and Measurement Guide; CDC's Division of Nutrition, Physical Activity and Obesity; Lifestyle Changes Help Obese Lose Weight; 12 Diet Mistakes and How to Avoid Them; Obesity: In Statistics; International Association for the Study of Obesity; CalorieLab's obesity map; Best and Worst Beverages for Weight Loss; Fast Food Facts: Evaluating Fast Food Nutrition and Marketing to Youth; Fast Food Facts: Evaluating Fast Food Nutrition and Marketing to Youth - Executive Summary; Fastfoodmarketing.org; 10 Tips for Losing 100 Pounds; 6 Ways to Stop Eating Mindlessly; International Obesity: Legal Issues; Surprising Reasons You're Gaining Weight; Availability of Competitive Foods and Beverages New Findings from U.S. Elementary Schools; Cut Your Carbohydrate Footprint; The Permanente Journal 2003; School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey Results volume 1; Executive Summary - School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey Results; Overweight and Obesity in Kids and Teens Resources for Families; Daily Food and Activity Diary; Maintain a Healthy Weight; Oh, Do You Know the Muffin Top? How to tackle the layer of belly fat that develops in women approaching menopause; Exercising When You're Overweight; The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses; Obesity Linked to Lower Vitamin D Levels; Obesity and Socioeconomic Status in Children and Adolescents: United States, 2005-2008; Obesity and Socioeconomic Status in Adults: United States, 2005–2008;

- **Public Health Continuing Education Opportunities** VetoViolence;

- **Public Health Data Search Engines** Annual Rates* of Hospitalization with a Diagnosis of HIV/AIDS Among Persons Aged ≥45 Years, by Sex --- National Hospital Discharge Survey, United States, 1997--2007 eÔ; Prevalence and Awareness of HIV Infection Among Men Who Have Sex With Men --- 21 Cities, United States, 2008; Estimated Lifetime Risk for Diagnosis of HIV Infection Among Hispanics/Latinos --- 37 States and Puerto Rico, 2007; Which Countries Set the Best Examples?; HIV Testing and Diagnosis Among Adults --- United States, 2001--2009;
• Public Health Data Binge Drinking Among High School Students and Adults --- United States, 2009; Health Insurance Coverage and Health Care Utilization --- United States, 2006--2009 and January--March 2010; Percentage of Persons Aged 15--19 Years Who Received Formal Sex Education* Before Age 18 Years, by Selected Topics --- National Survey of Family Growth, United States, 2006--2008; Rates of Drug-Induced Deaths,* by Race/Ethnicity© — United States, 1999--2007; 2009 Sexually Transmitted Diseases Surveillance;

• Public Health Data Health and Human Services Data Sets; Drivers Aged 16 or 17 Years Involved in Fatal Crashes --- United States, 2004--2008; Adverse Childhood Experiences Reported by Adults --- Five States, 2009;

• Public Health E-News Table of Contents October - December;

• Public Health Fact Sheets: alcohol poisoning; artificial sweeteners; body piercing safety; breast cancer; childhood obesity; colon cancer; domestic violence; glaucoma; hepatitis A; high fructose corn syrup; human trafficking; indoor tanning addiction; obsessive compulsive disorder; post-traumatic stress disorder; primary ovarian insufficiency; teen dating violence; type 2 diabetes; vegetarian diets;

• Public Health Practice CDC's Gateway to Health Communication & Social Marketing Practice; VetoViolence; Putting Women's Health Care Disparities on the Map: Examining Racial and Ethnic Disparities at the State Level;

• Public Health Sites A - C Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation --- United States, 2007--2009; Choose Respect; Alcohol More Harmful Than Crack or Heroin;

• Public Health Sites D-G USA.gov's Disasters and Emergencies page; A Parent's Guide to the Teen Brain; Guide fo Parents: Learn the Facts to Keep Your Teen Safe; National Resource Center on Lesbian, Gay, Bisexual and Transgender (LGBT) Aging;

• Public Health Sites H-L Local Regulation of Tattooing & Body Piercing; Impaired Driving;

• Public Health Sites M - N Current Depression Among Adults --- United States, 2006 and 2008; Male Infertility; Choosing To Be Happy - Strategies for Happiness: 7 Steps to Becoming a Happier Person; Mental Health and Anger Management; Health of Black or African American Population; Depression Affects 1 in 10 U.S. Adults; Percentage of Adults Aged ≥18 Years Who Experienced Serious Psychological Distress During the Preceding 30 Days,* by Sex and Age Group --- National Health Interview Survey, 2009†;

• Public Health Sites O-Z Freaky Dreams: What Do They Mean?; Not Enough Sleep: 7 Serious Health Risks; Benefits of a Good Night's Sleep; Causes of Fatigue and Sleepiness and How to Fight Them; Violence Prevention — The Social-Ecological Model: A Framework for Prevention; Violence Prevention — The Public Health Approach to Violence Prevention; Sleep and Depression; Sexually Transmitted Diseases Treatment Guidelines, 2010; The Healing Power of Sleep; 6 Surprising Sleep Wreckers;

• Public Health Software Chronic Disease Geographic Mapping; ADePT: Software Platform for Automated Economic Analysis;

• Research Resources on the Net Comparative Effectiveness Review Methods: Clinical Heterogeneity; Guide to Good Research Practice;

• Search Engines - Health NLM Databases & Electronic Resources;

• Senior Health How to Get an ᵘ钎° in Aging; At Any Age; Consumer Protection for Seniors; Types of Care Facilities; Foundation Aiding The Elderly;
- **Statistical Programs** ADePT: Software Platform for Automated Economic Analysis;
- **TOBACCO RESOURCES ON THE INTERNET** Composite of FDA's Proposed Cigarette Product Warning Labels; Proposed Cigarette Product Warning Labels; 13 Best Quit-Smoking Tips Ever; Quit Smoking, Raise 'Good' Cholesterol; 10 Persistent Myths About Smoking; Stay Away from Tobacco; Pregnant? Don't Smoke! Learn How and Why to Quit for Good; State-Specific Prevalence of Cigarette Smoking and Smokeless Tobacco Use Among Adults --- United States, 2009; Smoking Restrictions in Large-Hub Airports --- United States, 2002 and 2010; FDA widgets; FDA's Tobacco Products site;
- **WEBMASTERING TOOLS** Shape Collage.com;
- **WEB RESOURCES** New section: Mobile Apps - Mobile apps from the US government; Alice - 3D programming environment; Webcooltips.com;
- **Wellness Resources Part I (1 - 5)** 9 Signs you're happier than you think; Causing Pain: Real Stories of Dating Abuse and Violence;
- **Wellness Resources Part II (6 - 11)** A Parent's Guide to the Teen Brain; Guide for Parents: Learn the Facts to Keep Your Teen Safe; Happy Meal Art Project; What's REALLY in Your Food?; Alcohol, Peer Pressure, Teenage Underage Drinking; 10 Best Low-Carb Snacks; Food Frauds That Can Wreck Your Diet; Brain Foods That Help You Concentrate; 20 Worst Foods in America;
- **Wellness Resources Part III (12 - 17)** Coping With Cold Sores; HPV 'Epidemic' Behind Increases in Oral Cancer; Dating Matters;
- **Women's Health - General Resources** Essential Screening Tests Every Woman Needs;
- **Women's Health Life Cycle Issues** Baby Names Reveal More About Parents Than Ever Before;
- **Women's Health Issues** Get the Facts About Gynecologic Cancer; Female Infertility; Facts & Stats: Domestic Violence in Asian, Native Hawaiian and Pacific Islander Homes; Osteoporosis Risk Factors: Fact vs. Fiction; Osteopenia: Early Signs of Bone Loss;

http://www.bettycjung.net/Wn2010.htm
Osteoporosis Questions; Visual Guide to Osteoporosis;
- **Women's Health - Breast and Other Female Cancers**
  5 Things Young Women Must Know About Breast Cancer; A Visual Guide to Breast Cancer; A Visual Guide to Ovarian Cancer;
- **Writing Resources**
  F-Shaped Pattern For Reading Web Content; Writing for the Web; How to Write for the IntraNet; Low-Literacy Users; Web Writing for Many Interest Levels; Toolkit for Making Written Material Clear and Effective; Writing and Multiple Intelligences;

---

**Links**

- [Betty's Home Page](#)
- [Site Map](#)

**Back to Top**

*Published on the Web: December 25, 2009*
*UPDATED: January 19, 2015 R1,486*

Comments, suggestions, dead link reports:

© Copyright 1999 - 2015 Betty C. Jung
*All rights reserved.*