What Was New

January - March 2011

New Pages

- Healthy People 2020

Deleted/Changed Pages

- Healthy People 2010
PCH 201-02 Fall 2010 Syllabus

PCH 593 Fall 2010 Syllabus

Women's Health (Cervical Cancer)

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** Write Your Test Stress Away; Pen Mightier Than Keyboard for Making Imprint on Brain; 6 Top Concentration Killers; Plagiarism.Net
- **Annotated Great Books Bibliography** Stieg Larsson's The Girl Who Played with Fire; J.T. Hallinan's Why We Make Mistakes;
- **Annotated Health Education Methods Bibliography** F. Luntz's Words that Work. It's not What You Say, It's What People Hear;
- **Annotated Public Health Practice Bibliography** F. Luntz's Words that Work. It's not What You Say, It's What People Hear; J.T. Hallinan's Why We Make Mistakes;
- **Annotated Wellness Bibliography** J.T. Hallinan's Why We Make Mistakes;

- CDC's United States Cancer Statistics (USCS); CDC's U.S. Cancer Statistics: An Interactive Atlas; United States Cancer Statistics (USCS) Download Data; Average Annual Costs of Care; National Expenditures for Cancer Care; Cancer Prevalence; Cancer Prevalence and the Cost of Care Projections; Cancer.gov's Health Services and Economics; Cancer.gov's Search Health Services & Economics Publications; Cancer.gov's Surveys and Studies; Cancer Research Network; Colorectal Cancer Screening --- United States, 2002, 2004, 2006, and 2008; Health Disparities and Cancer; Lung Cancer Alliance; Cancer.gov's Surveys and Studies; Cancer Facts & Figures for African Americans 2009-2010; Cancer Facts and Figures 2010; Cancer Facts & Figures 2010 Tables & Figures; Oral Cancer; Screening for Liver Cancer in Patients With Hepatitis C Virus Infection and Cirrhosis; Rise in Some Head and Neck Cancers Tied to Oral Sex: Study; Understanding Radiotherapy for Head and Neck Cancer: A Guide for Adults and Their Caregivers; Rates for New Cancer Cases and Deaths by Race/Ethnicity and Sex; Kidney Cancer on the Rise; Colorectal (Colon) Cancer; Cancer Survivors --- United States, 2007;

- Naccho's Roadmap for Chronic Disease Prevention; Chronic Disease Prevention Toolkit; Ancient body clock keeps all life on time: studies; Coping with Chronic Illness;

- Side Effects of Cholesterol-Lowering Statin Drugs; Heart Disease and Stroke Statistics—2011 Update; Top Ten Things To Know AHA Heart Disease and Stroke Statistics – 2011 Update; AHA Heart Disease and Stroke Statistics 2011 Update PowerPoint slides; Heart Attack Symptoms: What To Do in an Emergency; Heart Disease and Angina (Chest Pain); Coronary Heart Disease and Stroke Deaths --- United States, 2006; AHA's Defining and Setting National Goals for
Cardiovascular Health Promotion and Disease Reduction; Top Ten Things To Know
AHA Heart Disease and Stroke Statistics – 2011 Update; Heart Attack Symptoms: What
To Do in an Emergency; 2 Genes May Be Linked to Heart Disease; High blood pressure
dangers: Hypertension's effects on your body; Heart Attack: Interactive Heart Tutorial;
Your Heart Health: 13 Numbers Everyone Should Know; Cardiopulmonary
resuscitation (CPR): First aid; Heart Attacks and Heart Disease; Eat for a Healthy
Heart; 5 Best Foods for a Stronger Heart; 6 Risky Heart Health Myths; 9 Surprising
Foods That May Raise Your Cholesterol; Managing Cholesterol Tutorial; Genomics and
Heart Disease; Obesity Increases Risk of Deadly Heart Attacks; What is
atherosclerosis?; Acute Coronary Syndrome: Medicines; Acute Coronary Syndrome:
Tips for Recovering and Staying Well; What Is the Heart?; A Visual Guide to High
Blood Pressure; Heart Health Quick Guide; Wreck Your Heart in Just Five Easy Steps!
How to Wreck Your Heart; Cholesterol 101 Slideshow: What Your Levels Mean; Age-
Adjusted Death Rate from Stroke,* by All Races, White or Black Race, and Sex ---
United States, 1999--2008†; High Cholesterol Risks: Top 2 Dangers; Heart.org's Heart
and Stroke Statistics;

- A Visual Guide to Understanding Stroke; A Visual
Guide to Atrial Fibrillation; Ventricular Tachycardia; Risk factors and atherosclerotic
lesions. A review of autopsy studies; Loud Road Noise Linked to Stroke in Older Adults;
New section: Aortic Aneurysms: Aortic Aneurysm Fact Sheet; Silent Killer – Aortic
Aneurysms – Resolved Without Open Surgery; What Is an Aneurysm?; Second Heart
Attack Not Always Tied to Original Blockage; New section: Cerebral Aneurysm - What
You Should Know About Cerebral Aneurysms; Understanding : Aneurysm
Complications; Understanding : Brain Aneurysm Statistics and Facts; A Patient’s Guide
to Antithrombotic and Thrombolytic Therapy; Survival After Stroke Better for Blacks;
What is Stroke?; Coronary Artery Calcification: Pathophysiology, Epidemiology,
Imaging Methods, and Clinical Implications; Cardiac Calcifications; Calcification: A
Physiologic Defense; Inflammatory Atherosclerosis Characteristics of the Injurious
Agent; Coronary anatomy and anomalies; Coronary Artery Fistula; What Is
Cardioversion?; Diagnostic Procedures: Abdominal CT scan; Abdominal MRI scan;
Head MRI; Heart MRI; Nuclear (Thallium) Stress Test; Mitral Valve Prolapse; What Is
Endocarditis?

- Career Resources Best and Worst Ways to Send a Resume;
- Chinese Culture Take Charge! Presentation (Chinese) re: Diabetes; Asian Americans
show higher diabetes rates; Asian and Pacific Islander National Cancer Survivors
Network;

- Connecticut Public Health Resources Connecticut Health Database Compendium A Profile
of Selected Databases Maintained by The Connecticut Department of Public Health;
Consumer Report Card on Health Insurance Carriers in Connecticut; New section:
Storm and School Closings - 12 new links;
- Consumer Health Information CDC's Health and Safety Quizzes and Tools Page;
Hurricane Health & Safety Tips widget; NIH.gov's Health Information Page; Extreme
Cold: A Prevention Guide to Promote Your Personal Health and Safety; Be Prepared:
Staying Safe and Healthy in Winter Weather; Power Outages; Winter Weather:
Frostbite; Winter Weather: Hypothermia; Carbon Monoxide Poisoning After a Disaster;
Carbon Monoxide Poisoning; Winter Weather FAQs; Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety; What Your Nails Say About Your Health; Interactive Health Tutorials; Health calculators; Ten Common First Aid Mistakes;

- **Cool Sites A-L** Cars - General Tips; Fueleconomy.gov; government sales and auctions; Crafmeister.mcuniverse.com - Papercraft; Art Project: Explore museums from around the world; Death and Taxes 2011;

- **Cool Sites M-Z** USA.gov's Saving and Investing;

- **Diabetes Resources on the Internet** Hospitalizations Related to Diabetes in Pregnancy, 2008; California Diabetes Programs - Tools and Materials; What You Need to Know to Prevent Diabetes; Diabetes.org's Diabetes Risk Test; California Diabetes Program - Useful Internet Links for Diabetes Information; Diabetes --- United States, 2004 and 2008; WebMD's Type 2 Diabetes Overview slideshow; Women at High Risk for Diabetes, Access and Quality of Health Care, 2003-2006; 10 Diabetes Diet Myths; The Truth About Sweets and Diabetes; Get the Facts on Diabetes; How a 'Diabetes Diet' Protects Your Health; National Diabetes Fact Sheet, 2011; Type 2 Diabetes Overview slide show; How to Reverse Type 2 Diabetes; Helping the Student with Diabetes Succeed: A Guide for School Personnel; Diabetes Mellitus Interagency Coordinating Committee (DMICC); Diabetes Research Strategic Plan; Does Your Family History Include Type 2 Diabetes?; Teens and Diabetes;

- **Epidemiology A-L** Clinical Epidemiology & Evidence-Based Medicine Glossary: Experimental Design and Statistics Terminology; Epidemiology Glossary; Guidelines for Using and Developing Rates for Public Health Assessment; Guidelines for Using Confidence Intervals for Public Health Assessment;

- **Epidemiology M-Z** Guidelines for Working With Small Numbers; Analytic Methods in Maternal and Child Health;

- **Evaluation Resources & Report Cards** Healthyamericans.org's State Public Health data; PROCESS EVALUATIONS: A GUIDE FOR OUT-OF-SCHOOL TIME PRACTITIONERS; Childtrends.org - Evaluation; QUASI-EXPERIMENTAL EVALUATIONS; Childtrends.org's Evaluation Research Briefs; Children in Poverty State Profiles;

- **Everything You Ever Wanted to Know** NOAA's International Weather Conditions; Billy Joel's We Didn't Start the Fire; mithsonian National Museum of Natural History Panoramic Virtual Tour; The Word Brain - Learning languages; BBC's Human Planet video;

- **Favorite Movie Sites** Moviescribes.com; Horror Screenplay Archive; 10 Movies That Changed Hollywood; Openculture.com; 20 Great Animated Movies For Grown-ups; Europa Film Treasures; Head of the Class: The 25 All-Time Best High School Movies; Head of the Class: The 50 Best High School Movies, Nos. 50-26;

- **Favorite Music Sites** 2010 Top 100 Music Videos; New section: Musician Resources. Brambos.com Creative gadgets; Brambos.com Vintage Software Archive; Jewelbeat.com; Music Training Games; Musikki.com Music Search Engine; What Are the Differences Between All Those Audio Formats?; Insider tips for using Windows Media Center; Royalty free music from JewelBeat.com;

- **Fitness** Fitness programs: 5 steps to getting started; Physical Activity Resources for Health Professionals; Back Pain Myths; Fitness Testing; Taking 10,000 Steps a Day May
Lower Diabetes Risk; Exercising When You’re Overweight; Physical Activity and Older Americans - Benefits and Strategies; Exercise intensity: Why it matters, how it's measured;

- **Free Software** LibreOffice; Diskcheckup;
- **Graphing** Analytic Methods in Maternal and Child Health; Navigate Your PowerPoint Slides Easier with These Simple Tips;
- **Health Care Information** Caring for an Aging Loved One; Social Security and Disability Resource Center; Using Acetaminophen and Nonsteroidal Anti-inflammatory Drugs Safely; 8 Drugs You Should Get a Second Opinion On; MRI Scans (Also called: Magnetic resonance imaging, NMR, Nuclear magnetic resonance); Access to Health Services;
- **Healthcare Quality Data** Health Data Guidelines;
- **Healthcare Quality Issues** Doctors with Government Actions; Dollars for Docs, What Drug Companies are Paying Your Doctor; The CAHPS Improvement Guide - Practical Strategies for Improving the Patient Care Experience; AHRQ's On-Time Quality Improvement Manual for Long-Term Care Facilities; AHRQ's Care Coordination Measures Atlas; Rationale for Regular Reporting on Health Disparities and Inequalities -- United States; CDC Health Disparities and Inequalities Report — United States, 2011 Home Page; CDC Health Disparities and Inequalities Report — United States, 2011;

  CDC Health Disparities and Inequalities Report — United States, 2011 - Individual MMWR Supplements; What Are Health Disparities?;

- **Health Education Resources** HHS on Blogs; HHS on Facebook; New Media Tools from HHS.gov; Whooo's on Twitter HHS.gov; Whooo's on YouTube?;

- **Information Quality** Evaluating Internet Health Information: A Tutorial from the National Library of Medicine;
- **Kids Health** MedlinePlus Children's Page; Fun Math Games; Free Test Online Prep; Bullying; Computer Security in the Social Media World; 50 Years of Space Exploration; Foods Your Dog Should Never Eat;
- **Kids' Fun Sites** White Jigsaw; Memory Game; Snowmageddon; Online Wordsearch; Thrill of the Catch; Coloring online, painting games;
- **Nutrition Resources** Sugary Drinks, Foods Might Put Teens at Risk for Heart Disease; Carbohydrates, Sugar and Your Child; Serious Concerns Over Alcoholic Beverages with
Added Caffeine; Essential vitamins for women at every age; The Truth About Beer; Stevia FAQ Questions and answers about stevia sweeteners; Most Nutritious Whole Foods; Sugars & Sweeteners Quiz: Test Your Sugar Smarts; Incorporating the Dietary Guidelines; New U.S. Dietary Guidelines: What Not to Eat; Incorporating the Dietary Guidelines; Age-Adjusted Daily Kilocalorie Intake Among Adults Aged 20–74 Years, by Sex --- National Health and Nutrition Examination Survey, United States, 1971–2008*; Butter, margarine, and cooking oils; Salt Shockers Slideshow: High-Sodium Surprises; Juice Wars Slideshow: The Best and Worst for Your Health; Aspartame: What You Need to Know; Sweeteners and Sugar Substitutes; Carbohydrates: How carbs fit into a healthy diet; Age-Adjusted Kilocalorie and Macronutrient Intake* Among Adults Aged ≥20 Years, by Sex --- National Health and Nutrition Examination Survey, United States, 2007–2008; Dietary Guidelines for Americans, 2010; 12 Foods to Boost Bone Health; 8 Foods that Pack on Muscle; Test Your Nutrition IQ; You Are What You Eat; What foods are in the protein foods group?; What Counts As a Cup?; CDC's Healthy Recipes; Drugs, Supplements, and Herbal Information;

- Weight loss: 6 strategies for success; Diet 911: After You Overindulge; Ideal Weight or Happy Weight? How much weight do you really need to lose?; Killer at Large video; Exercise and Weight Loss: 5 Truths; F as in Fat: How Obesity Policies are Failing in America, 2010; Healthyamericans.org's Obesity reports; Obesity and Overweight - FASTSTATS; Obesityinamerica.org; Preventobesity.net widget; Food & Fitness Planner; Promoting Physical Activity: Environmental and Policy Approaches; Obesity --- United States, 1988–2008; Fat-Fighting Foods; Age-Adjusted Daily Kilocalorie Intake Among Adults Aged 20–74 Years, by Sex --- National Health and Nutrition Examination Survey, United States, 1971–2008*; Trends in Intake of Energy and Macronutrients in Adults From 1999-2000 Through 2007-2008; Childhood Obesity in the United States; MedlinePlus Body Weight; Obesity in Children; Insufficient, Irregular Sleep Tied to Kids' Obesity; Added Sugar May Raise Cholesterol in Teens; Low-calorie foods for weight control; 9 Most Fattening Foods of Winter; Dieting Is Out; Healthy Eating Is In; 15 Easy Ways to Rev Up Your Metabolism; Losing a Lot of Weight; Healthy Weight - it's not a diet, it's a lifestyle!; Quiz: Best & Worst Foods for Belly Fat; Obesity Alone Raises Risk of Fatal Heart Attack, Study Finds; MedlinePlus Weight Management Tutorial; Best & Worst Foods for Belly Fat; Why is overweight and obesity a problem?; Obesity Increases Risk of Deadly Heart Attacks; 12 Gifts You’ll Receive When You Shed Excess Weight; Obesity rates are higher among sexually abused and lesbian women; 15 Best Recipes for Weight Loss; 10 Rules of Kids' Fitness; What Does the City Attorney Have to Do with Obesity Prevention?; Overweight and Obesity — Statistics - Statistical Fact Sheet — Risk Factors 2011 Update; Body Mass Index (BMI Calculator); Bariatric Surgery and Cardiovascular Risk Factors; AHA's Obesity Information;

- Poll Stats Archives 2010 statistics
- Public Health Continuing Education Opportunities Data Utilization and Interpretation Training and Resources;
- Public Health Data Search Engines HIV Infection --- United States, 2005 and 2008; World Life Expectancy; USA Causes of Death By Age and Gender; Online ICD-9 codes; Health.data.gov; USA Health Rankings;
- Public Health Data Adults Having Five or More Alcoholic Beverages in 1 Day; WHO


- Public Health E-News Table of Contents January - March 2011;

- Public Health Practice The CDC’s Social Media Toolkit; New section: Quality Improvement: National Public Health Performance Standards Program (NPHPSP) Online Resource Center PHF.org Public Health Improvement Resource Center; Quality Improvement (QI) Quick Guide for public health practitioners; Quality Improvement Quick Guide Tutorial; Quality Improvement in Health Services; CDC's Winnable Battls; Ten Top Priorities for Prevention; Community Health Assessment Clearinghouse; 10 Steps in Community Health Assessment Development Process; "How To Do Assessments" Links; Conducting Community Health Assessment Process Training; Presenting Public Health Data Changing the Public Conversation on Social Problems: A Beginner's Guide to Strategic Frame Analysis; Framing Public Issues; Evidence-Based Public Health Resources; Contents of Criteria for Assessing the Usefulness of Community Health Assessments: A Literature Review (TR-314); Education and Income --- United States, 2005 and 2009; Inadequate and Unhealthy Housing, 2007 and 2009; Social Media 101 Overview: The WHAT and the WHY; Twitter Best Practices; Policy Drafting Checklists; Early Childhood Experiences: Laying the Foundation for Health Across a Lifetime How Social Factors Shape Health: The Role of Stress; What Shapes Health-Related Behaviors? The Role of Social Factors;

- Public Health Sites A - C Parents are the Key widget; Alcohol and Drug Problems; Preexposure Prophylaxis for the Prevention of HIV Infection in Men Who Have Sex with Men;

- Public Health Sites D-G Unhealthy Air Quality --- United States, 2006–2009; Current
Asthma Prevalence --- United States, 2006--2008; Marijuana Use and Its Effects; Lesbian, Gay, Bisexual and Transgender Health - Youth; WebMD's Substance Abuse; Facilitating Discussion of Transgender Issues: A Primer; Bath Salts (methylenedioxyamphetamine (MDMA), mephedrone and pyrovalerone); Bath Salts" - Emerging and Dangerous Products; Robo Tripping/Over-the-Counter Drug Abuse; An interactive earthquake primer; History of deadly earthquakes; Natural Disasters Hazards; History of deadly earthquakes; History of Great Earthquakes; Major earthquakes throughout history in pictures; Moment magnitude scale; Earthquake Glossary; Earthquakes; Faults and Earthquakes; Major earthquakes throughout history in pictures; Moment magnitude scale; Richter Magnitude Scale; Tsunami and Earthquake Research at the USGS; Tsunami-Related Information for Clinicians; Tsunamis; New section: Radiation: Radiation Emergencies; Short Guide to Hepatitis C; Guidance for Caregivers: Children or Teens Who Had a Loved One Die in the Earthquake; Parent Guidelines for Helping Children after an Earthquake; NOAA's Tsunami site; Cell Phone Radiation; Electromagnetic Radiation; Fact Sheet on Biological Effects of Radiation; How Nuclear Radiation Works; Ionizing radiation; Ionizing Radiation During Pregnancy; Measuring the electromagnetic spectrum; National Council on Radiation Protection & Measurements; EPA.gov; Radiation; OSHA.gov; Greenfacts.org; RCN.com; U.S. Department of Veterans Affairs; Radiation and Life World; Radiation Biological Effect; Radiation Dose Chart; American Nuclear Society; Radiation Emergencies; Radiation Emergencies; CDC Radiation Emergency Management; Radiation Exposure; GSU.edu; Radiation Exposure: Fast Facts About Thyroid Cancer and Other Health Risks; Radiation, how much is considered safe for humans?; Radiation - Quantities and Units of Ionizing Radiation; Radiation Sickness; UMM.edu; Radiation Threat; Solar Radiation; The Radiation Information Network/U.S. Solar Radiation Resource Maps; Ambiguous Genitalia;

- **Public Health Sites H-L** Influenza Vaccination Coverage --- United States, 2000--2010; General Recommendations on Immunization; Recommendations of the Advisory Committee on Immunization Practices (ACIP); Trends in Tuberculosis --- United States, 2010; World Life Expectancy;

- **Public Health Sites M - N** Depression: Recognizing the Emotional Symptoms; Salud al día widget; A Visual Guide to Prostate Cancer; Sickle Cell Disease Information Center; The Toll of Sleep Loss in America; New section: Neurological Health: A Visual Guide to Multiple Sclerosis; Cold stress; Exercise Cuts Prostate Cancer Death Risk; Erectile Dysfunction widget; Penis health: Identify and prevent problems; Happiness Quiz: Test Your Emotional Intelligence Quotient; Healthy Lifestyles Month from the US Military; Generalized Anxiety Disorder; Myths and Facts About Depression; Depression Glossary; Genetic Link Between Stress and Depression; Prostate Cancer; Maternal, Pregnancy, and Birth Characteristics of Asians and Native Hawaiians/Pacific Islanders --- King County, Washington, 2003--2008;

- **Public Health Sites O-Z** Understanding and Helping the Suicidal Individual; Suicidal Thoughts: What to Do; Thyroid Symptoms and Solutions; African American Suicide Fact Sheet; Sleep Disorders: How Does Aging Affect Sleep?; Sleep Habits: More Important Than You Think Chronic Sleep Deprivation May Harm Health; Stress Busting Tips to Prevent Nightmares; Our Expert's A's to Your Top Snooze Q's; Study Finds Lack of Sleep Leads to Lost Calories; Light Exposure May Cut Production of
Melatonin; Sleep Paralysis: Demon in the Bedroom; Could Sleep Deprivation be Helpful?; The Dream Diet: Losing Weight While You Sleep; Sleep Labs: Rx for Better Shut-Eye; Loving Your Bedroom May Be Key to Good Sleep; How Much Sleep Do You Really Need?; Understanding Sleep Problems; Quiz: What Do Your Dreams Say About You?; Effect of Short Sleep Duration on Daily Activities --- United States, 2005--2008; Unhealthy Sleep-Related Behaviors --- 12 States, 2009; National Sleep Awareness Week -- March 7--13, 2011; Visual Guide to Sleep Disorders; Sleepy Americans Put Health at Risk; Syphilis Profiles, 2009; Insufficient Sleep Is a Public Health Epidemic; Chlamydia Profiles, 2009; Gonococcal Isolate Surveillance Project (GISP)Profiles, 2009;

- **Public Health Software HealthMap 3.0 Tutorial; From the CDC: Epi Info Software Requirements; Epi Info Tutorials; Epi Info™ Community Health Assessment Tutorial; Health Disparities Calculator (HD*Calc); Cancer.gov's SEER Analytic Software; National Cancer Institute's Statistical Software; American Community Survey Maps; Show World;**

- **Research Resources on the Net Analytic Methods in Maternal and Child Health; MCH Analytic Skills Online; Response Bias; Online Survey Knowledge Base;**

- **Resources for Health Professionals** Clinical Guidance for Carbon Monoxide (CO) Poisoning After a Disaster;

- **Senior Health** Test Your Memory for Alzheimer's (5 Best Self Assessment Tests); Sagetest; Dr. Oz Memory Quiz; Myths and Facts About Constipation; Brisk Walks May Boost Memory in Older Adults; Clinical Preventive Services for Older Adults; Clinical Preventive Services for Older Adults - Closing the Gap; Promoting Preventive Services for Adults 50-Community and Clinical Partnerships; Promoting Preventive Services for Adults 50-64:Community and Clinical Partnerships PDF; Promoting Preventive Services for Adults 50-64 - View by Indicator; Older Drivers; Motor Vehicle Safety;

- **Statistical Functions** STATS: We Check Out the Numbers Behind the News; Analytic Methods in Maternal and Child Health; Collecting and Organizing Data;

- **Statistical Programs** Get to know Excel 2007: Enter formulas; Excel 2007 training;

- **Tobacco Resources on the Internet** Inhaling Tobacco Smoke Causes Immediate Harm; Surgeon General's Heart Stopper video; Cigarette Smoking --- United States, 1965-2008; Tobacco Addiction; How Does Smoking Affect the Heart and Blood Vessels?; Latest NIH Research; Keep Trying!: You can quit smoking: Here's how; 5 Steps to Start; 3 Tools to Help Your Quit; Secondhand Smoke"Light" Tobacco/ Smokeless Tobacco;


- **Useful Sites** Mortgage and Refinance Calculators;

- **Webmastering Tools** European Southern Observatory Space Images; Freepdfconvert.com; Neevia Technology; Textfixer - convert Word to HTML; MakeRetro.com; Photoshop CS 5 - How-to-Geek Cheat Sheet;

- **Web Resources** Social Media 101 Overview: The WHAT and the WHY; The Twitter Guide Book; Flickr Best Practices Guide for Government; HHS YouTube Guidance; Social Media Considerations: Questions to ask before jumping in; A gadget’s life: From gee-whiz to junk; Desktop Nexus; Lowdown on Memory Cards; MS OFFICE Quick Reference Guides; Document/File Conversion: Freepdfconvert.com; PDFmyurl.com; >HTML to PDF Online Converter; HTML-PDF-CONVERTER.com; Neevia
Technology; PDFdownload.org; PDFonfly.com; Why Social Media Might Be Making You Lonelier; OnGuard Online.gov; Consumer Electronics;

- **Web site Polls Statistics Archives** 2010 Poll Statistics;
- **Wellness Resources Part I (1 - 5)** Young Adult Attitudes About Relationships and Marriage: Times May Have Changed, But Expectations Remain High; Research discovers why first impressions are so persistent; Happiness Quiz: Test Your Emotional Intelligence Quotient; Anger is Illogical video; Individuals with Intersex Conditions; Sex Fact or Fiction;
- **Wellness Resources Part II (6 - 11)** Surprising Ways Smoking Affects Your Looks and Life; 10 Dirtiest Foods You're Eating; Physical Activity for Everyone Videos; Cholesterol 101 Slideshow: What Your Levels Mean; Nonstick cooking sprays are safe if you use them properly;
- **Wellness Resources Part III (12 - 17)** A Visual Guide to Understanding Stroke; Photos of Shingles (Herpes Zoster) - WebMD slideshow;
- **Women's Health - General Resources** CDC's Women's Health 2010: A Year in Review; CDC's Women's Health; Facts about American Women;
- **Women's Health Life Cycle Issues** WHO's Preventing intimate partner and sexual violence against women Taking action and generating evidence; Information on the Legal Rights Available to Immigrant Victims of Domestic Violence in the United States and Facts about Immigrating on a Marriage-Based Visa; Postmenopausal Health; Menopause Basics; Second-Trimester Abortion Overview; Quality of Life and Safety of Tai Chi and Green Tea Extracts in Postmenopausal Women; Menstrual cycle: What's normal, what's not;
- **Women's Health Issues** Low-Cost Ways to Protect Your Bones; What's Causing Your Pelvic Pain?; Screening for Osteoporosis; Pelvic Inflammatory Disease (PID) Statistics; NIH's Pelvic Inflammatory Disease; Causes of Osteoporosis; Uterine Fibroids; Pelvic Organ Prolapse;
- **Women's Health - Breast and Other Female Cancers** Abortion, Miscarriage, and Breast Cancer Risk; Cervical Cancer: The Preventable Gynecologic Cancer; Gynecologic Cancers; Metastatic Breast Cancer Network; Breast Cancer; Breast MRI scan;
- **Women's Health - Heart Disease and Stroke** Make the Call, Don't Miss a Beat; Heart Attack Information for Women; Can You Die of a Broken Heart? Broken heart syndrome may often be confused with symptoms of a heart attack; Effectiveness-Based Guidelines for the Prevention of Cardiovascular Disease in Women—2011 Update; Women & Cardiovascular Diseases – 2011 Update; Women and Heart Disease - Mortality Statistics; Heart Health and Stroke; Menopause and Stroke; Stroke; Strokes in Women; Stroke Symptoms May Differ in Women; Unique Symptoms in Women; We're Talking About Women and Stroke; Women and Stroke; Women & Stroke;

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**April - June 2011**

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**Updated Pages**
1/19/2015

**Annotated Great Books Bibliography** The Girl Who Kicked the Hornet's Nest;

**Dictionary of Cancer Terms**; What You Need to Know About Melanoma and Other Skin Cancers; Eye Cancer (Melanoma and Lymphoma); Gastric Cancer / Cancer Of The Stomach; Diffuse large B-cell lymphoma in adults; Follicular lymphoma in adults; Simple Steps to Prevent Common Cancers - Report Suggests That Healthy Diet and Physical Fitness Can Prevent Many Cancer Cases WebMD; Top Cancer-Fighting Foods; United States Cancer Statistics Public Information Data from CDC Wonder; National Cancer Control Month; Association Between Diagnosed Diabetes and Self-Reported Cancer Among U.S. Adults Findings from the 2009 Behavioral Risk Factor Surveillance System; Cancer images; Understanding Colorectal Cancer; Lung Cancer (non-small cell) Overview; Lung Cancer (Small Cell); Melanoma; Cancer and Men; Cancer Facts & Figures 2011;

**Links Between Violence and Chronic Diseases, Mental Illness and Poor Learning; Chronic Disease; How to help a friend or loved one suffering from a chronic illness; Depression and Chronic Illness;**

**‘Mini-Stroke’ May Increase Risk of Heart Attack;** Blacks less likely than whites to use either statins or aspirin in the prevention of cardiovascular disease; New section: Lipids/Triglycerides: Triglycerides and Cardiovascular Disease: A Scientific Statement From the American Heart Association; Dietary, lifestyle changes can significantly reduce triglycerides; Top Ten Things To Know Triglycerides and Cardiovascular Disease; Triglycerides Information; Triglycerides: Frequently Asked Questions; Diet and Lifestyle Recommendations Revision 2006: A Scientific Statement From the American Heart Association Nutrition Committee; What Are Coronary Heart Disease Risk Factors?; Heart and Stroke Statistics: Heart & Stroke Facts 2010 Update At-A-Glance; Lifestyle Changes Reduce Triglycerides; Post-traumatic Stress Disorder, Coronary Atherosclerosis, and Mortality; Age-Adjusted Death Rates for Heart Disease and Cancer --- United States, 1999--2009*; Understand Your Risk for Cardiac Arrest; Omega-3 may cut risk of artery disease, heart attacks for patients with stents;

Coronary artery spasm; Angina treatment — medical versus interventional therapy; Angina treatment — medical therapy; Congenital Heart Disease in Adults; Let’s Talk About Stroke and Aphasia; Myxomas; Interesting Facts and Statistics About Stroke; Stroke statistics; Acute Coronary Syndrome; What Is Coronary Angiography?; Ventricular fibrillation; Size, strength of heart’s right side differs by age, gender, race/ethnicity; Coronary artery balloon angioplasty - series; Coronary Calcium Scan;

**Career Resources** Best and Worst Ways to Send a Resume;

**Chinese Culture** Asian & Pacific Islander Institute on Domestic Violence; Chengdu Panda Breeding and Research Center; Chengdu Panda Base of Giant Panda Breeding; Know HBV: What Every Asian and Pacific Islander Should Know About Hepatitis B and Liver Cancer; Study Offers First Look at Asian Americans' Glaucoma Risk;

**Connecticut Public Health Resources**; CT Helmet Law Impact; 2010 Connecticut Profile; State Health Planning; Degrees in the Statehouse - Where did Connecticut’s state
legislators go to college?; New England Consumer Price Index Card;

• **Consumer Health Information** Sunburn: Treatment and Prevention; MedlinePlus index of health topics; Ship Captain's Medical Guide; 10 symptoms not to ignore; Wound Care: Your Essential First Aid Care Guide;

• **Cool Sites A-L** State Archives; National Archives; USDA's Plants Database; Composting; Organic Culture: Crops and Gardening; Picaspot;

• **Cool Sites M-Z** Mymoney.gov; Life Events; Tools for Making Financial Decisions;

• **Diabetes Resources on the Internet** Diabetes in Women 2010; Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients; Diabetes Information; Gestational Diabetes; Diabetes Numbers-At-A-Glance 2011; Tips to Help You Stay Healthy;


• **Epidemiology M-Z** History of the statistical classification of diseases and causes of death;

• **Evaluation Resources & Report Cards** Foster Care Data Snapshot; 2010 State Snapshots;

• **Everything You Ever Wanted to Know** Top 100 April Fool's Day Hoaxes of All Time; FBI Records; Vault; Brain Basics;

• **Favorite Movie Sites** Matrix Screen Saver; Thor; 13 Assassins;

• **Fitness** Yoga for Health: An Introduction; Glossary of Terms; Measuring Physical Activity Intensity; Division of Nutrition, Physical Activity and Obesity; How to Be Active for Health; How to Start Running; No-Gym Workout slideshow; Contribution of Occupational Physical Activity Toward Meeting Recommended Physical Activity Guidelines --- United States, 2007; Types and levels of activity girls need;

• **Free Software** Freezerware;

• **Grants** Grantsalert.com widget;

• **Healthcare Quality Data** New section: ICD-10: New International Classification of Diseases (ICD-10): The History and Impact; International Classification of Diseases; The Transition to Version 5010 and ICD-10; ICD-10 Will Change Everything;

• **Healthcare Quality Standards** CDC's Health-Related Quality of Life (HRQOL); ICD-10 Overview;

• **Healthcare Quality Issues** Health Literacy Interventions and Outcomes: An Updated Systematic Review; HHS Action Plan to Reduce Racial and Ethnic Health Disparities; National Stakeholder Strategy for Achieving Health Equity; Health Literacy: Accurate, Accessible and Actionable Health Information for All; Professional Conduct Toolkit; Hospital Preparedness: From Hospitals to Healthcare Coalitions: Transforming Health Preparedness and Response in Our Communities;

• **Health Education Resources** Development Of A Unified Code Of Ethics For The Health Education Profession; Code Of Ethics For The Health Education Profession; Code Of Ethics For The Health Education Profession; Digitalliteracy.gov;

• **Kids Health** Taking a Stand Against Bullying; 25 Manners Every Kid Should Know By Age 9; Children's Bathroom Health & Safety Guide; How SpaceX's Dragon Space Capsule Works (Infographic);

• **Kids' Fun Sites** Sporktris;

• **Maternal Child Health** Developmental Screening; Child Maltreatment Prevention; Prevent Child Maltreatment; Young and Vulnerable: Children Five and Under Experience High Maltreatment Rates; Child Maltreatment Data Snapshot; Addressing the Mental Health Needs of Young Children and Their Families; Anxiety Disorders in Children and Adolescents; Brain Development During Childhood and Adolescence; Depression in Children and Adolescents; Bipolar Disorder in Children and Adolescents; Normal and Abnormal Sexual Differentiation; Newborn Screening; Purpose of Newborn Hearing Screening;

• **Nutrition Resources** Calcium Food Calculator; The Wonders of Water; ‘Added Sugar’ May Add to Weight Gain in U.S.; Dietary, Lifestyle Changes Can Significantly Reduce Triglycerides; Herbs At a Glance; Lifestyle Changes Reduce Triglycerides; High-Protein Diet Slideshow; Acrylamide; Vitamin D Deficiency; Calcium Content of Common Foods in Common Portions; Calcium-Rich Foods; Clinical Report–Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?; The Truth About Calories;

• **Best Diet Tips Ever -- 22 Ways to Stay on Track; 78 Ways to Cut Fat Calories from Your Diet; Fat-Fighting Foods slideshow; Exercise and Weight Control; Assessing your weight; Reversing the Trend in Childhood Obesity: Policies to Promote Healthy Kids and Communities; Children’s Food Environment State Indicator Report, 2011; Obesity - Stroke Connection; Metabolic Syndrome; Childhood obesity; Exercise and Weight Control; Prevalence of Obesity Among Adults with Arthritis --- United States, 2003--2009; Weight Gain Shockers Slideshow: Surprising Reasons You're Gaining Weight; Great Resources for Healthy Eating for Kids; Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010; Weight Gain Shockers Slideshow: Surprising Reasons You're Gaining Weight; Statistics Related to Overweight & Obesity; Child Obesity Statistics & Teenage Obesity Statistics: 1963 to Present; Overweight in Children and Adolescents; Do obese children become obese adults? A review of the literature; Arthritis as a Potential Barrier to Physical Activity Among Adults with Obesity --- United States, 2007 and 2009; Obesity Trends in Adults with Arthritis; Diets to Prevent or Treat Obesity; Cellulite Pictures, Causes, Myths, and Treatments; Early Childhood Obesity Prevention Policies;

• **Public Health Continuing Education Opportunities** CDC health literacy training;


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http://www.bettycjung.net/Wn2011.htm
Pacific Islander Population; Asian Census Data; Incidence and Trends of Infection with Pathogens Transmitted Commonly Through Food --- Foodborne Diseases Active Surveillance Network, 10 U.S. Sites, 1996--2010;

- **Public Health Data** Global Status Report on Alcohol and Health 2011; Percentage of Adults Aged 20--64 Years with Hypertension Whose Condition Was Undiagnosed,* by Health Insurance Status† and Age Group --- National Health and Nutrition Examination Survey, United States, 2005--2008; Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9--12 --- Youth Risk Behavior Surveillance, Selected Sites, United States, 2001--2009; Physical Activity Levels of High School Students --- United States, 2010; Beverage Consumption Among High School Students --- United States, 2010; National Youth Physical Activity and Nutrition Study (NYPANS);


- **Public Health E-News Table of Contents** April - June, 2011;

- **Public Health Fact Sheets:** Adderal; Electronic Aggression; Energy Drinks; Health Effects of Cell Phone Use; Heroin; Impaired Driving; Marijuana; Obesogens; Osterarthritis; Prescription Drug Abuse; Sleep Deprivation; Soy Foods; Youth Bullying; Youth Depression;

- **Public Health Practice** CDC's Tools for Community Action;

- **Public Health Sites A - C** Clinical Report - The Impact of Social Media on Children, Adolescents, and Families; Alcohol poisoning; HIV Surveillance - Epidemiology of HIV Infection (through 2009); Thirty Years of HIV --- 1981--2011;

- **Public Health Sites D-G** How to Prepare for a Tornado; What to Do During a Tornado; What to Do After a Tornado; What does transgender mean?; PFLAG PARENTS, FAMILIES AND FRIENDS OF LESBIANS AND GAYS; Patient Guide to the Endocrine Treatment of Transsexual Persons; Social Media: Preparedness 101: Zombie Apocalypse Returning Home after a Disaster: Be Healthy and Safe; Prescription drug abuse; Disaster Preparation and Recovery; Coping with Disasters; Tornadoes;

- **Public Health Sites H-L** TB in the United States: A Snapshot: 2010; Compendium of Measures to Prevent Disease Associated with Animals in Public Settings, 2011; New section: Headaches - Migraine headaches in adults; Managing Migraine: How to Prevent and Control Migraine Headaches; Making Food Safer to Eat; Emergin Infectious Diseases widget; 2011 Measles Update; 5 Things You Need to Know about Tuberculosis (TB); National Chronic Kidney Disease Fact Sheet 2010;

- **Public Health Sites M - N** Manly Myths Quiz: The Truth About Men’s Health; Testicular self-examination; AIM's Screening for Testicular Cancer; U.S. Preventive Services Task Force's Screening for Testicular Cancer; Feeling stressed; African Americans and Sexually Transmitted Diseases; Tai Chi & Qi Gong for Health and Well-Being; Health
2010: Men's Health; Older Men; IL DOH's Men's Health; Alcohol and the Hispanic Community; Asian American & Pacific Islander Heritage; Understanding Bipolar Disorder; Cardiovascular Implications of Erectile Dysfunction; Men: Stay Healthy at 50+;

- **Public Health Sites O-Z** Symptoms of sexually transmitted infections (STIs); Suicide in America: Frequently Asked Questions; CDC Study Finds Suicide Rates Rise and Fall with Economy Study looks at suicide rates from 1928–2007; African Americans and Sexually Transmitted Diseases; Sleep Disorders and CAM: At a Glance; Chlamydia and Gonorrhea — Two Most Commonly Reported Infectious Diseases in the United States; New section: Genital herpes: Genital Herpes; Genital Herpes—Initial Visits to Physicians’ Offices, United States, 1966–2009; Seroprevalence of Herpes Simplex Virus Type 2 Among Persons Aged 14–49 Years --- United States, 2005--2008; Could You be a Super Sleeper?; Pictures and Facts About STDs; What is Neurosyphilis?; FDA Warns: Beware of Bogus STD Products; After a Suicide: A Toolkit for Schools; Soundsleeping.com; New Information About Adolescent Sleep; Straight talk about sexually transmitted infections (STIs);

- **Research Resources on the Net** Overview ICD-10;

- **Resources for Health Professionals** Ship Captain's Medical Guide; National Center for Complementary and Alternative Medicine - Resources for Health Care Providers;

- **Search Engines Index** List of Search Engines;

- **Search Engines - Health** MedlinePlus index of health topics;

- **Senior Health** Are My Current Retirement Savings Sufficient?; Yoga and Older Adults video; Social Security.gov; Promoting Emotional Health and Preventing Suicide - A Toolkit for Senior Living Communities (SPARK Kit); Older Americans Month: May 2011 - Statistics; Nourish Your Brain; Clinical Preventive Services for Older Adults; Older Americans Statistics;

- **Site Information** Twitter Grader; Sitetrail; Site in the World; Page Rank Checker; Push 2 Check widget;

- **Statistical Functions** The 'Decline Effect' and Scientific Truth; General Statistical Tutorials;

- **TOBACCO RESOURCES ON THE INTERNET** Tobacco and birth defects; Pregnant? Don't Smoke; Smoking - tips on how to quit; Cigarette Package Health Warnings and Interest in Quitting Smoking --- 14 Countries, 2008--2010; Report Finds Global Smokers Consider Quitting due to Graphic Health Warnings on Packages; Global Tobacco Surveillance System (GTSS);

- **US Government Statistics Sites**; Organized crime statistics; Statistics: Crime; Migration Policy Institute Data Hub;

- **Useful Sites** Numberinvestigator.com; Overview of Crime Victims’ Rights Overview of Crime Victims’ Rights; Help for Crime Victims; CDC's Travelers' Health; Traveling Safely with Medicines;

- **Webmastering Tools** Online Font Converter; Periodic Table of SEO Ranking Factors; Phoenix image editor; Iaza.com;

- **Web Resources** Data Viz Challenge; How to Set Up Skype;

- **Web site Search Engines** Memidex - Dictionary and Thesaurus lookup;

- **Wellness Resources Part I (1 - 5)** Yoga for Health: An Introduction; Soundsleeping.com;
Wellness Resources Part II (6 - 11) What Happens in diabetes; Straight talk about alcohol; Today's Hospitals: Innovations in Technology and Care; Drugs: Shatter the Myths; What's a "standard" drink?; Drink Alcohol Only in Moderation; Alcohol Use: Conversation starters; Your Birth Control Options; Prevent Teen Pregnancy CDC widget;

Wellness Resources Part III (12 - 17) Having fun and staying safe; Tai Chi & Qi Gong for Health and Well-Being; National Center for Complementary and Alternative Medicine; Top 11 Medical Expenses; Pictures and Facts About STDs; My First Time - Events of the Heart; Condom Quiz; Genital Herpes Quiz; Cosmetics Quiz: The Truth About Your Makeup;

Women's Health - General Resources A Lifetime of Good Health - Your Guide to Staying Healthy; Interactive screening chart and immunization tool; Healthy Eating for Women; Recommended Screenings, Tests, and Immunizations for Women with High-Risk Factors; Diseases and Disorders Related to Women's Health and Conditions; Preventing the top 7 threats; Women’s Health Care Chartbook; USA.gov's National Women's Health Information Center;

Women's Health Transvaginal ultrasound; Emergency contraception; Your reproductive health; Gynecological (Female) Disorders; Common gynecologic problems: a guide to diagnosis and treatment; Preventing and Managing Chronic Disease to Improve the Health of Women and Infants; Mystified by Menopause? A Major Life Transition; Birth Control Methods;

Women's Health Issues Post-Traumatic Stress Disorder - Issues Specific to Women; Causes of Female Infertility; Evaluation of the infertile couple; Female fertility: Why lifestyle choices count; Understanding Infertility - The Basics; Alcohol Consumption and Pregnancy; Binge Drinking and the Risks to Women's Health; Gender Differences and Alcohol Consumption; Women's Health; New section: Immigrant & Migrant Issues: Human Trafficking; Immigrant & Migrant Issues; 10 Ways STDs Impact Women Differently from Men; Alcoholism, Substance Abuse, and Addictive Behavior; Women and Alcohol; New section: Arthritis: Osteoarthritis Risk Assessment Tool; Pelvic Exam; New section: Suicide - New study shows 49 percent rise in emergency department visits for drug related suicide attempts by females aged 50 and older from 2005 to 2009;

Women's Health - Breast and Other Female Cancers Breast Lumps: 7 Myths and Facts; Axillary Lymph Nodes; Young Women & Breast Cancer; Pap Test: Frequently Asked Questions; Stroke: Know Your Risk; World-wide Breast Cancer; Ovarian Disorders;

Women's Health - Heart Disease and Stroke Minority Women and Heart Disease; Heart Disease - Frequently Asked Questions; 2011 Heart Disease Prevention Guidelines for Women - Living Guidelines for Women: What You Need to Know; Heart Attack Symptoms in Women; Lower Heart Disease Risk; What Is Heart Disease?; Women, Heart Disease and Stroke; Smoking and Peripheral Artery Disease in Women;

Writing Resources WebCite; Clean Up Your Mess - A Guide to Visual Design for Everyone;

July - September 2011

http://www.bettycjung.net/Wn2011.htm
New Pages

- **2011 Public Health Blog (January - June)**
- **Tribute: Dr. Michael J. Perlin**
- **Cancer Resources on the Internet** In development; Rates of New Lung Cancer Cases;
- **Tobacco Resources on the Internet** In development

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** Campus Sexual Violence Resource List; Campus Sexual Violence Resource List;
- **Annotated Public Health Practice Bibliography** Rebecca Skloot's *The Immortal Life of Henrietta Lacks*;
- **Annotated Wellness Bibliography** Rebecca Skloot's *The Immortal Life of Henrietta Lacks*;
- **Cancer Genome Atlas; Common Cancers in Adults; Choosing a Treatment Program; After Treatment; Colorectal Cancer Screening; Cancer Prevention Starts in Childhood; 1uponcancer.com; Exocrine tumors; Neuroendocrine or islet cell tumor; Pituitary Tumors; pituitary incidentaloma; A Visual Guide to Lung Cancer; Cancer Clinical Trials; Salivary Gland Cancer; State-Specific Trends in Lung Cancer Incidence and Smoking --- United States, 1999--2008; Cancer and the Elderly; Four Specific Health Behaviors Contribute to a Longer Life; Prevention: What You Can Do;**
- **Cholesterol: What Your Level Means; Antiplatelet Therapy; Cocaine, Marijuana and Other Drugs; Do You Really Need Bypass Surgery?; Cardiac Glossary; If I Had...A Bruit In My Neck; How the Heart Works; All About Cholesterol; The Value of Primordial and Primary Prevention for Cardiovascular Disease; An Ounce of Prevention…The Value of Prevention for Cardiovascular Diseases; Out-of-Hospital Cardiac Arrest Surveillance --- Cardiac Arrest Registry to Enhance Survival (CARES), United States, October 1, 2005--December 31, 2010; Top 10 Myths about Cardiovascular Disease; Other possible heart disease risk factors; Million Hearts.
Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors — United States, 2011; Medications That Cause High Blood Pressure; Can You Reverse Heart Disease?; Heart disease risk factors you can control; Fat Around Heart May Be Early Indicator of Coronary Disease; Let's Talk About High Blood Pressure and Stroke; Myths About High Blood Pressure; Million Hearts; Cardiovascular Disease and Oral Health; 24 Foods That Can Save Your Heart; Coronary Artery Disease;

- Atrial Fibrillation (AF); Let's Talk About Changes Caused by Stroke; Let's Talk About Emotional Changes After Stroke; Let's Talk About Feeling Tired After a Stroke; Let's Talk About Lifestyle Changes to Prevent Stroke; Foods That Can Trigger a Stroke;

- Chinese Culture Daily life in China; Asian-Americans And The ‘Bamboo Ceiling’;


- Consumer Health Information Poison-proof Your Home: One Room at a Time Checklist; Cat and Dog Bites;

- Cool Sites Index Page ;

- Cool Sites A-L Gardening.org; New section: eBooks: Ebooksread.com; Project Gutenberg; Public Domain; Chart of eReaders;

- Cool Sites M-Z XE Currency Converter; Cardgame - Freecell; Your Rights: Credit Reporting (FTC.gov); Knee Deep in Debt; Calculators (Investor.gov); Personal Finance (USA.gov); Watch Boy meets World online; Watch I Love Lucy online;

- Diabetes Prevention Improves Quality of Life, May Save Money for People at High Risk; Routine Diabetes Screening, Early Intervention Needed; Medicines for Type 2 Diabetes: A Review of the Research for Adults; Type 2 Diabetes and Women: Special concerns if you’re a woman with type 2 diabetes; Prediabetes (MedlinePlus); Quiz for Teens with Diabetes; Oral Diabetes Medications for Adults With Type 2 Diabetes: An Update; Diabetes Movie; Percentage of Adults Aged ≥18 Years Who Ever Received a Diagnosis of Diabetes,* by Race/Ethnicity and Hispanic Subpopulation† --- National Health Interview Survey, United States, 2009§; Monogenic diabetes; Emergency Meal Planning for Diabetics; Diabetes and Your Eyesight; Permanent Neonatal Diabetes Mellitus; Patient Guide on the Diagnosis and Management of Hypoglycemic Disorders (Low Blood Sugar) in Adults; Diabetes: Keeping Up With Your Active Life; New section: Diabetes and Children: Helping Your Child Manage Diabetes at School; Diagnosis and Classification of Diabetes Mellitus; What is a low glycemic diet?; Taking 10,000 Steps a Day May Lower Diabetes Risk; Improving Each Additional Lifestyle Factor Further Reduces the Risk for Diabetes; Diabetes and Heart Disease;


- **Everything You Ever Wanted to Know** Scale of the Universe; Pop Cultural Charts; Hurricane Tracker; 15 Things You May not Have Known about Outer Space;
- **Favorite Movie Sites** List of films considered the best; List of highest-grossing films; List of film-related topics; List of films considered the worst; National Film Registry; AFI 100 Years... series; Cowboys & Aliens;
- **Favorite Music Sites** Paul Kalkbrenner - Absynthe; Free Online Piano Lessons; 100 Greatest Summer Songs: Nos. 1-100; 10 Grass Roots Music Videos; Guitar Lessons with James Taylor;
- **Fitness** Physical Activity by Women at High Risk of Diabetes; 10 Standards to Assess Your Fitness Level; Fitness Basics; Want to keep your exercise resolutions? New research offers pointers; Walking for Wellness; Nutrition, Physical Activity, & Obesity - School Health Guidelines to Promote Healthy Eating and Physical Activity; President's Council on Fitness, Sports & Nutrition; National Physical Activity Plan; Let's Move!; Physical Education Curriculum Analysis Tool (PECAT); The association between school based physical activity, including physical education, and academic performance; Physical Activity Facts; Benefits of Exercise;
- **Graphing** Gantt Chart Template for Excel; How To Display Comparative Information That People Can Understand and Use; How To Effectively Present Health Care Performance Data To Consumers; 2011 NPHPSP Annual Training Applying QI Techniques; New section: Information Graphics (Infographics); Introduction to Infographic Design; Creative Infographics to Visualize Information; Tips, tricks and resources to make your own gorgeous infographics;
- **Health Care Information** Prescription Drugs; Quick Guide to Healthy Living; Your Health Priorities Tool; Pillbox Prototype Pill Identification System;
- **Healthcare Quality Data** How Registries Can Help Performance Measurement Improve Care; Sortable Risk Factors and Health Indicators - About the data;
- **Healthcare Quality Standards** How to describe the health and community context for comparative performance reports: sample language for five health topics;
- **Healthcare Quality Issues** National Partnership for Action to End Health Disparities; I'm In! widget;
- **Health Education Resources** Strategies to Improve the Quality of Physical Education;
- **Kids' Index Page** A Student's Guide to Global Climate Change; Food Safety and Nutrition Information for Kids and Teens; AIRNow: Air Quality Index for Kids; SunWise Kids; Just for Kids: Camping with Allergies and Asthma; Sleep for Kids: Games and Puzzles; Drinking Water and Ground Water: Kids' Stuff;
- **Kids Health** Free Online Piano Lessons; Scholarship-Finder; Color Me Safe;
- **Koo Sar Net** Adult lead poisoning from an Asian remedy for menstrual cramps—Connecticut, 1997; Citations with the tag: CONNECTICUT. Dept. of Public Health; Folk Remedies or Cosmetics that Have Been Found To Contain Lead; Lead Oxide: Human
Side Effects; Lead oxide/LEAD MONOXIDE Human Toxicity Excerpts; Protecting Your Baby From Lead Exposure and Lead Poisoning; Traditional Remedies and Other Products Reported to Contain Lead;

- **Maternal Child Health** Emotional and Social Development: Birth to 3 Months; Developmental Milestones of Early Literacy; How Active Is Your Baby?; Emotional and Social Development: 4 to 7 Months; Emotional and Social Development: 8 to 12 Months; Building Play Skills for Healthy Children & Families;

- **Nutrition Resources** FoodSafety.gov; 7 Wonders of Water; 10 tips for choosing protein; 10 tips to help you eat and drink more fat-free or low-fat dairy foods; 10 tips for vegetarians; Shopping for Omega-3s: Top Sources at Your Store; Vitamin D May Cut Risk of Diabetes 25 Super Snacks With 100 Calories or Less; A Link Between Omega-6 and Chronic Disease—Does Ancestry Play a Role?; Atkins Diet: What's behind the claims?; Patient Guide to Vitamin D Deficiency; Carbohydrates; New section: Fish, Fish Quiz: Fact or Fiction; Super Foods for Your Bones; Trans fat is double trouble for your heart health; 12 Secrets the Beverage Industry Doesn't Want You to Know; Myths and Facts About Protein; Busted: Popular Diet Myths; The Truth About Bottled Water; The Pros and Cons of Milk and Dairy; 20 Scariest Food Facts; Antioxidants and Your Immune System: Super Foods for Optimal Health; Is Your Diet Aging You?; Vegetarian Diet Slideshow: Becoming a Vegetarian; fruits and Veggies Matter.gov; Ten Tips Nutrition Education Series; Vitamin D;

- [**OBSERVING RESOURCES on the INTERNET**](http://www.bettycjung.net/Wn2011.htm); F as in Fat 2011; Eat More, Weigh Less? How to manage your weight without being hungry; New section: Behavioral Aspects - Personality Plays Role in Body Weight, According to Study; Healthy Weight - it's not a diet, it's a lifestyle!; Does Your Personality Dictate Whether You'll Be Overweight?; State Legislative and Regulatory Action to Prevent Obesity and Improve Nutrition and Physical Activity; Childstrendsdatabank's Overweight Children and Youth; International Obesity Taskforce; WHO Collaborating Centre for Obesity Prevention; World Health Organization Obesity Page; New section: Obesity Paradox: Obesity Paradox in Cardiology; Clarifying The "Obesity Paradox"; How the Obesity Paradox Works; Obese Heart Patients May Live Longer; Obesity Paradox: When Fat Only Seems Healthy; Obesity paradoxes; Obesity burden Assessment; New section: Edmonton Obesity Staging System: Edmonton Obesity Staging System; Edmonton Obesity Staging System (EOSS) Tool; Edmonton Obesity Staging System (EOSS) Tool (PDF); Edmonton Obesity Staging System (EOSS) Tool (Pocket Card PDF); Obesity Scale Predicts Mortality, Bariatric Urgency Using the Edmonton obesity staging system to predict mortality in a population-representative cohort of people with overweight and obesity; Prevalence of Obesity* Among Persons Aged 20--79 Years, by Sex --- Canada, 2007-2009, and United States, 2007--2008†; NIH's Body Weight Simulator; WHO's Obesity and overweight; To Banish Belly Fat, Keep Moving; Countdown to a Lean Belly;

- **PCH 201 Wellness Home Page** Health and Safety for College Students; Find the man, find the cat;

- **PHENOM Reports** 2011-2012 Logic Model and 2010-2011 Annual Report;

- **PHENOM Stats** Web Visitors, as of 7/2011;

- **Public Health Alumni Chapter Statistics** 2010-2011 Web statistics;

- **Public Health Continuing Education Opportunities** CDC's Environmental Public Health Online Courses (EPHOC); Knowhepatitis.org;


Public Health Data Census 2010 Report - Domestic Violence Counts 2010. A 24-hour census of domestic violence shelters and services; America's Children: Key National Indicators of Well-Being, 2011;

Public Health E-News Table of Contents July - September;

Public Health Practice Resources and tools; Tools and Resources to Help Prepare for Accreditation; Public Health Accreditation; Quantifying the Costs of Applying for Accreditation;

Public Health Sites A - C HIV/AIDS Prevention Bilingual Glossary (English/Spanish) widget; The Teen Brain: Still Under Construction; HIV Among Women; Risky Business - Dealing With Your Teen’s Behavior; Percentage of Adults Aged ≥18 Years Who Had Some Form of Arthritis or a Related Condition,* by Race/Ethnicity and Hispanic† Subpopulation --- National Health Interview Survey, United States, 2009§;

Public Health Sites D-G Methamphetamine overdose; Commonly Abused Prescription and OTC Drugs; Lockupyourmeds.org; HIV/AIDS among Women Who Have Sex with Women; New Section: Prescription Drug Abuse: Epidemic: Responding to America's Prescription Drug Abuse Crisis; Facts on Prescription and Over-the-counter Drugs; Prescription Drug Abuse; National Weather Service - Climate Prediction Center; Answers to Your Questions For a Better Understanding of Sexual Orientation & Homosexuality; What to Do after an Earthquake; Frequently Asked Earthquake Questions; Richter Scale; Hurricane Strikes by State; Maintain a Healthy State of Mind; USDA Offers Food Safety Tips In Advance of Hurricane Irene; USDA Offers Livestock and Pet Safety Tips In Advance of Hurricane Irene; Landslides and mudslides; FDA hurricane preparedness checklist; HIV among Transgender People; An Important Lesson: Helping Students Avoiding Prescription Drug Abuse; Prescription Drug Abuse information;

Public Health Sites H-L New section: Powassan (POW) Virus; Powassan (POW) Virus Basics; Q&As About Vaccination Options for Preventing Measles, Mumps, Rubella, and Varicella; Animal Health: Disease Risks for People; FDA's Bad Bug Book; Sexual Transmission of Hepatitis C Virus Among HIV-Infected Men Who Have Sex with Men -- New York City, 2005--2010; Bad Bugs Slideshow: Identifying Bugs and Their Bites;
World Hepatitis Day – July 28th; Chronic Obstructive Pulmonary Disease: A Clinical Practice Guideline; New section: Liver Disease - Ascites; Hepatic vein obstruction (Budd-Chiari); What is Hepatitis C and why should I be concerned about it?; Living with Chronic Hepatitis C; Pulmonary Hypertension; Hepatitis: Overview; Viral Hepatitis Therapies; Histoplasmosis;

- **Public Health Sites M - N** HIV/AIDS Prevention Bilingual Glossary (English/Spanish) widget; Top 10 Cancers Among Men; Depression Overview Slideshow; Erection stoppers; Men: Stay Healthy at 50+; High Cholesterol in Men; Belly-Fattening Foods Men Can't Resist; Seasonal Affective Disorder; U.S. Adult Mental Illness Surveillance Report; 'Women's' Diseases Men Get, Too; Stress Management - Ways to Avoid Stress; 10 Health Problems Related to Stress That You Can Fix; Mental Health For Men; Test your schizophrenia knowledge; Prevention of Mental Disorders; What is Mental Illness: Mental Illness Facts; Conversion disorder; Hypochondria; Interview With a Woman With Bipolar Disorder: Wendy Williamson;

- **Public Health Sites O - Z** Antibiotic-Resistant Gonorrhea (ARG) Basic Information; STD Statistical Figures; Chlamydia fact sheet; What Lack of Sleep Does to Your Mind; New section: Skin & Hair Health: Common Adult Skin Problems Slideshow; Shingles Slideshow; What Your Skin Says About Your Health Slideshow; What Your Hair & Scalp Say About Your Health; A Visual Guide to Boils; Fungus Among Us; USA.gov's Suicide Page; Overview of Bacterial Skin Infections; Overview of Fungal Skin Infections; Cutaneous Larva Migrans; Boils; Boils (Furunculosis); The New Sex Cancer; Hives: Signs and symptoms; Hives: Diagnosis, treatment, and outcome; Human Papillomavirus Vaccines; HPV vs. Pap Smear; School Health Guidelines to Promote Healthy Eating and Physical Activity;

- **Public Health Software** Monahrq; Chartsbin;


- **Senior Health** NIH tips for older adults to combat heat-related illnesses; Dementia - What to Ask?; Dementia (including Alzheimer disease);

- **Tobacco Resources on the Internet** Smoking: Do you really know the risks?; Smoking in Top-Grossing Movies --- United States, 2010; Tobacco: How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease A Report of the Surgeon General; Smoking and Tobacco Use - Fast Facts; State Preemption of Local Tobacco Control Policies Restricting Smoking, Advertising, and Youth Access --- United States, 2000--2010; Straight talk about tobacco; Smoking and Heart Disease; Current Cigarette Smoking Among Adults Aged ≥18 Years --- United States, 2005--2010; Personality improves when smoking stops: MU study; Surviving Without Smoke: Month 1; Quitting Tobacco: Help for the First Hard Days; Find Your Smoking Triggers; 10 Ways to Reduce Stress While You Quit Smoking; No Smoke, But Plenty of Danger;

- **US Government Statistics Sites** CDC's Data to Action; Census 2010 Overview; U.S. Bureau of the Census is the nation's premier data-gathering and dissemination agency; Great Stories You Can Do with the American Community Survey;

- **Useful Sites** 2012 Yellow Book; Photo-Notes.Net; 10 Things You Should Not Keep in Your Wallet; Credit card complaints; Lonely Planet Travel Guides and Travel
Information; Community and State Information for Emergencies; Yelp.com; Ripoffreport.com; Consumeraffairs.com;

- **Webmastering Tools** HTML 5; File conversions: PDF to Excel; PDF to Word; Word to PDF; 10 things you should know about HTML5; Tips, tricks and resources to make your own gorgeous infographics; Translation Buttons;
- **Web Resources** Should I Change my Password?; Removing supercookies;
- **Wellness Resources Part I (1 - 5)** Signs of a Codependent Relationship;
- **Wellness Resources Part II (6 - 11)** Smoking: Do you really know the risks?; Commonly Abused Prescription and OTC Drugs; Female teens may be particularly vulnerable to the negative effects of heavy alcohol use: new study; Reporter’s Toolkit: Investigating Sexual Assault Cases on Your Campus; A Safer Campus: A Guidebook for Prevention and Response to Sexual and Intimate Partner Violence and Stalking for Ohio Campuses; Worst Meals in Restaurants; Body changes and discomforts in pregnancy; Alcohol Information Center; CDC Underage Drinking Fact Sheet; Center on Alcohol Marketing and Youth; Is Your Diet Aging You?;
- **Wellness Resources Part III (12 - 17)** Straight talk about sexually transmitted infections (STIs); Cutting and hurting yourself;
- **Women's Health - General Resources** Women: Stay Healthy at 50+; 18 Embarrassing Beauty Questions -- and Answers; HIV among Women; The Healthy Woman: A Complete Guide for All Ages; Heart Disease;
- **Pregnancy Registries** Pregnancy tests fact sheet; Symptoms of pregnancy: What happens right away; Dilation and Curettage; Hepatitis B Guidelines for Pregnant Women; Infertility fact sheet; Infertility and Women; All About Menopause and Perimenopause;
- **Women's Health Issues** Violence Against Women: How to recognize abuse; Different types of violence, including domestic violence and stalking; How to be safe in dating situations; Ways to get help; How to help a friend; Dating and sexual feelings; Intimate Partner Homicide Prevention; Shattered Lives: Homicides, Domestic Violence and Asian Families; Bisphosphonates; Bone Density Scan; Overtraining and Osteoporosis; Women of all ages can get HIV;
- **Women's Health - Breast and Other Female Cancers** Breast Cancer Screening Among Women Aged 50–74 Years --- United States, 2008; Invasive Cervical Cancer Among Hispanic and Non-Hispanic Women --- United States, 1992–1999; Breast Cancer Rates by Race and Ethnicity; Breast Cancer Rates by State; How is breast cancer diagnosed?; National Breast and Cervical Cancer Early Detection Program (NBCCEDP); Cervical Adenocarcinoma; Cervical Squamous Cell Carcinoma; Cervical Dysplasia: Is It Cancer?; Cancer of the Cervix; Cervical Cancer Surgery Overview; What Are the Key Statistics about Cervical Cancer?; Pap test fact sheet;
- **Women's Health - Heart Disease and Stroke** Womenhealth.gov's Heart disease fact sheet; High Blood Pressure and Women;
- **Writing Resources** Assessment Basics: Rubrics, Forms & Templates;

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**October - December 2011**
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** Learning Styles Debunked: There is No Evidence Supporting Auditory and Visual Learning, Psychologists Say;
- **Annotated Great Books Bibliography** Lost in Shangri-la; C. McDougall's Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen; Tina Fey's Bossypants;
- **Biostatistics/Statistics Sites** SatScan datasets;
- **Cancer Resources on the Internet** Depression and Cancer; Division of Cancer Epidemiology and Genetics; Cancer Symptoms You Are Most Likely to Ignore; Cancer Prevention and Control; Skin Cancer; Take 3 Steps Toward Preventing Infections During Cancer Treatment; Preventing Infections in Cancer Patients; Cancer Prevention and Control; Pancreatic Cancer; Smoking Dramatically Increases Liver Cancer Risk; Bile Duct Cancer; Diet Choices to Prevent Cancer; Rise in Rate of Throat Cancer Linked to HPV; Understanding Liver Cancer -- the Basics; A Visual Guide to Understanding Pancreatic Cancer; Understanding Cancer and Bone Metastasis; Unexpected Complications: Treating Cancer during Pregnancy; The Fraction of Cancer Attributable to Lifestyle and Environmental Factors in the UK in 2010; What Causes Cancer?;
- **Cardiovascular & Chronic Disease Index** Preventing Chronic Disease;
- **Cardiovascular Disease** World Heart Day—"One World, One Home, One Heart."; World Heart Federation; Risk Factor Fact Sheets; What is Cholesterol?; Coronary Heart Disease Risk Factors; Conquering Cardiovascular Disease; Cholesterol and Artery Plaque Buildup; Inflammation and Heart Disease; Acute Coronary Syndrome; Understanding cholesterol results; Prevalence of Coronary Heart Disease --- United States, 2006--2010; Chelation therapy for heart disease; High Cholesterol and the Heart-Healthy Kitchen; Cardiovascular Glossary; When Your Doctor Orders Cholesterol-Lowering Medications; Choosing Medicines for High Blood Pressure: A Review of the Research on ACEs, ARBs, and DRIs; Types of Blood Pressure Medications; One Million Hearts widget; Herbal supplements may not mix with heart medicines; Depression After Heart Attack; Cold Weather and Cardiovascular Disease; Myths and Facts About Your Heart Health; Cholesterol Drugs May Worsen Asthma; Foods that lower cholesterol; Heart Disease: What Are the Medical Costs?; Cholesterol and Triglycerides Tests; Non-Cardiac Chest Pain; Heart-Health Topics; Heart-healthy Foods; Heart disease;
- **Heart and Stroke Resources on the Internet** Mortality From Congenital Heart Defects; Awareness of peripheral artery disease low among those with highest risk; Mesenteric Artery Disease: What is it?; The Safety of Magnetic Resonance Imaging in Patients With Pacemakers or Defibrillators; New section Heart failure: Heart failure; Ventricular Assist Devices; Healthy lifestyle habits lower heart failure risk; Calcified plaque in arteries may pose...
stroke, dementia risk; Pericarditis; Radial Artery Catheterization; Transition of Care for Acute Stroke and Myocardial Infarction Patients: From Hospitalization to Rehabilitation, Recovery, and Secondary Prevention; One Million Hearts widget; NINDS Stroke Information Page; What Is Carotid Endarterectomy?; Acute Coronary Syndrome; Calcium supplements: A risk factor for heart attack?; Heart Failure; Peripheral Artery Disease in the Legs; Coronary Artery Anomalies; Angioplasty and Vascular Stenting; Peripheral Artery Bypass Surgery; Venography; Procedures to Treat Chronic Vein Disease; Chronic Venous Insufficiency: What is it?; Angioplasty and stent placement - carotid artery; Aortic Aneurysm Terms; Thoracic Aortic Aneurysm: What Is It?; Abdominal Aortic Aneurysm: What Is It?; Coronary Artery Bypass;

- **Chinese Culture** American Cancer Society/World Lung Foundation - The Tobacco Atlas, in Chinese; Graspchinese.com; Unbelievable Pictures Of Human Chameleon Liu Bolin Hiding In New York;

- **Connecticut Public Health Resources** Diabetes by the Numbers: Connecticut; New section: Storm State Services: Department of Emergency Management and Homeland Security - Weather Resources; Disaster Preparedness and Recovery; Public Information; E-license Online; Look up/Search for a License;

- **Consumer Health Information** Fingernail Abnormalities Slide show; Health Check Tools; Safe Water in an Emergency; Protect loved ones from burns, falls, drownings, road-traffic injuries, sports injuries, poisonings;

- **Cool Sites A-L** Xeno-Canto.org - sharing bird songs;

- **Diabetes Resources on the Internet** Depression and Diabetes; A Change for Life; How the Blood Sugar of Diabetes Affects the Body; Diabetes and Your Mouth; Diabetes by the Numbers: State-By-State Impact of Diabetes; Diabetes Medicines; Learn Your Risk for Diabetes and Take Steps to Protect Your Health; How Is Diabetes Treated in Children?; Patient Guide to Continuous Glucose Monitoring; New Type 2 Diabetes Treatment Options; Counting Carbs; Tuberculosis and Diabetes; Causes of Diabetes; Foot care in diabetes mellitus; Fat and Calorie Counter; Preventing complications in diabetes mellitus; New section: Diabetes Management: Nutrition - Exchange Lists: Fats; Free Foods; Fruits; Meat and Meat Substitutes; Milk & Yogurt; Nonstarchy Vegetables; Starches; Sweets, desserts and other carbohydrates; New section: Statistics - Diabetes Data and Trends; Diabetes Myths and Misconceptions; Erectile dysfunction and diabetes: Take control today; A1C Test and Diabetes; A Visual Guide to Type 1 Diabetes; Are Your Blood Sugars Out of Control? Signs to Look For; Diabetes & Pregnancy; Celebrities With Diabetes Slideshow; The Dangers of Prediabetes; 7 Steps to Take Now; Diabetes Also called: Diabetes mellitus, DM; Diabetes Type 2 Also called: Type 2 Diabetes; Overview of Diabetes in Children and Adolescents; Diabetes Public Health Resource Publications; Tight Diabetes Control; Diabetes and Cancer; Type 2 Diabetes, What You Need to Know; Living With Complications - Medications; Counting Carbs When You Use Insulin;

- **Epidemiology A-L** Public Health Then and Now: Celebrating 50 Years of MMWR at CDC; History of Statistics in Public Health at CDC, 1960--2010: the Rise of Statistical Evidence; Evolution of Epidemic Investigations and Field Epidemiology during the MMWR Era at CDC --- 1961--2011; Fifty Years of Progress in Chronic Disease Epidemiology and Control; Occupational Epidemiology and the National Institute for
Occupational Safety and Health;

- **Everything You Ever Wanted to Know About...** 7 Wonders of the World; A-Z Index of U.S. Government Departments and Agencies; Tracking Financial Crisis Cases; Naval Oceanography Portal; Life's Extremes: Left- vs. Right-Handed; A Year in Space: 30 pictures of Earth taken from the International Space Station in 2011;
- **Favorite Movie Sites** Kids-in-mind.com; Oh, the Horror! An Ode to Horror Cult Classics Infographic; Documentary.net; The Future According to Films [Infographic]; Seeflik.com;
- **Favorite Music Sites** Foster the People - Pumped Up Kicks; The 100 Greatest Songs of ‘00s [COMPLETE LIST]; Billboard's Hot 100 Songs; Music for your health;
- **Fitness** 7 Most Effective Exercises Slideshow; Levels of Exercise; Fitness from girlshealth.gov; Try These Exercises; Make Your Walk a Workout; Stress Fractures; Common Problems and Solutions for Being Physically Active; What is the single best thing we can do for our health?; 15 Pilates Moves That Get Results;
- **Graphing** Quality in Healthcare Tools; Quality in Healthcare Tools and Templates; Use charts and graphs in your presentation; Common Mistakes in Data Presentation; Data Presentation: Scatter Graphs; Graphic Tips for Presentation; Using Graphs;
- **Health Care Information** Care About Your Care: Tips for Patients When They Leave the Hospital; Reading Medicine Labels; Choosing an OTC Pain Reliever: What to Consider; Safe Use of Complementary Health Products and Practices;
- **Healthcare Quality Data** 2012 ICD-10-PCS and GEMs; 2012 ICD-10-CM and GEMs;
- **Healthcare Quality Issues** 20 Tips to Help Prevent Medical Errors;
- **Health Education Resources** Designing School Improvement to Enhance Classroom Climate for All Students; Embedding Bullying Interventions into a Comprehensive System of Student and Learning Supports; Preventing Multiple Risky Behaviors Among Adolescents: Seven Strategies;
Health Communication and Health Information Technology; U.S. Sets New Goals for a Healthier Nation, Health and Human Services Department Reveals Blueprint to Make Americans Healthier by 2020; IOM's Topics, Indicators, and Objectives; New section: Leading Health Indicators, Leading Health Indicators Development and Framework, Leading Health Indicators, HHS.gov Press Release; Healthy People 2010 Targets; iHealthy People 2020 - A Guidance Document to the Navigation and Use of the Healthy People 2020 Website; Healthy People Consortium Toolkit;

- **Kids Health** Spot the Block - Reading Nutrition Labels; Levels of Exercise; UCLA's Bullying Resources; Sexual abuse; Preparedness 101: Zombie Pandemic;
- **Kids' Fun Sites** http://www.eludi.net/; National Geographic's Jigsaw Puzzle Generator; Orisinal;
- **Maternal Child Health** Genes Fact Sheet; Gene Linked to Optimism and Self-Esteem; Fetal Alcohol Spectrum Disorders;
- **Nutrition Resources** Frighteningly Fattening Fall Foods Slideshow; 11 Secrets the Food Industry Doesn't Want You to Know; How to Understand and Use the Nutrition Facts Label; Eating Disorders; Foodidentitytheft.com; Nutrition and You: Trends 2011; Water Quiz: How Much Do You Know About Hydration?; Healthy Wonders of Water; 6 myths about freezing food; Protein; Empty Calories; What Are The Types Of Fat?; Surveillance for Foodborne Disease Outbreaks --- United States, 2008; USDA National Nutrient Database for Standard Reference, Release 20 Nutrient Lists; Herbal Supplements May Cause Dangerous Drug Interactions in Orthopaedic Surgery Patients; High fiber diet; Low Potassium Diet; Low Sodium Diet; Carbohydrate-loading diet; 18 Supermarket Lies Revealed; 12 Fish You Should Never Eat; 5 Risky Herbal Supplements; St. John's Wort for Treating Depression; Nutrition and Mental Health; Multivitamin/mineral Supplements; 10 Food Label Lies; IOF Calcium Calculator; 6 Rules of Good Nutrition; Omega-3 Fatty Acids: Fact Sheet; The Truth About Sugar Addiction; 19 Worst Breakasts; The Truth About Canned Soup; 15 Biggest Nutrition Myths; Weighing in on Dietary Fats, Some Fats Are Healthier Than Others; 11 Foods That Can Wreck Your Holiday Mood; 10 Sinister Sources of Salt;

- Obesity Resources on the Internet Preventing and Managing Medication-Related Weight; 20 Habits Skinny People Live By; Metabolic Weight Control for People Who Like to Eat; >Be a healthy role model for children - 10 tips for setting good examples;
2008 Physical Activity Guidelines for Americans

Be Active, Healthy, and Happy!

Nutrition, Physical Activity and Obesity; Fat-fighting Foods; Basics of Weight Control; Handling Weight Plateaus; Disability and Obesity; Medical measures; Weight Loss Challenges; Sugary Drinks F.A.C.T.S. (Food Advertising to Children and Teens Score) Full Report and Summary Report; School Health Guidelines to Promote Healthy Eating and Physical Activity; 7 Laws of Leanness; The Emerging Evidence about the Role of Obesity in Cancer; Bad Foods that Are Good for Weight Loss; Belly-Fattening Foods Men Can't Resist; Overweight or obese patients have higher health care expenditures; Obesity in K–8 Students — New York City, 2006–07 to 2010–11 School Years; What is the single best thing we can do for our health?

- PCH 201 Wellness Home Page Fear of public speaking: How can I overcome it?
- Public Health Continuing Education Opportunities Hepatitis Web Study; Global Tobacco Control - Online Training;
Chlamydia, and Syphilis; Fruit and Vegetable Consumption Among High School Students — United States, 2010; Physical fitness trumps body weight in reducing death risks; State-Specific Prevalence of No Leisure-Time Physical Activity Among Adults With and Without Doctor-Diagnosed Arthritis — United States, 2009; National Intimate Partner and Sexual Violence Survey 2010 Summary Report EXECUTIVE SUMMARY; National Intimate Partner and Sexual Violence Survey (NISVS);

- **Public Health Data** New section: Mental Health: Mental Illness Surveillance Among Adults in the United States; Term Infant Mortality Rates, by Race/Ethnicity --- United States, 2007; Antidepressant Use in Persons Aged 12 and Over: United States, 2005–2008; CDC study shows suicidal thoughts and behavior vary among U.S. adults; Suicidal Thoughts and Behaviors Among Adults Aged ≥18 Years --- United States, 2008-2009; Abortion Surveillance --- United States, 2008;

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

- Public Health Fact Sheets: Antioxidants; Benefits of Fiber; Binge Drinking; Body Dysmorphia; Fetal Alcohol Spectrum Disorders; K2 Herb; Lazy Cakes; Leukemia; Lupus; Medications and Birth Defects; New Sunscreen Regulations; Parkinson's Disease; Sleep Apnea;

- **Public Health Practice** Free PowerPoint poster templates for scientific posters; CDC's Media Outreach Guide;

- **Public Health Sites A - C** Sexual Harassment and Sexual Bullying; Gambling Addiction; Drinking and Driving; Naltrexone - Treatment for Alcoholism and Addiction-Blocks Effects of Opioids, Reduces Alcohol Craving; Adolescent Health; Anxiety Disorders in Children and Adolescents; Caffeinated Alcoholic Beverages; TB/HIV FACTS 2011; Reducing Your Sexual Risk; HIV/AIDS & Substance Abuse; AIDS Retrospective Slideshow: A Pictorial Timeline of the HIV/AIDS Pandemic;

- **Public Health Sites D-G** New section: Eye Health; Glossary of Eye-Related Terms; Understanding Vision Loss; New section: Endocrine Health - >Pancreatitis; HIV and AIDS among Gay and Bisexual Men; Environmental Health in MMWR --- 1961--2010; Changing Climate and Public Health; What Eye Problems Look Like; Prescription Drug Abuse: A Fast-Growing Problem; Cannabis and Cannabinoids; Globalchange.gov; USA.gov's Substance Abuse resources; Zombie Pandemic; Cocaine: Do You Have a Problem?; Myths and Facts About Constipation; Commonly Abused Prescription and OTC Drugs; Preventing Misuse of Prescription Opioid Drugs;

- **Public Health Sites H-L** Hepatitis C Information for the Public; Myths About Meningococcal Disease; Facts About Meningococcal Disease; Hepatitis B Treatment Information; Living With Hepatitis B; New section: Listeriosis (Listeria infection) - Definition and Symptoms, People at Risk, Prevention; Preventing West Nile Virus; West Nile Surveillance Information; Fungus Among Us; Viral Infection Headache; Shingles Transmission; Shingles: Signs and Symptoms; Shingles: Diagnosis, Treatment, and Outcome; AHRF Researchers Believe Damage From Noise Occurs Long Before Hearing Loss Is Perceived; 2011/2012 TUBERCULOSIS Global Facts; Severe Hearing Loss: Its Causes and Treatment; Hand, Foot, and Mouth Disease (HFMD); Tips to Strengthen Your Immune System; Non-Alcoholic Fatty Liver Disease; Anaphylaxis; Facts About Mumps for Adults; Hepatitis B; Hepatitis B and C; Measles (Rubeola): Signs and Symptoms; Measles: Make Sure Your Child Is Fully Immunized; Measles Vaccination: Who Needs It?; Measles (Rubeola): For Travelers; New Injury Prevention section -
Poisonings: Poisoning, Protect the ones you love, CDC widget;
- Public Health Sites M - N Diabetes Health and Hispanic Heritage Month; Nonpharmacologic Interventions for Treatment-Resistant Depression in Adults; Chronic Hepatitis B and Asian & Pacific Islanders; Relaxation Techniques for Health: An Introduction; Initiative on Asian Americans and Pacific Islanders; Health conditions common in African-American women; Stress in America 2010; Stress in America 2010 Key Findings; National Survey Dispels Notion that Social Phobia is the Same as Shyness; Erectile Dysfunction: How an Erection Occurs; New section: Musculoskeletal Health: Rotator Cuff Injuries; Embarrassing Male Body Problems;
- Public Health Sites O-Z How to Examine Your Skin; Insufficient sleep among high school students associated with a variety of health-risk behaviors; Teens and Sleep; CPAP Devices for Sleep Apnea; A Good Night's Sleep Means More Than Sweet Dreams; Sleep Apnea; New section: Parasitic Diseases; Leishmaniasis; Leishmaniasis FAQs; Leishmaniasis, Visceral; New section: Rabies - The Burden of Rabies; Poor sleep quality increases risk of high blood pressure; Foods That Help or Harm Your Sleep Slideshow; Jobs That Wreck Your Sleep; Pictures and Facts About STDs; HPV infection in Men; Healthy Eyes, Healthy Body; Eye Injuries; Suicide: A major, preventable mental health problem; New section: Respiratory Health - Pneumonia; Sleep Disorders Information; National Center on Sleep Disorders Research; What Is Sleep Apnea?; Eye Exam; Sleep-Heart Connection; Suicide Prevention widget; Importance of Sleep; Sleep terrors (night terrors); Nightmares; How to Use a Sleep Diary; Your Guide to Sexually Transmitted Diseases;
- Public Health Software Geodata; Global Health Observatory (GHO) Map Gallery; SaTScan;
- Resources for Health Professionals Intimate Partner Violence During Pregnancy, A Guide for Clinicians: Home; Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide; The Visual MD; Physician Tools for Treating Patients with Pain;
- Senior Health World Alzheimer's Day; Older Adults and Depression; 18 Secrets for a Longer Life; Try These Exercises; Is This Normal Aging or Not?; How the Five Senses Change with Age; When a Loved One Has Alzheimer's Disease; You’re Never Too Old; Keep Active as You Age; Tips for older adults at risk for type 2 diabetes;
- Statistical Functions StatLect - Lectures on Probability and Statistics;
- Temperament Page Does Birth Order Determine Who You Are?;
- History of Cigarettes and Your Health; Current Cigarette Smoking Prevalence Among Working Adults --- United States, 2004--2010; Big Tobacco KNEW radioactive particles in cigarettes posed cancer risk but kept quiet: UCLA; Medicines To Help You; NIH study examines nicotine as a gateway drug; Smoking and How To Quit; Quitting Smoking Among Adults --- United States, 2001-2010; the Tobacco Atlas; Tobacco 101 Version 3 Training Kit; Best Practices for Comprehensive Tobacco Control Programs—2007; Why is the Great American Smokeout Important?; Smokefree Teen;
- US Government Statistics Sites HRSA's Statistics Portal;
- Useful Sites Federal Government Forms Search; Freebirthdaytreats.com; himpunk.com;
Directory of Crime Victim Services;

- **Web Resources** Facecrooks.com; Yourbrowsermatters.org; Learning About Technology Online; Learning About Technology Offline;
- **Wellness Resources Part I (1 - 5)** Depression and College Students; Test Your Emotional Intelligence Quotient; Where Stress Hides; Gene Linked to Optimism and Self-Esteem; Sex Drive: How Do Men and Women Compare?; Sex: Fact and Fiction; Changing Your Habits: Steps to Better Health; What is the single best thing we can do for our health?;
- **Wellness Resources Part II (6 - 11)** Spot the Block - Reading Nutrition Labels; Spot the Block rap song; Best and Worst Fast-Food Breakfast; 10 Worst Fast Food Meals; 6 Easy Ways to Stop Eating Mindlessly; Protecting You Family from Teen Pharmaceutical Swap-Meets, Known as Pharm Parties; Poppy FAQs; Medications: Therapeutic and Adverse Effects on Sleep; Can alcohol decrease the pill's effectiveness?; Mindless Eating Habits That Cause Weight Gain; Try These Exercises; 25 Super Snacks With 100 Calories or Less; WebMD Quiz: Alcohol Myths and Facts; 12 Foods Your Dentist Won't Eat; The Worst Meals in Restaurants; Rh factor blood test;
- **Wellness Resources Part III (12 - 17)** A Change for Life; 18 Secrets for a Longer Life; Shingles; HPV Infection in Men; Pictures and Facts about STDs; 10 Surprising Clues You'll Live to 100; Coping with Cold Sores; You Can Never Count The Stars: Shania & Sydney's True Story of Help & Hope video about bullying and suicide;
- **Women's Health** HRSA's Women's Health Data Books; Leading Causes of Death in Females United States, 2007;
- **Women's Health** Contraception; What is the difference between emergency contraception and the abortion pill?; Yeast infection during pregnancy: Are over-the-counter treatments OK?; Rh Incompatibility; Rh factor blood test; Bleeding Disorders in Women;
- **Women's Health Issues** 17 ways to fight osteoporosis; Vaginal Bleeding; Women exposed to DES in the womb face increased cancer risk; Polycystic Ovary Syndrome - Also called: PCOS, Stein-Leventhal Syndrome; Fungus Among Us; Bone Density, Also called: Bone mass; Sexual Violence, Stalking, and Intimate Partner Violence Widespread in the US; Intimate Partner Violence;
- **Women's Health - Breast and Other Female Cancers** Diethylstilbestrol (DES) and Cancer; A Visual Guide to Cervical Cancer; Vulvar Cancer; Breast and Ovarian Cancer and Family History Risk Categories; New section: Pap tests; Pap Test Results (Abnormal) -- ASC-US; Pap Test Results (Abnormal) -- LSIL; Pap Test Results (Abnormal) -- ASC-H or ACG; Pap Test Results (Abnormal) -- HSIL or AIS; Pap Test Results (Abnormal) -- Cancer; Breast Cancer, Chemotherapy and Brain Function; Breast Cancer and the Environment;

http://www.bettycjung.net/Wn2011.htm