

Betty C. Jung's Web site

<http://www.bettycjung.net/2014.htm>



What Was New

[Home Page](#)[Site Index](#)[Site Map](#)[What's New](#)[Blog](#)[Resume](#)

Site Search Engine

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Site Info

bettycjung.net
Jan 19, 2015

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January - March 2014

New Pages

- [Spring 2014 Syllabus](#)

Deleted/Changed Pages

- [Fall 2013 PCH 201 Wellness Syllabus](#)

Updated Pages

-
- **[Academic Resources](#)** **The Value of Education A Profile of First Generation College Students at Four-Year Institutions Since 1971; Debt, Race and Ph.D.s; Forever in Your Debt Who Has Student Loan Debt, and Who's Worried?; Professional Identity: A Luxury Few Can Afford; When to leave grad school off your resume; College Students with ADHD; The Rising Cost of Not Going to College; The No. 1 Time Management Mistake Capable People Make; How to Write Study Notes That Really Work!; Making Study Notes; How to Write Kick-Ass Study Notes;**
 - **[Annotated Epidemiology Bibliography](#)** **Epi Info 7 User Manual;**
 - **[Annotated Great Books Bibliography](#)** **Michael D'Antonio's Mortal Sins. Sex, Crime, and the Era of Catholic Scandal;**
 - **[Academic Info](#)** **How to Create Good Study Habits for Exams; New section: Online Educational Resources: Academic Earth; Framework for Success in Postsecondary Writing;**
 - **[APA Information Page](#)** **How to Cite Social Media in Scholarly Writing;**
 - **[Biostatistics/Statistics Sites](#)** **The timeline of statistics;**
 - **[CANCER RESOURCES ON THE INTERNET](#)** **Annual Report to the Nation on the Status of Cancer, 1975–2010, Featuring Prevalence of Comorbidity and Impact on Survival Among Persons with Lung, Colorectal, Breast or Prostate Cancer: Questions and Answers; Lung cancer death rates continue to fall, helping drive decrease in overall cancer death rates; Annual Report to the Nation includes special feature highlighting the contribution of other diseases on survival of patients; Annual Report to the Nation on the status of cancer, 1975-2010; Screening for Lung Cancer U.S. Preventive Services Task Force Recommendation Statement; Lung Cancer Incidence Trends Among Men and Women — United States, 2005–2009; Cancer Statistics from WCRF International; Cancer Prevention; World Cancer Day; World Health Organization International Agency for Research on Cancer - Publications; Preventcancerinfections.org; Helping Cancer Patients Prevent Infections this Winter; Understanding Cancer Series; General Information About Pituitary Tumors; Preventing Infections in Cancer Patients - Information for Patients and Caregivers;**
 - **[CARDIOVASCULAR DISEASE](#)** **New section - Mental Health: Mental Health and Heart Health; An Effective Approach to High Blood Pressure Control: A Science Advisory From the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention; 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults; 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8); 2013 ACC/AHA Cholesterol Guidelines for ASCVD Risk Reduction in Adults; Cardiovascular Health Research Summaries;**
 - **[HEART AND STROKE RESOURCES ON THE INTERNET](#)** **How Is Sudden Cardiac Arrest Diagnosed?; How Is Cardiomyopathy Diagnosed?; Types of Coronary Artery Bypass Grafting; What To Expect During Coronary Artery Bypass Grafting; Who Needs Coronary Artery Bypass**

Grafting?; Warning Signs of a Heart Attack;

- **Chinese Culture** China-mike.com; Panda on a rocking horse; Chinese Zodiac Signs;
- **CONNECTICUT PUBLIC HEALTH RESOURCES** _CT Diabetes Surveillance System; Connecticut Chronic Disease Surveillance Indicators;
- **Consumer Health** Flea Bites Guide;
- **Cool Sites A- L** Carfuelconsumption.com;
- **Cool Sites M - Z** How Fees and Expenses Affect Your Investment Portfolio;
- **DIABETES RESOURCES ON THE INTERNET** Screening for Gestational Diabetes Mellitus - U.S. Preventive Services Task Force Recommendation Statement; New section: Diabetes Guidelines -American Diabetes Association (ADA) 2014 Guidelines; The Prevalence of Diagnosed Diabetes, Pre-Diabetes, and Gestational Diabetes among the ESI Population, 2008-2012; Are You At Risk for Type 2 Diabetes?; Screening for Gestational Diabetes;
- **Epidemiology A- L** New section: Herd (Community) Immunity; Community Immunity ("Herd Immunity") NIH.gov; Community Immunity ("Herd Immunity") Vaccines.gov; Herd Immunity Historyofvaccines.org "Herd Immunity": A Rough Guide; History and Epidemiology of Global Smallpox Eradication CDC.gov ;
- **Evaluation Resources & Report Cards** Prevention Status Reports from the CDC; RAND Suicide Prevention Program Evaluation TOOLKIT;
- **Everything You Ever Wanted to Know about...** New sections: Time, Weather; Day length, sunrise and sunset calculator; Duration of Daylight/Darkness Table for One Year; Sunrise and Sunset for a Location; Sunrise, sunset, daylight in a graph; Sunrise/Sunset Calculator; A genetic atlas of human admixture history; How much is time wrong around the world?;
- **Evidence-Based Practice** AIDS Clinical Guidelines Portal; Tom Hanks and Type 2 Diabetes - an evidence based discussion; Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide;
- **Favorite Movie Sites** 20 Scariest Movies of All Time; Drew Struzan Art Gallery - Movie poster artist; Filmbuffonline.com; New section: FILM AS THERAPY - Strengthening relationships with movies University of Rochester; Original Movie List for Guided Movie Discussions; Oscars: Top 25 Best Picture Winners; Most Overrated Best Picture Winners; Oscar Firsts and Other Trivia; 2012 Theatrical Market Statistics; 2011 Theatrical Market Statistics;
- **Favorite Music Sites** Everyoneepiano.com; 100 Greatest Artists; Moody Blues in Concert at the Royal Albert Hall; Your Wildest Dreams;
- **Free Software** Unlocker; Sophos Virus removal;
- **Graphing** Famous MOvie Quotes in Charts; NodeXL Graphing Software; NodeXL Graphing Gallery; 7 Little Tricks to Spruce Up an Ugly Excel Graph;
- **Health Care Information** Eldercare Locator & Advanced Care Planning Fact Sheets; Bohemian Polypharmacy;
- **Healthcare Quality Data** Ndw section: Data Quality; State of Data Quality? Worsening; Personal Data for the Public Good;
- **Healthcare Quality Issues** Ten Attributes of Health Literate Health Care Organizations; Low Health Literacy Compromises Health, Increases Costs;
- **Koo Sar Net** •Albemarle Corporation - Ibuprofen OTC Monograph - Lead Toxicity; Getting the Lead Out – Folk & Herbal Remedies;

Your Health; Trends in Tuberculosis — United States, 2013; Implementation of New TB Screening Requirements for U.S.-Bound Immigrants and Refugees — 2007–2014; Controls for Noise Exposure; Health Effects of Noise Pollution;

- **Public Health Sites M - N** Hypertension, Abnormal Cholesterol, and High Body Mass Index Among Non-Hispanic Asian Adults: United States, 2011–2012; Depression Overview Slideshow; New section: Mental Health - Attention deficit hyperactivity disorder: ADHD and Substance Abuse; A Visual Guide to ADHD in Adults; Daily Living Tips for Adult ADHD; Top Concentration Killers; 10 Problems That Could Mean Adult ADHD; ADHD and Risky Behavior in Adults; Adult ADHD and Exercise; Women and ADHD; Adult ADHD and Your Relationships; Guide to Psychiatry and Counseling; Causes of Depression; American Psychological Association Survey Shows Teen Stress Rivals That of Adults; Attention Deficit Hyperactivity Disorder: Symptoms of ADHD; 10 Things You Didn't Know About the Brain; Incredible Technology: How to See Inside the Mind; Inside the Brain: A Photo Journey Through Time; Memory Definition & Types of Memory; A Visual Guide to Concussions and Brain Injuries;
- **Public Health Sites O-Z** 2012 Sexually Transmitted Diseases Surveillance; Syphilis Profiles, 2012; Syphilis & MSM (Men Who Have Sex With Men) - CDC Fact Sheet; 7 Myths About Sleep; Sleep During the Day May Throw Genes Into Disarray; How to Stay Awake Naturally; 2012 National Data for Chlamydia, Gonorrhea, and Syphilis; The Bright Side of Going Dark; 2012 Sexually Transmitted Diseases Surveillance Slides; Top Tips for Healthier Eyes;
- **Public Health Software** Epi Info™ 6 for DOS;
- **Research Resources on the Net** Viva La Evidence; Know Your Chances - Understanding Health Statistics;
- **Resources for Health Professionals** Publically Published Calculators - Cleveland Clinic QHS; Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide; Morphine Milligram Equivalent (MME) Calculator;
- **Statistical Functions** Statistical Errors;
- **Statistical Software Sites** Software Tools for Academics and Researchers; Top 25 Free Data Analysis Software; 33 Top Free Data Mining Software; Microsiris Statistical Analysis and Data Management Software; Zaitun Time Series - Time Series Analysis and Forecasting Software; DEAP V2.1 - A Data Envelopment Analysis (Computer) Program; Comparing free statistical software for handling missing data; Comparing free statistical software for data sets with no missing values; Top 40 Free Statistical Software; Free SPSS Stuff;
- **TOBACCO RESOURCES ON THE INTERNET** New section: E-cigarettes: DrugFacts: Electronic Cigarettes (e-Cigarettes); Current Cigarette Smoking Among Adults — United States, 2005–2012; The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014; Chapter 6: Cardiovascular Diseases; Harms of Smoking and Health Benefits of Quitting; LET'S MAKE THE NEXT GENERATION TOBACCO-FREE - Your Guide to the 50th Anniversary Surgeon General's Report on Smoking and Health; 2014 Surgeon General's Report: The Health Consequences of Smoking—50 Years of Progress; Tobacco Smoke and Involuntary Smoking; Methods for Evaluating Tobacco Control Policies; WHO's monograph on Tobacco Smoking; Tobacco Smoke and Involuntary Smoking - carcinogenic risks; Smokeless Tobacco and Some Tobacco-specific N-Nitrosamines monograph on carcinogenic risks; New section: Third-Hand

Smoke; Third-hand smoke just as deadly as first-hand smoke, study finds; Why is the Great American Smokeout Important?; Treatobacco.net; Cardiovascular Toxicity of Nicotine: Implications for Nicotine Replacement Therapy 1;

- **Useful Sites** bishopaccountability.org/; 800notes.com;
- **Webmastering Tools** MyPaint;
- **Web Resources** Internet and Computer Safety and Security Resources; Five video converter apps; Protect your privacy with these five applications; Five free disk cloning apps; Wireless Network Watcher; Convenience or security: You can't have both when it comes to Wi-Fi; Free tools that help locate your websites' external broken links; New section: Twitter; Mapping Twitter Topic Networks: From Polarized Crowds to Community Clusters; The six types of Twitter conversations; Examples of six kinds of Twitter social media networks; The paranoid's survival guide, part 1: How to protect your personal data; 2014 TRUSTe US Consumer Confidence Index; The Web at 25 in the U.S.; 5 Free and Awesome Tools To Use #Hashtags Wisely; The Ultimate Cheat Sheet for Social Media Dimensions; World Wide Web Timeline; The Web at 25;
- **Women's Health** Leading Causes of Death in Females; Pregnancy Rates for U.S. Women Continue to Drop;
- **Women's Health - Life Cycle** Vaccination Resources for Pregnant Women; Bleeding Disorders in Women;
- **Women's Health Issues** NISVS 2010 Report on Intimate Partner Violence; Intersection of Intimate Partner Violence and HIV in Women; Vaginal infections; Likely Female-to-Female Sexual Transmission of HIV — Texas, 2012;
- **Women's Health - Breast and Other Female Cancers** Breast Cancer: Combating Cancer-Related Fatigue; Nutrition and Exercise During Breast Cancer Treatment; Invasive Breast Cancer: Symptoms, Treatments, Prognosis; Choosing the Right Breast Cancer Treatment;
- **Women's Health - Heart Disease and Stroke** Heart Health for Women;

April - June 2014

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** Take notes by hand for better long-term comprehension; Social Indicators Predicting Postsecondary Success Childtrends.org 2014; Easy GPA;
- **Annotated Great Books Bibliography** Lisa See's On Gold Mountain;
- **Academic Info** MILLENNIALS: A Portrait of Generation Next;
- **CANCER RESOURCES ON THE INTERNET** Invasive Cancer Incidence — United States, 2010; Colo-

rectal Cancer: What Should I Know About Screening?; Lung Cancer: What Screening Tests Are There?; Basic Infection Control and Prevention Plan for Outpatient Oncology Settings; Colan and rectal cancer video; Why We Screen for Some Cancers and Not Others; Cancer-Related Fatigue;

- **CARDIOVASCULAR DISEASE** **What Causes Heart Disease?; What Are the Signs and Symptoms of Heart Disease?; Who Is at Risk for Heart Disease?; How Is Heart Disease Diagnosed?; How Is Heart Disease Diagnosed?; How Is Heart Disease Treated?; How Can Heart Disease Be Prevented?; Living With Heart Disease; Improving the Screening, Prevention, and Management of Hypertension, An Implementation Tool for Clinic Practice Teams; Screening for Dyslipidemia and Use of Statins to Improve Cardiovascular Outcomes in Adults; Diseases Linked to High Cholesterol; Million Hearts: Prevalence of Leading Cardiovascular Disease Risk Factors — United States, 2005–2012;**
- **HEART AND STROKE RESOURCES ON THE INTERNET** **What Causes Heart Failure?; How Is Heart Failure Diagnosed?; Who Is at Risk for Heart Failure?; Living With Heart Failure; How Can Heart Failure Be Prevented?; ASCVD Risk Estimator; New section: Cardiogenic Shock; What Causes Cardiogenic Shock?; How Is Cardiogenic Shock Diagnosed?;**
- **Chinese Culture** **Asian American History Timeline;**
- **CONNECTICUT PUBLIC HEALTH RESOURCES** **Connecticut Open Data;**
- **Consumer Health** **Flea Bites Guide; Extreme Heat and Your Health; Warning Signs and Symptoms of Heat-Related Illness; APHA Healthy Fact Sheets; THUNDERSTORMS & LIGHTNING; Lightning Safety;**
- **Cool Sites Index Page** **Genealogytoday.com; Archives.gov;**
- **Cool Sites A- L** **The Lively Morgue - New York Times' best photos;**
- **Cool Sites M - Z** **RUSC (Are You Sitting Comfortably?) - download thousands of old time radio shows;**
- **DIABETES RESOURCES ON THE INTERNET** **Preventing Diabetes Problems: What You Need to Know; What diabetic services does Medicare cover?; What is Diabetes?; Diabetes information from the Public Health Agency of Canada; Getting Started with Physical Activity for People with Diabetes; National Diabetes Statistics Report, 2014; Basics About Diabetes; Prevalence Estimates of Gestational Diabetes Mellitus in the United States, Pregnancy Risk Assessment Monitoring System (PRAMS), 2007–2010;**
- **Epidemiology M - Z** **Antimicrobial resistance: global report on surveillance 2014 from WHO; Surveillance Systems to Track Progress Toward Global Polio Eradication — Worldwide, 2012–2013;**
- **Everything You Ever Wanted to Know about...** **Hayman's History Blog;**
- **Favorite Movie Sites** **Viewster.com; 30 Best Summer Blockbusters of All Time; The Fan's Guide to Godzilla; The 26 Best Horror Films of All Time; Our Guide to the Best, Most Blubber-Worthy Tearjerkers; 20 Creature Features You Need to Watch; 25 Biopics Everyone Should See; Movies with gory, disgusting scenes more likely to capture, engage audience; Godzilla Trailer; Edge of Tomorrow Trailer; 55 Essential Movies Kids Must Experience (Before They Turn 13); Ranking All 53 Walt Disney Animated Movies; 10 Actors Whose Names No One Remembers;**
- **Fitness** **Disability and Physical Activity – United States, 2009-2012; Be Active Your Way A Guide for Adults;**

- **Graphing** How to Create an Infographic That Boosts Social Shares and Leads;
- **Health Care Information** Medscape's Pill Identifier;
- **Healthcare Quality Data** CMS.gov's ICD-10 page; Provider Resources for ICD-10; United States Health Information Knowledgebase (USHIK);
- **Healthcare Quality Issues** Understanding Health News; MIRROR, MIRROR ON THE WALL - How the Performance of the U.S. Health Care System Compares Internationally;
- **Health Education Resources** School Health Policies and Practices Study (SHPPS);
-  Office of Population Affairs 2010 Report, Reproductive Health and Healthy People 2020;
- **Kids Health** New section about money: Money; Nine Tips to Help You Better Understand Your Credit; Savings and Checking Accounts; videos on budget, bank accounts, student loans; money and taxes; student loans; Science Fair Displays: The How-To Guide for Students and Educators; K-12 Student Financial Literacy Lesson Plans; Planets for Kids; Jets, Planes, and Helicopters: How Do They Fly?; Fun Facts and Trivia; Thunderstorms and Lightning; Lightning Safety: When Thunder Roars, Go Indoors!;
- **Maternal Child Health** Making Meaningful Connections: 2014 Prevention Resource Guide; BIRTH TO 5: WATCH ME THRIVE! A COMPENDIUM OF SCREENING MEASURES FOR YOUNG CHILDREN; Birth to 5: Watch Me Thrive!; Parenttoolkit.com; New section: Immunizations/Vaccines; Childhood Immunization; Immunization Schedules for Infants and Children in Easy-to-read Formats; Immunization Schedules for Preteens and Teens in Easy-to-read Formats; Immunization Schedules for Adults in Easy-to-read Formats CDC.gov;
- **Nutrition Resources** National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population 2012; National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population 1999–2002; The Water People Drink; What Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Floods; Food Safety During Power Outages video;
- **OBESITY RESOURCES ON THE INTERNET** Belly-Fattening Foods Men Can't Resist; 2013 Obesity Guidelines graphic; Achieving A State of Healthy Weight: 2013 Update;
- **PCH 201 Templates and Grids** Learning How to Change Habits; The Behavior Grid;
- **Public Health Continuing Education Opportunities** The Basics of Public Health; Suicide Prevention Resource Center MCHES CECH offerings; e-Learning on Environmental Assessment of Foodborne Illness Outbreaks; Continuingeducation.com; Just In Time Disaster Training - Library; 200+ Super Free Online Public Health Courses & Training + Certificates;
- **Public Health Data** Revised Surveillance Case Definition for HIV Infection — United States, 2014; School Health Profiles; Potentially Preventable Deaths from the Five Leading Causes of Death — United States, 2008–2010;
- **Public Health Data** Incidence and Trends of Infection with Pathogens Transmitted Commonly Through Food — Foodborne Diseases Active Surveillance Network, 10 U.S. Sites, 2006–2013; Disability and Physical Activity — United States, 2009–2012; Cardiorespiratory Fitness Levels Among U.S. Youth Aged 12–15 Years: United States,

1999–2004 and 2012; percentage of Children Aged <18 Years with a Health Problem for Which They Have Taken Prescription Medication Regularly for ≥ 3 Months,* by Race/Ethnicity† — National Health Interview Survey, United States, 2012§;Emergency Department Visits Involving Methamphetamine: 2007 to 2011;

- **Public Health Data 2011 Assisted Reproductive Technology National Summary Report; Race for Results; Women's Health USA 2013 Women's Health USA 2012; Women's Health USA 2011; Women's Health USA 2010; Women's Health USA 2009; Women's Health USA 2008; Women's Health USA 2007; Women's Health USA 2006; Women's Health USA 2005; Women's Health USA 2004; Women's Health USA 2003; Women's Health USA 2002; The Youngest Americans: A Statistical Portrait of Infants and Toddlers in the United States; Ten Leading Causes of Death and Injury (2005 - Present); Use of Medication Prescribed for Emotional or Behavioral Difficulties Among Children Aged 6–17 Years in the United States, 2011–2012;**
- **Public Health Documents Results from the School Health Policies and Practices Study 2012;**
- **Public Health E-News Table of Contents January - June;**
- **Public Health Practice Quick-learn Design Toolkit;**
- **Public Health Sites A - C What's Your drinking pattern?; What's Low-Risk Drinking?; Alcohol Facts; HIV/AIDS Among American Indians and Alaska Natives; HIV Among Youth; Guidelines for the Use of Antiretroviral Agents in HIV-1-Infected Adults and Adolescents; Preexposure Prophylaxis for the Prevention of HIV Infection in the United States — 2014: A Clinical Practice Guideline; Preexposure Prophylaxis for the Prevention of HIV Infection in the United States — 2014: Clinical Providers' Supplement; PrEP for HIV Prevention; Preventing Youth Violence: Opportunities for Action; Taking Action to Prevent Youth Violence;**
- **Public Health Sites D-G What Is Addiction?; Does Addiction Run in Families?; Do You or a Loved One Have a Drug Abuse Problem?; How Pot Smoking Changes Your Brain (Infographic); International Gay & Lesbian Human Rights Commission; Violence: Through the Lens of Lesbians, Bisexual Women and Trans People in Asia; HIV Communication Among MSM infographic; A Day in the Life of Young Adults: Substance Use Facts;**
- **Public Health Sites H-L Hepatitis B Vaccination; New section: Salmonella; An Atlas of Salmonella in the United States, 1968-2011; Division of Foodborne, Waterborne, and Environmental Diseases (DFWED); National Capacity for Surveillance, Prevention, and Control of West Nile Virus and Other Arbovirus Infections — United States, 2004 and 2012; New section: Youth Violence - Youth Violence: Prevention Strategies; How Not to Wreck Your Liver; Hepatitis: What Puts You at Risk; What You Need to Know About Hepatitis C; HAI Prevalence Survey; Kidney Infections: Symptoms and Treatments; Distraction.gov; New section: Middle East Respiratory Syndrome (MERS) (1st US Case 5/2/2014); Middle East Respiratory Syndrome (MERS); Coronavirus; CDC announces first case of Middle East Respiratory Syndrome Coronavirus infection (MERS) in the United States; Global Alert & Response - MERS WHO.int; Notice to Healthcare Providers and Public Health Officials: Updated Guidance for the Evaluation of Severe Respiratory Illness Associated with Middle East Respiratory Syndrome Coronavirus (MERS-CoV); Middle East Respiratory Syndrome (MERS) Interim Guidance for Airline Crew: Report Ill Travelers on Flights Arriving to the United States CDC.gov; Travelers'**

- Health - MERS CDC.gov; Confirmed Middle East Respiratory Syndrome Coronavirus (MERS-CoV) Case in Indiana, 2014; First Confirmed Cases of Middle East Respiratory Syndrome Coronavirus (MERS-CoV) Infection in the United States, Updated Information on the Epidemiology of MERS-CoV Infection, and Guidance for the Public, Clinicians, and Public Health Authorities — May 2014; May is Asthma Awareness Month; Threat Report 2013; Detect and Protect Against Antibiotic Resistance; Investigation of Infectious Disease Risks Associated With a Nontransplant Anatomical Donation Center — Arizona, 2014; Interim Infection Prevention and Control Recommendations for Hospitalized Patients with Middle East Respiratory Syndrome Coronavirus (MERS-CoV); Sometimes Drugs and the Liver Don't Mix; Sepsis; New section: Food Outbreaks: Foodborne Norovirus Outbreaks — United States, 2009–2012; New CDC Data on Foodborne Disease Outbreaks; The ABCs of Viral Hepatitis; Measles — United States, January 1–May 23, 2014; New section: Naegleria fowleri - Primary Amebic Meningoencephalitis (PAM); CDC site;**
- **Public Health Sites M - N** Allen Brain Atlas; BrainSpan: Atlas of the Developing Human Brain; Asian-Pacific American Heritage Month; Asian/Pacific American Heritage Month Statistics; Asian-Pacific Heritage Month; Causes of Death Among American Indians and Alaska Natives; New section: Mental Health - Bipolar Disorder: Preventing Bipolar Disorder; Understanding Bipolar Disorder; HIV Infection Among Asians in the United States and Dependent Areas; HIV Among Native Hawaiians and Other Pacific Islanders in the United States;
 - **Public Health Sites O-Z** HPV Vaccines; Be Smart. Be Well. STD Videos; Mental Health and Suicide Prevention Resources; Wellness Program Trends: A Closer Look at Health Coaching; What You Should Know About Employee Wellness Programs; Wellness Program Trends: A Closer Look at Health Coaching; What Are the Signs and Symptoms of Cough?; What Causes Cough?; Who Is At Risk for Cough?; Primary and Secondary Syphilis — United States, 2005–2013; Time Spent in Sleep - Indicators on Children and Youth; Primary and Secondary Syphilis — United States, 2005–2013; Thyroid Tests; Healthy Contact Lens Wear and Care;
 - **Public Health Software** > American Info Maps; Maps: 15 apps that take you beyond Google and Apple;
 - **Resources for Health Professionals** A Purchaser's Guide to Clinical Preventive Services: Moving Science into Coverage; Overview of a Purchaser's Guide to Clinical Preventive Services; Know:BRCA;
 - **Senior Health** Center for Practical Ethics; TPOPP Video; Senioradvisor.com; 9 Tips to Help You Plan Your Retirement; 2014 Retirement Confidence Survey: Confidence Rebounds—for Those With Retirement Plans; Baby Boomers and Equity Returns; 7 Ways To Prevent Alzheimer's Disease; National Center on Elder Abuse; Understanding Elder Abuse; Six Types of Elder Abuse;
 - **Statistical Software Sites** Develve Statistical Software;
 - **Temperament Page** Sensitive? Emotional? Empathetic? It could be in your genes;
 - **TOBACCO RESOURCES ON THE INTERNET** State Medicaid Coverage for Tobacco Cessation Treatments and Barriers to Coverage — United States, 2008–2014; Global Tobacco Control; Calls to Poison Centers for Exposures to Electronic Cigarettes — United States, September 2010–February 2014; Percentage of Adults Aged ≥ 25 Years Who Were Current Smokers or Current Regular Drinkers,* by Education Level† — National

Health Interview Survey, United States, 2012§; Recognize Tobacco in its Many Forms; Staying Smokefree; E-cigarettes; Smokeless Tobacco Use Among Working Adults — United States, 2005 and 2010; Secondhand Smoke; Alternative Nicotine Products/Electronic Cigarettes;

- **US Government & Other National Statistics Sites** Millions of Americans changed their racial or ethnic identity from one census to the next; NCHS Data Online Query System (Beta Version); How the Recession Reshaped the Economy, in 255 Charts (NY Times);
- **Useful Sites** Traveler's Diarrhea; Travel Health Slideshow: 25 Ways to Stay Well Abroad; Hostelworld Free Pocket Guides;
- **Web Resources** Leave no trace: Tips to cover your digital footprint and reclaim your privacy; Why Content Goes Viral: What Analyzing 100 Million Articles Taught Us; Twitter's New Profile Pages: a Guide to the New Settings and Styles; 10 Alternative PC Operating Systems You Can Install; Classic Shell; 22 Common Network Jargon Terms Explained; New section: Web Presence; What Happens to Your Online Presence When You Die? [Infographic];
- **Wellness Resources Part I (1 - 5)** Healthy Sexuality video; Pick the Perfect Condom for Your Penis;
- **Wellness Resources Part II (6 - 11)** How Pot Smoking Changes Your Brain (Infographic);
- **Women's Health - Life Cycle** 6 Things Your Period Can Tell You About Your Health; Contraception; Healthy Sexuality Video; Reproductive Facts.org;
- **Women's Health Issues** Abusive International Marriages: Hmong Advocates Organizing in Wisconsin; New section: Sexual Assault: Notalone.Gov, NOT ALONE The First Report of the White House Task Force to Protect Students From Sexual Assault, April 2014; Indicators of School Crime and Safety: 2013;
- **Women's Health - Breast and Other Female Cancers** What Screening Tests Are There?; Breast Cancer in Young Women: Who Has a Higher Risk?; What Is a Mammogram and When Should I Get One?; Hereditary Breast and Ovarian Cancer; Know:BRCA; Tips for Recovering From Breast Cancer Surgery;
- **Women's Health - Heart Disease and Stroke** Guidelines for the Prevention of Stroke in Women: A Statement for Healthcare Professionals; Make the Call. Don't Miss a Beat; Women Face Higher Risk of Stroke;
- **Writing** How Playing Devil's Advocate Will Improve Your Content;

July - September 2014

New Pages

- **Fall 2014 Syllabus**

Deleted/Changed Pages

- Spring 2014 Syllabus

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** The Science of Attention: How To Capture And Hold The Attention of Easily Distracted Students; The Science of How To Practice a Skill Effectively; Surfing the Web in class? Bad idea; Say 'no' to interruptions, 'yes' to better work; How To Take Notes: Learning From The Strategies That Set Straight-A Students Apart; Best Way To Reach Millennials Is On Social Media; Being a Better Online Reader; Why Colleges Are Starting to Worry About Student-Loan Defaults; Teaching by Twitter: A viable option?; Expecting to teach enhances learning, recall; How we form habits and change existing ones; Focus! Distractions Kill Both Time and Quality; The Dullest, Most Vital Skill You Need to Become a Successful Manager; C's Earn Degrees, But Skills Pay the Bills; How to Achieve "Flow" in Your Work; How Tech Is Ruining Language; In our digital world, are young people losing the ability to read emotions?; Don't Send Your Kid to the Ivy League The nation's top colleges are turning our kids into zombies; New section: Why NO electronics in class is good for you! Focus! Distractions Kill Both Time and Quality; How Tech Is Ruining Language; In our digital world, are young people losing the ability to read emotions?; Say 'no' to interruptions, 'yes' to better work; Surfing the Web in class? Bad idea; The Case for Banning Laptops in Class; Why I'm Asking You Not to Use Laptops; You'll Never Learn!; Divided attention and memory: evidence of substantial interference effects at retrieval and encoding; Laptop multitasking hinders classroom learning for both users and nearby peers; Workplace Distractions: Here's Why You Won't Finish This Article; Brain, Interrupted; Craving Facebook? Behavioral addiction to online social networking and its association with emotion regulation deficits; Habitual Facebook users: Suckers for social media scams?; 10 Tips for Managing Driver Distraction; Brain differences: Sometimes, adolescents just can't resist; Could technology be holding you back?;
- **Annotated Biostatistics Bibliography** Stephen Baker's The Numerati;
- **Annotated Great Books Bibliography** Stephen Baker's The Numerati; C. Chabris & D. Simons's The Invisible Gorilla: How Our Intuitions Deceive Us; Lisa See's China Dolls; Ellen Goodman's Making Sense; Sonia Sotomayor's My Beloved World; Malcolm Gladwell's David and Goliath; Tim Parrish's Fear and What Follows;
- **Annotated Statistics Bibliography** Stephen Baker's The Numerati;
- **APA Information Page** How To Cite Social Media In Scholarly Writing;
- **CANCER RESOURCES ON THE INTERNET** Medical Costs and Productivity Losses of Cancer

Survivors — United States, 2008–2011; A to Z List of Cancer Drugs; Formaldehyde Confirmed as Known Human Carcinogen; 50 Facts about Oral, Head and Neck Cancer; 2011* State Cancer Facts;

- **CARDIOVASCULAR DISEASE** **Change Bad Habits Early, Save Your Heart Later; Drinking alcohol provides no heart health benefit, new study shows; Jobs with Highest and Lowest Heart Disease Risk Revealed; Prevalence of Coronary Heart Disease or Stroke Among Workers Aged <55 Years — United States, 2008–2012; Interactive Atlas of Cardiovascular Disease and Stroke button; Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors; Report urges individualized, cholesterol-targeted approach to heart disease, stroke;**
- **HEART AND STROKE RESOURCES ON THE INTERNET** **A Visual Guide to a Heart Attack; Ordering and Understanding the Exercise Stress Test; Exercise Electrocardiogram Testing Beyond the ST Segment; Predictive Value of Exercise Stress Testing in a Family Medicine Population; Exercise Electrocardiogram Testing Beyond the ST Segment; Screening for Critical Congenital Heart Disease in Newborns; Pooled Cohort Risk Assessment Equations - Predicts 10-year risk for a first atherosclerotic cardiovascular disease (ASCVD) event; ASCVD Risk Estimator;**
- **Chinese Culture** **12,000 Chinese in protest parade against Japan HD Stock Footage video; Chinese Revolution Timeline; 24 Photos Of Chinatown From Before You Were Born; The Growth of China in 15 photos; New York Historical Society - Many Faces - Chinese Americans; n Engaging Asian Men: Divesting from Gender Violence; Investing in Gender Equality; Mooncake; Mid-Autumn Festival; Moon Festival;**
- **CONNECTICUT PUBLIC HEALTH RESOURCES** **New section: Earthquake Information: Connecticut Earthquake History; Connecticut Earthquake Information; Earthquake General Safety Information; Hartford Courant Earthquake Coverage; Latest Connecticut Earthquake Tracker; Latest New England Earthquake Tracker; Recent Earthquakes in the Northeastern U.S.; State Earthquake Contacts Fema.gov; The Great Northeast Shakeout;**
- **Cool Sites A- L** **Number-crunching could lead to unethical choices, says new study; We see art more as a person than an object: 'Magical contagion' spreads creator's essence to pieces;**
- **DIABETES RESOURCES ON THE INTERNET** **New Beginnings: A Discussion Guide for Living Well with Diabetes; What I need to know about Carbohydrate Counting and Diabetes; All About Carbohydrate Counting; Grizzly research offers surprising insights into diabetes-obesity link; Pistachios may lower vascular response to stress in type 2 diabetes; Type 1 Diabetes Mellitus and Cardiovascular Disease: A Scientific Statement From the American Heart Association and American Diabetes Association; Age Differences in Visits to Office-based Physicians by Patients With Diabetes: United States, 2010; Managing Diabetes at School; Children and Diabetes; CDC diabetes infographic; CDC pre-diabetes infographic; Groups Especially Affected by Diabetes; CDC data show declines in 5 major diabetes-related complications among U.S. adults;**
- **Evaluation Resources & Report Cards** **Evaluation in Philanthropy Basic Concepts for Grantmakers; Overview of Assessment, Monitoring and Evaluation; State Indicator Report on Physical Activity, 2014; Breastfeeding Report Card United States, 2014;**

- **Everything You Ever Wanted to Know about...** North American historic mobility 1620 to 2012 CE; European historic mobility 0 to 2012 CE; The case against time zones: They're impractical & outdated;
 - **Evidence-Based Practice** Guide to Clinical Preventive Services, 2014;
 - **Favorite Movie Sites** Evolution of Movie Robots video; Ranking the Blockbuster Summers, Best to Worst; 20 Road Trip Movies to Quench Your Wanderlust; The Lego Movie video; The 20 Best Pregnancy Movies to Watch While You're Pregnant; Top 20 Heist Movies; 34 Best High School Movies; 30 Most Expensive Movies Ever Made; 25 Most Exciting Action Movies; Most Successful Directorial Debuts; Top 25 Movies That Will Inspire You To Dance; Sugar, Spice and Guts; Impact of movies on dog breed popularity; 20 Movies Every Fashion Lover Needs To Watch;
 - **Favorite Music Sites** Why Are Songs on the Radio About the Same Length?;
 - **Fitness** How many steps/day are enough? For older adults and special populations;
 - **Free Software** Oldversion.com; How to enable 'Download All' for Free Microsoft eBooks and other tips; New section: Computer Coding: 13 bits of classic software whose code is now accessible;
 - **Graphing** From data to doughnuts: How to create great charts and graphics in Excel; Make your PowerPoint presentations pop with charts, graphics, and images; PowerPoint pro tips: Exporting to other formats; Why Your Presentations Are Putting People to Sleep;
 - **Health Care Information** Top 100 Most Prescribed, Top-Selling Drugs; Is Your Medication Making You Lose Sleep?;
 - **Healthcare Quality Standards** Registries for Evaluating Patient Outcomes: A User's Guide: 3rd Edition;
 - **Healthcare Quality Issues** Building Health Literate Organizations: A Guidebook to Achieving Organizational Change; "Ten Attributes of Health Literate Health Care Organizations; Guide to Patient and Family Engagement in Hospital Quality and Safety; Building Culturally Competent Organizations; Educated consumers more likely to use potentially unreliable online healthcare information;
 - **Health Education Resources** Course Planning; The Power of Positive Connections Reducing Chronic Absence through PEOPLE: Priority Early Outreach for Positive Linkages and Engagement; School Health Index: Elementary School A Self-Assessment and Planning Guide CDC.gov; School Health Index: Middle/High School A Self-Assessment and Planning Guide CDC.gov
- HEALTHY PEOPLE 2020
- **Prevention Status Reports (PSRs) Quick Start** Guide Main Page; Prevention Status Reports; Prevention Status Reports 2013 – National Summary; Prevention Status Reports, by State; National Prevention Strategy 2014 Annual Report;
 - **Kids Health** New section: Music Stuff - Online Music Lessons, Tips, Tricks and More; First Aid: Insect Bites and Stings; When to when you are bugged by bugs; CDC's Solve the Outbreak app; Read.gov; 2014 Summer Reading List; Summer Buying Guide 2013; Library of Congress; Summertime Favorites;
 - **Maternal Child Health** DETAINED or DEPORTED: What to do if you can't be with them; What about my children?; Why do we have blood types?; MCH Navigator; Prenatal Care Fact Sheets;

- **Nutrition Resources** 14 Foods Nutritionists Never Eat; 10 ways technology is changing our food; Pure Caffeine Powder: What You Need to Know; Warning to parents on high acidity drinks; 10 Natural Alternatives to Sugar: How Healthy Are They Really?; Fruit and Vegetable Intake Among Children — United States, 2003–2010; Mercury in Fish; Many Foods' 'Trans-Fat-Free' Claims False: Study; Vitamin D and Calcium: A Systematic Review of Health Outcomes (Update);
- **OBESITY RESOURCES ON THE INTERNET** 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults; NIH study finds extreme obesity may shorten life expectancy up to 14 years; When Being Obese Could Save Your Life; Body-mass index and risk of 22 specific cancers: a population-based cohort study of 5·24 million UK adults; Lance ppt slides; Prevalence* of Self-Reported Obesity Among U.S. Adults by State, BRFSS, 2013; Percentage Distribution of Weight Status* Among Adults Aged ≥20 Years with Diabetes,† by Sex — National Health and Nutrition Examination Survey, United States, 2009–2012§; Obesity Prevalence Maps;
- **PCH 201 Wellness Resources Page** How Much Sleep Do You Actually Need? video;
- **PHENOM Reports** 2014 - 2015 Logic Model & 2013 - 2014 Annual Report;
- **Public Health Alumni Chapter Statistics** Annual Update 7/3 - completed;
- **Public Health Continuing Education Opportunities** Principles of Epidemiology in Public Health Practice, 3rd Ed. (Print-based) - 17 CECHs; CHES/MCHES has been updated 8/8/2014; Health Literacy button; Environmental Assessment of Foodborne Illness Outbreaks; AHRQ CME University; 5 new 1 CECH courses;
- **Public Health Data** Youth Risk Behavior Surveillance — United States, 2013; CDC's PRAMS Online Data for Epidemiologic Research (CPONDER) V2.0 Pregnancy Risk Assessment Monitoring System (PRAMS): CPONDER; CPONDER V2.0 - CDC's PRAMS On-line Data for Epidemiologic Research CDC.gov Pregnancy Risk Assessment Monitoring System (PRAMS): CPONDER; HIV Infection and Risk, Prevention, and Testing Behaviors Among Injecting Drug Users — National HIV Behavioral Surveillance System, 20 U.S. Cities, 2009; America's Young Adults: Special Issue 2014; Childtrends Databank - Indicators by Topic Area; 65+ in the United States: 2010; Census 2010; Age-Adjusted Death Rates,* by State† — United States, 2011; Search the CDC Stacks button; Explore the CDC Stacks button; H-CUP.net; Sepsis Awareness Research 2014; Life Expectancy at Birth, by Sex and Race/Ethnicity — United States, 2011;
- **Public Health Data** Percentage of Adults with Activity Limitations, by Age Group and Type of Limitation — National Health Interview Survey,* United States, 2012; Time Spent in Sleep; Drowsy Driving and Risk Behaviors — 10 States and Puerto Rico, 2011–2012; Drug-Poisoning* Death Rates,† by State — United States, 2011; Rates of Drug Poisoning Deaths Involving Heroin,* by Selected Age and Racial/Ethnic Groups — United States, 2002 and 2011; Variation Among States in Prescribing of Opioid Pain Relievers and Benzodiazepines — United States, 2012; Report shows combining drug use with underage drinking raises health risks; Hospital Inpatient Utilization Related to Opioid Overuse Among Adults, 1993-2012; Sugar-Sweetened Beverage Consumption Among Adults — 18 States, 2012; Fourth National Report on Human Exposure to Environmental Chemicals Updated Tables, August, 2014; National Report on Human Exposure to Environmental Chemicals; Sexual Health of Adolescents and Young Adults in the United States; Prevalence and Characteristics of Sexual Violence, Stalking, and Intimate Partner Violence Victimization — National Intimate Partner and Sexual

Violence Survey, United States, 2011; NISVS Summary Reports; Marijuana Use; National Violent Death Reporting System; Hospital Inpatient Utilization Related to Opioid Overuse Among Adults, 1993-2012; An Analysis of State Underage Drinking Policies and Adolescent Alcohol Use;

- **Public Health Data The Health and Well-Being of Children: A Portrait of States and the Nation 2011-2012;**
- **Public Health Documents ;**
- **Public Health E-News Table of Contents July-September;**
- **Public Health Program Development Toolkit 6 CDC Social media buttons;**
- **Public Health Practice Core Competencies for Public Health Professionals, 2014 Revision PHF.org; Public health messaging: How it is said can influence behaviors: Beyond the facts; Social Media at CDC; Health as a Human Right; CDC Social Media site; Public communication materials button; National Intimate Partner and Sexual Violence Survey (NISVS) Communications Toolkit;**
- **Public Health Sites A - C Alcohol Overdose: The Dangers of Drinking Too Much; Shining a light on alcohol blackouts; Is Any Amount of Alcohol Good For Us?; Use of Selected Nonmedication Mental Health Services by Adolescent Boys and Girls With Serious Emotional or Behavioral Difficulties: United States, 2010–2012; 'Drink responsibly' messages in alcohol ads promote products, not public health;**
- **Public Health Sites D-G Regular Marijuana Use Bad for Teens' Brains; Mental Health and Recovery; Medical Marijuana; The New Street Drug to Watch: Acetyl Fentanyl; New section: Emotional Intelligence: Are You Emotionally Intelligent? 5 of the Tell-Tale Signs Hubspot.com; Emotional Intelligence Daniel Goleman; Emotional Intelligence Helpguide.org; Emotional Intelligence Mindtools.com; What Is Emotional Intelligence? About.com; Enterovirus D68; Environmental costs, health risks, and benefits of fracking examined; Although Relatively Few, “Doctor Shoppers” Skew Opioid Prescribing; Gene Variants Reduce Opioid Risks;**
- **Public Health Sites H-L Ebola Viral Disease Outbreak — West Africa, 2014; West Nile Virus and Other Arboviral Diseases — United States, 2013; Surprising Headache Triggers WebMD slideshow; Ebola Hemorrhagic Fever info from CDC and WHO; Infection Prevention and Control Recommendations for Hospitalized Patients with Known or Suspected Ebola Hemorrhagic Fever in U.S. Hospitals; Safe Management of Patients with Ebola Virus Disease (EVD) in U.S. Hospitals; New section: Lassa Fever - 4 resources; Healthcare-Associated Infections in Hawaii 2013 Report; Infections: Ebola; Ebola, What is Ebola?; Single animal to human transmission event responsible for 2014 Ebola outbreak; New section: Enterovirus D68 - Severe Respiratory Illness Associated with Enterovirus D68 — Missouri and Illinois, 2014; Severe Respiratory Illness Associated with Enterovirus D68 – Multiple States, 2014 HAN Alert; CDC Ebola Surge – 2014; Ebola (Ebola Virus Disease); FACT SHEET: U.S. Response to the Ebola Epidemic in West Africa;**
- **Public Health Sites M - N Breast Cancer - Men Get It Too; 20 More Rare and Unusual Psychiatric Syndromes; Rare and Unusual Psychiatric Syndromes; Are we more narcissistic than ever before?; New section: Mental Health - Schizophrenia: Schizophrenia Myths and Facts; Am I Bipolar?; How the Brain Find What it is looking for?; What Is Schizophrenia; Slow to mature, quick to distract: ADHD brain study finds slower development of key connections; Can consumers use an easy trick to extend**

wonderful experiences, shorten bad ones?; Don't underestimate your mind's eye: Objects don't need to be seen to impact decision-making;

- [Public Health Sites O-Z](#) Guide to Sleeping Positions; Jobs with Highest and Lowest Heart Disease Risk Revealed; Prevent Eye Damage, Protect Yourself from UV Radiation; Heat Illness and Death Among Workers — United States, 2012–2013; STD Treatment Guidelines app; First WHO report on suicide prevention; World Health Organization's (WHO) Report on Preventing Suicide; First WHO World Suicide Report; 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action;
- [Public Health Software](#) 10 sites with stunning visual data that will change your world view; Chronic Disease GIS Exchange button;
- [Research Resources on the Net](#) 10 Little Fixes that Have a BIG Impact on Your Web Form Conversions;
- [Senior Health](#) Older Ladies video; Move to Improve Your Arthritis button; Prevent Shingles; Study Reveals The #1 Key To A Happy Retirement;
- [Statistical Functions](#) Coursera Online Stats courses; EdX online stats courses; How Fast Is Your Blog Growing? How to Run a Regression Analysis to Find Out;
- [Statistical Software Sites](#) Templates for Excel;
- [TOBACCO RESOURCES ON THE INTERNET](#) Tobacco Product Use Among Adults — United States, 2012–2013; Can The Harmful Damage From Smoking Be Reversed? - DNews video; Tips from Former Smokers; BeTobaccoFree.gov Widget; Health Care Providers: How You Can Help Patients Quit; Faith-Based Organizations (FBOs); Smoking of Electronic Cigarettes on Aircraft; Little Filtered Cigar, Cigarillo, and Premium Cigar Smoking Among Adults — United States, 2012–2013; Smoking Can Cause Clefts; Secondhand Smoke and Cancer; American Heart Association Just Delivered a Huge Blow to Cigarette Companies; Second-hand e-cig smoke compared to regular cigarette smoke; More than a quarter-million youth who had never smoked a cigarette used e-cigarettes in 2013; Smoking of Electronic Cigarettes on Aircraft; Tobacco companies bet on electronic cigarettes; Tobacco Companies Move into E-Cigarette Business; More E-Cigarettes in the Hands of Big Tobacco; Big Tobacco Invests in E-Cigarettes. Should You?; E-Cigarette Rules Are Essentially A Huge Win For Big Tobacco; Big Tobacco Keeps Pushing Into E-Cigarettes; The E-Cigarette Industry, Waiting to Exhale; Second-hand e-cig smoke compared to regular cigarette smoke; Dangers of Electronic Cigarettes in WHO Report; American Heart Association issues e-cigarette recommendations; E-cigarettes and Secondhand Smoke; Prevalence of Smokefree Home Rules — United States, 1992–1993 and 2010–2011; Information for Health Care Providers and Public Health Professionals: Preventing Tobacco Use During Pregnancy;
- [US Government & Other National Statistics Sites](#) Trafficking in Persons Report 2014; Sexual Orientation and Health Among U.S. Adults: National Health Interview Survey, 2013; Data.cdc.gov button; Sortable Stats gateway button; Disability and Health Data System button;
- [Useful Sites](#) Carry-on Rules Revisited; What Not to Do in New York City; free nyc museums; Top Hotel Loyalty Programs; Consumer Complaint Letter Wizard; County-clerks.com; Best U.S. Airlines: 2014 Edition; 8 Packable Things That Could Save Your Life; Hotelwifitest; 10 Hotel Booking Mistakes You're Probably Making;
- [Webmastering Tools](#) How to Create a Link to Jump to a Specific Part of a Page; The Spellbinding Mathematical GIFs Of Dave Whyte;

- **Web Resources** Windows 8/8.1 Keyboard Shortcuts; How to upgrade an old PC: No-brainer improvements anyone can do; Abuse Contact Lookup; Windows maintenance, done dirt-cheap; Microsoft Office 2013 Quick Start Guides; 10 basic Tips & Tricks every Android user needs to know; 10 critical security habits you should be doing (but aren't); Top 10 keyboard shortcuts you didn't know about; How Does Google Index Tweets?; 12 Tips for Amazingly Effective Email Subject Lines [Act-On]; 25 useful, free tools for every Windows desktop; Why Are Most Programs Still 32-bit on a 64-bit Version of Windows?; 12 powerful websites that can replace your desktop software; An Incisive New Quiz Scans Your Facebook Posts and Judges Your Personality; Five Labs Web site; A history of metaphors for the internet; 10 glorious tech anachronisms: Where past and future rendezvous; New section: Cell Phones: 6 tips for minimizing cell phone radiation; Cellphone Radiation May Alter Your Brain. Let's Talk; EWG's Guide to Safer Cell Phone Use; How Cell-phone Radiation Works; How Cell Phones Work; 15 simple, secret Windows tips and tricks designed to save you time; Why most people aren't downloading apps anymore; Habitual Facebook users: Suckers for social media scams?; 3 Can't-Miss Tips for Optimizing Social Media Content; Asian Americans lower insulin resistance on traditional diet;
- **Wellness Resources Part I (1 - 5)** These 4 Things Kill Relationships; Dating Matters; Map: Which States Allow Gay Marriage?; Overview of Federal Benefits Granted to Married Couples;
- **Wellness Resources Part II (6 - 11)** Can The Harmful Damage From Smoking Be Reversed? - DNews video; Medicated to Death; Adderall Has a Tech Industry Problem; Effects of Blood Alcohol Concentration (BAC);
- **Wellness Resources Part III (12 - 17)** Pick the Perfect Condom for Your Penis; 3 STDs You May Already Have; How Much Sleep Do You Actually Need?;
- **Women's Health** 2014 edition of the Women's Health and Mortality Chartbook;
- **Women's Health Issues** National Intimate Partner and Sexual Violence Survey (NISVS) Communications Toolkit; NISVS Infographic; Rape Prevention and Education (RPE) Program; What is Domestic Violence?;
- **Writing** Guide to Academic and Scholarly Publication - How to Get Your Writing Published in Scholarly Journals; Random Reflections on Getting Published; 5 easy Word tips that every user should know; What's Up With That: Why It's So Hard to Catch Your Own Typos; Post Publication Peer Review: Blogs vs Letters to the Editor; How to Cite a Letter to the Editor From a Journal in APA; How to Write Better Headlines [Infographic]; The Dullest, Most Vital Skill You Need to Become a Successful Manager; New section: Using Templates: NISVS Customizable Template Fact Sheet Microsoft Word file [DOCX 2.6MB]; NISVS Customizable Template Fact Sheet Instructions Adobe PDF file [PDF 95KB]; The Anatomy of an Optimized Blog Post [Infographic]; 8 Clever Ways to Triple Your Content Output (and Traffic); How to Get People to Read Your Entire Blog Post; Are You Messing Up Your Email Newsletter? How To Avoid Common Pitfalls; Search Ranking Factors Data Points to Importance of Quality Content; Here's What 2.7 Billion Social Shares Say About Online Publishing; 7 Common Grammar Myths You'll Never Fall For Again;

October - December 2014

New Pages

- Fall 2014 Syllabus
-

Deleted/Changed Pages

- Spring 2014 Syllabus
-

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](#)** Six Tips for College Health and Safety; Take Note of This: Handwritten Notes Are More Effective Than Typed Ones; The Pen Is Mightier Than the Keyboard - Advantages of Longhand Over Laptop Note Taking; New section: Sleeping; What If You Stopped Sleeping? video; Lack of sleep increases risk of failure in school; Are millennial generation students changing the roles of teachers?; Are millennial generation students changing the roles of teachers?; Multi-tasking makes your brain smaller: Grey matter shrinks if we do too much at once; Multitasking shrinks the brain, curbs emotions; Brain scans reveal 'gray matter' differences in media multitaskers; Why a leading professor of new media just banned technology use in class; The relationship between multitasking and academic performance; Think You're Multitasking? Think Again; Laptop multitasking hinders classroom learning for both users and nearby peers; How curiosity changes the brain to enhance learning; Teen Texting: Difference in girls, boys text talk, reflection on gender identity; In a bad mood? Head to Facebook and find someone worse off; Internet addicts often suffer from additional disorders; Lift weights, improve your memory, study shows; How our brains trick us into ignoring movie stunt doubles but let us recognize people we love; 3 Texts You Shouldn't Send; GPA, GRE inadequate for evaluating non-traditional students for graduate school admissions; Does Facebook make you lonely?; How Bad Are the Colleges?; Mental rest and reflection boost learning, study suggests; Why it's better to take notes by hand; 'Smart' drugs won't make smart people smarter, research concludes; Focusing on executive functions in kindergarten leads to lasting academic improvements; Self-regulation intervention boosts

school readiness of at-risk children, study shows; Study: Older Siblings Have Higher IQs; Does Higher IQ Make You Smarter?; Early Tests Predict Adult IQ; Smart Pills: The Truth About Cognitive-Enhancing Drugs; Mental Health Problems Rising Among College Students; Kids These Days: Study 'Generation Me'; Brains of Young Adults Not Fully Mature; Multi-tasking (Don't waste your time, doesn't work); 12 Reasons to Stop Multitasking Now!; How to Stop Multitasking and Lower Stress; Multitasking Has Its Limits; Multitasking: Switching costs; Your smartphone may be powering down your relationship; Mobile Mindset Study; New Model of Media Consumption in 'Age of Interruption'; Check less to reduce email stress; 40 Incorrectly Used Words That Can Make You Look Dumb; Taking Notes by Hand Benefits Recall, Researchers Find;

- **CANCER RESOURCES ON THE INTERNET** Age-Adjusted Death Rates* for Heart Disease and Cancer,† by Sex — United States, 1980–2011; 13th Report on Carcinogens (RoC); New section: Psychosocial Aspects: One in three people with cancer has anxiety or other mental health challenges; Common Moles, Dysplastic Nevi, and Risk of Melanoma;
- **CARDIOVASCULAR & CHRONIC DISEASE INDEX** Strategies for supporting roles for non-clinicians on primary care teams; CDC National Health Report; CDC National Public Health Report Highlights;
- **CARDIOVASCULAR DISEASE** Age-Adjusted Death Rates* for Heart Disease and Cancer,† by Sex — United States, 1980–2011; Clinical Quality Measures Dashboard; Million Hearts Infographic; Million Hearts Resources and Toolkit; A Visual Guide to a Heart Attack; Basics of Cholesterol; How Heart Attacks Strike; Heart Disease and Stroke Statistics—2015 Update; Heart Disease and Stroke Statistics – At-a-Glance; Heart Disease and Stroke Statistics 2015 Update; 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk - A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines;
- **Chinese Culture** Reducing chronic disease in asian americans: Researchers target diet; Chinese-American Exhibit Captures Generations of Family History; How Racism Created America's Chinatowns;
- **CONNECTICUT PUBLIC HEALTH RESOURCES** Health Equity Index; Annual Report on the FINANCIAL STATUS OF CONNECTICUT'S SHORT TERM ACUTE CARE HOSPITALS; CT News Junkie Directory; Live Healthy Connecticut;
- **Cool Sites A- L** How to Photograph a Lunar Eclipse; 2014 Fall Foliage Map; How To Make an Incredibly Easy Panoramic Photograph With Any Camera;
- **Cool Sites M - Z** 20 Easy Things That Will Make You the Next Millionaire;
- **DIABETES RESOURCES ON THE INTERNET** Groups Especially Affected by Diabetes; Percentage Distribution of Weight Status* Among Adults Aged ≥20 Years with Diabetes,† by Sex — National Health and Nutrition Examination Survey, United States, 2009–2012§; 10 Muscle Moves to Help Tame Diabetes; Screening and Diagnosis of Gestational Diabetes Mellitus; NIH's Diabetes Resources for Health Professionals; CDC's Diabetes Atlas, CDC's Diabetes Data; Check Your Knowledge: Diabetes and Pregnancy; Screening and Diagnosis of Gestational Diabetes Mellitus;
- **Epidemiology A- L** New section: Epidemics -How important is long-distance travel in spread of epidemics?;
- **Evaluation Resources & Report Cards** MANAGING FOR RESULTS: Agencies' Trends

in the Use of Performance Information to Make Decisions; 2014 MENTAL HEALTH FIRST AID STATE POLICY TOOLKIT; SIECUS State Profiles 2013; State Policies through a Two-Generation Lens Strengthening the Collective Impact of Policies that Affect the Life Course of Young Children and their Parents; Profiles of Adolescents Who Are Not in Good Health; Using Evaluation to Inform CDC's Policy Process; A Catalog and Comparison of Quality Rating and Improvement Systems (QRIS); Physical Education Profiles, 2012; CDC's EvaluAction; Urban Institute Outcome Indicators Project; A Guide to Real-World Evaluations of Primary Care Interventions: Some Practical Advice; A Guide to Real-World Evaluations of Primary Care Interventions: Some Practical Advice; Evidence and Evaluation;

- **Everything You Ever Wanted to Know about...** The Voyager Golden Record Playlist video; There Are Only Four Types of City in the World, Says Math; 38 maps that explain Europe; Common Mythsconceptions, World's Most Contagious Falsehoods; This is every active satellite orbiting earth; The backwards brain? How brain maps develop to help us perceive the world;
- **Evidence-Based Practice** Evidence-based Treatment Protocols for Improving Blood Pressure Control*;
- **Favorite Movie Sites** Ranking 25 Movies Set In A Dystopian Future; 25 Best Romance Movies; The Funniest Movies Over The Past 30 Years; The 20 Best Last Lines in Movies; The 25 Highest Grossing Hollywood Films Of All Time; 15 movies you weren't allowed to watch as a kid; Entertainment Geekly: Which movie from 1999 has aged most poorly?;Brrraaiins! How Zombies Overran Pop Culture; Valuable movies, valued movies may be two different things; Key Differences Between Summative And Formative Assessments; Formative and Summative Evaluation; 16 Romantic Movies Everyone Needs To See; How Exactly Has Star Wars Made \$37 Billion?; Netflix ISP Speed Index; Historyvshollywood.com; Ways to Die in a Children's Cartoon (Infographic); Slut-Shaming, Eugenics, and Donald Duck: The Scandalous History of Sex-Ed Movies;
- **Favorite Music Sites** Comparison: The 8 best music streaming services to use at work; What's behind our music tastes? Some common perceptions; Here's a Surprising Look at What Music Does to Your Brain; Different Brain Regions Handle Different Music Types; Intensely pleasurable responses to music correlate with activity in brain regions implicated in reward and emotion;
- **Free Software** Six clicks: My favorite Windows desktop utilities; Five apps for degunking your system; Five diagnostic tools for your portable tech toolkit; Five portable antivirus and antimalware tools to carry with you at all times;
- **Graphing**Ten Simple Rules for Better Figures; The 22 best chart-heavy Twitter feeds you should follow—right this instant;
- **Health Care Information** Percentage of Adults Who Used Selected Complementary Health Approaches* in the Preceding 12 Months, by Metropolitan Status of Residence† — National Health Interview Survey,§ United States, 2012; Best Free Apps to Recommend to Patients; Generic Drugs Undergo Rigorous FDA Scrutiny; "Off-label" Drug Use; Explicit and Standardized Prescription Medicine Instructions;
- **Healthcare Quality Standards** Credit score can also describe health status;
- **Healthcare Quality Issues** The Solid Facts - Health Literacy; Want to Be More Health Savvy?; Health Care Spending; AHRQ Pharmacy Health Literacy Center;
- **Health Education Resources** National Health Education Toolkit 2014 from SOPHE;

Myth-conceptions: How myths about the brain are hampering teaching;

HEALTHY PEOPLE 2020

- [_Search HP2020 Objective Data; HP2020 Social Determinants of Health Objectives;](#)
- [Information Quality](#) Information Quality Resources;
- [Kids Health](#) Basics of Building Credit; Fat chats: The good, the bad and the ugly comments; Psychologist Offers Insight on Bullying and How to Prevent It; Parallel Universes Colliding Could Explain Quantum Weirdness; Make a Difference: Talk to Your Child About Alcohol—Parents Booklet;
- [Maternal Child Health](#) Use of Selected Clinical Preventive Services to Improve the Health of Infants, Children, and Adolescents — United States, 1999–2011; Rethinking MCH: The Life Course Model as an Organizing Framework; Parent Toolkit; Essentials for Parenting Toddlers and Preschoolers;
- [Nutrition Resources](#) Sporting events should ditch nutritional supps, sports drinks sponsorship, experts urge; Interactive DRI for Healthcare Professionals; Where GMOs hide in your food New Consumer Reports' tests find genetically modified organisms in many packaged foods—including those labeled 'natural'; Energy drinks may pose danger to public health, researchers warn; Energy Drinks And Kids: How They May Affect Children's Hearts; Health Effects of Energy Drinks on Children, Adolescents, and Young Adults; Why energy drinks are harming children, adolescents; Model Legislation Requiring Safety Warning for Sugar-Sweetened Beverages; Energy drinks; Should I Drink Diet Soda?; Soda consumption and risk of hip fractures in postmenopausal women in the Nurses' Health Study; Artificial sweeteners produce the counterintuitive effect of inducing metabolic derangements; Diet Soda Intake and Risk of Incident Metabolic Syndrome and Type 2 Diabetes in the Multi-Ethnic Study of Atherosclerosis (MESA)*; Diet-beverage consumption and caloric intake among US adults, overall and by body weight;
- [OBESITY RESOURCES ON THE INTERNET](#) Why Losing Weight is Hard, Not Impossible; Obesity accelerates aging of the liver, researchers find using novel biological aging clock; Mortality risk of overweight, obesity similar for blacks, whites; Depression and Obesity in the U.S. Adult Household Population, 2005–2010; Prevalence of Overweight, Obesity, and Extreme Obesity Among Adults: United States, 1960–1962 Through 2011–2012; Americans' view on obesity is changing: Fewer adults see it as a personal problem of bad choices; How the world could better fight obesity; New section: Eating Disorders: Visual Guide to Binge Eating Disorder; The right way to count calories, according to weight loss experts; Antioxidants; Secrets of Healthy Eating and Portion Control;
- [PCH 201 Wellness Resources Page](#) 3 Hour Youtube video - relaxing on the beach;
- [Public Health Continuing Education Opportunities](#) Emergency Management Resources; Public Health Learning Modules—Using Healthy People 2020 to Improve Population Health;
- [Public Health Data](#) VitalSigns button; Men Living with Diagnosed HIV Who Have Sex with Men: Progress Along the Continuum of HIV Care — United States, 2010; Age-Adjusted Death Rates* for Heart Disease and Cancer,† by Sex — United States, 1980–2011; Percentage of Adults Aged 18–59 Years Who Were Ever Tested for Human Immunodeficiency Virus (HIV),* by Race and Hispanic Ethnicity — United States,

National Health and Nutrition Examination Survey, 2003–2006 to 2007–2010†; Diagnoses of HIV Infection in the United States and Dependent Areas, 2012; CDC National Health Report; CDC National Public Health Report Highlights; Vital Statistics Data Available Online; HIV Diagnosis, Care, and Treatment Among Persons Living with HIV — United States, 2011; Monitoring Selected National HIV Prevention and Care Objectives by Using HIV Surveillance Data—United States and 6 Dependent Areas—2012;

- **Public Health Data Drug-poisoning Deaths Involving Opioid Analgesics: United States, 1999–2011; Rationale for Periodic Reporting on the Use of Selected Clinical Preventive Services to Improve the Health of Infants, Children, and Adolescents — United States; Hypertension Screening in Children and Adolescents — National Ambulatory Medical Care Survey, National Hospital Ambulatory Medical Care Survey, and Medical Expenditure Panel Survey, United States, 2007–2010; Chlamydia Screening Among Females Aged 15–21 Years — Multiple Data Sources, United States, 1999–2010; Conclusions and Future Directions for Periodic Reporting on the Use of Selected Clinical Preventive Services to Improve the Health of Infants, Children, and Adolescents — United States; National Human Papillomavirus Vaccination Coverage Among Adolescents Aged 13–17 Years — National Immunization Survey – Teen, United States, 2011; Sodium Intake Among U.S. School-Aged Children — 2009–2010; Percentage of Suicide Deaths, by Mechanism* and Age Group — United States, 2011; Heroin overdose deaths increased in many states through 2012; Alcohol Involvement in Opioid Pain Reliever and Benzodiazepine Drug Abuse–Related Emergency Department Visits and Drug-Related Deaths — United States, 2010; Prescription Drug Overdose in the United States: Fact Sheet; Overview of Hospital Stays in the United States, 2012; Increases in Heroin Overdose Deaths — 28 States, 2010 to 2012; Receipt of Reproductive Health Services Among Sexually Experienced Persons Aged 15–19 Years — National Survey of Family Growth, United States, 2006–2010; Surveillance for Certain Health Behaviors Among States and Selected Local Areas — Behavioral Risk Factor Surveillance System, United States, 2011; CDC National Health Report: Leading Causes of Morbidity and Mortality and Associated Behavioral Risk and Protective Factors—United States, 2005–2013; CDC National Health Report: Leading Causes of Morbidity and Mortality and Associated Behavioral Risk and Protective Factors—United States, 2005–2013; 2013 Health Care Cost and Utilization Report; 2013 Health Care Cost and Utilization Report Appendix; Child Health USA 2013; Child Health USA 2012; Drug Facts: Nationwide Trends; Does educational attainment affect risk of opioid and stimulant abuse?; Illnesses and Deaths Among Persons Attending an Electronic Dance-Music Festival — New York City, 2013;**
- **Public Health Data Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States A Guide for the Health Care Sector; Levels & Trends in Child Mortality Report 2014; SEVEN MILLION LIVES SAVED UNDER-5 MORTALITY SINCE THE LAUNCH OF THE MILLENNIUM DEVELOPMENT GOALS; Numbers of Americans Affected By Mental Illness; Motor Vehicle Crash Injuries; Health Burden and Medical Costs of Nonfatal Injuries to Motor Vehicle Occupants — United States, 2012 Weekly; Percentage of Adults Aged ≥25 Years with Serious Psychological Distress,* by Education Level and Sex — National Health Interview Survey,† United States, 2010–2013; Potentially Preventable Deaths from the**

- **Public Health Practice** National Public Health Education Toolkit; Resources for Implementing the Community Health Needs Assessment Process; Principles of Community Engagement - Second Edition; Mobilizing for Action through Planning and Partnerships (MAPP); Video: Primary Care + Public Health in the Community; Overview of CDC's Policy Process; CDC's Policy Analytical Framework; CDC Policy Process; Health Communication Science Digest;
- **Public Health Sites A - C** About Drugs and Addiction; Testing Makes Us Stronger; HIV Treatment Works; An Analysis of State Underage Drinking Policies and Adolescent Alcohol Use; HIV pandemic's origins located: Likely to have emerged in Kinshasa around 1920; Runaway & Homeless Youth and Relationship Violence Toolkit; Real-life social networking prompts people to get tested for HIV; HIV in the United States: At A Glance; Treatment for Alcohol Problems: Finding and Getting Help; A Family History of Alcoholism: Are You at Risk?; Beyond Hangovers: Understanding alcohol's impact on your health; Harmful Interactions: Mixing Alcohol with Medicines; What brain studies reveal about risk of adolescent alcohol use, abuse; 10 Facts Every Parent Should Know about Their Teen's Brain; Why Do Teens Hurt Themselves? The Science of Self-Injury; Friends Drive Friends to Take Risks; Brain Scans Show How Teens Are More 'Me-First' Than Adults; Teen Brains Clear Out Childhood Thoughts; Temptation Harder to Resist Than You Think, Study Suggests; Talking with Your Teens about Sex: Going Beyond "the Talk"; HIV Risk, Prevention, and Testing Behaviors Among Heterosexuals at Increased Risk for HIV Infection — National HIV Behavioral Surveillance System, 21 U.S. Cities, 2010; Social Anxiety and Alcoholism;
- **Public Health Sites D-G** New section: Sedatives; Understanding the Side Effects of Sleeping Pills; Assessment of Varicella Surveillance and Outbreak Control Practices — United States, 2012; New section: Emotional Intelligence: Are You Emotionally Intelligent? 5 of the Tell-Tale Signs Hubspot.com; Emotional Intelligence Daniel Goleman; Emotional Intelligence Helpguide.org; Emotional Intelligence Mindtools.com; What Is Emotional Intelligence? About.com; National Coming Out Day Youth Report; Family Acceptance in Adolescence and the Health of LGBT Young Adults; The Positive Aspects of Being the Parent of an LGBTQ Child; Resources for Serving Lesbian, Gay, Bisexual, and Transgender (LGBT) Patients; New section under Environmental Health - Fracking: Fracking's environmental impacts scrutinized; The dangers of teens using marijuana; Strong working memory puts brakes on problematic drug use; The History of Synthetic Drugs (Spice, K2 and Bath Salts); Drug-Related Emergency Department Visits Involving Synthetic Cannabinoids; Case studies by USF Health neurologists link smoking "spice" with stroke in healthy, young adults; Synthetic Drugs (a.k.a. K2, Spice, Bath Salts, etc.); Marijuana's Long Term Effects; Prescription Drug Overdose in the United States: Fact Sheet; Secondhand marijuana smoke may damage blood vessels as much as tobacco smoke; It pays to have an eye for emotions; How Marijuana Really

Affects the Brain; 11 Odd Facts About Marijuana; Marijuana May Drive the Brain into Psychosis; Cannabis Habit and Schizophrenia May Have Genetic Link; Alcohol & Pot Damage Young Brains' Decision-Making Center; Marijuana May Disrupt Brain Development; Up in Smoke: Marijuana Toasts Memory; Marijuana vs. Alcohol: Which Is Really Worse for Your Health?; Marijuana: Facts About Cannabis; Marijuana: Effects of Weed on Brain and Body; Marijuana Edibles; Casual Marijuana Use Linked to Brain Abnormalities; Drug Facts: Marijuana; Effects of Marijuana Smoking on the Lung; What is THC?; Marijuana Use Linked to Changes in the Brain; Chronic Cannabis Use May Cause Brain Inflammation; Smoking Pot In Teen Years Lowers IQ Later; Marijuana Withdrawal Is Real, Study Says; Reference: Medical Marijuana: Benefits, Risks & State Laws; Cancer.org's Marijuana; How Marijuana May Drive the Brain into Psychosis; Marijuana Withdrawal Is Real, Study Says; Climate Monitoring; The marijuana industry is following the trail blazed by Big Tobacco; Persistent cannabis users show neuropsychological decline from childhood to midlife; What Can We Learn from the Dutch Cannabis Coffeshop Experience?; Gone to pot – a review of the association between cannabis and psychosis; Stress and Relaxation Techniques;

- **Public Health Sites H-L** Many new sections and links about Ebola; New section: Chagas Disease - 6 links; FAQ: How viruses mutate Prevent Shingles; New section: Chikungunya Virus; Chikungunya virus; Chikungunya virus in the United States; Chikungunya Hits Mainland; Chikungunya outbreak progresses in Caribbean, Central and South America; First reports of Chikungunya in Western Hemisphere; New section: Parasites - American Trypanosomiasis (also known as Chagas Disease); Parasites - American Trypanosomiasis (also known as Chagas Disease) Triatomine Bug FAQs; Chagas Disease; Detailed FAQs; Blood-sucking 'kissing bug' sees 300k Americans infected with deadly disease; Progress Toward Regional Measles Elimination — Worldwide, 2000–2013; Introducing microbes; ACIP Abbreviations for Vaccines; List of Vaccines Used in the US; Upper Respiratory Tract Infection Comparison Chart; Malaria Surveillance — United States, 2012;
- **Public Health Sites M - N** Psychologists Offer Guidance on Serious Mental Illness; Moderate weekly alcohol intake linked to poorer sperm quality in healthy young men; Living with Schizophrenia; Hispanics or Latinos Living with Diagnosed HIV: Progress Along the Continuum of HIV Care — United States, 2010;
- **Mental and Emotional Well-being; Why You Should Care About Mental Health; Are you depressed?; Male and female brains aren't equal when it comes to fat; Phobias Slideshow: What Are You Afraid Of?; Depression: Causes, Symptoms and Treatments; Depression, Autism & ADHD May Share Genes; Autism and ADHD Share Genetic Similarities; Depression, Autism & ADHD May Share Genes; New section: Autism; Autism: Symptoms, Diagnosis and Treatments; Autism Spectrum Disorder (ASD) - Data and Statistics; Kids' Maturity May Play a Role in ADHD Diagnoses; Focus on ADHD: A Deficit of Understanding; Children With ADHD Share DNA Irregularities, New Study Says; Schizophrenia: Symptoms and Treatment; Hypersex to Hoarding: 7 New Psychological Disorders; Gene Mutation Greatly Increases Schizophrenia Risk; Vaccines and Preventable Diseases; Measles and the Vaccine (Shot) to Prevent It; Muscular System: Facts, Functions & Diseases; Barriers Faced by Asian American, Native Hawaiian, and Pacific Islander Boys and Young Men; Chronic Kidney Disease Initiative; Diabetes, High Blood Pressure Raise Kidney Disease Risk; Making Sense of**

CKD; Chronic Kidney Disease (CKD) Surveillance Project;

- **Public Health Sites O-Z** A report from The Economist Intelligence Unit - Measuring wellness, From data to insights; Behavioral Counseling Interventions to Prevent Sexually Transmitted Infections; Prevalence of Chlamydia trachomatis Genital Infection Among Persons Aged 14–39 Years — United States, 2007–2012; Screening for Chlamydia and Gonorrhea; New section: Mental Health - Anxiety; Talk therapy – not medication – best for social anxiety disorder, large study finds; Anxiety and Depression Association of America; Anxiety - An Introduction to Anxiety Disorders; Anxiety Disorders; Anxiety Help Guide; WHO - Schizophrenia; Hidden STD Epidemic: Maps Show Infection Rates in 50 States; WHO says Ebola epidemic still spreading in West Africa; A Visual Guide to Enterovirus D68; Ebola Outbreak: 14 Things to Know about the Deadly Disease; New section under "Sleep" - Biological Clocks. Circadian Rhythms Fact Sheet, Four timely facts about our biological clocks, Resetting Our Clocks: New Details About How the Body Tells Time; Working irregular shifts can age the brain by extra 6.5 years, study finds; The surprising reason why you get cold when you sleep; Your Guide to Pelvic Inflammatory Disease (PID); Insomnia: Symptoms, Treatment & Prevention; Transitioning to Adulthood: The Role of Adolescent Depression and Suicide Ideation; Percentage of Adults Aged ≥ 25 Years with Trouble Seeing When Wearing Corrective Lenses,* by Education Level and Age Group — National Health Interview Survey, United States, 2012–2013†; 2013 Sexually Transmitted Diseases Surveillance;
- **Public Health Software** 38 maps that explain Europe; 15 apps that take you beyond Google and Apple; 20 maps that never happened;
- **Research Resources on the Net** 6 Tips for Creating an Effective Survey; The Empirical Evidence of Bias in Trials Measuring Treatment Differences; Who's Afraid of Peer Review?; New section: Online Research: Social media for large studies of behavior; The Definitive Guide To Maximizing Your Survey Response Rate;
- **Resources for Health Professionals** Emergency Preparedness for Health Care Providers; Top 10 Mysterious Diseases; Self-Measured Blood Pressure Monitoring for Clinicians;
- **Senior Health** 8 Things to Do for Medicare Open Enrollment; Scientifically, What Is the Worst Way to Die?; 7 Ways the Mind & Body Change With Age; New section: Cognitive Changes, Age and the overstuffed mind, Normal Cognitive Aging, The Older Mind May Just Be a Fuller Mind, What happens to our minds and memories in healthy ageing?; Feeling younger than actual age meant lower early death rate for older people, study finds; Despite risks, benzodiazepine use highest in older people;
- **Statistical Functions** Top Ten Tips for Data Analysis to Make Your Research Life Easier!;
- **Statistical Software Sites** Align, Disambiguate, and Walk (ADW) - Software for measuring semantic similarity;
- **Temperament Page** Birth season affects your mood in later life; What Your Birth Month Says About You;
- **TOBACCO RESOURCES ON THE INTERNET** Tobacco Use Screening and Cessation Assistance During Physician Office Visits Among Persons Aged 11–21 Years — National Ambulatory Medical Care Survey, United States, 2004–2010; Electronic Cigarettes: A Policy Statement From the American Heart Association; Top Ten Things To Know Electronic Cigarettes; American Heart Association Issues E-Cigarette Recommendations; AHA: E-cigarettes threaten to addict next generation of smokers;

regulation, further study needed; Impact of smoking ban in homeless shelter studied; Higher cigarette taxes, stronger smoke-free policies may reduce alcohol consumption; Quit Smoking Internet Study; Smoking during pregnancy alters newborn stress hormones, DNA, study finds; Tobacco Use Among Middle and High School Students — United States, 2013; Reducing Tobacco Use and Secondhand Smoke Exposure: Comprehensive Tobacco Control Programs; Vape' Is The Word Of The Year. Here's Why That's A Bad Thing; Youth tobacco smoking rates putting millions at risk of premature death; Youths who try e-cigarettes triple since 2011; Smoking's Many Myths Examined; Smoking and Obesity Curb Sex; E-Cigarettes Just More Smoke and Mirrors, Doctors Say; Brain Circuitry Behind Cigarette Cravings Revealed; Anatomy of Addiction: Why It's So Hard to Quit Smoking; Smokers' Brains Can Control Cravings; Who Still Smokes? Smokers in the U.S. Today; Your Brain on Nicotine: Smoking May Thin Its Outer Layer; Current Cigarette Smoking Among Adults — United States, 2005–2013; Discussions Between Health Care Providers and Their Patients Who Smoke Cigarettes; E-Cigarettes, by Other Names, Lure Young and Worry Experts; China's E-Cigarette Boom Lacks Oversight for Safety; E-Cigarettes May Lure Teens into Traditional Smoking; E-Cigarettes: Public Health Hazard or Key to Quit Smoking?; Electronic cigarette use among patients with cancer: Characteristics of electronic cigarette users and their smoking cessation outcomes; Short- and Long-Term Consequences of Nicotine Exposure during Adolescence for Prefrontal Cortex Neuronal Network Function; National Youth Tobacco Survey (NYTS); State Laws Prohibiting Sales to Minors and Indoor Use of Electronic Nicotine Delivery Systems — United States, November 2014;

- US Government & Other National Statistics Sites Who Are America's Affluents, And What Are Their Top Spending Categories?; Fast Facts & Figures About Social Security, 2014; How Does Household Expenditure Change With Age for Older Americans?; 2014 Health and Voluntary Workplace Benefits Survey: Most Workers Continue to be Satisfied With Their Own Health Plan, but Growing Number Give Low Ratings to Health Care System; Percentage of students ages 12–18 who reported being bullied at school during the school year, by selected bullying problems and selected student or school characteristics: Various years, 2005–2011; Percentage of students ages 12–18 who reported being cyber-bullied anywhere during the school year, by selected cyber-bullying problems and selected student or school characteristics: 2011; National Economic Indicators 10/20/2014; Making more than minimum wage, but less than \$10.10 an hour; The NAIRU, explained: why economists don't want unemployment to drop too low; CDC National Health Report; CDC National Public Health Report Highlights; Vital Statistics Data Available Online; Employment Decisions of U.S. and Foreign Doctoral Graduates: A Comparative Study;
- Useful Sites Overcome the language barrier with these five free translation apps; A Guide to Hotel Loyalty Programs;
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Facebook and Google are taking over your online identity; Top 7 Free Social Media Analytics Software; Trying to share our 'epic' moments may leave us feeling left out; It's cheap and easy to make your own portable hard drive from an old PC drive; 4 things to know about Twitter's built-in analytics; Tweeting a lot to gain popularity is inefficient; Digital pickpockets using smartphones to steal credit cards; The paranoid's survival guide, part 2: Protect your privacy on social, mobile and more; Boost Windows performance with these five apps; Why Your Computer's Hard Drive Lights Flash When You Aren't Doing Anything; What File System Should I Use for My USB Drive?; How to Clear Your Browser's Cache; Internet Safety: 2014 Resource Guide; The darkest side of online harassment: Menacing behavior; Windows 8 and Windows 7 Safe Modes: How to enter and when to use them; 12 Clever Ways to Use More Visuals on Social Media; Bizarre Facts About the World Wide Web, 2014 Strange Things You Probably Didn't Know; National Economic Indicators;

- [**Wellness Resources Part I \(1 - 5\)**](#) 10 Easy Paths to Self Destruction;
- [**Wellness Resources Part II \(6 - 11\)**](#) Signsofaddiction.org;
- [**Women's Health**](#) Women's Health and the Environment: A Tool Kit;
- [**Women's Health - Life Cycle**](#) Receipt of Reproductive Health Services Among Sexually Experienced Persons Aged 15–19 Years — National Survey of Family Growth, United States, 2006–2010; 12 Types of Birth Control; Birth Control; Intrauterine Device (IUD) for Birth Control; Long-Acting Reversible Contraceptives (LARCs); Birth Control In-Depth Report; Nuvaring Overview; New section under Contraception: Toxic Shock Syndrome (TSS) and other Complications: "Can a woman with a history of toxic shock syndrome have an intrauterine method inserted?; Essure Side Effects May Be Linked to FDA Death Report; Review: could Mirena cause Toxic shock syndrome?; Management of problems related to intrauterine contraception; Mirena IUD Birth Control is Linked to Increased Risk of Ectopic Pregnancy, Other Serious Complications; Overview Of Mirena IUD Complications, Medical Perspective; The Truth About Skyla; Toxic Shock Syndrome Basic Facts; TSS and Tampons: History and Truth; Vaginal Discharge; Intimate Partner Violence Screening and Counseling Toolkit; Day of the Girl: Improving Girls' Health and Safety; Contraception for Adolescents - Technical Report; Contraception for Adolescents - Policy Statement; Drinking and Your Pregnancy; Drinking During Pregnancy May Damage Sperm in Sons; High-Beef Diets in Pregnant Women Could Lower Son's Sperm Count; Effectiveness of Family Planning Methods;
- [**Women's Health Issues**](#) Prevalence and Characteristics of Sexual Violence, Stalking, and Intimate Partner Violence Victimization — National Intimate Partner and Sexual Violence Survey, United States, 2011; Apples to Oranges: Comparing Survey Findings From Selected National Surveys on Intimate Partner Violence; Special Collection: Men and Boys: Preventing Sexual and Intimate Partner Violence; Depression in Mothers: More Than The Blues: A Toolkit for Family Service Providers; Alcohol, A Women's Health Issue; ATSDR Study Suggests Women's Exposures to Contaminated Drinking Water at Camp Lejeune Might Be Associated with Adverse Birth Outcomes;
- [**Women's Health - Breast and Other Female Cancers**](#) Imaging Techniques for Treatment Evaluation for Metastatic Breast Cancer; What to anticipate after you've heard those dreaded words 'you have breast cancer'; Your Questions on Soy and Breast Cancer Answered; Breast Cancer Fast Facts; Cervical Cancer Incidence, Mortality, and Screening — United States, 2007–2012; Clinical Practice Guidelines on the Use of

Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer;

- **Women's Health - Heart Disease and Stroke** Why is it important for women to learn about coronary artery disease?; What is Broken Heart Syndrome?; Mentally stressed young women with heart disease more likely to have reduced blood flow to heart; Good-Hearted Women Fail to Deal with Bad Hearts;
- **Writing** Minutes in Criminal Procedures: Writing Style Influences Judges; Guide to Academic and Scientific Publications: How to Get Your Writing Published in Academic Journals; SMOG - Simple Measure of Goobledygook;



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