

Healthy Neighborhoods

Neighborhood Networks
&
The National Network of Libraries of Medicine
November 16, 2010




<http://nnlm.gov>



Teen Health Topics




Samanthi Hewakapuge
Consumer Health Coordinator
NN/LM GMR
samanthi@uic.edu

The Numbers

- 47% of high school students had ever had sexual intercourse (2003)
– Down from 53% in 1993
- 14% of high school students had had four or more sex partners during their life
- 34% of currently sexually active high school students did not use a condom during last sexual intercourse.

Youth Risk Behavior Surveillance System - CDC

The Numbers (cont.)

- 9% of 9-12th grade students report having been physically forced to have sex when they did not want to at some point
- 25% of teens have had at least one STD
- 48% of teens 12 - 17 say they want more information about sexual health from their health care providers

MedlinePlus Teen Topics

<http://medlineplus.gov>

- Teen Development
- Teen Health
- Teen Mental Health
- Teen Pregnancy
- Teen's Page
- Teen Sexual Health
- Teen Violence
- Underage Drinking
- Gay, Lesbian and Transgender Health
- Birth Control or Contraception
- Menstruation
- Smoking and Youth
- College Health
- Puberty




The screenshot shows the MedlinePlus website interface. At the top, there's a search bar with 'Teen Health' entered. Below the search bar, there are navigation tabs for 'Health Topics', 'Drugs & Supplements', and 'Videos & Cool Tools'. A featured article titled 'November is National Diabetes Awareness Month' is prominently displayed. Below this, there are sections for 'MEDICAL DICTIONARY', 'POPULAR SEARCHES' (listing terms like diabetes, fibromyalgia, gout, etc.), and 'Stay Connected' with an email sign-up form.

MedlinePlus
Trusted Health Information for You
A service of the U.S. National Library of Medicine
NIH National Institutes of Health

Search MedlinePlus

Health Topics | Drugs & Supplements | Videos & Cool Tools | **ESPANOL**

Refine by Type

- All Results (3,992)
- Health Topics (175)
- External Health Links (2,416)
- Drugs and Supplements (204)
- Medical Encyclopedias (102)
- Videos and Tutorials (69)
- News (200)
- MedlinePlus Magazine (116)
- Other Resources (75)
- Multiple Languages (15)

Refine by Keyword

- All Results (3,992)
- Sexual Health (100)
- Mental Health (100)
- Body Image (100)
- Prepared by the ACOG Committee on Adolescent (100)
- Pregnancy (100)
- Obesity in Children (100)
- Violence | Longitudinal Study (100)
- U.S. News (100)

Teen Health

As a teenager, you go through many changes. For one thing, your body is on its way to becoming its adult size. Have you noticed that you can't fit into your old shoes or that your pants are now 3 inches too short? Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.

Why? Because healthy habits, including eating nutritiously and being physically active, can help you feel good, look good and do your best in school, work or sports. They might also prevent diabetes, high blood pressure, heart disease, osteoporosis, stroke and some cancers when you are older. (Aaah, 2008)

Results 1 - 10 of 3,992 for **Teen Health**

- Teen Health** (National Library of Medicine)
As a teenager, you go through many changes. For one thing, your body is on its way to becoming its adult size. Have you noticed that you can't fit into your old shoes or that your pants are now 3 inches too short? Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health. (Aaah, 2008)
- Teen Mental Health** (National Library of Medicine)
Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family and make big decisions. You can't avoid most of these things. (Aaah, 2008)
- Teen Sexual Health** (National Library of Medicine)
As a teenager, you go through many physical, mental, emotional, and social changes. The biggest change is **puberty**, the process of becoming sexually mature. (Aaah, 2008)

Health Topics | Drugs & Supplements | Videos & Cool Tools | **ESPANOL**

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

Teen Health
Also called: Adolescent health

As a teenager, you go through many changes. For one thing, your body is on its way to becoming its adult size. Have you noticed that you can't fit into your old shoes or that your pants are now 3 inches too short? Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.

Why? Because healthy habits, including eating nutritiously and being physically active, can help you feel good, look good and do your best in school, work or sports. They might also prevent diabetes, high blood pressure, heart disease, osteoporosis, stroke and some cancers when you are older. (Aaah, 2008)

How is the time to take charge of your health better all help you look and feel your best?

Get Teen Health updates by email:

Start Here

- Medical Care and Your 10 to 18 Teenager: How to Stay Healthy? (Physicians)
- Is It In This My Body? (Nemours Foundation)
- TeensHealth (Nemours Foundation)
- TeensHealth (Nemours Foundation)

Overview

- How? Ages and Stages: Teen (American Academy of Pediatrics)
- Is It In This My Body? (Nemours Foundation)
- TeensHealth: Expert Answers (Nemours Foundation)

Related Topics

- Diabetes
- Latest News
- Treatment
- Prevention/Screening
- Research
- Clinical Trials
- Genetics
- Research
- Journal Articles
- Learn More
- Alternative Therapy
- Nutrition
- Specific Conditions
- Related Issues
- Reference Shelf
- For You
- Health Check Tools
- Videos
- Men
- Women
- Patient Handouts

Teen Sexual Health

As a teenager, you go through many physical, mental, emotional, and social changes. The biggest change is **puberty**, the process of becoming sexually mature. It usually happens between ages 10 and 14 for girls and ages 12 and 16 for boys. As your body changes, you may have questions about **sexual health**.

During this time, you start to develop your own unique personality and opinions. Some changes that you might notice include:

- Increased independence from your parents
- More concerns about body image and clothes
- More influence from peers
- Greater ability to sense right and wrong

All of these changes can sometimes seem overwhelming. Some sadness or moodiness can be normal. But feeling very sad, hopeless, or worthless could be warning signs of a **mental health problem**. If you need help, talk to your parents, school counselor, or health care provider.

Centers for Disease Control and Prevention

Get Teen Sexual Health updates by email:

Start Here

- Sexual Health (Nemours Foundation)

Related Topics

- Teen Development
- Teen Health
- Teenage Pregnancy
- Children and Teenagers
- Sexual Health Issues

Teens' Page

If you are a teenager, this page is for you! It includes materials specifically for you - not for your parents - about health and safety for teens. There are quizzes, games and lots of cool web sites for you to explore. Have fun!

Get Teens' Page updates by email:

Start Here

- Take Charge of Your Health: A Teenager's Guide to Better Health (NIH)
- National Institute of Diabetes and Digestive and Kidney Diseases
- TeensHealth (Nemours Foundation)
- TeensHealth (Nemours Foundation)

Related Topics

- Teen Health
- Teen Sexual Health
- Teen Violence
- Teenage Pregnancy
- Children and Teenagers

Related Topics

- Diabetes
- Related Issues
- Games
- Research
- Reference Shelf
- For You
- Clinical Trials
- Organizations
- Women

TeensHealth
<http://teenshealth.org/teen/>

- Nemours Foundation's Center for Children's Health Media
- Some Spanish language material
- Categories include
 - Body
 - Mind
 - Sexual Health
 - Diseases and Conditions

TeensHealth
from Nemours

Search here:

Your Body
Your Mind
Sexual Health
Food & Fitness
Recipes
Drugs & Alcohol
Expert Answers
Diseases & Conditions
Infections
School & Jobs
Shaving Tips
Eye Care

Telling Parents You're Pregnant

Hot Topics

- Prescription Drug Abuse
- Sexual Attraction and Orientation
- Diabetes: Control, Injections, Insulin
- Smoking

Expert Answers on...

I used to cut but I stopped. I was really good for a few months, but lately I've felt like cutting again and tonight I actually did. Now what do I do?

Quiz

Which of these things can help prevent a person from fasting?

- Learn against a wall
- Lie down
- Drink some coffee

Making a Change

KidsHealth Home | Sign up for our weekly newsletters for teens.

TeensHealth - Sexual Health

Sections:

- Your Changing Body
 - Delayed puberty
- For Girls
 - Polycystic ovary syndrome
- For Guys
 - Testicular injuries
- STDs & Other Infections
 - Genital warts
- Birth Control
 - Diaphragm



TeensHealth Parent and Educator Sites



Information for parents about general health, safety

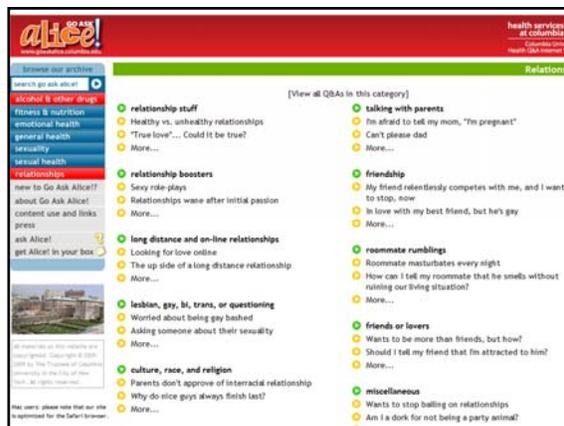
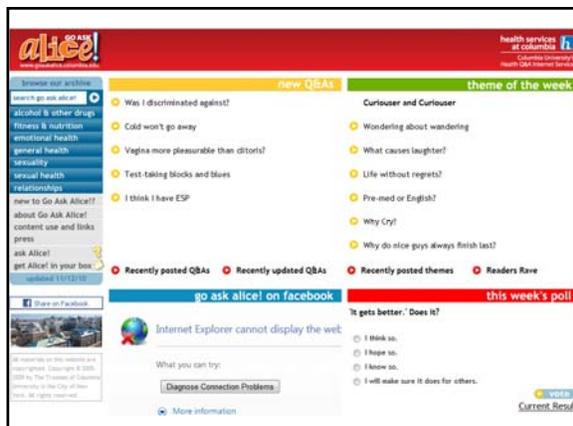
Lesson Plans for educators from preschool to high school

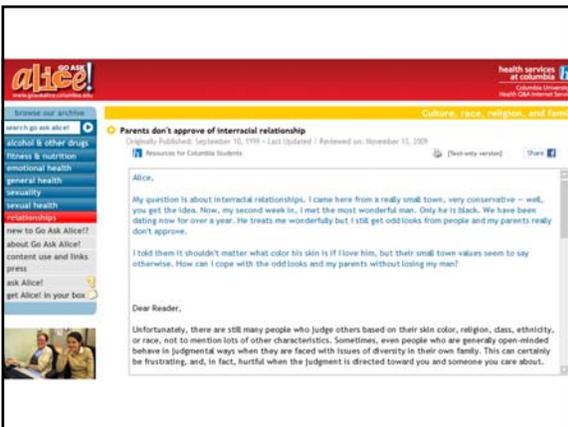


Go ask Alice!

<http://www.goaskalice.columbia.edu>

- Produced by the Alice!, Health Promotion Program at Columbia University
- Controversial library bans on linking to the site
- Health question and answer Internet resource





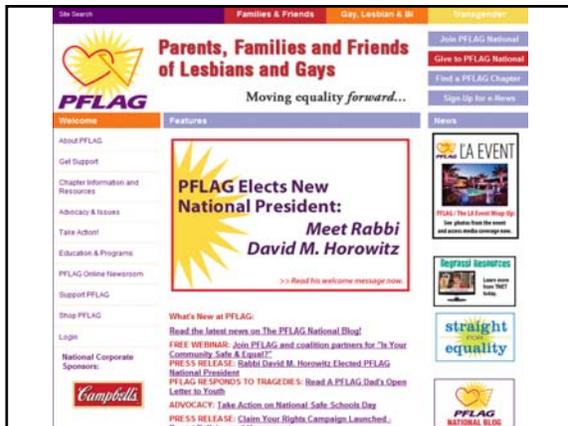
Sex, etc.
<http://www.sexetc.org/>

- Teen-to-Teen sexual education project developed by "Answer" – dedicated to promoting comprehensive sex ed.
- Service by the Rutgers University
- Accompanying magazine
- Basic topics area plus "Ask the Experts", weekly chats, videos, blog, glossary of terms etc.



Families, Friends of Lesbians and Gays (PFLAG)
<http://community.pflag.org/>

- A non-profit organization with chapters around the country
- Support materials for both LGBT people and their families
- Support groups
- Publications



Girlshealth.gov
<http://www.girlshealth.gov/>

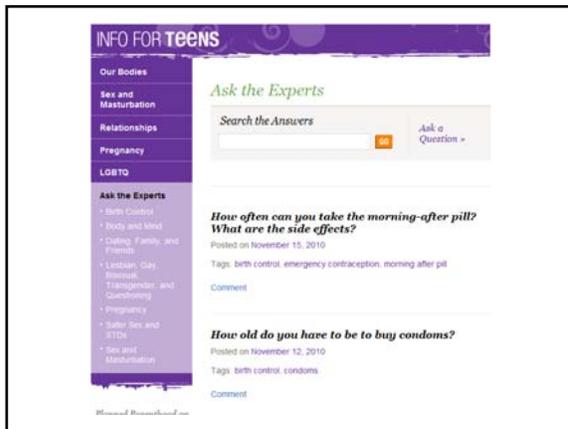
- From the U.S. Department of Health and Human Services (DHHS)
- Primarily a general health information site with limited sexual health information which is very difficult to find
- Abstinence centered



Info For Teens

<http://www.plannedparenthood.org/info-for-teens/>

- From Planned Parenthood Federation of America
- Some Spanish language material
- Topics include:
 - Birth Control
 - Pregnancy, Parenting, and Adoption
 - Lesbian, Gay, Bisexual, Transgendered
 - Body, Sex, Emotion
 - Abortion



I wanna know!

<http://www.iwannaknow.org/>

- American Social Health Association (ASHA)
- America's authority on for sexually transmitted infection (STI) information
- Information for teens, parents and educators.
- Question & answer format



National Institute of Mental Health

<http://www.nimh.nih.gov/health/index.shtml>

- The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.
- Audio and videos about children and adolescents
- Publications



NIDA for Teens: The Science Behind Drug Abuse

<http://www.teens.drugabuse.gov/index.php>

- National Institute on Drug Abuse (NIDA)
- To educate adolescents ages 11-15, as well as their parents
- Teen writers and feedback for appropriate questions and timely concerns
- Treats teen as equals, no preaching about the dangers of drug use; rather science based facts
- Animated illustrations, quizzes, games – interactive learning

The Cool Spot: Info on Alcohol and resisting peer pressure
<http://www.thecoolspot.gov/>

- National Institute on Alcohol Abuse and Alcoholism (NIAA)
- Lead U.S. agency supporting research into the causes, prevention, and treatment of alcohol problems.
- For kids 11-13 yrs
- Interactive, animated
- Curriculum developed by University of Michigan

College Drinking – Changing the Culture
<http://www.collegedrinkingprevention.gov/>

- National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- Task force on college drinking
- Provide research-based information about the nature and extent of dangerous drinking to high school and college administrators, students, parents, community leaders, policymakers, researchers, and members of the retail beverage industry

Weight Information Network (WIN)
<http://win.niddk.nih.gov/index.htm>

- Information from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
- Up-to-date, science-based information on obesity, weight control, physical activity, and related nutritional issues
- Developed "Sisters Together: Move More, Eat Better" national initiative to encourage Black women to maintain a healthy weight



Mayo Clinic
<http://www.mayoclinic.com/>

- Leading health organization
- Excellent patient education material
- Healthy Lifestyles
- Information for parents
- List of related topics



Questions?

Evaluation questionnaires for the webinars

- MedlinePlus Webinar
<http://www.surveymonkey.com/s/P5PXGJ9>
- Teen Health Webinar
<http://www.surveymonkey.com/s/D5D63R7>

