

Government Online Resources

Micki McIntyre, UMDNJ HealthyNJ Librarian; www.healthynj.org

The following is a list of recommended health-related sites sponsored by various branches of the United States government. The listing is alphabetical by the name of the agency or department sponsoring the site.

Centers for Disease Control and Prevention (CDC) - <http://www.cdc.gov/>

The CDC is the principal agency in the United States government for protecting the health and safety of all Americans and for providing essential human services, especially for those people who are least able to help themselves.

Clinical Trials - <http://www.clinicaltrials.gov/>

ClinicalTrials.gov provides regularly updated information about federally and privately supported clinical research in human volunteers. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details. The information provided on ClinicalTrials.gov should be used in conjunction with advice from health care professionals.

Department of Agriculture - <http://www.usda.gov/wps/portal/usdahome>

The USDA is in charge of the school lunch program, the food pyramid, conservation, land management, the safety of meat, poultry and eggs, a leader in new crop technologies and great nutrition information.

Donate Life (Organ Donors) - <http://www.organdonor.gov/>

The official U.S. Government web site for organ and tissue donation and transplantation, www.organdonor.gov, is maintained by the Health Resources and Services Administration (HRSA), Healthcare Systems Bureau (HSB), Division of Transplantation, an agency of the U.S. Department of Health and Human Services.

Environmental Protection Agency (EPA) - <http://www.epa.gov/>

The mission of the Environmental Protection Agency is to protect human health and the environment. Since 1970, EPA has been working for a cleaner, healthier environment for the American people.

FirstGov for Health and Nutrition - <http://www.firstgov.gov/Citizen/Topics/Health.shtml>

FirstGov.gov, the official U.S. gateway to all government information, is the catalyst for a growing electronic government.

Food and Drug Administration (FDA) - <http://www.fda.gov/>

The FDA reviews food, drugs, medical devices, biologics (vaccines, etc), cosmetics, animal feed, and radiation emitting products.

Food Safety - <http://www.foodsafety.gov>

This "gateway to government food safety information" contains information for the public about food preparation, food storage and related items.

Health Information from the NIH - <http://health.nih.gov/>

The National Institutes of Health is the base campus for most of the big research institutes; and always a good place for information.

healthFinder - <http://www.healthfinder.gov/>

healthFinder was developed by the U.S. Department of Health and Human Services together with other Federal agencies. healthfinder links to carefully selected information and Web sites from over 1,500 health-related organizations.

InsureKidsNow - <http://www.insurekidsnow.gov/>

Insure Kids Now! is a national campaign to link the nation's 10 million uninsured children--from birth to age 18--to free and low-cost health insurance. Many families simply don't know their children are eligible.

Medicare - <http://www.medicare.gov/>

This is a great site to find information on the prescription drug plans, the nursing home locator, long term care issues, medicare billing issues and Medicaid enrollment.

MedlinePlus - <http://medlineplus.gov/>

MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations.

Preformulated MEDLINE searches are included in MedlinePlus and give easy access to medical journal articles. MedlinePlus also has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.

MyPyramid - <http://www.mypyramid.gov/>

Here you will find information about the newly restructured food pyramid, with plenty of advice for people of all ages.

National Cancer Institute - <http://www.cancer.gov/>

The NCI, established under the National Cancer Act of 1937, is the Federal Government's principal agency for cancer research and training.

National Center for Complementary and Alternative Medicine - <http://nccam.nih.gov/>

NCCAM is dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training complementary and alternative medicine (CAM) researchers, and disseminating authoritative information to the public and professionals.

National Health Observances - <http://www.healthfinder.gov/library/nho/>

Health observances are days, weeks, or months devoted to promoting particular health concerns. This planning guide developed by the National Health Information Center lists national health observances, along with the sponsoring organizations and information about supporting materials that will be available.

National Heart, Lung and Blood Institute - <http://www.nhlbi.nih.gov/index.htm>

The National Heart, Lung, and Blood Institute (NHLBI) provides leadership for a national program in diseases of the heart, blood vessels, lung, and blood; blood resources; and sleep disorders.

National Human Genome Research Institute - <http://www.genome.gov/Health/>

The Genetic and Rare Diseases Information Center (GARD) provides accurate, reliable and current information on genetic and rare diseases to patients and families, health care professionals and biomedical researchers.

National Institute on Aging - <http://www.nia.nih.gov/>

NIA leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

National Institute on Alcohol Abuse and Alcoholism - <http://www.niaaa.nih.gov/>

NIAAA provides leadership in the national effort to reduce alcohol-related problems.

National Institute of Allergy and Infectious Disease - <http://www3.niaid.nih.gov/>

The National Institute of Allergy and Infectious Diseases (NIAID) conducts and supports basic and applied research to better understand, treat, and ultimately prevent infectious, immunologic, and allergic diseases.

National Institute of Arthritis and Musculoskeletal and Skin Diseases -

<http://www.niams.nih.gov/>

The mission of the National Institute of Arthritis and Musculoskeletal and Skin Diseases is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases.

National Institute of Biomedical Imaging and Bioengineering -

<http://www.nibib.nih.gov/publicPage.cfm?pageID=639>

This institute covers such things as assistive devices and prosthetics, computer imaging (ct scan, mri), and all sorts of diagnostic tests.

National Institute on Deafness and Other Communication Disorders -

<http://www.nidcd.nih.gov/>

Established in 1988, NIDCD is mandated to conduct and support biomedical and behavioral research and research training in the normal and disordered processes of hearing, balance, smell, taste, voice, speech, and language.

National Institute on Dental and Craniofacial Research - <http://www.nidcr.nih.gov/>

The mission of the National Institute of Dental and Craniofacial Research (NIDCR) is to improve oral, dental and craniofacial health through research, research training, and the dissemination of health information.

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) -

<http://www.niddk.nih.gov/>

The research of this institute encompasses the broad spectrum of metabolic diseases such as diabetes, inborn errors of metabolism, endocrine disorders, mineral metabolism, digestive diseases, nutrition, urology and renal disease, and hematology.

National Institute on Drug Abuse - <http://www.nida.nih.gov/>

NIDA's mission is to lead the Nation in bringing the power of science to bear on drug abuse and addiction.

National Institute of Mental Health - <http://www.nimh.nih.gov/>

Our mission is to reduce the burden of mental illness and behavioral disorders through research on mind, brain, and behavior.

National Institute of Neurological Disorders and Stroke - <http://www.ninds.nih.gov/>

Conducts, fosters, coordinates, and guides research on the causes, prevention, diagnosis, and treatment of neurological disorders and stroke, and supports basic research in related scientific areas.

National Women's Health Information Center - <http://www.4woman.gov/>

The National Women's Health Information Center (NWHIC) is the most reliable and current information resource on women's health today. We offer FREE women's health information on more than 800 topics through our call center and web site.

NIH Senior Health - <http://nihseniorhealth.gov/>

National Institute on Aging and the National Institutes of Health have created this site, which includes lower-literacy information, options for larger print, and options for audio presentation of some information for seniors.

NIH Stem Cell Information Page - <http://stemcells.nih.gov/index.asp>

Need to find basic, truthful information about stem cells? Here you will find it, without opinion or judgement.

Nutrition.gov (National Agricultural Library and US Department of Agriculture) - <http://www.nutrition.gov/>

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers, educators and health professionals.

Occupational Safety and Health Administration (OSHA) - <http://www.osha.gov/>

OSHA's mission is to assure the safety and health of America's workers by setting and enforcing standards; providing training, outreach, and education; establishing partnerships; and encouraging continual improvement in workplace safety and health.

Small Step and Small Step Kids - <http://www.smallstep.gov/>

Want to get healthy, but don't know how to begin? Start with our list of small steps and find some that work for you. Then let us help you separate healthy fact from fiction with our great selection of resources. Continue with the activity tracker, great recipes and newsletter. Finish with a healthier you!

Substance Abuse and Mental Health Services Administration - <http://www.samhsa.gov/>

SAMHSA's mission is to build resilience and facilitate recovery for people with or at risk for substance abuse and mental illness.

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

The Weight-control Information Network (WIN) is an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). WIN was established in 1994 to provide the general public, health

professionals, the media, and Congress with up-to-date, science-based information on obesity, weight control, physical activity, and related nutritional issues.

==== Read More About Medical Research and Health Information ====

Health News Review - <http://www.healthnewsreview.org/rThemes.php>

Get the low-down on how study results can be fudged and truthful at the same time.

MEDLINEPlus:Evaluating Health Information -

<http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>

Great links to many evaluation tools for health info.

MEDLINEPlus: Evaluating Internet Health Information Tutorial -

<http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>

Another great tool, complete with graphics and audio.

User's Guide to Finding and Evaluating Health Information on the Web -

<http://www.mlanet.org/resources/userguide.html>

The Medical Library Association has compiled this information

Deciphering MedSpeak – <http://www.mlanet.org/resources/medspeak/index.html>

The Medical Library Association offers this list of terms and segments of terms used in medical vocabulary.

Understanding Risk: What Do Those Headlines Really Mean?

<http://www.niapublications.org/tipsheets/risk.asp>

This site explains different types of scientific studies, different types of risk, and suggests some questions you can ask yourself when reading or listening to the next story about research results.

====FOR KIDS====

All About Animals (FDA) - <http://www.fda.gov/oc/opacom/kids/html/pets.htm>

The FDA offers good hints on how to care for pets here.

Are You A Working Teen? (NIOSH) - <http://www.cdc.gov/niosh/adoldoc.html>

Learn about safety and Health issues when you are on a job.

Body and Mind (BAM for Kids) - <http://www.bam.gov/>

Designed for kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices. The site focuses on topics that kids told us are important to them - such as stress and physical fitness - using kid-friendly lingo, games, quizzes, and other interactive features.

FDA Kids Page - <http://www.fda.gov/oc/opacom/kids/default.htm>

The FDA offers all kinds of great info on topics like: braces, animals, food, drugs, memory, etc.

FEMA for Kids - <http://www.fema.gov/kids/index.htm>

This site teaches you how to be prepared for disasters and prevent disaster damage. You can also learn what causes disasters, play games, read stories and become a Disaster Action Kid.

Food Safety for Kids and Teens - <http://www.foodsafety.gov/~fsg/fsgkids.html>

Great food safety information, for kids who cook or carry their own lunches to school or camp.

FreeVibe (National Youth Anti-Drug Media Campaign) - <http://www.freevibe.com/>

Find out about drugs, peer pressure, and lots of other teen issues here.

Get it Straight! The Facts About Drugs (Department of Justice) -

<http://www.usdoj.gov/dea/pubs/straight/cover.htm>

This site talks about drugs that exist in many of our communities, and it will help you to understand why drugs are harmful.

GirlsHealth - <http://www.4girls.gov/>

This site was created to help girls (ages 10-16) learn about health, growing up, and issues they may face. It focuses on health topics that girls are concerned about and helps motivate them to choose healthy behaviors by using positive, supportive, and non-threatening messages.

GirlPower! - <http://www.girlpower.gov/>

Girl Power! Is the national public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9- to 13- year-old girls to make the most of their lives. Girls at 8 or 9 typically have very strong attitudes about their health, so Girl Power! seeks to reinforce and sustain these positive values among girls ages 9-13 by targeting health messages to the unique needs, interests, and challenges of girls.

HealthFinder for Kids - <http://www.healthfinder.gov/kids/>

Kids can locate great government health sites from healthFinder.

How Smart Are You About Cosmetics? - <http://www.cfsan.fda.gov/~dms/costf.html>

Take this quiz from the FDA and see just how much you know about cosmetics.

KidsQuest on Disability and Health - <http://www.cdc.gov/ncbddd/kids/kidhome.htm>

This site helps kids explore a number of different disabilities.

Meet "Yorick" the Bionic Skeleton -

http://www.fda.gov/oc/opacom/kids/html/yorick_no.1.htm

Yorick is a "bionic" skeleton. Bionic means electronic devices and mechanical parts (called medical devices or implants) are used in place of real body parts that are damaged or that no longer work. These devices can actually help people perform normal, everyday tasks. Yorick was created as a teaching aid to demonstrate how these medical devices work.

MyPyramid Blast Off Game - http://www.mypyramid.gov/kids/kids_game.html

An interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of how their choices fit into MyPyramid.

National Institute on Drug Abuse for Teens - <http://teens.drugabuse.gov/>

The National Institute on Drug Abuse (NIDA), a component of the National Institutes of Health (NIH), created this Web site to educate adolescents ages 11 through 15 (as well as their parents and teachers) on the science behind drug abuse. NIDA enlisted the help of teens in developing the site to ensure that the content addresses appropriate questions and timely concerns.

National Institute of Environmental Health Sciences for Kids -

<http://www.niehs.nih.gov/kids/home.htm>

This site attempts to teach children about the connections between their health and the environment; and encourage children to pursue careers in health, science, and the environment.

Powerful Girls Have Powerful Bones - <http://www.cdc.gov/powerfulbones/>

The founding partner organizations of this site (US Office of Women's Health, the CDC, and the National Osteoporosis Foundation) work together to make sure that today's girls become bone-savvy, powerful girls!

Snack Smart for Healthy Teeth -

<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/ChildrensOralHealth/SnackSmart/>

This site hopes to enlighten kids and teens how to snack properly to preserve their teeth.

Sci4Kids - <http://www.ars.usda.gov/is/kids/>

Geared to children ages 8 to 13, "Sci4Kids" is a series of interactive stories based on research projects featured in Agricultural Research, ARS' monthly publication, and other news items.

The Cool Spot (National Institute on Alcohol Abuse and Alcoholism) -

<http://www.thecoolspot.gov/>

One goal of the project behind this site was to give young teens a clearer picture about alcohol use among their peers. Teens tend to overestimate how much kids their age really drink. When they learn more accurate information, some of the pressure to drink can subside.

TIPS for Youth (Tobacco Information and Prevention Sources) -

<http://www.cdc.gov/tobacco/tips4youth.htm>

These tips are to encourage kids to avoid (or give up) smoking.

QUICK ALPHABETIC LIST FOR ONLINE GOVERNMENT HEALTH-RELATED SITES

Aging - <http://www.nia.nih.gov/> and <http://nihseniorhealth.gov/>
Agriculture - <http://www.usda.gov/wps/portal/usdahome>
Alcoholism - <http://www.niaaa.nih.gov/>
Allergy - <http://www3.niaid.nih.gov/>
Alternative Medicine - <http://nccam.nih.gov/>
Arthritis - <http://www.niams.nih.gov/>
Assistive Devices - <http://www.nibib.nih.gov/publicPage.cfm?pageID=639>
Biomechanical Engineering - <http://www.nibib.nih.gov/publicPage.cfm?pageID=639>
Blood - <http://www.nhlbi.nih.gov/index.htm>
Cancer - <http://www.cancer.gov/>
Clinical Trials - <http://www.clinicaltrials.gov/>
Communication Disorders - <http://www.nidcd.nih.gov/>
Complementary Medicine - <http://nccam.nih.gov/>
Deafness - <http://www.nidcd.nih.gov/>
Dental Problems - <http://www.nidcr.nih.gov/>
Diabetes - <http://www.niddk.nih.gov/>
Digestive Diseases - <http://www.niddk.nih.gov/>
Drug Abuse - <http://www.nida.nih.gov/> and <http://www.samhsa.gov/>
Drugs - <http://www.fda.gov/>
Environment - <http://www.epa.gov/>
Food - <http://www.fda.gov/> and <http://www.usda.gov/wps/portal/usdahome>
Food Pyramid – <http://www.mypyramid.gov/>
Food Safety - <http://www.foodsafety.gov>
Genetics - <http://www.genome.gov/>
Health Insurance - <http://www.insurekidsnow.gov/>
Health Observances - <http://www.healthfinder.gov/library/nho/>
Heart - <http://www.nhlbi.nih.gov/index.htm>
Infectious Diseases - <http://www3.niaid.nih.gov/>
Kidney Diseases - <http://www.niddk.nih.gov/>
Lung - <http://www.nhlbi.nih.gov/index.htm>
Medicare - <http://www.medicare.gov/>
Mental Health - <http://www.nimh.nih.gov/>
Musculoskeletal Problems - <http://www.niams.nih.gov/>
Neurological Disorders - <http://www.ninds.nih.gov/>
Nutrition - <http://www.nutrition.gov/>
Occupational Safety - <http://www.osha.gov/>
Organ Donation - <http://www.organdonor.gov/>
Seniors - <http://www.nia.nih.gov/>
Skin Problem - <http://www.niams.nih.gov/>
Stem Cells - <http://stemcells.nih.gov/index.asp>
Substance Abuse - <http://www.nida.nih.gov/> and <http://www.samhsa.gov/>
Stroke - <http://www.ninds.nih.gov/>
Transplantation - <http://www.organdonor.gov/>
Weight Control - <http://win.niddk.nih.gov/>
Women's Health - <http://www.4woman.gov/>