



UTAH EDUCATION NETWORK
WWW.UEN.ORG

Free Online Tools for Keeping Healthy
Speaking of Women's Health September 9, 2006 – Laura Hunter

Resources for YOU

My Pyramid

mypyramid.gov

Fit Day

fitday.com

Real Age

realage.com

iTunes

www.apple.com/itunes/

Podcast help

www.uen.org/podcast/

Hyperstrike

www.hyperstrike.com

Resources for FAMILY

Pioneer Library

pioneerlibrary.org

Six Menu Planning Sites

www.realsimple.com (search by title)

The Scramble

www.thescramble.com

More Thyme

www.morethyme.com

Dine Without Whine

www.dinewithoutwhine.com

Saving Dinner

www.savingdinner.com

Dinner Planner

www.dinnerplanner.com

Cook Nik

shop.allrecipes.com/shop/cooknik

Weekly Crock Pot Email

<http://talk.about.com/>

UEN-TV

www.uen.org/tv

UEN Student Interactives

www.uen.org/7-12interactives/

Resources for COMMUNITY

Centers for Disease Control

www.cdc.gov

National Institutes of Health

www.nih.gov

Womens Health

womenshealth.gov

Food Co-op

www.foodco-op.org

Craig's List

www.craigslist.org/

Freecycle

www.freecycle.org

Popgadget

www.popgadget.net/

This Handout

<http://www.uen.org/tv/lifelong.shtml>

Pioneer Library Health Resources FREE for all Utah citizens

pioneerlibrary.org

password *pioneer* username *cake* (this changes each year, ask your librarian for help if needed). These resources are in EBSCO.

[Alt HealthWatch](#)

This alternative health database provides full text for 180 publications in the collection, including full text for many peer-reviewed journals. *Alt HealthWatch* provides in-depth coverage across the full spectrum of subject areas covered by complementary and alternative medicine dating back to 1990.

[Clinical Pharmacology](#)

Clinical Pharmacology provides access up-to-date, concise and clinically-relevant drug monographs for all U.S. prescription drugs, hard-to-find herbal and nutritional supplements, over-the-counter products and new and investigational drugs.

[Health Source - Consumer Edition](#)

This database is the richest collection of consumer health information available to libraries worldwide, providing information on many health topics including the medical sciences, food sciences and nutrition, childcare, sports medicine and general health. *Health Source: Consumer Edition* features searchable full text for nearly 150 journals. This database is updated on a daily basis.

[Health Source: Nursing/Academic Edition](#)

This database provides nearly 550 scholarly full text journals focusing on many medical disciplines. *Health Source: Nursing/Academic Edition* also features abstracts and indexing for nearly 850 journals. This database is updated on a daily basis.

[MedicLatina](#)

MedicLatina is a Spanish language collection of medical research and investigative journals published by renowned Latin American medical publishers. This unique database provides access to full text for nearly 100 peer-reviewed medical journals.

[MEDLINE](#)

MEDLINE provides authoritative medical information on medicine, nursing, dentistry, veterinary medicine, the health care system, pre-clinical sciences, and much more. Created by the National Library of Medicine, *MEDLINE* uses MeSH (Medical Subject Headings) indexing with tree, tree hierarchy, subheadings and explosion capabilities to search citations from over 4,800 current biomedical journals.

[Psychology and Behavioral Sciences Collection](#)

This database provides nearly 575 full text publications, including nearly 550 peer-reviewed titles. *Psychology & Behavioral Sciences Collection* covers topics such as emotional and behavioral characteristics, psychiatry & psychology, mental processes, anthropology, and observational and experimental methods. Nearly every full text title included in this database is indexed in *PsycINFO*. This database is updated daily via EBSCOhost.

UEN-TV Health Programs

Sundays 10-noon & Tuesdays 8-10 pm & Fridays 8-9 pm

View the complete schedule online at www.uen.org/tv

▶ Zonya's Health Bites – Sundays at 11:30 am & Tuesdays at 8:00 pm

In Zonya's Health Bites, registered dietician Zonya Foco offers realistic lifestyle solutions for the whole family. In each episode, Zonya dishes up an inspirational and educational "shot in the arm" as she decodes confusing labels in the grocery store and then whips up healthier alternatives to high-calorie American fare in her kitchen. This series also offers exercise tips anyone can do, plus other time-saving healthy lifestyle tips.

▶ Keeping Kids Healthy – Sundays at 10:30 am

The innovative series Keeping Kids Healthy provides parents and caregivers of children with the knowledge and support they need to make well-informed decisions about their child's health.

▶ Healthy Body, Healthy Mind – Sundays at 11:00 am

A powerful new Series that defines and explores today's latest medical progress in health and wellness issues. Developed through the real life experiences of physicians and their patients, this series combines scientific and clinical data with poignant story-telling, to deliver the best information to you, the viewer.

▶ Boomers! – Fridays at 8:00 pm & Sundays at 10:00 am

Boomers! Redefining Life After Fifty! is a series that explores the issues, challenges and opportunities facing Boomers as they contemplate their 50s, 60s, 70s and beyond. Through individual profiles and expert advice, this series examines their generation's innovative approach to work, family, health, love, finance, learning, travel and more. Hosted by veteran broadcasters Mark and Nancy Mills, each episode educates and inspires viewers to continue to live life on their own terms.

▶ Real Moms, Real Stories, Real Savvy – Tuesdays at 9:30 pm

Presented by real moms, the show's hosts guide you through the process of motherhood by providing vital information related to pregnancy and early parenting, offering entertaining, inspiring and informative stories that explore the world of parenting today.

The Internet is a wealth of knowledge available at your fingertips. But, like any highway, the Information Highway requires some safe practices to get you to your destination. Visit www.uen.org for links to online tools and resources for keeping healthy and safe online:

1. Always read a web site's privacy policy before giving any personal information. Discuss with your children what constitutes personal information. Internet accounts should be in the parent's name. Usernames should not identify a child: "utesfan26" is a more safe than "katie_13ut."
2. Watch for phishing – people who masquerade as legitimate businesses in order to get your passwords, credit card numbers, or other personal information. If you get an email, instant message, or phone call from a bank or other service asking for personal information, do not reply. Contact the institution directly to see if it's legitimate.
3. To prevent your computer's hard drive from getting damaged, you should purchase or download antivirus programs frequently. Viruses come out practically every day, so update your antivirus programs as often as possible. Some good programs are McAfee & Norton.
4. Keep the computer in the family room, kitchen, or living room, not in your child's bedroom. Check the screen from time to time, and discuss what's going on. Help kids know how to turn off the monitor or get out of a situation they are uncomfortable with. Keep the lines of communication open. Visit the Netsmartz.org link for more information.
5. Get informed about computers and the Internet. Many schools and public libraries offer free classes. You can't be an expert on everything, but having a basic foundation of understanding will help you access and use great resources without worry of misuse.
6. Don't store passwords on or near your computer. Pet names, street names, and first names are common passwords that can be stolen by others. Create passwords that include numbers, letters, symbols, and case changes. Make a phrase into a password that's easy to remember, "I am safe!" could be: IyamS8fe!
7. Post a list of child-friendly search engines and web sites near the computer for homework help. Create your family's own list of resources. Ask your child's teacher or public library for recommendations. Visit the K-12 Student Page at uen.org for more ideas.
8. Credit card security over the Internet is becoming more reliable. Before giving credit card information, make sure the web site is certified by an e-trust authority, such as VeriSign, Thwate, GoDaddy, or Cacert. Visit the company's policies online for this information, or contact them directly.
9. Utah libraries subscribe to hundreds of online journals you can access for free through Pioneer, Utah's Online Library. Get health articles, meal planners, fitness trackers, and other tools online at www.uen.org.
10. Public TV programs for home and health, including "Zonya's Health Bites" air every Tuesday on UEN-TV channel 9 from 8-10 p.m. Many of these programs are also available on demand for Comcast subscribers. Visit www.uen.org/tv for a complete listing.