

# Addressing Health Disparities at Your Library

## Programs and Online Resources

### Presentation Outcomes:

- What are health disparities?
- Programming Ideas/Community Collaborations
- Online Resources, that are not Google!

## Public Health in Libraries

### Maslow's Hierarchy of Needs



Maslow's Hierarchy of Needs is a description of the needs that motivate human behavior. In 1943, Maslow proposed five different kinds of human needs, beginning with the most basic: survival. Physiological needs, such as food and shelter, are followed by needs related to safety. Next, there are needs of love and belonging. Fourth, humans have needs of esteem, such as the need for being respected. The final need in the hierarchy is the need for self-actualization (fulfilling one's potential). The hierarchy suggests that basic needs must be met prior to less basic needs; for example, a starving person will seek food before self-actualization.

For more information: **Motivation and Personality** NY: Harper, 1954. Contents. Second Ed. NY: Harper, 1970. Contents. Third Ed. NY: Addison-Wesley, 1987.

### Social Determinants of Health



The Social Determinants of Health model was inspired by Maslow's Hierarchy of Needs. The Social Determinants of Health model play a vital role in the Healthy People 2020 report. This report sets out goals for nation as well as bringing public awareness and understanding of the determinants of health, disease, disability and the opportunities for progress. This approach to health is more holistic as it seeks to determine the root cause of the ailment rather than addressing the ailment alone.

For more information: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

## Finding More Information about Your Community

1. Basic Demographics
  - a. Fact Finder, US Census: <https://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>
2. Health Issues in Your Community
  - a. Google:
    - i. County Health Rankings and Roadmaps: <http://www.countyhealthrankings.org/>
    - ii. Hospital Community Needs Assessment
    - iii. State Wide Surveys- Healthy Kids Colorado survey
    - iv. Enter into search bar: community health assessment + “name of your town”
3. Informal surveying of your patrons

## Community Connections

1. Hospitals/Clinics (we don't endorse one hospital/clinic over another)
  - a. Hospitals: check out the department structure of your local hospital
    - i. Wellness Department, For Employees and Community Wellness
    - ii. Community Outreach Department
      1. Example: UC Health-Healthy Kids Club, Aspen Club
  - b. Clinics
    - i. Private vs. Community
  - c. Dental Clinics
  - d. Others:
    - i. Behavioral Health Clinics
    - ii. Holistic Health Practitioners
2. County and State Government
  - a. County Government
    - i. Health and Human Services
    - ii. WIC
    - iii. Extension Office
    - iv. Health Departments
    - v. Community Health Improvement Plan
  - b. Community Health Improvement Plan
3. Health Organizations, Health-Related Organizations
  - a. Food Bank
  - b. United Way
  - c. North Colorado Health Alliance (Health Alliance in your Community)
  - d. American Lung Association
  - e. American Cancer Association
  - f. American Diabetes Association
  - g. Alzheimer's Association
4. Retail (We don't endorse one retail establishment over another!)
  - a. Grocery Stores
  - b. Other retail: running stores, gyms

Online Health Resources (We use CRAAP test to evaluate online health resources)

DONT

1. Google: [www.google.com](http://www.google.com)

2. WebMD: [www.webmd.com](http://www.webmd.com)

3. Hospital Web Sites

a. Cleveland Clinic: <https://my.clevelandclinic.org/health>

b. MD Anderson: <https://www.mdanderson.org/patients-family.html>

c. Mayo Clinic: <https://www.mayoclinic.org/patient-care-and-health-information>

d. John Hopkins: <https://www.hopkinsmedicine.org/health>

e. Cedars-Sinai: <https://www.cedars-sinai.org/health-library.html>

f. National Jewish: <https://www.nationaljewish.org/Health-Insights>

OKAY

4. Health Organization Websites

a. American Cancer Society: <https://www.cancer.org/healthy.html>

b. American Diabetes Association: <http://www.diabetes.org/>

c. American Dental Association: <https://www.ada.org/en/public-programs>

d. American Heart Association: <https://www.heart.org/>

e. Academy of Nutrition and Dietetics: <https://www.eatright.org/>

f. Teen Health: <https://teenshealth.org/en/teens/>

ALRIGHT

5. Government Health Agencies

a. National Cancer Institute: <https://www.cancer.gov/>

b. WIC (Women, Children and Infants): <https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

c. Choosemyplate.gov: <https://www.choosemyplate.gov/>

d. SAMHSA: <https://www.samhsa.gov/topics>

e. Office of Minority Health: <https://www.minorityhealth.hhs.gov/>

f. SNAP (Supplemental Nutrition Education): <https://snaped.fns.usda.gov/>

BETTER

BEST

6. MedlinePlus: <https://medlineplus.gov/>

Next Steps:

1. Check out: <https://publiclibrary.health/>

2. Health Observances Calendar: <https://healthfinder.gov/NHO/default.aspx>

3. Libraries are Champions of Healthy Communities Facebook:  
<https://www.facebook.com/groups/LibsChampionHealth/>

4. Get to know your Regional Medical Library

a. Stand Up for Health Course

b. Certified Health Information Specialization (CHIS)

**Contact Information:**

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[medlineplus.gov](http://medlineplus.gov)

**M**edlinePlus is the National Institutes of Health's Web site for patients and their families and friends, produced by the National Library of Medicine.

### Health Topics

Information on conditions, diseases and staying well, latest health news, dictionary definitions and encyclopedia articles with pictures

### Drugs + Supplements

Prescription and over-the-counter medicines, and herbs.

### Videos + Tools

Videos on anatomy, surgical procedures and healthy living, games, calculators and quizzes to check your health and test your knowledge

### MedlinePlus Connect

Links electronic health records and patient portals to MedlinePlus information about specific diagnoses, medications, and lab tests



[medlineplus.gov/espanol](http://medlineplus.gov/espanol)

**M**edlinePlus es el sitio web de los Institutos Nacionales de Salud para pacientes, sus familias y amigos, producida por la Biblioteca Nacional de Medicina.

### Temas de Salud

Información sobre condiciones, enfermedades y bienestar, últimas noticias de salud y una enciclopedia con ilustraciones

### Drogas + Suplementos

Medicamentos con y sin receta médica, hierbas y suplementos

### Videos + Multimedia

Videos sobre anatomía, procedimientos quirúrgicos y bienestar, juegos, calculadoras y pruebas para chequear su salud y poner a prueba sus conocimientos

### MedlinePlus Connect

Conecta historias clínicas electrónicas y portales para el paciente a información sobre diagnósticos y exámenes de laboratorio específicos en MedlinePlus



**NIH** U.S. National Library of Medicine

[www.nlm.nih.gov](http://www.nlm.nih.gov)

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11/2016