

Internet Resources



☺ = Spanish speaking agency

Affordable Care Act: <http://www.healthcare.gov/>

American Dietetic Association: www.eatright.org

Centers for Disease Control and Prevention <http://www.cdc.gov/>

A national website with information regarding health and safety, and many other public health concerns.

☺ *En Español* <http://www.cdc.gov/spanish/>

For Kids: www.cdc.gov/bam

Collaborative on Health and the Environment: <http://www.healthandenvironment.org/>

Website aiming to advance knowledge and address growing concerns about the link between human health and environmental factors such as pollution; scientific information, resources and articles.

Healthfinder <http://www.healthfinder.gov/>

A guide to health information provided by the Office of Disease Prevention and Health Promotion, includes consumer guides, prevention tools, online checkups, and general health information.

☺ *En Español* <http://www.healthfinder.gov/espanol/>

How's Your Health <http://www.howsyourhealth.org/>

An online way to get personalized health information.

☺ *En Español* http://www.howsyourhealth.org/es_html/index2.html

Medlineplus <http://medlineplus.gov/>

A service of the U.S. National Library of Medicine and the National Institutes of Health; includes information on many health topics, interactive tutorials, dictionary of health terms and much more.

National Institute of Diabetes & Digestive & Kidney Diseases: <http://www2.niddk.nih.gov/>

Very extensive government website addressing many of the diseases that affect public health.

Office of Dietary Supplements of the National Institutes of Health:

<http://dietary-supplements.info.nih.gov>

Dietary supplement use & safety, nutrition recommendations:

Quackwatch: <http://www.quackwatch.org/>

A non-profit website whose purpose is to combat health-related frauds, myths, fads, fallacies and misconducts; answers inquiries about health-related products and services.

webMD: <http://www.webmd.com/>

Information on various health topics, especially commonly asked questions, and a symptom checker; be aware of pop-up advertisements, questions about your personal information, and commercial influence.

Whole Health MD <http://www.wholehealthmd.com>

Website dedicated to providing information about alternative, complementary and integrative medicine; developed by a team of leading board-certified doctors and specialists.

World Health Organization <http://www.who.int/en/>

Information on many health topics and communicable diseases; produced by the United Nations

© *En Español* <http://www.who.int/es/>

Champions for A Change: Network for a Healthy California

<http://www.cachampionsforchange.cdph.ca.gov>

The Network for a Healthy California offers recipes, food ideas and information, as well as targeted campaigns for African Americans, Latinos, children, retail establishments, and worksites.

© *En Español* www.campeonesdelcambio.cdph.ca.gov

California Project LEAN www.californiaprojectlean.org

The mission of California Project LEAN is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases such as heart disease, cancer, stroke, osteoporosis, and diabetes. Project LEAN offers a resource library including simple lesson plans and Spanish language materials.

Children's Fitness <http://wecan.nhlbi.nih.gov>

A parent handbook from the National Heart, Lung and Blood Institute, offering concrete tools and tips for parents to help their children make healthy food choices and increase their physical activity.