

# Health Sciences Library

## Identifying Reliable Online Health and Wellness Resources October 25, 2017

MedlinePlus – <https://medlineplus.gov>

The U.S. National Library of Medicine provides this portal of carefully selected health information web sites. It is in English and Spanish.

HealthFinder – <https://healthfinder.gov>

The US Department of Health and Human Services has an easy to use site for health information. Not as extensive as MedlinePlus. It is in English and Spanish.

Women's Health – <https://www.womenshealth.gov/>

This federal government web site covers women's health topics and issues. It is available in English and Spanish.

Men's Health – <https://medlineplus.gov/menshealth.html>

This health topic provides links to health issues affecting adult men. Some of the links are available in English and Spanish.

Kids and Teens – <http://kidshealth.org>

Experts write directly for parents, children and teenagers, and teachers and community educators. The articles are respectful and easy to understand. It is available in English and Spanish.

What's Cooking? – <https://whatscooking.fns.usda.gov/>

This recipe database can be filtered by assistance program (SNAP, etc.), food groups, cooking equipment, and cuisine. There are links to other USDA diet and nutrition resources. Parts are available in Spanish.

Substance Abuse – <https://www.samhsa.gov/>

The Substance Abuse and Mental Health Services Administration provides this resource portal about opioid abuse and mental illness statistics, treatment options, and community projects.

OSU Extension Finding Health Information Guide – <http://hslguides.osu.edu/osue>

This online guide is for FCS county extension staff. It will assist you to find information for your community and it will provide guidance for your professional research.

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