

Delta Sigma Theta Sorority, Incorporated (DST) and The National Library of Medicine (NLM)



...have again partnered to introduce the membership to the online health resources available from the National Library of Medicine. Delta Sigma Theta Sorority, Inc. and the NLM last worked together in 2011 when the membership learned about NLM's HIV and AIDS information resources. This new partnership will highlight NLM's health information resources that can be used to research everyday health questions, but can also be used by members as they develop new projects and work on existing DST health projects.

DST programs can benefit from this partnership which includes Physical & Mental Health, Disaster Preparedness, International Awareness & Involvement and Educational Development. The resources are applicable to work that chapters are doing with Mental Health Across Lifespan (MHAL), My Cry in the Dark, and Catching, Coping & Conquering as well as conversation starters for youth and senior program.

CALL TO ACTION FOR CHAPTERS

- ▲ Utilize NLM website resources to implement activities in youth programs and older adults for MHAL, reaching 2 different populations. Design a scavenger hunt.
- ▲ Disseminate NLM health information and resources (Health Tidbits) to improve the health/well-being of chapter members & Delta S.I.Z.E.D Challenge participants.
- ▲ Share NLM website information to improve health literacy in targeted populations served through chapter initiatives.

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.” (source: Healthy People)

Some of the NLM sites indicated below have resources that can be used with Deltas youth programs, STEM activities, health & wellness projects, and MHAL/Successful Aging.

NATIONAL LIBRARY OF MEDICINE

<https://www.nlm.nih.gov/>

Additional Resource links:

MedlinePlus: Consumer health resource with links to authoritative information on health topics. <https://medlineplus.gov/>

NIH Senior Health: Easy-to-use website that features health and wellness information for older adults from the National Institutes of Health. <http://nihseniorhealth.gov>

Tox Town: Interactive guide to toxic substances and environmental health issues in everyday places for students, educators, and the general public. <https://toxtown.nlm.nih.gov/>

Household Products Database: Safety and health information for products used in and around the home. <https://hpd.nlm.nih.gov/>

Pathways for Public Health Information: Selected links to information on environmental health and toxicology, disasters, chemicals, drugs, and special populations such as information on Lead in the Flint, Michigan Water System. <https://www.sis.nlm.nih.gov/pathway.html>

Disaster Information Resources: Selected links to information on different disaster types and specific disaster related topics such as Hurricane Matthew. <https://www.sis.nlm.nih.gov/dimrc/disasters.html>

