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.


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

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)

1. Google: www.google.com

2. WebMD: 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
   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

4. Health Organization Websites
   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/

5. Government Health Agencies
   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/


Next Steps:

1. Check out: https://publiclibrary.health/
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
Trusted Health Information for You

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

MedlinePlus is the National Institutes of Health’s Web site for patients and their families and friends, produced by the National Library of Medicine.

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