

Wellness Web Resources

A

Alcohol and Drugs

- Alcoholics Anonymous www.aa.org
- Al-Anon/Alateen www.al-anon.alateen.org
- Club Drugs www.clubdrugs.gov
- Cocaine Anonymous www.ca.org
- Narcotics Anonymous www.na.org
- National Clearinghouse for Alcohol and Drug Information ncadi.samhsa.gov
- National Council on Alcoholism and Drug Dependence Hopeline www.ncadd.org
- National Institute on Drug Abuse www.nida.nih.gov

Allergy

- Asthma and Allergy Foundation of America www.aafa.org
- The Food Allergy and Anaphylaxis Network www.foodallergy.org
- National Institute of Allergy and Infectious Diseases www3.niaid.nih.gov

Arthritis

- Arthritis Foundation www.arthritis.org

Asthma

- Asthma and Allergy Foundation of America www.aafa.org
- MedlinePlus: Asthma www.nlm.nih.gov/medlineplus/asthma.html

Avian Flu

- Centers for Disease Control and Prevention www.cdc.gov/flu/avian

B

Back Pain

- MedlinePlus: Back Pain www.nlm.nih.gov/medlineplus/backpain.html
- WebMD: Back Pain Health Center http://www.webmd.com/diseases_and_conditions/back_pain.htm

C

Cancer

- American Cancer Society www.cancer.org

Cholesterol

American Heart Association..... www.americanheart.org/presenter.jhtml?identifier=1516
MedlinePlus: Cholesterol www.nlm.nih.gov/medlineplus/cholesterol.html
National Heart Lung and Blood Institute: Cholesterol www.nhlbi.nih.gov/chd

Chronic Fatigue Syndrome

Centers for Disease Control and Prevention: www.cdc.gov/cfs
Medline Plus: www.nlm.nih.gov/medlineplus/chronicfatiguesyndrome.html

Cold Prevention

The Soap and Detergent Association www.sdahq.org
Glo Germ Company (provides materials to show
if hands were washed properly) www.glogerm.com

Computer Vision Syndrome (CVS)

American Optometric Association www.aoa.org
Los Alamos National Library www.lanl.gov

D

Dental Health

American Dental Association www.ada.org
MedlinePlus: Dental Health www.nlm.nih.gov/medlineplus/dentalhealth.html

Depression

Depression www.depression.com
National Institute of Mental Health www.nimh.nih.gov/publicat/depression.cfm *and*
..... www.nimh.nih.gov/healthinformation/depressionmenu.cfm

Dermatitis

Medline Plus: Dermatitis www.nlm.nih.gov/medlineplus/dermatitis.html
National Institute of Arthritis and
Musculoskeletal and Skin Diseases www.niams.nih.gov/hi/topics/dermatitis

Diabetes

American Diabetes Association www.diabetes.org/home.jsp
Centers for Disease Control: Diabetes Public Health Resource www.cdc.gov/diabetes
National Diabetes Information Clearinghouse (NDIC) www.diabetes.niddk.nih.gov

Diet & Nutrition

American Dietetic Association www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html
Food and Nutrition Information Center
..... www.fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1

Food Pyramid www.mypyramid.org
Nutrition.gov www.nutrition.gov
Nutrition Data www.nutritiondata.com

Drugs and Alcohol

Alcoholics Anonymous www.aa.org
Al-Anon/Alateen www.al-anon.alateen.org
Club Drugs www.clubdrugs.gov
Cocaine Anonymous www.ca.org
Narcotics Anonymous www.na.org
National Clearinghouse for Alcohol and Drug Information www.health.org
National Council on Alcoholism and Drug Dependence Hopeline www.ncadd.org
National Institute on Drug Abuse www.nida.nih.gov

E

Ergonomics

Cornell University Ergonomics Web www.ergo.human.cornell.edu
National Institute of Occupational Safety and Health (NIOSH)
Safety and Health Topic: Ergonomics www.cdc.gov/niosh/topics/ergonomics
Occupational Safety and Health Administration (OSHA)
Safety and Health Topics: Ergonomics www.osha.gov/SLTC/ergonomics/index.html
UCLA Ergonomics www.ergonomics.ucla.edu

Exercise

American Council on Exercise (ACE) www.acefitness.org
MedlinePlus: Exercise and
Physical Fitness www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html
President's Council on Physical Fitness and Sports www.fitness.gov/fitness.htm

Eye Care

National Eye Institute www.nei.nih.gov
Occupational Safety and Health Administration (OSHA) Safety and
Health Topics: Eye and Face Protection www.osha.gov/SLTC/eyefaceprotection/index.html

F

Family Care

Eldercare Locator www.eldercare.gov/Eldercare/Public/Home.asp
Family Caregiver Alliance www.caregiver.org/caregiver/jsp/home.jsp
National Family Caregivers Association www.nfcacares.org

First Aid

- American Heart Association www.americanheart.org
- American Red Cross www.redcross.org

Flu Prevention

- Flu Prevention www.influenza.com
- Glo Germ Company (provides materials to show if hands were washed properly) www.glogerm.com
- The Soap and Detergent Association www.sdahq.org

H

Headaches

- American Council for Headache Education www.achenet.org
- National Headache Foundation www.headaches.org

Hearing

- National Hearing Conservation Association www.hearingconservation.org
- Occupational Safety and Health Administration (OSHA) Safety and Health Topics: Noise and Hearing Conservation www.osha.gov/dts/osta/otm/noise/index.html

Heart Disease

- American Heart Association www.americanheart.org
- MedlinePlus: Heart Diseases www.nlm.nih.gov/medlineplus/heartdiseases.html
- National Coalition for Women with Heart Disease www.womenheart.org
- National Heart Lung and Blood Institute www.nhlbi.nih.gov/health/public/heart/index.htm
- WebMD: Heart and Vascular Health Center www.webmd.com/diseases_and_conditions/heart_and_vascular.htm

Heat Stress

- Centers for Disease Control and Prevention: www.bt.cdc.gov/disasters/extremeheat
- Scottsdale, Arizona, Fire Department: www.scottsdaleaz.gov/fire/heatstress.asp

High Blood Pressure

- American Heart Association www.americanheart.org
- National Heart Lung and Blood Institute www.nhlbi.nih.gov

Home Emergency Kit

- Department of Homeland Security www.influenza.com
- Ready ready.gov

L

Liver Disease

- American Liver Foundation..... www.liverfoundation.org
Occupational Safety and Health Administration (OSHA)
Safety and Health Topics: Bloodborne Pathogens and Needlestick Prevention
..... www.osha.gov/SLTC/bloodbornepathogens/index.html

Lung Disease

- American Lung Association www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22542
Medline Plus: Lung Diseases..... www.nlm.nih.gov/medlineplus/lungdiseases.html
National Heart Lung and Blood Institute..... www.nhlbi.nih.gov/health/public/lung/index.htm
Women's Health.gov: Lung Disease www.4woman.gov/faq/lung_disease.htm

Lyme Disease

- American Lyme Disease Foundation..... www.aldf.com
CDC Learn About Lyme Disease www.cdc.gov/ncidod/dybid/lyme/index.htm
MedlinePlus: Lyme Disease www.nlm.nih.gov/medlineplus/lymedisease.html

M

Mental Health

- MedlinePlus: Mental Health www.nlm.nih.gov/medlineplus/mentalhealth.html
Mental Health America www.nmha.org
National Alliance on Mental Illness www.nami.org
National Institute of Mental Health www.nimh.nih.gov

MRSA

- Centers for Disease Control and Prevention: www.cdc.gov/niosh/topics/mrsa
Medline Plus: www.nlm.nih.gov/medlineplus/mrsa.html

N

Neck Pain

- Mayo Clinic: Neck Pain www.mayoclinic.com/health/neck-pain/DS00542
MedlinePlus: Neck Pain www.nlm.nih.gov/medlineplus/ency/article/003025.htm

Nutrition & Diet

- American Dietetic Association www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html
Food and Nutrition Information Center
..... www.fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1
Food Pyramid www.mypyramid.org
Nutrition.gov www.nutrition.gov
Nutrition Data www.nutritiondata.com

O

Osteoporosis

- National Osteoporosis Foundation www.nof.org
- NIH Osteoporosis and Related Bone Diseases—
National Resource Center www.niams.nih.gov/bone

S

Safety

- National Safety Council www.nsc.org
- Occupational Safety and Health Administration www.osha.gov

Sandwich Generation

- National Family Caregivers Association www.thefamilycaregiver.org
- National Alliance for Caregiving www.caregiving.org
- CareGuide@Home www.eldercare.com
- Eldercare Locator www.eldercare.gov

Skin Care

- Medline Plus (MP) on skin conditions..... www.nlm.nih.gov/medlineplus/skinconditions.html
- MP on skin aging..... www.nlm.nih.gov/medlineplus/skinaging.html
- MP on skin cancer www.nlm.nih.gov/medlineplus/skincancer.html

Sleep

- The Better Sleep Council www.bettersleep.org
- National Heart Lung and Blood Institute: Sleep Disorders Information
..... www.nhlbi.nih.gov/health/public/sleep/index.htm
- National Sleep Foundation www.sleepfoundation.org

Smoking

- American Cancer Society www.cancer.org
- CDC Tobacco Information and Prevention Source (TIPS)..... www.cdc.gov/tobacco
- Great American Smokeout
..... www.cancer.org/docroot/PED/PED_10_4_Great_American_Smokeout.asp
- MedlinePlus: Smoking www.nlm.nih.gov/medlineplus/smoking.html

Stress

- The American Institute of Stress www.stress.org
- MedlinePlus: Stress www.nlm.nih.gov/medlineplus/stress.html

Stroke

- American Stroke Association www.strokeassociation.org/presenter.jhtml?identifier=1200037
MedlinePlus: Strokes www.nlm.nih.gov/medlineplus/stroke.html
National Stroke Association..... www.stroke.org/site/PageServer?pagename=HOME

V

Violence

- FBI Workplace Violence: Issues in Response..... www.usda.gov/news/pubs/violence/wpv.htm
OSHA Safety and Health Topic: Workplace Violence www.osha.gov/SLTC/workplaceviolence
USDA Handbook on Workplace Violence Prevention
and Response..... www.usda.gov/news/pubs/violence/wpv.htm

W

Weight Loss

- Weight-control Information Network www.win.niddk.nih.gov

Weight Management

- American Dietetic Association www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html
Food Pyramid www.mypyramid.org
National Heart Lung and Blood Institute:
Healthy Weight www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
Take off Pounds Sensibly (TOPS) www.tops.org
Weight Watchers www.weightwatchers.com/index.aspx

Wellness

BLR's Wellness Topic Centers:

- HR.BLR.com www.hr.blr.com/topic.cfm/topic/210/state/155/tab2/9999/sort/alpha
Safety.BLR.com www.safety.blr.com/topic.cfm/topic/473/state/155
National Wellness Institute www.nationalwellness.org

Women's Health

- National Coalition for Women with Heart Disease www.womenheart.org
Women's Health.gov www.4woman.gov