

# Ready Programming to Support Health Literacy with the NNLM Reading Club

2024 Association for Rural and Small Libraries Conference

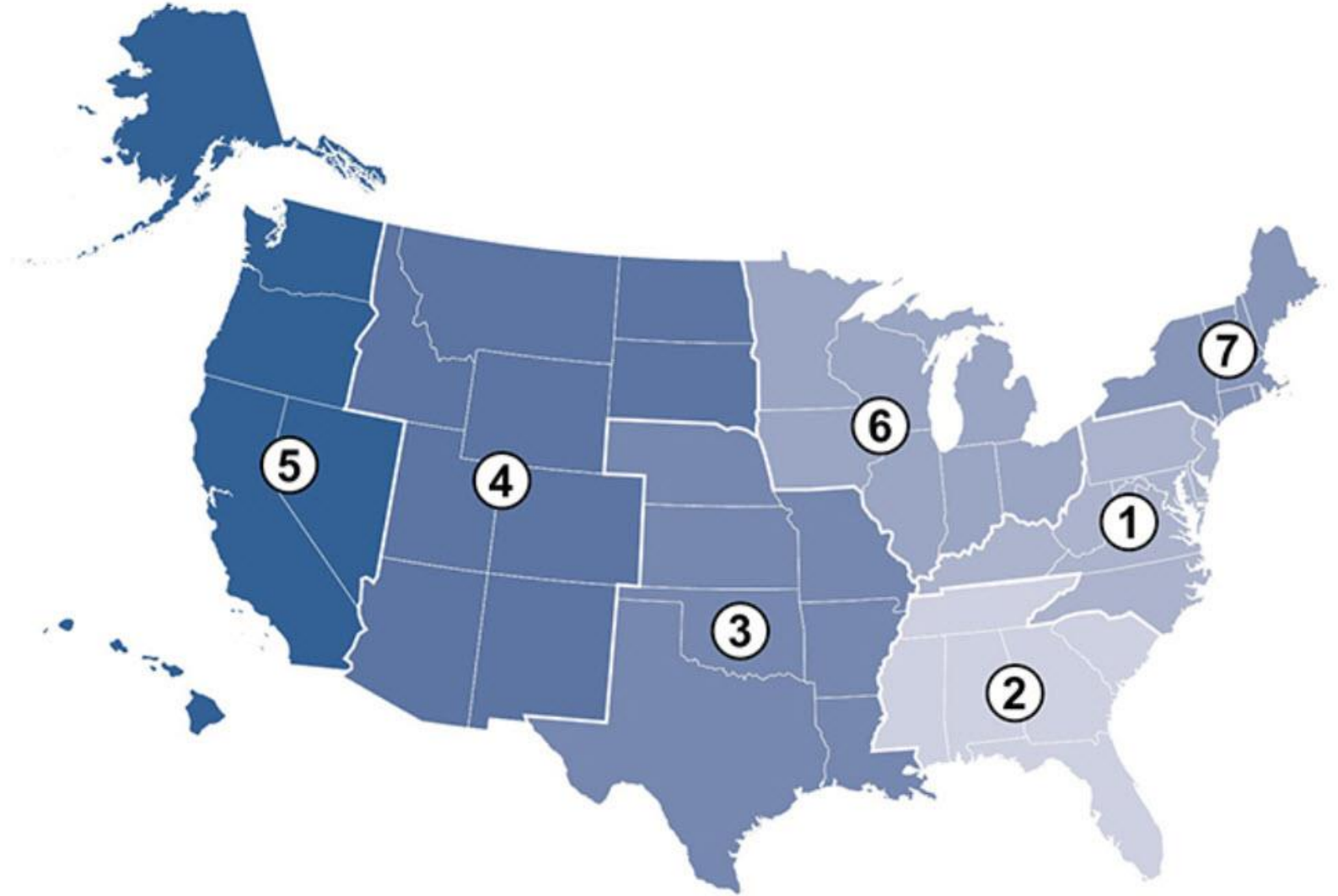
Bennie Finch, NNLM Region 7, Education and Outreach Coordinator

Faith Steele, NNLM Region 1, Interim Executive Director

Darlene Kaskie, NNLM Region 6, Associate Director

# NNLM

- Trainings
- Funding
- Educational materials
- Community outreach



# Reading is Healthy



# Health Literacy



Personal



Organizational

# NNLM Reading Club

[www.nlm.gov/reading-club](http://www.nlm.gov/reading-club)

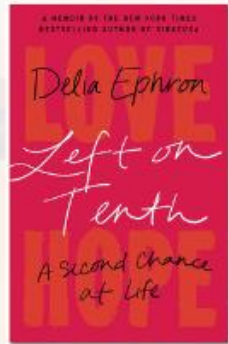
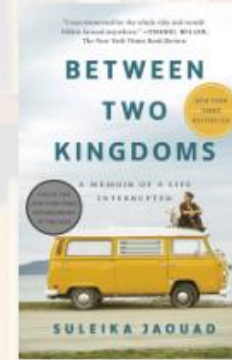


Through the enjoyment and intimacy of a book club, readers can discuss health and wellness topics important to them and their loved ones. Discover books and health information and download discussion guides.

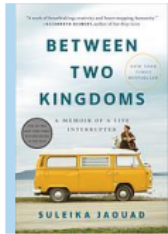
# NNLM Reading Club

September 2024

Leukemia & Lymphoma



## Discussion Guide



*Between Two Kingdoms: A Memoir of a Life Interrupted*  
By Suleika Jaouad

Leukemia &  
Lymphoma

Random House  
2021  
368 pages  
ISBN: 979-0399588587

## Summary

A memoir of illness and recovery that traces one young woman's journey from diagnosis to remission to re-entry into "normal" life—from the founder of *The Isolation Journals* and a subject of the Netflix documentary, *American Symphony*. A few weeks shy of her twenty-third birthday, Jaouad received a diagnosis of leukemia, with a 35 percent chance of survival. She would spend much of the next four years in a hospital bed, fighting for her life and chronicling the saga in a column for *The New York Times*. After countless rounds of chemo, a clinical trial, and a bone marrow transplant she learned that a cure is not where the work of healing ends; it's where it begins.

## Questions

1. After her diagnosis, Suleika finds that many people—from friends to healthcare providers—don't know how to react or say the "right" thing to a cancer patient. Her friend Jake rushes off the phone, and a nurse tells Suleika about another young patient who'd been around her age when she died. What do you think would have been more helpful for Suleika to hear from these people? How did these passages make you think differently about empathy and the way you can support people going through something difficult? How have you been

Join us for a  
book discussion!



NIH National Library of Medicine  
Network of the National Library of Medicine

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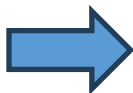
Delia Ephron  
Left on  
Tenth  
A second chance  
at life

Date:

Time:

Location:

MedlinePlus articles



## Ears and Hearing

### Discover MedlinePlus



[MedlinePlus](#) is a service of the National Library of Medicine, the largest biomedical library in the world. Use [Medlineplus.gov](#) anywhere, anytime, on any device - *for free* - to discover high-quality health and wellness information that is reliable, easy to understand, and free of advertising, in both English and Spanish. Discover topics such as:

- [Ear Examination](#)
- [Hearing Disorders and Deafness](#)
- [Age-related hearing loss](#)

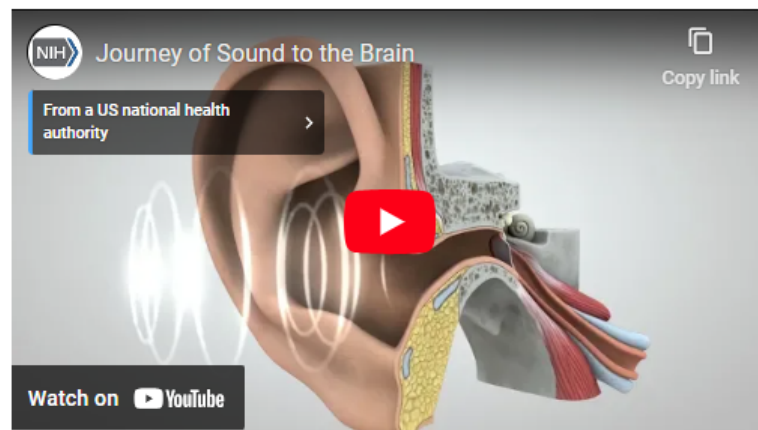
### Discover NIH



The [National Institutes of Health](#) (NIH), a part of the U.S. Department of Health and Human Services, is the nation's medical research agency — making important discoveries that improve health and save lives. NIH is made up of [27 Institutes and Centers](#), each with a specific research agenda, often focusing on particular diseases or body systems.

The [National Institute on Deafness and Other Communication Disorders](#) (NICDC) conducts and supports research in the normal and disordered processes of hearing, balance, taste, smell, voice, speech, and language. Discover information in English and Spanish for topics such as:

- [American Sign Language \(ASL\)](#)
- [Your Baby's Hearing Screening and Next Steps](#)
- [Hearing, Ear Infections, and Deafness](#)
- [Clinical Studies](#)



This animated video illustrates how sounds travel from the ear to the brain, where they are interpreted and understood. Also available: [How Do We Hear?](#), a step-by-step explanation.

**DO YOU NEED A HEARING TEST?**

**TAKE THIS QUICK QUIZ**

A quiz for adults ages 18 to 64. The results of this quiz do not substitute for medical advice. Please see our disclaimer below.

[Share This](#) [Info](#) [Disclaimer](#) [Privacy](#)  
<https://nidcd.nih.gov/hearing-test/widget>

[Interactive Quiz](#)

Book Ideas



### FEATURED BOOKS

**Title:** Haben  
**Author:** Haben Girma  
**Publisher:** Twelve; Illustrated edition  
**Year published:** 2019  
[Visit page...](#)



**Title:** Mom Dad Not Hear  
**Author:** Mickey Carolan  
**Publisher:** Third Culture Books  
**Year published:** 2024  
[Visit page...](#)



**Title:** The Butterfly Cage  
**Author:** Rachel Zemach  
**Publisher:** Unruly Voices  
**Year published:** 2023  
[Visit page...](#)



**Title:** True Biz  
**Author:** Sara Novic  
**Publisher:** Penguin Random House  
**Year published:** 2022  
[Visit page...](#)



# Finding Supporting Health Information

The screenshot shows the MedlinePlus website with the following elements:

- Header:** NIH National Library of Medicine logo and MedlinePlus Trusted Health Information for You.
- Search:** Search MedlinePlus input field with a GO button.
- Navigation:** About MedlinePlus, What's New, Site Map, Customer Support, and a Spanish language option.
- Menu:** Health Topics, Drugs & Supplements, Genetics, Medical Tests, Videos & Tools.
- Left Sidebar:** Five categories with icons: Health Topics (apple), Drugs & Supplements (pill), Genetics (DNA helix), Medical Tests (test tubes), and Medical Encyclopedia (book).
- Main Content:** A featured article about allergies with a photo of a woman sneezing. Text: "April showers bring spring flowers, but here's what to do if by May, they make you wheeze and sneeze! Find help on our Allergy page".
- Bottom Section:** Tweets by @MedlinePlus (a tweet about a Fruit and Nut Slaw recipe) and Stay Connected (Sign up for the My MedlinePlus newsletter with a SUBSCRIBE button).

## Why supplement with health information:

- Pairing personal stories with information about prevention, treatment and more provides a full picture

## Where to start:

- [MedlinePlus](#)
- [NIH Institutes](#)
- Other HHS agencies like CDC, SAMHSA, FDA
- Health associations like the American Heart Association, American Diabetes Association



# Recent Health Topics

- Caregivers and Caregiving
- Environmental Health
- Eyes and Vision
- Disasters and Emergencies
- Substance Use
- Diabetes
- History of Medicine
- Teeth and Oral Health
- Women In Medicine
- Neurodiversity
- Menopause
- Water
- Ears and Hearing
- Leukemia and Lymphoma

# Website

Over 40  
topics and  
130 titles!



## What is the Reading Club

Learn more and find tips for facilitating a health discussion.



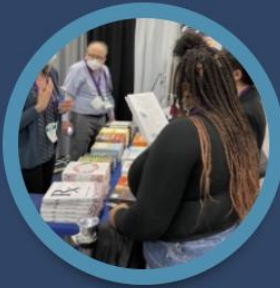
## Recommend a Book

Do you have a book to recommend? Tell us. We may select it.



## Share Your Story

Have you used the Reading Club? Share your thoughts.



## Diverse Voices Toolkit Collections

Build collections that reflect the communities you serve.



## Reading Club Collection

Download the complete 2018-2021 NNLM Reading Club Collection - including discussion guides!



## The Rest of the Story

From 2020-2021, the NNLM Reading Club hosted five virtual author talks. Watch the recordings.

<https://www.nlm.gov/reading-club>



# NNLM Reading Club Advisory Group

Join Us!



# What is Graphic Medicine?



“Graphic Medicine is the intersection of the medium of comics and the discourse of healthcare.”

~Ian Williams, MD and cartoonist

# Region 7 and Graphic Medicine

- [Graphic Medicine Guide](#)
- There are some more resources that are [specific to Region 7](#) (CT, ME, MA, NH, NY, RI, VT) on our page including circulating kits and our Graphic Medicine Community of Interest
- On [the Region 7 page](#), there are featured books and discussion guides for download by anyone
- Past webinars on the [NNLM Graphic Medicine Playlist](#)

# Now...Go for it!



## NNLM Reading Club



[nnlm.gov/reading-club](https://nnlm.gov/reading-club)

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