



U.S. National Library of Medicine
National Network of Libraries of Medicine



June is Men's Health Month

Program Guide

nnlm.gov/all-of-us

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You

Activate!

Program Summary

This program will share health information relevant to men from their teen years to their senior years. Men tend to not think about their health and how important it is to take care of themselves or others in their care. Libraries have an opportunity to bring awareness of health conditions specific to men as well as tools and tips to help men be active and healthy.

National Library of Medicine Resources

MedlinePlus, <https://medlineplus.gov/>, men should not feel limited to these highlighted topics but will find MedlinePlus a rich source of health information. MedlinePlus provides information on a variety of health topics related to men, <https://medlineplus.gov/men.html>, including sexual health and specific cancers. MedlinePlus also has a Children and Teenagers, <https://medlineplus.gov/childrenandteenagers.html>, category to include health topics appropriate for these ages. Additionally, the Wellness and Lifestyle, <https://medlineplus.gov/wellnessandlifestyle.html>, category includes topics about college health, dental health, diets and exercise.

Outside Resources

HealthFinder.gov, <https://healthfinder.gov/>, includes a section titled, Men: Take Charge of Your Health, <https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/sexual-health/men-take-charge-of-your-health>, which includes how men can learn about important health screenings and vaccinations and other healthy habits.

NIH National Center for Complementary and Integrative Health (NCCIH), <https://nccih.nih.gov/>, conducts research and provides information regarding complementary health approaches to health and provides information about specific treatments, supplements, and herbs. Men's Health, <https://nccih.nih.gov/health/mens-health>, is a topic that focuses on specific health conditions, medical studies and safety alerts.

The **CDC**, <https://www.cdc.gov/>, includes information for men on several of their webpages. National Men's Health Week, <https://www.cdc.gov/features/healthymen/index.html>, features health tips as does the Gay and Bisexual Men's Health, <https://www.cdc.gov/msmhealth/>, webpage.

Young Men's Health, <https://youngmenshealthsite.org/>, is produced by the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital. This website provides authoritative information for young men and teens and their parents to understand the basics of health and specific diseases and conditions. It also includes interactive guides, a place to ask health questions, and section for parents.

Men's Health Network, <http://www.menshealthnetwork.org/>, is a non-profit organization who want to bring the importance of health information and awareness to men, boys and their families. This organization created the campaign, Wear BLUE®, <http://www.menshealthnetwork.org/wearblue/>, to raise the importance of men's health.

Collaborate!

Possible Partnerships

This program could take on many community partnerships and extension activities. Some examples include:

- Contact local gyms or YMCAs to consider hosting a men's health fair.
- Contact a local educational institutions such as K-12, universities, community colleges, technical schools, specifically their library or health staff to offer a short in-service, PTO session/table with health information for parents and youth and young adults and even older adults.
- Look ahead for community fairs to participate. These fairs do not have to be health related.
- Does your community host athletic events such as races or biking events in June? Look into having a presence highlighting your library but also men's health information.
- Does your community have a hospital or clinic? Do they offer educational events to the public? Collaborate on a session regarding men's health and see if it can be scheduled near Wear Blue Day (mid – June). Host a health professional to speak at your library.

For help connecting with potential partners in your community, contact your **NNLM Regional Medical Library**, <https://nnlm.gov/regions>.

Educate!

Relevant NNLM Trainings

Information about NNLM Trainings, <https://nnlm.gov/training>, and full course descriptions can be found online. Many of the courses are offered throughout the year online; however, you may also contact your local NNLM office to discuss customized training for your library staff. NNLM relevant course offerings include:

- Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community
<https://nnlm.gov/classes/program>
- Combatting Information Fatigue: Health Information Resources for Veterans
<https://nnlm.gov/classes/combating-information-fatigue-health-information-resources-veterans>
- Food for Thought: Exploring Nutrition Information Resources
<https://nnlm.gov/classes/nutrition>
- From A(norexia) to Z(its): Providing Health Information to Teens
<https://nnlm.gov/classes/atozteen>
- From Beyond Our Borders: Providing Multilingual and Multicultural Health Information
<https://nnlm.gov/classes/refugee>

- Graphic Medicine: Beyond the Books
<https://nnlm.gov/classes/graphic-medicine-beyond-books>
- Healthy Aging at Your Library: Connecting Older Adults to Health Information
<https://nnlm.gov/classes/healthy-aging-your-library-connecting-older-adults-health-information>
- Improving the Health, Safety, and Well-being of LGBT Populations
<https://nnlm.gov/classes/LGBTQ%2BHealth>
- Owning Your Health: Wellness Resources for Young Adults Ages 18-24
<https://nnlm.gov/classes/owning-your-health-wellness-resources-young-adults-ages-18-24>
- Stand Up for Health: Health and Wellness Services for Your Community for Public Libraries
<https://nnlm.gov/classes/stand-up-for-health>

Program Plan

Wear Blue Day

Resources

- Wear Blue T-shirts/hats
- Wear Blue posters/flyers
- Brochures featuring men's health resources

Audience

Everyone

Planning

Incorporate the information and resources from the Office of Minority Health, Men's Health Network, the CDC, and MedlinePlus for social media, newsletters, flyers, and other materials.

Marketing

Highlight the program in the library's newsletter, website, social media, post flyers at local establishments and events.

Implementation

Prepare a series of social media messages highlighting the Wear Blue Day as well as health information specifically to help men incorporate health and wellness into their daily lives. These messages can also be targeted to sister, mothers, and spouses of men to enlist their help in keeping their family healthy.

Have t-shirts or hats made for staff to wear. Consider selling these item or have a drawing to give some away to patrons and visitors.

Evaluation and Reporting

The NNLM National Evaluation Office, <https://nnlm.gov/neo/>, has a list of evaluation methods, <https://nnlm.gov/neo/members/evalmaterials>, which can be used to evaluate your program or project. For question, please contact the NNLM National Evaluation Office at nnlmneo@uw.edu

Program Plan

Adulting 101

Resources

Adulting 101 curriculum (create your own or borrow from others)

American Libraries article on Adulting 101, <https://americanlibrariesmagazine.org/2018/05/01/adulting-101-library-programming/>

Audience

Teens, young adults, parents

Planning

Create a class that focuses on the basics of health and wellness for teens and young adults. Include interactive modules to illustrate such things as how to make a doctor appointment, when to get preventative tests, choosing insurance, etc.

Create a short guide for participants to take with them, a sort of cheat sheet.

Marketing

Highlight the program in the library's newsletter, website, social media. Contact community organizations such as YMCA, Girl and Boy Scouts, 4-H, as well as pediatricians and local schools.

Implementation

Hold a session at the library and invite other community organizations to have a table to feature their services.

Hold shorter sessions focusing on health at other community events that focus on teens and young adults.

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