

## 2.7 Healthy Lifestyle Success Stories



### Healthy Lifestyle Resources

[www.cancer.org](http://www.cancer.org)

This resource allows the viewer to search among the latest cancer-related news articles, medical updates, and research findings posted on this site, and offers a number of sources for cancer information to best match the needs of the viewer.

#### **American Diabetes Association**

[www.diabetes.org](http://www.diabetes.org)

This Web site provides recipes and tips for healthy eating and increasing physical activity levels, a variety of health and wellness information, and promotes the benefits of a healthy lifestyle.

#### **American Heart Association**

[www.americanheart.org](http://www.americanheart.org)

This site provides information and links regarding the benefits of healthy lifestyles.

#### **American Hiking Society**

[www.americanhiking.org](http://www.americanhiking.org)

This site is a terrific resource for those interested in hiking, containing information about trail conservation and policy, events and volunteer opportunities, recent news and available resources, and provides a way for the viewer to join the American Hiking Society online.

#### **American Lung Association**

[www.lungusa.org](http://www.lungusa.org)

This resource provides information on air quality, asthma, lung disease, tobacco, and links to current research, as well as information on related programs sponsored by the American Lung Association and the latest news.

#### **American Red Cross**

[www.redcross.org](http://www.redcross.org)

This site provides descriptions of the many different services provided by the Red Cross, recent news and articles involving the Red Cross, as well as interesting facts and links to other related features.



### **CDC Cardiovascular Health Program**

[www.cdc.gov/nccdphp/cvd](http://www.cdc.gov/nccdphp/cvd)

This address takes you to the CDC page explaining their Cardiovascular Health Program, where you can learn about the mission of the program, uncover some statistical information regarding cardiovascular health, and also peruse a number of fact sheets and related documents.

### **Diabetes at Work**

[www.diabetesatwork.org](http://www.diabetesatwork.org)

This site includes information to help employers assess the impact of diabetes in the workplace. It also provides easy-to-understand information for employers to help employees manage their diabetes and take steps toward reducing the risk of diabetes-related complications such as heart disease.

### **Food and Drug Administration**

[www.fda.gov](http://www.fda.gov)

This site offers a number of resources including Hot Topics of FDA interest, lists of products regulated by the FDA, links to FDA news, as well as a search index that can be used to research related topics concerning this administration.

### **Food and Nutrition Information Center**

[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

This site provides information regarding several different nutritional topics such as dietary supplements, food composition, dietary guidelines, and the food guide pyramid, and also provides a search index so viewers can quickly find topics of interest.

### **Health Finder**

[www.healthfinder.gov](http://www.healthfinder.gov)

This site is meant to act as a “guide to reliable health information,” offering a search index and links to current information and health news.

### **National Center for Biking and Walking**

[www.bikewalk.org](http://www.bikewalk.org)

This organization works to make America bicycle-friendly and walkable and so presents its vision and goals on this site, along with links to other resources and programs that relate to this mission, that is shared by so many.

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### Healthy Life Resources (continued)

#### **National Center for Health Education**

[www.nche.org](http://www.nche.org)

This site provides you with information about the National Center for Health Education. It provides access to many related health education links and offers current news and updates regarding this topic.

#### **National Center for Health Statistics**

[www.cdc.gov/nchswww](http://www.cdc.gov/nchswww)

This link takes you to a CDC page presenting a number of different health statistics as well as the top ten links with related information.

#### **National Institutes of Health**

[www.nih.gov](http://www.nih.gov)

This site provides a wealth of information as it relates to the National Institutes of Health, including information regarding health, grants and funding opportunities, current news and events, scientific research, and explanations about the NIH and its mission.

#### **National Mental Health Association**

[www.nmha.org](http://www.nmha.org)

This site acts as an informational resource for the National Mental Health Association, posting information about the association, current news and upcoming events, as well as links to related publications and information.

#### **Nutrition and Physical Activity at Centers for Disease Control and Prevention**

[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

This address takes you to the CDC Nutrition and Physical Activity Page where you can select a topic of interest on the search index, or you can select any number of different articles containing information and news regarding nutrition and physical activity as these topics relate to one's health.