

# SEARCHING THE INTERNET FOR CARDIOVASCULAR RESOURCES

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The internet can provide clinicians practicing in preventive cardiology with a wealth of resources from patient education information to slides for presentation, helpful lifestyle resources, and the latest information about treatment strategies. Listed below are some of the most common websites used in cardiovascular prevention. While there are thousands of sites available to the clinician, we have chosen to highlight information that is both factual and useful.

If you are searching the internet, you may want to keep these suggestions in mind:

1. Always check the source of your information. Who put it together? For whom do they work? Who is the sponsor of the site? Many of the most reliable information sites come from medical centers, university hospitals, and government health agencies such as the National Institutes of Health.
2. Check to see if the information is based on reports from leading medical journals. If references are unfamiliar or if no references exist, be cautious about interpreting the data.
3. Attempt to find out if the site and information are comprehensive.
4. Determine if the information is current. A website on health should be updated monthly, and this information should be provided to you as a reader.

In the following pages, we have listed only a small number of sites for you to explore. The summaries provide you with an overview of some of the highlights noted within each website.

## Specific Topics

### Aging

**Site:** <http://www.hartfordign.org>

**Sponsor:** Hartford Institute for Geriatric Nursing

The mission of the Hartford Institute for Geriatric Nursing is to shape the quality of nursing care to older adults by assuring the geriatric competency of nurses. This website contains resources and links to all of the products and resources developed by the institute in the areas of education, practice research and policy. These resources include: best practices assessment tools, evidenced based geriatric nursing protocols, geriatric nursing certification review course, and advance practice curriculum case studies.

**Site:** <http://www.asaging.org>

**Sponsor:** American Society on Aging

The American Society on Aging consists of a multidisciplinary array of professionals who seek to improve the knowledge and skills of people working with older adults and their families. They offer professional education, publications, resources and awards programs.

**Site:** <http://www.ncoa.org>

**Sponsor:** National Council on Aging

The National Council on Aging is dedicated to improving the health and independence of older persons by encouraging the building of and continuing contributions to their communities. Its members include individuals and senior centers, adult day service centers, aging agencies, faith congregations, and senior housing facilities. This website provides seniors with an outlet to find a job or volunteer opportunity, to learn about federal programs for older workers, and information on groups that focus on staying independent and healthy aging.

**Site:** <http://www.agingresearch.org>

**Sponsor:** Alliance for Aging Research

The Alliance for Aging Research is a citizen advocacy organization that is dedicated to supporting aging-based scientific research and using scientific information to empower the aging population. This website offers aging news, the opportunity to read and contribute to blogs, information about policies and events surrounding the elderly, and their newsletter *Living Longer and Loving It*.

**Site:** <http://www.americangeriatrics.org>

**Sponsor: American Geriatrics Society**

The American Geriatrics Society is an organization of professional health care providers who are dedicated to improving the health and well being of all older adults. On this site, the healthcare provider can access continuing education programs, the latest news in advocacy and public policy, and subscribe to the American Geriatrics Society's online newsletter *AGS Week in Review*.

## Physical Fitness

**Site:** <http://www.fitness.gov>

**Sponsor: The President's Council on Physical Fitness and Sports**

**Overview:** The President's Council on Physical Fitness and Sports is a branch of the Department of Health and Human Services. This web site offers information on the work of the council, view the publications and link to other government resources as well as health and fitness organizations.

**Site:** <http://www.shapeup.org>

**Sponsor: Shape Up America!**

**Overview:** With the ultimate goal of stimulating behavior change, Shape Up America! is focusing on redefining weight management by encouraging increased physical activity and healthy eating for all Americans.

**Site:** <http://www.paceproject.org>

**Sponsor: The Pace Project**

**Overview:** The Pace Project offers tools to help healthcare providers counsel their patients on becoming more physically active. It also offers the research behind the tools.

**Site:** <http://www.acsm.org>

**Sponsor: American College of Sports Medicine**

**Overview:** The American College of Sports Medicine offers conferences, information about accreditation, and continuing education courses for healthcare professionals. The site offers home study courses through Physician and Sports Medicine that provide continuing medical education credit online.

**Site:** <http://www.health.gov/paguidelines>

**Sponsor: US Department of Health and Human Services**

**Overview:** The Federal Government has issued its first-ever Physical Activity Guidelines for Americans in 2008. The guidelines describe the types and amounts of physical activity that offer substantial health benefits to Americans. On this site, health care providers can find physical activity guidelines for Americans, a tool kit for organizations and communities, a guide for adults, and the Report of the Physical Activity Guidelines Advisory Committee. Other resources as a part of this effort will be posted as they are developed.

## Obesity, Nutrition, and Weight Loss

**Site:** <http://www.fda.gov/oc/mcclellan/chbn.html>

**Sponsor: Federal Drug Administration**

**Overview:** The U.S. Food and Drug Administration web site. This is the FDA web site for "Better Health Information for Better Nutrition" focused on improved consumer information about nutrition. This web site offers the FDA's rulings on conventional foods and dietary supplements and explains the regulatory statements.

**Site:** <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

**Sponsor: Centers for Disease Control and Prevention**

**Overview:** This is the home page on overweight and obesity for The Centers for Disease Control and Prevention. This site offers a vast source of information about obesity including definition, trends, contributing factors, health consequences, economic consequences, state-based programs, recommendations, and resources.

**Site:** <http://www.health.gov/dietaryguidelines/>

**Sponsor:** US Drug Administration

**Overview:** The US Department of Health and Human Services and the Department of Agriculture jointly publish Dietary Guidelines for Americans every five years. This web site displays current guidelines as well as the previous guidelines through 1980.

**Site:** <http://www.niddk.nih.gov/health/nutrition.htm>

**Sponsor:** National Institute of Diabetes & Digestive & Kidney Disorders

**Overview:** The National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK) web site offers patient information on the topics of diabetes nutrition, "What I need to know about eating and diabetes;" renal nutrition, "Eat right to feel right on hemodialysis;" general nutrition, "Nutrition and your health: Dietary Guidelines for Americans;" weight loss, "NIDDK weight control information;" and other information.

**Site:** <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>

**Sponsor:** National Heart, Lung, and Blood Institute

**Overview:** The Dietary Approaches to Stop Hypertension (DASH) diet plan is clinically proven to significantly reduce blood pressure! Upload the "Lowering Your Blood Pressure with DASH" booklet, which contains a week's worth of sample menus and recipes recalculated using 2005 nutrient content data, on this site.

**Site:** <http://win.niddk.nih.gov/>

**Sponsor:** Weight-control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases

**Overview:** The Weight-control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

**Site:** <http://www.MyPyramid.gov>

**Sponsor:** US Department of Agriculture

**Overview:** The United States Department of Agriculture web site displays the updated food pyramid. This site explains the types of food in each group, pictures of the food to show serving size, tips on the types of foods to choose and how to prepare them, and a personal food plan can be designed based on age, sex and physical activity level.

**Site:** <http://www.cdc.gov/nccdphp/dnpa>

**Sponsor:** Centers for Disease Control and Prevention Division of Nutrition, Physical Activity and Obesity

**Overview:** CDC's Division of Nutrition, Physical Activity and Obesity (DNPAO) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. The scope of DNPAO activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.