

# 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.

## Pediatric Obesity Resources

**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.aap.org/obesity/>

**Sponsor:** American Academy of Pediatrics

**Overview:** The American Academy of Pediatrics web site is dedicated to overweight and obesity issues with children. The site includes The Parenting Corner, with safety and health tips and the opportunity to subscribe to the quarterly magazine Healthy Children; professional resources including continuing education and journals; and both state and federal advocacy information.

**Site:** <http://obesity1.temppdomainname.com/subs/childhood/>

**Sponsor:** American Obesity Association

**Overview:** The American Obesity Association web site offers information on the prevalence and identification of obesity in children beginning from birth up. Growth charts are available. The causes of childhood obesity are identified as well as suggestions for prevention for both families and schools and finally health risks are identified.

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

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

**Overview:** The *Guidelines* provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for federal food and nutrition education programs.

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

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

**Overview:** This Web site provides information about childhood overweight, including how overweight is defined for children, the prevalence of overweight, the factors associated with overweight, and the related health consequences.