

healthfinder.gov

Live well. Learn how.



healthfinder.gov Overview

- Designed using health literacy principles
- Evidence-based prevention focus
- Wellness: Health Topics A-Z
- Preventive Services: myhealthfinder



Health Topics A-Z

Health Topics A to Z

Stay Connected

Health News

Find Services Near You


National Health Observances

Health Care Reform

Related Resources

Nutrition and Physical Activity


Nutrition



Eat Healthy ▶

A healthy diet can help protect you from heart disease, type 2 diabetes, and some types of cancer. Get tips on how to eat healthy on a budget, plan ahead to save time, and eat healthy away from home.


[Read More ▶](#)



- **Eat Less Sodium: Quick tips**
- **Get Enough Calcium**
- **Get Enough Folic Acid**
- **Healthy Snacks: Quick tips for parents**
- **Losing Weight: Questions for the doctor**
- **Protect Your Family from Food Poisoning**
- **Watch Your Weight**

Shopping Lists

- **Calcium**



Health Topics A-Z

NHLBI

NHLBI's
We Can

USDA

NHLBI

Dietary Guidelines

ChooseMyPlate

USDA

The screenshot shows a web page with a navigation bar at the top containing 'The Basics' and 'Take Action!'. The main content area is titled 'Take Action!' and includes a sub-section 'Plan ahead to save time.' with a paragraph and two bullet points: 'Plan your meals for the day' and 'Plan your meals for the week [PDF - 124 KB]'. Below this is another sub-section 'Try these other tips to save time:' with two bullet points. A 'Content last updated on: November 30, 2012' notice is present. The 'Find recipes that work for you.' section lists three PDF links: 'Heart Healthy Home Cooking African American Style [PDF - 3 MB]', 'Delicious Heart Healthy Latino Recipes [PDF - 1 MB]', and 'A River of Recipes: Healthy Native American Recipes [PDF - 644 KB]'. A 'Pages:' navigation bar is at the bottom of the main content. The footer area is divided into two columns: 'You may also be interested in:' with a 'Calcium: Shopping list' link and an image of fruit, and 'Start Today: Small Steps' with three bullet points: 'Print this healthy shopping list.', 'Try these 10 tips for eating better on a budget [PDF - 279 KB].', and 'Check out this healthy recipe finder.'

myhealthfinder Widget

I want information for:

Sex

 Male  Female

Age years

[Get this Widget](#)

myhealthfinder Results

You said you are a **woman** age **50**. Here are important ways you can stay healthy. Talk with your doctor or nurse about which recommendations are right for you.

Doctors recommend that **all** women age 50:

Get Important Shots

Get important adult shots (vaccinations). (ACIP)

Get Tested for Breast Cancer

Get a mammogram every 2 years. (USPSTF)

Get Tested for Cervical Cancer

Get a Pap test every 3 years. If you get a Pap test and an HPV test, you can get screened every 5 years instead. (USPSTF)

Get Tested for Colorectal Cancer

Get tested regularly for colorectal cancer, starting at age 50. (USPSTF)

Get Your Blood Pressure Checked

Content Syndication and API

Content Syndication



Introducing Content Syndication from healthfinder.gov

healthfinder.gov Content Syndication lets you add easy-to-read, actionable and accurate information to your Web site—in as little as five minutes. The tool is:

- a free service of the National Health Information Center,
- features the award-winning **Health Topics A to Z** content
- is simple to add or delete—you choose which topics you want to display,
- does not require maintenance, and
- can be customized to match your Web site's look and feel.

About the Health Topics A to Z

Health Topics A to Z is a plain language resource with information on more than 110 prevention and wellness topics. Each topic is reviewed by subject-matter experts from the Federal Government and is updated at least once a year. Health Topics A to Z was created and tested with input from hundreds of Web users with limited literacy skills, earning it the 2013 ClearMark Award for best plain language Public Sector Web site.

It's As Easy As 1 2 3—Login, Select Your Content and Get the Content

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Tools for Developers and Webmasters From healthfinder.gov



In an ongoing effort to implement the **Federal Digital Strategy**, healthfinder.gov is connecting Web site editors and developers with the tools they need to host and share the Government's reliable health and wellness information.

For Developers: Application Programming Interfaces (APIs)

All healthfinder.gov APIs are available to output English and Spanish content. To begin using a healthfinder.gov API, please register using the form to the right. A confirmation that includes your unique API key will be sent to your email address. Please save the email for future reference.

Health Topics A to Z API (formerly Quick Guide to Healthy Living)

This API allows users to query and parse the award-winning content of the healthfinder.gov **Health Topics A to Z** (formerly the Quick Guide to Healthy Living). It provides the latest content updated by the healthfinder.gov team and can be queried on

Sign Up for API Access

Organization Name:

Organization URL:

Email Address:

Prefix:

First Name:

Last Name:

Sign Up ▶

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