healthfinder.gov Overview

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

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.

- 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

astho™
Health Topics A-Z
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

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: Select Your Content and Get the Code

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...
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