



U.S. Department of Health and Human Services

## Good Health Means Taking Care of

BODY  
MIND  
and SPIRIT

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

The Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, delivers quality health information to American Indians and Alaska Natives on the healthfinder® Web site, the Federal Government's award-winning gateway to reliable health information. A special section at [www.healthfinder.gov/justforyou](http://www.healthfinder.gov/justforyou) highlights the 20 most important topics of interest for these populations, based on their recommendations.

The full healthfinder® site brings together information on over 1100 topics from over 1700 government agencies and nonprofit organizations. The American Indians and Alaska Natives section includes a total of over 170 topics. The 20 featured topics reflect discussion with American Indian and Alaska Native community leaders, patients, and students. Lessons learned from the interviews are available in a report titled *Understanding Our Users: How To Better Deliver Online Health Information for American Indians and Alaska Natives* at [www.healthfinder.gov/aboutus](http://www.healthfinder.gov/aboutus), or you may order copies from

**ODPHP Communication Support Center**

**P.O. Box 37366**

**Washington, DC 20013-7366**

**FAX orders to 301-468-3028**

ODPHP partnered with the American Public Health Association's American Indian, Alaska Native, and Native Hawaiian Caucus; the Indian Health Service; the Office of Minority Health; and the National Museum of the American Indian, Smithsonian Institution, to improve health information for American Indians and Alaska Natives on healthfinder®.

For more information, comments, or suggestions, you may contact Leslie Hsu at [lhsu@osophs.dhhs.gov](mailto:lhsu@osophs.dhhs.gov) or 202-401-0732.





# how to find health information for American Indians and Alaska Natives on [www.healthfinder.gov](http://www.healthfinder.gov)

- Go to a computer, connect to the Internet, and open a Web browser (for example, Internet Explorer, Netscape, or AOL).
- In the Web browser address box at the top of your screen, type in <http://www.healthfinder.gov/justforyou>.
- Press the “Enter” button on your keyboard. (If you want to “bookmark” the web site so that you don’t have to type in the address in the future, press the control key (Ctrl) and the letter “d” at the same time.)
- On the **healthfinder® just for you** page, choose the [american indians and alaska natives](#) link.
- The **American Indians and Alaska Natives** page highlights key health topics identified by members of those communities. Choose a topic to see health information on the topic carefully selected to be of special interest to American Indians and Alaska Natives.

healthfinder® — your guide to reliable health information

health library  
just for you  
health care  
organizations

help | about healthfinder®

home > just for you > American Indians and Alaska Natives

Find out how to be healthy in body, mind, and spirit by selecting one of the topics or choosing a letter from the list below.

- Abuse
- Accidents
- Alcohol and Other Drugs
- Alzheimers Disease
- Cancer
- Depression
- Diabetes
- Elder Care
- Heart Disease
- High Blood Pressure
- Immunization
- Infant Health
- Injuries
- Liver Diseases
- Nutrition
- Pneumonia
- Pregnancy
- Suicide
- Tobacco
- Traditional Healing
- Tuberculosis

more topics: [a](#) [b](#) [c](#) [d](#) [e](#) [f](#) [g](#) [h](#) [i](#) [j](#) [k](#) [l](#) [m](#) [n](#) [o](#) [p](#) [r](#) [s](#) [t](#) [v](#) [w](#)

- Just below those topics, you will see an A-Z list that offers even more health topics—choose a letter from the list to see topics that start with that letter. For example, if you are interested in “exercise,” choose “e.”
- At the top of the page, you will see a search box where you can search all the health information on **healthfinder®**. Type in the topic you’re interested in if you don’t find the information you need through the topic lists.