

Alcohol, Tobacco and other Drugs

Alcohol 101 Plus: <http://www.alcohol101plus.org/home.html>

Interactive website to teach new college students about alcohol and college life.

Bacchus and Gamma Peer Education Network: www.bacchusgamma.org/

Peer Education Network with information about what programs other campuses are doing.

National Institute on Drug Abuse: <http://www.clubdrugs.org/>

Information on popular club drugs, what they are, effects, and dangers.

National Institute on Alcohol Abuse and Alcoholism:

<http://www.collegedrinkingprevention.gov/>

The Higher Education Center for Alcohol and Other Drug Prevention:

<http://www.edc.org/hec/>

National Social Norms Resource Center: <http://www.socialnorms.org>

Discusses the concept of what social norming is and how it is applied to health programs.

University of Washington Blood Alcohol Level Calculator:

<http://depts.washington.edu/mcsurvey/bal/index.php>

Tool that calculates a persons BAC specific to that persons weight and gender. Provides an overall scale of drinks per hour.

Body Assessment and Food Facts

Ask the Dietitian: <http://www.dietitian.com/>

Offers information about healthy eating habits and changes to lose weight.

Body Icon: <http://www.jrn.columbia.edu/newmedia/projects/masters/bodyimage/toc.html>

Website offers stories and testimonies of women who were faced with eating disorder issues and who are fighting back.

U.S. Food and Drug Administration: <http://www.fda.gov/>

H.E.R.E in Washington Health Education Resource Exchange:

<http://www3.doh.wa.gov/here/>

Site offers information about health promotion projects, materials and resources.

USDA Nutrient Data Laboratory: <http://www.nal.usda.gov/fnic/foodcomp/>

Offers reports on certain foods based on nutrient content. Provides a database to search specific nutrients.

Weight Control Information Network, (NIDDK, NIH):

<http://win.niddk.nih.gov/index.htm>

My Pyramid Tracker: www.mypyramidtracker.gov/

Interactive website that provides information about the new pyramid and ounces system.

Also offers an interactive guide for assessing food intake and physical activity that can be updated and monitored regularly.

Eating Disorders and Body Image

About-Face: <http://www.about-face.org/>

Support network that provides positive self-esteem in girls and women of all backgrounds through media education, outreach and activism.

Body Positive: <http://www.bodypositive.com/>

Site offers information on how to maintain a positive body image as well as positive outlook on weight management.

National Institute of Mental Health:

<http://www.nimh.nih.gov/healthinformation/index.cfm>

National Association of Anorexia Nervosa and Associated Disorders (ANAD):

<http://www.anad.org/site/anadweb/>

National Eating Disorders Association: <http://www.nationaleatingdisorders.org/>

Dedicated to informing the public about eating disorders to promote access to information and treatment through education, advocacy and research.

Something Fishy, Website on Eating Disorders: <http://www.something-fishy.org/>

Offers extensive information about the types of eating disorders, signs, symptoms, treatments, prevention, and support systems.

Harvard Eating Disorders Center: <http://www.hedc.org/>

Exercise/Sports

American Council on Science and Health: <http://www.acsh.org/>

CDC Division of Nutrition and Physical Activity: <http://www.cdc.gov/nccdphp/dnpa/>

Sports Nutrition: <http://www.urbanext.uiuc.edu/hsnut/>

American College of Sports Medicine: <http://www.acsm.org/health%2Bfitness/index.htm>

Health Institute: http://healthinsite.gov.au/topics/Exercise_Fitness_and_Sports

Offers information on how weight can be adjusted through exercise and healthy diet.

Food Allergies

ABC's Allergy Basics Center: <http://www.immune.com/allergy/allabc.html>

The Food Allergy and Anaphylaxis Network: <http://www.foodallergy.org/>

Offers information on the common food allergens.

National Institute of Allergy and Infectious Diseases:

<http://www.niaid.nih.gov/default.htm>

Food Allergy Initiative: <http://www.foodallergyinitiative.org/>

Provides information on food allergies, living with allergies, restaurant training, public policy and much more.

U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition:

<http://www.foodallergyinitiative.org/>

General Health Information

Centers for Disease Control Health Topics: <http://www.cdc.gov/az.do>

Go Ask Alice: <http://www.goaskalice.columbia.edu/>

Question engine that has questions and answers to common things asked by students.

Health Finder: <http://www.healthfinder.gov/>

Medline Plus: <http://medlineplus.gov/>

U.S. Department of Health and Human Services National Institute of Health:

<http://health.nih.gov/>

HIV/AIDS

AIDS info

<http://www.aidsinfo.nih.gov/>

Know HIV/AIDS

<http://www.knowhivaids.org/>

National Minority AIDS Council

<http://www.nmac.org/>

Center for Disease Control

<http://www.cdc.gov/hiv/pubs/facts.htm>

World Health Organization

http://www.who.int/topics/hiv_infections/en/

LGBT Health

National Coalition for LGBT Health

<http://www.lgbthealth.net/>

LGBT Health Channel

<http://www.gayhealthchannel.com/>

LGBT Health Resource Center

<http://www.safeguards.org/>

Men's Health

Center for Disease Control Men's Health: <http://www.cdc.gov/men/>

<http://www.4woman.gov/mens/index.htm>

Nutrition Information:

American Diabetes Association

<http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp>

American Dietetic Association

<http://www.eatright.org/Public/>

My Pyramid

<http://www.mypyramid.gov>

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

Nutrition.gov

<http://www.nutrition.gov/>

Herbs/Supplements

Food and Drug Administration (FDA)

<http://www.cfsan.fda.gov/~dms/supplmnt.html>

Food and Nutrition Information Center: Dietary Supplements and Herbal Information

<http://www.nal.usda.gov/fnic/etext/000015.html>

Quackery

National Council Against Health Fraud

<http://www.ncahf.org/>

Quack watch

<http://www.quackwatch.org/>

Sexual Assault

Men Can Stop Rape: <http://www.mencanstoprape.org/>

Site with information on programs geared to challenging the male youth to value alternative visions of male strength to prevent violence against women.

National Sexual Violence Resource Center: <http://www.nsvrc.org/>

AVP: The New York City Gay & Lesbian Anti-Violence Project: <http://www.avp.org/>

Emergency Contraception, Not-2-Late.com: <http://ec.princeton.edu/>

Offers information about what emergency contraception is, how it works and how to get access to it.

Rape, Abuse, & Incest National Network: <http://www.rainn.org/>

Safe Horizon: <http://www.safehorizon.org/>

Organization that provides support, aims to prevent violence and promote justice for victims of crime and abuse for themselves, their families, and the communities.

Sexual Health

AASECT, American Association of Sex Educators, Counselors and Therapists:

<http://www.aasect.org/>

Site offers resources on sex education and how to contact professionals in the field.

ASHA, American Social Health Association: <http://www.ashastd.org/>

K.I.S.I.S.S., The Kinsey Institute's Sexuality Information Service for Students:

<http://www.indiana.edu/~kisiss/>

Database for students to access in regards to sexuality topics and questions/answers from other students.

Planned Parenthood, Sexual Health:

<http://www.plannedparenthood.com/pp2/portal/medicalinfo/sexualhealth/?jsessionid=C2362ADEADFFB9D2FECAC48C8BF5E281>

Sexual Health Network: <http://www.sexualhealth.com/>

Offers a wide range of sexual health information for men and women in regards to love, relationships, chronic conditions, disability, STI's and sexual health resources.

SIECUS, Sexuality Information and Education Council of the United States:

<http://www.siecus.org/>

Vetetarianism

Vegetarian Resource Group

<http://www.vrg.org/>

Vegetarian Society

<http://www.vegsoc.org/>

VegDining.com

<http://www.veg dining.com/Home.cfm>

Talksoy.com

<http://www.talksoy.com/>

Women's Health

The National Women's Health Information Center

<http://www.4woman.gov/>

College Women's Health

<http://4collegewomen.org/>

National Women's Health Resource Center

<http://www.healthywomen.org/>

National Women's Health Network

<http://www.womenshealthnetwork.org/>

Women's Health Matters

<http://www.womenshealthmatters.org>