

# We the Healthy

## Utilizing Government Information For Health Studies Library Instruction

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Indiana University Bloomington

October 22, 2024

Federal Depository Library Conference



# Health Legislation

GovInfo ([govinfo.gov](https://www.govinfo.gov))

Federal Register ([federalregister.gov](https://www.federalregister.gov))

United States Code ([uscode.house.gov](https://www.uscode.house.gov))

Congressional Record  
([congress.gov/congressional-record](https://www.congress.gov/congressional-record))



# “I’m researching gender-affirming care, and I am looking for recent legislative action in support of it. Can you help?”

### Refine Your Search

- Collection count | ↓↑
  - Budget of the United States Government (2)
  - Coastal Zone Information Center (9)
  - Code of Federal Regulations (7)
  - Compilation of Presidential Documents (70)
  - Congressional Bills (761)

See More +
- Date Published count | date
  - 2025 (14) >
  - 2024 (562) >
  - 2023 (872) >
  - 2022 (752) >
  - 2021 (728) >

See More +
- Government Author count | ↓↑
  - Administration for Children and Families (4)
  - Agriculture Department (74)
  - Air Force Department (29)

### Search Results

You Searched For: **gender affirming care** x

18,460 Records  View Historical Results ⓘ

Relevance ▾

Previous **1** 2 3 4 ... 999 1000 Next

10 per page ▾

- 1. Gender-Affirming Care and Young People**

*Health and Human Services Department. Office of Public Health and Science. 2022.*

... Gender-affirming care is a supportive form of healthcare. It consists of an array of services that may include medical, surgical, mental health, and non-medical services for transgender and nonbinary people. For transgender and nonbinary children and adolescents, early gender-affirming care is crucial to overall health and...

[PDF](#) [DETAILS](#) [SHARE](#)
- 2. S. 2246 (IS) - Gender-Affirming Care Access Research for Equity Act**

*Congressional Bills. 118th Congress. Introduced in Senate. Tuesday, July 11, 2023.*

... Control and Prevention for conducting or supporting research on barriers to gender-affirming care. IN THE SENATE OF THE UNITED STATES July 11, 2023 Mr. Markey (for himself, Mr. Padilla, Mr. Welch, Ms. Warren, Mr. Merkley, Ms. Hirono, Mrs. Feinstein, and Mr. Blumenthal) introduced the following bill; which was read twice and referred to the ...

[PDF](#) [TEXT](#) [XML](#) [DETAILS](#) [SHARE](#)

IV

118TH CONGRESS  
2D SESSION

## H. RES. 1135

Supporting the goals and ideals of the Rise Up for LGBTQI+ Youth in Schools Initiative, a call to action to communities across the country to demand equal educational opportunity, basic civil rights protections, and freedom from erasure for all students, particularly LGBTQI+ young people, in K–12 schools.

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IN THE HOUSE OF REPRESENTATIVES

APRIL 11, 2024

Mr. TAKANO (for himself, Ms. BALINT, Ms. BONAMICI, Mr. DAVIS of Illinois, Ms. GARCIA of Texas, Mr. GOTTHEIMER, Ms. MCCOLLUM, Mr. MCGOVERN, Mr. MOULTON, Mr. NADLER, Ms. NORTON, Mr. POCAN, Ms. SALINAS, Ms. SÁNCHEZ, Ms. TLAI, Mr. TORRES of New York, Mrs. WATSON COLEMAN, and Ms. WILLIAMS of Georgia) submitted the following resolution; which was referred to the Committee on Education and the Work-

“I’m researching gender-affirming care, and I am looking for recent legislative action in support of it. Can you help?”

**H.Res.1135 - Supporting the goals and ideals of the Rise Up for LGBTQI+ Youth in Schools Initiative, a call to action to communities across the country to demand equal educational opportunity, basic civil rights protections, and freedom from erasure for all students, particularly LGBTQI+ young people, in K-12 schools.**

118th Congress (2023-2024) | [Get alerts](#)


**RESOLUTION**

Hide Overview ✕

**Sponsor:** [Rep. Takano, Mark \[D-CA-39\]](#) (Introduced 04/11/2024)

**Committees:** House - Education and the Workforce

**Latest Action:** House - 04/11/2024 Referred to the House Committee on Education and the Workforce. ([All Actions](#))

**Tracker:**  **Introduced** → Agreed to in House

**More on This Bill**

[CBO Cost Estimates \[0\]](#)

**Subject — Policy Area:**

Education

**Give Feedback on This Bill**

[Contact Your Member](#)

# My Healthfinder

health.gov/healthfinder

## MyHealthfinder Tool

See which screening tests and vaccines you or your loved ones need to stay healthy.

**Age \***

**Sex \***

Female

Male

→ Get results

Why are we asking these questions?

Here are important ways for a woman age 36 to stay healthy.



Schedule these screenings, doctor visits, and other services:

- Blood pressure screening
- Cervical cancer screening
- Hepatitis C screening
- HIV testing
- Important vaccinations, including the seasonal flu vaccine
- Well-woman visit



If you're sexually active, talk to your doctor about:

- Birth control
- Chlamydia and gonorrhea testing
- Syphilis testing

If you're planning to become pregnant, make sure you're getting enough folic acid.



Talk to your doctor if you're concerned about:

- Alcohol use
- Anxiety
- Depression
- Drug misuse
- Relationship violence

### Find and access preventive services

Learn how to get the preventive care you need to stay healthy

### Know your blood pressure

Keep track of your numbers to help prevent and control high blood pressure

### Quit smoking

If you smoke, ask your doctor about ways to help you quit

# My Healthfinder



## Talking with the Doctor

Take charge of your health – ask questions at the doctor's office to get better care.



## Safety

Get tips that can help you stay safe at home and on the go.



## Doctor and Midwife Visits

Find out how your doctor or midwife can help you have a healthy pregnancy.

# MyPlate

myplate.gov

**DGA** Dietary Guidelines for Americans  
**2020 - 2025**

Make Every Bite Count With the Dietary Guidelines

USDA DietaryGuidelines.gov

USDA Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

### Start simple with MyPlate

## Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

- Plan, plan, plan**  
Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.
- Compare similar products**  
Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.
- Stretch your food dollars**  
Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.
- Grow your own in your home**  
Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.
- Buy in bulk**  
Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.
- Look for on-sale produce**  
Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

**DGA** Dietary Guidelines for Americans  
Go to [MyPlate.gov](https://www.ChooseMyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating add up over time, bite by bite.

FNS-905-23  
March 2022

USDA United States Department of Agriculture

## Behavioral Milestones

The preschool years are an important time for developing healthy habits for life. From 2 to 5 years old, children grow and develop in ways that affect behavior in all areas, including eating. The timing of these milestones may vary with each child.

**2-5 Year Olds!**

- 2 YEARS**
  - Can use a spoon and drink from a cup
  - Can be easily distracted
  - Growth slows and appetite drops
  - Develops likes and dislikes
  - Can be very messy
  - May suddenly refuse certain foods
- 3 YEARS**
  - Makes simple either/or food choices, such as a choice of apple or orange slices
  - Pours liquid with some spills
  - Comfortable using fork and spoon
  - Can follow simple requests such as “Please use your napkin.”
  - Starts to request favorite foods
  - Likes to imitate cooking
  - May suddenly refuse certain foods
- 4 YEARS**
  - Influenced by TV, media, and peers
  - May dislike many mixed dishes
  - Rarely spills with spoon or cup
  - Knows what table manners are expected
  - Can be easily sidetracked
  - May suddenly refuse certain foods
- 5 YEARS**
  - Has fewer demands
  - Will usually accept the food that's available
  - Dresses and eats with minor supervision

Go to [www.ChooseMyPlate.gov](https://www.ChooseMyPlate.gov) for more information. USDA is an equal opportunity provider and employer.

Center for Nutrition Policy and Promotion  
July 2015

# MyPlate

WELCOME TO

## MyPlate KITCHEN



My Saved Recipes



My Cookbooks




Videos



Resources



# MyPlate








**October Recipe**  
Homemade applesauce, an easy treat to make, is a wonderful side dish or dessert option.

**Trending Recipes**

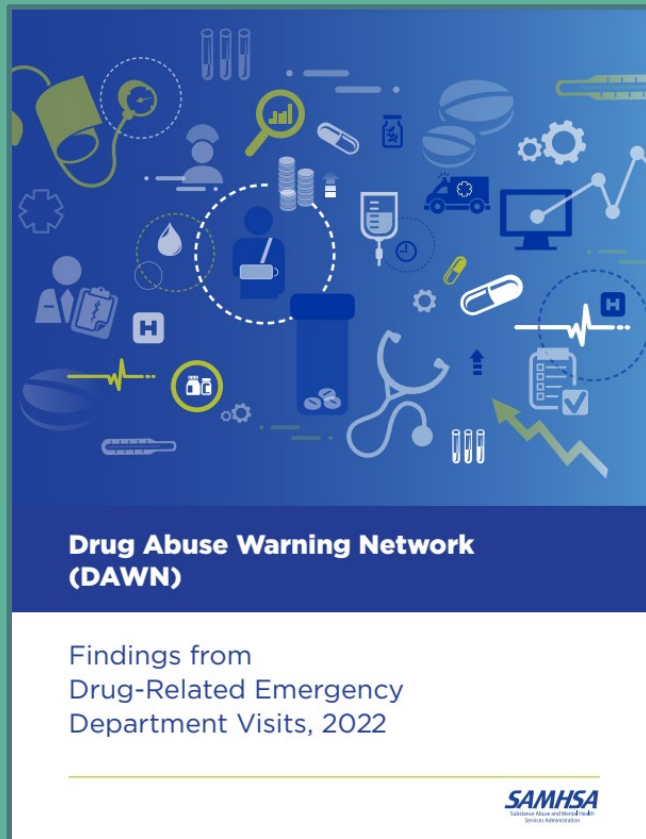
**30 Minutes or Less**

|  |   |  |
|--|---|--|
|  <p><b>MyPlate Recipes</b><br/><a href="#">View Recipes</a></p> |  <p><b>SNAP Recipes</b><br/><a href="#">View Recipes</a></p> |  <p><b>GovDelivery</b><br/><a href="#">Sign Up</a></p> |
|--|---|--|

|   |  |
|---|--|
|    | <h3>#WhatsOnMyPlate Campaign</h3> <p>Use this social media toolkit to help you reach your audience and community about #WhatsOnMyPlate to motivate others to start using MyPlate today.</p> <p><a href="#">Learn More</a></p>                                |
|    | <h3>Registered Dietitian Nutritionists</h3> <p>This toolkit presents a roadmap to MyPlate information and resources for Registered Dietitian Nutritionists and food and nutrition professionals.</p> <p><a href="#">Learn More</a></p>                       |
|    | <h3>Food Producers and Retailers</h3> <p>In this toolkit, people working across the food supply chain can find ideas for using MyPlate with employees, customers, and consumers.</p> <p><a href="#">Learn More</a></p>                                       |
|  | <h3>Community and Professional Organizations</h3> <p>In this toolkit, public health and health professionals are guided to resources that provide a foundation for working with patients and clients in the community.</p> <p><a href="#">Learn More</a></p> |
|  | <h3>Communicators and Educators</h3> <p>This toolkit directs those who incorporate MyPlate messages into their communications and lesson plans to a broad array of information and resources.</p> <p><a href="#">Learn More</a></p>                          |

# Resources from the Substance Abuse and Mental Health Services Administration (SAMHSA)

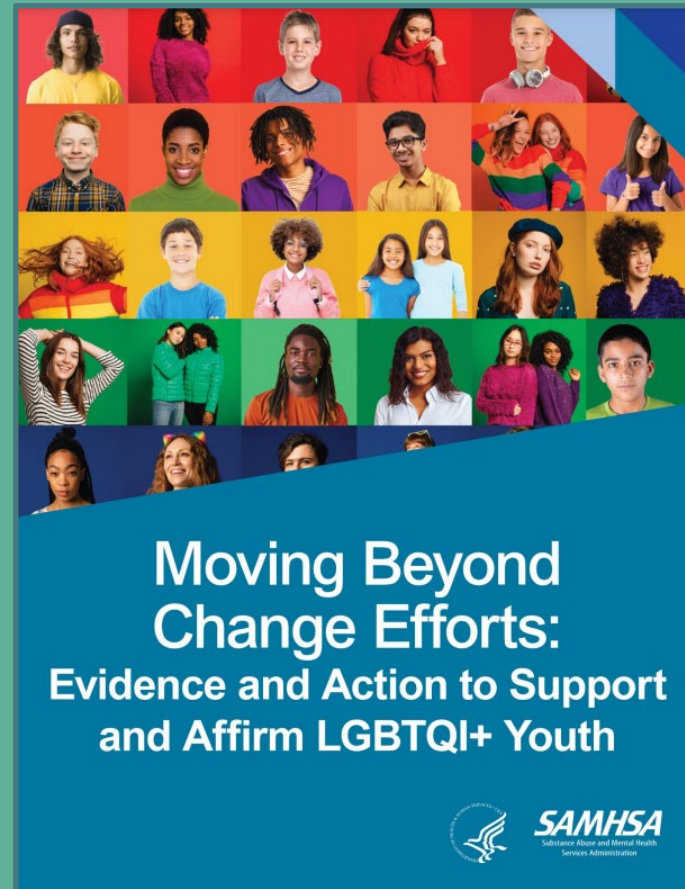
samhsa.gov



**Drug Abuse Warning Network (DAWN)**

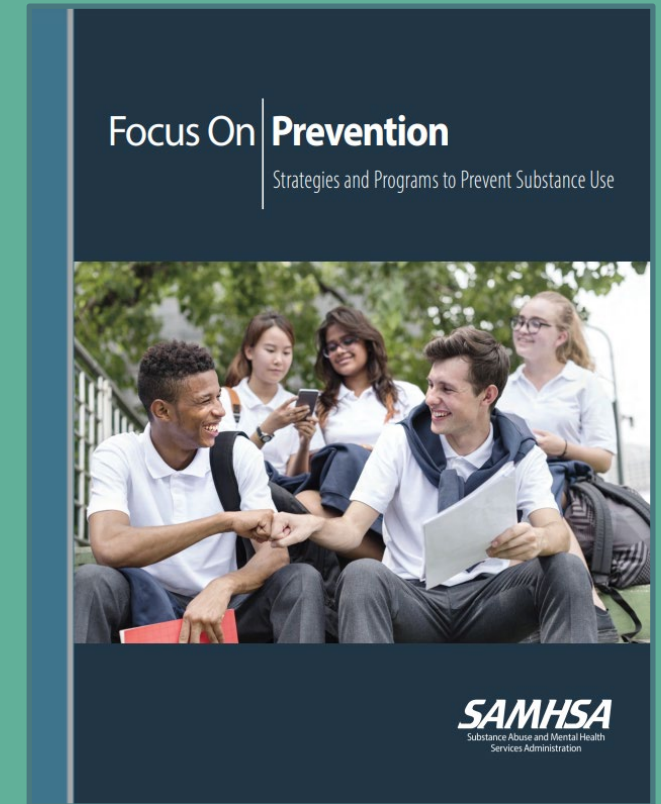
Findings from  
Drug-Related Emergency  
Department Visits, 2022

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



**Moving Beyond  
Change Efforts:  
Evidence and Action to Support  
and Affirm LGBTQI+ Youth**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



**Focus On Prevention**  
Strategies and Programs to Prevent Substance Use

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Resources from the Substance Abuse and Mental Health Services Administration (SAMHSA)

## Treatment Episode Data Set (TEDS)

The Treatment Episode Data Set (TEDS) provides episode-level data on clients aged 12 and older receiving substance use treatment services from facilities that are licensed or certified by their respective single state agencies (SSAs). TEDS data are processed and stored as two separate data sets, TEDS-A (admissions) and TEDS-D (discharges). For each treatment episode, TEDS collects data on client's characteristics, substance(s) used, the type and duration of treatment service(s) received, years of education completed, and National Outcome Measures (NOMs).

June 30, 2024, data updated quarterly

STATE: Indiana

YEAR: 2023

TYPE: Admissions

[View Data](#)

## National Substance Use and Mental Health Services Survey (N-SUMHSS)

The National Substance Use and Mental Health Services Survey (N-SUMHSS) is an annual survey of facilities providing substance use and mental health treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). The N-SUMHSS collects data on the location, characteristics, services offered, and number of clients from all public and private facilities providing substance use and mental health treatment in the United States, its territories, and the District of Columbia.

September 25, 2023, data updated annually

STATE: Colorado

YEAR: 2022

[View Data](#)

## National Mental Health Services Survey (N-MHSS)

The National Mental Health Services Survey (N-MHSS) is an annual survey of facilities providing mental health treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). The N-MHSS collects data on the location, characteristics, services offered and number of clients in treatment at mental health treatment facilities (public and private) throughout the 50 states, the District of Columbia, U.S. territories, and other jurisdictions.

August 10, 2022, last annual update

The N-SUMHSS has replaced the N-SSATS and the N-MHSS since 2021

STATE: Massachusetts

YEAR: 2017

[View Data](#)

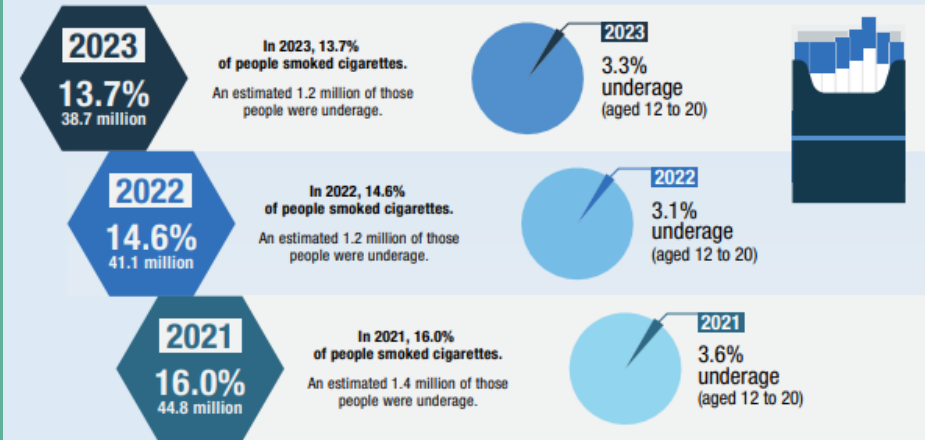
“My final project centers around recent trends teenage in cigarette smoking and vaping. Can you help me find last year’s numbers on this?”

## Cigarette Use and Nicotine Vaping in the Past Month

NSDUH asked respondents aged 12 or older about their cigarette use and nicotine vaping in the 30 days before the interview.

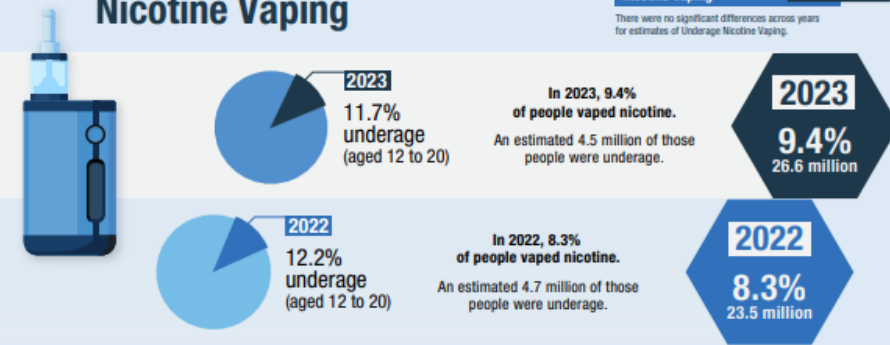
### Cigarette Use

Differences across Years:  
Cigarette Use  
There were no significant differences across years for estimates of Underage Cigarette Use.



### Nicotine Vaping

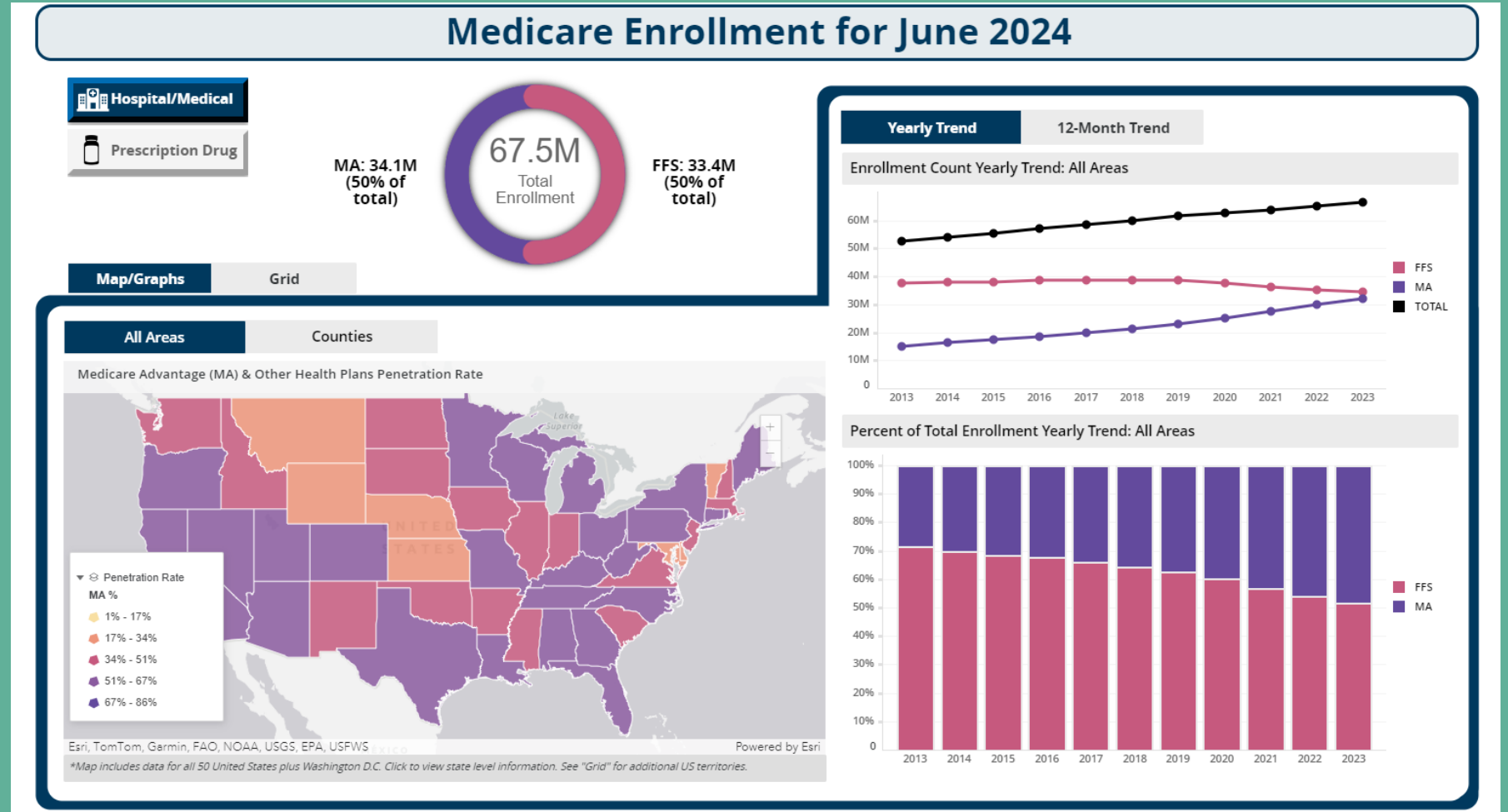
Differences across Years:  
Nicotine Vaping  
There were no significant differences across years for estimates of Underage Nicotine Vaping.



<sup>1</sup> Nicotine vaping estimates from 2021 are not comparable with estimates from 2022 and 2023 and have been excluded.

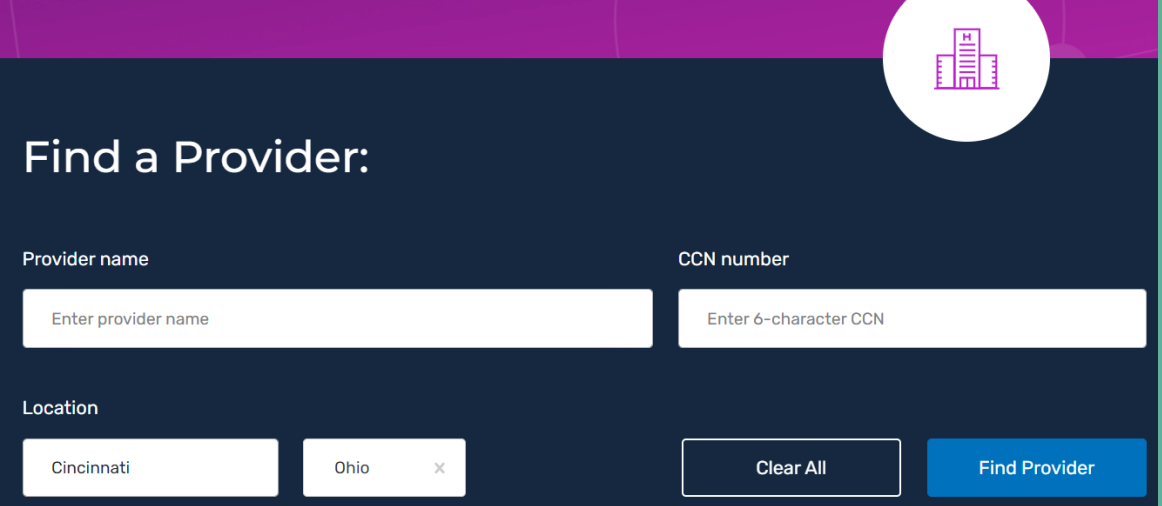
# Data from the Centers for Medicare and Medicaid Services (CMS)

data.cms.gov



# Data from the Centers for Medicare and Medicaid Services (CMS)

data.cms.gov



The image shows the 'Find a Provider' search interface on the CMS website. It features a dark blue header with a purple bar at the top. A circular icon with a hospital building is in the top right. The main search area has three input fields: 'Provider name' (with placeholder 'Enter provider name'), 'CCN number' (with placeholder 'Enter 6-character CCN'), and 'Location' (with 'Cincinnati' and 'Ohio' selected). There are 'Clear All' and 'Find Provider' buttons.

Displaying 1-7 of 7 records Records per page: 10

|  |                |             |
|--|----------------|-------------|
| <a href="#">Bethesda North</a>                 | Cincinnati, OH | CCN: 360179 |
| <a href="#">Christ Hospital</a>                | Cincinnati, OH | CCN: 360163 |
| <a href="#">Good Samaritan Hospital</a>        | Cincinnati, OH | CCN: 360134 |
| <a href="#">Mercy Health - West Hospital</a>   | Cincinnati, OH | CCN: 360234 |
| <a href="#">Mercy Health-Anderson Hospital</a> | Cincinnati, OH | CCN: 360001 |

# Data from the Centers for Medicare and Medicaid Services (CMS)

## Inpatient discharges by this provider:

Displaying **1 - 10** of **121** records

Records per page: 10 ▾

| DRG Code | DRG Description   | Total Discharges | Average Covered Charges | Average Total Payments | Average Medicare Payments |
|----------|---|------------------|-------------------------|------------------------|---------------------------|
| 004      | TRACHEOSTOMY WITH MV >96 HOURS OR PRINCIPAL DIAGNOSIS EXCEPT FACE, MOUTH AND NECK WITHOUT | 14               | \$314,893               | \$100,703              | \$77,624                  |
| 039      | EXTRACRANIAL PROCEDURES WITHOUT CC/MCC  | 14               | \$38,614                | \$9,170                | \$6,187                   |
| 057      | DEGENERATIVE NERVOUS SYSTEM DISORDERS WITHOUT MCC   | 11               | \$17,922                | \$8,282                | \$6,636                   |
| 064      | INTRACRANIAL HEMORRHAGE OR CEREBRAL INFARCTION WITH MCC                                   | 36               | \$34,793                | \$13,026               | \$11,144                  |

# Healthcare.gov



## 2025 Open Enrollment starts soon

Open Enrollment for 2025 runs November 1, 2024–January 15, 2025. Get Open Enrollment tips.



## The Small Business Health Insurance Tax Credit

Under 25 employees? See if you may qualify.

## Glossary

Jump to letter

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

### A

[Abortion services](#)

[Accountable care organization](#)

[Accreditation](#)

[Actuarial value](#)

[Adjusted Gross Income \(AGI\)](#)

[Advance premium tax credit \(APTC\)](#)

[Affordability exemption](#)

[Affordable Care Act \(ACA\)](#)

[Affordable coverage](#)

[Agent and broker \(health insurance\)](#)

[Alimony](#)

[Allowed amount](#)

[Annual deductible combined](#)

[Annual limit](#)

[Appeal](#)

[Application ID](#)

[Attest/Attestation](#)

[Authorized representative](#)

### B

[Balance billing](#)

[Benefit year](#)

[Benefits](#)

[Biosimilar biological products](#)

[Brand name \(drugs\)](#)

[Broker](#)

[Bronze health plan](#)

### C

[Cafeteria plan](#)

[Canceled debts](#)

[Capital gains](#)

[Chronic disease management](#)

[Claim](#)

[Co-op](#)

[Conversion](#)

[Coordination of benefits](#)

[Copayment](#)



# Census Data

data.census.gov

## Fertility

**1,575,819** ± 5,038

Women 15 to 50 years old in Indiana

**77,984,030** ± 34,163

Women 15 to 50 years old in United States

[S1301](#) | 2023 American Community Survey 1-Year Estimates

### Women with Births in the Past 12 Months in Indiana

[Share / Embed](#)

15 to 19 years - 2,608



20 to 34 years - 65,465



35 to 50 years - 22,004



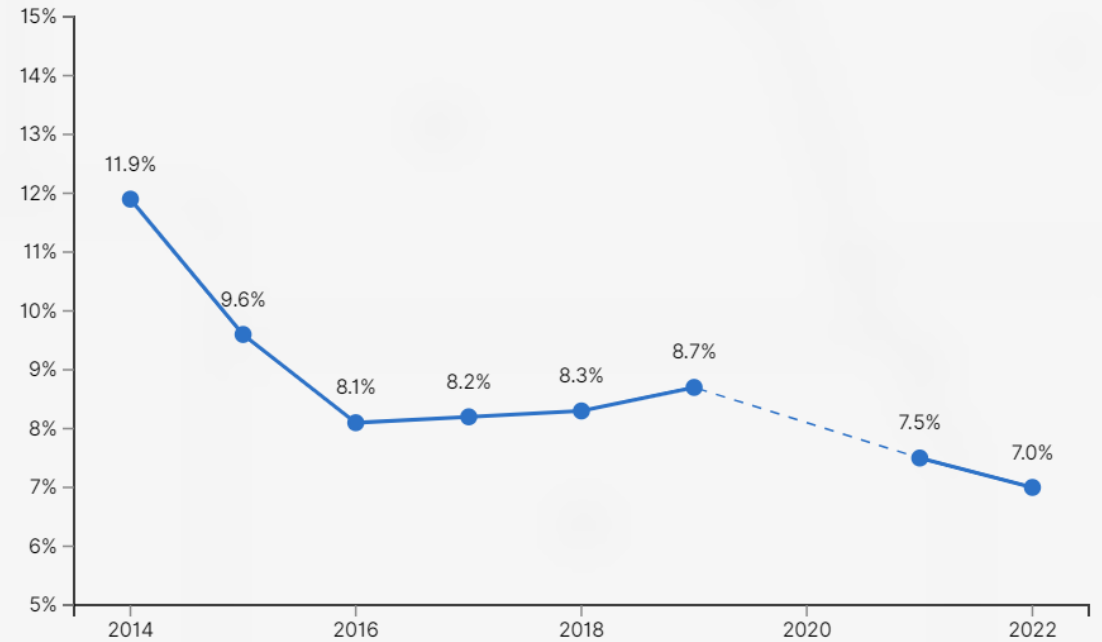
0 10K 20K 30K 40K 50K 60K 70K

[Show Table](#)  Display Margin of Error

[S1301](#) | 2023 American Community Survey 1-Year Estimates

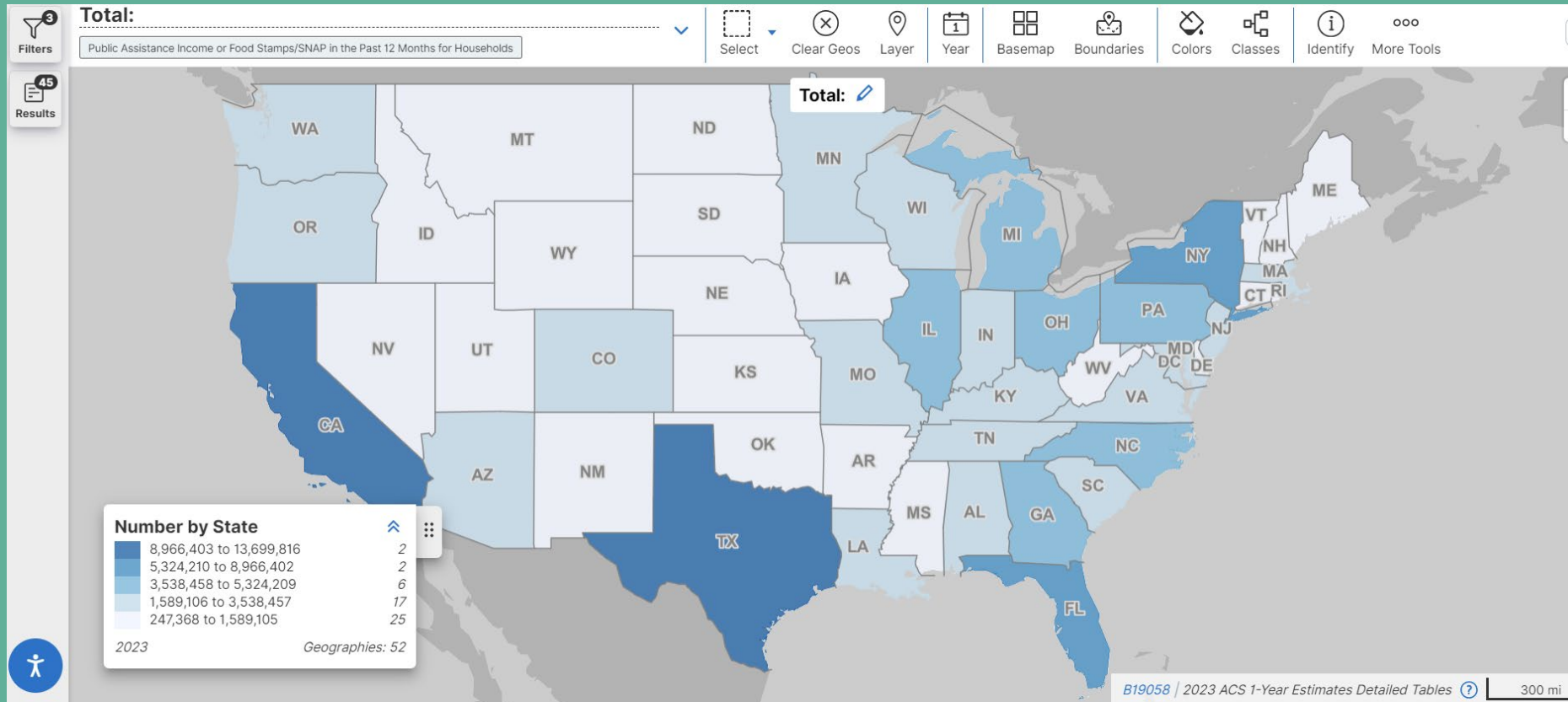
## Population Without Health Insurance Coverage in Indiana

[Share / Embed](#)



The 2020 ACS 1-year estimates were released as an experimental product and are not shown. For more information visit the [ACS Experimental Data Release](#)

“I need to depict the numbers of U.S. households receiving food stamps and similar benefits.”



# Broader Resources

- Bureau of Labor Statistics ([bls.gov](https://www.bls.gov))
- National Center for Education Statistics ([nces.ed.gov](https://nces.ed.gov))
- National Opioid Misuse Community Assessment Tool ([opioidmisusetool.norc.org](https://opioidmisusetool.norc.org))



# Additional Resources

- FDLP Academy
- RSS feeds
- Podcasts



# Thank you!

Emily Alford

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Health Studies Librarian

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