



Resources for General Health Information

At Project Youth In Motion, we believe that access to reliable health information empowers individuals, families, and communities to make informed decisions. Below are trusted resources from leading medical organizations that provide evidence-based information on physical health, nutrition, child wellness, mental health, and disease prevention.

Disclaimer: These resources are for educational purposes only and are not a substitute for professional medical advice. If you have concerns about your health, please consult a qualified healthcare provider.

General Health & Wellness

- [Centers for Disease Control and Prevention \(CDC\) – Health Topics A–Z](#)
 - Learn about diseases, prevention, vaccines, nutrition, and healthy living.
- [MedlinePlus \(National Library of Medicine\)](#)
 - Easy-to-understand health information on hundreds of medical conditions, medications, and wellness topics.
- [National Institutes of Health \(NIH\) Health Information](#)
 - Research-backed health information from one of the world's leading medical research organizations.

Child & Family Health

- [HealthyChildren.org](#)
 - Created by the American Academy of Pediatrics, offering trusted advice for parents and caregivers on child development, nutrition, illnesses, and safety.
- [KidsHealth by Nemours](#)
 - Health information designed specifically for kids, teens, and parents.

Healthy Eating & Nutrition

- [MyPlate \(U.S. Department of Agriculture\)](#)
 - Healthy eating guides, recipes, and nutrition education for all ages.
- [MedlinePlus – Child Nutrition](#)

- Resources on healthy diets, vitamins, hydration, and nutrition for children and teens.

Sports, Physical Activity & Youth Fitness

- [**President's Council on Sports, Fitness & Nutrition**](#)
 - Encourages active lifestyles and provides resources for youth fitness.
- [**CDC – Physical Activity Guidelines**](#)
 - Recommendations for staying active throughout childhood and adolescence.

Mental Health & Well-Being

- [**National Institute of Mental Health \(NIMH\)**](#)
 - Information on stress, anxiety, depression, and emotional wellness.
- [**988 Lifeline Mental Health Resources**](#)
 - Mental health education and crisis support resources for anyone who needs help.

Health Equity & Community Health

These resources align closely with PYIM's mission of increasing health literacy and supporting underserved communities.

- [**Office of Minority Health**](#)
 - Resources addressing health disparities and improving healthcare access.
- [**Health.gov**](#)
 - National health promotion and disease prevention initiatives.
- [**Safe Kids Worldwide**](#)
 - Injury prevention and child safety education for families and communities.

PYIM Recommended Topics

We encourage our community to explore and learn more about:

- Understanding the healthcare system
- Preventive healthcare and routine checkups
- Nutrition and healthy eating

- Physical activity and sports participation
- Mental health awareness
- Childhood wellness
- Injury prevention and sports safety
- Health equity and reducing healthcare disparities
- Health literacy for immigrant and underserved communities