

# Health Reference Center

Student-friendly health resources for informed decision-making

**Health Reference Center** helps students build practical health knowledge and smart decision-making skills with trusted articles and videos on nutrition, mental health, substance abuse, and more—all in a safe, student-friendly space.

## Why it's great

### Supports curriculum

With evidence-based, age-appropriate content aligned to health education standards, its resources engage diverse learners and support varied teaching styles.

### Promotes health literacy

Through clear, accessible articles and videos on key topics like nutrition, mental health, puberty, and social issues, students are empowered to make informed decisions.

### Builds critical life skills

Evidence-based content allows students to make informed decisions, improve analytical thinking, and take personal responsibility for a healthy lifestyle.

## Teaching and learning tools

### Citation Tool

Move from information seeking to communicating by extracting the necessary resource citation for use in a variety of citation managers with dynamic citations available in MLA, Chicago, APA, and Harvard formats.

### Classroom and LTI Integrations

Supports a variety of integration options and partners, including Canvas and D2L (Desire2Learn) and save to Google Drive.

### Interactive Personal Health Tools

A Body Mass Index calculator and interactive MyPlate graphic enable users to assess key indicators regarding their health and plan for a healthy lifestyle.

### Search By Standards

Content is correlated to all major standards, making it easy to find the right material.

