



Online Health Videos

These videos can be streamed on the AIDS Library TV. Many of them are also great for community educational programs. Ask AIDS Library staff for recommendations or other assistance.

GENERAL HEALTH & WELLNESS

Can I Eat That?

By PBS Nova

What are the secrets behind your favorite foods? Why are some treats, like chocolate-chip cookies, delectable, while others, like cookies made with mealworms, disgusting? You might think you understand what makes something sweet, salty, or bitter, but David Pogue gets a taste of a much more complicated truth, as he ventures into labs and kitchens where everything from apple pie to Thanksgiving turkey to juicy grasshoppers is diced, sliced, dissected, and put under the microscope. If scientists can uncover exactly what's behind the mouth-watering flavors and textures we take for granted every day, could they help us enjoy our food more—without packing on the pounds?

<http://www.pbs.org/wgbh/nova/body/can-i-eat-that.html> 53 Minutes

Consumer Drug Information

By the US Food and Drug Administration

Informational videos about consumer medications, both over-the-counter and prescription.

<http://www.youtube.com/playlist?list=PLE280A5586BAE40A5> 20 videos, 1hr 9min

Consumer Goods

By the US Food and Drug Administration

Informational videos about health products, medical procedures, drug interactions, scam “cures,” and much more.

<http://www.youtube.com/playlist?list=PL0F318EA5D70D9168> 69 videos, 2hr 46min

Fitness and Nutrition Videos

By the Mayo Clinic

Experts at Mayo Clinic discuss various fitness, nutrition and lifestyle topics.

<https://www.youtube.com/playlist?list=PL8C1FFCB57BE8120D> 56 videos, 2hr 12min

You can view these materials in the AIDS Library.

Feel free to contact us with questions, or just stop by the library.

We are open to the public: MONDAY-THURSDAY 1-6PM • FRIDAY 1-5

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Food Safety and Nutrition

By the US Food and Drug Administration

Informational videos about food labels, safe handling of meats and produce, and more.

<http://www.youtube.com/playlist?list=PL09CEA15DF71F76E4> 20 videos, 1hr 31min

Marathon Challenge

By PBS Nova

Can anyone run a marathon? How do you run 26.2 miles if you have trouble making it around the block? With good coaching, discipline, and lots of group support, as NOVA shows when it follows 13 generally sedentary people through a training regimen designed to prepare them for an ultimate test of stamina and endurance. Produced in cooperation with the Boston Athletic Association®, which granted NOVA unprecedented access to the 111th Boston Marathon®, and Tufts University, "Marathon Challenge" takes viewers on a unique adventure inside the human body, tracking the physiological changes that exercise can bring about.

<http://www.pbs.org/wgbh/nova/body/marathon-challenge.html> 52 minutes

Mental Health Videos

By Healthguru.com

Your mental health can be easily compromised by a personality disorder, like schizophrenia or bipolar disorder, or by a learning problem, like attention deficit hyperactivity disorder. Watch these videos and find out what's going on.

<http://www.youtube.com/playlist?list=PLA387002AB2C83C39&feature=plpp> 92 videos, 4hr 48min

Nutrition Videos

By Sharp HealthCare

Sharp offers nutrition programs designed to help patients plan healthy meals and understand nutritional information.

<http://www.youtube.com/playlist?list=PL66B54F8494A0A657&feature=plcp> 14 videos, 44min