



## Help Tutorials

Welcome to the Let's Get Healthy! data that have been collected from thousands of individuals around the country. We encourage you to play with the data and explore what it has to offer. In this document, you'll find out how to:

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# Find the data

1. Go to [www.letsgethealthy.org](http://www.letsgethealthy.org)



2. Click on the box “Explore Data”

Note: Site works with Google Chrome, Firefox, or Internet Explorer (versions 9 and later). If you're having trouble with any of the graphics, please check what browser you're using.

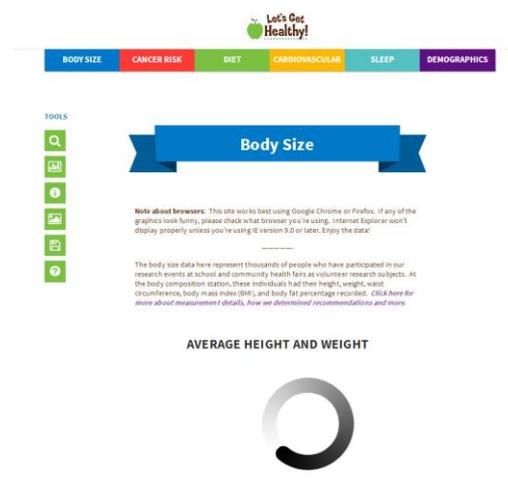


3. Click on the box containing the data you want to see. For this tutorial, we'll be looking at “Body Size”



4. Once you get to the “Body Size” page, you'll see:

- **Green toolbox icons** on the left side that will help you navigate the data
- A grey wheel (**loading icon**) that shows your data are being pulled from our database. The numbers are constantly growing!
- Once the data have been loaded, you'll see pictures of the summarized data (**infographics**). If you do not see images or if things look funny, check what browser you're using!
- A **colored ribbon** at the top that will take you to other data categories



Please go to the next section to learn how to customize the data for your needs

# Use the toolbox icons to

The toolbox icons will help you navigate the data.

We will go through each one below.

## TOOLS



**Customize the data** to show only a specific age range, gender or location where the data were collected



**Explore interactive graphs** of the data. "Drag and drop" to see customizable distributions and correlations using Seelt



**Station Information** that describes how the data were collected and how we determined the recommendations



**Take a picture** to put into a document or presentation



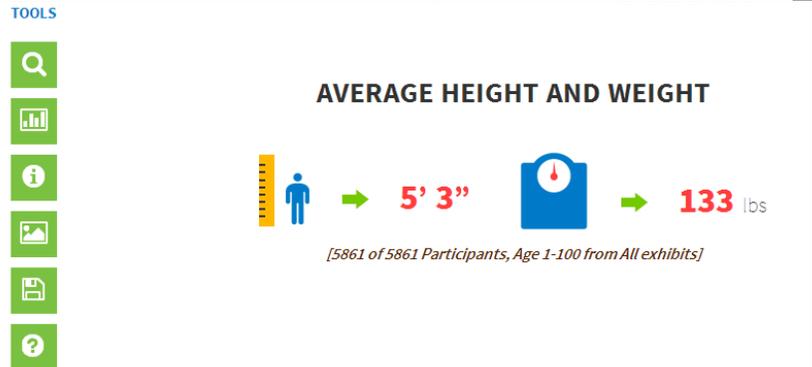
**Save your work** so you can come back later and quickly pull up your customized data



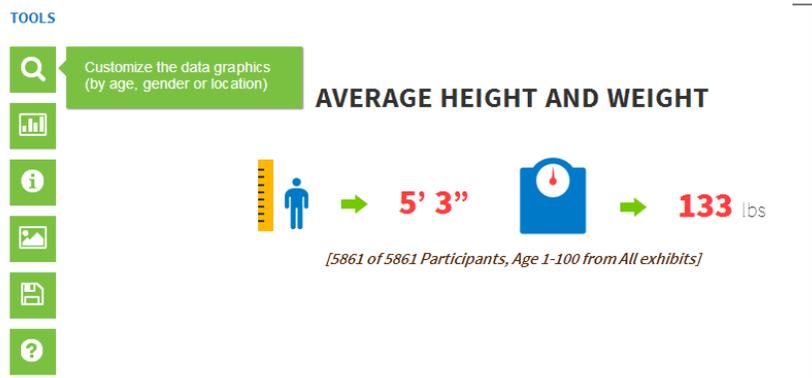
**Help!** Tutorials and instructions on using the site

# Customize and filter the data

1. Once the infographics have loaded, you'll see an image that looks similar to this:



2. Hover over the **magnifying glass** to see the “Customize the data” option. Click on it.



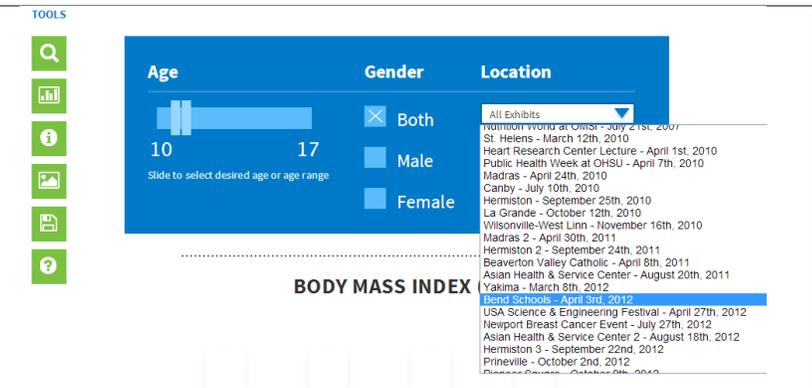
3. A filter window will pop out. This is where you can select which data you want to see:

- **Age:** select a single age or an age range – use your mouse to move the age cutpoints
- **Gender** – pick one or both
- **Location** – we have traveled all around the country. Use the drop down menu if you want to select data from a particular event

Examples of these filter options are shown below

4. For example, say you want to look at data from middle and high school students in Bend, Oregon.

- Use the **age** filter to drag your desired range, say ages 10-17. Overlap them if you wanted a single age.
  - Select both **genders**
  - Select **location** as “Bend Schools”.
- Note: Currently, you can only select



one location. In the future, we would like to update this so that you can select more than one location at a time, for example like all Oregon locations or just a particular county.

5. Select “Go”

TOOLS



### AVERAGE HEIGHT AND WEIGHT

Age	Gender	Location
<input type="range" value="10-17"/> 10 17 <small>Slide to select desired age or age range</small>	<input checked="" type="checkbox"/> Both <input type="checkbox"/> Male <input type="checkbox"/> Female	Bend Schools - April 3rd, ▾
		<input type="button" value="GO"/>

6. To check to see if it worked, **look at the text** under the infographic. It should match your filter criteria.

Note: You'll see that 427 people are shown with measurements for height and weight that matched your filter criteria (people aged 10-17 from Bend school fairs). However, you may notice that it says out of 492 participants. The 492 people represent all people from the Bend event that had measurements completed for height and weight. However, since they are outside the ages of 10-17, they were excluded from the infographic.

TOOLS



### AVERAGE HEIGHT AND WEIGHT



## Take a picture of your work

1. Once you have an image you like, you may want to save it to put into a report or a presentation. To do that, you'll need to **take a screenshot**.

We use screenshots rather than using "save as picture" because these images aren't static, but change completely based on the data selected.

### TOOLS



### AVERAGE HEIGHT AND WEIGHT



[492 of 492 Participants, Age 1-100 from Bend Schools]

The graphics above show the average height and weight for participants completing this station. Use the tools menu to customize these graphics or find out more about how they're measured.

2. Hover over the "Take a picture" icon in the toolbox and click on it.

### TOOLS



Take a picture to put into a document or presentation

### AVERAGE HEIGHT AND WEIGHT



[492 of 492 Participants, Age 1-100 from Bend Schools]

The graphics above show the average height and weight for participants completing this station. Use the tools menu to customize these graphics or find out more about how they're measured.

3. When you click on it, this pop-up will appear with simple instructions. See below for more specific instructions for Windows and Mac.

### How to take a screen shot

#### Windows



Press "PrtScn" to copy the entire screen. (This key is in the upper right of your keyboard.) Paste into a document, presentation or image editor (Microsoft Paint).

#### Mac



Use your mouse to draw a rectangle around what to capture. This will save it as a picture to the desktop.

#### iPhone/iPad



The screen flashes white. Your iDevice captures the entire screen and saves it as a photo.

For Windows:



## How to take a picture with a screen shot (in Windows)

### Taking the screenshot



Press "PrtScn" to capture the entire screen and copy it to the clipboard. This button is often in the top right corner of your keyboard.

### Pasting the screenshot



Press "Ctrl" and "V" to paste it into a Word document, Powerpoint presentation, or other paste-able graphics program (like Windows "Paint" at right).

1. Start "Paint"
2. Paste
3. Save



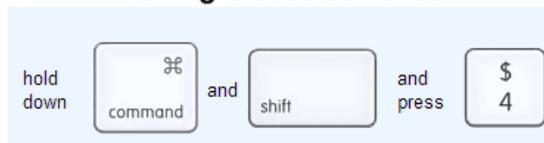
For video tutorials and detailed instructions for other computer platforms, visit [www.take-a-screenshot.org](http://www.take-a-screenshot.org)

For Macs:



## How to take a picture with a screen shot (on a Mac)

### Taking the screenshot



You can take a screenshot of the image you want by pressing command+shift+4. This will allow you to use your mouse to draw a rectangle around the image to be saved.

### Finding and using the screenshot



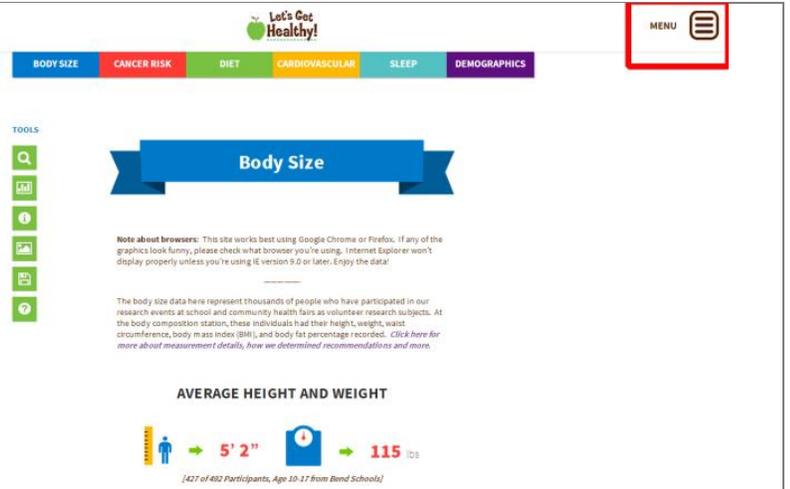
The image will be saved as a file to your desktop with a name like "Screen shot 2013-11-14 at 9:21:00 AM.png"

Then, insert the file into a word document, presentation or any image editor.

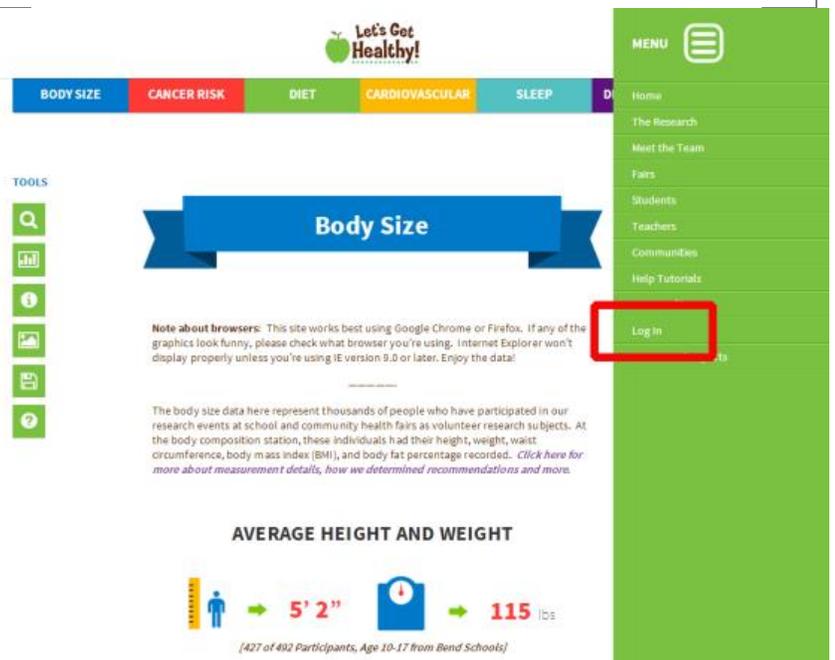
For video tutorials and detailed instructions, visit [www.take-a-screenshot.org](http://www.take-a-screenshot.org)

# Creating a log in

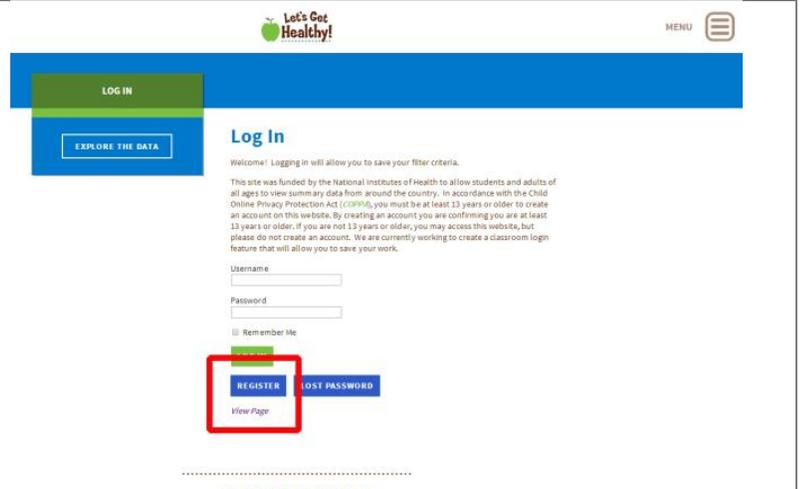
1. In order to save your work or post comments, you must first create a log in. Look for the “Menu” button in the top right corner and click on it.



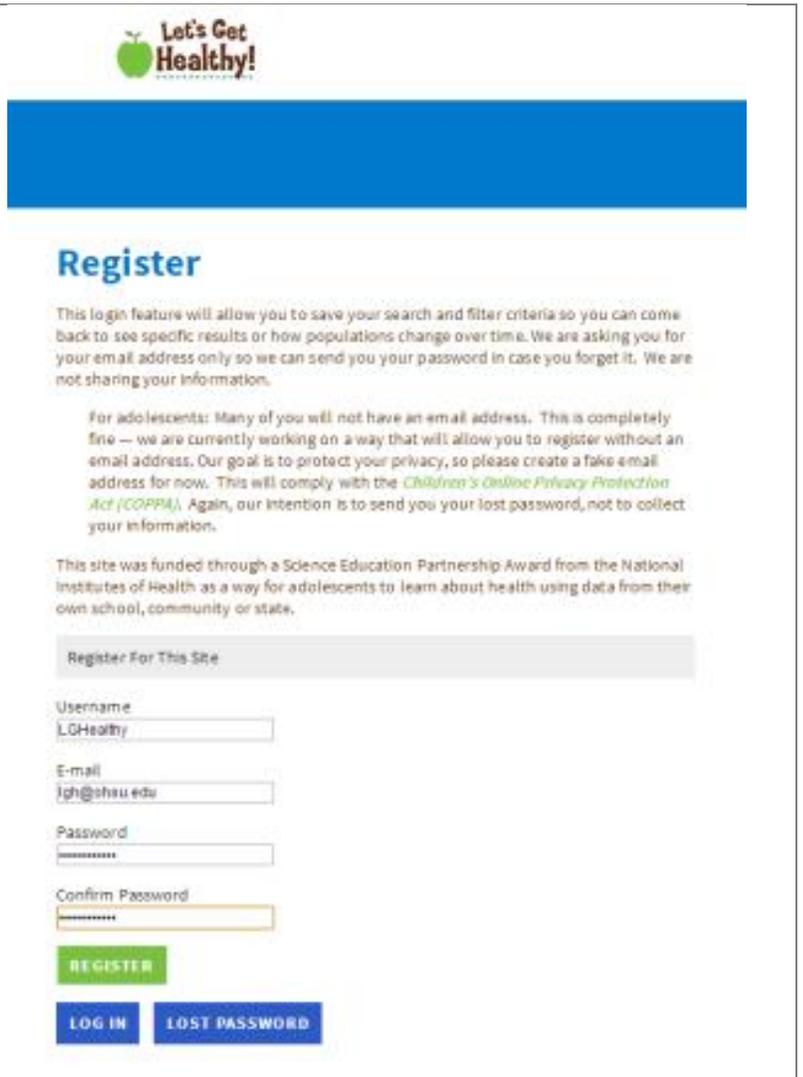
2. Click on the “Log In” option in the menu bar.



3. At the Log In screen, click on the “Register” button

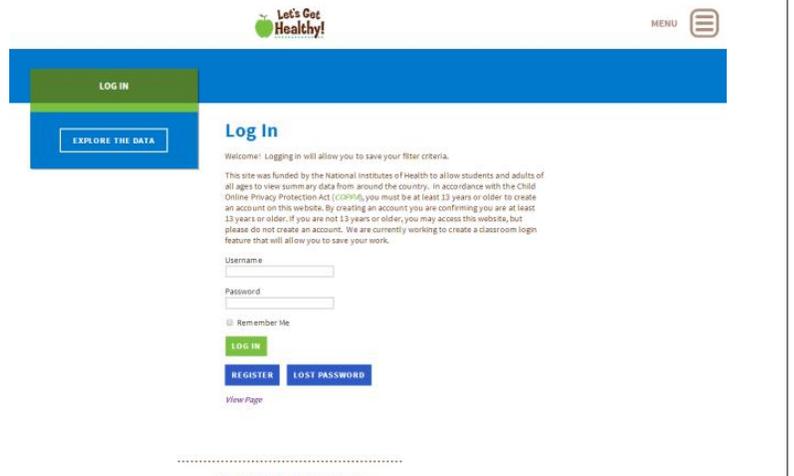


4. Enter a “**Username**” and your **email address**. Please choose a password that you can remember
5. Then click on “Register”



The screenshot shows the 'Let's Get Healthy!' website registration page. At the top is the logo with an apple icon. Below it is a blue header bar. The main heading is 'Register'. The text explains that the login feature allows saving search and filter criteria. It asks for an email address for password recovery. A note for adolescents states that a fake email address is acceptable for privacy. A funding notice mentions the National Institutes of Health. The registration form includes fields for Username (pre-filled with 'LGHealthy'), E-mail (pre-filled with 'lgh@ohsu.edu'), Password, and Confirm Password. There are buttons for 'REGISTER', 'LOG IN', and 'LOST PASSWORD'.

6. It will then bring you back to the “Login” page. Enter the “**Username**” and “**Password**” that you just created.
7. Click “**Log In**”



The screenshot shows the 'Let's Get Healthy!' website login page. At the top is the logo and a 'MENU' icon. Below is a blue header bar with a 'LOG IN' button and an 'EXPLORE THE DATA' button. The main heading is 'Log In'. The text welcomes the user and explains that logging in saves filter criteria. A note mentions funding by the National Institutes of Health and age requirements. The login form includes fields for Username and Password, a 'Remember Me' checkbox, and buttons for 'LOG IN', 'REGISTER', and 'LOST PASSWORD'. A 'View Page' link is also present.

8. You will then be taken to “Your Profile” page that you can enter any information about yourself.

You are now able to save your work or post comments to the page

Howdy, LGHealthy

MENU

YOUR PROFILE

YOUR SAVED REPORTS

EXPLORE THE DATA

### Your Profile

NAME

Username: LGHealthy  
Your username cannot be changed.

First Name:

Last Name:

Nickname (required): LGHealthy

Display name publicly as: LGHealthy

CONTACT INFO

E-mail (required): lg@stou.edu

Website:

AIM:

Yahoo IM:

Jabber / Google Talk:

## Save your work

Note: You will need to login to use this feature. See instructions for “Creating a Log In” before you begin this section.

1. Once you have the data you want, you can come back to it another time. The “**Save**” button allows you to save your search criteria.

This works to:

- come back to a specific set of data or an image without having to re-enter your search criteria.
- track how a population changes as new data are entered, say average BMI for 11-12 year old girls

TOOLS



### AVERAGE HEIGHT AND WEIGHT



[492 of 492 Participants, Age 1-100 from Bend Schools]

The graphics above show the average height and weight for participants completing this station. Use the tools menu to customize these graphics or find out more about how they're measured.

2. Hover over the “**Save**” button and click it

TOOLS



Save your search criteria (free login required)

### AVERAGE HEIGHT AND WEIGHT



[427 of 492 Participants, Age 10-17 from Bend Schools]

The graphics above show the average height and weight for participants completing this station. Use the tools menu to customize these graphics or find out more about how they're measured.

3. A pop-up will appear that asks you to “**Please name your report**”. You will want to give it a name that will help you to identify it later.

4. Press “**OK**”

The page at www.letsgethealthy.org says:

Please name your report

HeightWeight\_Bend\_Girls\_10-17

OK

Cancel

The body size data from research events shows the body composition, circumference, blood pressure, and more.

Click here for more information on our subjects. At the end of the study, click here for more information.

TOOLS



Save your search criteria (free login required)

### AVERAGE HEIGHT AND WEIGHT

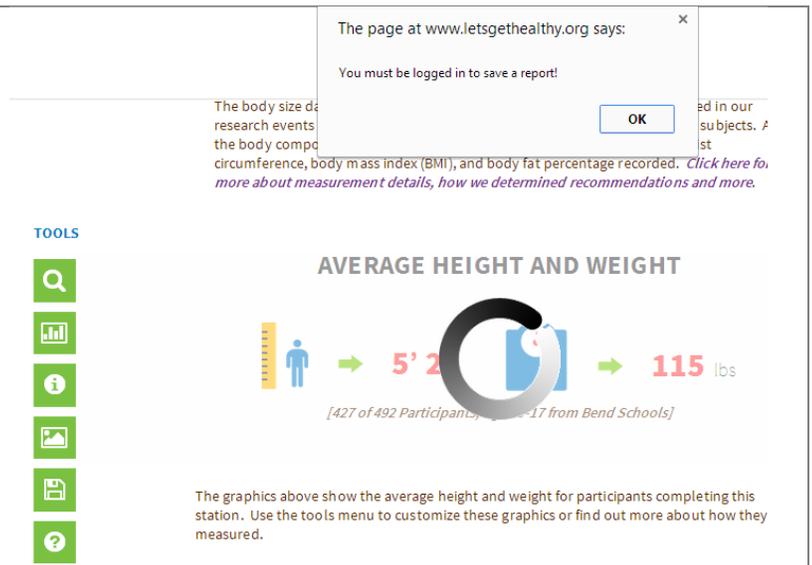


[427 of 492 Participants, Age 10-17 from Bend Schools]

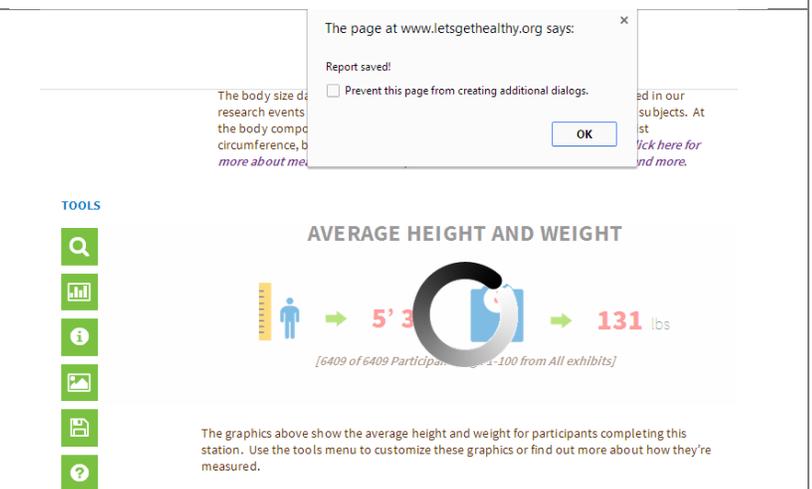
The graphics above show the average height and weight for participants completing this station. Use the tools menu to customize these graphics or find out more about how they're measured.

Note: If you have not yet created a log in, you will receive this screen. Select “OK”

5. Refer to the section with instructions for “Creating a Log In”

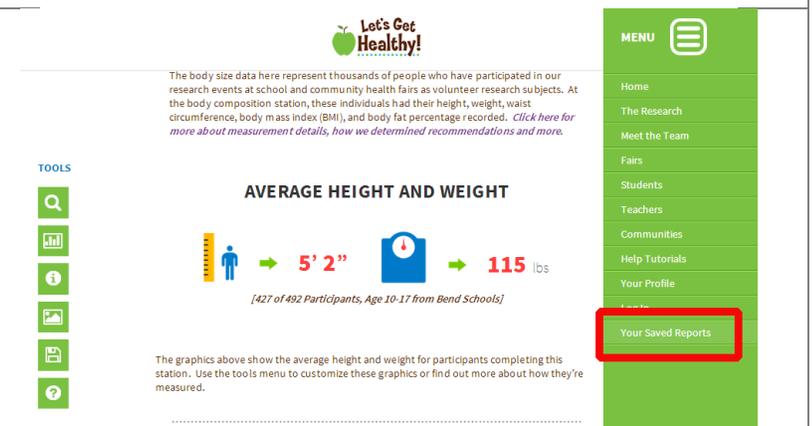


6. If you were logged in, you will receive the “Report saved!” message. Click “OK”.



7. To find your report, click on “Menu” button in top right corner.

8. Click on “Your Saved Reports”



9. You will see a list of your saved reports. Click on the one you would like to view.

10. You can then take a picture of the infographics using the “picture” tool.



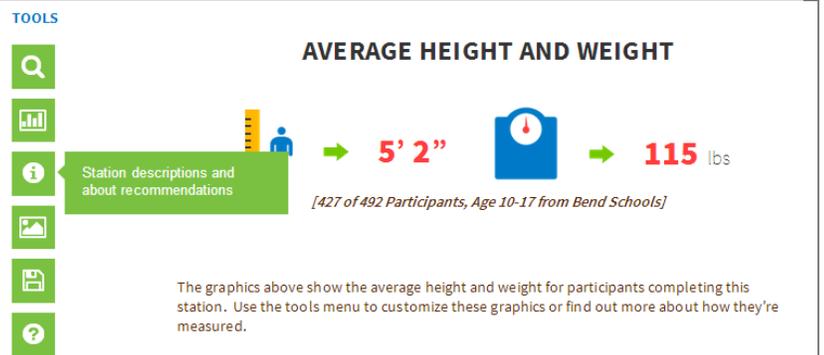
## Get more information about the data

As you're exploring the data, you may be curious about:

- what the measurement is
- how the data were collected
- how we determined recommendations or categories
- where to get more information

These answers can be found under "Station Descriptions".

1. Hover over the information icon and click on "Station Descriptions"



2. Each station has its own page with more information. You can use the left menu bar to go to the information pages of other stations.
3. You can also scroll down to see more information about
  - how the data have been used
  - types of research studies
  - our data dictionary

**Let's Get Healthy!**

**ABOUT THE RESEARCH**

OUR APPROACH

STATION DESCRIPTIONS

ENTRY DEMOGRAPHICS

**BODY COMPOSITION**

DIET

CANCER RISK

SKIN CANCER

LUNG CANCER

BREAST CANCER

CARDIOVASCULAR FUNCTION

BLOOD PRESSURE

BLOOD CHEMISTRY

SLEEP

MEMORY

EPIGENETICS

GENETICS

USING THE DATA

HOW CAN RESEARCH HELP?

HOW THE DATA HAVE BEEN USED

DATA DICTIONARY

OUR PUBLICATIONS

**Body Composition**

**What is it?**

At the body composition station, we determine weight, height, waist circumference, body mass index (BMI) and body fat percentage. All five measures tell us something different and can be used together as an overall indication of a person's body size and composition. For example:

**Weight** can change a lot simply based on a person's height.

**BMI** is a number calculated from a person's weight and height. It provides an indicator of body fitness and is the most commonly used body composition measure to screen for weight categories that may lead to health problems. BMI doesn't take into account muscle mass (which weighs more than fat), so some athletic individuals can have larger BMIs for this reason.

**Body fat percentage** is used instead of BMI to determine body fitness. It used to be measured using calipers, but now is often calculated using special scales that send a very small electrical current through the body (bioimpedance). It provides a reliable measure of body fitness, though it is difficult to measure in most situations since it requires specialized equipment. This is why BMI is used more frequently.

**Waist circumference** provides a measurement of weight around our mid-sections. Extra size in this region has been linked to chronic health problems.

**How is it measured?**

Trained community volunteers help us measure height, weight, body mass index, body fat percentage and waist circumference. Height is measured using a stadiometer (a height stick) in inches, to the nearest half inch. Weight, body mass index, and body fat percentage are measured using a digital Tanita bioimpedance scale (TBA 300A) with precision within 0.2 lb (0.1 kg). Before February 2012, Tanita measures

## Get help

1. If you get stuck at any point, just click on the “**Help!**” button.

You can also find “Help” in the drop down menu found at the top right of the screen.

2. Either will take you to our tutorial pages, which are constantly under development. Just click on the help option that is right for you!

If you have any questions or suggestions, please contact us at [lgh@ohsu.edu](mailto:lgh@ohsu.edu)

The screenshot displays the 'Let's Get Healthy!' website interface. At the top, a navigation bar includes 'BODY SIZE' (highlighted in blue), 'CANCER RISK' (red), 'DIET' (green), 'CARDIOVASCULAR' (orange), 'SLEEP' (teal), and 'DI' (purple). Below this, a 'TOOLS' menu is visible on the left, with a 'Help!' button highlighted in green. The main content area features a title 'AVERAGE HEIGHT AND WEIGHT' and a graphic showing an average height of 5' 2" and an average weight of 115 lbs, based on data from 427 of 492 participants aged 10-17 from Bend Schools. A text box below the graphic explains that the graphics show average height and weight for participants completing this station, and that users can use the tools menu to customize these graphics or find out more about how they're calculated. At the bottom, a blue banner reads 'Body Size'. On the right side, a 'MENU' dropdown is open, listing options: Home, The Research, Meet the Team, Fairs, Students, Teachers, Communities, and Help Tutorials.

# Use Seelt to explore distributions and correlations

Seelt is a data visualization and manipulation tool that was developed by Marco Molinaro's project team at the University of California – Davis. It allows the user to quickly explore data distributions and correlations between variables using drag and drop procedures. All statistical and graphical representations are modified in real time. With every new Let's Get Healthy! fair, more data are added to Seelt!

Use Seelt to explore:

**Distributions** – which represent the data in dot-plots and/or histograms. There is an extensive feature set that allows you to explore mean, median, mode, user defined groups, and box plots. A sampling engine was also added which allows you to see the effects of sample size on the measures of central tendency.

**Correlations** – which allow any two datasets to be graphed as an XY pair if they share a common descriptor (for instance, dairy intake versus BMI can be graphed for participants who completed both measures). Use the tools to estimate and/or measure the strength of correlation. A user-defined line and user-defined “balloon” can be used to subjectively visualize the data trend and general fit. For a more objective approach, a median-median line can be drawn. Lastly, a least-squares regression can be graphed along with r-value. As with Distributions, an edit mode allows the user to readily observe the effect of outliers on r-value and regression line in realtime as the data is edited. Lastly, two different regressions can be compared side by side.

## Accessing Seelt

1. Hover over the graph icon and click on “**Seelt**”

TOOLS



See It - Graph the data to see ranges and comparisons

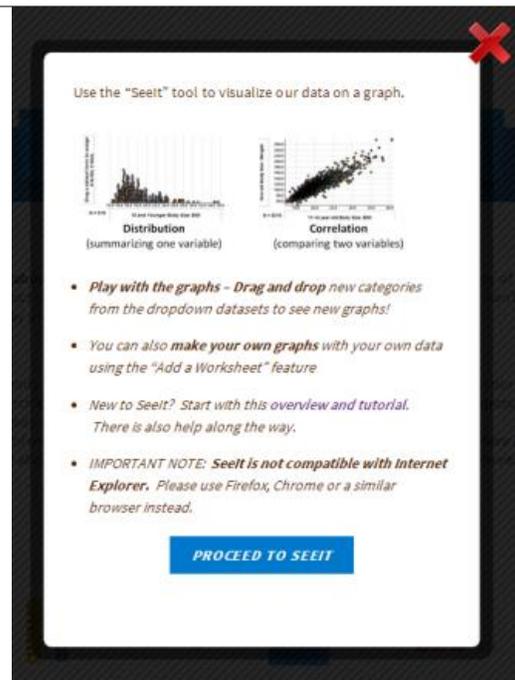
AVERAGE HEIGHT AND WEIGHT

5' 3" 131 lbs  
[6409 of 6409 Participants, Age 1-100 from All exhibits]

The graphics above show the average height and weight for participants completing this station. Use the tools menu to customize these graphics or find out more about how they're measured.

2. A pop up will appear with a brief description of what Seelt does.

Click “**Proceed to Seelt**” or select the option to start with the overview and tutorial.



3. Seelt will begin to load and show its progress as “Loading \_\_\_%”. Remember, it’s pulling data from ALL of our participants, so it will take a little bit to load.

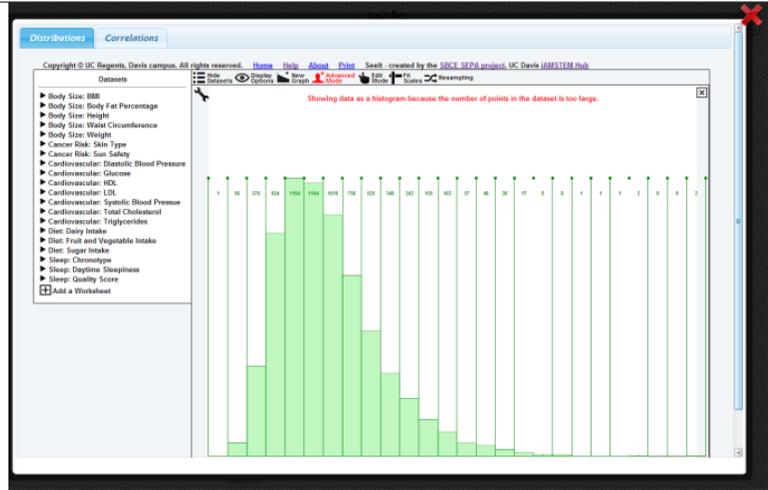
If you close the screen by clicking the red X in the top right of the box, it will go back to the page you were on originally.



# Distributions

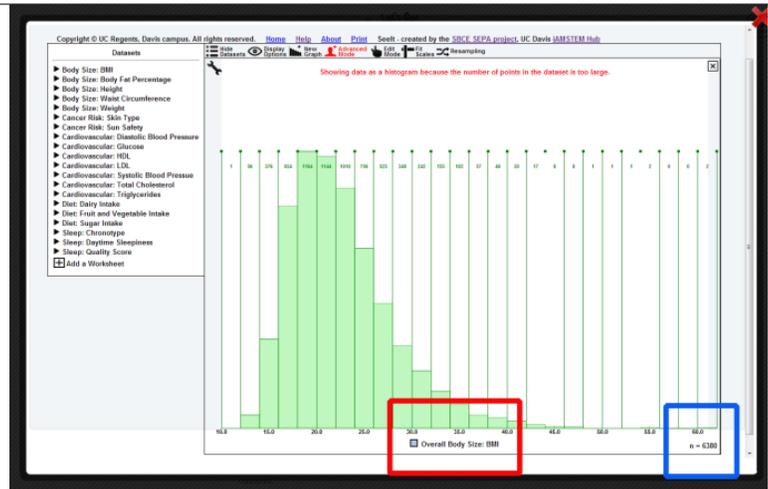
## Starting with Distributions.

1. Seelt will start with distributions and will load the data from the screen you were just on. (For example, if you came from “Body Size”, it will show body size data. If on the Diet page, it would show diet data.)
2. Please note that every computer set up is a little different, so if you can't see the X axis (horizontal axis), **scroll down using the sidebar.**



## Orienting to the Axes

3. Once you see the X axis, you'll be able to see:
  - What is being graphed (in this case, Overall BMI, shown in **red box**)
  - The number of participants that have data for this measurement, shown in **blue box**
  - You'll also be able to see the data displayed on the histogram.



## Expanding Datasets

4. You'll notice there are datasets featured in the left side panel. **Click on a triangle** to expand one of the datasets. For each dataset, you have the following options available:
- Overall
  - Female
  - Male
  - 10 and younger (both genders, representing elementary school)
  - 11-14 years old (both genders; representing middle school)
  - 15-18 years old (both genders, representing high school)
  - Adults (over 18, both genders)

You'll notice it will tell you the sample size for each.

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Datasets

- ▶ Body Size: BMI
- ▶ Body Size: Body Fat Percentage
- ▶ Body Size: Height
- ▶ Body Size: Waist Circumference
- ▶ Body Size: Weight
- ▶ Cancer Risk: Skin Type
- ▶ Cancer Risk: Sun Safety
- ▶ Cardiovascular: Diastolic Blood Pressure
- ▶ Cardiovascular: Glucose
- ▶ Cardiovascular: HDL
- ▶ Cardiovascular: LDL
- ▶ Cardiovascular: Systolic Blood Pressure
- ▶ Cardiovascular: Total Cholesterol
- ▶ Cardiovascular: Triglycerides
- ▶ Diet: Dairy Intake
- ▶ Diet: Fruit and Vegetable Intake
- ▶ Diet: Sugar Intake
- ▶ Sleep: Chronotype
- ▶ Sleep: Daytime Sleepiness
- ▶ Sleep: Quality Score
- ⊕ Add a Worksheet

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Datasets

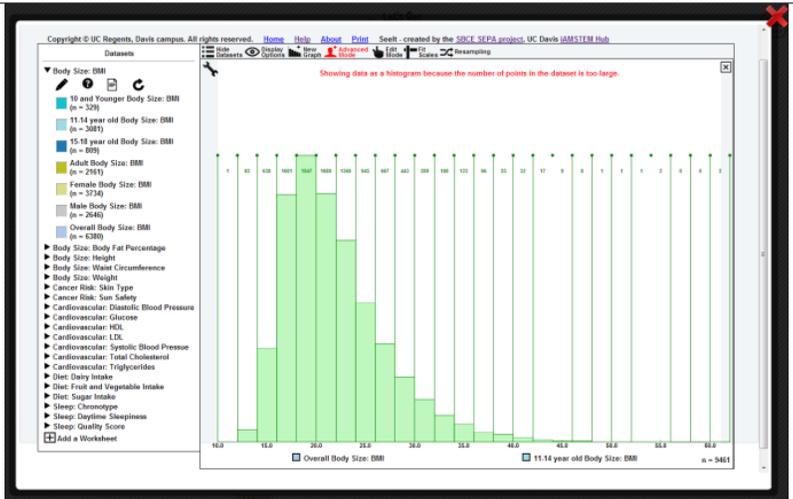
▼ Body Size: BMI

- 10 and Younger Body Size: BMI (n = 329)
- 11-14 year old Body Size: BMI (n = 3081)
- 15-18 year old Body Size: BMI (n = 809)
- Adult Body Size: BMI (n = 2161)
- Female Body Size: BMI (n = 3734)
- Male Body Size: BMI (n = 2646)
- Overall Body Size: BMI (n = 6380)

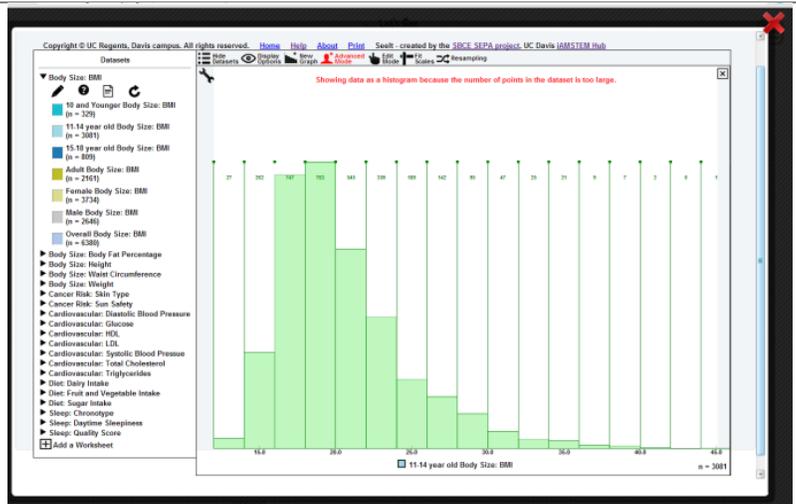
- ▶ Body Size: Body Fat Percentage
- ▶ Body Size: Height
- ▶ Body Size: Waist Circumference
- ▶ Body Size: Weight
- ▶ Cancer Risk: Skin Type

## Selecting different data

5. Select a different age range (or dataset) by dragging and dropping the desired data onto the X axis (bottom axis). This will put both datasets on the same axis.
6. Remove the undesired data by dragging it off the X axis and back towards the datasets.

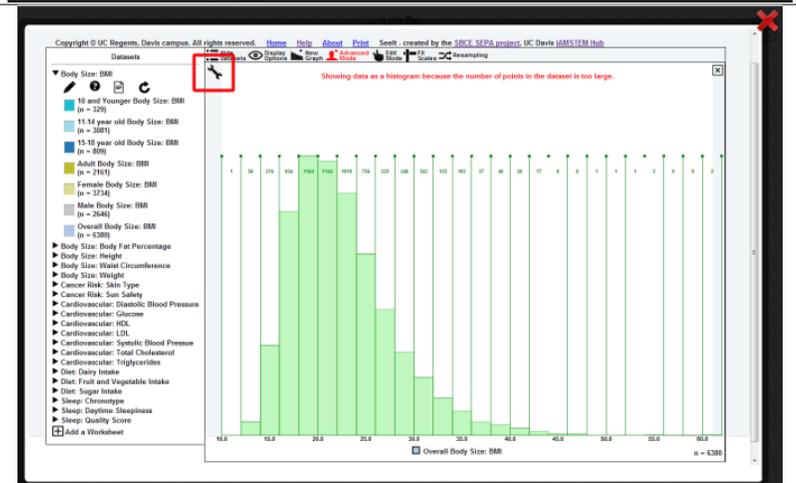


- You will be left with just your desired data (in this case, BMI for 11-14 year olds)



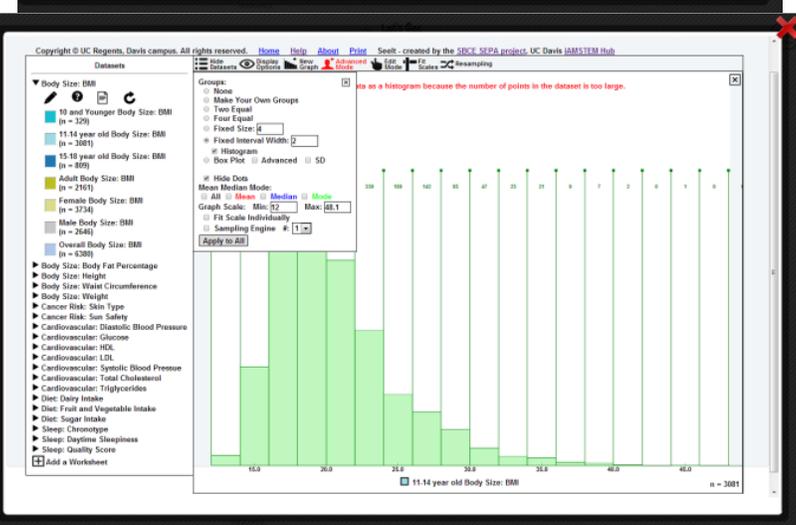
### Understanding your data

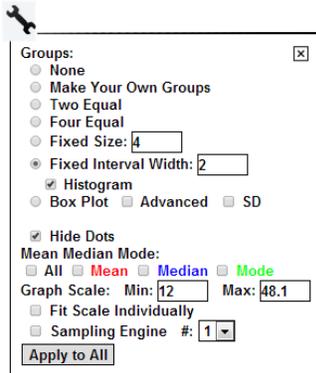
- Click on the “wrench” (red box) to view the data tools



- A drop down menu will appear (descriptions provided below).

Use these tools to play with the data. There are a lot of features available!





**Groups** -- Puts the data into group sizes of your choosing

**Box Plot** -- Shows the data as a box plot instead with the min/max range and quartiles (50% of points inside the box)

**Hide Dots** -- Uncheck this to show the data points that make the box plot

**Mean Median Mode** - Select to see how these descriptives differ for a given dataset

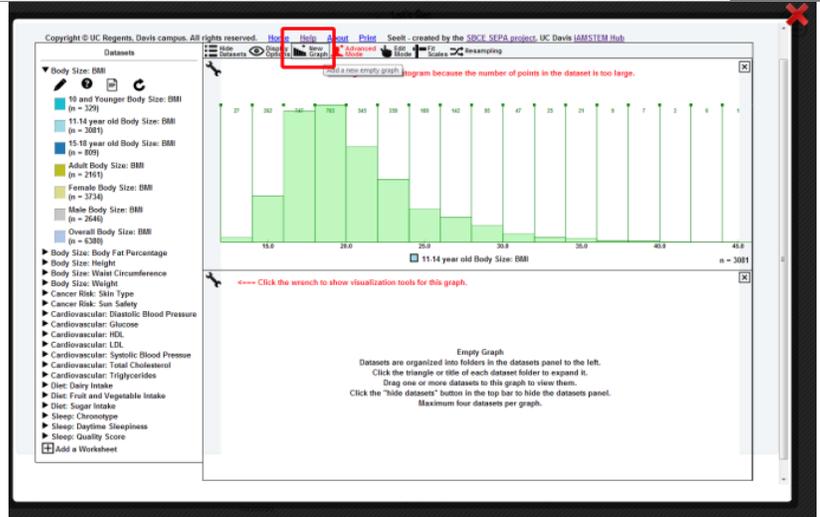
**Graph Scale** - Select part of the graph to show by changing the min and max. Or, have it automatically fit the scale to fit the data

**Sampling Engine** - Allows you to quickly see how a mean and median can change for a population depending on how many datapoints are included

## Add a new graph

10. Compare two data sets by clicking on **"New graph"** in the top menu (red box).

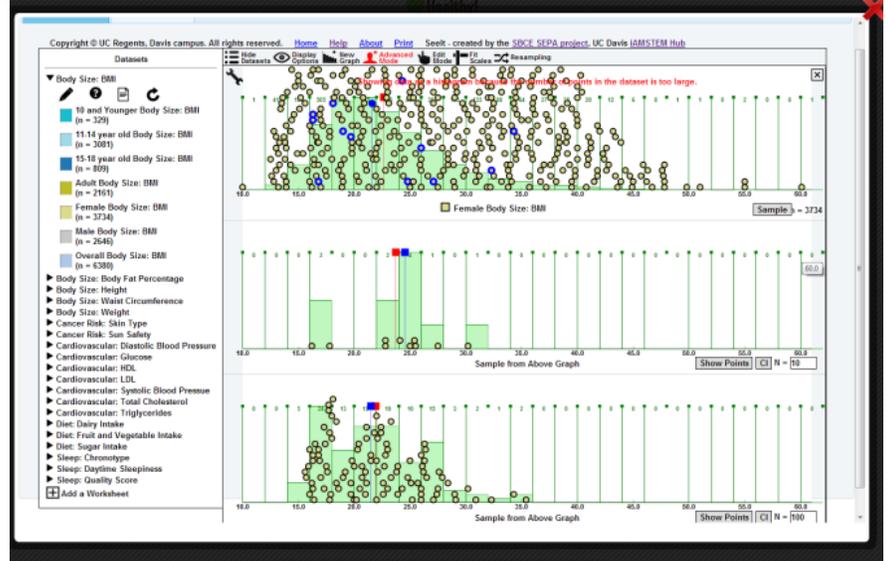
11. Then drag and drop the data you want into the empty graph space. This will allow you to compare two populations, including how their mean and medians differ.



## Resampling

12. From the "Wrench" toolbox, select "Sampling Engine" at the bottom and #"2".

This will draw points from the population to show how the mean and median can shift based on the number of datapoints available – and why having more data can provide a better representation of a population's characteristics.

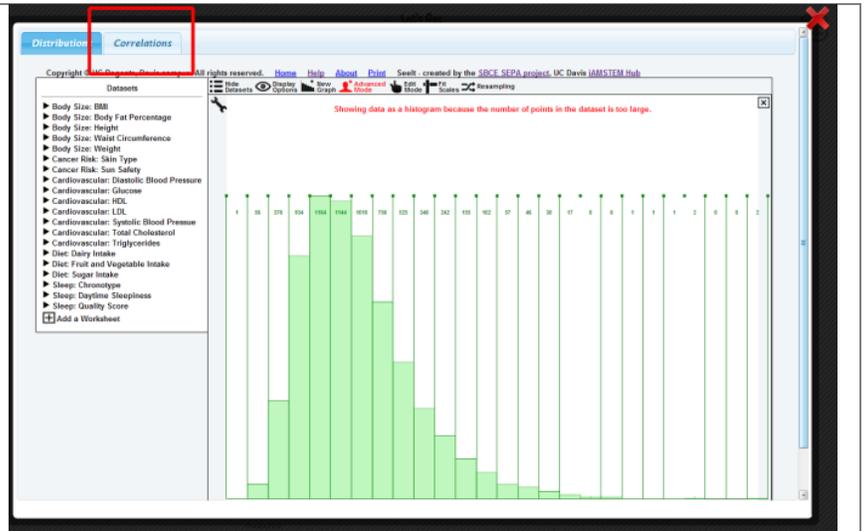


As you can see, there's a lot of data and options with these tools, so have fun exploring the data! If you have any questions or comments, contact us at [lg@ohsu.edu](mailto:lg@ohsu.edu)

# Correlations

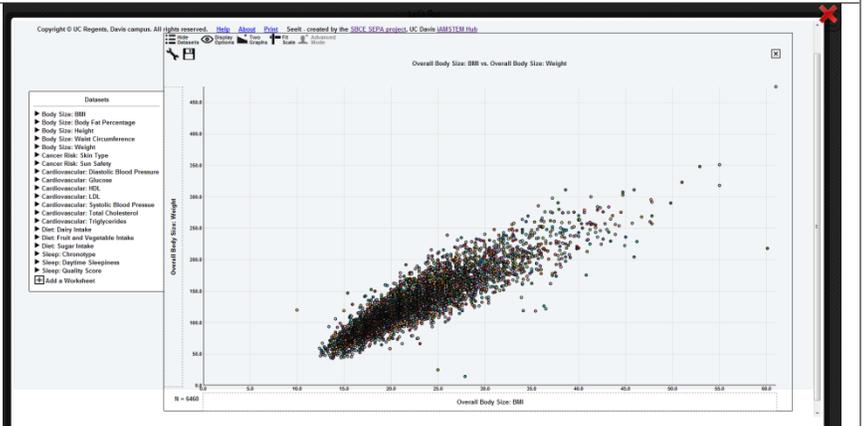
## Moving to Correlations

1. Click on the “Correlations” tab to load the data needed to explore the relationships between data variables.
2. Seelt will begin to load and show its progress as “Loading \_\_\_%”. Remember, it’s pulling data from ALL of our participants, so it will take a little bit to load.



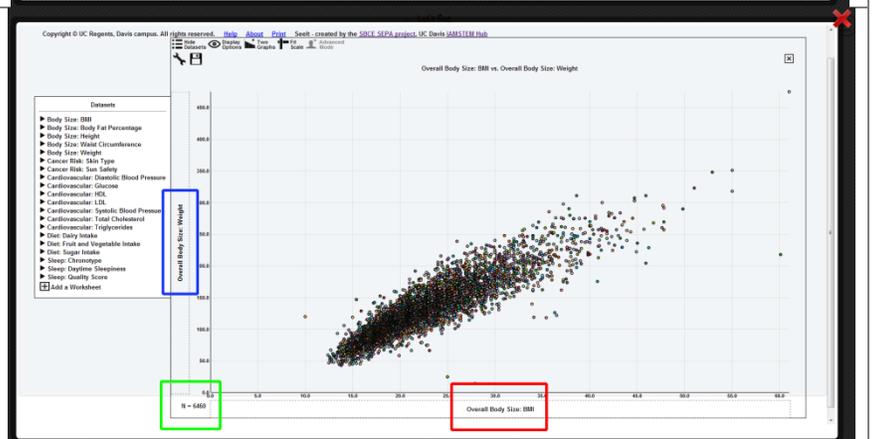
## Orienting the Graph

3. Please note that every computer set up is a little different, so if you can’t see the X axis (horizontal axis), **scroll down using the sidebar.**



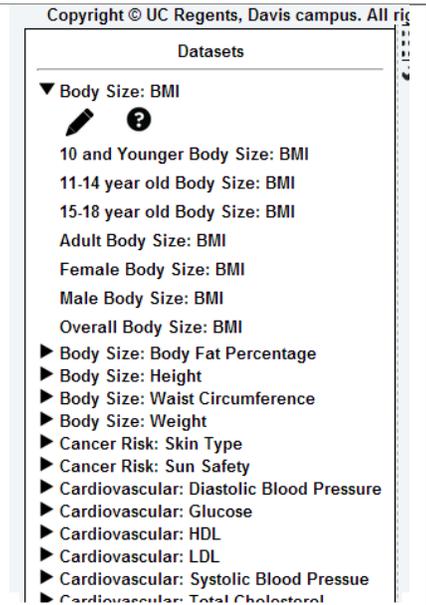
## Orienting to the Axes

4. Once you see the X axis, you’ll be able to see:
  - What is being graphed -- in this case, Overall BMI, (shown in **red box**) versus Overall Body Weight (shown in **blue box**)
  - The number of participants that have data for both of these measurements, shown in **green box**.



## Expanding Datasets

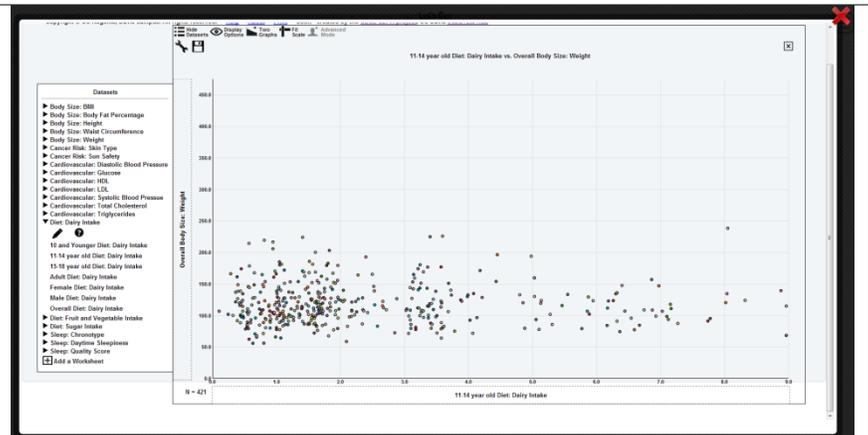
5. You'll notice there are datasets featured in the left side panel. **Click on a triangle** to expand one of the datasets. For each dataset, you have the following options available:
- Overall
  - Female
  - Male
  - 10 and younger (both genders, representing elementary school)
  - 11-14 years old (both genders; representing middle school)
  - 15-18 years old (both genders, representing high school)
  - Adults (over 18, both genders)



## Selecting different data

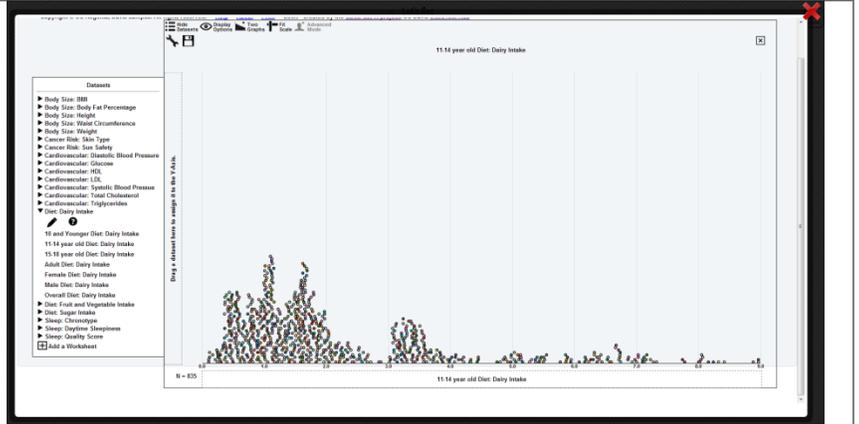
6. Select a different age range (or dataset) by **dragging and dropping** the desired data onto the X axis (horizontal axis) or Y axis (vertical axis)

You'll notice that the participant number will change a lot. This is because the graph will only show the people who have data for both measures. So even though it is 11-14 year olds on the X axis, it will only be pulling Weight data from those same participants.



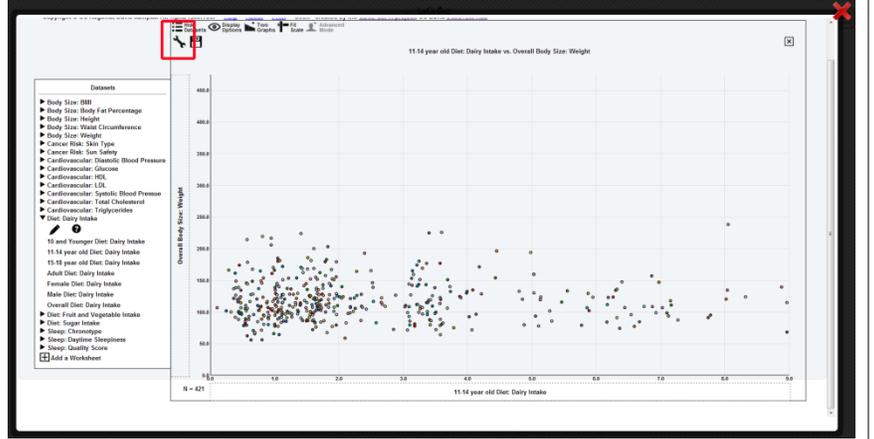
## Showing data on a single axis

- You can show a distribution from the correlation data by **dragging one of the axis variables away from the graph**. In this case, “weight” was removed to leave only “Dairy intake” data from 11-14 year olds



## Understanding the data

- Learn more about your data by clicking on the “Wrench” (red box). Note: the “Overall Weight” data were returned to the Y axis for this demonstration.



## Wrench tools

- These tools are to visualize the strength of a relationship between two variables. If you want to find out the strength of a correlation, **select “Least squares” and click on “show line”, “show equation” and “show r value”**

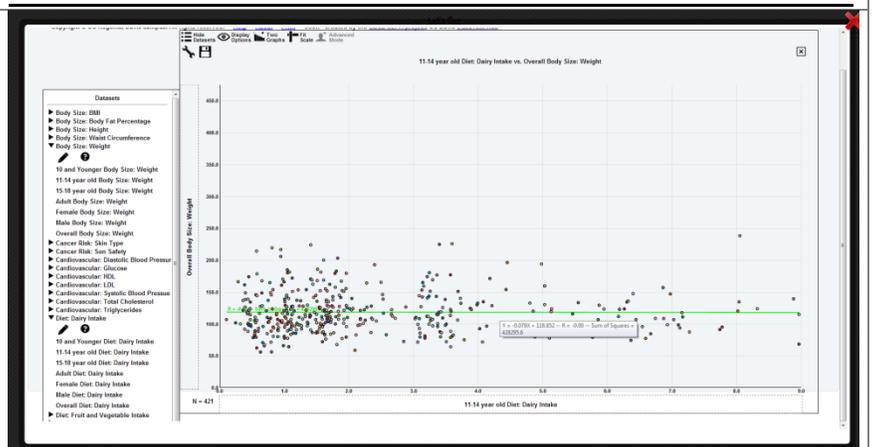
<p><b>Draw</b></p> <p><input type="checkbox"/> Show line?</p> <p><input type="checkbox"/> Least Squares</p> <p><input type="checkbox"/> Show ellipse?</p> <p><input type="checkbox"/> Show distribution of both axes</p> <p style="text-align: center; border: 1px solid black; padding: 2px;">Apply To All</p>	<p><b>Median-median</b></p> <p><input type="checkbox"/> Show divisions?</p> <p><input type="checkbox"/> Show dots?</p> <p><input type="checkbox"/> Show line?</p> <p><input type="checkbox"/> Show equation?</p>	<p><b>Least squares</b></p> <p><input type="checkbox"/> Show line?</p> <p><input type="checkbox"/> Show squares?</p> <p><input type="checkbox"/> Show equation?</p> <p><input type="checkbox"/> Show r value?</p>
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**Draw** - Use this tool to guess how closely the two variables are related

**Correlations** - Explore two different methods for determining the relationship between two variables. View the line, equation or how both were determined

## Finding a correlation

- Often, you won't be able to see the equation because it's covered by dots. **Hover over the line to see the equation and “r” value**, which is the linear correlation coefficient and measures the strength and direction of a linear relationship between two variables.



## Interpreting a correlation

You can have a positive or negative

Strength of Relationship

r value

<p>correlation, or no correlation whatsoever. Look at the r value to determine how closely two variables are related. Keep in mind that an r value of -0.8 is still a strong correlation, just a strong negative correlation!</p>	<table border="1"> <tr> <td data-bbox="737 96 1102 142">Perfect</td> <td data-bbox="1102 96 1383 142">1.0</td> </tr> <tr> <td data-bbox="737 142 1102 189">Strong</td> <td data-bbox="1102 142 1383 189">0.8</td> </tr> <tr> <td data-bbox="737 189 1102 235">Moderate</td> <td data-bbox="1102 189 1383 235">0.5</td> </tr> <tr> <td data-bbox="737 235 1102 281">Weak</td> <td data-bbox="1102 235 1383 281">0.3</td> </tr> <tr> <td data-bbox="737 281 1102 327">None</td> <td data-bbox="1102 281 1383 327">0.1</td> </tr> </table>	Perfect	1.0	Strong	0.8	Moderate	0.5	Weak	0.3	None	0.1
Perfect	1.0										
Strong	0.8										
Moderate	0.5										
Weak	0.3										
None	0.1										
<p><u>Other features</u></p> <ul style="list-style-type: none"> <li>• Use “<b>Display Options</b>” to increase dot size or text size.</li> <li>• Select “<b>Add a Graph</b>” to compare two datasets.</li> <li>• Select “<b>Fit Scale</b>” to have it autoscale based on the data’s axes</li> </ul>											

The University of California – Davis team have created a lot of help tutorials and videos for Seelt. This contains just the basics! Don’t forget to look at some of their help content also!

# Frequently Asked Questions (FAQ)

## Why aren't the pictures displaying properly and everything look funny?

This is a browser issue. You're likely using Internet Explorer, version 8 or below. Try Google Chrome, Firefox, or even updating your browser to a newer version, which is usually free!

## I want to select data from our entire state. Can I do that?

Not yet. Currently, you can only select data from one location. In the future, we would like to update this so that you can select more than one location at a time. For example, look at all Oregon locations or all locations from just a particular county.

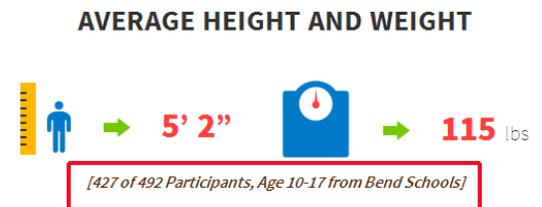
## In the "Explore Data" infographics, it's showing "427 out of 492 participants". What does that mean?

You'll see that 427 people are shown with measurements for height and weight that should match your filter criteria (for instance, people aged 10-17 from Bend school fairs). However, you may notice that it says out of 492 participants. The 492 people represent all people from the Bend event that had

TOOLS



measurements completed for height and weight. However, since they are outside the ages of 10-17, they were excluded from the infographic.



## I have a lot more questions. Who can I ask?

Send us an email at [lgh@ohsu.edu](mailto:lgh@ohsu.edu) We will update the FAQs with your question as someone else likely has the same one!