

Finding Evidence-Based Pediatric Nutrition Resources on the Web
healthlinks.washington.edu/hsl/liaisons/schnall/pednutrition2010.doc

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1. Search a Database to Find Research Journal Articles

- a. PubMed pubmed.gov
 - i. Provides access to NLM's MEDLINE and other health-related databases
 - ii. Limit Type of Article to Randomized Controlled Trial or use Clinical Queries link
 - iii. PubMed at the UW help page healthlinks.washington.edu/howto/pubmed
- b. AGRICOLA agricola.nal.usda.gov
 - i. National Agricultural Library Catalog including citations to government child and adolescent nutrition publications and materials from associations, universities, etc.
- c. Food and Nutrition Information Center (FNIC) Databases nal.usda.gov/fnic/databases.shtml
 - i. Food Safety Education and Training Materials
 - ii. Food Safety Research Projects
 - iii. Healthy Meals Resource System Education and Training Materials
 - iv. International Bibliographic Information on Dietary Supplements Database (IBIDS) ods.od.nih.gov/Health_Information/IBIDS.aspx
Provides access to bibliographic citations and abstracts from published, international, and scientific literature on dietary supplements
 - v. Native American Nutrition Education
 - vi. SNAP-Ed Connection Resource Finder
 - vii. WIC Works Education and Training Materials
- d. GeneTests geneclinics.org
 - i. Authoritative information on genetic testing and its use in diagnosis, management, and counseling of individuals and families with inherited disorders; includes GeneReviews, international directories of genetic testing laboratories and genetics/prenatal diagnosis clinics, and educational materials
- e. NLM Gateway gateway.nlm.nih.gov/gw/Cmd
 - i. Searches in multiple National Library of Medicine databases, e.g., PubMed, MedlinePlus
- f. Free and Open Access e-journal websites
 - i. Biomed Central biomedcentral.com
 - ii. Free Medical Journals freemedicaljournals.com
 - iii. Highwire Press highwire.stanford.edu
 - iv. PubMed Central pubmedcentral.gov
- g. Order Articles Online for a Fee
 - i. UW Document Services healthlinks.washington.edu/hsl/docservices/illiad.htm
 - ii. Loansome Doc healthlinks.washington.edu/hsl/docservices/lds-na.html

2. Use A Textbook

- a. Merck Manual of Medical Information www.merck.com/mmpe
- b. eMedicine emedicine.medscape.com
 - i. Clinical textbook on diseases, practice guidelines, and evidence-based content
- c. UpToDate (\$) uptodate.com
 - i. Concise comprehensive up-to-date reviews of clinical topics in multiple specialties

3. Search Practice Guidelines

- a. National Guideline Clearinghouse guideline.gov
- b. ADA Evidence Analysis Library www.adaevidencelibrary.com
- c. PubMed pubmed.gov
 - i. Limit to Practice Guideline under Type of Article
- d. Advanced Google or Google Scholar google.com/advanced_search?hl=en or scholar.google.com

4. Search Evidence Summaries

- a. ADA Evidence Analysis Library www.adaevidencelibrary.com
 - i. Free to ADA members; summaries of best available research in dietetics and nutrition and evidence-based guidelines
 - ii. Evidence Analysis Manual: Steps in the ADA Evidence Analysis Process
www.adaevidencelibrary.com/files/Docs/201001_ADA_EA_Manual.pdf

5. Use a MetaSearch Engine

- a. TRIP Database tripdatabase.com

6. Search for Systematic Reviews and Meta-Analyses Resources

- a. Cochrane Database of Systematic Reviews (\$) cochrane.org
- b. PubMed Clinical Queries/Systematic Reviews www.ncbi.nlm.nih.gov/entrez/query/static/clinical.shtml

7. Use Nutrition Websites

- a. American Academy of Pediatrics. Section on Breastfeeding. Policy Statement: Breastfeeding and the use of human milk. *Pediatrics* 2005 Feb; 115(2): 496-506. (doi:10.1542/peds.2004-2491)
aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496
- b. American Dietetic Association eatright.org
 - i. Includes food and nutrition information, nutrition fact sheets, position papers, food pyramids and more
- c. Assuring Pediatric Nutrition Care in the Community depts.washington.edu/nutrpeds
 - i. University of Washington site including frequently used guidelines, FAQs, CE, training opportunities, and links to pediatric nutrition web resources
- d. CDC Growth Charts cdc.gov/growthcharts
 - i. Growth charts for boys and girls, FAQs, interactive web-based training modules
- e. Dietary Guidelines for Americans 2005 health.gov/dietaryguidelines
 - i. Published jointly every 5 years from HHS and USDA
- f. Dietary Supplements Labels Database dietarysupplements.nlm.nih.gov
 - i. Includes information about label ingredients of over 4,000 dietary supplements and uses in human, adverse effects and mechanism of action.
- g. Food and Nutrition Information Center nal.usda.gov/fnic
 - i. USDA-sponsored site; links to quality food and nutrition resources from government and non-government sources, educational materials, resources lending library, consumer information, searchable databases (National Nutrient Database, Nutritive Value of Foods), and materials related to the Food Guide Pyramid and Dietary Guidelines
- h. Food and Nutrition Service www.fns.usda.gov/fns/
 - i. Administers nutrition assistance programs of the USDA; links to information about WIC, Supplemental Nutrition Assistance Program, School Meals, National School Lunch Program, School Breakfast Program, Special Milk Program, and Food Distribution
- i. La Leche League International www.llli.org
 - i. Breastfeeding information and resources for health care providers
- j. Nutrition in Children and Adolescents Knowledge Path mchlibrary.info/KnowledgePaths/kep_childnutr.html
 - i. Guide to websites, e-publications, databases, projects, electronic newsletters, and online discussion groups from Maternal and Child Health Library, Georgetown University; links to Knowledge Paths on Overweight and Obesity in Children and Adolescents
- k. Nutrition.gov nutrition.gov
 - i. Consumer guide to nutrition/health information on federal government websites
- l. Pediatric Nutrition Practice Group www.pnpg.org
 - i. Links and resources from ADA's Pediatric Nutrition Practice Group (PNPG)

8. Patient Education Websites, including Cross-Cultural Sites

- a. Health and Wellness Reference Center (\$)
 - i. Bibliographic coverage of consumer health literature including full-text articles, pamphlets, and reference books; available free through many public libraries with your library card number
- b. HealthFinder healthfinder.gov
 - i. U.S. government gateway to consumer health information websites, government agencies, associations, and more

- c. KidsHealth: Nutrition & Fitness kidshealth.org/parent/nutrition_fit/index.html
- d. Medical Library Association's For Health Consumers Top Ten Most Useful Web Sites
mlanet.org/resources/medspeak/topten.html
- e. MedlinePlus medlineplus.gov
 - i. **Best** starting point for consumer health materials with links reviewed for quality by the National Library of Medicine
 - ii. Includes health topics (800+ diseases); illustrated medical encyclopedia; drug/herbal information; Clinical Trials; interactive health tutorials; latest Health News
 - iii. Nutrition page includes up-to-date information, also specific to children
- f. NIH Food, Nutrition and Metabolism health.nih.gov/category/FoodNutritionandMetabolism
 - i. Consumer information from the National Institutes of Health
- g. NOAH: New York Online Access to Health: Nutrition
noah-health.org/en/healthy/nutrition/index.html
 - i. Includes English and Spanish high quality, full-text information for consumers
- h. Sugar Stacks www.sugarstacks.com
- i. Cross-Cultural Healthcare Sites
 - i. Consumer Health Information in Many Languages Resources
nlm.gov/outreach/consumer/multi.html Includes Resources with Items in Multiple Languages and Resources for Specific Languages
 - ii. Culture Clues depts.washington.edu/pfes/CultureClues.htm
Tipsheet to increase awareness about concepts/preferences of patients from diverse cultures
 - iii. EthnoMed ethnomed.org
Cross-cultural medicine database containing information about cultural beliefs and medical issues pertinent to healthcare of recent immigrants in the Northwest
 - iv. MedlinePlus Health Information in Multiple Languages
nlm.nih.gov/medlineplus/languages/languages.html
 - v. SPIRAL: Selected Patient Information Resources in Asian Languages spiral.tufts.edu Patient information by language (Cambodian/Khmer, Chinese, Hmong, Japanese, Korean, Laotian, Thai, Vietnamese) and topic

9. Navigate the Web Beyond Basic Google to Find Evidence

- a. Google Advanced Search www.google.com/advanced_search?hl=en
- b. Google Scholar scholar.google.com
- c. Criteria for Evaluating Web Sites healthlinks.washington.edu/howto/navigating/criteria.pdf
- d. A User's Guide to Finding and Evaluating Health Information on the Web
mlanet.org/resources/userguide.html

10. Keep Current With Alerting Services (Email and RSS)

- a. My NCBI for PubMed pubmed.gov
 - i. PubMed: My NCBI help page healthlinks.washington.edu/howto/myncbi.html
- b. Arbor Clinical Nutrition Updates www.nutritionupdates.org

11. Contact your Ultimate Search Engine...a librarian!

\$= Available by subscription or fee

- Handout: healthlinks.washington.edu/hsl/liaisons/schnall/pednutrition2010.doc
- PowerPoint presentation: healthlinks.washington.edu/hsl/liaisons/schnall/pednutrition2010.ppt
- Reference: Schnall JG. Clicking your way to nutrition resources on the web. *Nutrition Focus* 2007 Jan/Feb; 22(1): 1-9.
depts.washington.edu/cshcnut/download/resources/nutfocus22_1.pdf

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