



Library Resources for Nutrition  
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<http://www.lib.umt.edu/COT>

## I. How to Access Library Resources

1. Visit the website above, or click on "Library" under important links on the COT website.
2. You can also visit the main library website at [www.lib.umt.edu](http://www.lib.umt.edu)

## II. APA Citation

Library Citation guides can be found at <http://libguides.lib.umt.edu/citation>

This site will give examples on how to format a bibliography and how to cite items within your writing. For in depth information about APA with more of a tutorial feel, visit <http://owl.english.purdue.edu/owl/resource/664/1/>

The UM Writing Center is also an excellent resource: <http://www.umt.edu/writingcenter/>

## III. Searching Library Resources

To begin, try a search in the **Search Everything** resource. Despite the name, this doesn't search EVERYTHING, just 95% of what the library has. It's a good starting point, however.

You can find the Search Everything search on the COT library page and on the main library page.

Search for Items at the COT Library

Find Books & More:  Title (Omit initial A, An, The)

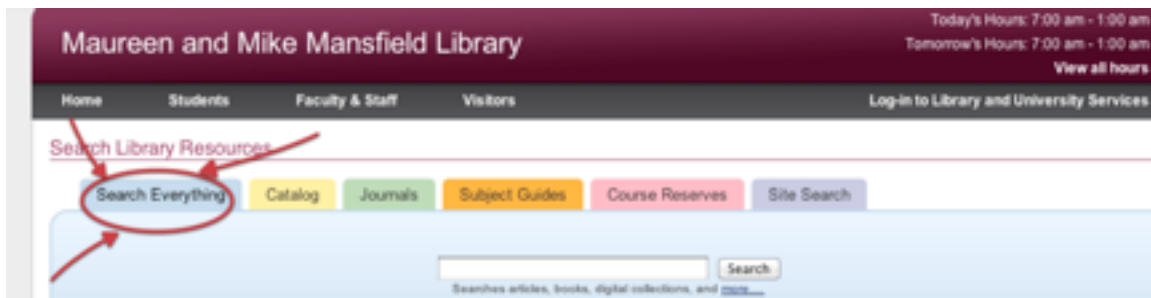
[Advanced Search](#) [Journal Search](#)

**Search Everything**

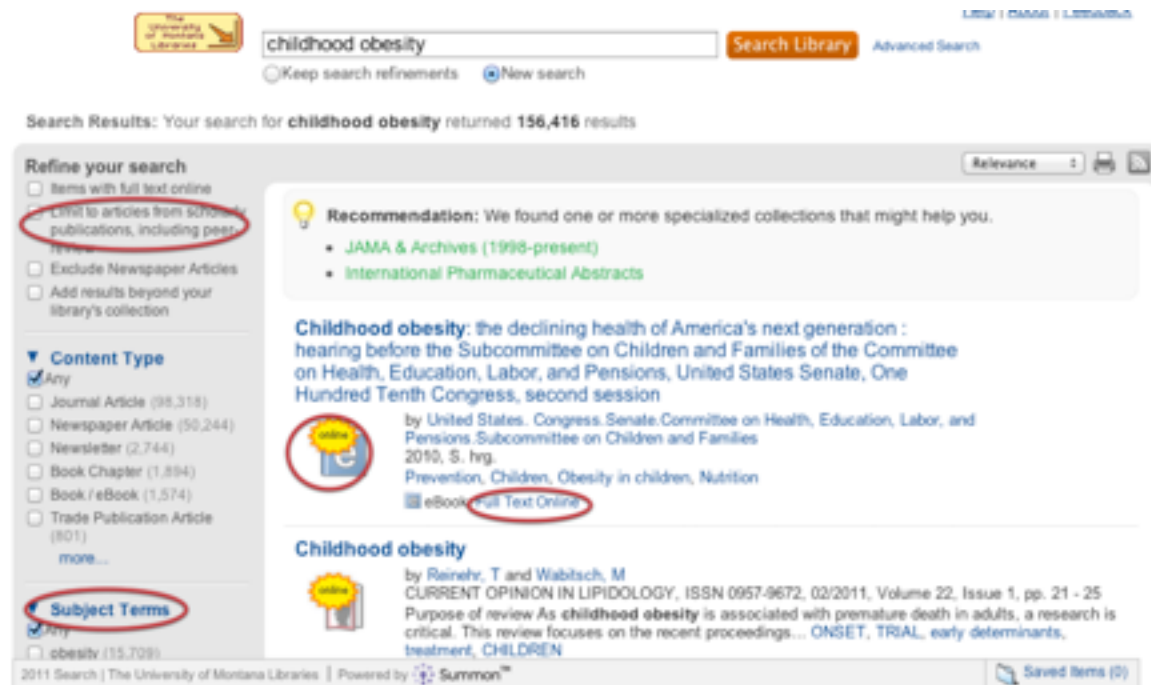
You can search across 95% of the library's newspaper and journal holdings, by doing a search with the Search Everything box. On the results screen you can limit to only book, newspaper or journal content, limit the date range, etc.

Search Everything:

[Locations and Hours](#) [Guide to the COT Library](#)



This search works like a lot of web searches—you can type in what your topic is in plain language and usually get a lot of results. Let's try a search for "Childhood Obesity."



On the results page, we see some ways to narrow down our search on the left. We can limit our search to just scholarly (peer reviewed articles) with the top checkbox that I circled (*I strongly recommend doing this!*). We can select some particular subject terms under that checklist (I'd recommend nutrition). To get to an entire article, look for the yellow stars next to the description or the words "Full Text" below the article. For those that don't have that, look for anything that says "link to article" and it should get you there, or give you the option of requesting a copy be emailed to you from another library.

Let's look a little lower down the page.

**Subject Terms**

- ☒ Any
- ☐ obesity (15,709)
- ☐ pediatrics (11,267)
- ☐ children (9,238)
- ☐ children & youth (7,142)
- ☒ nutrition (4,341)
- ☐ endocrinology & metabolism (4,571)
- [more...](#)

**Publication Date**

Any

to

to

[Update](#) [Clear](#)

**Library Location**

- ☒ Any
- ☐ Missoula: Mansfield Library (1,189)
- ☐ Pablo: SKC Library (132)
- ☐ Dillon: UM-Western Library (128)
- ☐ Butte: Montana Tech Library (97)
- ☐ Missoula: UM-COT library (44)
- ☐ Missoula: St. Patrick Hospital Library (32)
- [more...](#)

**Childhood obesity**

by Bishop, Tina  
Primary Health Care, ISSN 0264-5033, 03/2011, Volume 21, Issue 2, p. 12  
... [ILLUSTRATION OMITTED] One in three children is overweight, very overweight or obese. Childhood overweight and obesity rates are already high and rising every year in the... Obesity in children  
[Journal Article: Full Text Online](#) Cited by 0 (Web of Science™)

**Childhood obesity: the declining health of America's next generation—national problem, southern crisis : field hearing before the Subcommittee on Children and Families of the Committee on Health, Education, Labor, and Pensions, United States Senate, One Hundred Tenth Congress, second session ... October 23, 2008 (Nashville, TN)**

by United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions. Subcommittee on Children and Families  
2009, S. hrg.  
Prevention, Children, Obesity in children, Nutrition  
[eBook: Full Text Online](#)

**Childhood obesity**

by Han, Joan C; Lawlor, Debbie A; Kimm, Sue Y S  
Lancet, ISSN 0140-6736, 05/2010, Volume 375, Issue 9727, pp. 1737 - 1748  
Worldwide prevalence of **childhood obesity** has increased greatly during the past three decades. The increasing occurrence in children of disorders such as type... **RISK-FACTORS, PROOPOMELANOCORTIN POMC, LOW-CARBOHYDRATE DIET, Obesity - therapy, Care and treatment**  
[Journal Article: Full Text Online](#) Cited by 27 (Web of Science™)

**Childhood obesity**

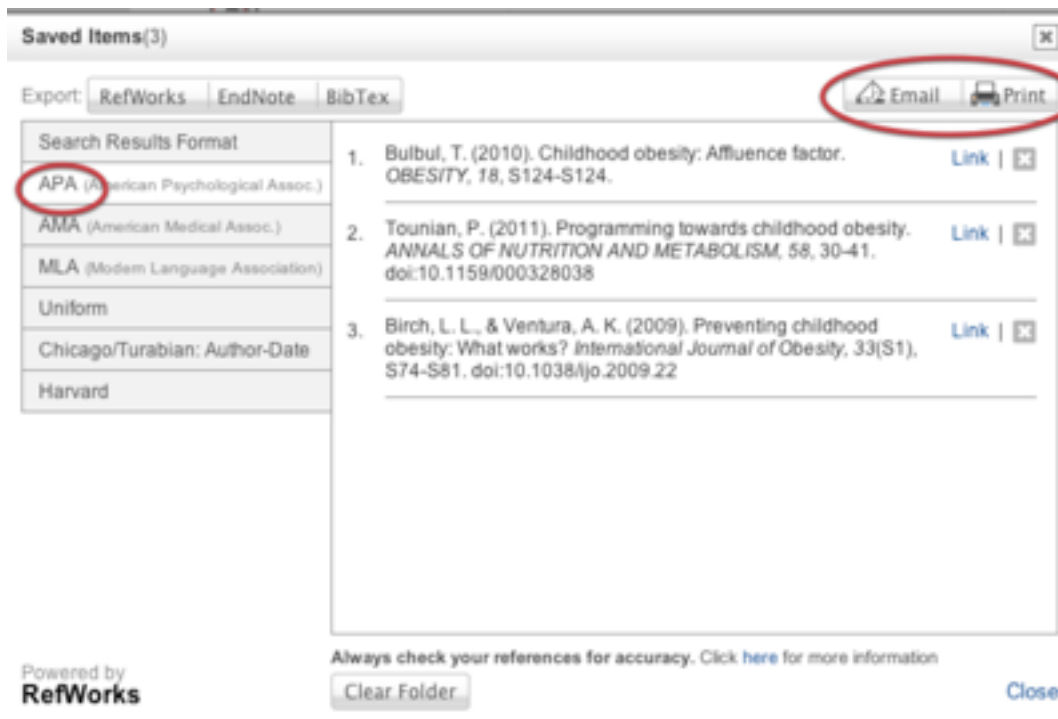
by Stewart, Laura  
Medicine, ISSN 1357-3039, 01/2011, Volume 39, Issue 1, pp. 42 - 44

2011 Search | The University of Montana Libraries | Powered by [Summon™](#) [Saved Items \(1\)](#) [Clear](#)

You can see the checkbox for nutrition better here. Down below the subject terms is a place where you can narrow what you're finding down to a span of years (for example, from 2007 to the present).

To learn more about an article, you can hover the mouse above the article title. This will usually get you a paragraph description called an abstract that will tell you more. This can save you time if the article is long—read the abstract first to see if the whole thing is worth your time.

When you find a few articles you'd like to use, you can add them to the folder that appears when you hover the mouse over the title (there's one circled off to the right toward the bottom of the picture above). A message will appear toward the bottom of the screen saying you have "Saved Items" (see the other circle at the bottom right) and if you click on that folder you can print, email, or format the articles for inclusion in a bibliography.



If you visit the "Guide to the COT Library" link and click on Health Professions you will find several databases that are more focused than the Search Everything Resource. These databases collect articles that are focused specifically on the health sciences and health professions and thus can help you find more relevant, useful articles.

Of these resources I highly recommend **CINAHL**, a library of articles and other resources primarily aimed at nursing but with lots of useful information for nutritionists.

I also want to point out that on the right side of this guide there are chat boxes that allow you to ask questions of librarians at any point. The chat service is staffed from 8 am – 9 pm most days of the week. We can help with citation, finding resources, evaluating what you find, etc.

Mansfield Library > Library Guides > COT Library Resources and Services Admin Sign In

## COT Library Resources and Services

Tags: sas, applied computing, applied health, applied\_computing, applied\_health, business, business technology, business\_technology, college\_of\_technology, college\_of\_technology, computing, cot, electronics, health, health professions, health\_professions, indus

The Mansfield Library @ COT offers services and resources in support of the programs offered at the COT. Learn more here!

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### Useful Online Library Resources

The department of Health Professions offers programs in Medical Assisting, Practical Nursing, Radiologic Technology, Respiratory Care, Surgical Technology, Nursing, and Pharmacy Technology. The library has several materials online and in print to support these programs.

**Suggested Online Library Resources for Health Professions:**

- CINAHL Plus with Full Text** [CINAHL Plus with Full Text](#) [CINAHL Plus with Full Text](#)  
Nursing and allied health
- ClinicalTrials.gov** [ClinicalTrials.gov](#) [ClinicalTrials.gov](#)  
Provides patients, family members, health care professionals, and members of the public easy access to information on clinical trials for a wide range of diseases and conditions.
- Cochrane Library** [Cochrane Library](#) [Cochrane Library](#)  
Independent evidence to inform healthcare decision-making, including systematic reviews, clinical trials, technology assessments, economic evaluations, individual clinical trials, and more.
- DailyMed** [DailyMed](#) [DailyMed](#)  
A resource for access to the labels as well as to other sources and types of information about medications.
- Global Infectious Diseases & Epidemiology Online network** [Global Infectious Diseases & Epidemiology Online network](#) [Global Infectious Diseases & Epidemiology Online network](#)  
Global Infectious Diseases & Epidemiology Online network is an interactive and comprehensive tool used for diagnosis and reference in the fields of tropical and infectious diseases, epidemiology, microbiology and antimicrobial chemotherapy.
- Haz-Map** [Haz-Map](#) [Haz-Map](#)  
An occupational health database designed for health and safety professionals and for consumers seeking information about the health effects of exposure to chemicals and biologicals at work.
- Health and Wellness Resource Center and Alternative Health Module** [Health and Wellness Resource Center and Alternative Health Module](#) [Health and Wellness Resource Center and Alternative Health Module](#)  
Provides access to trusted medical reference materials, including nearly 400 health/medical journals, hundreds of pamphlets, over 700 health-related videos, and articles from 2,200 general interest publications.
- Health Source: Nursing/Academic Edition** [Health Source: Nursing/Academic Edition](#) [Health Source: Nursing/Academic Edition](#)  
This database provides nearly 550 scholarly full text journals focusing on many medical disciplines. Health Source: Nursing/Academic Edition also features the Lexi-Comp Drug Guide, which covers 1,300 generic drug patient education sheets with more than 4,700 brand names.
- Journals@Ovid Full Text** [Journals@Ovid Full Text](#) [Journals@Ovid Full Text](#)  
Medical and health journals

### Ask us!



Mansfield Library

[Available](#) [Chat Help](#)

Type here to chat.

**Contact Info:**  
Phone: (408) 243-6866  
Toll-free: (800) 240-4939  
[Send Email](#)

**Links:**  
[Website](#) / [Blog](#)

In CINAHL, the search looks more like a traditional "Library" resource than Search Everything. It helps to think of keywords that describe your topic and break them down into topic areas. Other than that, the two resources work very similarly—you can restrict your search to just academic journal articles from particular years and find subject terms on the left side of your search results, and you can get to the entire articles by clicking on anything that says "Full text" or "link to article." You can also put articles into folders and print, save or cite a bunch at once.

1594 Results for...

Refine your results

- ☐ Full Text
- ☐ References Available
- ☐ Abstract Available

Publication Date: 1967 - 2011




Update Show More >




Source Types


- ☒ All Results
- ☒ Academic Journals
- ☐ Periodicals
- ☐ Dissertations
- ☐ CEUs

Update

Subject: Major Heading

1.  **A Pilot Program to Identify and Reverse Childhood Obesity in a Primary Care Clinic.**   
 Kwapiszewski, Ramona M.; Lee Wallace, Alex; Clinical Pediatrics, 2011 Jul; 50 (7): 630-5 (Journal article - pictorial, research, tables/charts) ISSN: 0009-9228 PMID: 21317197  
 Subjects: Primary Health Care; Obesity; Obesity; Child: 6-12 years  
 Database: CINAHL Plus with Full Text  
 Add to folder | Relevancy:   
 Link to article

2.  **Recognizing and preventing childhood obesity.**   
 Dolinsky DH; Siegariz AM; Perrin E; Armstrong SC; Contemporary Pediatrics, 2011 Jan; 28 (1): 32-42 (Journal article - pictorial, review, tables/charts) ISSN: 8750-0507  
 Subjects: Obesity; Obesity; Child: 6-12 years  
 Database: CINAHL Plus with Full Text  
 Add to folder | Relevancy:   
 PDF Full Text (5.7MB) | Link to article

3.  Introduction to genetics and childhood obesity: relevance to

#### IV. Getting Help

If we can assist, please don't hesitate to contact us! Samantha (COT Librarian) has listed her email address and phone at the start of this guide, along with the library's texting reference number. You can also call the COT Library at 243-7820, call the UM Libraries toll free reference help number at 1-800-240-4939, or chat with or email us by visiting <http://www.lib.umt.edu/contact>. Let us know how we can help!