

Finding and Evaluating Online Information for Well Being



[Hot Topics in Higher Education 2019](#)

Slides at <http://uncg.libguides.com/healthinfo>



HELLO!

Lea Leininger
Health Sciences Librarian

Liaison to UNCG School of
Nursing, Communication
Sciences & Disorders Dept,
Genetic Counseling, Nutrition

Agenda

- ▶ Evaluate sources using A, B, C, D
- ▶ A few free resources
- ▶ Which sources do you like?
- ▶ NC LIVE

General information only - Please consult a dr/nurse/other provider for health advice

Evaluate health info using ABCD

Authority

Relevant credentials or experience?



SUPPORT NETWORK

Balance/Bias

Lots of options vs one?
100% effective?
Side effects?



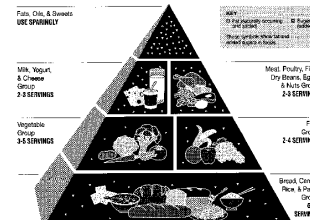
Currency

Recently created or updated?

Documentation

Sources used?
Pointers for more info or support?

FIGURE 1. The Food Guide Pyramid — a guide to daily choices



Source: U.S. Department of Agriculture/USDA, Department of Health and Human Services

medlineplus.gov



Free information on health conditions, tests, medications

6th-8th grade reading level

Links to other websites



Self awareness & self care

- ▶ Wellness Wheel ([Princeton](#))
- ▶ UNCG [Campus Resources](#) ([HealthyUNCG](#))
 - ▶ Other UNC schools & NC state agencies - you have [worksite wellness](#) too!
- ▶ [Implicit Association Tests](#) ([Project Implicit](#))
 - ▶ Race, weight, gender, mental health, and more

Which sources do you like for
wellness information?

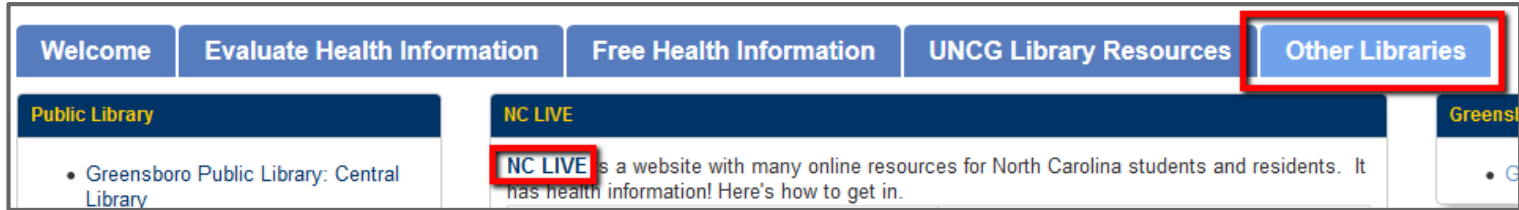
Respond at <http://go.uncg.edu/wellinfo>

UNCG Libraries Guide to Finding Health Informa

Welcome	Evaluate Health Information	Free Health Information	UNCG Library Resources	Other Libraries
Past Workshops <ul style="list-style-type: none">• UNCG Libraries Information Literacy Community Events and Resources• Slides for HealthyUNCG session (June 2018)	Finding Reliable Health Information Online - 7/25/2018  A banner with a teal background. On the left, the text "Finding Reliable" is written in white. On the right, there is a white silhouette of a person's head and shoulders, with a red magnifying glass icon over the right side of the head.	Health  A small, partially visible thumbnail image showing a person's face.		

<http://uncg.libguides.com/healthinfo>

NC LIVE subscriptions (no charge to you)

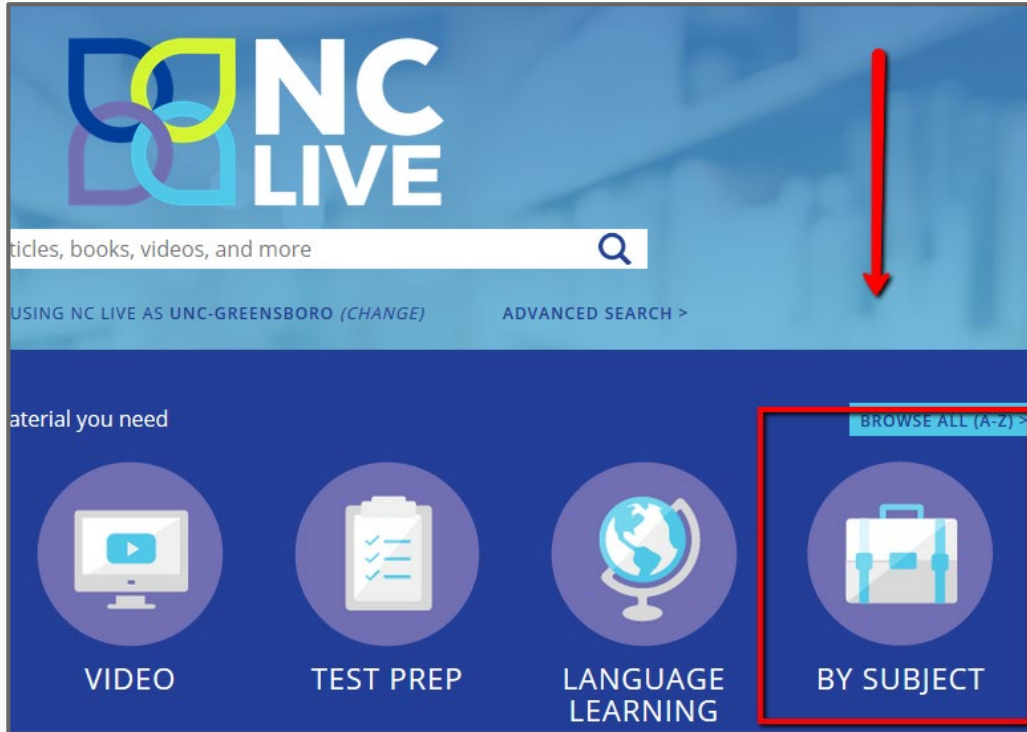


Resources for college, university, & public libraries

If your library is [a member](#)

1. Enter nclive.org from your library website
2. Use log in credentials given to you by your library

NC LIVE - Get to the health resources



NC LIVE

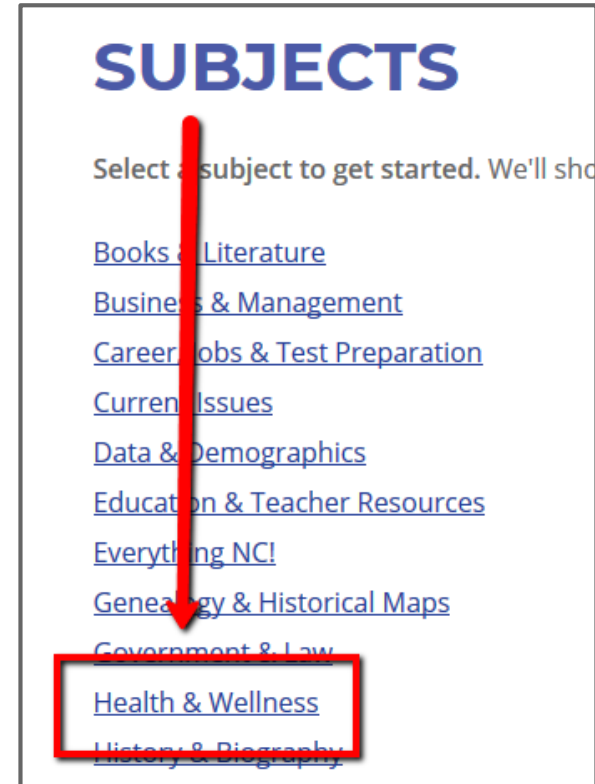
Articles, books, videos, and more

USING NC LIVE AS UNC-GREENSBORO (CHANGE) ADVANCED SEARCH >

Material you need

VIDEO TEST PREP LANGUAGE LEARNING BY SUBJECT

BROWSE ALL (A-Z) >




SUBJECTS

Select a subject to get started. We'll show you


- [Books & Literature](#)
- [Business & Management](#)
- [Career Jobs & Test Preparation](#)
- [Current Issues](#)
- [Data & Demographics](#)
- [Education & Teacher Resources](#)
- [Everything NC!](#)
- [Genealogy & Historical Maps](#)
- [Government & Law](#)
- [Health & Wellness](#)
- [History & Biography](#)

NCLIVE Health Resources

BROWSE NC LIVE RESOURCES

 Additional guidance for health information:
[NC LIVE Health & Wellness Portal](#)

Or search across health resources:

 Most recommended:
MEDLINEPLUS

[CINAHL PLUS WITH FULL TEXT](#)
Database of nursing and allied health journals with additional materials that include nursing dissertations, conference proceedings, evidence-based care sheets, audiovisuals, and continuing education modules.

[CREDO REFERENCE](#)
A premier virtual reference collection including encyclopedias, dictionaries, atlases, images, audio files, and videos in a wide expanse of subject areas.

Health & Wellness Portal
- Search online books,
journals, magazines

Or scroll down to browse
a website or database

Gather information
free websites
social media
library sources



Evaluate sources
A, B, C, D test



Ask your doctor, nurse,
pharmacist, or other provider
how the info applies to you



Thanks

Any questions?
laleinin@uncg.edu



Please give input to help inform
future sessions

Brief poll: <http://go.uncg.edu/wellinfofeedback>

CREDITS

Special thanks to all the people who made and released these awesome resources for free:

- ▶ Presentation template by [SlidesCarnival](#)
- ▶ Photographs by [Death to the Stock Photo](#) ([license](#))