

The Online Search Process and Building an EndNote Library

This document illustrates the basics of online searching and exporting article citations retrieved into EndNote. Following the 1st 2 basic steps of the search process, this document illustrates the following:

Step 1. Choose a topic and identify key words and concepts; create a search strategy.

I'm going to write a paper on the role of nutrition and exercise in preventing childhood obesity. I've chosen my search terms and synonyms and developed what I think is a workable search statement based on some preliminary searching:

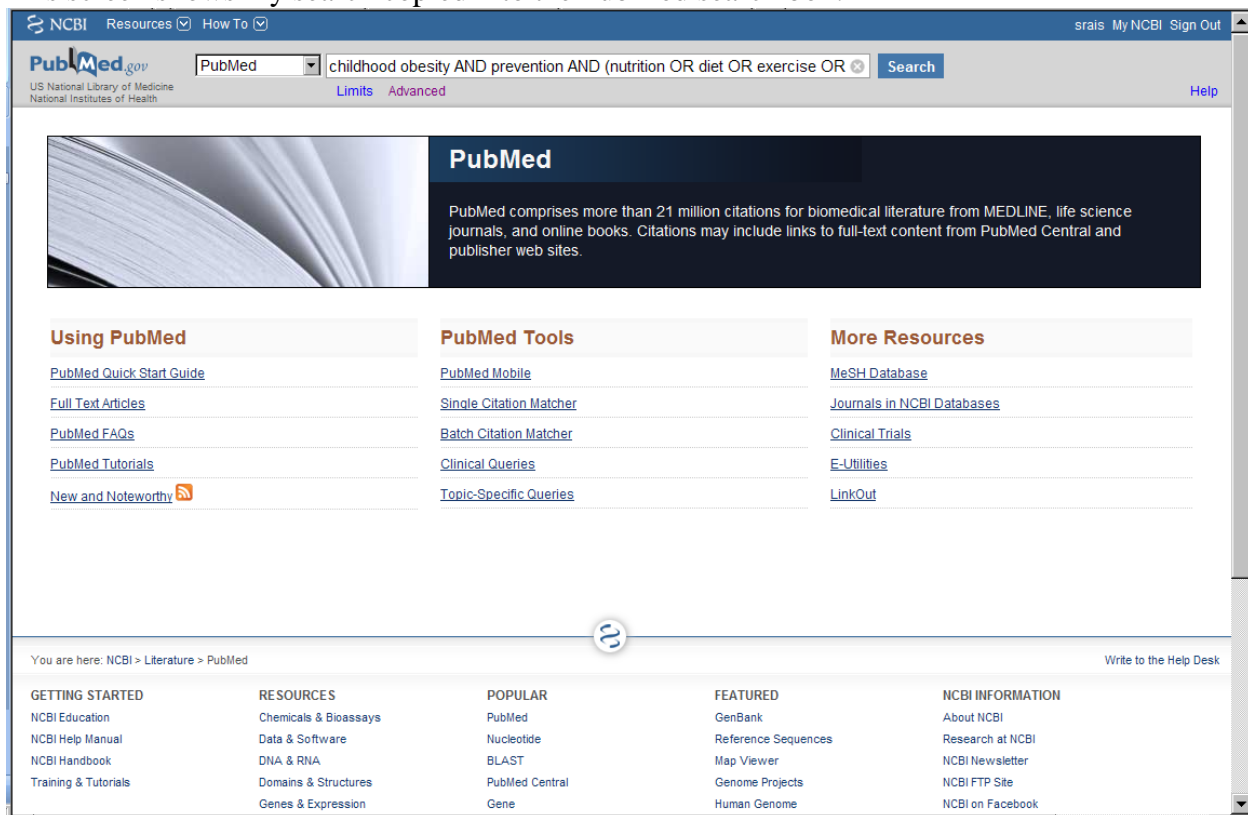
childhood obesity AND prevention AND (nutrition OR diet OR exercise OR physical activity)

Step 2. Search for potential references in online databases.

I've decided to search 2 databases which I think will give me the most information: PubMed, and an EBSCOhost database, Academic Search Premier.

I'm going to begin my search in PubMed because it is the most comprehensive database available for my topic. I will start with the PubMed@LLU link from the library's home page because I know I can find out if the LLU Library has the full text of articles I'm interested in by finding and clicking on the LLU purple icon which will take me to the Journal Portal.

This screen shows my search copied into the PubMed search box:



After clicking on search, I get this screen below showing 1608 results—way too many! There is a lot written on this topic!

NCBI Resources How To Sign in to NCBI

PubMed.gov US National Library of Medicine National Institutes of Health

PubMed childhood obesity AND prevention AND (nutrition OR diet OR exercise) Search

RSS Save search Advanced Help

Show additional filters Display Settings: Summary, 20 per page, Sorted by Recently Added Send to: Filter your results:

Text availability: Abstract available, Free full text available, Full text available

Publication dates: 5 years, 10 years, Custom range...

Species: Humans, Other Animals

Article types: Clinical Trial, Meta-Analysis, Practice Guideline, Randomized Controlled Trial, Review, Systematic Reviews, more ...

Results: 1 to 20 of 1608

1. [Treatment of obesity in children and adolescents.](#)
Matson KL, Fallon RM.
J Pediatr Pharmacol Ther. 2012 Jan;17(1):45-57. doi: 10.5863/1551-6776-17.1.45.
PMID: 23185143 [PubMed - in process]
[Related citations](#)

2. [The YMCA Healthy, Fit, and Strong Program: A Community-Based, Family-Centered, Low-Cost Obesity Prevention/Treatment Pilot Study.](#)
Schwartz RP, Vitolins MZ, Case LD, Armstrong SC, Perrin EM, Cialone J, Bell RA.
Child Obes. 2012 Dec;8(6):577-82. doi: 10.1089/chi.2012.0060.
PMID: 23181924 [PubMed - in process]
[Related citations](#)

3. [Development of Healthy Eating and Physical Activity Quality Standards for Out-of-School Time Programs.](#)
Wiecha JL, Hall G, Gannett E, Roth B.
Child Obes. 2012 Dec;8(6):572-6. doi: 10.1089/chi.2012.0030.
PMID: 23181923 [PubMed - in process]
[Related citations](#)

4. [Nutrition in pregnancy and early childhood and associations with obesity in developing countries.](#)
Yang Z, Huffman SL.
Matern Child Nutr. 2013 Jan;9 Suppl 1:105-19. doi: 10.1111/mcn.12010.
PMID: 23167588 [PubMed - in process]
[Related citations](#)

5. [A qualitative study of the aspirations and challenges of low-income mothers in feeding their preschool-aged children.](#)
Herman AN, Malhotra K, Wright G, Fisher JO, Whitaker RC.
Int J Behav Nutr Phys Act. 2012 Nov 16;9(1):132. [Epub ahead of print]
PMID: 23157723 [PubMed - as supplied by publisher] [Free Article](#)
[Related citations](#)

Filter your results: All (1608)
[English & Humans \(1412\)](#)
[Published in the last 5 years \(873\)](#)
[Review \(495\)](#)
[Manage Filters](#)

Results by year

Titles with your search terms

Physical activity in the prevention of childhood obesity [Paediatr Perinat Epidemiol. 2012]
The importance of physical activity in the prevention of overweight [Obes Rev. 2001]
Active healthy living: prevention of childhood obesity through increased physical activity [Pediatrics. 2006]

To limit this search to more manageable results, Choose from the filters on the left hand side of the screen. This screen shot shows what you can see when you click on “Show Additional filters”:

NCBI Resources How To Sign in to NCBI

PubMed.gov US National Library of Medicine National Institutes of Health

PubMed childhood obesity AND prevention AND (nutrition OR diet OR exercise OR physical activity) Search

RSS Save search Advanced Help

Show additional filters Additional filters

Text availability: ☒ Abstract available, ☒ Free full text available, ☒ Full text available

Publication dates: ☒ 5 years, ☒ 10 years, ☒ Custom range...

Species: ☒ Humans, ☐ Other Animals

Article types: ☒ Clinical Trial, ☒ Meta-Analysis, ☒ Practice Guideline, ☒ Randomized Controlled Trial, ☒ Review, ☒ Systematic Reviews, ☐ more ...

Languages: ☒ English, ☐ more ...

Clear all Show additional filters

Summary, 20 per page, Sorted by Recently Added Send to: Filter your results:

Results: 1 to 20 of 1608

1. [Treatment of obesity in children and adolescents.](#)
Matson KL, Fallon RM.
J Pediatr Pharmacol Ther. 2012 Jan;17(1):45-57. doi: 10.5863/1551-6776-17.1.45.
PMID: 23185143 [PubMed - in process]
[Related citations](#)

2. [The YMCA Healthy, Fit, and Strong Program: A Community-Based, Family-Centered, Low-Cost Obesity Prevention/Treatment Pilot Study.](#)
Schwartz RP, Vitolins MZ, Case LD, Armstrong SC, Perrin EM, Cialone J, Bell RA.
Child Obes. 2012 Dec;8(6):577-82. doi: 10.1089/chi.2012.0060.
PMID: 23181924 [PubMed - in process]
[Related citations](#)

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Wiecha JL, Hall G, Gannett E, Roth B.
Child Obes. 2012 Dec;8(6):572-6. doi: 10.1089/chi.2012.0030.
PMID: 23181923 [PubMed - in process]
[Related citations](#)

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Matern Child Nutr. 2013 Jan;9 Suppl 1:105-19. doi: 10.1111/mcn.12010.
PMID: 23167588 [PubMed - in process]
[Related citations](#)

5. [A qualitative study of the aspirations and challenges of low-income mothers in feeding their preschool-aged children.](#)
Herman AN, Malhotra K, Wright G, Fisher JO, Whitaker RC.
Int J Behav Nutr Phys Act. 2012 Nov 16;9(1):132. [Epub ahead of print]
PMID: 23157723 [PubMed - as supplied by publisher] [Free Article](#)
[Related citations](#)

Filter your results: All (1608)
[English & Humans \(1412\)](#)
[Published in the last 5 years \(873\)](#)
[Review \(495\)](#)
[Manage Filters](#)

Results by year

Titles with your search terms

Physical activity in the prevention of childhood obesity [Paediatr Perinat Epidemiol. 2012]
The importance of physical activity in the prevention of overweight and obesity [Obes Rev. 2001]
Active healthy living: prevention of childhood obesity through increased physical activity [Pediatrics. 2006]
[See more...](#)

232 free full-text articles in PubMed Central

Parents' perceptions of skin cancer threat and children's physical activity [Prev Chronic Dis. 2012]
Obesity and food insecurity at the same table: how food insecurity affects obesity [Prev Chronic Dis. 2012]

I decide I want to limit my search to English articles published within the last 5 years. I also don't want any animal studies. So, I select those filters from the filters on the left side of the screen. I also want to select certain age groups so I selected “Ages” from the “Show Additional

Filters” link. In this screen shot you can see the check marks on the left next to 5 years, humans, and English; you can also see that there are several choices for ages now showing in the filters; also notice that I have narrowed the number of results down to 749 from 1608:

NCBI Resources How To Sign in to NCBI

PubMed.gov US National Library of Medicine National Institutes of Health

PubMed Search

RSS Save search Advanced Help

Show additional filters Clear all

Text availability
Abstract available
Free full text available
Full text available

Publication dates clear
5 years
10 years
Custom range...

Species clear
Humans
Other Animals

Languages clear
English
more ...

Ages
Child: birth-18 years
Infant: birth-23 months
Adult: 19+ years
Adult: 19-44 years
Aged: 65+ years
more ...

Clear all Show additional filters

Display Settings: Summary, 20 per page, Sorted by Recently Added

Send to: Filter your results:
All (749)
English & Humans (749)
Published in the last 5 years (749)
Review (187)
Manage Filters

Results: 1 to 20 of 749
Filters activated: published in the last 5 years, Humans, English Clear all

Report on childhood obesity in China (10): association of sleep duration with obesity.
1. Meng LP, Liu AL, Hu X, Zhang Q, Du SM, Fang HY, Ma J, Xu GF, Li Y, Guo HW, Du L, Ma GS. Biomed Environ Sci. 2012 Apr;25(2):133-40. PMID: 22998818 [PubMed - indexed for MEDLINE] Related citations

Report on childhood obesity in China (9): sugar-sweetened beverages consumption and obesity.
2. Shang XW, Liu AL, Zhang Q, Hu XQ, Du SM, Ma J, Xu GF, Li Y, Guo HW, Du L, Li TY, Ma GS. Biomed Environ Sci. 2012 Apr;25(2):125-32. PMID: 22998817 [PubMed - indexed for MEDLINE] Related citations

Major initiatives related to childhood obesity and physical inactivity in Canada: the year in review.
3. Tremblay MS. Can J Public Health. 2012 May-Jun;103(3):164-9. PMID: 22905632 [PubMed - indexed for MEDLINE] Related citations

Childhood obesity nurses' role in addressing the epidemic.
4. Rabbitt A, Coyne I. Br J Nurs. 2012 Jun 28-Jul 11;21(12):731-5. PMID: 22874723 [PubMed - indexed for MEDLINE] Related citations

Obesity and food insecurity at the same table: how head start programs respond.
5. Gooze RA, Hughes CC, Finkelstein DM, Whitaker RC. Prev Chronic Dis. 2012;9:E132. Epub 2012 Jul 26. PMID: 22840884 [PubMed - indexed for MEDLINE] Free PMC Article Related citations

Beverage displacement between elementary and middle school: 2004-2007

Titles with your search terms
Physical activity in the prevention of childhood obesity [Paediatr Perinat Epidemiol. 2012]
The importance of physical activity in the prevention of overweight and obesity [Obes Rev. 2001]
Active healthy living: prevention of childhood obesity through increased physical activity [Pediatrics. 2006]
See more...

232 free full-text articles in PubMed Central
Parents' perceptions of skin cancer threat and children's physical activity [Prev Chronic Dis. 2012]
Obesity and food insecurity at the same table: how head start programs respond [Prev Chronic Dis. 2012]
An initial evaluation of a family-based approach to weight management in a community-based setting [J Hum Nutr Diet. 2012]
See all (232)...

Find related data

I don't see the ages I want from the choices above, so I click on the "more" link at the bottom of the ages section to get more options. This shows all of the age options where I have checked my preferences for Preschool Child 2-5 years and Child 6-12 years:

NCBI Resources How To Sign in to NCBI

PubMed.gov US National Library of Medicine National Institutes of Health

PubMed Search

RSS Save search Advanced Help

Show additional filters Clear all

Text availability
Abstract available
Free full text available
Full text available

Publication dates clear
5 years
10 years
Custom range...

Species clear
Humans
Other Animals

Languages clear
English
more ...

Ages
Child: birth-18 years
Infant: birth-1 month
Infant: birth-23 months
Infant: 1-23 months
Preschool Child: 2-5 years
Child: 6-12 years
Adolescent: 13-18 years
Adult: 19+ years
Young Adult: 19-24 years
Adult: 19-44 years
Middle Aged + Aged: 45+ years
Middle Aged: 45-64 years
Aged: 65+ years
80 and over: 80+ years

Clear all Show additional filters

Display Settings: Summary, 20 per page, Sorted by Recently Added

Send to: Filter your results:
All (749)
English & Humans (749)
Published in the last 5 years (749)
Review (187)
Manage Filters

Results: 1 to 20 of 749
Filters activated: published in the last 5 years, Humans, English Clear all

Report on childhood obesity in China (10): association of sleep duration with obesity.
1. Meng LP, Liu AL, Hu X, Zhang Q, Du SM, Fang HY, Ma J, Xu GF, Li Y, Guo HW, Du L, Ma GS. Biomed Environ Sci. 2012 Apr;25(2):133-40. PMID: 22998818 [PubMed - indexed for MEDLINE] Related citations

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2. Shang XW, Liu AL, Zhang Q, Hu XQ, Du SM, Ma J, Xu GF, Li Y, Guo HW, Du L, Li TY, Ma GS. Biomed Environ Sci. 2012 Apr;25(2):125-32. PMID: 22998817 [PubMed - indexed for MEDLINE] Related citations

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3. Tremblay MS. Can J Public Health. 2012 May-Jun;103(3):164-9. PMID: 22905632 [PubMed - indexed for MEDLINE] Related citations

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Beverage displacement between elementary and middle school: 2004-2007

Titles with your search terms
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Active healthy living: prevention of childhood obesity through increased physical activity [Pediatrics. 2006]
See more...

232 free full-text articles in PubMed Central
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Obesity and food insecurity at the same table: how head start programs respond [Prev Chronic Dis. 2012]
An initial evaluation of a family-based approach to weight management in a community-based setting [J Hum Nutr Diet. 2012]
See all (232)...

Find related data

Once I selected the ages I wanted, I clicked on Show, and the Ages showed up in the filters where I had to select them the same way I selected the other filters. This screen shows all of my filters selected and that my results are now down to 651 articles:

NCBI Resources How To Sign in to NCBI

PubMed.gov US National Library of Medicine National Institutes of Health

PubMed childhood obesity AND prevention AND (nutrition OR diet OR exercise OR phy) Search

RSS Save search Advanced Help

Show additional filters Clear all

Text availability
Abstract available
Free full text available
Full text available

Publication dates clear
5 years
10 years
Custom range...

Species clear
Humans
Other Animals

Languages clear
English
more ...

Ages clear
Preschool Child: 2-5 years
Child: 6-12 years
more ...

Clear all Show additional filters

Display Settings: Summary, 20 per page, Sorted by Recently Added Send to: Filter your results:

Results: 1 to 20 of 651

Filters activated: published in the last 5 years, Humans, English, Child: 6-12 years, Preschool Child: 2-5 years Clear all

Report on childhood obesity in China (10): association of sleep duration with obesity.
1. Meng LP, Liu AL, Hu X, Zhang Q, Du SM, Fang HY, Ma J, Xu GF, Li Y, Guo HW, Du L, Ma GS. Biomed Environ Sci. 2012 Apr;25(2):133-40. PMID: 22998818 [PubMed - indexed for MEDLINE] Related citations

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5. Gooze RA, Hughes CC, Finkelstein DM, Whitaker RC. Prev Chronic Dis. 2012;9:E132. Epub 2012 Jul 26.

Titles with your search terms
Physical activity in the prevention of childhood obesity [Paediatr Perinat Epidemiol. 2012]
The importance of physical activity in the prevention of overweight and obesity [Obes Rev. 2001]
Active healthy living: prevention of childhood obesity through increased physical activity [Pediatrics. 2006]
See more...

232 free full-text articles in PubMed Central
Parents' perceptions of skin cancer threat and children's physical activity [Prev Chronic Dis. 2012]
Obesity and food insecurity at the same table: how head start programs respond [Prev Chronic Dis. 2012]
An initial evaluation of a family-based approach to weight management in children [J Hum Nutr Diet. 2012]
See all (232)...

At this point I could set more filters to refine my search further. I could limit my topic to just nutrition or just exercise; or I could filter my results to a smaller subset of review articles. So, now look again at the screen shot above at the **right** side of the screen, under “Filter your results”, **Review (158)**, indicating that 158 citations are to articles which review the literature on my search terms. I want to do that, so I’ll click on the Review filter to check those out:

NCBI Resources How To Sign in to NCBI

PubMed.gov US National Library of Medicine National Institutes of Health

PubMed childhood obesity AND prevention AND (nutrition OR diet OR exercise OR phy) Search

RSS Save search Advanced Help

Show additional filters Clear all

Text availability
Abstract available
Free full text available
Full text available

Publication dates clear
5 years
10 years
Custom range...

Species clear
Humans
Other Animals

Languages clear
English
more ...

Ages clear
Preschool Child: 2-5 years
Child: 6-12 years
more ...

Clear all Show additional filters

Display Settings: Summary, 20 per page, Sorted by Recently Added Send to: Filter your results:

Results: 1 to 20 of 158

Filters activated: published in the last 5 years, Humans, English, Child: 6-12 years, Preschool Child: 2-5 years Clear all

Effectiveness of preventive school-based obesity interventions in low- and middle-income countries: a systematic review.
1. Verstraeten R, Roberfroid D, Lachat C, Leroy JL, Holdsworth M, Maes L, Kolsteren PW. Am J Clin Nutr. 2012 Aug;96(2):415-38. Epub 2012 Jul 3. Review. PMID: 22760565 [PubMed - indexed for MEDLINE] Related citations

Community-engaged interventions on diet, activity, and weight outcomes in U.S. schools: a systematic review.
2. Krishnaswami J, Martinson M, Wakimoto P, Anglemeyer A. Am J Prev Med. 2012 Jul;43(1):81-91. doi: 10.1016/j.amepre.2012.02.031. Review. PMID: 22704752 [PubMed - indexed for MEDLINE] Related citations

Potential clinical translation of juvenile rodent inactivity models to study the onset of childhood obesity.
3. Roberts MD, Company JM, Brown JD, Toedebusch RG, Padilla J, Jenkins NT, Laughlin MH, Booth FW. Am J Physiol Regul Integr Comp Physiol. 2012 Aug 1;303(3):R247-58. doi: 10.1152/ajpregu.00167.2012. Epub 2012 Jun 13. Review. PMID: 22696577 [PubMed - indexed for MEDLINE] Related citations

Find related data
Database: Select
Find items

Search details
("Child Obes"[Journal] OR ("childhood"[All Fields] AND "obesity"[All Fields]) OR "childhood obesity"[All Fields]) AND ("prevention and
Search See more...

This is more manageable! If the Review articles are suitable for your purpose, then this is a good route to use. But, if you want to read articles that report original research or single studies, then review articles may not be the best way to go. It all depends on how comprehensive you need to be.

I'm going to change the display to show 200 per page so I can quickly scan the titles and choose the ones that look most relevant. I do this by clicking on Display Setting underneath the PubMed banner and changing the "Items per page" from the default 20 to the maximum 200 and then click on Apply:

NCBI Resources How To Sign in to NCBI

PubMed US National Library of Medicine National Institutes of Health

Search: childhood obesity AND prevention AND (nutrition OR diet OR exercise OR phy: [Advanced]

Display Settings: Summary, 20 per page, Sorted by Recently Added

Format: Summary (selected), Summary (text), Abstract, Abstract (text), MEDLINE, XML, PMID List

Items per page: 5, 10, 20, 50, 100, 200 (selected)

Sort by: Recently Added (selected), Pub Date, First Author, Last Author, Journal, Title

Send to: 8 Next > Last >>

Filter your results: All (651), English & Humans (651), Published in the last 5 years (651), Review (158)

Find related data: Database: Select, Find items

Search details: ("Child Obes"[Journal] OR ("childhood"[All Fields] AND "obesity"[All Fields]) OR "childhood obesity"[All Fields]) AND ("prevention and

Recent activity: Turn Off Clear

childhood obesity AND prevention AND (nutrition OR diet OR exerci... (651) PubMed

Now I would look through the 158 citations by either scanning the title or changing to the abstract display if I wanted to read the abstract. I checked the box next to each one I wanted to keep. This part of the screen shows that I selected 42 citations (Results: 158 Selected 42); you can see the 1st 3 I selected below (references #1, 2, 4):

NCBI Resources How To Sign in to NCBI

PubMed US National Library of Medicine National Institutes of Health

Search: childhood obesity AND prevention AND (nutrition OR diet OR exercise OR phy: [Advanced]

Display Settings: Summary, 200 per page, Sorted by Recently Added

Results: 158 Selected: 42

Filters activated: published in the last 5 years, Humans, English, Child: 6-12 years, Preschool Child: 2-5 years

Clear all

Effectiveness of preventive school-based obesity interventions in low- and middle-income countries: a systematic review.

1. Verstraeten R, Roberfroid D, Lachat C, Leroy JL, Holdsworth M, Maes L, Kolsteren PW. Am J Clin Nutr. 2012 Aug;96(2):415-38. Epub 2012 Jul 3. Review. PMID: 22760565 [PubMed - indexed for MEDLINE] Related citations

Community-engaged interventions on diet activity and weight outcomes in U.S. schools: a systematic review.

2. Krishnaswami J, Martinson M, Wakimoto P, Anglemeyer A. Am J Prev Med. 2012 Jul;43(1):81-91. doi: 10.1016/j.amepre.2012.02.031. Review. PMID: 22704752 [PubMed - indexed for MEDLINE] Related citations

Potential clinical translation of juvenile rodent inactivity models to study the onset of childhood obesity.

3. Roberts MD, Company JM, Brown JD, Toedebusch RG, Padilla J, Jenkins NT, Laughlin MH, Booth FW. Am J Physiol Regul Integr Comp Physiol. 2012 Aug 1;303(3):R247-58. doi: 10.1152/ajpregu.00167.2012. Epub 2012 Jun 13. Review. PMID: 22696577 [PubMed - indexed for MEDLINE] Related citations

Universal childhood and adolescent obesity prevention programs: review and critical analysis.

4. Haynos AF, O'Donohue WT. Clin Psychol Rev. 2012 Jul;32(5):383-99. doi: 10.1016/j.cpr.2011.09.006. Epub 2011 Sep 22. Review. PMID: 22681912 [PubMed - indexed for MEDLINE] Related citations

Filter your results: All (651), English & Humans (651), Published in the last 5 years (651), Review (158)

Find related data: Database: Select, Find items

Search details: ("Child Obes"[Journal] OR ("childhood"[All Fields] AND "obesity"[All Fields]) OR "childhood obesity"[All Fields]) AND ("prevention and

Recent activity: Turn Off Clear

childhood obesity AND prevention AND (nutrition OR diet OR exerci... (651) PubMed

Now to transfer the citations I've selected into EndNote! The EndNote Library Guide has instructions on how to create a file from PubMed and import it into EndNote:

LOMA LINDA UNIVERSITY
University Libraries

Libraries » LibGuides » EndNote and EndNote Web

EndNote and EndNote Web Tags: [endnote](#), [endnote_web](#), [software](#), [students](#), [web_of_science](#)

Endnote: A Bibliographic Software Program; EndNote Web: Your Web-Based Research and Writing Tool

Last update: Sep 28, 2011 | URL: <http://libguides.llu.edu/endnote> | [Print Guide](#) | [RSS Updates](#) | [SHARE](#) | [Facebook](#) | [Twitter](#) | [Email](#)

Getting Started | **General Information** | **Building Your EndNote Library** | **Cite While You Write (CWYW)** | **EndNote Web**

Import References into EndNote | **Adding References Manually** | **Search:**

Import References into EndNote

PubMed Import/Export

PubMed
National Library of Medicine NLM

PubMed Import/Export Instructions

Export

- Go to the PubMed Database from the Loma Linda University Libraries' website.
- Put in your search terms and search the database for references.
- Select citations you want to import into EndNote Web.
- Under the **Display** drop down menu, choose **Medline**.
- Under **Send to** menu, choose **File**.
- Choose **Save File** and click **OK**.
- The citations will be saved as a text file and will be named **pubmed_result.txt**.

Searching Online Databases

If you have access to an online bibliographic database or university catalog, you can use EndNote's import filters to import text files saved or downloaded from these sources.

[Search the Database and Save the References](#)

Often when you search a database, the matching references are displayed as text, with no clear indicator between each piece of bibliographic information. To use this information effectively, each piece of bibliographic information must be consistently tagged so it can be directed to the correct EndNote field. Database providers typically offer several different download formats. Regardless of which system you are searching, you need to save the references in a tagged format to a text file.


For e.g. for the Pubmed database, select the references which you want to incorporate into you EndNote library, then from the **Display** box, select the **MEDLINE** view, then from the **Send to** box, select **File** and Save the references in a text file.

[Choose Correct Import Filter and Import Into EndNote](#)

- View the Library window in EndNote.
- From the File menu, choose **Import**.
- Click **Choose file** button to display file dialog.
- Browse, and Open the text file you had saved.
- From the **Import Option** list, select **Other Filters** to display the list of filters supplied in the EndNote Filters folder. You may want to peruse the list, to get an idea of what filters are supplied. You can create new filters or copy and edit existing filters. If the **More Info** button is available, click it and notice that the **Comments** section at the bottom of the window gives tips for downloading references from the selected source.
- With the **PubMed (NLM)** filter highlighted, click **Choose**.
- Click **Import** to import the file.

The Imported References group is a temporary group. It is replaced each time you import a new set of references, and it

Reference Librarian



Gurmeet K Sehgal

gsehgal is offline
leave a message

Type here and hit enter to send an offline message.
edit nick: [meeboguest670329](#)

These basic steps are described above and also illustrated below: go to the Send To drop down menu under the PubMed banner on the right, and Choose Destination: File which opens up the Format option; change this to MEDLINE, as this screen shows: (then click on "create file")

NCBI Resources How To Sign in to NCBI

PubMed US National Library of Medicine National Institutes of Health

Search: childhood obesity AND prevention AND (nutrition OR diet OR exercise OR phy...

[RSS](#) [Save search](#) [Advanced](#)

[Show additional filters](#) [Clear all](#)

Text availability

- Abstract available
- Free full text available
- Full text available

Publication dates

- clear
- 5 years
- 10 years
- Custom range...

Species

- clear
- Humans
- Other Animals

Languages

- clear
- English
- more ...

Ages

- clear
- Preschool Child: 2-5 years
- Child: 6-12 years
- more ...

[Clear all](#) [Show additional filters](#)

Display Settings: Summary, 200 per page, Sorted by Recently Added

Results: 158 Selected: 42

Filters activated: published in the last 5 years, Humans, English, Child: 6-12 y

[Clear all](#)

☒ **Effectiveness of preventive school-based obesity interventions in low- and middle-income countries: a systematic review.**

1. Verstraeten R, Roberfroid D, Lachat C, Leroy JL, Holdsworth M, Maes L. Am J Clin Nutr. 2012 Aug;96(2):415-38. Epub 2012 Jul 3. Review. PMID: 22760565 [PubMed - indexed for MEDLINE] [Related citations](#)

☒ **Community-engaged interventions on diet activity and weight outcomes in low- and middle-income countries: a review.**

2. Krishnaswami J, Martinson M, Wakimoto P, Anglemeyer A. Am J Prev Med. 2012 Jul;43(1):81-91. doi: 10.1016/j.amepre.2012.02.031. Review. PMID: 22704752 [PubMed - indexed for MEDLINE] [Related citations](#)

☐ **Potential clinical translation of juvenile rodent inactivity models to study the onset of childhood obesity.**

3. Roberts MD, Company JM, Brown JD, Toedebusch RG, Padilla J, Jenkins NT, Laughlin MH, Booth FW. Am J Physiol Regul Integr Comp Physiol. 2012 Aug 1;303(3):R247-58. doi: 10.1152/ajpregu.00167.2012. Epub 2012 Jun 13. Review. PMID: 22696577 [PubMed - indexed for MEDLINE] [Related citations](#)

☒ **Universal childhood and adolescent obesity prevention programs: review and critical analysis.**

4. Haynos AF, O'Donohue WT. Clin Psychol Rev. 2012 Jul;32(5):383-99. doi: 10.1016/j.cpr.2011.09.006. Epub 2011 Sep 22. Review. PMID: 22681912 [PubMed - indexed for MEDLINE] [Related citations](#)

☐ **Hyperinsulinism presenting in childhood and treatment by conservative pancreatectomy.**

5. Patterson ME, Mao CS, Yeh MW, Ipp E, Cortina G, Barank D, Vasinraape P, Pawlikowska-Haddad A, Lee WN, Yee IK. J Pediatr. 2012 Aug;162(2):283-8. doi: 10.1016/j.jpeds.2012.05.010. Epub 2012 Jun 13. Review. PMID: 22681912 [PubMed - indexed for MEDLINE] [Related citations](#)

Send to: ☒ File ☐ Clipboard ☐ Collections ☐ E-mail ☐ Order ☐ My Bibliography ☐ Citation manager

Download 42 items.

Format: **MEDLINE**

Sort by: Recently Added

Search details

("Child Obes"[Journal] OR ("childhood"[All Fields] AND "obesity"[All Fields]) OR "childhood obesity"[All Fields]) AND ("prevention and

[See more...](#)

Recent activity

- childhood obesity AND prevention AND (nutrition OR diet OR exerci... (651) PubMed
- childhood obesity AND prevention AND (nutrition OR diet OR exerci... (576) PubMed
- childhood obesity AND prevention AND (nutrition OR diet OR exerci... (576) PubMed

After you click on “Create file” you will get this screen asking you to open or save (see the bottom of it); you can choose either one but you need to save it as a **text file**. Saving it with the default file name, pubmed_result.txt will make it easier to find and retrieve it:

The screenshot shows the PubMed search results page. The search query is "childhood obesity AND prevention AND (nutrition OR diet OR exercise OR phy...". The results are displayed in a list format, showing the first four results. The first result is a systematic review titled "Effectiveness of preventive school-based obesity interventions in low- and middle-income countries: a systematic review." by Verstraeten R, Roberfroid D, Lachat C, Leroy JL, Holdsworth M, Maes L, Kolsteren PW. The second result is a review titled "Community-engaged interventions on diet activity and weight outcomes in U.S. schools: a systematic review." by Krishnaswami J, Martinson M, Wakimoto P, Anglemeyer A. The third result is a review titled "Potential clinical translation of juvenile rodent inactivity models to study the onset of childhood obesity." by Roberts MD, Company JM, Brown JD, Toedebusch RG, Padilla J, Jenkins NT, Laughlin MH, Booth FW. The fourth result is a review titled "Universal childhood and adolescent obesity prevention programs: review and critical analysis." by Haynos AF, O'Donohue WT. A dialog box is open at the bottom of the screen, asking "Do you want to open or save pubmed_result.txt from 0-www.ncbi.nlm.nih.gov.catalog.ltu.edu?". The dialog box has buttons for "Open", "Save", and "Cancel".

I clicked on Open and got this screen of the text file in Notepad:

The screenshot shows the Notepad window titled "pubmed_result (1) - Notepad". The text content is as follows:

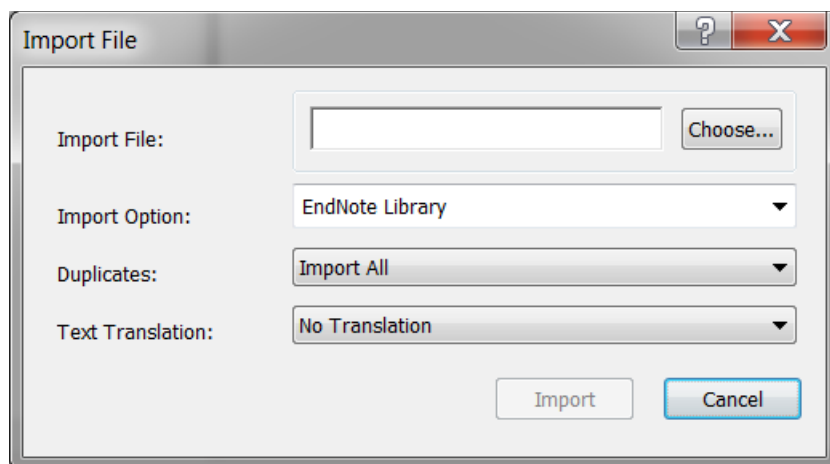
```

PMID- 22760565
OWN - NLM
STAT- MEDLINE]
DA - 20120723
DCOM- 20121001
IS - 1938-3207 (Electronic)
IS - 0002-9165 (Linking)
VI - 96
IP - 2
DP - 2012 Aug
TI - Effectiveness of preventive school-based obesity interventions in low- and middle-income countries: a systematic review.
PG - 415-38
AB - BACKGROUND: The prevalence of childhood obesity is increasing rapidly in low- and middle-income countries, and informed policies to tackle the problem must be defined. OBJECTIVE: We systematically reviewed the evidence on the effectiveness of school-based interventions targeting dietary behavior and/or physical activity for the primary prevention of obesity in children and adolescents aged 6-18 y in low- and middle-income countries. DESIGN: We searched the MEDLINE, EMBASE, Web of Science, CENTRAL, ERIC, Cochrane Library, and Centre for Reviews and Dissemination databases for peer-reviewed controlled studies published in English, Spanish, French, German, or Dutch between January 1990 and July 2011. The quality of the included studies was appraised independently by 2 authors who used the Effective Public Health Practice Project tool. RESULTS: From a total of 7218 unique references, we retained 22 studies. Most of the interventions (82%) had a positive effect on dietary behavior and physical activity behavior (effect size ranged from -0.48 to 1.61). BMI decreased in 8 studies (effect size ranged from -0.7 to 0.0). Effective interventions targeted both diet and physical activity, involved multiple stakeholders, and integrated educational activities into the school curriculum. CONCLUSIONS: School-based interventions have the potential to improve dietary and physical activity behavior and to prevent unhealthy body weights in low- and middle-income countries. To reach their full potential, interventions should conduct process evaluations to document program implementation. The effect and the pathways through which interventions have this effect need to be better documented through rigorous evaluation studies.

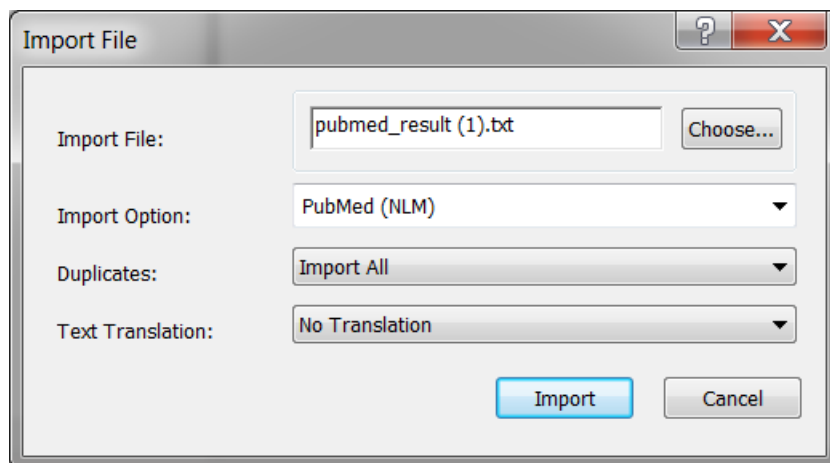
```

I then saved the file as pubmed_result.txt on my Desktop so I could find it.

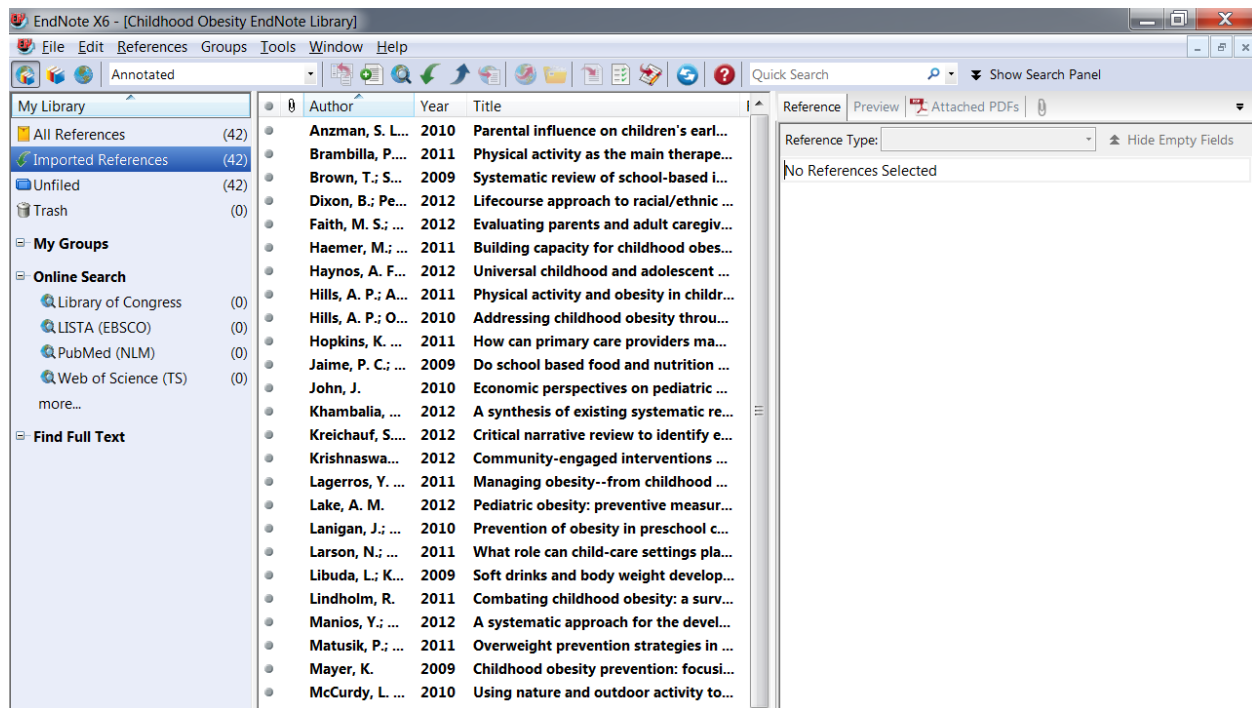
Once you've saved the file, then go to the EndNote library you've created and: 1) Choose File, Import, then File to get this screen:



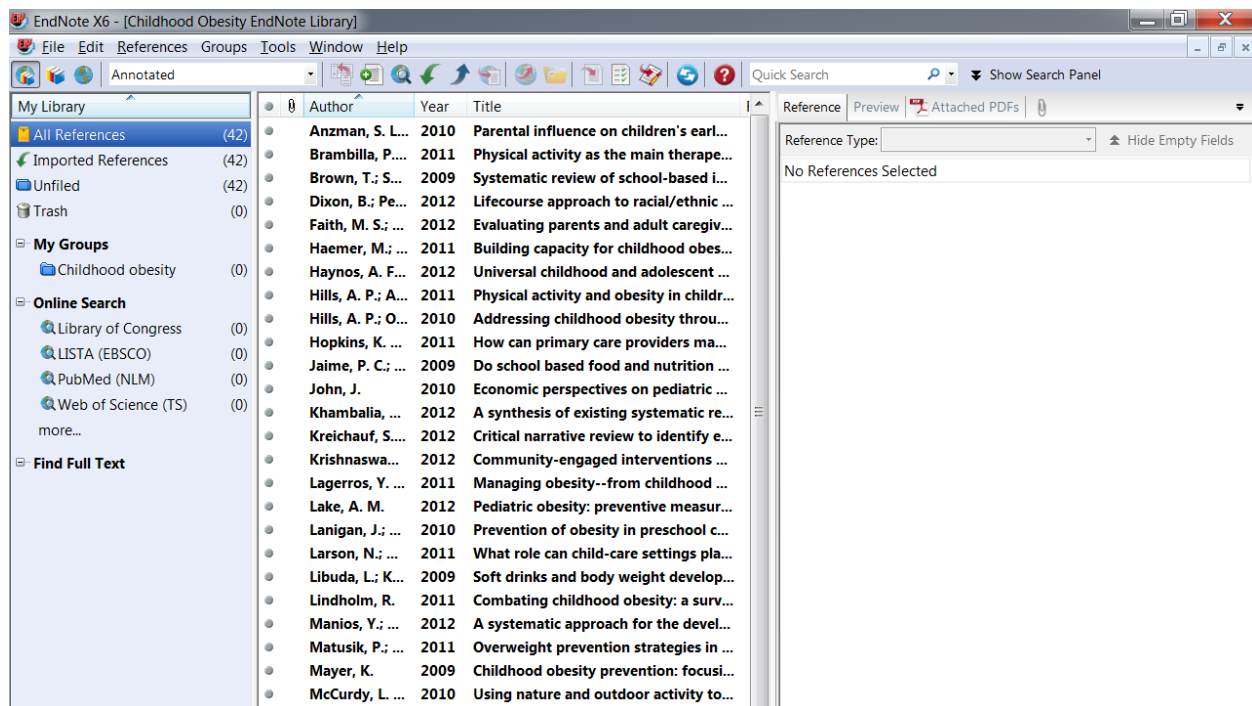
Browse for your file by selecting Choose, entering the file name, and change the **import option** to PubMed (NLM). You may have to choose “Other filters” from the “Import Options” search box to find the PubMed (NLM) import option. When you are done it should look like this:



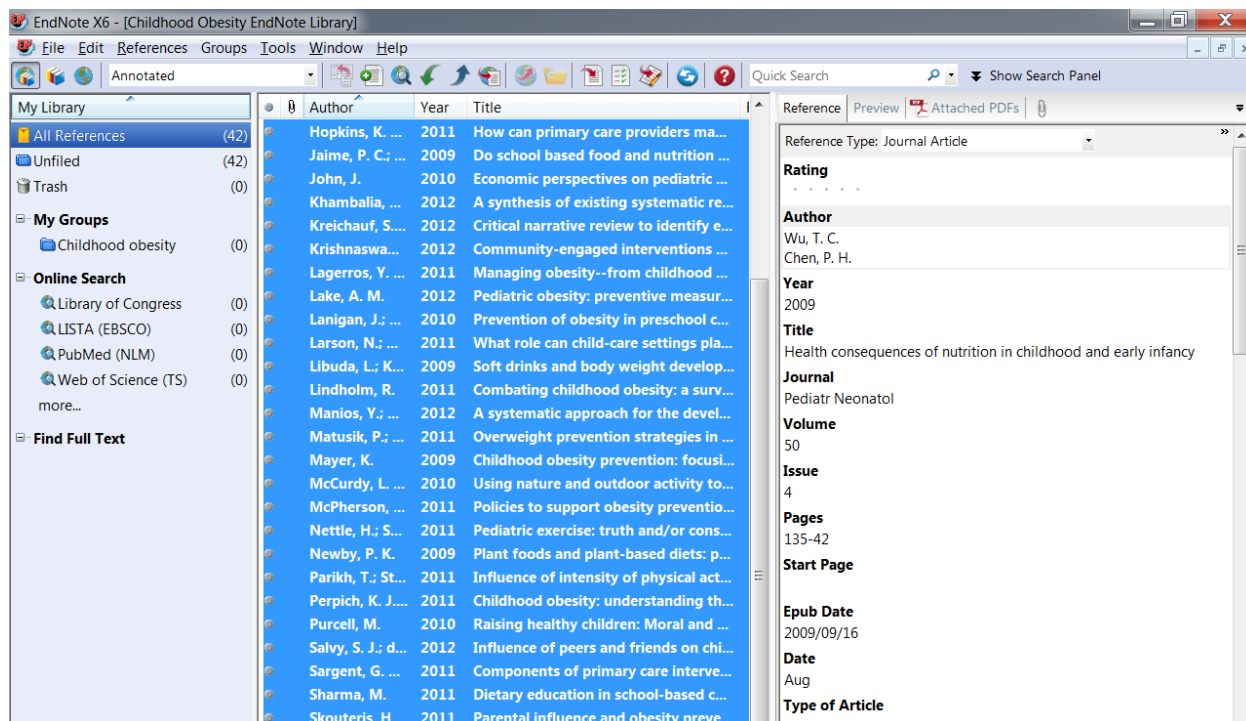
After clicking Import, you will see this screen showing the 42 citations imported into the EndNote library:



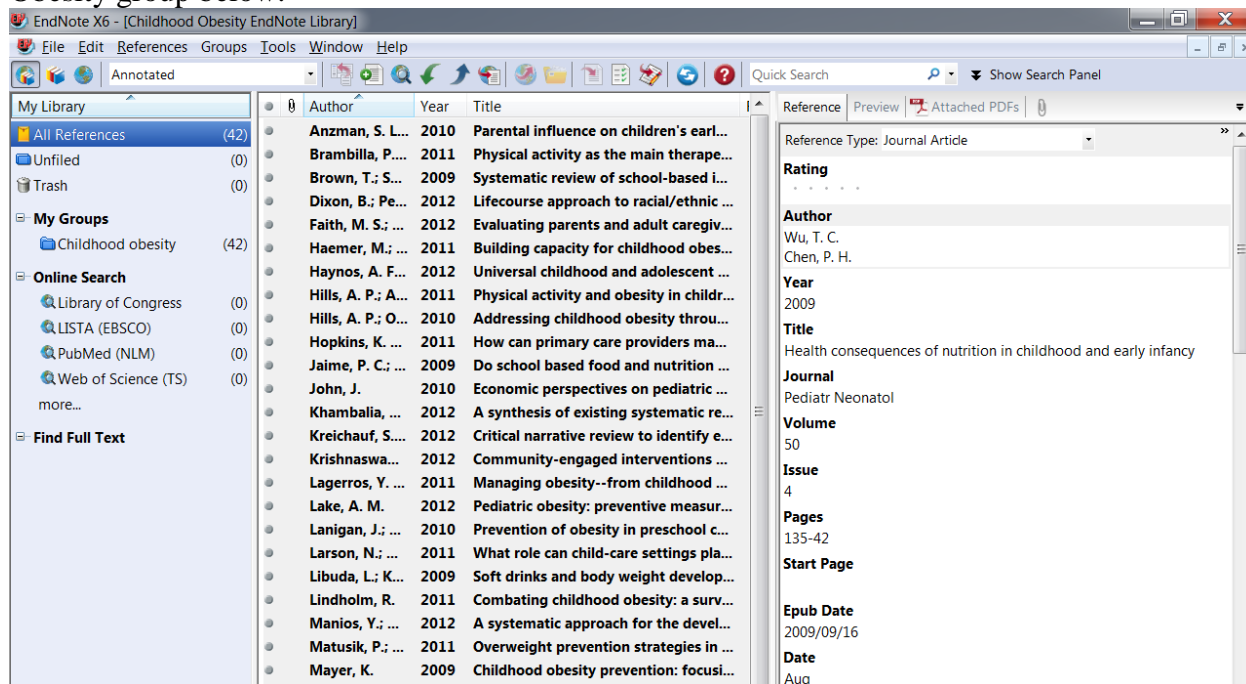
The next step is to file them by creating groups and moving them into the groups. Choose Groups from the top menus, then Create Group, and then name it when prompted. I created one called Childhood Obesity; see it under “My Groups” on the left:



Next, select all the imported references (click on the first one, and hold down the CTRL_Right Shift key while clicking on the last one):



Once they are selected, go back to the Groups pull-down menu, select “Add Reference to”, which will show your groups; then select the group you want to move them to and the references will now be moved into your group. In my case, you can see the 42 references in my Childhood Obesity group below:



NOTE: Your references will remain in the “Imported References” section until you import new references, or you close your library. So, now I’ve populated my EndNote library with citations from PubMed which I want to use when I write my paper. But, I also want to do some more searching in other databases which may have information not available in PubMed.

Searching EBSCOhost databases

EBSCOhost is the name of the searching platform which hosts databases produced by the EBSCO Publishing Company. The library subscribes to approximately 30 databases on the EBSCOhost platform. Each database has unique features, but the basic procedures for searching and managing your results are the same across the various databases. This section will illustrate a search in an EBSCOhost database, Academic Search Premier (ASP). If you don't know where to find Academic Search Premier on the library's website, please refer back to the first reading in this module.

After opening Academic Search Premier (ASP), I entered the same search I used in PubMed into the 1st search box: childhood obesity AND prevention AND (nutrition OR diet OR exercise OR physical activity). Then below in the "Search Options" box I selected some Search Options similar to the Filters I used in my PubMed search. I chose "Scholarly (Peer Reviewed) Journals (this wasn't an option in PubMed!); Document type: Article; Published date: 2007-2012; Publication type: Periodical; Language: English. ASP does not have the age limits available in PubMed. Other EBSCOhost databases do offer age limits.

EBSCOhost

Searching: Academic Search Premier | Choose Databases

childhood obesity AND prevention AND (nutrition OR diet OR exercise OR physical activity) in Select a Field (optional)

AND in Select a Field (optional)

AND in Select a Field (optional)

Search Clear ?

Add Row

Basic Search | Advanced Search | Visual Search | Search History

Search Options

Reset

Search modes ?

- ☒ Boolean/Phrase
- ☐ Find all my search terms
- ☐ Find any of my search terms
- ☐ SmartText Searching [Hint](#)

Apply related words ☐

Also search within the full text of the articles ☐

Limit your results

Full Text ☐

Scholarly (Peer Reviewed) Journals ☒

Publication

Document Type

- All
- Abstract
- Article
- Bibliography

References Available ☐

Published Date from

Month Year: 2007 to

Month Year: 2012

Publication Type

- All
- Periodical
- Newspaper
- Book

Language

- Croatian
- Czech
- English
- Dutch/Flemish

The results screen shows the 1st page of 424 results:

Basic Search | Advanced Search | Visual Search | Search History


Page: 1 2 3 4 5 > Relevance Page Options Alert / Save / Share >>


424 Results for...
Boolean/Phrase: childhood obesity AND prevention AND (nutrition OR diet OR exerci...
Limiters
☒ Scholarly (Peer Reviewed) Journals
☒ Published Date from: 20070101-20121231
☒ Publication Type: Periodical
☒ Document Type: Article
☒ Language: English
Clear All

Refine your results
☐ Full Text
☐ References Available
☒ Scholarly (Peer Reviewed) Journals
2007 Publication Date 2012
Update Show More > Options set

Source Types
☒ All Results
☐ Academic Journals (424)
Update


Subject: Thesaurus Term


- 

Ecological Risk Factors of Childhood Obesity in Korean Elementary School Students. 

By: Kim, Bongjeong; Lee, Chung Yul; Kim, Hee Soon; Ko, Il Sun; Park, Chang Gi; Kim, Gwang Suk. Western Journal of Nursing Research. Nov2012, Vol. 34 Issue 7, p952-972. 21p. DOI: 10.1177/0193945911401430.


Subjects: **OBESITY** -- **Prevention**; **OBESITY** -- Risk factors; ANALYSIS of variance; BODY image; CHI-square test; CONFIDENCE intervals; CORRELATION (Statistics); **DIET**; ECOLOGY -- Research; ELEMENTARY schools; EPIDEMIOLOGY; FOOD habits; HEALTH behavior in children; KOREANS; PROBABILITY theory; QUESTIONNAIRES; SCALE analysis (Psychology); SCALES (Weighing instruments); SCHOOL children; SCHOOL environment; STATISTICAL hypothesis testing; STATISTICS; SURVEYS; DATA analysis; MULTIPLE regression analysis; BODY mass index; INTER-observer reliability; CROSS-sectional method; SEDENTARY lifestyles; **PHYSICAL activity**; CHILDREN; KOREA (South); Elementary and Secondary Schools; Scale and Balance Manufacturing


Database: Academic Search Premier
Add to folder
Linked Full Text
- 

Patterns and Predictors of Enactment of State Childhood Obesity Legislation in the United States: 2006-2009. 

By: Eyler, Amy A.; Nguyen, Leah; Jooyoung Kong; Yan Yan; Brownson, Ross. American Journal of Public Health. Dec2012, Vol. 102 Issue 12, p2294-2302. 9p. DOI: 10.2105/AJPH.2012.300763.

Subjects: **OBESITY** -- **Prevention**; **OBESITY**; CHILDREN'S rights; CONFIDENCE intervals; CONTENT analysis (Communication); EPIDEMIOLOGY; FOOD; LEGISLATION; RESEARCH -- Methodology; **NUTRITION** policy; **PHYSICAL** education; PRACTICAL politics; PROBABILITY theory; RESEARCH -- Finance; SCHOOLS; TIME; DATA analysis; PREDICTIVE validity; RETROSPECTIVE studies; **PHYSICAL activity**; STATISTICAL models; DESCRIPTIVE statistics; CHILDREN; UNITED States; Sports and Recreation Instruction; Elementary and Secondary Schools; All Other Miscellaneous Schools and Instruction; LAW & legislation; LABELING

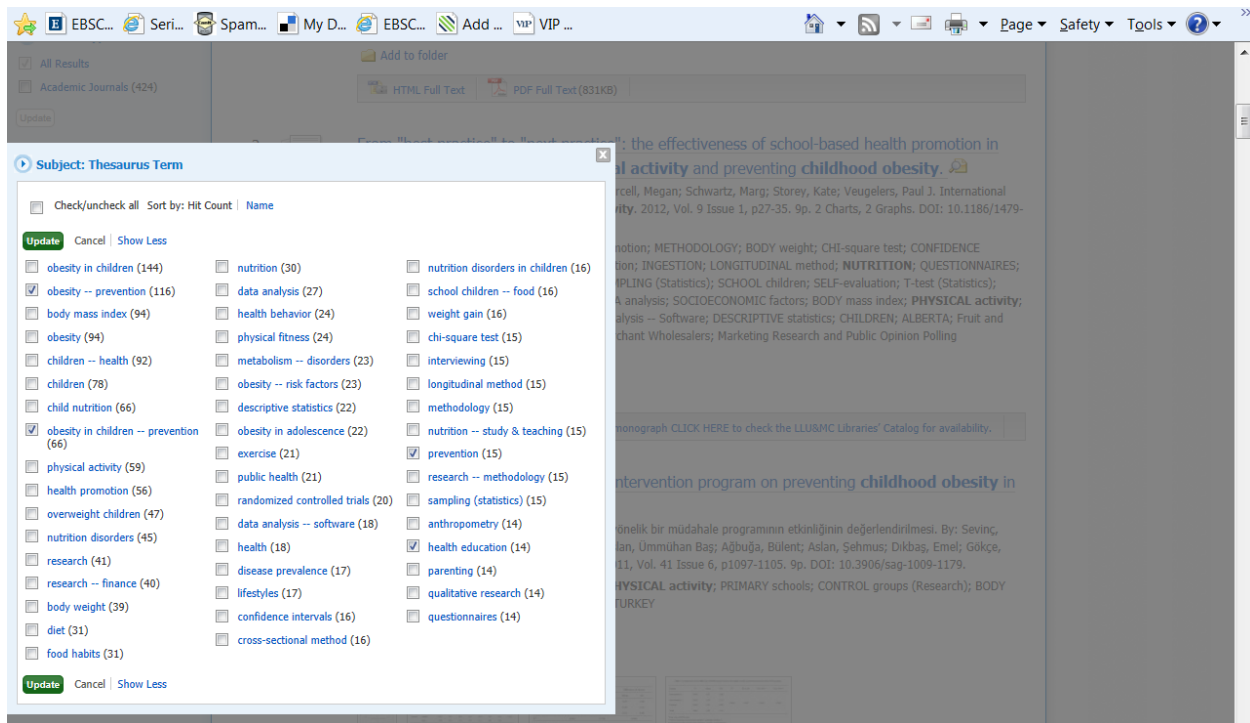
Database: Academic Search Premier
Add to folder
HTML Full Text PDF Full Text (831KB)
- 

From "best practice" to "next practice": the effectiveness of school-based health promotion in improving healthy eating and physical activity and preventing childhood obesity. 

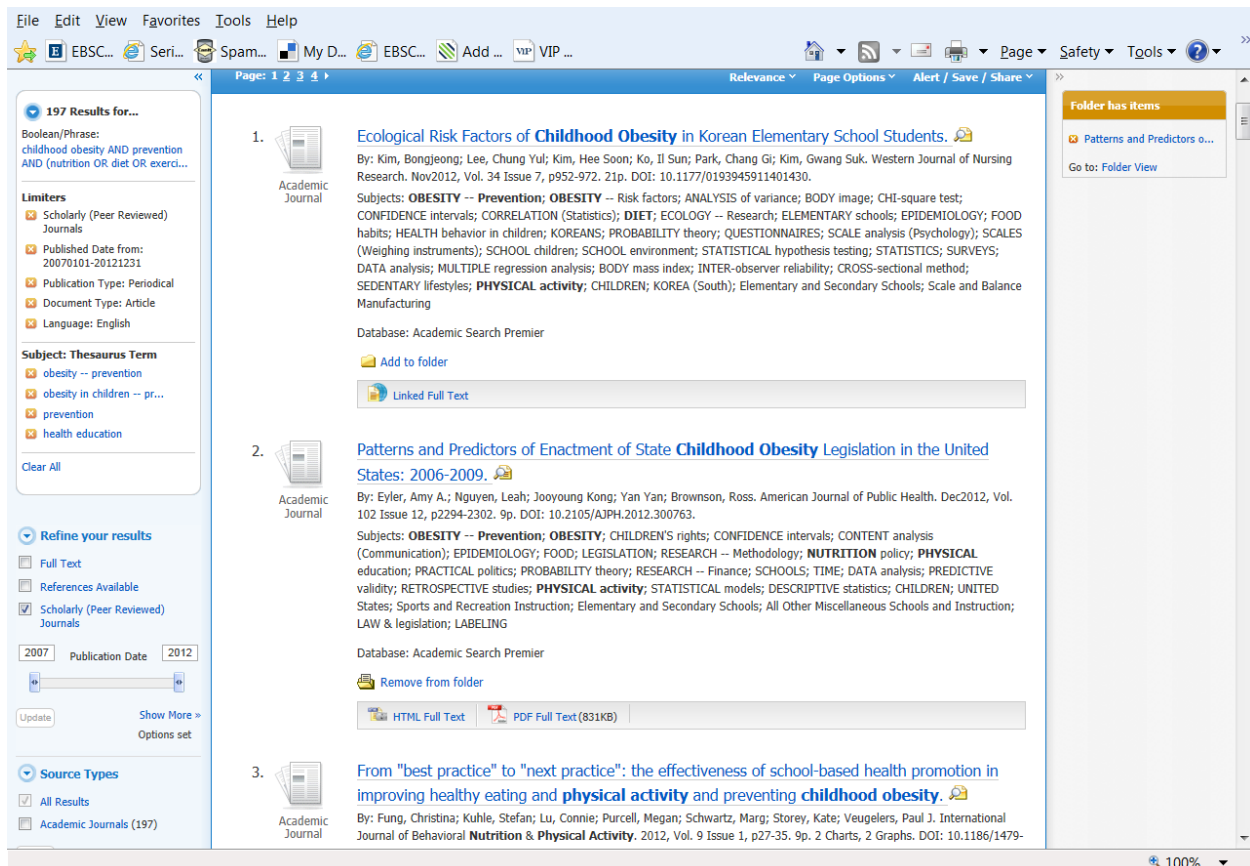
At this point, I could choose to do a couple of different things:

- 1) Browse the titles quickly and choose the ones I want to save in my EndNote Library. In EBSCOhost databases, you choose them by clicking on "Add to Folder", this puts them into a TEMPORARY folder where you can manage them when you are finished selecting them. You can also create a personal account and save them to a personal folder, but we will not cover that here, OR
- 2) Refine the search further by using the some of the options on the left side of the screen. One of those options is: Subject: Thesaurus term (see bottom left hand corner of screen shot above).

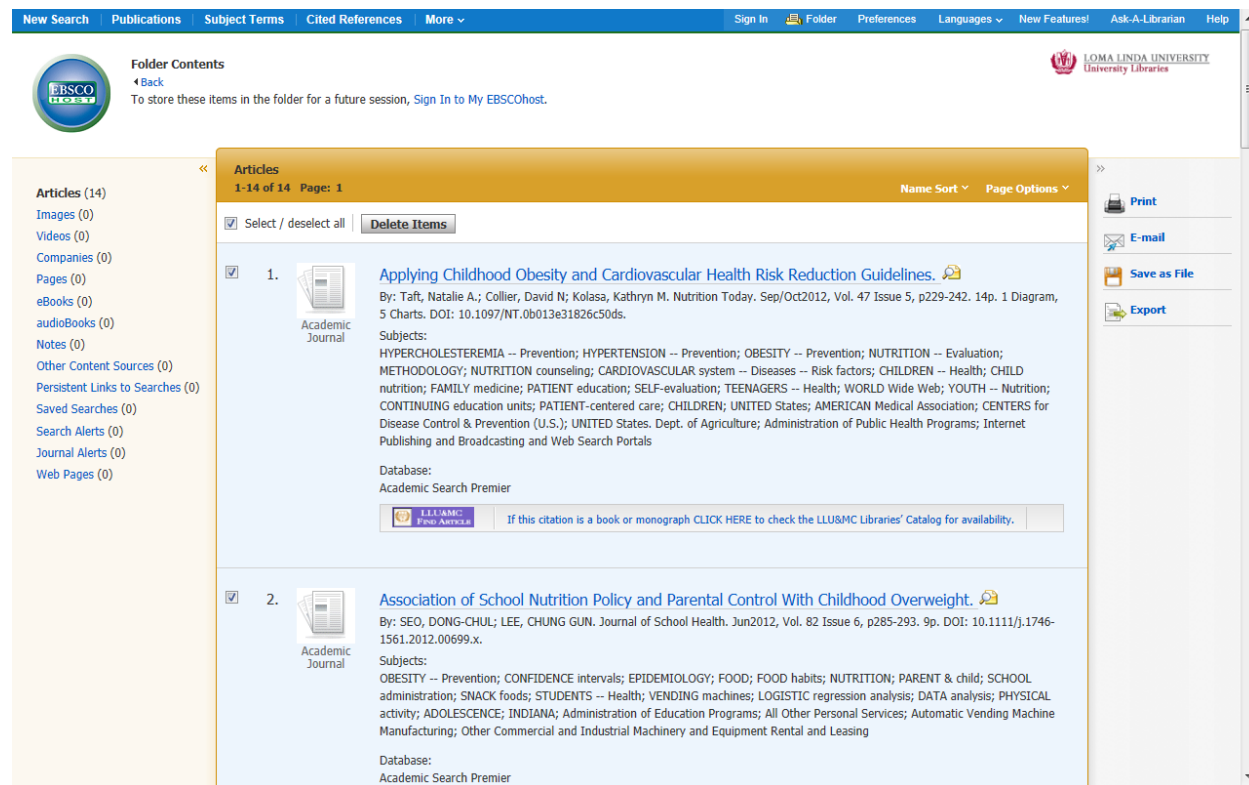
I'm going to Refine the search further by clicking on "Subject: Thesaurus terms". Click on it to open up the menu showing the first few choices, then click on "Show More" to see all of them. These terms are the ones most frequently found in my original 424 results. You can see in the screen shot below that each Thesaurus Term has the number of articles using that term in the records. Using this feature will drastically narrow my results. I've decided to choose all of the terms that have "prevention" in them and also "health education", which I think is related. You can see what I've checked below:



After selecting the terms I want, I clicked on Update and retrieved 197 results. I looked through them and selected some by clicking on Add to Folder which is found at the bottom of each citation. Notice in the screen shot below that I selected the 2nd one, which now says, "Remove from Folder". Also notice that on the right side of the screen, my folder is showing as having items:

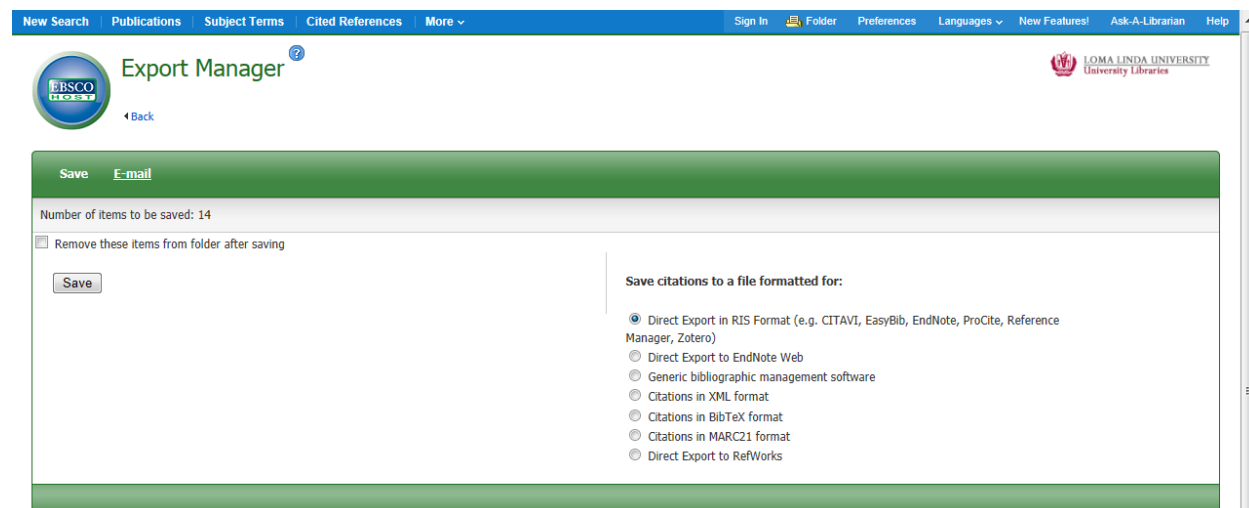


Once I've looked through my 197 results and added the ones I wanted to my folder, then I can then go to Folder View where I can see all of the citations I've selected (in this case, 14). This screen shot shows that I've checked "Select / deselect" all" because I want to Select all of them so I can add them to my EndNote library. Then click on the "Export" link on the right:



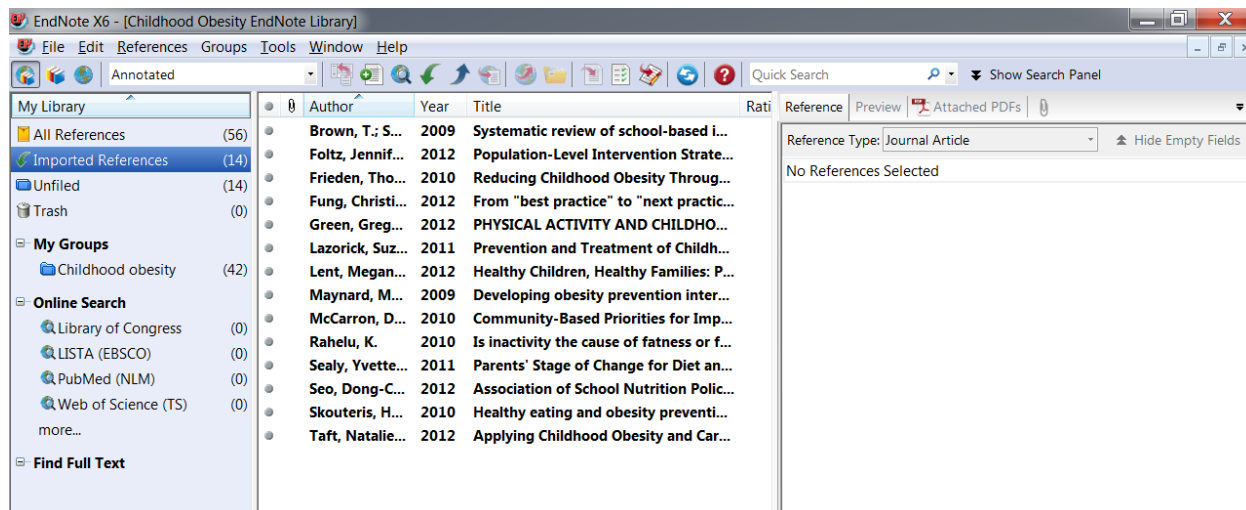
The screenshot shows the EBSCO Folder Contents page. The top navigation bar includes links for New Search, Publications, Subject Terms, Cited References, More, Sign In, Folder, Preferences, Languages, New Features!, Ask-A-Librarian, and Help. The left sidebar shows a list of content types: Articles (14), Images (0), Videos (0), Companies (0), Pages (0), eBooks (0), audioBooks (0), Notes (0), Other Content Sources (0), Persistent Links to Searches (0), Saved Searches (0), Search Alerts (0), Journal Alerts (0), and Web Pages (0). The main content area displays a list of 14 articles. The first article is "Applying Childhood Obesity and Cardiovascular Health Risk Reduction Guidelines" by Taft, Natalie A.; Collier, David N.; Kolasa, Kathryn M. The second article is "Association of School Nutrition Policy and Parental Control With Childhood Overweight" by SEO, DONG-CHUL; LEE, CHUNG GUN. The "Select / deselect all" checkbox is checked. The "Export" link is visible on the right side of the page.

Clicking on the Export link results in this screen where I will choose the 1st option, "Direct Export in RISformat (e.g. CITAVI, EasyBib, EndNote, ProCite, etc...) and click on Save:



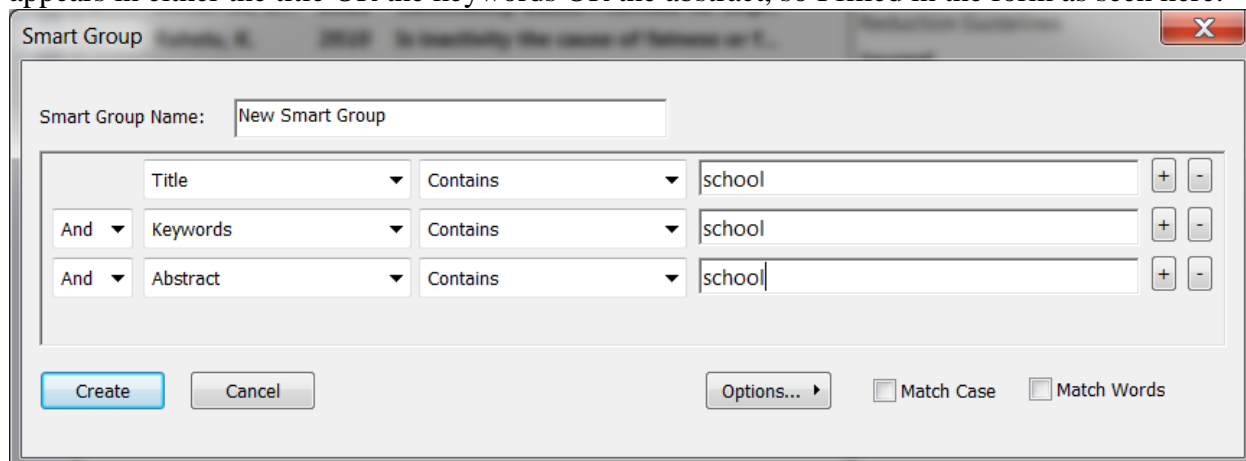
The screenshot shows the EBSCO Export Manager page. The top navigation bar is the same as the previous screenshot. The left sidebar shows a list of content types: Articles (14), Images (0), Videos (0), Companies (0), Pages (0), eBooks (0), audioBooks (0), Notes (0), Other Content Sources (0), Persistent Links to Searches (0), Saved Searches (0), Search Alerts (0), Journal Alerts (0), and Web Pages (0). The main content area displays the "Export Manager" interface. The "Save" button is highlighted. The "Number of items to be saved: 14" is displayed. The "Remove these items from folder after saving" checkbox is checked. The "Save citations to a file formatted for:" section shows the "Direct Export in RIS Format (e.g. CITAVI, EasyBib, EndNote, ProCite, Reference Manager, Zotero)" option selected.

Because I had my EndNote library open, the 14 citations went right into EndNote into the “Imported References file” and the previously imported references were replaced:

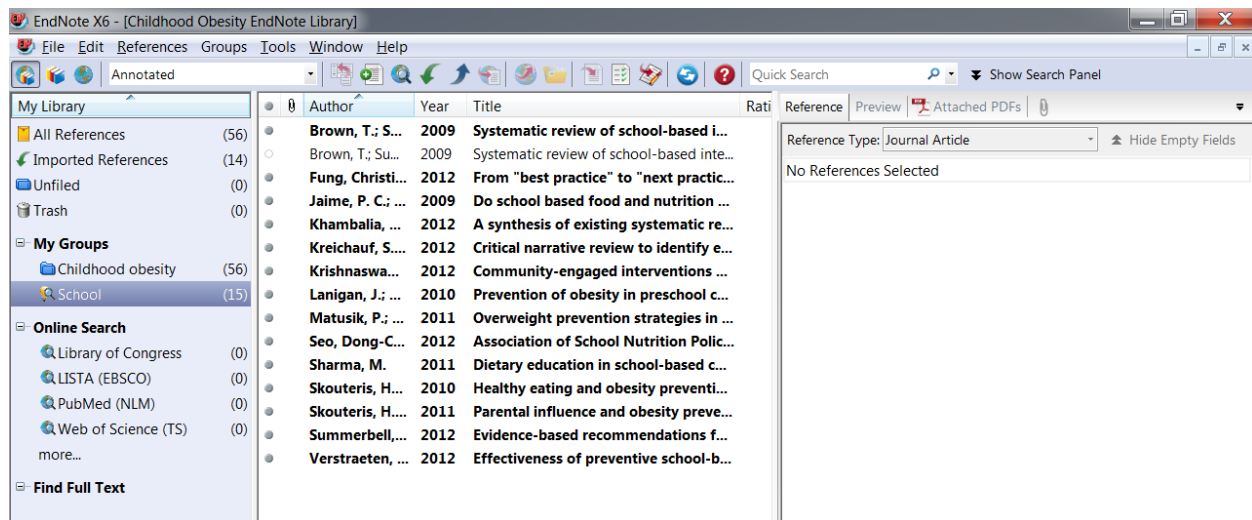


I will add these references to the 42 references from PubMed which were already in my Childhood Obesity Group and now all 56 will be in the group.

You can create what are called “Smart Groups” to further organize your references. For my search, I’d like to create a group of articles that talk about school programs. To do this, right click on the Childhood Obesity group name which will give you several options, one of which is “Create Smart Group”. I want my Smart Group to be a group of articles where the word **school** appears in either the title OR the keywords OR the abstract, so I filled in the form as seen here:

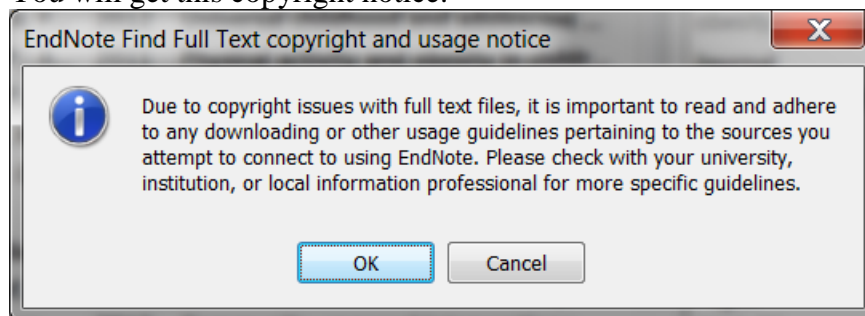


After clicking on Create, and naming my Smart Group, “School”, 15 articles are now in the “School” smart group as seen below. Notice that the 56 articles still remain in the Childhood Obesity group because the “school” articles are also in the main group. An article could be in several smart groups if you want to organize that way. A nice thing about Smart Groups is that if you import more references, they will automatically go into a Smart Group when they meet the criteria:

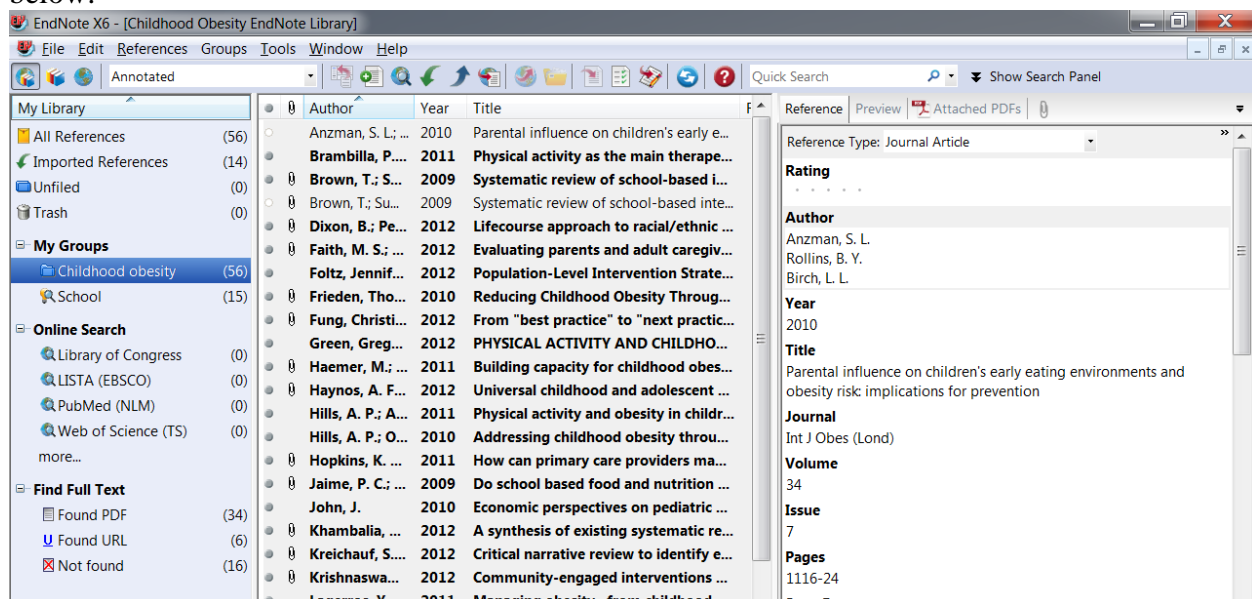


Accessing the full text of articles via EndNote: EndNoteX6 has a “Find Full Text” feature where it will search for the Full Text of the articles in your library. It will not catch everything, but, it is a good start and a time saver. Here is how it works: highlight the articles in any of your groups of references, then from the “References” pull down menu choose Find Full Text:

You will get this copyright notice:



Click OK and it will Search for the full Text. It may take some time. You can see a running total as it works. I chose all 56 references in my “Childhood Obesity” group. In this case it found 43 PDFs (see Paperclip icon next to references) and 6 URLs to the articles as you can see below:



Don't assume that the other citations do not have full text available! EndNote may not have found them, but that doesn't mean they don't exist. For example, in the screen below, a citation by Green doesn't have a paperclip next to it, but when I highlight it and look at the full record in the right panel I see that there is a URL to the citation which I can use to try to find full text:

The screenshot shows the EndNote X6 interface. On the left is the 'My Library' pane with categories like 'All References (56)', 'Unfiled (0)', 'Trash (0)', 'My Groups' (including 'Childhood obesity (56)' and 'School (15)'), 'Online Search' (including 'Library of Congress (0)', 'LISTA (EBSCO) (0)', 'PubMed (NLM) (0)', 'Web of Science (TS) (0)'), and 'Find Full Text (0)'. The main pane displays a list of references with columns for Author, Year, and Title. The citation by Green, Gregory (2012) is highlighted. The right pane shows the 'Reference' details for this citation, including subject terms, a URL to the full text, and various attachment options.

Author	Year	Title
Anzman, S. L.; Ro...	2010	Parental influence on children's early e...
Brambilla, P.; P...	2011	Physical activity as the main therape...
Brown, T.; Sum...	2009	Systematic review of school-based i...
Brown, T.; Summ...	2009	Systematic review of school-based inte...
Dixon, B.; Pena...	2012	Lifecourse approach to racial/ethnic ...
Faith, M. S.; Va...	2012	Evaluating parents and adult caregiv...
Foltz, Jennifer L.; ...	2012	Population-Level Intervention Strategie...
Frieden, Thoma...	2010	Reducing Childhood Obesity Throug...
Fung, Christina; K...	2012	From "best practice" to "next practice"...
Green, Gregory; ...	2012	PHYSICAL ACTIVITY AND CHILDHOOD ...
Haemer, M.; Clu...	2011	Building capacity for childhood obes...
Haynos, A. F.; O...	2012	Universal childhood and adolescent ...
Hills, A. P.; Ander...	2011	Physical activity and obesity in children
Hills, A. P.; Okel...	2010	Addressing childhood obesity throu...
Hopkins, K. F.; ...	2011	How can primary care providers ma...
Jaime, P. C.; Loc...	2009	Do school based food and nutrition ...
John, J.	2010	Economic perspectives on pediatric ob...
Khambalia, A. Z...	2012	A synthesis of existing systematic re...
Kreichauf, S.; W...	2012	Critical narrative review to identify e...
Krishnaswami, ...	2012	Community-engaged interventions ...
Lagerros, Y. T.; ...	2011	Managing obesity--from childhood ...
Lake, A. M.	2012	Pediatric obesity: preventive measur...
Lanigan, J.; Bar...	2010	Prevention of obesity in preschool c...
Larson, N.; War...	2011	What role can child-care settings pla...
Lazorick, Suzan...	2011	Prevention and Treatment of Childh...
Lent, Megan; Hi...	2012	Healthy Children, Healthy Families: P...
Libuda, L.; Kers...	2009	Soft drinks and body weight develop...
Lindholm, R.	2011	Combating childhood obesity: a surv...
Manios, Y.; Gra...	2012	A systematic approach for the devel...

Reference Details for Green, Gregory (2012):

- Subject Term:** FOOD -- Caloric content; Subject Term: TELEVISION viewers; Subject Term: HEALTH; Subject Term: VENDING machines; Subject Term: PHYSICAL education -- Study & teaching; Subject Term: PHYSIOLOGICAL aspects; Subject Term: RISK factors; Subject Term: UNITED States; NAICS/Industry Codes: 333311 Automatic Vending Machine Manufacturing; NAICS/Industry Codes: 812990 All Other Personal Services; NAICS/Industry Codes: 532490 Other Commercial and Industrial Machinery and Equipment Rental and Leasing; Number of Pages: 6p; Document Type: Article; Full Text Word Count: 2634
- URL:** <http://0-search.ebscohost.com/catalog/llu.edu/login.aspx?direct=true&db=aph&AN=77564423&site=ehost-live>
- File Attachments:**
- Author Address:**
- Figure:**
- Caption:**
- Access Date:**
- Translated Author:**
- Translated Title:**
- Name of Database:**

Clicking on the URL took me to the record in EBSCOhost, where you can see on the left that there is a PDF which I can open and save so I can add it to my EndNote library:

The screenshot shows the EBSCOhost record for the article 'PHYSICAL ACTIVITY AND CHILDHOOD OBESITY: STRATEGIES AND SOLUTIONS FOR SCHOOLS AND PARENTS.' The left sidebar shows options for 'Detailed Record', 'HTML Full Text', and 'PDF Full Text (388KB)'. The main content area displays the following information:

Authors: Green, Gregory¹
Riley, Clarence¹
Hargrove, Brenda

Source: Education; Summer2012, Vol. 132 Issue 4, p915-920, 6p

Document Type: Article

Subject Terms: *OBESITY in children -- Prevention
*SEDENTARY behavior in children
*SEDENTARY lifestyles
*CONVENIENCE foods
*OBESITY in children -- Treatment
*CHILDREN -- United States
*CHILDREN -- Health
*RESEARCH
*FOOD -- Caloric content
*TELEVISION viewers
*HEALTH
*VENDING machines
*PHYSICAL education -- Study & teaching
PHYSIOLOGICAL aspects
RISK factors

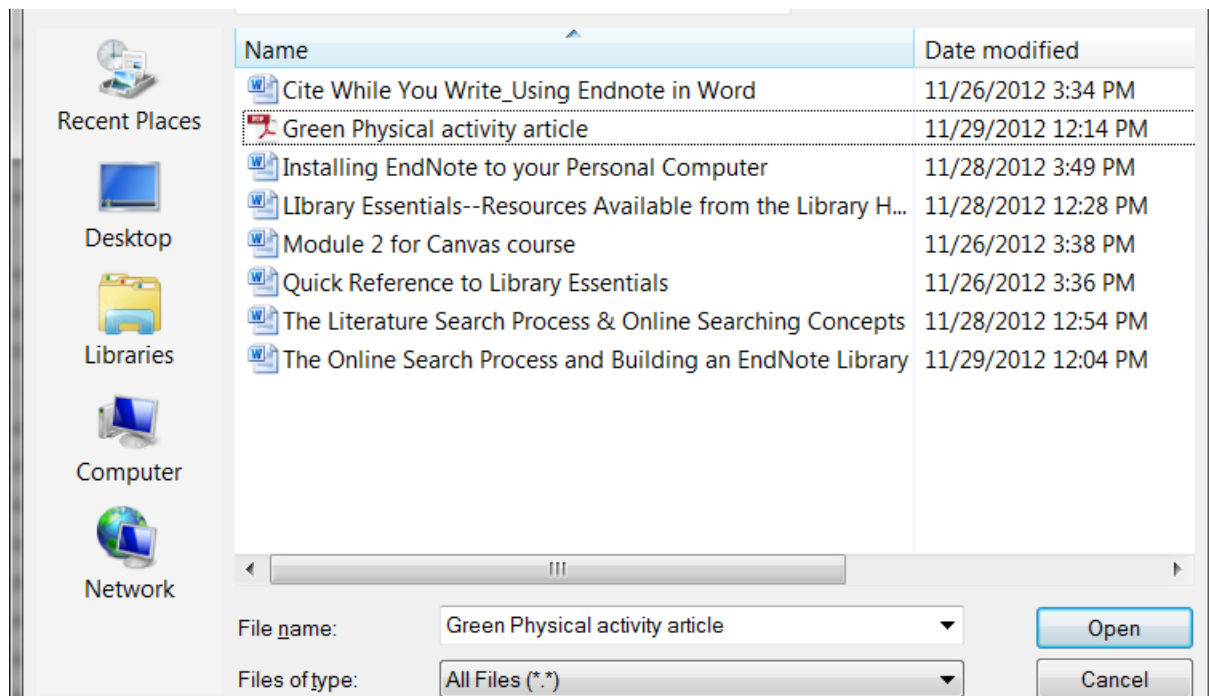
Geographic Terms: UNITED States

NAICS/Industry Codes: 333311 Automatic Vending Machine Manufacturing
812990 All Other Personal Services
532490 Other Commercial and Industrial Machinery and Equipment Rental and Leasing

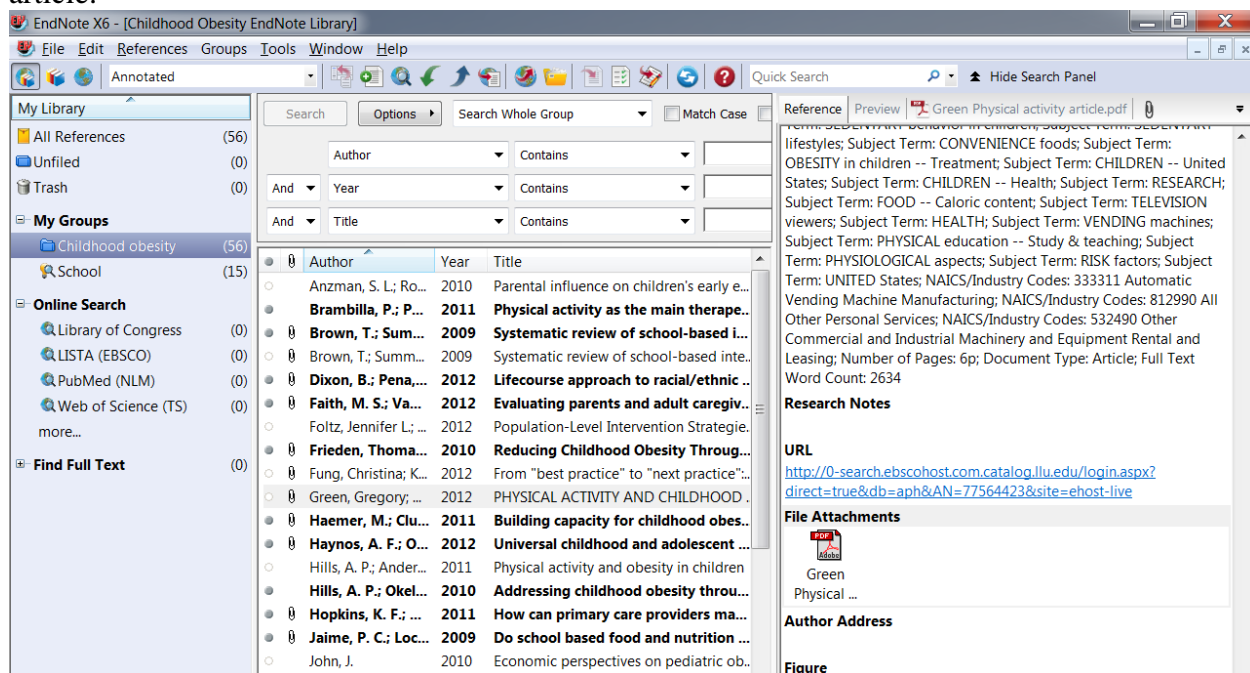
Abstract: One of the reasons American children and adolescents gain weight over the generations is that children expend significantly less energy on a daily basis than their parents and grandparents did at their age. Today's youth spend many hours participating in sedentary activities. Additionally, we eat more fast food and vending machine food than we have in the past. Health, physical educators, wellness specialists, and parents can play vital roles in reducing obesity rates in children and adolescents. The

The right sidebar contains various tools: Print, E-mail, Save, Cite, Export, Permalink, Bookmark, Listen, and Translate.

Once I've saved the PDF, I go back to Endnote and open up the citation for that journal and scroll down to File Attachments, which is just under the URL. Clicking underneath the words, File Attachments, opens up a fill-in box, where I right-click to File Attachments--Attach file, then search for my file. Here you can see the PDF I named, Green Physical Activity article, where I can now select it and add it to my EndNote library:



This screen shows that the PDF is now in EndNote in the File Attachments field for the Green article:



We just looked at an example of finding the full text of an article from EBSCOhost which we had to look up individually because Endnote's "Find Full Text" feature didn't find it. This one was easy, because EBSCOhost did have the full text. But if it didn't you could still look for full text by using the Find Journals link from the library home page to look up journals in the Journal

Portal. Look at the fourth citation in the screen below (article by Libuda) which doesn't have a URL or a full text indicator:

EndNote X6 - [Childhood Obesity EndNote Library]

File Edit References Groups Tools Window Help

My Library

- All References (56)
- Unfiled (0)
- Trash (0)
- My Groups
 - Childhood obesity (56)
 - School (15)
- Online Search
 - Library of Congress (0)
 - LISTA (EBSCO) (0)
 - PubMed (NLM) (0)
 - Web of Science (TS) (0)
 - more...
- Find Full Text (0)

Author	Year	Title
Larson, N.; War...	2011	What role can child-care settings pla...
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Libuda, L.; Kerstin...	2009	Soft drinks and body weight developm...
Lindholm, R.	2011	Combating childhood obesity: a surv...
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Purcell, M.	2010	Raising healthy children: Moral and ...
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Sealy, Yvette M...	2011	Parents' Stage of Change for Diet an...
Seo, Dong-Chul...	2012	Association of School Nutrition Polic...
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Skouteris, Hele...	2010	Healthy eating and obesity preventi...

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potential underlying mechanisms. RECENT FINDINGS: Although results from cohort studies contrary to those from intervention studies are not univocal, there is evidence for a detrimental effect of soft drink consumption on body weight in childhood. This impact seems to be induced by an inadequate energy compensation after the consumption of sugar-containing beverages. Because of the similar composition of high fructose corn syrup (HFCS) and sucrose, it is implausible that these types of sugar in soft drinks can cause substantially different effects on body weight. SUMMARY: The replacement of soft drinks and other sugar-containing beverages such as fruit juices by noncaloric alternatives seems to be a promising approach for the prevention of overweight in childhood and adolescence. However, as the cause of overweight and obesity is multifactorial, the limitation of soft drink consumption needs to be incorporated in a complex strategy for obesity prevention.

Notes

Libuda, Lars
Kerstin, Mathilde
Review
England
Curr Opin Clin Nutr Metab Care. 2009 Nov;12(6):596-600.

Research Notes

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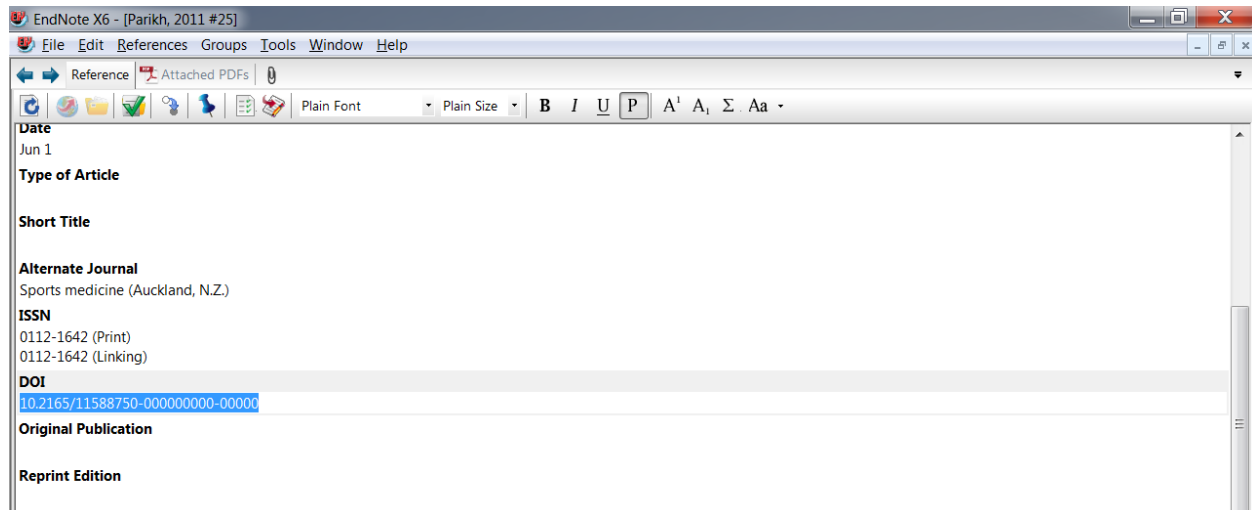
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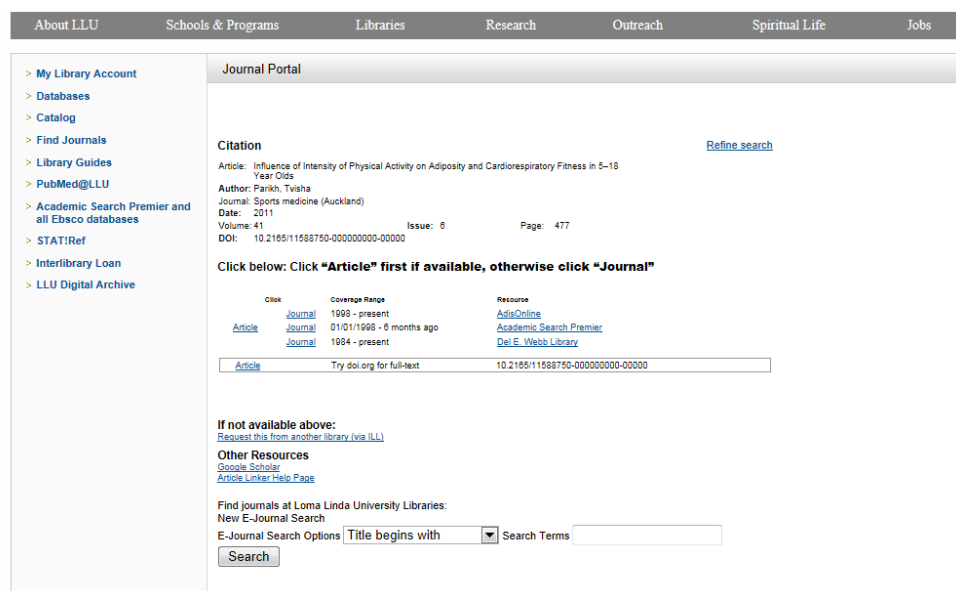
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