

5 Reasons to Use Family Health Database for Better Research, Better Learning and Better Insights



1. **Accurate and reliable.** Millions of Americans get health information from magazines, TV, or the open web. Yet, only 12% of Americans possess adequate health literacy skills to determine if the information is credible and up to date. To find accurate and reliable health information you need to know how and where to look. Family Health Database is a regularly updated with highly selective medical journals, magazines, and other content for patients, caregivers, and consumers.
2. **Consolidated, clinically proven results.** Starting a search for medical information from Google or Bing often returns thousands, if not millions of search results. Family Health Database limits your search to published, clinically proven information sources so you don't have to separate fact or fiction.
3. **Focused search results.** Drowning in the Google flood? 76% of teachers and students think the amount of information they find online is overwhelming. Use your library's ProQuest databases instead. You'll get a focused set of search results, minus the paywalls, ads and millions of irrelevant hits.
4. **Easy to use - ad free navigation.** Adopting a user centered design is part of the National Action Plan to Improve Health Literacy. Google can be easy to use, but the sites it connects to often are not. In most cases you'll encounter ads and paywalls and other elements of clutter that make it difficult to analyze the content. Your library's ProQuest databases offer a clean user experience designed from the ground up with input from patrons like you to make your experience more productive and focused.
5. **Published medical information from trusted sources.** In an age of disinformation, you should always evaluate the source of the content and be aware of quackery, myths, or half-truths. Ask yourself where does it come from? Was the content reviewed by a doctor? Is it fact or opinion? Still, even when using library databases think critically and evaluate the content. Finally, no content, no matter the source from can replace your doctor's advice on your personal health.

Example search and activity using ProQuest Family Health Database:

Drinking Water - Journal Articles

Without keyword searching

- Find a publisher recognized for health related publications
- Isolate their unique publications by subject
- Select a publication which might contain information on drinking water
- Search that specific publication for the phrase "drinking water"

The screenshot shows the ProQuest Family Health Database interface. At the top, there's a navigation bar with 'Basic Search', 'Advanced Search', 'Publications', and 'About'. Below that, a search bar contains the text 'Flint Kids: Tragic, Resilient, and Exemplary'. The search results show a list of items, with the first item selected. The selected item is 'Flint Kids: Tragic, Resilient, and Exemplary' by Hanna Attisha, Mona, MD, MPH, FAAP, published in the American Journal of Public Health, Washington, Vol. 107, Iss. 5, (May 2017): 651-652. The article preview includes a thumbnail image of a colorful fountain and text describing the article's content. On the right side, there are options to 'Download PDF', 'Cite', 'Email', 'Print', and 'Save'. Below these are 'Related items' and 'Search with indexing terms' sections.

Need More Resources?

Check out our Washington State Library LibGuide: <http://proquest.libguides.com/WASDL>

Be sure to keep an eye on the ProQuest "Share This" Blog for K-12: <http://blogs.proquest.com/>

Want to add Family Health Database to your library page?

Use this link: <https://search.proquest.com/familyhealth/health/>



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