# Level of Evidence

## Heart Disease and Stroke

### Evidence-Based Resources
- Clinical Recommendations
- Consumer Information

### Find evidence-based information and recommendations related to Heart Disease and Stroke.

<table>
<thead>
<tr>
<th>Strength of Evidence</th>
<th>Topic Area</th>
<th>Publication Date</th>
<th>Resource Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 out of 4</td>
<td>Access to Health Services, Heart Disease and Stroke</td>
<td>2015</td>
<td>Systematic Review</td>
</tr>
<tr>
<td></td>
<td>Cardiovascular Disease: Interventions Engaging Community Health Workers</td>
<td>2015</td>
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<td>Community Preventive Services Task Force</td>
<td>2015</td>
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<td>Heart Disease and Stroke</td>
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<td>Cardiovascular Disease: Self-Measured Blood Pressure Monitoring Interventions for Improved Blood Pressure Control – When Combined with Additional Support</td>
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</tbody>
</table>
Data and Statistics

County Health Rankings

Kaiser Family Foundation: State Profiles

CDC: Chronic Disease Indicators

Youth Online: High School YRBS (interactive Map/database)

Kids Count Data Center: Health Statistics

D.C. Health Matters

SAMSHA: Data and Statistics

New Report Finds Adult Obesity Rates Decreased in Four States 2016
What is peer-reviewed?

What is a “peer-reviewed” article?
What is peer-reviewed?

- Why is it important?
  - Experts in the field
  - Quality Control
  - Avoids duplication
  - Transparency
Peer-reviewed: what to look for?

① **Authors:** List Affiliations & Credentials

② **Structure:** Abstract, Introduction, Methodology, Results, Conclusions and Limitations

③ **References:** In-text Citations & Reference list of sources
A good “literature review” provides a reader with a clear story on that specific topic by delivering the background of the scholarly published evidence.
Literature Review: Tip #2

Research Strategy

- **Seed Article**: An article that strongly supports your topic. Use a citation database to locate relevant studies.

- **Snowballing**: Begin with a select number of articles that are strongly supportive of your topic and then search each article's references, reviewing the studies cited to determine if they are relevant to your research.

Good Place to Start!

- [Google Scholar](#)
- [Scopus](#)
- [Web of Science](#)

[Diagram: Venn diagram showing AND combines narrows, OR broadens, NOT eliminates narrows]
Literature Review:
Research Strategy

- Obesity OR overweight OR BMI OR Body Mass Index
- Vegetable OR fruits OR “food preference”
- School meals OR School cafeteria

(Option add the following to capture intervention)

- Intervention OR Program evaluation OR Assessment OR Health Policy
Literature Review: Research Strategy

Medication Adherence OR Medication Compliance OR Medication Education AND Diabetes OR Type 2 Diabetes OR Type 1 Diabetes

(Option add the following to capture intervention) AND Intervention OR Prevention OR Program evaluation OR Health Impact Assessment OR Self-Assessment
Literature Review: 
Research Strategy

Physical Activity OR Exercise OR Walking OR Motor Activity OR Aerobic exercises AND Cardiovascular Diseases OR Heart Disease

Limit: Adults
(Add to capture behavior change) AND Lifestyle OR Health behavior OR Health Promotion
Organize Results: RefWorks

- Group Code: RWGWUMC
- New RefWorks – Google Docs
- To activate the RefWorks New tool in Google Docs:
  - Open a blank document and select “Add-ons”
  - “Get Add-ons” and search for “ProQuest RefWorks”
  - Once you find it, just click on the “free” button to add it to your account.

RefWorks/FAQs: Available from Himmelfarb.

Alternative to RefWorks:
- EndNote FAQs
- Mendeley FAQs
- Zotero FAQs

Helpful Guides with examples on how to cite:
- AMA and APA
Literature Review: Guide: Prevention & Community Health
Literature Review: Guide: Prevention & Community

Welcome to the GW Prevention & Community Health research guide. These pages list resources in your field from the Himmelfarb Library collection and the Internet to help you find the information you need.

Please feel free to contact me or suggest a resource to be added to the guide.