**Health Education and the Internet**

There are many websites that give “health” information. You have to be able to judge the quality of that information to determine if it is reliable, up to date and valuable. Websites that have .gov or .edu extensions are usually considered to be reliable. In addition, you need to answer the following questions to determine if the site will be beneficial.

According to the latest research, eight out of 10 Internet users have at one time or another, searched for health info on the Web. With that being said it is important that the information they are getting is accurate and beneficial to them. Millions of consumers get health information from magazines, TV or the Internet. Some of the information is reliable and up to date; some is not. How can you tell the good from the bad?

**Consider the source**--Use recognized authorities, know who is responsible for the content.

**Focus on quality**--All Web sites are not created equal. Does the site have an editorial board? Is the information reviewed before it is posted?

**Be a cyberskeptic**--Does the site make health claims that seem too good to be true? Does the information use deliberately obscure, "scientific" sounding language? Does it promise quick, dramatic, miraculous results? Is this the only site making these claims?

**Look for the evidence**--Rely on medical research, not opinion. Does the site identify the author? Does it rely on testimonials?

**Check for currency**--Look for the latest information is the information current?

**Beware of bias**--What is the purpose? Who is providing the funding? Who pays for the site?

**Consult with your health professional**--Patient/provider partnerships lead to the best medical decisions.

**Some websites to consider:**

* www.medlineplus.gov
* www.healthfinder.gov
* www.who.org
* www.cdc.gov
* www.health.state.ny.us
* www.kidshealth.org/teen
* www.nih.gov
* www.webmd.com
* www.health.gov
* www.heart.org
* www.cancer.opg
* www.diabetes.org
* www.fda.gov
* www.lungusa.org
* www.womenshealth.gov
* www.girlshealth.gov
* www.ChooseMyPlate.gov
* www.mayoclinic.com
* www.madd.org
* www.sadd.org
* www.healthcentral.com
* www.immunize.org
* www.cancer.org
* www.ncadv.org
* www.nsc.org
* www.anad.org
* www.eatright.org
* www.aahperd.org
* www.nmha.org
* www.afsp.org
* www.mentalhealth.org
* www.plannedparenthood.org
* www.stack.com
* www.menshealth.com
* www.muscleandfitness.com
* www.muscleforlife.com
* nutritiondata.self.com
* www.caloriecount.com
* americanheart.org
* www.healthline.com/
* https://suicidepreventionlifeline.org/
* www.samhsa.gov
* www.thehotline.org
* www.rainn.org
* metoomvmt.org
* itsonus.org
* www.thetrevorproject.org
* dare.org
* teens.drugabuse.gov
* www.stopbullying.gov
* mentalhealthamerica.net
* suicidology.org
* drugfreeworld.org

**Assignment:** Use the list of above websites to help you fill out the chart below. The first one has been filled out for you to show you an example. You may also use other health related sites that you think are appropriate.

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|  |

Name :

**Wellness on the World Wide Web Assignment**

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| **List Website**  **Write a description of the home page.** | **Browse through website and tell me three things you like or dislike about the website.** | **Browse through website and tell me three things that you learned while on the website.** | **Rate the website’s features using a 5-star rating system.**  **\*=poor**  **\*\*\*=average**  **\*\*\*\*\*= excellent** |
| **Website:**  **Ex. Plannedparenthood.org** | 1. **Liked or + was that all the topics were easily listed under the learn section.** 2. **Liked they had a search bar that if I couldn’t find a topic I could search what I was looking for.** 3. **Liked how easy the information was to read it wasn’t extremely long, but very informative.**   **\*\*can be likes or dislikes just need 3 total\*\*** | 1. **Learned what consent meant, and the acronym FRIES F- freely given R- reversible I – informed E- enthusiastic S – specific.** 2. **360,000 people contract HPV a year.** 3. **High Risk vs. Low risk Sexual activity.**   **\*\*do not need to be more than a sentence or two in length\*\*** | **\*\*\*\*\*** |
| **Website:** |  |  |  |
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**Find a website that will give you reliable information on each health topic listed.**

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| **Health Issue** | **Website** |
| 1. **HIV/AIDS** |  |
| 1. **Stress** |  |
| 1. **Marijuana** |  |
| 1. **Suicide** |  |
| 1. **Domestic Violence** |  |
| 1. **Nutrition** |  |