Task Title: Finding Health Information on the Internet

OALCF Cover Sheet – Learner Copy

Learner Name:_____

Date Started (m/d/yyyy):_____

Date Completed (m/d/yyyy):_____

Task Description:

Learners will read about finding health information on the Internet.

Competency: A Find and Use Information
B Communicate Ideas and Information

Task Groups: A1 Read continuous text
B2 Write continuous text

Level Indicators:
- A1.2: Read texts to locate and connect ideas and information
- B2.1: Write brief texts to convey simple ideas and factual information

Materials Required:

- Evaluating Health Information Online handout
- Learner Information and Task sheet
- Pen and/or digital device

Learner Information

Many people today take an active role in managing their health by learning about health and disease on the Internet. Here is some sound advice on finding information you can trust.
Look at the handout "Health Information on the Internet" below:

Canadian Public Health Association - Health Information on the Internet   Page 1 of 1

CPHA
CANADA'S PUBLIC HEALTH LEADER

Health Information on the Internet

Evaluating Health Information Online

- When looking for health information online, keep in mind that the Internet is not regulated. Anyone can set up a website.

- Does the website say who is responsible for the information and how you can contact them? Look for links that say *about us*, *about this site*, or *contact us*. If you can't find out who runs the site and how to contact them, you should be suspicious.

    > These tips were adapted from the National Business Group on Health's toolkit about health information online.

- Is the purpose of the website to give information, or is it to trying to sell you something? Commercial websites might be giving only information that supports what they are selling and not a balanced view.

- You can usually get reliable health information from non-profit educational or medical organizations and government agencies. Health information should be unbiased and balanced, based on solid medical evidence and not just someone's opinion.

- The most trustworthy health information is based on medical research. Does the website give references to articles in medical journals or other sources to back up its health information?

- Health information for the public should be easy to understand. Technical or unfamiliar terms should be clearly explained. Websites should also tell you when the information was prepared and updated.

- Ask a doctor or other health professional about the health information you find on websites. You may want to bring a copy of the information with you.

- Be careful about providing personal information. Some websites collect and sell your personal information to other organizations.

- Trust your instincts about the health information you find on websites. If it doesn't seem reasonable and believable, then don't use it.

General Health Information (External Links)

- The College of Family Physicians of Canada
- HealthLink BC
- Mayo Clinic

Specific Health Topics

Many non-profit educational and medical associations provide information on specific health topics. For example, CPHA is a good source for information about immunization and preventing chronic and infectious diseases.

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http://www.cpha.ca/en/portals/h-l/web.aspx   4/11/2014

Work Sheet

Task 1: Who is allowed to put health information on the Internet?

Answer:

_____

Task 2: You should be suspicious if ....

Answer:

_____

Task 3: Why might a commercial website not give balanced information?

Answer:

_____

Task 4: Where can you usually get health information you can rely on?

Answer:

_____

Task 5: What is the most trustworthy health information based on?

Answer:

_____

Task 6: Why is the date that the information was prepared important?

Answer:

Task 7: Before you take any advice you find on a medical website, what would it be wise to do?

Answer:

Task 8: Some websites collect information from you. Why would it be wise not to give it to them?

Answer:

Task 9: If I found some health information and it just didn't seem believable, you should tell me to ………………………

Answer: