

Is This Legit?

Accessing Valid and Reliable Health Information

Questions to Ask as You Evaluate a Source of Health Information

Question	Answer
<p>Thinking about your assigned source, do you have reason to believe this source has credible health information? Why? How might your relationship with that source cause you to trust or disbelieve what they say? Does this source have a vested interest in you believing certain things, such as to sell you a product or are they receiving or offering monetary (money) compensation to highlight certain products to their followers.</p>	
<p>Does the source make a very surprising claim? Some people have a flair for dramatic stories or sensational opinions. News headlines and websites sometimes exaggerate health claims to catch readers' attention. Does your source provide evidence for or facts to back up their claim?</p>	
<p>What is the original source of the information? Where does your source get <i>their</i> information?</p>	

Question	Answer
<p>Does your source show bias or slant toward a particular viewpoint? Do they stick to “just the facts” or include personal opinion? Do they leave out key pieces of information, such as the health risks of taking—or not taking—an action?</p>	
<p>Can you find this information in at least one other location? Information that is reliable and trustworthy can be sourced from multiple places. Check other webpages or websites for the same information. Talk to someone else about what you’ve learned. Do some digging and see if you can find at least one other source or story to match the one you first found. What did you discover? What is inconsistent (doesn’t match up) across the two sources? What <i>does</i> match up? Does the opinion of this source match what other trusted sources say about the topic?</p>	
<p>When you look at the website address (the URL), what is the ending? Refer to the box “ID the Site” from earlier in the lesson. Remember that the ending of a URL provides clues about how to evaluate the content of a website. Is the ending .com, .edu, .gov, .net, or .org? What does this ending possibly tell you about who or what owns the website?</p>	