

Check if Health-Related Content Is Credible



Some of the health-related content you find online is up-to-date and reliable. But some content may be false, inaccurate, or misleading.



It's essential to evaluate a health claim you read online before you trust it.

Ask these **questions** to check if a health claim is credible:



Provider

- Who's in charge of the website? **Can you trust them?**
- Why have they created the website?
- Are they selling something?



Funding

- Who's paying for the website?
- Does the information favor a sponsor?
- Does the website have advertisements? Are they labeled?



Quality

- Where does the information come from?
- Is it based on **scientific evidence** or **medical research**?
- Is the information **up-to-date**? When was it written?
- Who wrote the information?
- Did **experts** review the information on the site?
- Does the website **avoid emotional claims**?
- Does it avoid making unbelievable claims?



Privacy

- Does the website ask for your personal information?
- Do they tell you how they will use it?
- Is there a privacy policy?

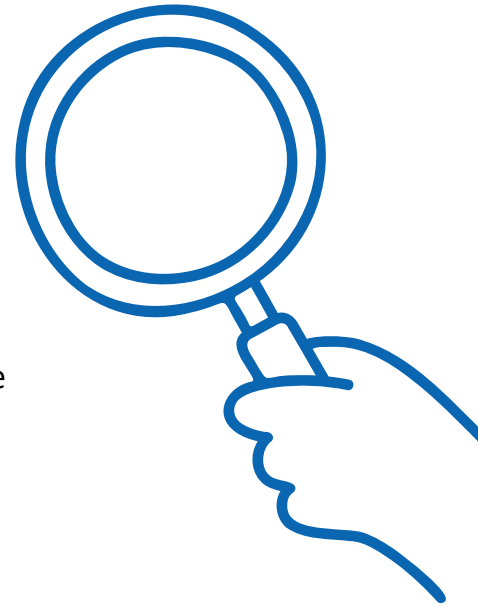
Try these tips:

Look at the "About Us" page on a website for information to help you answer the evaluation questions.

Who is the person or organization writing the content? Type their name into a search engine to see what other people say about them.

Type the health claim into a search engine to see if reliable sources share similar information.

Learn how to make sense of medical research through the MedlinePlus guide at bit.ly/undmedres.



Discuss the health claim with your health care professional before relying on it

Talk to a health care professional like **your doctor or nurse** about your health concerns.

Online information is not a good substitute for medical advice.

Learn more about evaluating health information through MedlinePlus at bit.ly/hi-eval

Sources:

- Office of the Surgeon General
- National Library of Medicine

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libguides.sdsu.edu/health