

Evaluating Health Info Online

To find reliable information, it's crucial to identify trustworthy sources—whether from blogs, news, social media, podcasts, or other publications. Credible sources provide science-backed facts for informed decisions and avoiding misinformation. Here are key questions to evaluate a source:

Who is behind the info?

Understanding the author's background helps you gauge if they truly know what they are talking or writing about.

- Does the author have expertise or a degree related to the topic?
- Are they recognized as an expert?
- Are they connected to an organization with a particular bias?

What is the purpose?

It's good to check if the source is meant to inform or educate—or if it's pushing an opinion or selling something.

- Is it meant to teach, entertain, or sell a product?
- Who is the target audience?
- Does it present facts, or is it opinion-driven?

Where is it coming from?

Sources from respected institutions often go through thorough fact-checking, enhancing reliability. However, funding sources can shape narratives, so assessing transparency and potential biases is essential.

- Is the author affiliated with a university or research institution?
- Does the source lean toward a particular agenda or bias?
- Does the source disclose any sponsors or funding?
- Is the research backed by organizations with a vested interest?

Can it be verified?

Cross-checking information with other credible sources ensures accuracy.

- Can you verify the claims elsewhere with other credible sources?
- Does the author provide citations or links to reputable sources?

Is it up-to-date?

More recent information tends to be more relevant, especially for fast-changing topics like health and science.

- How old is the info?
- Is there a date of publication or last-reviewed date?

