

# KNOW WHO TO TRUST

## For Reliable Health Information

**Are you overwhelmed by all the health and wellness information surrounding you? How do we know which health resources are credible? Who do we trust when two sources appear contradictory? Learn to identify trustworthy sources for important health and wellness information.**

## HOW TO IDENTIFY ACCURATE INFORMATION

**When deciding if the information you see or hear is reliable, ask yourself these questions:**

### **Who wrote it? Who is saying it?**

Look for the author or speaker's qualifications. You may be able to identify them as a qualified expert by reviewing their credentials and their affiliations.

### **Why was it published or distributed?**

It is good to analyze the content. Sometimes the information given to you has an ulterior motive. It may be designed to help sell a product. The information may be biased. Some companies may conduct their own research and report only the findings that make them look good.

### **How are health claims supported?**

Check to see if there is a list of sources to support their statements. Credible experts will often refer to trusted organizations and peer-reviewed scientific journals.

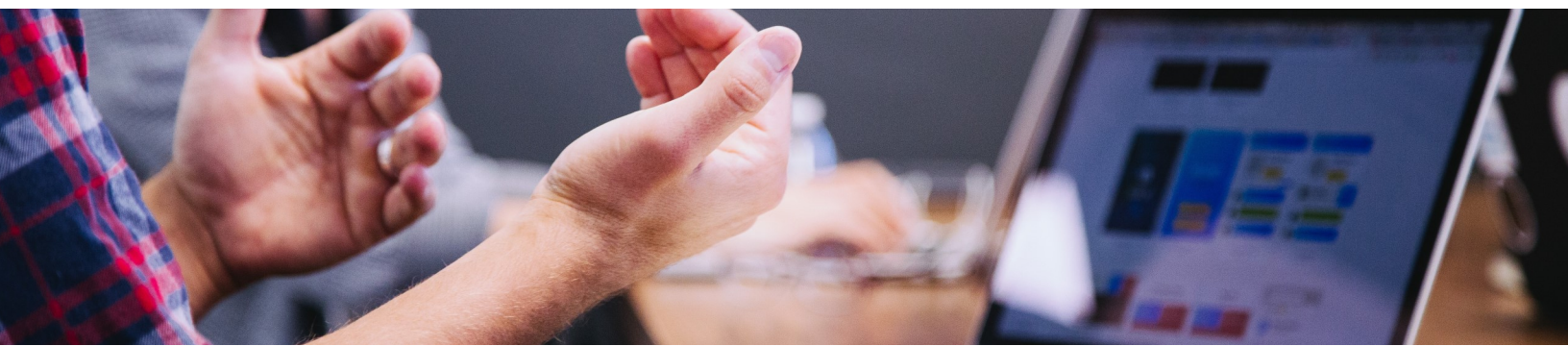
### **What or who was studied?**

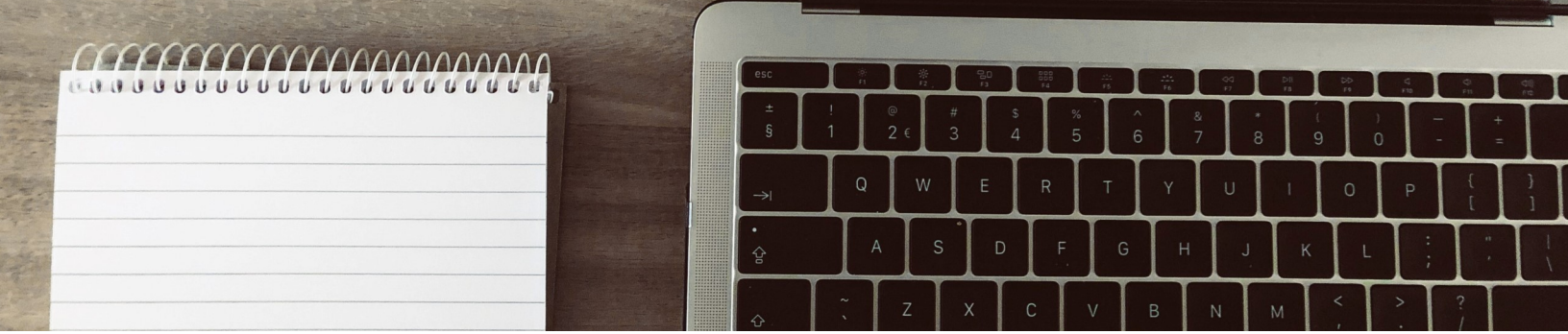
If you are questioning a certain study, look to see who or what the study subjects are. Are they humans or animals? While some animals are genetically close to humans, they are not identical.

### **How large was the study group?**

If the study only includes 40 or 50 people, it may not represent the rest of the population. Also, question how many studies have been done on that same subject. It takes numerous studies of repeated findings and years of scientific research to reach a true conclusion. Instead of using what is reported in the media, go to the original data source listed. Often, reporters will use only parts of a larger research report.

**FIND MORE COVID-19  
RESOURCES @  
[go.illinois.edu/  
ExtensionCOVID19](https://go.illinois.edu/ExtensionCOVID19)**





## HOW TO IDENTIFY TRUSTWORTHY DIGITAL INFORMATION

The internet can be a great resource for important health information, including healthy recipes, comprehensive nutrition information, and wellness tips, but it is also crowded with misinformation.

You can help stop the spread of misinformation on health-related topics.



Be sure the original author passes **expert qualifications** for the subject they are presenting or that the information comes from an unbiased, research-based organization. Look for a contact address, phone number, or email if you want to talk directly to the author.



Check the date of the website's **last update**. Check out the credibility of other sites listed or supporting material on the site.



Look for **accreditations or certifications**, such as HONcode, the Health On the Net Foundation which monitors content on health websites.



Before providing personal data online, ensure the site is **secure**. Secure sites will carry a closed padlock symbol in front of the url address.

When searching online for information, use the advanced search option of your search engine. Limit your search to websites with credible domains. **CHECK OUT THE RELIABILITY OF THESE DOMAINS:**

| HOW TRUSTWORTHY IS THE WEBSITE? |                                 |                    |
|---------------------------------|---------------------------------|--------------------|
| DOMAIN                          | DOMAIN REGISTRANT               | CREDIBILITY RATING |
| .edu                            | Educational institution         | High               |
| .gov                            | Government agencies             | High               |
| .org                            | Organizations, often non-profit | Moderate           |
| .com                            | Commercial sites                | Low                |
| .net                            | Networks                        | Low                |
| .info                           | General use                     | Low                |
| .biz                            | Business                        | Low                |

A domain is the prefix at the end of the site address, such as .com or .edu.

### REFERENCES

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