

How to make sure health information is trustworthy



Consider the source of information

- Where did you find the information?
- What is the mission or purpose of the website/source?



Consider funding

- Who funds the source of the information?
- Could there be a conflict of interest?



Check the date of the information

- Who funds the source of the information?
- How relevant is it to today?



Check the author

- Is the name of the author or editor clearly stated?
- Is it easy to find out who they are and their credentials?



Look for supporting evidence

- Is there a reference list?
- Can you access the references?
- Do the references support the information being presented?



Think about your values in context

- Do your beliefs or personal experiences change how you interpret the information or the weight you give to it?
- Does where you live affect how important the findings are to you?