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?