

How to Identify Credible Sources of Health Information

Health information is found on the Internet through social media, blogs, and websites. Not all health information is trustworthy, and misinformation can lead to poor health outcomes. Use these considerations to evaluate the credibility of health information.

Science-based

- Was the information created based on research?
- Was the information created by a source (e.g., person or group) with expertise?
- Was the information reviewed by other experts before it was shared?
- Is the information consistent with the best available evidence?



Objective

- What is the source's motivation for sharing the information?
- Is the information part of an advertisement?



Transparent

- Does the source disclose conflicts of interest?
- Is the information accessible?
- Does the source share information about how the information was created?
- Does the source correct the information if errors are made?
- Does the source seek feedback or comments about the information?

