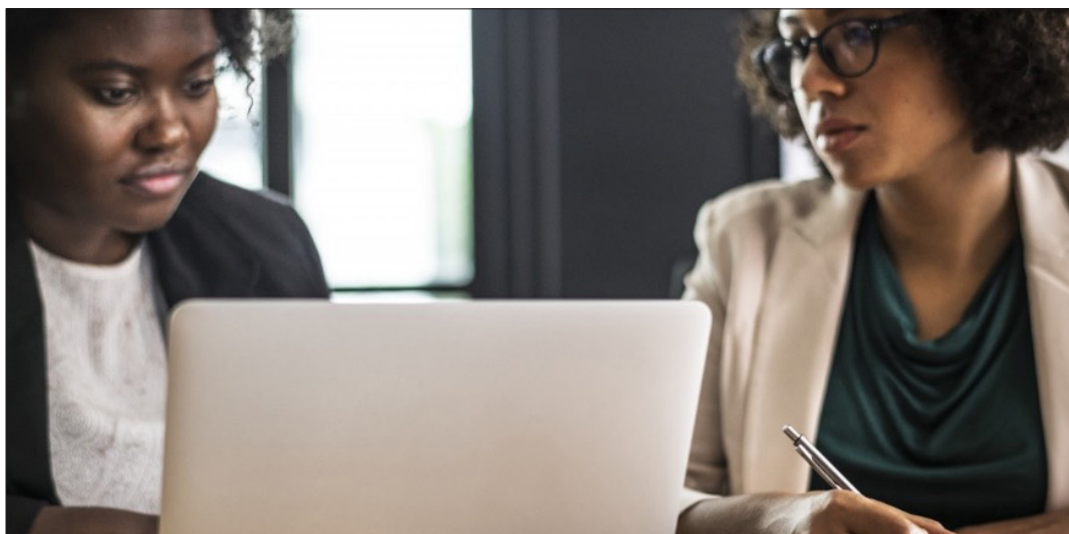


# Fuel Your Wellness

A Newsletter from Chapel Hill Wellness@Work



A message from Clinic Staff Liska Lackey, FNP, with help from Town library staff

## You can find good health information online!

Anyone can publish anything on the Internet. How can you tell the difference between good medical information and misinformation?

Ask yourself: Why did the person create the page? What's in it for them? Are they trying to sell me something

Good sources include educational institutions, government sources, and health-related associations or societies.

[Watch a Lunch & Learn video](#) led by staff from Chapel Hill Public Library!

### Some Good Resources

- NC Live, available through libraries (Look for Health and Wellness topic)
- [Evaluating Health Information Online](#)
- [Health Information Online](#)
- [Mayo Clinic](#)
- [Quackwatch](#)
- [Snopes](#)
- [MedlinePlus](#) (health topics: health fraud, evaluating health information)
- [Evaluating Internet Health Information](#)

### Use the SIFT Method

**1**

#### Stop

Are you responding emotionally?  
It's time to learn more.

**2**

#### Investigate the Source

Who are the authors? Who owns the website? Could they be biased?

**3**

#### Find Better Coverage

What other information is available?  
What are trusted news sources saying?

**4**

#### Trace claims

What are the original sources? Is information taken out of context or misrepresented?

## How to Know if Information Is Reliable

### Accuracy

- Is the information based on sound research?
- Are the sources cited reliable?
- Are there footnotes or references?

### Authority

- Who published the page? What are their credentials?
- Is it a personal page or supported by an organization?

### Bias/Objectivity

- Does the information show just one point of view?
- What kind of institution sponsored the webpage?
  - Can you tell if the information you are reading is advertisement?
- Do the graphics, fonts, and verbiage play to emotions?
  - Is the author using data improperly?

### Currency/Timeliness

- When was the page last updated?
- Do the links work?
- Is there more recent research?

# Health Information Online

**Top health and wellness sites recommended by staff from the Town Library and the Wellness Clinic:**

## General Health

The Cleveland Health Information Center  
<http://my.clevelandclinic.org/health/default.aspx>

Nearly 5000 articles, videos, podcasts and tools for managing your health.

## Child Health

American Academy of Pediatrics  
<http://Healthychildren.org>

Geared towards parents and easy to navigate.

## Older Adult Health

Health in Aging Foundation  
<https://www.healthinaging.org/>

Comprehensive list of senior health topics

## Nutrition

US Department of Agriculture  
<http://www.choosemyplate.gov>

Tools and advice on finding your healthy eating style and building it throughout your lifetime

## Complementary & Alternative Medicine

National Center for Complimentary and Integrative Health  
<https://nccih.nih.gov>

Safety and efficacy of complementary and alternative therapies.

## Drug Information

Physicians' Desk Reference  
<http://welzo.com/pages/health-hub-page>

Prescription and nonprescription drugs, herbal medicine and supplements. Information about diseases and conditions, surgery, treatment options and clinical trials

## Mental Health

National Alliance on Mental Illness  
<http://www.nami.org>

Information on mental health conditions, treatment and support

## Substance Use

Substance Abuse and Mental Health Service Administration  
<https://www.samhsa.gov/grants>

Information and resources for mental health and problematic substance use.

## Diabetes

American Diabetes Association  
<http://www.diabetes.org>

Extensive interactive tools provide information on diabetes assessment, recipes, weight-loss and exercise advice, and the latest research

## Heart Disease

American Heart Association  
<http://www.heart.org/HEARTORG/>

Information on heart disease and stroke, children's health, healthy lifestyle, and a heart and stroke encyclopedia

## Cancer

National Cancer Institute  
<http://www.cancer.gov>

What cancer is, what causes it, specific types of cancer, early detection, diagnosis and treatment



**Want to learn more about finding Health Resources? Ask library staff!  
Town employees can get free Chapel Hill Public Library cards!**

**Want to learn more about your health in an individual session with Liska?  
Contact her at 919-968-2796 or [llackey@email.unc.edu](mailto:llackey@email.unc.edu)**

