Widespread digital misinformation has been listed by the World Economic Forum as one of the main threats to human society.
• The majority of Americans use the internet to search for health information.

• 75% of online health seekers do not consistently check the source and date of information they find online.

- Pew Research Center
Webidemic – Don’t get caught up in online misinformation

The internet is a wealth of information, especially health information. Most of us have used it to search for health advice or to address concerns we may have for ourselves or our families. And, while there is credible, helpful information, there’s also a lot of misleading, inaccurate information. After all, it’s not as if the internet is checked for accuracy or quality. So, how do you tell the difference? How do you know what’s good quality information about something so important as your health?

We frequently get questions from the public about this, so we’ve created this guide to help you navigate the massive world of online health information. While this guide won’t make you an expert (lots of folks go to school for a long time to learn how to evaluate and study medical information and make health recommendations), it will give you tips on how to read through the link. With that said, it’s still important to always talk with your health care provider before making any major health changes.

We’ve also included some excellent free and local resources that can help you find quality information. We hope you find all this helpful, and we welcome any questions or suggestions you may have. You can reach us by clicking here.

Click here for a list of trusted health resources and websites

- What are some common red flags?
- What is confirmation bias? And, why should I care?
- What about that new medical study?
- Why are the right experts important?
- But, I know a guy who...

(personal stories about health)
“A little knowledge is a dangerous thing. So is a lot.”

- Albert Einstein