

Health information on the internet

This leaflet has been created to help you identify good quality information available online that can help you. Some information on the internet is unreliable, out-of-date and can be inaccurate.

Good quality information will help you to learn more about your health and be more involved with decisions about your health. Bad quality health information online can be unhelpful and misleading.

It is important that information you find on the internet should not replace advice from your doctor or health professional.



Finding good quality health Information

To find out if a website or social media post is reliable, remember Who? What? Where?

Who?

Who created the information?
If the information is trying to sell something it may not be reliable.
Was the information created by an expert in this subject?

What?

What is the information?
Is the information up-to-date, relevant and does it seem accurate?
Is there a link or reference to the original source of information?

Where?

What location in the world is the information coming from?
Information from different countries may not always be relevant in the UK.
For websites look for a co.uk, nhs.uk, gov.uk, or org.uk ending to a web address.



Health On The Net Foundation

This logo can also be useful and can be found at the bottom of the homepage of over 8,000 websites.

Health On The Net Foundation (HON) are an internationally known Non-Governmental Organisation.

This logo shows that the website provider is committed to an ethical standard. Information should be from an accurate source and provide a balanced view.

To check for genuine membership click on the logo on the webpage, this should take you to a page with a 'HON' code number.

To check a website visit:
<https://www.hon.ch/en/search.html>



Good Quality Websites for Information

Start with the NHS website at www.nhs.uk

Your GP, consultant or healthcare professional will also be able to recommend good websites to find out more.

For more information visit websites of established charities as they can also provide good quality health information.

Some websites are listed below:

- www.macmillan.org.uk
- www.alzheimers.org.uk
- www.mind.org.uk
- www.bhf.org.uk
- www.cancerresearchuk.org
- www.dementiauk.org
- www.diabetes.org.uk
- www.mariecurie.org.uk
- www.versusarthritis.org
- www.parkinsons.org.uk
- www.stroke.org.uk

Other sources of Health information

If you find it difficult to use a computer or don't have access to the internet, you could ask for a patient information leaflet or visit your local library for assistance.

The library has a collection of 'Reading Well: Books on Prescription' in the Health Zone. These books are selected by 'The Reading Agency' in partnership with the 'Society of Chief Librarians' and approved by health professionals.

Websites that are useful for me...

Searching for Good Quality Health Information using the Internet



Please speak to a member of staff if you need this leaflet in large braille, audio or another language.