



Live Well Allegheny

## Be Choosy about Online Health Information

To make good decisions about our health, we need health information that is reliable and free of commercial influences. In other words, the information should not be linked to products or services that are for sale. Here are some things to consider when searching for health information online:

1. Is the sponsor/owner of the website a Federal agency, medical school, or large professional or nonprofit organization, or is it related to one of these?
2. If not sponsored by a Federal agency, medical school, or large professional or nonprofit organization, does the website reference one of these trustworthy sources for its health information?
3. Is the mission or goal of the website sponsor clear?
4. Can you see who works for the agency or organization and who authored the information? Is there a way to contact the sponsor of the website?
5. When was the information written or webpage last updated?
6. Is your privacy protected?
7. Does the website offer unbelievable solutions to your health problem(s)? Are quick, miracle cures promised?

Start by looking for websites that end in .gov, .edu, .org or .net. Be wary of websites that end in .com such as WebMD.com. These .com websites often contain ads for businesses, drugs, or services and therefore, cannot be trusted to be completely free of undue influence from these companies.

For example, if someone has recently found out that he or she has diabetes, a good source of information for that person would be the American Diabetes Association, which has been around for over 70 years and is America's leading non-profit organization providing diabetes information, advocacy, and funding for research. Their website is [www.diabetes.org](http://www.diabetes.org)

A website with an ad that promises a "cure" for diabetes and includes a link to that product is not a website that you can trust for completely accurate and non-biased information.

On the back of this page are links for long-time, respected organizations that offer information and resources to help with efforts to be healthy.



# General Health Information

## DIABETES

**American Diabetes Association**

1-888-342-2383

[www.diabetes.org](http://www.diabetes.org)

## HEART DISEASE/STROKE

**American Heart Association**

412-208-3550

[www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/)

**American Stroke Association**

1-888-478-7653

[www.strokeassociation.org](http://www.strokeassociation.org)

## NUTRITION

**My Plate**

1-888-779-7264

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

**Weight Control Information Network**

1-800-860-8747

[www.win.niddk.nih.gov/](http://www.win.niddk.nih.gov/)

## TOBACCO

**Tobacco Free Allegheny**

412-322- 8321

[www.tobaccofreeallegheny.org](http://www.tobaccofreeallegheny.org)

## PHYSICAL ACTIVITY

**President's Council on Fitness,  
Sports & Nutrition**

[https://www.hhs.gov/fitness/be-active/  
physical-activity-guidelines-for-americans/](https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/)

## CANCER

**American Cancer Society**

1-800-227-2345

[www.cancer.org](http://www.cancer.org)

## LUNG DISEASE

**American Lung Association**

1-800-586-4872

[www.lung.org](http://www.lung.org) [www.achd.net](http://www.achd.net)

## HEALTH INFORMATION

**MedlinePlus**

<https://medlineplus.gov/>



<https://www.alleghenycounty.us/healthdepartment/index.aspx>

**412-687-2243**

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