Finding Accurate Health Information on the Internet

Goal and Objectives
- Goal: Identify ways technology can help promote health and wellness.
    - Objectives
        - Identify reputable sources of information.
        - Describe how to determine if a website may be accurate
        - Identify ways a mobile device may help with health and wellness.

Materials Needed (available from http://teea.tamu.edu)
- "Google Goggles" PowerPoint or Flipchart
- "Google Goggles" handout
- "Google Goggles" evaluation

Icebreaker
Cut the statements on the following page apart. Place the True and False signs at different places in the room. Distribute statements to the attendees (they can work in groups if you have a large number of attendees). Have them decide if their statement is true or false and gather around the appropriate sign. Ask for volunteers from each group to tell what their statement was and why they determined it was true or false.

For the group leader:
- If it is on the Internet, it must be trustworthy information.
    - False: there is a lot of good information on the Internet, it isn't all trustworthy.
- The words and letters in a website address don't mean anything.
    - False: a web address can tell you a lot about a website and its content.
- My phone or mobile device can help me find health information.
    - True: there are many mobile apps, websites and features to help with this.
- Health information should be impartial and unbiased.
    - True: quality information will be free of personal opinion or commercial spin.
- I should talk to my health provider about information I find on the Internet.
    - True: always talk to your health provider about information you find online.
- Health information online is of no benefit to me.
    - False: doing your own research can help you understand your condition better.
- Words like "breakthrough" and "conclusive" always indicate quality information.
    - False: these words may be used to make something more "spectacular."

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TRUE

FALSE