

Credible Health Education Sources

Tips for finding and evaluating credible and valid online sources for patient health education material:

- The source should have an identifiable source, author, or publisher with listed contact information
- See that the source is peer reviewed or published by a health organization, university, government, or professional society. Information should be supported by facts
- Check to see the content is current: Under 5 years old.
- Pay attention to the web address:
 - .gov- Site belongs to government organizations (Ex: nih.gov)
 - .edu- Site belongs to an educational organization (Ex: ucla.edu)
 - .org- Site belongs to a non-profit organization (Ex: alz.org)
 - .com- Site belongs to a for-profit company. Be careful of bias and conflict of interest

National Institute of Health (NIH):

Clear Health: Easy to read and easily accessible information on a variety of topics A-Z in English and Spanish. Material is written using plain language. NIH is one of the world's foremost medical research centers. An agency of the U.S. Department of Health and Human Services, the NIH is the Federal focal point for health and medical research.

National Institute of Aging (NIA):

NIA, one of the 27 institutes and centers of NIH, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. NIA is the primary federal agency supporting and conducting Alzheimer's disease research. Website offers a variety of education on health topics A-Z.

Medline Plus:

Find information on health conditions, wellness issues, and more in easy-to-read language on MedlinePlus, the up-to-date, trusted health information site from the NIH and the National Library of Medicine.

[Go4Life:](#)

An exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help older adults fit exercise and physical activity into daily life. Website offers education and tips sheets on how to lead a healthy life through activity and nutrition. Site also offers online tools for goal setting and tracking and coaching tips.

[Center for Disease Control \(CDC\):](#)

Website offers health information, education, data, and tips on a variety of diseases and conditions, healthy living, and emergency preparedness for general public and health professionals.

[Mayo Clinic Patient Care and Health Information:](#) Mayo Clinic is a nonprofit organization committed to clinical practice, education and research, providing expert, whole-person care to everyone who needs healing. Website searches are open to the public for diseases and conditions, symptoms, tests and procedures and drugs and supplements.

[National Council on Aging \(NCOA\):](#)

Organization designed to help people aged 60+ meet the challenges of aging. NCOA partners with nonprofit organizations, government, and business to provide innovative community programs and services, online help, and advocacy. Site includes health education and program information on fall prevention and chronic disease program management.

[Krames Patient Education Library:](#)

An educational library of health topics and medications A-Z in printabel health sheets and videos.