# STUDENT HANDOUT 1 Evaluating Health Information Online: A Checklist

When seeking health information online, it is important to keep in mind that the internet is not regulated and anyone can set up a website. The criteria presented here will help you decide whether information found online is credible.

* Does the website say who is responsible for the information and how you can contact them? Look for sections called About us, About this site, or Contact us. Be wary if you can’t find out who runs the site and how to contact them.
* Is the purpose of the website to give information, or is it trying to sell you something? Commercial websites (with a URL address ending in .com) might provide information that supports what they are selling and might not provide a balanced view. Be sure that the information presented on the website is suitable for the topic and is consistent with information seen from other sources.
* Does the web address confirm that its scope and/or purpose is suitable? For example, .edu for educational sites, .gov/gc.ca for government sites, .org for non-profit organizations. You can usually get reliable health information from non-profit educational or medical organizations and government agencies. Health information should be unbiased and balanced, based on solid medical evidence, and not just someone’s opinion.
* Does the website give references to articles in medical journals or other sources to back up its health information? The most trustworthy health information is based on medical research. The website should provide links to other resources that can be accessed for information on this topic.
* Is the information provided easy to understand and presented clearly? Technical or unfamiliar terms should be clearly explained.
* Is there evidence that the website is well maintained and does not include misspellings or broken links? Websites should tell you when the information was prepared and updated, and resources and links should be recent.

**Note**: The material used to create this checklist has been obtained from the following sources:

* [Evaluating Information Found on the Internet](https://guides.library.jhu.edu/c.php?g=202581&p=1334872), Johns Hopkins Sheridan Libraries.
* [Internet Research: Finding and Evaluating Resources](https://www.lib.sfu.ca/help/research-assistance/finding-evaluating-resources), Simon Fraser University Library.

# STUDENT HANDOUT 2 Lifestyle Change Project

The purpose of this project is to provide you with an opportunity to apply knowledge learned in Lifestyle and Choices to the development and implementation of a personal lifestyle change process.

1. Identify the need for a health-related change or alteration.
   * Based on the evaluation you have done of your current lifestyle choices related to health, what one thing would you like to change or alter?
   * What will be the payoffs in making this change or alteration (i.e., why do you want to do it)?
2. Set your goal(s).
   * When deciding on a goal, remember that it is best to start with small achievable goals rather than big life-changing goals that are more likely to fail. It is much better to have small successes than large failures.
   * Write one or two goal statements that describe the behaviour or lifestyle choices you want to change. Phrase your goal(s) in positive language e.g., “I will …”.
   * Your goal statement(s) should reflect specific, measurable behaviours rather than general outcomes. For example, “I will go for a 30-minute walk every day” is better than “I will get more exercise.” “I will eat five servings of fruit and vegetables every day” is better than “I will eat more fruits and vegetables.”
3. Plan your change process by asking yourself:
   * What will I have to give up to make this change or alteration?
   * What difficulties or obstacles (habits, thoughts, feelings, attitudes, time demands, inadequate social supports, etc.) are currently holding me back or might be problems in achieving my goal(s)? How might I overcome these obstacles?
   * Who are the people in my life who will support me?
   * What other ways might I build in support for this change? Are there ways I can reward myself for success? Are there people who might join me in my activities?
   * What are the steps in the achievement of my goal(s)?
   * How can I make sure that I am recognizing my successes along the way?
4. Carry out the change process.
   * Set yourself a target date for the achievement of your lifestyle change goal(s) and begin the process.
5. Evaluate your experience. In reviewing your experience with the lifestyle change process, discuss:
   * Your achievements. Did you meet your goal(s) fully? Partially? Did you have to change your goal(s) as the process progressed?
   * Any problems or difficulties encountered in achieving your goal(s). How might these have been avoided or diminished?
   * What you learned about lifestyle change from undertaking this project. How might this learning be useful to you in your role as a care provider? What suggestions would you have for others who might want to make changes of a similar kind?

Remember: Even if you aren’t completely successful in meeting your original goal, you will be successful in learning something about yourself and your needs that can be very useful to you in the future as you strive to make health-enhancing lifestyle choices.