LFP GUIDE TO EVALUATING HEALTH INFORMATION

**ACCURACY**
- How recently was the site updated?
- Does the article make sensational claims?
- Can you find other independent sources to verify the information?

**PRIVACY**
- What information are they collecting about visitors?
- What are they doing with the information they collect?
- Can you choose to disable tracking?

**BIAS**
- Who wrote the article?
- Who owns the site?
- What ads are on the website? What are they selling?
- Are they earning commissions by linking to products?
LFP HIERARCHY OF TRUSTWORTHY HEALTH INFORMATION

GREAT
- Peer-Reviewed Research
- Information from Hospitals or Medical Institutions
- Consumer Health Sites

GOOD
- Mainstream News
- Social Media
- Lifestyle & Celebrity Blogs

POOR
- Apps

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