

## Find Health Information

Skills: Type a web address, evaluate a web site

Materials: Internet access

Activity 1: Think about how we get information about health issues.

Discuss the following questions:

- When you have a health concern, where do you go for advice?
- How do you know if someone's opinion is a good one?
- Have you ever gotten bad advice? What did you do?
- Have you changed your diet or lifestyle in the last five years? Why?
- What are ways to make sure you and your family stay healthy?
- What questions can you ask the doctor to help you understand your health?

## Find Health Information

### Activity 2:

1. Look at two websites with information about asthma.

- ♦ [susangaer.com/studentprojects/asthma.htm](http://susangaer.com/studentprojects/asthma.htm)
- ♦ [www.familydoctor.org](http://www.familydoctor.org)

2. Fill out the Website Evaluation Form on **page 168** to compare the two sites.

#### Note to Instructors

The idea for this lesson comes from the health literacy resource guide, *Family Health and Literacy: A Guide to Easy-to-Read Health Education Materials and Web Sites for Families*, by Julie McKinney & Sabrina Kurtz-Rossi.