

Health Information Websites

Searching for health and wellness information on the Internet may seem overwhelming. Here are some tips from the Canadian Public Health Association about how to evaluate health information online:

- When looking for health information online, keep in mind that the internet is not regulated. Anyone can set up a website.
- Does the website say who is responsible for the information and how you can contact them? Look for links that say “about us”, “about this site”, or “contact us.” If you can’t find out who runs the site and how to contact them, you should be suspicious.
- Is the purpose of the website to give information, or is it to trying to sell you something? Commercial websites might be giving only information that supports what they are selling and not a balanced view.
- 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.
- The most trustworthy health information is based on research. Does the website give references to articles in journals or other sources to back up its health information?
- Health information for the public should be easy to understand. Technical or unfamiliar terms should be clearly explained. Websites should also tell you when the information was prepared and updated.
- Trust your instincts about the health information you find on websites. If it doesn’t seem reasonable and believable, then don’t use it.

Reputable websites to find health and wellness information

| Topic | Web site Address | Agency sponsoring website | Information found on this website |
|------------------|---|----------------------------------|---|
| Alberta Programs | http://alberta.ca/home/programs_services.cfm | Government of Alberta | Information about services available in Alberta <ul style="list-style-type: none"> ○ Living in Alberta ○ People Services ○ Life Events ○ Business in Alberta ○ Non profit and Volunteer Organizations <ul style="list-style-type: none"> • Good information on raising or working with children in the Life events section |
| Active living | http://www.centre4activeliving.ca/ | Alberta Centre for Active Living | <ul style="list-style-type: none"> • Resources for health practitioners, organizations, and communities • Provides information about improving the health and quality of life for all people by means of physical activity |
| Active Living | http://www.everactive.org/ | Ever Active Schools | <ul style="list-style-type: none"> • Provides support and services for schools in Alberta • Resources to promote healthy eating, physical activity, and mental health amongst students • If your school isn't a member, encourage them to join for recognition programs, complete website access, full event support, opportunities to participate in special projects and events, connections with other member schools, and member rates for workshops and presentations and more! |
| Active Living | http://www.hc-sc.gc.ca/hl-vs/index-eng.php | Health Canada | <ul style="list-style-type: none"> • Resources for all age groups and for specific interest areas, including travel and injury prevention • Provides information on a wide range of topics including pregnancy, sun safety, mental health, physical activity, sexual health and oral health |

| | | | |
|---|--|--|--|
| Active Living | www.phecanada.ca/eng | Physical and Health Education Canada | <ul style="list-style-type: none"> Provides information on ensuring all Canadian children live healthy, physically active childhoods through education programs in schools |
| Asset building and positive youth development | www.search-institute.org | Search Institute | <ul style="list-style-type: none"> Resources for all areas of society who deal with children and youth (schools, families, businesses, etc.) Provides resources and products that promote healthy children and youth |
| Caring for Kids | www.caringforkids.cps.ca | Canadian Pediatric Society | <ul style="list-style-type: none"> Resources for parents on child and youth health Information about pregnancy and infant care, immunization, safety and injury prevention, growth and development, parenting, discipline, and teenage health |
| Communicable Disease | MyHealth.Alberta.ca | Health Link Alberta | <ul style="list-style-type: none"> Provides current information on communicable diseases by typing in the name of the disease |
| Communicable Disease | www.cdc.gov | Centers for Disease Control and Prevention | <ul style="list-style-type: none"> Provides reliable information on a wide range of topics including diseases, emergencies and disasters, environmental health, travelers' health, workplace health, safety, and healthy living Resource for all those individuals interested in health issues, including, but not limited to, researchers, healthcare professionals, the media, educators, and the public |
| Communicable Disease | www.albertahealthservices.ca | Alberta Health Services | <ul style="list-style-type: none"> Provides information for families, health professionals, and patients General health information available to the public (common health questions, current news about hot-topic diseases and afflictions) Provides listings for all hospitals, health facilities, and health programs and services found throughout Alberta |
| Comprehensive School Health | http://eng.jcsh-cces.ca/ | Joint Consortium for School Health Canada | <ul style="list-style-type: none"> The JCSH is a leader in supporting the advancement of comprehensive school health in Canada. Its membership is made up of key health and education representatives responsible for school health within each province and territory along with the federal government. |
| Comprehensive School Health | http://www.achsc.org/ | Alberta Coalition for Healthy School | <ul style="list-style-type: none"> Provides a tool for increasing the exchange of knowledge about promoting healthy schools |

| | | | |
|-------------------------|---|--|--|
| | | Communities | <ul style="list-style-type: none"> Promotes the comprehensive school health approach |
| Consumer Product safety | www.hc-sc.gc.ca | Health Canada | <ul style="list-style-type: none"> Information for the general public on consumer product safety, product warnings and recalls, drugs and health products, workplace health, food and nutrition, and common health concerns |
| Family Life | http://www.phac-aspc.gc.ca/std-mts/index-eng.php?rd=sex_eng | Public Health Agency of Canada | <ul style="list-style-type: none"> Information for the public and health/education professionals about many sexual and reproductive health topics. |
| Family Life | http://sexualityandu.ca | The Society of Obstetricians and Gynaecologists of Canada | <ul style="list-style-type: none"> Information about puberty, talking about sex with your child/teen, STI and contraception. |
| Family Life | www.teachingsexualhealth.ca | Alberta Health Services, Alberta Health and Wellness, and Alberta Society for the Promotion of Sexual Health | <ul style="list-style-type: none"> A sexual health website, based on Alberta Learning Curriculum, developed for classroom use by teachers. Includes sections for parents and students at all grade levels. |
| Family Life | http://www.safehealthyschools.org/sexualityeducation/gateway.htm | Sexuality Education Gateway (Canadian Association for School Health & Health Canada) | <ul style="list-style-type: none"> Extensive links to lesson plans and learning activities. |
| Family Life | http://www.cfsh.ca/ | Canadian Federation for Sexual Health (Canadian) | <ul style="list-style-type: none"> The Canadian Federation for Sexual Health is a charitable organization dedicated to promoting sexual and reproductive health and rights in Canada and internationally. |
| Family Life | http://wontgetweird.com | Won't Get Weird" (Canadian) | <ul style="list-style-type: none"> Talk about sex and people get weird. But not on this website: a site dedicated to connecting Alberta youth with sexual and reproductive health information and services. |

| | | | |
|----------------------------|---|--------------------------------|---|
| Family Life | http://www.albertahealthservices.ca/224.asp | Alberta Health Services | <ul style="list-style-type: none"> This new section offers a 3D Medical Human Atlas with animated videos on a variety of topics. |
| Food Safety | http://www.fooddetectives.com/ | CDC – (American) | <ul style="list-style-type: none"> Food Detectives need help to fight an enemy .. Bacteria. Play games, listen to songs and solve the cases to become a Food Detective. |
| Hand washing | www.dobugsneeddrugs.org | Alberta Health and Wellness | <ul style="list-style-type: none"> Targeted information for parents, children, teachers, daycares and assisted living about antibiotic resistance Information on managing cold and flu without antibiotics Teaching modules, resources, games, and activities for children kindergarten to grade 3 Daycare program material and activities Information is available in several languages including Arabic, Chinese, French and Punjabi |
| Hand Washing | http://www.scrubclub.org/home.aspx | American Red Cross | <ul style="list-style-type: none"> Scrub Club is a fun interactive website that teaches children the proper way to wash their hands. Watch a episode, play a game or sing along to the Scrub Club theme song. Downloadable materials for kids and teachers. |
| Health | www.phac-aspc.gc.ca | Public Health Agency of Canada | <ul style="list-style-type: none"> Information for the general public on infectious and chronic disease, travel health, immunization and vaccines, emergency preparedness and health promotion and injury prevention Health promotion information on healthy pregnancy, child, youth and seniors health, mental health, injury prevention, substance use, abuse and violence, physical activity and nutrition |
| Health Information | MyHealth.Alberta.ca | Health Link Alberta | <ul style="list-style-type: none"> Offers information on all health topics, local health services and phone numbers |
| Health Programs in Alberta | http://www.albertahealthservices.ca/default.asp | Alberta Health Services | <ul style="list-style-type: none"> Home to all information about Alberta Health Services (facilities, programs/services, health information etc.) |
| Healthy Eating | http://www.albertahealthservices.ca/2925.asp | Alberta Health Services | <ul style="list-style-type: none"> Provides resources related to school nutrition including: <ul style="list-style-type: none"> Creating Healthy Eating Environments in Schools |

| | | | |
|----------------------------------|---|---|---|
| | | | <ul style="list-style-type: none"> ○ Healthy Eating ○ Menu Planning and Food Preparation ○ Curriculum Based Lesson Plans |
| Healthy Eating | http://www.dietitians.ca/child/index.asp | Dietitians of Canada - | <ul style="list-style-type: none"> ● Information for teachers and parents ● Provides resources, ideas, and links on promoting healthy eating and physical activity in school-age children |
| Healthy Eating and Active Living | http://www.healthyalberta.com/AboutHealthyU/603.htm | Alberta Health and Wellness | <ul style="list-style-type: none"> ● <i>Healthy U</i> was developed as a public information and education campaign to support and encourage Albertans to lead healthier lifestyles by providing them with access to information on healthy eating and active living |
| Healthy Living | http://www.hc-sc.gc.ca/hl-vs/index-eng.php | Health Canada | <ul style="list-style-type: none"> ● Resources for all age groups and for specific interest areas, including travel and injury prevention ● Provides information on a wide range of topics including pregnancy, sun safety, mental health, physical activity, sexual health and oral health |
| Immunization | www.phac-aspc.gc.ca | Public Health Agency of Canada | <ul style="list-style-type: none"> ● Resource for both parents and health care professionals ● Information on vaccinating children ● Canadian Immunization Guide outlines the benefits of vaccines, vaccine safety, the types of immunizing agents, storage and handling of vaccines, adverse reactions to vaccines and details on the immunization system in Canada |
| Immunization | www.cps.ca | Canadian Paediatric Society | <ul style="list-style-type: none"> ● Divided between information for parents and information for health care professionals |
| Immunization | www.immunize.cpha.ca | Canadian Coalition for Immunization Awareness and Promotion | <ul style="list-style-type: none"> ● Topics include <ul style="list-style-type: none"> ○ Learning about Immunizations ○ Disease and vaccines ○ Vaccine Safety ○ Recommendations ○ Publications and Resources |
| Immunization | www.vaccinesafety.edu | Institute for Vaccine Safety | <ul style="list-style-type: none"> ● Promotes an independent assessment of vaccines ● Provides both research articles and overviews of national (USA) legislation dealing with vaccines |
| Immunization | www.hc-sc.gc.ca | Division of | <ul style="list-style-type: none"> ● Resource aimed at educating parents about immunizing their |

| | | | |
|--------------------|---|--|--|
| | | Immunization, Health Canada | children |
| Immunization | www.cdc.gov/index.htm | Centres for Disease Control and Prevention (American) | <ul style="list-style-type: none"> Resources aimed at all audience groups Covers immunization schedules, safety, side effects, common questions, statistics, legal requirements, and education materials |
| Kids Help Phone | www.kidshelpphone.ca | Canadian Kids Help Phone | <ul style="list-style-type: none"> Free phone and web counselling for ages 20 and under available 24 hours per day. Confidential and anonymous Information for kids on violence and abuse, bullying, friends, dating, family, sexual orientation, school, physical health, emotional health, the internet, Money, jobs and the law |
| Mental Health | http://www.albertahealthservices.ca/mentalhealth.asp | Alberta Health Services | <ul style="list-style-type: none"> Information about mental health, mental illness, and community and social supports Targeted mental health resources for children, youth, immigrants and First Nations people Resources for caregivers and support providers |
| Oral Health | http://www.cda-adc.ca/en/oral_health/faqs_resources/teaching_resources/index.asp | Canadian Dental Association | <ul style="list-style-type: none"> Teaching Resources - Children activities and teaching resources have been provided to promote the importance of oral health to children in a fun way. Parents and teachers are welcome to download and use this material |
| Oral Health | http://www.hc-sc.gc.ca/hl-vs/oral-bucco/index-eng.php | Health Canada | <ul style="list-style-type: none"> Information for the public and health/education professionals about many oral health topics |
| Oral Health | http://www.cdha.ca/AM/Template.cfm?Section=Oral_Care_Home | Canadian Dental Hygiene Association | <ul style="list-style-type: none"> Educational Resources – Facts, tips and FAQ on oral care, and a website for kids – Smilecity.ca |
| Oral Health | http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children | Canadian Dental Association | <ul style="list-style-type: none"> Dental Care for Children This section has important information on how to properly care for primary teeth and new permanent teeth. |
| Safety | www.safekidscanada.ca | Safe Kids Canada | <ul style="list-style-type: none"> National injury prevention association |

| | | | |
|-----------------|---|------------------------------------|--|
| Safety | www.hc-sc.gc.ca/cps-spc/child-enfant/index-eng.php | Health Canada | <ul style="list-style-type: none"> Children's products - safety and recalls |
| Safety | www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-index-53.htm | Transport Canada | <ul style="list-style-type: none"> Safety of children travelling in vehicles |
| Safety | www.safekids.org | Safe Kids USA (American) | <ul style="list-style-type: none"> Tips, facts and information on child safety |
| Smoking | www.quit4life.com | Health Canada | <ul style="list-style-type: none"> Quit 4 Life (Cessation for youth program) |
| Smoking | http://www.cancer.ca/Alberta-NWT/Prevention/Quit%20smoking.aspx?sc_lang=en | Canadian Cancer Society | <ul style="list-style-type: none"> Resource for those attempting or hoping to stop smoking Information about the benefits of quitting smoking, statistics on tobacco use, and guides on quitting |
| Smoking | http://hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/index-eng.php | Health Canada | <ul style="list-style-type: none"> Provides reports and publications dealing with tobacco statistics, the consequences and problems resulting from tobacco use, and possible methods of quitting |
| Substance Abuse | http://www.albertahealthservices.ca/addiction.asp | Alberta Health Services | <ul style="list-style-type: none"> Information on alcohol, drug and tobacco use as well as gambling issues and addiction Information about services, current research and statistics, and a resource catalogue Treatment and quitting options Targeted information for community groups, parents, youth, teachers, workplaces, women and First Nations peoples |
| Substance Abuse | www.ccsa.ca/Eng/Pages/Home.aspx | Canadian Centre on Substance Abuse | <ul style="list-style-type: none"> Aimed at reducing alcohol and drug-related consequences by educating Canadians about substance abuse |
| Travel | www.who.int/ith/en/ | World Health Organization | <ul style="list-style-type: none"> World health organization - provides information on health risks for travellers |
| Travel | www.travmed.com/guide/ | Travel Medicine | <ul style="list-style-type: none"> Products and information for safe travel |

| | | | |
|--------------------------|--|--|--|
| | | Inc. (American) | |
| Travel | www.voyage.gc.ca | Foreign Affairs and International Trade Canada | <ul style="list-style-type: none"> • Essential information for Canadians abroad |
| Travel | www.cdc.gov/travel/ | Centers for Disease Control and Prevention (American) | <ul style="list-style-type: none"> • Travellers health |
| Travel- international | www.travelhealth.gc.ca | Public Health Agency of Canada | <ul style="list-style-type: none"> • Travel health - public health agency of Canada - monitors, verifies and disseminates travel health information |