

Survivor's Guide to Healthy Web Surfing and Phone Apps


Searching for health topics is the third most popular online activity, behind electronic mail and using a search engine. Eight in ten internet users look for health information online.

However, convenience doesn't necessarily translate into accuracy. Anyone with access to the Internet can post information online. Use these guidelines to safely surf your way through online health information.

Consider the source

Identify who is responsible for the information. The web address can help you identify the kind of organization responsible for the website:


- Those with .gov are funded by a government agency.

 <http://www.cdc.gov/doc.do/id/0900f3ec800093d70>

- An educational institution is indicated by .edu.

 <http://www.extension.iastate.edu/>

- Professional organizations, such as scientific or research societies, are identified by .org.

 <http://www.cancer.org/docroot/home/index.asp>

- Commercial sites use .com and are often funded by a company. These websites commonly promote and/or sell a product. Be wary of information on these sites unless you are familiar with the sponsor.

 <http://www.webmd.com/>

- Reputable sites include information on how to contact them. Seeking information from several sources is recommended.



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CDC Department of Health and Human Services
Centers for Disease Control and Prevention

Search:

United States Department of Health & Human Services

Contacting HHS

Mailing Address and Telephone Number

The U.S. Department of Health and Human Services
200 Independence Avenue, S.W.
Washington, D.C. 20201
Telephone: 202-619-0257
Toll Free: 1-877-696-6775

Suggested Sites to Visit for Health Information

Academy of Nutrition and Dietetics www.eatright.org

A professional organization for dietitians, this site provides free, updated information on food and nutrition. The "Find a Dietitian" feature allows you to locate registered dietitians in your community.

Food Guidance System "MyPlate" www.choosemyplate.gov

Find information on how many calories you need to eat daily, serving sizes, recommended number of servings from each food group, and other tips for healthy eating. Track your food intake and physical activity compared to recommendations.

Healthfinder www.healthfinder.gov

Browse by topic or search for health information from government agencies and other reputable sources. A directory of health organizations is listed.

Iowa State University Extension and Outreach www.extension.iastate.edu/healthnutrition

Includes nutrition and health information for all ages. Sign up to receive food, recipe, and activity of the week via email. Includes database of numerous dietary supplements and nutrition education materials plus links to recommended resources.

MedlinePlus (National Library of Medicine) www.medlineplus.gov

Search for health information from the National Institutes of Health and other reputable sources. Other useful features include medical dictionaries and directories.

Tufts University Nutrition Navigator www.navigator.tufts.edu

Provides links to nutrition information that has been reviewed by a team of nutrition experts.

Suggested Sites to Visit for Health Information

U.S. Centers for Disease Control and Prevention (CDC)

www.cdc.gov

Provides health information on disease, health risks, and prevention guidelines.

U.S. Food and Drug Administration (FDA)

www.fda.gov

Latest information on foods, human and animal drugs, cosmetics, and related issues.

WebMD

www.webmd.com

WebMD provides health information, tools for managing your health, and support to those who seek information. The WebMD content staff has expertise in medicine, journalism, health communication, and content creation. The Independent Medical Review Board continuously reviews the site for accuracy and timeliness.

Suggested Healthy Phone Apps



Fooducate

How it works:

Scan the barcode of an item at the grocery store and receive a letter rating, ranging from A to D. Products earn points for containing nutrients such as fiber, calcium, and iron, and lose points for products that contain saturated fat, sodium, and sugar.

Bottom line:

This app may be helpful when debating between two similar products. However, it cannot be used on products that do not contain a barcode, such as fresh produce.

Know the site's purpose

Websites exist for a variety of reasons. Some seek only to inform; others want to persuade, sell, or present a viewpoint. If available, read the "About this Site" link to help evaluate the reliability of the information on the site. Also notice whether the site is supported by public funds, donations, or commercial advertising. Advertisements must be clearly labeled and separate from factual information. Be cautious of sites that seem to primarily promote a product or position, that tout "miracle cures" or that push treatments that sound too good to be true.

- Sample informational site

January 30, 2007

WebMD
Better Information. Better Health.

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FREE Newsletters | Print Friendly Version | Email a Friend

HOME PAGE
TODAY'S NEWS
DISEASES & CONDITIONS
A-Z GUIDES
HEALTHY LIVING
HEALTH CARE SERVICES
PREGNANCY & FAMILY
BOARDS & BLOGS

About WebMD

About WebMD
Who We Are
What We Do For Our Users
Add Our News to Your Site
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Editorial Policy

Community Overview
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That's why we've been a leader in the fight against cancer for the past 30 years.
Get Help NOW
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WebMD provides valuable health information, tools for managing your health, and support to those who seek information. You can trust that our content is timely and credible. Read more About WebMD.

Who We Are

The WebMD content staff blends award-winning expertise in medicine, journalism, health communication and content creation to bring you the best health information possible. Our esteemed colleagues at MedicineNet.com are frequent contributors to WebMD and comprise our [Medical Editorial Board](#). Our [Independent Medical Review Board](#) continuously reviews the site for accuracy and timeliness.

What We Do For Our Users

We are dedicated to providing quality health information and to upholding the integrity of our editorial process. See [What We Do For Our Users](#).

- Sample promotional/sales site

Some of Our BEST Plans

eDiets Express!
Fresh, healthy meal delivery. No cooking or cleaning! Sign up and get a free week.

G.I. Diet Plan
Lose weight, increase energy and improve mental focus with Europe's hottest diet.

The eDiets Plan
Get our best-selling diet plan personalized just for you. [Click here to start.](#)

Mediterranean
Eat delicious meals, cut your risk of heart disease and lose weight! [Get Mediterranean.](#)

See More Plans

Tools & Resources
Burn It Off!
What's going to take to

On Our News Channels
Diet & Nutrition
Detox Diet Details

Top Stories

before

HALF HER SIZE!

FREE DIET PROFILE
Lose 10 Pounds in 5 Weeks

Height: 5 ft. 7 in. Weight:
Gender: Male Female Age:
[Click here to read how Arisovic lost an amazing 182 lbs!](#)
[CLICK FOR A FREE DIET PROFILE](#)

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Think You Pay Too Much for Your Mortgage? Find Out!

Select Your State
Alabama

Select Your Rate
3.00% - 3.99%

Be! News! LowerMyBills.com

Get a FREE WEEK of meals!

Look for the evidence

Health decisions are best based on medical and scientific research, not on opinion. If the organization hosting the website is not the original source of the information, be sure the original source is clearly labeled and is a reliable source. Be cautious of sites that offer information from a single source. Some sites have editorial boards that review information before it is posted. Look for information about board member credentials. Also check what criteria are used in selecting information for the site. Be skeptical of sites that rely on anonymous testimonials.

- Sample site with multiple, reliable citations for information.

- Nutrition Fact Sheets
- National Nutrition Month
- Good Nutrition Reading List
- MyPyramid
- ADA Journal
- Daily News
- Dietetics Community
- Contact the Knowledge Center

High Fructose Corn Syrup

[High Fructose Corn Syrup \(PDF Version\)](#)

Claim of Topic: Replacement of cane sugar by high fructose corn syrup contribute obesity because it promotes increases in body fat and increases appetite.

Discussion of Topic: The popular press has promoted the theory that the rise in oil is linked to the simultaneous increase in high fructose corn syrup (HFCS) beverage intake. The theory is that fructose intake alters hormonal patterns to favor addition body fat and increased appetite. Observational and some laboratory studies are us bolster the theory that fructose intake favors generation of fat within the body when compared to the same calorie intake from other forms of sugar or other types or sweeteners. Although fructose is closely linked to the synthesis of fat in the body, research results are inconsistent.

The obesity epidemic is complex with HFCS being one of many factors. Here's why:

- Average calorie intake for adults has increased steadily over the past fifty y
- Many of the extra calories are from beverages and other products contain HFCS.

OPPORTUNITIES FOR DIETETICS PROFESSIONALS Dietetics professionals can play an important role in addressing the link between increased intake of HFCS beverages, intake of excess calories and obesity. The general public, individuals with or at risk for weight-related health problems, and policy makers need to be aware of the contributions of HFCS to calorie intake and obesity. However, dietetics professionals should avoid overstating any potential effects on appetite and deposition of body fat.

RESOURCES / REFERENCES:

1. Wylie-Rosett J, Segal-Isaacson CJ, Segal-Isaacson A. Carbohydrates and increases in obesity: does the type of carbohydrate make a difference? *Obes Res.* 2004 Nov;12 Suppl 2:1245-9S.
2. Bray, GA, Nielsen, SJ, Popkin, BM. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity *Am J Clin Nutr.* 2004;79,537-543
3. American Dietetic Association. Use of nutritive and nonnutritive sweeteners *J Am Diet Assoc.* 2004; 104,255-275
4. 42005 Dietary Guidelines Advisory Committee. *Background: 2005 Dietary Guidelines Advisory Committee Report* <http://www.health.gov/dietaryguidelines/dga2005/Background.htm>

My ADA

Member ID

Password

Check the date

Health information is continually changing. Check the bottom of the page to find out how recently it was updated. Even if the information has not changed, check to make sure those responsible for the site have reviewed it lately.

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Know the target audience

Many health-related websites have specific areas for consumers and professionals. Labels should clearly state whether the information is intended for the consumer or the health professional.

We can help.

[Información en español](#)

[Asian and Pacific Islander Materials](#)

- [Choose a Cancer Type or Topic](#)
- [I want more information for...](#)
- [Make Informed Decisions](#)
- [Get Help and Support](#)
- [Find Resources for Healthy Living](#)
- [Get Statistics and Research Information](#)
- [Join the Fight Against Cancer](#)
- [Donate](#)

- [Patients, Family, & Friends](#)
- [Survivors](#)
- [Health Information Seekers](#)
- [Professionals](#)
- [Donors and Volunteers](#)

Suggested Healthy Phone Apps



Lose It!

How it works:

The app keeps track of foods you eat with a detailed food database. It also has a nutrient tracker for those interested in keeping track of how much carbohydrate, protein, total fat, saturated fat, cholesterol, sodium, and fiber is consumed. The app also allows you to share weight loss and fitness progress reports with friends via Facebook and Twitter.

Bottom line:

Lose it! is great as a basic food log. It is mainly for people wanting to lose weight, but may also be helpful to a person with diabetes. One reviewer noted that the database was somewhat small.



Sparkpeople Food and Fitness Tracker

How it works:

This is a fitness and food tracker for people looking to lose a half-pound to 2 pounds per week or to maintain weight. The app allows you to keep a log of calories, carbohydrates, fat, and protein consumed. Daily meal plans customized for your goals are available, as well as a weigh-in page that graphs your weight and progress over time.

Bottom line:

This is a useful app, but saturated fat, sodium, and fiber are not tracked in the daily total. These nutrients are especially important to consider if you are trying to manage your weight, blood pressure, heart disease, or diabetes.

Protect your privacy

Health information should be confidential. Look for a link saying “Privacy” or “Privacy Policy.” Read the statements carefully to see if your privacy is really being protected or if your information will be shared with other companies. Know what the privacy policy says before completing any registration forms that allow you to view select information.



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Trusted Health Information for You

A service of the U.S. NATIONAL LIBRARY OF MEDICINE
and the NATIONAL INSTITUTES OF HEALTH

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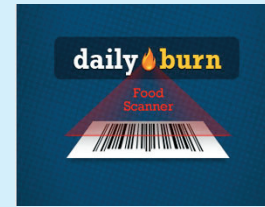
Visit a health professional

Online health information should complement, not replace, the communication between you and your physician or other health professional. Some health care facilities offer online portals for their patients where you can check test results, lab values, etc. along with interpretation of that information. Check with your healthcare provider to find out if this service is available to you.

Healthy Phone Apps

A recent study found 17 percent of cell phone users have specifically used their phone to look up health information. Cell phone companies have noticed this trend and have developed numerous health apps, including those to assist with weight management and selecting nutritious foods. Suggested apps appear in the blue bar of this publication.

Suggested Healthy Phone Apps



Daily Burn

How it works:

Keeps track of calories consumed and tracks workouts to see how many calories are burned. The app is backed by the online fitness community DailyBurn Tracker.

Bottom line:

For the amount of work and somewhat confusing summary, this app needs work. In the future, it has great potential to offer complete weight loss support. Right now, it requires more time to enter foods and workouts than other apps in the market.

To read more about these apps and other health apps, visit: <http://www.eatright.org/Media/content.aspx?id=6442467041>

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...and justice for all

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