Survivor's Guide to Healthy Web Surfing and Phone Apps

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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.
- An educational institution is indicated by .edu.
- Professional organizations, such as scientific or research societies, are identified by .org.
- 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.
- Reputable sites include information on how to contact them. Seeking information from several sources is recommended.

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**Suggested Sites to Visit for Health Information**

**Academy of Nutrition and Dietetics**
[www.eatright.org](http://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](http://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](http://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](http://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](http://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](http://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
eat a bit better™

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

Sample promotional/sales site

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.
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.

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.

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.

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](http://www.eatright.org/Media/content.aspx?id=6442467041)