

Connecting Youth to Quality Health Information Online



A LESSON PLAN FOR HIGH SCHOOL
HEALTH AND FITNESS EDUCATION

BACKGROUND

Several studies have found that while the majority of youth report using the Internet for health questions, they often do not have the skills to screen the large number of search results or locate information appropriate to a specific query. And although many adolescents question the trustworthiness of Web sources for health information, they are not familiar with the criteria used to identify a site as credible or trustworthy [1]. Previous interventions that integrated quality health information resources like MedlinePlus into lesson plans or school-based activities for high school students have been successful in increasing students' ability to evaluate health Web sites and locate credible information [2,3].

PURPOSE

To increase the capacity and capability of high school students to access and evaluate quality health information while establishing MedlinePlus as a recognized resource for current and future health information needs.

OBJECTIVES

Students will:

1. Identify common sources of health/nutrition misinformation.
2. Identify at least three characteristics of quality health/nutrition information.
3. Cite an example of health/nutrition information found on MedlinePlus that is of interest to them or a family member.

PILOT RESULTS

All the students who participated in the pilot agreed that they are now better able to determine which Web sites provide credible health/nutrition information. The students appreciated learning about MedlinePlus as a health-focused alternative to a general search engine and 100% stated that they are likely to use it in the future.

Aligns with State and National Education Standards

Health and Fitness: Evaluates health and fitness information, products, and services (WA State GLE 3.2.1)

Educational Technology: Analyze, synthesize and ethically use information to develop a solution, make informed decisions and report results (WA State GLE 1.3.3)

OVERVIEW

This lesson is designed to be taught in a setting where students have access to computers (either individual or shared) with Internet access.

Lesson Plan Sequence (45-50 minutes)

- Evaluating Online Health Information
- MedlinePlus Tutorial
- Case Study Role Play

Handouts

- Online Health Information Scorecard
- In-Class Case Study Activity
- Homework Assignment

The collage includes the following items:

- Lesson Plan Cover:** Titled 'Connecting Youth to Quality Health Information', it features images of students and a laptop. It is identified as 'A Lesson Plan for High School Health and Fitness Education' developed by the University of Washington Center for Public Health Nutrition, in partnership with NN/LM (National Network of Library of Medicine).
- MedlinePlus Screenshot:** A screenshot of the MedlinePlus website interface, showing search options and various health information resources.
- Online Health Information Scorecard:** A table with columns for 'Site Criteria', 'Questions to Consider', 'Comments', 'Scoring Criteria', and 'Score'. It provides a structured way to evaluate the credibility of online health information.

References

- [1] Gray NJ, et al. Soc Sci Med. 2005 Apr;60(7):1467-78.
- [2] Trettin LD, et al. J Med Libr Assoc. 2008 Oct;96(4):370-4.
- [3] Warner DG, et al. J Med Libr Assoc. 2005 Apr;93(2):243-52.

Materials available at www.cphn.org/qhi/lesson.pdf



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