



WELLNESS WORKSHEET 9

Wellness on the Web

The World Wide Web can be an important source of up-to-date wellness information. In the first part of this worksheet, you'll practice navigating around a Web site; in the second part, you'll use a search engine to find information on a particular topic.

Part I. Explore a Web Site

Choose one of the sites listed below, and enter the address (uniform resource locator, or URL) into your Web browser.

Centers for Disease Control and Prevention: <http://www.cdc.gov>

FirstGov for Consumers: Health:

Healthfinder: <http://www.healthfinder.gov>

National Institutes of Health: <http://www.nih.gov>

National Library of Medicine MedlinePlus: <http://medlineplus.gov>

Site chosen (URL): _____

The home page of the site should have a menu of the information available at the site. Choose two items to explore. Click on each one in turn, and briefly describe what you find.

1. Menu item: _____

Description: _____

2. Menu item: _____

Description: _____

Check the Web site you've chosen for the following other features and circle "yes" or "no":

Yes	No	Does the Web site have links to other sites? About how extensive is the list of links? Is it organized in an easy-to-use fashion?
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Yes No Does the site have an index, a contents page, or search capability? If so, is it easy to use?

Yes No Does the site give a “last modified” date? If so, note it below. Are there any other indications of currency, such as an “in the news,” “what’s new,” or “late-breaking information” section?

Yes No Is there a mission statement or an “about us” section that tells more about the sponsor(s) of the site? Are there any indications of potential bias? How would you rate the overall reliability of the site?

Yes No Is there an e-mail address for a contact person or department? If so, note it below:

Choose one topic and follow a series of links to the most specific level. For example, at the Healthfinder site, you can click in turn on Health A–Z, “N,” Nutrition, and the Dietary Guidelines for Americans 2005.

Topic: _____

Brief description of the most specific level of information: _____

Are you still on a page affiliated with the site you started with? Does the first part of your current URL match that of the home page of the original site?

Current URL: _____

If not, can you determine what organization or agency sponsors or maintains the current site?

Finally, what are your overall impressions of the site? Did it provide helpful, reliable information? Was it easy and enjoyable to use? What improvements would you recommend for the site?

Part II. Search the Web

Choose a specific topic to investigate—for example, skin cancer prevention, bulimia, home HIV or hepatitis tests, or binge drinking by college students. Use the search engine that accompanies your browser or another one of your choosing.

When you are searching, it's best to make your searches as specific as possible. Searching for key words like "fitness" or "cancer" will yield millions of matches. You are better off searching with more specific phrases—"energy drinks" or "breast cancer treatments," for example.

Topic chosen: _____

Once you've completed your search, choose two of the sites to investigate. Write a brief description of each one; include your evaluation of the site's reliability, currency, and usefulness.

1. URL: _____

Sponsor: _____

Description of site: _____

Does the site seem reliable? Why or why not? _____

Does the site seem current? Why or why not? _____

Is the site easy to use and helpful? Why or why not? _____

2. URL: _____

Sponsor: _____

Description of site: _____

Does the site seem reliable? Why or why not? _____

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Does the site seem current? Why or why not? _____

Is the site easy to use and helpful? Why or why not? _____
