

如何識別高素質的線上健康資訊

How to Identify High Quality Health Information Online

活動工作紙 Worksheet Activity

問題 1：Ashley 收到了她朋友轉發的簡訊，訊息中包含了有助管理高血壓的飲食建議；還提到裏面的資訊是由健康專家研發。Ashley 是一名高血壓患者，她應該遵循訊息中的建議嗎？

Q1. Ashley received a forwarded text message from her friend. The message contained dietary tips to help manage hypertension. The message even mentioned the tips provided in the text message were created by a health professional. As someone who has hypertension, should Ashley follow the tips in the message?

- A. 應該，因為這條短信是她朋友轉發的，而且 Ashley 認為她的朋友是可靠的信息來源，所以 she 可以相信這些健康建議。

Yes, the text message was forwarded from her friend and Ashley considers her friend to be a reliable source so she can trust the health tips.

- B. 應該，因為這條短信是她朋友轉發的，而且 Ashley 認為她的朋友是可靠的信息來源，訊息中還提到這些資訊是由健康專家研發，所以一定是高素質的資訊。

Yes, the text message was forwarded from her friend who Ashley considers to be a reliable source, and the message also mentioned the information was created by a health professional so it must be information that is high-quality.

- C. 不應該，因為該信息是由她沒有醫學背景的朋友所轉發，雖然訊息說這些資訊是由健康專家所研發，但是卻無法證實，而且健康專家一般不會透過短信來教育民衆。

No, the text message was forwarded from her friend who has no medical background. Also, while the message says the information is written by health professionals, there is no way to verify this. Typically, health professionals do not send out text messages to educate the public.

問題 2：找出以下截圖中的紅旗和綠旗，然後評估該網站是否提供高素質的健康資訊。

Q2. Spot the red flags and green flags in the screenshots below and assess if this website provides high-quality health information:

網站 A: Website A:

<https://www.heartandstroke.ca/>



心臟及中風基金會 Heart&Stroke

心臟病 Heart disease	中風 Stroke	健康生活 Healthy living	關於我們 What we do
Signs of a heart attack	Signs of stroke	Recipes	Research
Heart conditions	Treatment	Healthy eating	Our story
		Stay active	Our impact

加拿大心臟及中風基金會, 2024.
Heart and Stroke Foundation of Canada, 2024.

網站 B: Website B:

<http://www.managinghearthealth.com>

心臟病倖存者的個人網站 (博客) Heart Disease Survivor Blog

我的生命之旅 My Journey	健康生活 Healty living	建議 Tips
About me	Low calorie recipies	Medication management
Hospitalization	Heart strengthening exercises	

廣告
Advertisement

只需\$100即可參加保證有效的減重計劃
Weight loss guaranteed \$100 only to join program







更新日期: 2002年11月1日
Updated November 1, 2002

問題 3：David 最近被診斷患有糖尿病，他想學習更多相關的病況和如何更好地管理自己的健康。請回答下列陳述句子是否正確，然後指出這些陳述句子是否適合 David 來獲取有關糖尿病的高素質資訊。

Q3. David was recently diagnosed with diabetes. He wants to learn more about his condition and how he can manage his health better. Please answer true or false to the following statements to indicate if they are appropriate places for David to get high quality information about diabetes.

- A. 正確或錯誤：David 應該問他同樣患有糖尿病的妹妹，關於她用哪些建議來管理她的病情，不需要通過其他來源了解糖尿病。
True or False: David should ask his sister who also has diabetes on the tips she follows to manage her condition and use no other sources to learn about diabetes.
- B. 正確或錯誤：David 應該在 Diabetes Canada 的官方網站上閱讀有關糖尿病的資訊，因為這是他的醫療服務提供者建議的網站。
True or False: David should read about diabetes on the Diabetes Canada website, which is a website his healthcare provider referred him to.
- C. 正確或錯誤：David 應該參加社區組織舉辦的健康展覽會和參加由 Self-Management BC 舉辦的健康自我管理系列課程，了解更多有關他的健康情況，然後在實踐改變生活方式之前諮詢他的醫療服務提供者。
True or False: David should attend health fairs held by community organizations and enroll in a self-management program such as from Self-Management BC, to learn more about his conditions and then consult his healthcare provider before implementing lifestyle changes.

問題 4：Wendy 最近確診膽固醇過高，為了進一步了解自己的病況，她決定閱讀線上報紙中找到有關管理高膽固醇的文章。這是一個尋找高素質健康資訊的來源嗎？

Q4. Wendy was recently diagnosed with high cholesterol. To learn more about her condition, she decide to read about articles on managing high cholesterol that she found in online newspapers. Is this a high-quality source for finding health information?

- A. 正確，Wendy 應該按照她在報紙上找到的文章去管理她的健康，這是一個可靠的資源。
Yes, Wendy should use the articles she found on the newspaper to manage her health, it is a reliable source.

- B. 不正確，Wendy 不應該使用她在報紙上找到的文章。儘管報紙上的健康資訊是由醫療服務提供者，但是也會存在錯誤報導的可能性。
No, Wendy should not use the articles she found on the newspaper. It is possible that when health information is reported in newspapers, even if they come out of a result of interviewing healthcare providers, the information could be reported incorrectly.
- C. 看情況而定，雖然新聞可以提供有用且可靠的資訊，但也會存在變數。通常媒體在報導健康資訊時，會有不同程度的可靠性和準確性。Wendy 應該了解她從新聞中讀到有關健康和管理的資訊，儘管其內容準確，也未必適合她的病況。所以 Wendy 在實施任何改變生活方式之前，應該先向醫療服務提供者諮詢。
It depends, while news articles can provide useful and reliable information, this is not always the case. Usually, media outlets can have varying levels of reliability and accuracy in reporting health information. Wendy should evaluate the information she reads on news articles regarding health conditions and management. Also, even when the information is accurate, it may not be the best solution for her. Wendy should also check with a healthcare provider before implementing any lifestyle changes.

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How to Identify High Quality Health Information Online – Answer Key

問題 1 : Q1:

正確答案是 C。Ashley 不應該使用訊息中的資訊，而且她應該讓她的朋友不要繼續轉發該訊息，並且謹慎遵循訊息裏所提供的建議。

C is the correct answer. Ashley should not use the information in the text message, and she should let her friend know not to continue forwarding the message and to be cautious of following any of the tips provided.

答案 A 和 B 都不正確，雖然 Ashley 的朋友是個可靠的人，但她的朋友沒有具備醫學知識，無法判斷訊息中的資訊是否近期發佈和具有良好的醫療建議。一般而言，如果健康資訊是由可靠的途徑發佈，它會詳細地說明該資訊的來源。既然訊息中沒有包含任何該資訊的來源，也沒有說明他們通過了哪些考證成為專家，因此該訊息可能並不可靠。Ashley 或她的朋友在使用或與他人分享這些建議之前，應該先向醫護服務提供者諮詢。

Answer A and B are not correct. Even if Ashley's friend is a trustworthy person, her friend still does not have the medical knowledge to determine if the tips in the text message are up-to-date and good medical guidance. Usually, if health information is provided by a reliable source, it would have details on where the information is from.

Since the message did not include any information about the source and what training they have that makes them an expert in this topic, it is most likely not reliable. Ashley or her friend should discuss these tips with a healthcare provider before using them or sharing them with others.

問題 2: Q2:

網站 A: 這個網站的網址結尾是「.ca」，表示它來自加拿大，但是並沒有告訴我們更多關於建立此網站的組織類型。我們需要更多信息來判斷該網站是否為可靠來源。

在網站的最下方提供的資訊有日期「2024」和它的來源「加拿大心臟及中風基金會」，這說明該網站已經更新，而且資訊來自可靠的來源，這些都是綠旗。由於大部分的信息都是綠旗，因此該網站很有可能是提供高素質健康資訊的可靠來源。

Website A: This website has a URL that ends with “.ca”, which means that it is from a Canadian source, but does not tell us more about what type of organization created the website. More information is needed to tell if the website is a reliable source. At the bottom of the website, there is a date (“2024”) and source (“Heart and Stroke Foundation of Canada”) for the information provided. This tells us that the website was updated recently, and contains information from a trusted source, these are both green flags. As there are mostly green flags, the website is most likely a reliable source that provides high-quality health information.

網站 B: 這個網站的網址結尾是「.com」，這表示您需要更仔細地評估該網站的紅旗和綠旗。網站的標題是「心臟病倖存者的個人網站(博客)」，顯示這是由一個非醫療專業人士撰寫的個人網站(博客)，這是一個紅旗標記。在網站底部有一個日期「2002」，顯示該資訊已經超過 20 年沒有更新，這是另一個紅旗標記。此外，該網站在嘗試銷售產品並且有彈出式廣告，這些都是紅旗，因為這顯示該網站試圖向您推銷某些東西。由於這個網站大部分都有紅旗，所以這個網站很可能是一個不可靠的來源，也就是說提供的資訊很可能不是高素質。

Website B: This website has a URL that ends with “.com”, which means you need to assess the red flags and green flags on the website more carefully. The title of the website (“Heart Disease Survivor Blog”) shows that this is a blog written by someone who is not a health professional, which is a red flag. At the bottom of the website, there is a date (“2002”), which shows that the information has not been updated in over 20 years, which is a red flag. Also, the website sells products and has pop-up advertisements, which are both red flags as they show that the website is trying to sell you something. As there are mostly red flags on this website, the website is most likely

an unreliable source, which means that the information provided is most likely not high-quality.

問題 3 : Q3:

- A. 不正確：雖然 David 的妹妹是個可信的人，但每個人的健康狀況都是特殊。在 David 的案例中，他所患的糖尿病類型與他妹妹的類型可能不同，或者她因為其他健康狀況而獲得不一樣的建議。雖然他可以問他妹妹從哪裏找到高素質的資訊來源，然後了解更多關於糖尿病的資訊，但他不應該只是依賴他妹妹的建議。David 可以考慮他妹妹的建議，並且和他的醫護服務提供者討論，也可以從可靠的來源尋找與他健康相關的其他資訊。

False: Although David's sister is a trustworthy person, health conditions are unique to individuals. In David's case, the type of diabetes he has could be different to his sister, or she may have been given different tips due to her other health conditions. While he can ask his sister where she finds high-quality sources of information to learn more about diabetes, he should not only rely on his sister's tips. He may consider her tips and discuss them with his healthcare provider, and also seek out other information from trusted sources that is relevant to his health.

- B. 正確：該網站是 David 的醫護服務提供者建議，因此他可以認為這是一個提供高素質資訊的來源。David 也可以透過評估這個網站的紅旗和綠旗來確認它是否一個提供高素質資訊的來源。他還可以查詢卑詩健康連結或致電 8-1-1 與營養師和專業運動人士溝通。除此之外，David 可以參加 Self-Management BC 舉辦的自我管理課程，向其他患者交流和學習實用的技巧。

True: David's healthcare provider referred him to the website, so it is safe to assume it is a source that provides high-quality health information. David can check the if the website is a high-quality information source by assessing it for red flags and green flags just to be sure. David can also look at information on HealthLinkBC or call 8-1-1 where he may want to talk to a dietitian or exercise professional. To learn practical skills from other patients, He may also want to join a self-management course offered by Self-Management BC.

- C. 正確：David 可以從值得信賴的社區組織舉辦的健康展覽會找到可靠的健康和管理健康的資訊，因為這些資訊通常由健康專業人員提供或審查。可是要謹記，健康狀況通常因個人的年齡、性別和既往病史有關，因此在作出改變任何生活方式和使用在健康展覽會上獲取的建議前，最好先行咨詢醫療服務提供者。

True: David will likely find reliable information on health conditions and information on health management at health fairs from trusted community organizations as they are often presented or reviewed by health professionals. However, it is important to remember that health conditions are often unique to each person's age, gender and pre-existing conditions so it is always a good idea to ask healthcare providers before implementing lifestyle changes that are

recommended in a self-management course or other tips presented at health fairs.

問題 4 : Q4:

正確的答案是 C

在運用從新聞文章裏學到的資訊來管理您的健康之前，需要這些評估資訊的可靠性。下列的引導性問題會很有幫助：

- 該新聞文章是什麼時候撰寫的？如果是很多年前寫的，可能已經過時了 - 健康指引會經常更新，盡可能使用最新的資訊。
- 媒體報導的資訊是否適合提供健康資訊？像是 BuzzFeed 的文章，它可能不是報導健康資訊的最佳來源，但是 New York Times 的文章可能更適合提供健康資訊。
- 文章是誰寫的？如果是由專業健康醫護人員所寫，那麼資訊很可能是準確。如果文章不是由專業的醫護人員撰寫，那就要在實踐任何生活方式改變之前，先行向您的醫護提供者諮詢。
- 檢查該新聞文章是否為意見文章或社會評論，或者是否經過報社審核與編輯的文章。意見文章和社會評論可能不太可靠，因為它們大多是關於作者的意見，並不像新聞一樣報道事實。
- 您所閱讀的資訊是否與您所知識的相符？如果該新聞文章與您的醫療服務提供者告訴您的病情互相矛盾，您應該保持謹慎態度並質疑其來源是否可靠。

雖然這些引導性問題可以提供一些啟發，但在作出任何改變前，最好與您的醫療服務提供者討論該建議或您從新聞文章裏得知的其他資訊和指引。

C is the correct answer

Before implementing information learned from news articles to manage your health, it is important to evaluate the information. It is helpful to ask yourself some guiding questions:

- When was the news article written? If it was written several years ago, it may be outdated – health guidelines are updated often so it is best practice to use the most recent information possible.
- Is the media outlet reporting the information well-suited to provide health information? For example, if it is a BuzzFeed article, it is probably not the best source to report on health conditions however an article on the health section of New York Times is likely better suited to provide health information.
- Who wrote the article? If a healthcare professional wrote the article, it is likely the information is accurate. If someone who is not a healthcare professional wrote

the article, be sure to check with your healthcare provider before implementing any lifestyle changes.

- Check if the news article is an opinion piece or editorial, or if it is an article that has been reviewed and edited by the newspaper. Opinion pieces and editorials may be less reliable as they are more about the opinion of the author than reporting on facts, like standard news articles.
- Does the information you read align with what you know? If the news article contradicts something your healthcare provider told you, you should be cautious and question if it is a reliable source.

While these guiding questions can provide some insight, it is always best to discuss any suggested changes or other information and guidance you learn from news articles with your healthcare provider before making a change.

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