Reliable Resources for Health Information

~ from Leesa Klich ~

(Updated February 2020)

Hey!

Thank you for your interest in reliable resources for health information (my personal favourite thing!). :)

This document is full of links to trustworthy credible websites that provide good quality health information.

******NOTE FROM LEESA:** This document will be updated regularly! To get updates, make sure you head over to the blog post "**How to research health topics efficiently**" and enter your email address!****

I hope this is a great resource for you, your clients, and your practice.

If there are any sites or other information that you'd like me to consider adding, please feel free to email me directly at: leesa@leesaklich.com

Thanks!

Leesa

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PART I - List of Reliable Sources of Health Information

Reliable resources to answer your health questions—the blog post

Health goals information (“official” sites)

NIH US National Library of Medicine - MedLine Plus - Trusted health information for you
https://medlineplus.gov/
NIH National Center for Complementary and Integrative Health
https://nccih.nih.gov/
World Health Organization Health Topics
http://www.who.int/topics/en/
NHS Choices
https://www.nhs.uk/pages/home.aspx
Harvard Health, Harvard Public Health & Harvard Medical School
https://www.health.harvard.edu/search
Mayo Clinic
https://www.mayoclinic.org/
UpToDate
https://www.uptodate.com/home/uptodate-subscription-options-patients
National Institute for Health and Care Excellence
https://www.evidence.nhs.uk/
Cochrane Library - Database of systematic reviews
“Trusted evidence. Informed decisions. Better health.”
Independent systematic reviews of multiple clinical studies.
By topic:
http://www.cochranelibrary.com/home/topic-and-review-group-list.html?page=topic
Trip medical database, a smart, fast tool to find high quality clinical research evidence
https://www.tripdatabase.com/
HEALTH SYSTEMS EVIDENCE
https://www.healthsystemsevidence.org/
Health Evidence
https://www.healthevidence.org/search.aspx

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Nutrition, Nutrients, & Food information (“official” sites)

Health Canada’s Dietary Reference Intakes Tables for vitamins, elements (minerals), and macronutrients.

https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/tables.html

US Department of Agriculture FoodData Central

https://fdc.nal.usda.gov/

Nutrition, Nutrients & Food information (credible blogs)

Thinking Nutrition

Dr. Tim Crowe

Gives credible, evidence-based nutrition messages in plain language

https://www.thinkingnutrition.com.au/

https://www.youtube.com/channel/UC7xD-b81K6-jW-p1FBevQBQ

Precision Nutrition

Precision Nutrition is the home of the world's top nutrition coaches

https://www.precisionnutrition.com/

Diet vs Disease

Diet vs Disease has only one agenda:

- Study the research objectively (without bias)
- Translate information into plain English
- Help you discover how to apply it to your current health condition

https://www.dietvsdisease.org/

https://www.youtube.com/channel/UCgTog8jKIbcUod_MwJ7fc8g

Nutrition Facts (vegan slant)

Find out what the latest science is saying about your favorite foods to help you make the healthiest choices for you and your family

https://nutritionfacts.org/

Stephan Guyenet

The science of body weight and health

http://www.stephanguyenet.com/

Chris Masterjohn (paleo slant)

What I try to do here is grapple with complex science and translate it into practical principles that each of us can use to better support our health.

https://chrismasterjohnphd.com/

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Supplement information (“official” sites)

NIH Office of Dietary Supplements
https://ods.od.nih.gov/

MedLine Plus Drugs, Herbs, and Supplements
https://medlineplus.gov/druginformation.html

Health Canada’s Compendium of Monographs for Natural Health Products (Supplements).
https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription/applications-submissions/online-solution/ingredients-database.html
NOTE: This includes not just the science, but also many “traditional uses” as well.

Supplement information (credible blog)

Examine.com
Your Unbiased Source on Nutrition and Supplements.
Independent, unbiased, and objective.
https://examine.com/

Fitness information (credible blog)

Personal Trainer Collective (formerly Shredded by Science)
Shredded by Science are the leading online education provider to Personal Trainers around the World.
https://www.youtube.com/channel/UCo12Fpc8P46b7jFZ31cZJzg

More medical & science-based health information (“official” sites)

University of California TV (Wellbeing Channel)
University of California Television (UCTV) shares educational and enrichment programming from the campuses, national laboratories, and affiliated institutions of the University of California. Subscribe to your favorites playlists to receive the latest research and information on topics that range from opera to oceanography, autism to

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artist profiles, global warming to global health. Arts, music, science, public affairs, health, business - if you're talking about it, you'll find it on UCTV.
https://www.youtube.com/watch?v=u7fXoSXrjpk&list=PLepHs0thoryOez8mhvwEmVCHIkTwWz2iP

Stanford Medicine

The Stanford Medicine YouTube channel is a curated collection of contributions from our School of Medicine departments, divisions, students, and the community.
https://www.youtube.com/channel/UCDrQaGaHpOav5y7m1SCSJRg

Demystifying Medicine

4th year undergraduate students at McMaster University generate educational content in form of short presentations, animations, interviews, skits or by other creative ways that may help increase the understanding of complex clinical and biomedical material.
https://www.youtube.com/channel/UCEwEYnO7yey-oBzyNu-AauQ

One Minute Medical School

Medical topics are broken down so the key point is presented understandably in sixty seconds by Dr. Rob Tarzwell, a Clinical Assistant Professor on the Faculty of Medicine at the University of British Columbia.
https://www.youtube.com/channel/UCK0oFgaI_-VTHBrRBUjtVGQ

More medical & science-based health information (credible blogs)

SuppVersity

Nutrition and Exercise Science for Everyone.
http://suppversity.blogspot.ca/

TED-MED

A Trusted Global Community Sharing Ideas, Discoveries, Breakthroughs, and Passions.
http://www.tedmed.com/videos

Healthcare Triage

Healthcare Triage is a series about healthcare hosted by Dr. Aaron Carroll who explains healthcare policy, medical research, and answers a lot of other questions you may have about medicine, health, and healthcare.
https://www.youtube.com/channel/UCabaQPYxxKepWUsEVQMT4Kw

Doc Mike Evans

We are building our channel into a "Med School for the Public". Our whiteboards are visual lectures that are high quality but (we think!) also highly engaging.
https://www.youtube.com/channel/UCL-IWPkXQn3JYYYsPnpGllg

MedCram

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Medical Lectures Explained CLEARLY
https://www.youtube.com/channel/UCG-iSMVtWbbwDDXgXXypARQ

Crash Course (Biology)
Tons of awesome courses in one awesome channel!
https://www.youtube.com/watch?v=QnQe0xW_JY4&list=PL3EED4C1D684D3ADF

AK Lectures
https://www.youtube.com/channel/UCFJyaHVyWKb2y-HkIAEPIdA

Khan Academy Medicine
Our mission is to provide a world-class education for anyone, anywhere.
This channel includes Khan Academy videos on Medicine, presented by Rishi Desai, MD.
https://www.youtube.com/channel/UCJayvjGvKEblkA3KYK1BQQw

******NOTE FROM LEESA: This document will be updated regularly! Make sure you head over to the blog post "How to research health topics efficiently" and enter your email address to get future updates, as well as my step-by-step process for efficient researching!******

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PART II - Articles About Health Research

Understanding Health Research

A Rough Guide to Types of Scientific Evidence
A Rough Guide to Spotting Bad Science
The one chart you need to understand any health study
Understanding Health Research. A tool for making sense of health studies.
What does a scientific paper look like?
Know the Science: 9 Questions to Help You Make Sense of Scientific Research
Evaluating Evidence
Understanding Medical Research
Understanding Research Evidence
How to read and understand a scientific paper
Skeptical of new health study? Great!
How to research health topics efficiently
WTF does “correlation does not equal causation” mean anyway?

Science of nutrition (how it's done and how it's communicated)

Behind the scenes of nutrition science
Why nutrition science is so confusing. [Infographic] - 9 reasons eating well isn’t as straightforward as we’d like it to be.
Processed Food vs Real Food: Why Nutrition Science is So Confusing (and what to do about it)
I asked 8 researchers why the science of nutrition is so messy. Here’s what they said.
What have we learned about nutrition in the past 5 years?
Why you should beware of those aiming to “separate fact from fiction” in nutrition research
Everything Causes Cancer: How much can science really tell us?

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PART III - PubMed Tips

What is PubMed?

PubMed is an index, like a database. It's a comprehensive list of published articles about health studies. PubMed doesn't house most of the studies itself, it lists them, and links to the journals where they were published.

Sometimes the studies are available online for free through the medical journal they're published in, but not always. I recommend using the free Chrome extension called Unpaywall. This helps to find free, legal versions of studies online.

PubMed does not index every single medical study in every single scientific journal in the world. In order to be indexed by PubMed there is minimum criteria to ensure quality research and credible information. There is a problem with some journals accepting any and every article submitted to them for publication – and the quality is questionable.

Here is a list of the journals cited in PubMed:

https://www.nlm.nih.gov/bsd/serfile_addedinfo.html

PubMed Pros

- Huge amount of information on every researched health topic.
- Only peer-reviewed and higher-quality studies are included.
- Includes old information and newly published research.
- Some studies are free.

PubMed Cons

- Too much/very detailed/often conflicting information!
- High level information written in "science-ese" (may need a science background to fully understand).

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- Many studies need to be purchased/or you need to go to a university library to get them. If a study is behind a “paywall,” try http://unpaywall.org/

PubMed Search Tips

1) Go to PubMed. https://www.ncbi.nlm.nih.gov/pubmed/

2) Enter your keyword and hit “Search.”

3) On the left-hand side under “Article Types” you’ll see a “Review” button. If you click that it will filter out non-review. The benefit of this is to get rid of some of the “noise” - where different studies contradict each other. Review studies are considered the highest level of studies because they look at several studies to find trends in the overall evidence. See: A Rough Guide to Types of Scientific Evidence. You’ll notice in that infographic the strongest evidence are the review studies (at the bottom).

4) If you’re not looking for an overview or review of the evidence, or there aren’t many yet, you can filter for the next-highest level of evidence – clinical studies. Clinical studies are those done in people, not cells on a lab bench, so they will have the most relevance to people.

You can activate this filter by clicking the “Clinical Trial” button on the left side under the “Article Types” heading.

Now that you’ve found a study . . .

You likely have an abstract to read through, and maybe even a link to a free copy of the study somewhere online.

There are a lot of things to consider when reading health research. I wrote a **guide on being skeptical of new studies here,** and also included a bunch of helpful info in the previous section: PART II - Articles about health research - Understanding Health Research (2 pages back).

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Here are some important points to consider

Science is a method of study that relies on objective observation/intervention and builds on previous knowledge. Its objective is to remove as much personal bias as possible.
All studies are NOT created equal.

- Was it done in animals, the lab, in people?
- Was it observational, or was there an experiment/intervention?
- Were the results clinically meaningful?
- How big was the study?
- What type of people were included in the study?
- How long was the study (compared to what they were measuring)?
- How long ago was the study done?
- What do other studies that looked at the same thing find?

I've also written a lot of **articles on health research here.**

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All the best with your health research! Feel free to find more **info about health research, blogging, and content strategy on my blog here.**

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	Hi, I'm Leesa! Health writer – Blogging expert – Research nerd. I help health and wellness professionals build their authority with scientific health content. They want to stand out in a saturated, often unqualified, market of entrepreneurs. I help them establish trust with their audiences, add credibility to their services, and save them a ton of time so they don't have to do the research or writing themselves.

I can save you time and help you build your credible health and wellness business by:

- Finding credible health research for you, or teaching you how to do it yourself
- Creating custom health articles for your blog, products, and programs
- Researching and writing customizable "done for you" health articles
- Helping you optimize your blog traffic and email subscribers
- Teaching you how to avoid online penalties and get more visibility
- Strategizing and planning your blog content

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Want a fully-researched pre-written "done for you" health article for your next post, product, or program? Look no further! These **premium "done for you" articles** are available for instant download in the areas of Health Goals, Foods, Nutrients & Supplements, Fitness, Sleep & Stress, and Beauty - Skin, Hair & Nails. **Check them out here.**

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