W1418B

Fact-Check Your Influencer: General Health Information

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General Health Information

Don't believe everything that you see on social media. Ask questions, look for reliable sources and if something sounds too good to be true, it probably is. This series looks at the reality of current social media claims.



General Health Information

Every day, people scroll through social media posts about how to lose weight or "fix" their health. It can be hard to know which ones are true. Many people trust what influencers say without a second thought, even when it is not based on science. Misinformation can be harmful and put your health at risk.

What to Look For

Credentials

Look for health advice from people with real training, like doctors (MD), dietitians (RD), or licensed therapists.

Evidence-based

Look for references or links to published scientific studies that support their claims.

Promotes Healthy Habits

Look for accounts that promote healthy habits, not just selling a quick fix. Healthy habits help maintain your health over time!

Talk to Your Doctor

Always consult your doctor about your specific needs before following any online health advice.

Spot the Red Flags

- Are they trying to get you to buy their product or is it an advertisement for a product?
- Is the content AI-generated and lacking a credible source?
- Are they promising a quick fix with little effort?
- Does the information discredit health experts and try to scare you?
- Are they using buzzwords like detox, cleanse or biohack?

Sources:
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