

Essential Standard - 8.PCH.2

Evaluate health information and products.

Clarifying Standard

8.PCH.2.1 - Critique medical information resources in terms of reliability, unreliability, accuracy, and significance.

Carrots Will Kill You!



- ❖ Nearly all sick persons have eaten carrots.
- ❖ An estimated 99.9% of all people who die from cancer have eaten carrots.
- ❖ Some 93.1% of juvenile delinquents come from homes where carrots are served frequently.
- ❖ Among the people born in 1890 who later dined on carrots, there has been a 100% mortality rate.
- ❖ All carrot eaters born between 1920 and 1930 have wrinkled skin, have lost most of their teeth, have brittle bones and failing eyesight (providing that eating carrots hasn't already killed them).

Whom Do You Trust?

Select the five most trustworthy sources of information about health.

Movie star endorsing a product _____

Teacher of Healthful Living Education _____

Parent or guardian _____

Friend _____

School nurse _____

New England Journal of Medicine _____

Faith leader _____

Sports figure in a commercial _____

Nurse practitioner _____

Clerk in a health food store _____

Medical doctor _____

Spokesperson in an infomercial _____

Centers for Disease Control website _____

According to the class vote, what are the five most trustworthy sources of health information?

- 1.
- 2.
- 3.
- 4.
- 5.

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- *Some sources of information about health are far more reliable than others and we should seek to distinguish between those that are accurate and those that offer information that is not reliable or founded in science.*
 - *Just because something is written, published, on television, or available on the Internet, does not mean it is true.*

Statement of Objectives:

- *We are surrounded by messages about health everyday. We hear announcements on the radio, watch reports on television news programs, and read reports in newspapers and magazines. Today we will discuss how the average citizen (without medical training) would know if information is reliable and factual. By the end of today's lesson, you will be able to differentiate between accurate health reports and those that are misleading.*

KIDS HEALTH Link

- *There are limitless sources for health information. You need to become wise consumers by identifying credible sources. Statistics are powerful. They can be used or misused to support a particular product, person, or service. All statistics you read are not fact. People assume that what they read or hear in the news is credible but consumers must learn to distinguish between objective data and misleading information.*

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- <http://www.healthnewsreview.org/2011/12/my-2nd-annual-year-ender-health-care-pr-stuff-one-blogger-sees-in-a-year/>

Sample Headlines:

New Research Uncovers "Safe" Cigarettes

Cholesterol O. K.

Cholesterol Not O. K.

New Mood Drug Creates Perfect Happiness

All Drugs Dangerous to Your Health

New Contraceptive Useful to Goats

Passive Smoking Harmful

Passive Smoking: A Lie

Drinking Helpful in Moderation

Drinking Data Still Disputed

Flap Percolates Over Coffee Beans

The Potential Health Benefits of Coffee

The New Science of Cocoa Therapy



How do we know if it is true?

1. How can we make good decisions based on research when the news seems to change daily? When studies are difficult to evaluate? When claims are as outrageous as some of the headlines we just heard? Or when health reports seem to conflict each other?
2. How can we tell the difference between conclusions that are well researched and ones that are bogus?

Closure:

- *In today's class, we learned how to evaluate health reports and medical information. It is unfortunate that so much information reaches the public without having been proven by scientific study. As we become more knowledgeable about health, we must also be able to distinguish between false claims and those that are credible.*