



## WELLNESS WORKSHEET 9

### Wellness on the World Wide Web

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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. For additional guidelines, refer to your text and the *Core Concepts in Health* Online Learning Center ([www.mhhe.com/insel10e](http://www.mhhe.com/insel10e) or [www.mhhe.com/inselbrief10e](http://www.mhhe.com/inselbrief10e)); the Web site also includes all the Internet activities found in the Wellness Worksheets, along with additional activities.

#### Part I. Explore a Web Site

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

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

FirstGov for Consumers: Health: <http://www.consumer.gov/health.htm>

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. (You may need to familiarize yourself with the navigation commands of your Web browser: Look for buttons labeled Forward/Next and Backward/Previous. In addition, most Web pages have a Home button linking them to the home page of the site.)

1. Menu item: \_\_\_\_\_

Description: \_\_\_\_\_

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2. Menu item: \_\_\_\_\_

Description: \_\_\_\_\_

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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?

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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?

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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?

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

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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 Library, Prevention and Wellness, "N," Nutrition, and the Dietary Guidelines for Americans.

Topic: \_\_\_\_\_

Brief description of the most specific level of information: \_\_\_\_\_

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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?

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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?

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**Part II. Search the World Wide 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 one of the search engines or directories listed below:

All the Web:	<a href="http://www.alltheweb.com">http://www.alltheweb.com</a>	Hotbot:	<a href="http://www.hotbot.com">http://www.hotbot.com</a>
AltaVista:	<a href="http://www.altavista.com">http://www.altavista.com</a>	Lycos:	<a href="http://www.lycos.com">http://www.lycos.com</a>
Ask Jeeves:	<a href="http://www.askjeeves.com">http://www.askjeeves.com</a>	Northern Light:	<a href="http://www.northernlight.com">http://www.northernlight.com</a>
Google:	<a href="http://www.google.com">http://www.google.com</a>	Yahoo!:	<a href="http://www.yahoo.com">http://www.yahoo.com</a>

To use the search engine, you may need to enter key words or navigate through a series of increasingly specific directories; some search engines offer both key word and directory searches. The search engine will return a list of sites (with hyperlinks) that match your search parameters, often with a brief description of each site.

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—"in-line skating" or "breast cancer treatments," for example. If the search engine has a help section, take a look at it. Different search engines have different rules for how best to enter key words. For example, you may need to enclose phrases in quotation marks or put plus or minus signs in front of words to obtain an appropriate result.

Search engine in use: \_\_\_\_\_

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: \_\_\_\_\_

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Does the site seem reliable? Why or why not? \_\_\_\_\_

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Does the site seem current? Why or why not? \_\_\_\_\_

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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? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does the site seem current? Why or why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

You'll find additional Internet activities in later Wellness Worksheets and on the *Core Concepts in Health* Online Learning Center ([www.mhhe.com/inse110e](http://www.mhhe.com/inse110e) or [www.mhhe.com/inse1brief10e](http://www.mhhe.com/inse1brief10e)).