Prenatal Through Postpartum Health Information You Can Trust

# Evaluation of Health Information Resources

An enormous amount of health information is available online including the news, social media, and websites. It can be stressful and overwhelming trying to figure out what are good sources of information. Not sure if you should trust a source? Visit MedlinePlus for [Evaluating Health Information](https://medlineplus.gov/evaluatinghealthinformation.html) https://medlineplus.gov/evaluatinghealthinformation.html

Follow the ABCs of Pregnancy Health Information Evaluation:

* **Accuracy**: Is the information accurate?
* **Authority:** Is the author an authority on the subject?
* **Bias:** Does the author bring any bias in posting this information? Do you have bias?
* **Currency:** Is the information current and timely?
* **Coverage:** How does this resource compare to other sources on the same topic? Is there any information missing?

# Health Information Resources

## [MedlinePlus](https://medlineplus.gov/)

MedlinePlus is a comprehensive, authoritative and reliable resource for patients, families and the general public. Information regarding health conditions, safety, drugs, and more can be found all in one location and all freely available through the National Library of Medicine. Access MedlinePlus: https://medlineplus.gov/

MedlinePlus uses a set of strict selection criteria to choose quality resources to include on their health topic pages. These health topic webpages are organized so it is easier to find the information you need. Make sure to check out the Related Health Topics located on each health topic page for additional information.

* [Pregnancy](https://medlineplus.gov/pregnancy.html) https://medlineplus.gov/pregnancy.html
* [Childbirth](https://medlineplus.gov/childbirth.html) https://medlineplus.gov/childbirth.html
* [Preconception Care](https://medlineplus.gov/preconceptioncare.html) https://medlineplus.gov/preconceptioncare.html
* [Postpartum Care](https://medlineplus.gov/postpartumcare.html) https://medlineplus.gov/postpartumcare.html

You may find these selected MedlinePlus health topic pages helpful throughout your pregnancy and beyond.

* [Talking with Your Doctor](https://medlineplus.gov/talkingwithyourdoctor.html) https://medlineplus.gov/talkingwithyourdoctor.html
* [Evaluating Internet Health Information](https://medlineplus.gov/webeval/webeval.html) https://medlineplus.gov/webeval/webeval.html
* [Understanding Medical Words Tutorial](https://medlineplus.gov/medwords/medicalwords.html) https://medlineplus.gov/medwords/medicalwords.html
* [Understanding Medical Research](https://medlineplus.gov/understandingmedicalresearch.html) https://medlineplus.gov/understandingmedicalresearch.html

## [National Institutes of Health (NIH)](https://www.nih.gov/)

The NIH provides health information to researchers and healthcare professionals. It also provides health information to the public. NIH has 27 institutes and centers and most include additional health information for you. Access NIH home webpage: https://www.nih.gov/

[List of NIH Institutes and Centers](https://www.nih.gov/institutes-nih/list-nih-institutes-centers-offices) https://www.nih.gov/institutes-nih/list-nih-institutes-centers-offices

[NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development](https://www.nichd.nih.gov/health)   
https://www.nichd.nih.gov/health

* Health topics A-Z (including pregnancy and childbirth)
* Publications to download or order for free
* Safe to Sleep® Campaign to reduce sudden infant death syndrome (SIDS)
* Information in Spanish
* Plus size pregnancy care, mental health and more

[GARD (Genetic and Rare Diseases Information Center)](https://rarediseases.info.nih.gov/)  
https://rarediseases.info.nih.gov/

The GARD website gathers information about rare and genetic diseases from reliable research databases to make it easier for patients, families, and caregivers to find the information they seek.

# Additional Health Information Resources

[Mom’s Mental Health Matters](https://www.nichd.nih.gov/ncmhep/initiatives/moms-mental-health-matters/find-help)  
Feeling overwhelmed, sad, anxious, or exhausted? These resources can help.  
https://www.nichd.nih.gov/ncmhep/initiatives/moms-mental-health-matters/find-help

[Office on Women's Health](https://www.womenshealth.gov/pregnancy)   
An extensive section on pregnancy but also check the other tabs for relevant information  
https://www.womenshealth.gov/pregnancy

[Have a Healthy Pregnancy](https://health.gov/myhealthfinder/topics/pregnancy/doctor-and-midwife-visits/have-healthy-pregnancy)   
A simplified how-to guide on the basics of a healthy pregnancy.  
https://health.gov/myhealthfinder/topics/pregnancy/doctor-and-midwife-visits/have-healthy-pregnancy

[HEAR HER Campaign](https://www.cdc.gov/hearher/index.html)  
This CDC resource provides information to pregnant women, women who have given birth within the last year (postpartum women), and their support network and health professionals  
https://www.cdc.gov/hearher/index.html

[American College of Obstetricians & Gynecologist](https://www.acog.org/womens-health/pregnancy)  
Includes information about pregnancy, postpartum support, preterm birth and more  
https://www.acog.org/womens-health/pregnancy

[KidsHealth.org](https://kidshealth.org/en/parents/medical-care-pregnancy.html)  
Medical prenatal care basics, with Spanish language options (teens may find this helpful)  
https://kidshealth.org/en/parents/medical-care-pregnancy.html

# Locator tools to find a Doctor/OBGYN, Midwife, or Doula (labor support person)

[Find an Ob-Gyn | ACOG](https://www.acog.org/womens-health/find-an-ob-gyn)   
https://www.acog.org/womens-health/find-an-ob-gyn

[Find a Midwife - Midwife.org](https://www.midwife.org/find-a-midwife)  
https://www.midwife.org/find-a-midwife

[Find a Doula – DONA International](https://www.dona.org/what-is-a-doula/find-a-doula/)   
https://www.dona.org/what-is-a-doula/find-a-doula/