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## UD Health and Sports Science Department Offers Directory of Excellent Wellness Web Sites

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**UD HEALTH AND SPORTS SCIENCE DEPARTMENT  
OFFERS DIRECTORY OF EXCELLENT WELLNESS WEB SITES**

DAYTON, Ohio — Besieged by the glut of online advertising billboards posing as legitimate health and wellness sites, two members in the University of Dayton's health and sports science department have compiled a list of bona fide Web sites to help others help themselves.

"We're trying to encourage people, particularly students, to seek out established and reputable Web sites," explains Lloyd Laubach, who chairs UD's health and sports science department. "There's a lot of junk on the Internet and people need to be aware of that, or they could find incomplete information or even misinformation."

Laubach and Matthew Peterson, a graduate student in the department, spent months collecting what they believe are the best online sites for researching topics on health and wellness. Topics cover everything from diabetes control and menopause to home exercise equipment and nutrition.

The sites, about 30 and growing, are linked to the department's Web page at [www.udayton.edu/edu/departments/hss/hss.html](http://www.udayton.edu/edu/departments/hss/hss.html).

"When we research sites, we look at who the primary sponsor is and how reputable the organization is behind the site," Laubach explains. For example, C. Everett Koop (see below), who was surgeon general under Ronald Reagan, has an "outstanding site as does the American Diabetes Association ([www.diabetes.org](http://www.diabetes.org))."

A sampling of the list:

- [www.medicine.net](http://www.medicine.net) (Medicine Net) – information on treatment of diseases, prescription drugs, first aid and poison control. Offers articles on a range of topics from fractures in the elderly to birth control.
- [www.healthsurvey.org](http://www.healthsurvey.org) (Cal-Berkeley National Lab) – Offers a free analysis of diet, activity and lifestyle choices. This is a good site to start with, say Laubach and Peterson.

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- [www.drkoop.com](http://www.drkoop.com) (Empower Health) – Dr. C. Everett Koop offers an “all-encompassing” site on health and fitness, says Laubach. “This is one of the best wellness sites out there.”

- [www.amhrt.org](http://www.amhrt.org) (American Heart Association) — This site offers an “A-Z guide for heart and stroke information” from risks and warning signs of both, say the list’s compilers.

The list, which is divide into “A” sites (excellent) and “B” sites (very good), will be updated as new sites are discovered, Laubach says. Eventually, he says the department may create a list of sites to avoid.

“There’s strength in knowledge, especially when it comes to your health and well being,” Laubach says.

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