

# 5 places to get reliable health info

(and exactly where to follow them)

Finding trustworthy health info online can feel like scrolling through a maze, and some sources that used to be rock-solid aren't as reliable as they should be right now.

Here's your shortcut: **five organizations that consistently deliver accurate, reliable health information.** And since nobody has time to hunt through websites, we're giving you exactly where to follow them, from social media to newsletters to podcasts.

## The American College of Obstetricians and Gynecologists (ACOG)

**What it is:** The professional organization behind OB-GYNs nationwide. Breaks down guidance in simple, practical language—no medical jargon or scare tactics.

**Best for:** Pregnancy, fertility, postpartum, birth control, and general women's health questions.

**Where to follow:** @ACOG\_org on IG | @ACOGNational on FB

## The Cleveland Clinic

**What it is:** A nationally recognized nonprofit hospital and research center known for evidence-based care and easy-to-read health explainers. Information is straightforward and practical, perfect for when you want to send a friend "the real info."

**Best for:** Quick, clear answers to everyday health questions.

**Where to follow:**  
@ClevelandClinic on IG, FB, and X

**Bonus:** Sign up for their Health Essentials newsletters and pick your focus (kids, women's health, nutrition, and more).

## FamilyDoctor.org

**What it is:** No-fluff health guidance for the whole family, created by the American Academy of Family Physicians. You'll find simple FAQs, printable conversation guides, and short videos.

**Best for:** Anyone looking for practical, whole-family advice that cuts through noise.

**Where to follow:** @FamilyDoctorOrg on IG | @FamilyDoc on FB | @FamilyDoctor on X

## Johns Hopkins Bloomberg School of Public Health

**What it is:** One of the top public health schools in the world—expert, credible, and surprisingly fun online. Their Instagram mixes clear, research-backed explainers with accessible Q&As and the occasional pop-culture meme.

**Best for:** People who want expert insight without the academic jargon.

**Where to follow:**  
@JohnsHopkinsSPH on IG, FB, and X

## HealthyChildren.org

**What it is:** Go-to parenting resource from the American Academy of Pediatrics. They offer podcasts, a fact-filled monthly newsletter, and a "pediatrician in your pocket" texting service for quick updates on kids' health.

**Best for:** Parents who want pediatrician-approved answers they can trust.

**Where to follow:**  
@HealthyChildrenAAP on IG  
@HealthyChildren on FB