

# 5 Checks on Health Studies

Epidemiology is the study of the distribution and potential causes of health and disease conditions in a defined population.

Epidemiological studies are regularly picked up in the media, linking everyday products or lifestyle elements to an impact on human health.



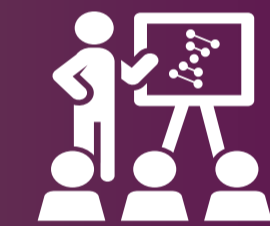
Here are five quality checks to help you put the headlines into perspective:

## 1 *Is the study peer-reviewed?*

All studies must follow established scientific methods and an independent peer-review can build trust in the results.

## 2 *Does the study show correlation or potential cause?*

Two things can be correlated. However, that doesn't mean that one causes the other.



## 3 *Have other potential causes been assessed?*

A study showing an association between an illness and an exposure must show that other potential causes have not played a role.

## 4 *How was exposure measured?*

The range of exposure levels among different people can be vast and difficult to compare. Subjects may not be able to accurately report their level of exposure.



## 5 *Are the study results repeatable?*

Reproducibility of a study is essential to prove scientific rigor and avoid misleading results. Findings should be confirmed by other studies before drawing conclusions.

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