

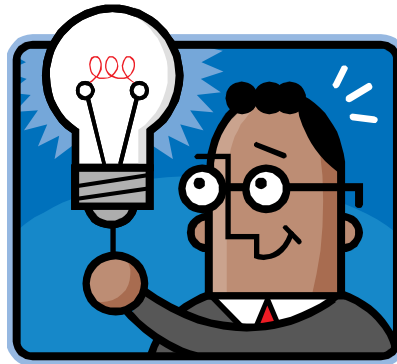
# Health Literacy

- The degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions.



# What that really means....

- Find what I need
- Understand what I find
- Use what I find to meet my needs



# Why?

- Leads to a longer life
- Improves quality of life
- Reduces chronic disease
- Saves money





# Below Basic

- Identify how often a person should have a specified medical test based on information in a clearly written pamphlet
- Identify what is permissible to drink before a medical test based on a set of short instructions
- Circle the date of a medical appointment on a hospital appointment slip



# Basic

- Give 2 reasons a person with no symptoms should be tested for a disease based on information in a clearly written pamphlet
- Explain why it is difficult for people to know if they have a specific chronic medical condition based of information in a 1 page article



# Intermediate

- Find a healthy weight range for a person based on a graph of height and weight to body mass index
- Find the age range for children to receive vaccines using a chart
- Identify 3 substances that may interact with an over the counter drug to cause a side effect using the drug label
- Find when to take prescription medications based on the drug label that discusses medication and eating

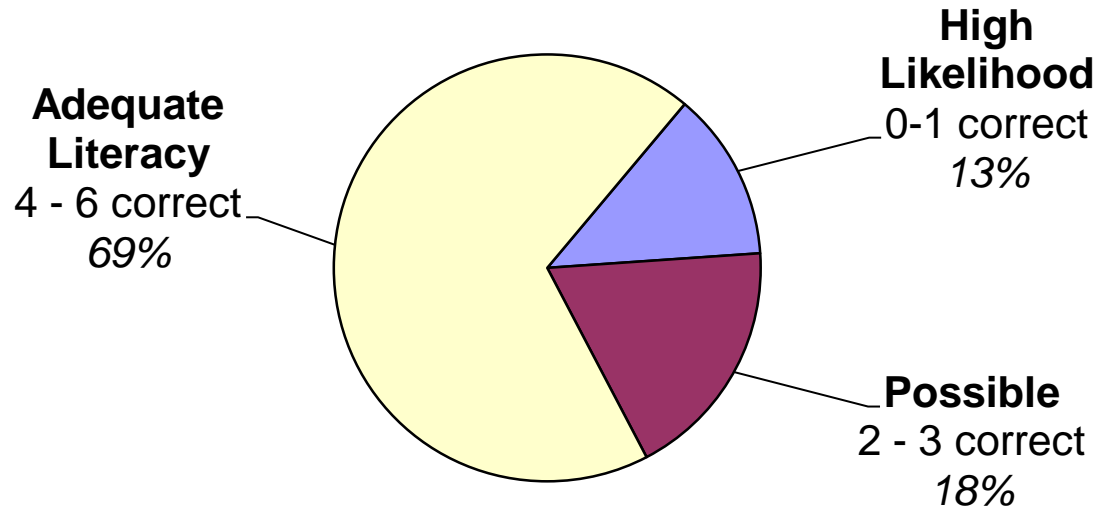


# Proficient

- Calculate employee's share of health insurance costs for a year using a table that shows how the employee's monthly cost varies depending on income and family size
- Find the information to define a medical term by searching through a complex document
- Evaluate information to determine which legal document is needed for specific health care situation

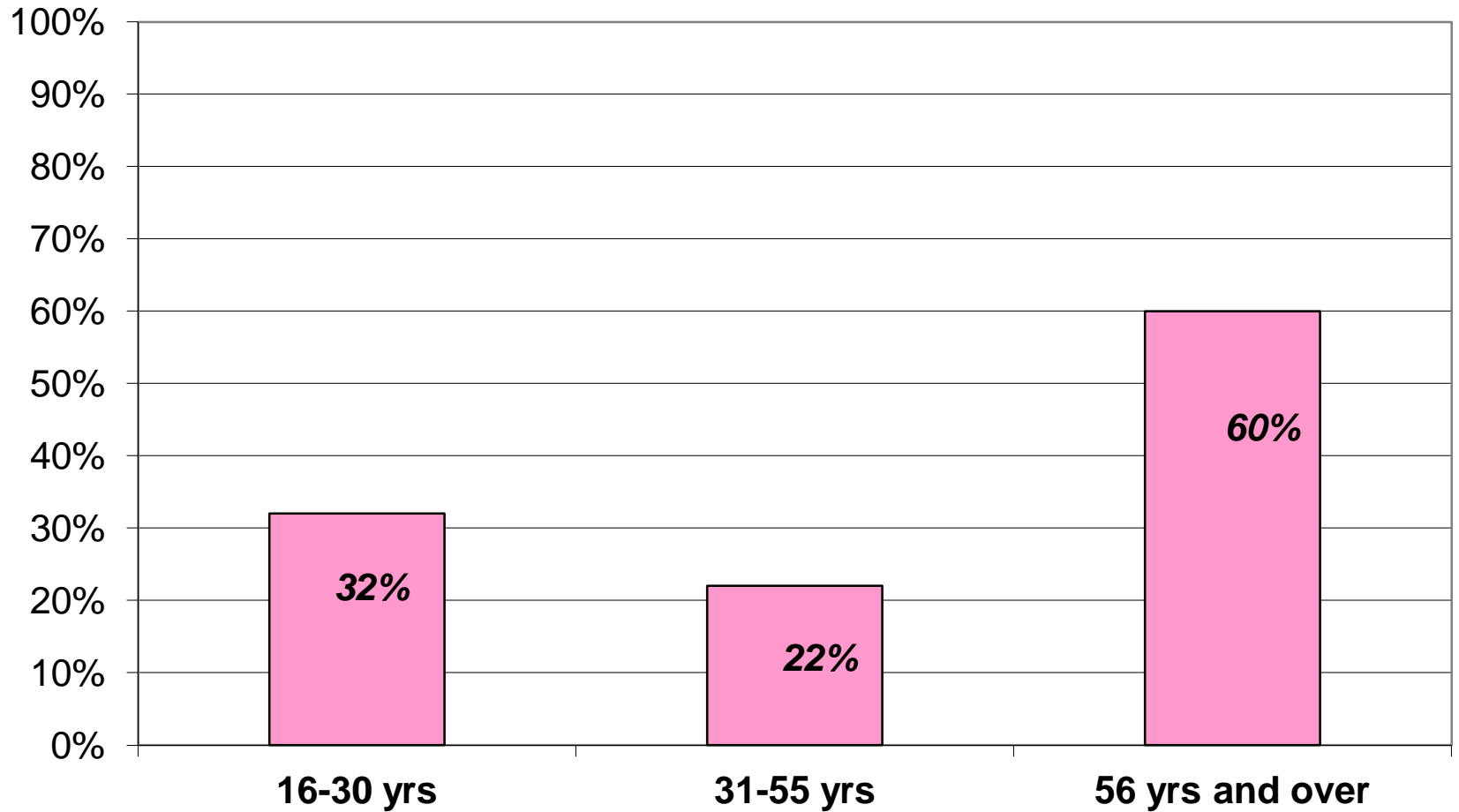
**Newest Vital Signs  
Limited Health Literacy Probability  
CHP Patients**

*Total possible correct = 6*

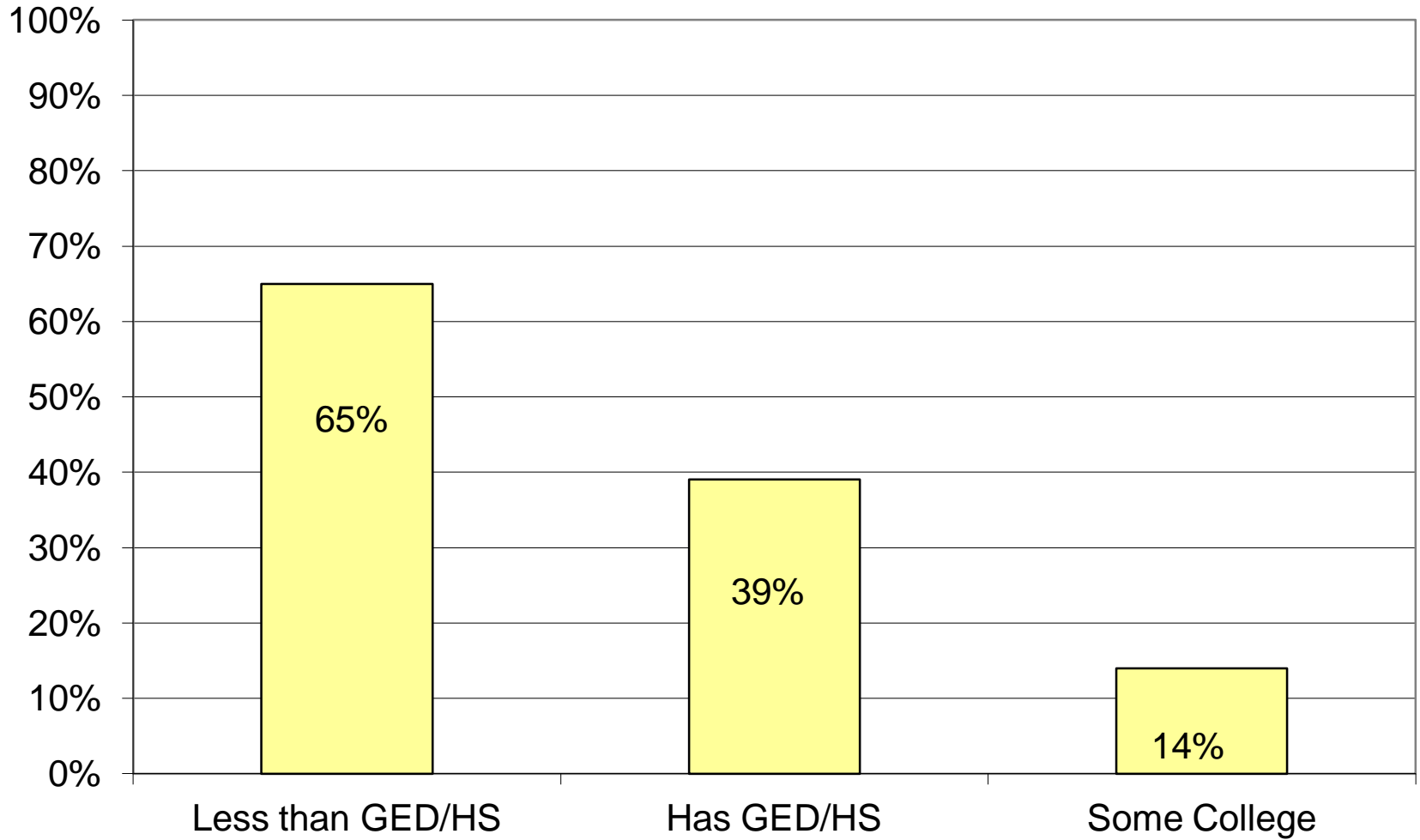




## Scored 50% or Less Correct by Age Group



## Scored 50% or Less Correct By Education Level



# Strategies

- Before each visit – tell patients what is needed
- Provide written material at a 7<sup>th</sup> grade reading level
- Focus on 3 key messages
- Ask the patient to “teach back”
- Encourage note taking
- Encourage patient to bring a family member or friend