



Health Literacy Fact Sheet

About Us

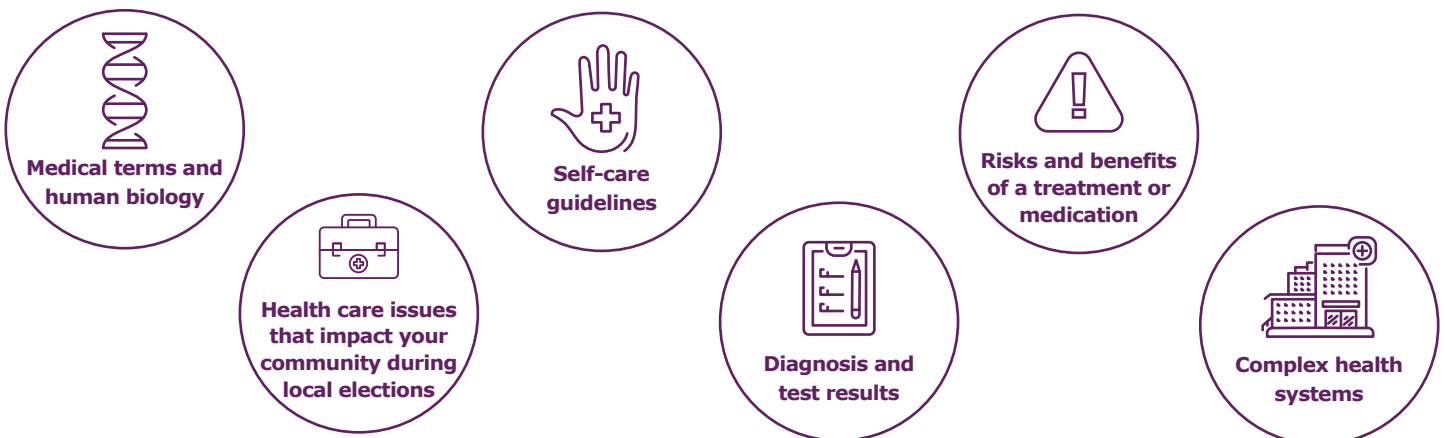
Rockford Ready is a local initiative that aims to improve health literacy, COVID-19 infection rates and patient-provider relationships in Rockford, IL. Using a multi-level approach, Rockford Ready addresses these issues by providing health literacy and cultural competence training opportunities to local health care providers and community organizations, sharing resources and services with the community through trusted leaders, and empowering residents to take control of their health.

What Is Health Literacy?

Health literacy is the degree to which you can **access, understand** and **apply** basic health information and services needed to make the best health decisions for you.¹



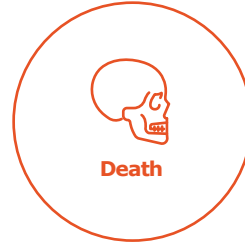
Health Literacy Skills Are Necessary to Understand²:



References:

- Centers for Disease Control and Prevention. (2021, May 19). What Is Health Literacy? <https://www.cdc.gov/healthliteracy/learn/index.html>,
- UHIP. (2021). Health Literacy Programs and Training Sessions. <https://uhipnj.org/health-literacy-services/>
- U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. (2010). National Action Plan to Improve Health Literacy. Washington, DC: Author.

Poor Health Literacy Is Associated With a Higher Risk of:



Photos provided by Rockford Park District and Go Rockford

4 Ways to Build Your Health Literacy³

1. Ask questions if something is not clear. Know who to call if you have questions when you get home
2. Attend health education programs at your local public or hospital library, community centers, or faith-based organizations. Request these programs, if they aren't offered.
3. Share information, stories, and trusted sources of health information with friends and family. If you need help finding reliable sources, ask your local public or medical librarian.
4. Request a translator. Translation services may be available at no cost to you.

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