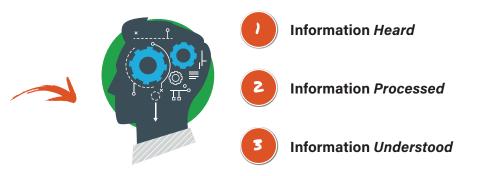




# WHAT IS HEALTH LITERACY?

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.<sup>1</sup>







Photos provided by Rockford Park District and Go Rockford

### TIPS TO BUILD YOUR HEALTH LITERACY<sup>2</sup>

Ask questions if something is not clear. Know who to call if you have questions when you get home.

- 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.
- 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.

Request a translator. Translation services may be available at no cost to you.

#### **References:**

- 1. Centers for Disease Control and Prevention. (2021, May 19). What Is Health Literacy? https://www.cdc.gov/healthliteracy/learn/index.html.
- 2. 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.
- 3. UHIP. (2021). Health Literacy Programs and Training Sessions. https://uhipnj.org/health-literacy-services/

## HEALTH LITERACY SKILLS ARE NECESSARY TO UNDERSTAND<sup>3</sup>:



Medical terms and human biology



Health care issues that impact your community during local elections



Self-care guidelines



Diagnosis and test results



**Bisks and benefits** of a treatment or medication



Complex health systems

# POOR HEALTH LITERACY IS ASSOCIATED WITH A HIGHER RISK OF:



Death



Hospitalization



Emergency room visits



Making poor or suboptimal decisions about treatment



Incorrectly taking medicines



Poor disease outcomes

#### ABOUT US

Rockford Ready is a local initiative that aims to improve health literacy, COVID-19 infection Rockford, IL. Using a multi-level approach, Rockford Ready addresses these issues health care providers and community with the community through trusted leaders, and empowering residents to take control of





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