



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



- 1 Information *Heard*
- 2 Information *Processed*
- 3 Information *Understood*



TIPS TO BUILD YOUR HEALTH LITERACY²

- 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.



Photos provided by Rockford Park District and Go Rockford

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 UNDERSTAND³:



Medical terms and human biology



Health care issues that impact your community during local elections



Self-care guidelines



Diagnosis and test results



Risks and benefits of a treatment or medication



Complex health systems

POOR HEALTH LITERACY IS ASSOCIATED WITH A HIGHER RISK OF:



Death



Emergency room visits



Incorrectly taking medicines



Hospitalization



Making poor or suboptimal decisions about treatment



Poor disease outcomes

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.



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