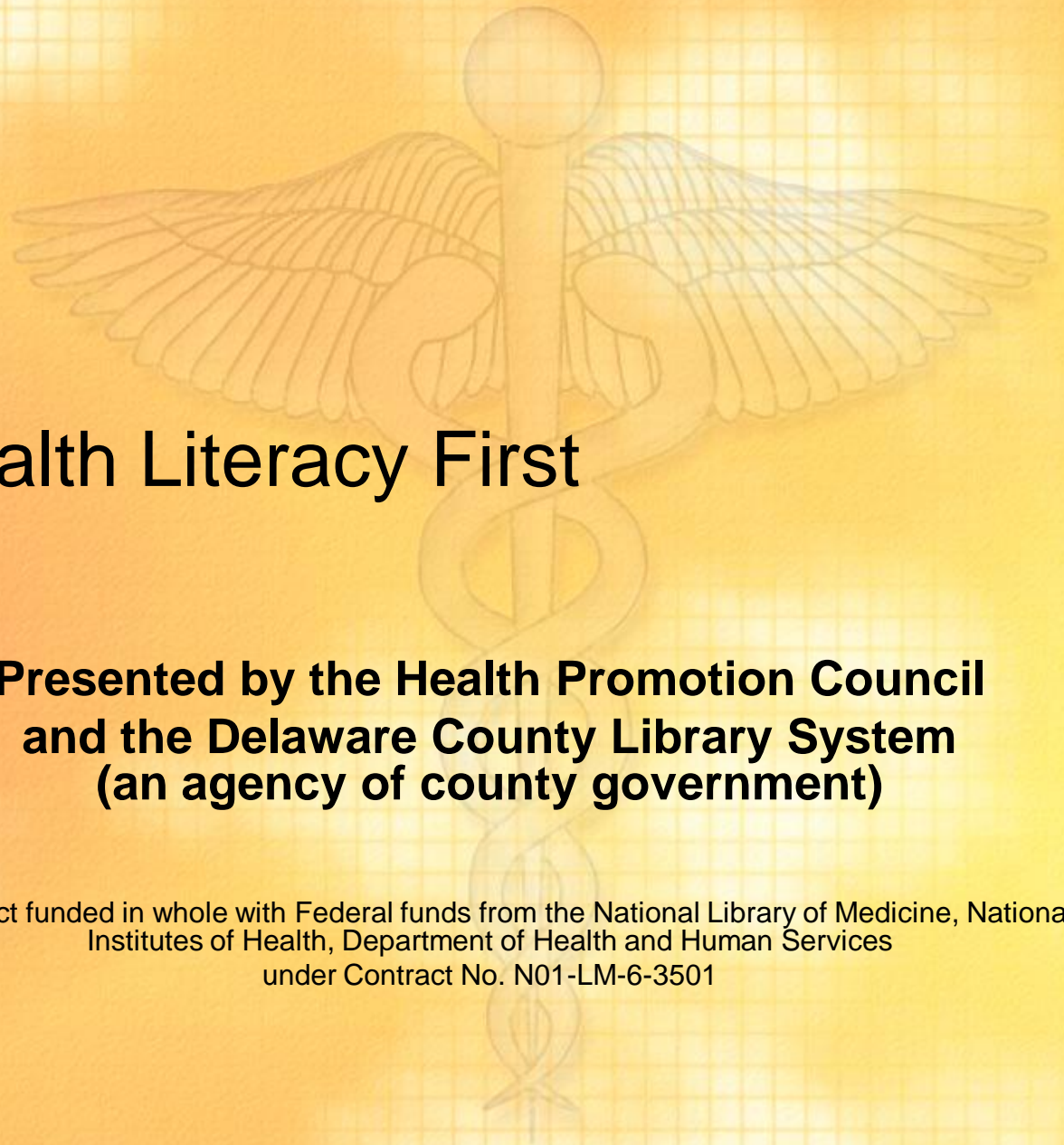


Health Literacy First

**Presented by the Health Promotion Council
and the Delaware County Library System
(an agency of county government)**

A project funded in whole with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services
under Contract No. N01-LM-6-3501



Training Contents

1. A definition of health literacy
2. Key issues and barriers to accessing health services
3. Useful information and resources, to improve health literacy and navigate the system



What is health literacy?

Health literacy refers to how well a person understands and is able to use health information in order to try to prevent health problems from occurring.

The following skills are involved:

- Reading and writing
- Listening and following directions
- Filling out forms
- Calculating using basic math
- Dealing with health professionals and health care settings



If a person's health literacy is low, one or more of the following personal descriptions are usually involved:

- Older adults
- Racial and ethnic minorities
- Non-native speakers of English
- Native speakers with reading issues, with less than a high school degree or a GED, in lower income levels



Low health literacy links to poor health outcomes:

- Fewer conditions are reported.
- Use of preventive services (services that test for problems) and interaction with a health care *system* are less frequent.
- Emergency care and hospital stays are more frequent.
- Health-care costs are higher.



An Emergency Room Visit May Be TOO LATE!!

By the time a person agrees to go and arrives at an emergency room for treatment:

- An illness may be in a more advanced stages.
- Disease levels within a community may have increased.



Take Charge of Your Health!

For tips on how to do so, click on the next presentation in this series.

