**Health Literacy for Front Healthcare Providers – Quick tips**

**Health Literacy** is the ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health.

* Health literacy also includes the ability of professions and institutions to communicate effectively so that community members can make informed decisions and take appropriate actions to protect and promote their health.

**Why address health literacy? Folks with lower health literacy…**

* Have reduced health knowledge
* Use less preventative services
* Have increase non adherence to medication
* Have increased emergency room visits
* Have higher mortality
* Have higher health care costs

***60% of adults over the age of 16 and 88% of seniors over 65 struggle with health literacy***

**Vulnerable groups** for health literacy include…

* Older adults
* People with low income
* Immigrants
* People with lower education level

***Low health literacy disproportionately affects people with chronic disease***

**What can HCPs do to improve health literacy?**

* Make conversation simple
* Avoid using jargon and acronyms
* Use real word examples to explain concepts
* Put health measures into context
* Use resources in print, video or audio to augment understanding