

# **Health Literacy Toolkit**

## **Definition of Health Literacy**

Healthy People 2010 defines health literacy as “The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”



## Child Health and Safety: Medication Administration

Publication

Content/Citation



### ***20 Tips to Help Prevent Medical Errors in Children***

Medical errors are one of the Nation's leading causes of death and injury. Rates of medication errors and adverse drug events for hospitalized children were comparable to rates for hospitalized adults in a 2001 study in the *Journal of the American Medical Association*. However, the rate for potential adverse drug events was three times higher in children, and substantially higher still for babies in neonatal intensive care units. Studies of medical errors outside the hospital are just getting underway.

<http://www.ahrq.gov/consumer/20tipkid.htm>; <http://www.ahrq.gov/ppip/childguide>

### ***Ways You Can Help Your Family Prevent Medical Errors***

The Government, hospitals, doctors, and others are working hard to prevent medical errors. The tips here show what you can do to help keep you and your family safe. These tips are based on studies by many medical researchers. <http://www.ahrq.gov/consumer/5tipseng/5tips.htm>

### ***What's in This Guide?***

This guide has information that will help you keep your child healthy and safe. <http://www.ahrq.gov/ppip/childguide/doctors.htm#ask> and <http://www.ahrq.gov/ppip/childguide/track.htm>

**familydoctor.**

### ***Medicine and Your Child: How to Give Your Child Medicine***

Founded in 1947, AAFP is the national association of family doctors. It is one of the largest national medical organizations, with more than 94,000 members in 50 states, D.C., Puerto Rico, the Virgin Islands, and Guam. Until October 3, 1971, it was known as the American Academy of General Practice. The name was changed in order to reflect

more accurately the changing nature of primary health care. The American Academy of Family Physicians (AAFP) operates the web site, familydoctor.org, and a national medical organization representing more than 93,700 family physicians, family practice residents and medical students. <http://familydoctor.org/097.xml>

## **Adult and Family Health: Communication**

### **Quick Guide to Health Literacy**

Fact Sheet



**Health Literacy Basics**

#### ***What is Health Literacy?***

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.

<http://www.health.gov/communication/literacy/quickguide/factsbasic.htm>

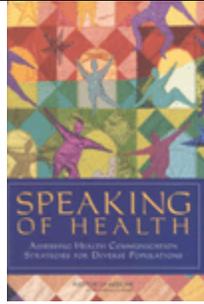
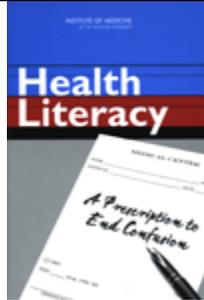
Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Website. 2006

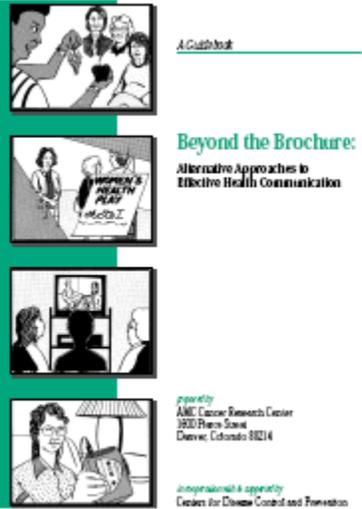
#### ***Build Knowledge to Improve Health Decisionmaking***

Being an informed consumer of health information requires more than reading ability. People with limited health literacy often lack knowledge or have misinformation about the body and the causes of disease.

#### ***Advocate for Health Literacy in Your Organization***

Health professionals must commit to advocating for improved health literacy in our respective organizations. We must embed health literacy in our programs, policies, strategic plans, and research activities

	<p><b><i>Speaking of Health: Assessing Health Communication Strategies for Diverse Populations</i></b></p> <p>“As the 21st century begins, the nation is facing increasing concern about health problems, particularly chronic diseases such as diabetes, and escalating health care costs. Our society is becoming more diverse in every conceivable way, and diversity is often, though not always, associated with health disparities...”  <a href="http://www.nap.edu/catalog.php?record_id=10018#toc">http://www.nap.edu/catalog.php?record_id=10018#toc</a></p> <p>Institute of Medicine</p>
	<p><b><i>Health Literacy: A Prescription to End Confusion</i></b></p> <p>Nearly half of all American adults--90 million people--have difficulty understanding and using health information, and there is a higher rate of hospitalization and use of emergency services among patients with limited health literacy, says a report from the Institute of Medicine titled <i>Health Literacy: A Prescription to End Confusion</i>. Limited health literacy may lead to billions of dollars in avoidable health care costs.</p> <p><a href="http://www.iom.edu/CMS/3775/3827/19723/19726.aspx">http://www.iom.edu/CMS/3775/3827/19723/19726.aspx</a></p> <p>Institute of Medicine</p>
	<p><b><i>Beyond the Brochure: Alternative Approaches to Effective Health Communication</i></b></p> <p>The AMC Cancer Research Center, with collaboration and support of the Centers for Disease Control and Prevention (CDC), Division of Cancer Prevention and Control, has</p>

 <p><b>Beyond the Brochure:</b> Alternative Approaches to Effective Health Communication</p> <p>prepared by AMC Cancer Research Center 3920 Francis Street Denver, Colorado 80214</p> <p><i>Prepared in cooperation with</i> Centers for Disease Control and Prevention</p>	<p>developed <b>Beyond the Brochure</b> to assist health educators and health communicators in conceiving and producing educational materials and activities that do not rely solely on the printed word. The intent is to present innovative intervention ideas and strategies that can be used to reach audiences who are not benefiting from current health communication efforts. <a href="http://www.cdc.gov/cancer/nbcedp/bccpdfs/amcbeyon.pdf">http://www.cdc.gov/cancer/nbcedp/bccpdfs/amcbeyon.pdf</a></p> <p>Research Center and supported by Centers for Disease Control and Agency: Prepared by AMC Cancer Prevention</p>
<ul style="list-style-type: none"> <li>❖ Type of Media: Website</li> <li>❖ Agency: Agency for Healthcare Research and Quality</li> </ul>	<p><b><i>Cultural and Linguistic Competence</i></b></p> <p><b>Informacion en español</b></p> <p>It is an alphabetized list of consumer materials in Spanish by the Agency for Healthcare Research and Quality (AHRQ). An English equivalent title is under each Spanish title. <a href="http://www.ahrq.gov/consumer/espanoix.htm">http://www.ahrq.gov/consumer/espanoix.htm</a></p> <p>What Is Cultural and Linguistic Competence?</p> <p>Because of shifting demographic trends in the United States, managed care plans need to change in order address the needs of multi-ethnic members. To help, the Centers for Medicare &amp; Medicaid Services (CMS) commissioned development of two guides: <a href="#">Planning Culturally and Linguistically Appropriate Services</a> and <a href="#">Providing Oral Linguistic</a></p>

	<p><a href="http://www.ahrq.gov/about/cods/cultcompdef.htm">Services</a> (select for summaries).<a href="http://www.ahrq.gov/about/cods/cultcompdef.htm">http://www.ahrq.gov/about/cods/cultcompdef.htm</a></p> <p><b>Administering Medication</b></p> <p><b>Your Medicine: Play It Safe</b></p> <p>You can learn more about how to take medicines safely by reading this guide. It answers common questions about getting and taking medicines and has many handy forms that will help you keep track of information. Keep this guide with your medicines in case you have any questions, concerns, or worries.<a href="http://www.ahrq.gov/consumer/safemeds/safemeds.htm">http://www.ahrq.gov/consumer/safemeds/safemeds.htm</a></p> <p><b>Ways YOU Can Help YOUR FAMILY Prevent Medical Errors!</b></p> <p>Medical errors are mistakes that can happen with your health care. Medical errors can hurt or even kill people. The Government, hospitals, doctors, and others are working hard to prevent medical errors. The tips here show what you can do to help keep you and your family safe. These tips are based on studies by many medical researchers.</p> <p><a href="http://www.ahrq.gov/consumer/5tipseng/5tips.pdf">http://www.ahrq.gov/consumer/5tipseng/5tips.pdf</a>;  <a href="http://www.ahrq.gov/consumer/5tipseng/5tips.htm">http://www.ahrq.gov/consumer/5tipseng/5tips.htm</a>;</p>
<ul style="list-style-type: none"> <li>❖ Type of Media: A PDF document</li> <li>❖ Agency: Food and Drug Administration</li> </ul>	<p><b><i>Over-the-Counter drug label-Before and After</i></b></p> <p>“...it is useful to think of health literacy as the ability to understand and communicate health information.” The URL linking to the PDF show visual explanations to convey information more clearly through the use of before and after illustrations.</p> <p><a href="http://www.plainlanguage.gov/examples/before_after/overctrdrug.pdf">http://www.plainlanguage.gov/examples/before_after/overctrdrug.pdf</a></p>
<ul style="list-style-type: none"> <li>❖ Type of Media: Website/Fact Sheet</li> <li>❖ Agency: Office of</li> </ul>	<p><b><i>Welcome to the Cultural Competency Section of our website.</i></b></p> <p>Browse through the different topics to find out more on how to address the health</p>

Minority Health	disparities among the minority population. <a href="http://www.omhrc.gov/templates/browse">http://www.omhrc.gov/templates/browse</a>
<b>Oral Health</b>	
<ul style="list-style-type: none"> <li>❖ Type of Media: Journal Article in PDF format</li> <li>❖ Agency: Journal of Public Health Dentistry</li> </ul>	<p><b>Education</b></p> <p><b><i>The Invisible Barrier: Literacy and Its Relationship with Oral Health</i></b>  Although Oral Health in the United States has improved significantly over time, preventable and treatable oral diseases remain common, especially among the poor and underserved. Limited literacy skills among adults are hypothesized to be one of many barriers to better oral health outcomes.  <a href="http://www.nih.gov/icd/od/ocpl/resources/healthliteracy_oral_health.pdf">http://www.nih.gov/icd/od/ocpl/resources/healthliteracy_oral_health.pdf</a></p>
<ul style="list-style-type: none"> <li>❖ Type of Media: Website and PDF format</li> <li>❖ Agency: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion</li> </ul>	<p><b>Oral Health Resources-Fact Sheet and Press Release: Brush Up on Healthy Teeth</b></p> <p>Every parent knows that a healthy smile is a sign of a happy child, and oral health experts agree that creating those healthy smiles begins in infancy. Experts from the Centers for Disease Control and Prevention (CDC) have developed a set of pediatric oral health tips, <i>Brush Up on Healthy Teeth: Simple Steps for Kids' Smiles</i>.  <a href="http://www.cdc.gov/oralhealth/factsheets/brushup.htm">http://www.cdc.gov/oralhealth/factsheets/brushup.htm</a>; <a href="http://www.cdhp.org/Resources/PublicationsResourcesAZbyOrganization.asp">http://www.cdhp.org/Resources/PublicationsResourcesAZbyOrganization.asp</a></p>
<ul style="list-style-type: none"> <li>❖ Type of Media: Publication</li> <li>❖ Agency: USDA FNS</li> </ul>	<p><b><i>Feeding Infants: A Guide for Use in the Child Nutrition Programs, Chapter 6: Preventing Tooth Decay</i></b></p> <p>Beginning on page 41, a list of several suggestions are provided to prevent baby bottle tooth decay.  <a href="http://www.fns.usda.gov/cnd/care/Regs-Policy/InfantMeals/Feeding_Infants_Guide.pdf">http://www.fns.usda.gov/cnd/care/Regs-Policy/InfantMeals/Feeding_Infants_Guide.pdf</a></p>
<b>Nutrition</b>	
❖ Type of Media: It is a	<b><u>Family Nutrition</u></b>

website and the content is available in a PDF format or power point presentation

- ❖ Agency: United States Department of Agriculture

### ***Success And Challenges In Delivering Nutrition Education To Low Income Older Adults***

This paper introduces the challenges practitioners encounter when educating the elderly about their nutritional health needs. The presentation focuses on several themes, such as educator assumptions of the elderly, barriers the elderly face in improving their nutritional health, and strategies to overcome the obstacles for the educator and elderly participants.

<http://www.fns.usda.gov/oane/menu/NNEC/Files/Presentations/DeliveringNutEdOlderAdults.pdf>

### ***HIGHLIGHTS of a successful LOCAL AGENCY project: Nutritious Story Time***

Nutritious story time is a unique and successful family nutrition literacy program that encourages parents to read to their children at home. It teaches positive health and nutrition messages to parents and children.

<http://www.fns.usda.gov/oane/SNAP/Accomplishments/FloridaAccomplishment.pdf>

### ***Guide to Assessing Food Stamp Application Forms***

The U.S, Department of Agriculture's Food and Nutrition Service is working hard to address the factors that keep eligible families from receiving food stamps. Many states have been revising their food stamp application forms to make them user-friendlier. Each state develops its own food stamp application form to gather the information that documents eligibility benefits. <http://www.fns.usda.gov/fsp/government/pdf/assessment-guide.pdf>

### ***Together We Can! A What, Why, and How Handbook for Working To End Hunger in Your Community***

The Together We Can handbook offers a step-by-step guidance for combating hunger, whether as an individual volunteer, a community organization, or an anti-hunger

advocate. It outlines volunteer opportunities within existing Federal nutrition programs, provides action plans for specific anti-hunger activities, and catalogs resources available to fight hunger at the community, State, and national levels.

<http://www.fns.usda.gov/fsec/FILES/wecan.pdf>