

Health Literacy Fact Sheet:

🗣️ Literacy and health are connected.

- ⇒ People with higher literacy skills are more likely to eat a healthy diet, have good mental health and have ways to prevent illness.
- ⇒ Lower literacy skills are connected with dying younger, having more accidents and more diseases such as diabetes, heart disease and cancer.

🗣️ Low literacy affects getting health services and health information.

- ⇒ People with lower literacy skills may find it hard to read and understand health information.
- ⇒ They may not know about services they can use, often feeling powerless and scared when they are in clinics or hospitals and when speaking to health care workers.

🗣️ Low literacy increases costs to our health care system.

People with low literacy:

- ⇒ may need emergency care more often.
- ⇒ may make mistakes with their medications.
- ⇒ often wait longer to seek medical help resulting in complications which are costly to treat.



Did you know?

Literacy is the best remedy for a better life.

We can help.

 **YLC**
RACH UNE TEACH ONE

Health care workers can make a difference.

🗣️ Improve usability of health forms and instructions.

- ⇒ Ensure products and materials are clear, simple and tested with intended audiences.
- ⇒ Offer help to complete forms.
- ⇒ Use universal signs and symbols where appropriate.

🗣️ Build knowledge.

- ⇒ Partner with literacy organizations to learn about health literacy and challenges faced by people with low literacy.

🗣️ Advocate for health literacy.

- ⇒ Incorporate health literacy in mission and planning.

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