

# Health Literacy

Improving Health Outcomes

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# What is Filez vepřixipki?

The application of skills and abilities to accurately **explain** existing behavior, **predict** future behavior, **influence** other people's behavior, and **control** one's own behavior.



Explain



Predict



Influence



Control

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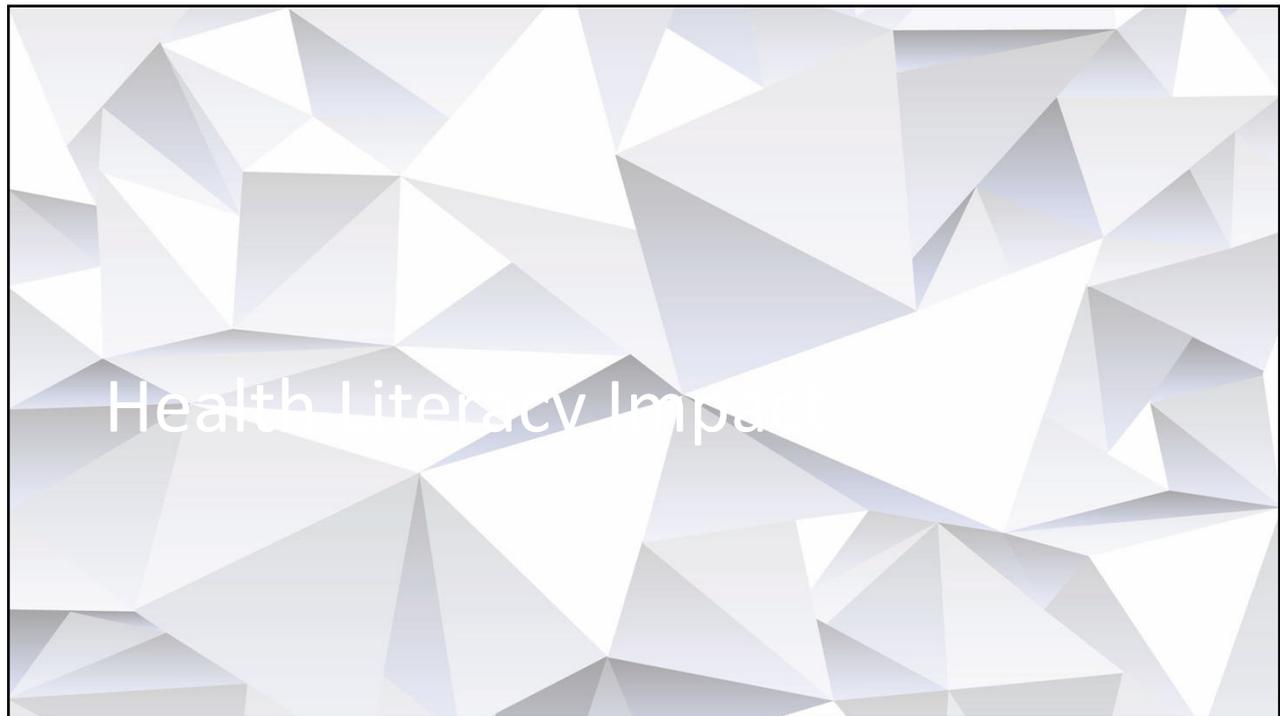
# What is Health Literacy?



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**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. **Health literacy** is dependent on individual and systemic factors: Communication skills of lay persons and professionals.

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## Preventative Care



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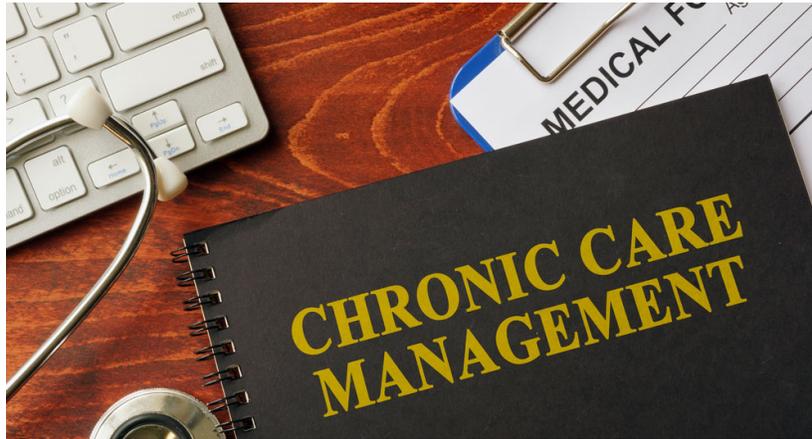
## Early Detection



- Diabetes Mellitus
- Cardiovascular Diseases
- Stroke
- Cancer

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## Chronic Condition Management



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## Hospitalization



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## Health Status Reporting



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## Healthcare Costs



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## Stigma and Shame



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## Adherence



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Lower Education



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The slide features a white background with a blue geometric pattern on the left side. The text "Lower Education" is positioned in the upper left. Below it is a rectangular image of a shattered window with a spiderweb pattern of cracks. The words "High School" are printed in a large, bold, black font across the center of the broken glass. In the bottom right corner of the slide, the logo for "COEUS CREATIVE GROUP" is displayed, with "COEUS" in a larger blue font and "CREATIVE GROUP" in a smaller blue font below it.

## Poverty



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## Insurance Status



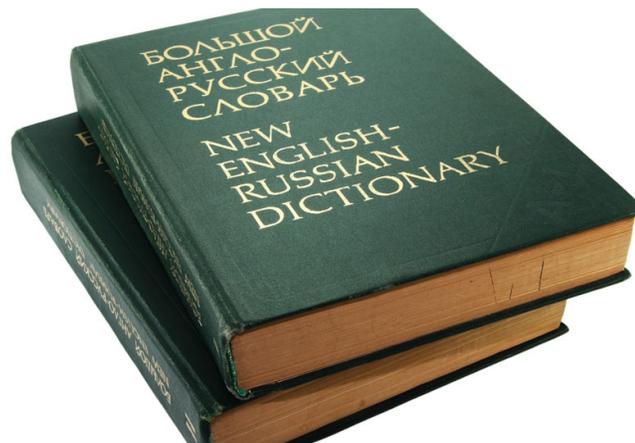
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## Ethnic Minorities



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## English as a Second Language (ESL)



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# Aging Populations



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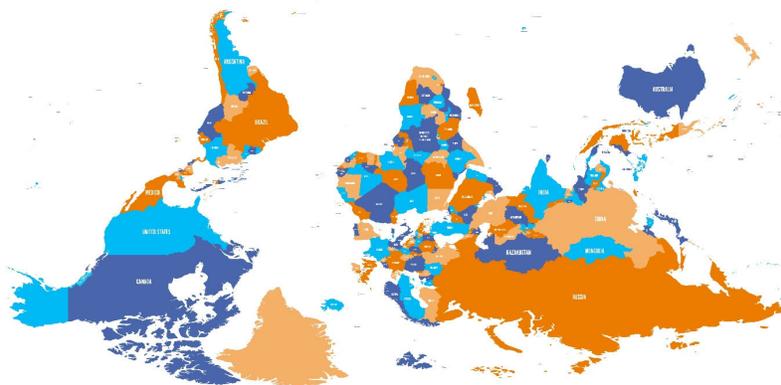
Solutions to Address the Aging Population

## Identify Low Literacy



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## Identify – Upside Down Test



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## Identify – Medication Review



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## Identify – Body Language



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## Use Plain Language



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## Plain Language - Acronyms



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## Plain Language – Simplify

- |                     |        |                |
|---------------------|--------|----------------|
| • anticipate        | _____▶ | • expect       |
| • attempt           | _____▶ | • try          |
| • commence          | _____▶ | • begin, start |
| • demonstrate       | _____▶ | • show, prove  |
| • implement         | _____▶ | • start        |
| • in the event that | _____▶ | • if           |
| • submit            | _____▶ | • send, give   |
| • terminate         | _____▶ | • end, cancel  |

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## Plain Language – Simpler is Better

Lithodial fragments ought not to be projected  
by the inhabitants of vitreous abodes.

People who live in glass houses  
shouldn't throw stones.

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## Plain Language – Simpler is Better

A perissodactyl ungulate may be propelled toward a body of aqueous fluid, but such ungulate cannot be compelled or forcibly induced to imbibe such fluid.

You can lead a horse to water, but you can't make him drink.

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## Plain Language – CDC Example

**Case report:** description of a patient's illness including symptoms, diagnosis, treatment, and follow-up;

**CDC Original Sentences:**

They work with a variety of health care providers, including laboratories, hospitals, and private providers, to obtain case reports on many infectious and some non-infectious diseases.

**Plain Language Sentences:**

They work with different health care providers, including labs, hospitals, and private providers, to get descriptions of patients' sicknesses.

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## Plain Language – CDC Example

**Intervention:** action, treatment, program;

**CDC Original Sentences:**

Currently, most interventions for children with Fetal Alcohol Spectrum Disorders (FASDs) are often non-specific, unsystematic, and/or lack scientific evaluation or validation.

**Plain Language Sentences:**

Most programs to help children with fetal alcohol spectrum disorders (FASDs) don't have enough solid results to show they work.

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## Plain Language – CDC Index

<https://www.cdc.gov/healthcommunication/everydaywords/index.html>

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## Open Ended Questions



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## Teach Back Method



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## Show Back Method

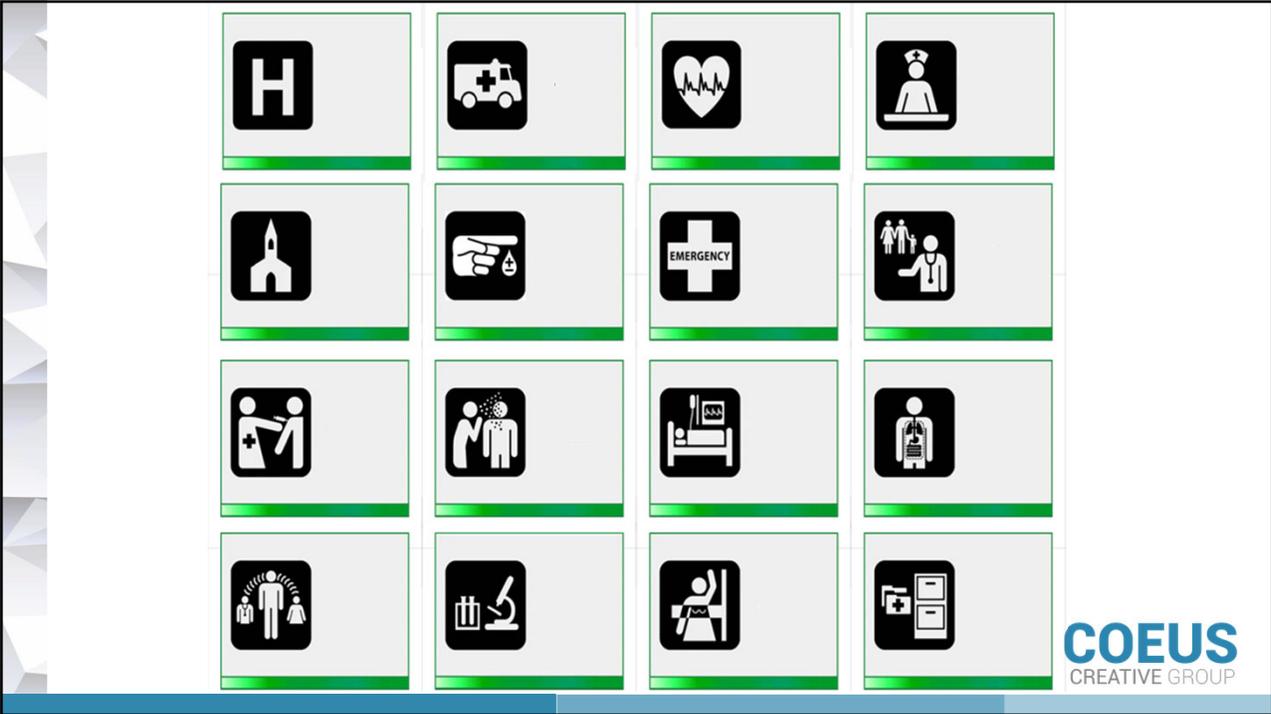


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## Use Graphics and Images



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# Use Props



## Focused Messages – Rule of 3



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## Use a Translator



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## Research: Informed Consent

- UMich Templates and Guides: <https://research-compliance.umich.edu/informed-consent-guidelines>
- UMich IC Elements Table: [https://research-compliance.umich.edu/sites/default/files/elements\\_of\\_informed\\_consent.pdf](https://research-compliance.umich.edu/sites/default/files/elements_of_informed_consent.pdf)
- Johns Hopkins Guide: [https://www.hopkinsmedicine.org/institutional\\_review\\_board/guidelines\\_policies/guidelines/informed\\_consent\\_i.html](https://www.hopkinsmedicine.org/institutional_review_board/guidelines_policies/guidelines/informed_consent_i.html)
- HHS Checklist: <https://www.hhs.gov/ohrp/regulations-and-policy/guidance/checklists/index.html>

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## Speak Slowly



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## Demonstrate Compassion



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So How Can We Use This

