



OCTOBER

HEALTHY LITERACY MONTH

Health literacy is the ability to find, understand, and use health information to make informed decisions for yourself and others. Examples of health literacy may include:

- Reading medicine labels and food packaging
- Asking the right questions during doctor visits
- Following instructions after medical procedures

When you have a strong understanding of your health, you can take proactive steps to maintain your well-being. Without a clear understanding, mistakes like taking medication incorrectly can have serious consequences.

Health literacy empowers you to make healthier daily choices, effectively manage illnesses, and know when to seek medical care and what questions to ask. A key aspect of health literacy is finding reliable information by trusting credible sources such as doctors, established health organizations, or government websites, while remaining cautious of misinformation online. Click [HERE](#) to view a list of credible Health Literacy Resources.



How Can You Improve Health Literacy?



Ask Questions: Do not hesitate to ask your doctor or nurse to explain anything you do not understand



Use Simple Language: When discussing health, use clear and easy-to-understand words



Practice Reading Health Materials: Seek out brochures, flyers, and websites that present health information in a straightforward manner. For example, HealthyLearn offers information on over a thousand health and wellness topics in simple, easy-to-understand language.

Scan the QR code below to visit HealthyLearn and access a variety of health and wellness articles provided by the American Institute for Preventive Medicine



Sources:

- <https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/health-literacy>
- <https://www.cdc.gov/health-literacy/php/about/index.html>