

# Health Literacy



# Health Literacy:



*“The problem with communication is the illusion that it has occurred”*

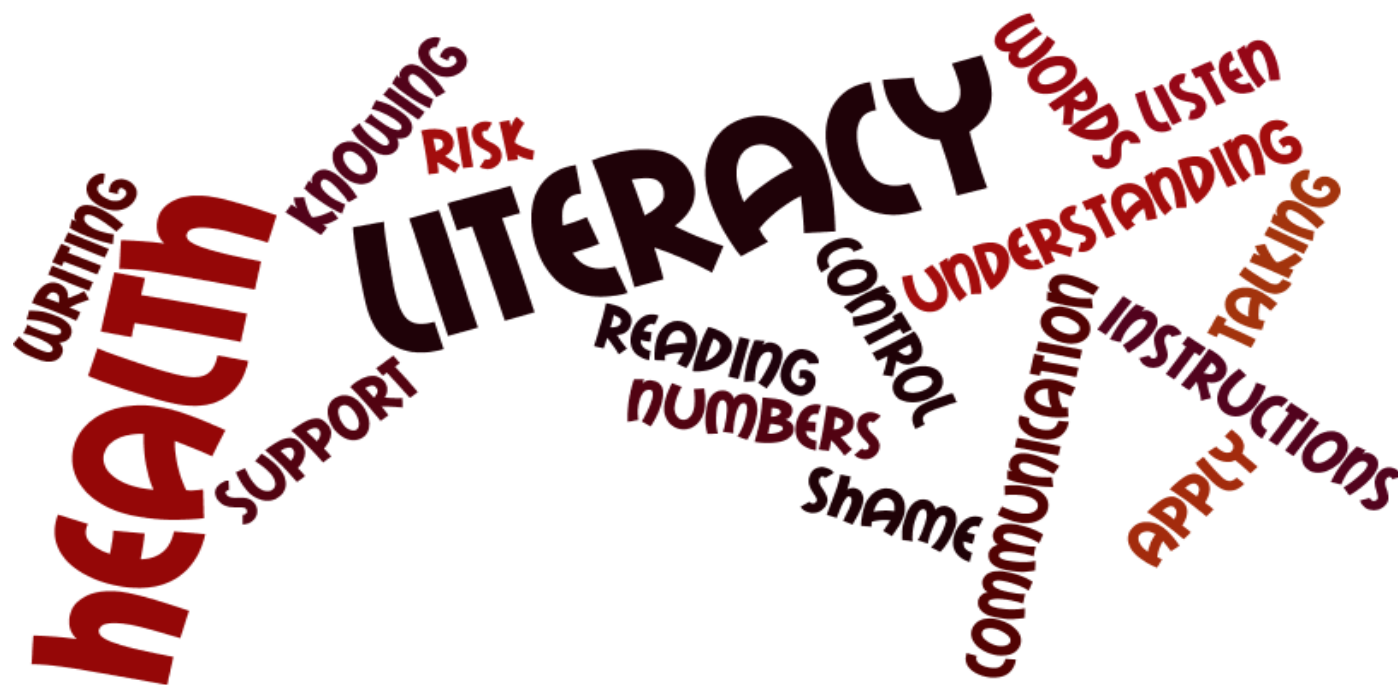
*George Bernard Shaw*

# Health Literacy



<https://www.youtube.com/watch?v=bDHEEV0M62Y>

# Health Literacy Is:



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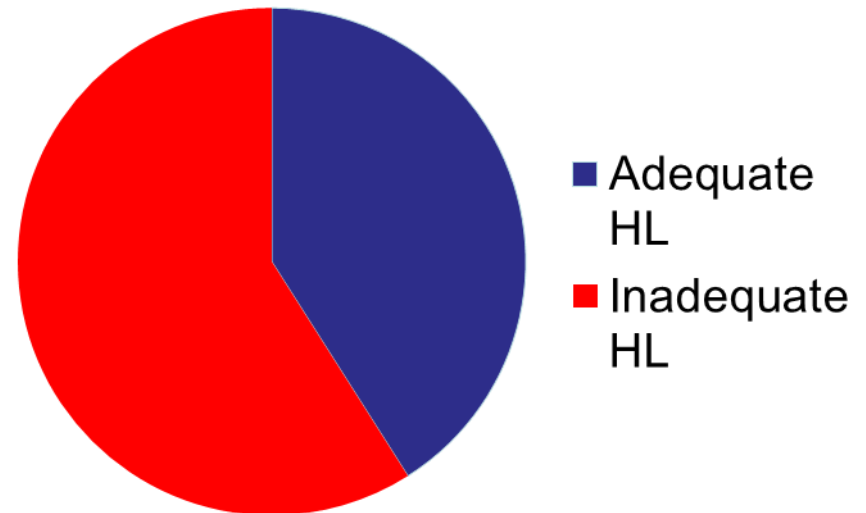


- Knowledge & skills to understand, consider & use health information.
- A health literate environment is how health services are provided.

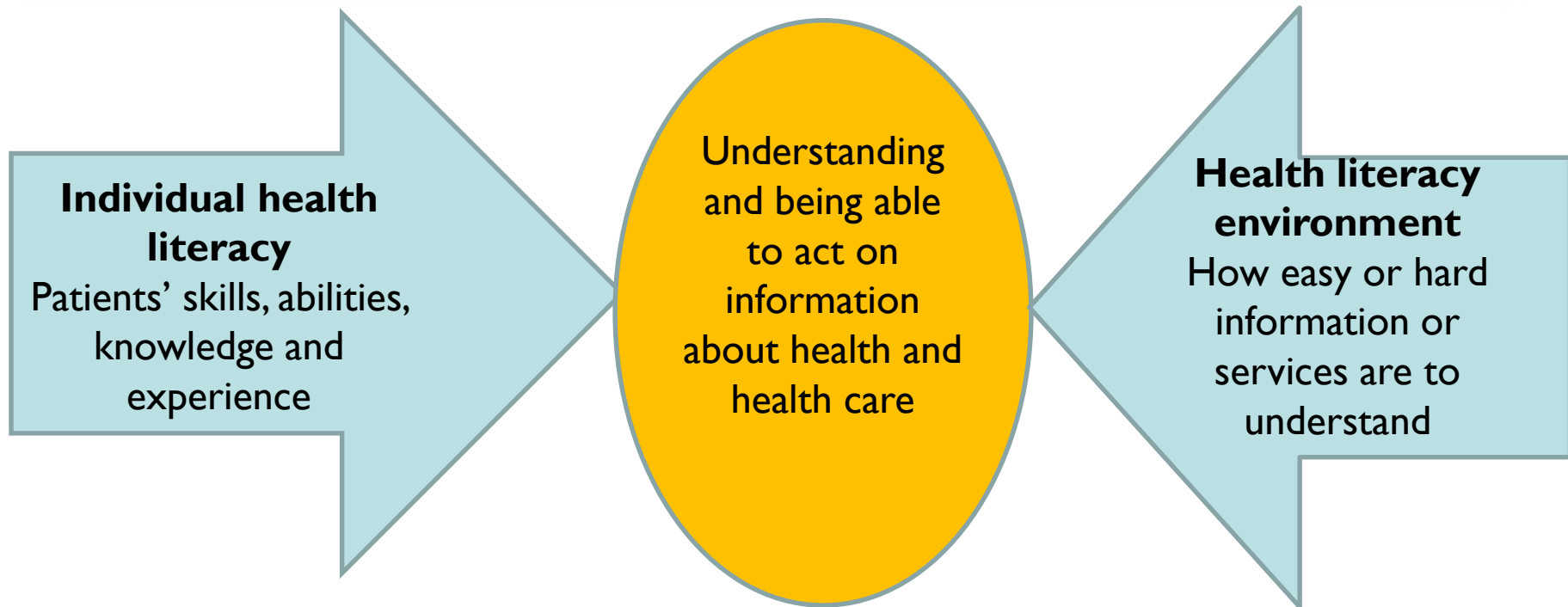
# Why is Health Literacy Important?

- Nearly 1 in 2 Tasmanians has difficulty with every day numeracy & literacy
- 63% of Tasmanians are health illiterate, (includes 1 in 3 with a Bachelor degree).

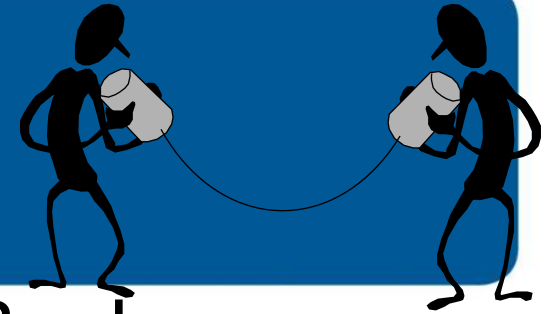
**Health Literacy**



# Health Literacy



# Why is Health Literacy Important?



- Access – knowing who to see & when
- Harder for people to take care of themselves
- Harder to understand & remember info
- Increased cost



# Elspeth



<http://www.youtube.com/watch?v=R3tJ-MXqPmk>

## Communication Tips:



- Slow down
- Use plain language
- Limit your message
- Use descriptions people can relate to
- Check understanding
- Encourage questions
- Use visual aids
- Provide written information

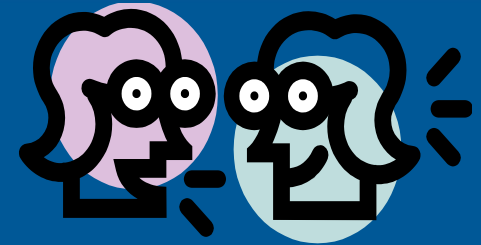
## Finding the Right Words:

words  
have  
power

### Plain English is:—

- Understanding information the first time it is read or heard.
- Using clear language, giving information in the right order & helping people find info quickly.

# Teach Back is.....



- Asking people to repeat **in their own words** what they need to know or do, in a non-shaming way.
- **NOT** a test, but of how well **you** explained a concept.
- A chance to check for understanding and, if necessary, re-teach the information

# Health Literate Organisations



This graphic reflects the views of the authors of the Discussion Paper "Ten Attributes of Health Literate Health Care Organizations" and not necessarily of the authors' organizations or of the IOM. The paper has not been subjected to the review procedures of the IOM and is not a report of the IOM or of the National Research Council.

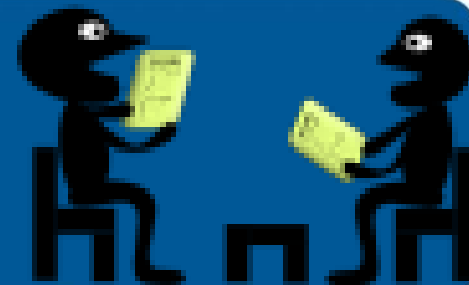
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*Advancing the nation - improving health*

# Health Literacy & DHHS:



- Health Literacy Toolkit  
[www.dhhs.tas.gov.au/pophealth/health\\_literacy](http://www.dhhs.tas.gov.au/pophealth/health_literacy)
- Workshops
- Partnership with UTAS & Primary Health Tasmania – project to build workforce capacity
- E-learning Resource

# Building a Health Literate Tasmania :



Building a Health Literate Tasmania

*One Day Forum for Health and Community Workers*

**Tuesday 27<sup>th</sup> October, 10 - 4pm**

Tailrace Centre, Launceston



- ✓ Guest speakers
- ✓ Workshops
- ✓ Resources
- ✓ Tools
- ✓ Strategies

***More information coming soon!***