



Health Literacy 101: Increasing Literacy Reduces Health Disparities Resources

Videos:

- 1) American College of Physicians (ACP) Health Literacy Video:
https://www.youtube.com/watch?v=evvez_hZke4
- 2) American Medical Association Video: Health Literacy and Patient Safety: Help Patients Understand (YouTube best quality): http://www.youtube.com/watch?v=cGtTZ_vxjyA
- 3) PBS Series: Unnatural Causes...is Inequality Making Us Sick?:
<http://www.pbs.org/unnaturalcauses/index.htm>

Health Literacy Websites:

- 1) Agency for Healthcare Research and Quality (AHRQ) Health Literacy Topic:
<http://www.ahrq.gov/health-care-information/topics/topic-health-literacy.html>
- 2) AHRQ Health Literacy Universal Precautions Toolkit: <http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.html>
- 3) National Assessment Adult Literacy (NAAL): <http://nces.ed.gov/NAAL>
- 4) National Patient Safety Foundation Ask Me 3 Program: <http://www.npsf.org/?page=askme3>
- 5) MedlinePlus: <http://www.medlineplus.gov>
 - a. Medical dictionary: <http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>
 - b. Medical words tutorial: <http://www.nlm.nih.gov/medlineplus/medicalwords.html>
 - c. Word parts and what they mean: <http://www.nlm.nih.gov/medlineplus/appendixa.html>
 - d. Some common abbreviations: <http://www.nlm.nih.gov/medlineplus/appendixb.html>
 - e. Easy-to-read materials: http://www.nlm.nih.gov/medlineplus/all_easytoread.html
 - f. How to write easy-to-read health materials guide:
<http://www.nlm.nih.gov/medlineplus/etr.html>
- 6) NIHSeniorHealth.gov: <http://nihseniorhealth.gov>
- 7) National Networks of Libraries of Medicine (NN/LM) health literacy page:
<http://nnlm.gov/outreach/consumer/hlthlit.html>

8) NN/LM Southeastern Atlantic Region (SE/A) health literacy toolkit:

<http://nnlm.gov/sea/outreach/healthlitkit/>



9) NN/LM SE/A Guide on health literacy: <http://seaguides.hshsl.umaryland.edu/healthliteracy>

10) NN/LM Pacific Southwest Region's Consumer Health Toolkit:

<http://www.library.ca.gov/lids/docs/HealthToolkit.pdf>

Other Key Resources and Players:

1) Health Reach: <https://healthreach.nlm.nih.gov/>

2) Healthy Roads Media: <http://www.healthyroadsmedia.org/>

3) Plain Language.gov (provides before and after examples and has health literacy section):

<http://www.plainlanguage.gov/> and

http://www.plainlanguage.gov/populartopics/health_literacy/index.cfm

4) University of Michigan Plain Language Dictionary and Widget: <http://www.lib.umich.edu/plain-language-dictionary>

5) CDC Gateway to Health Communication & Social Marketing Practice:

<http://www.cdc.gov/healthcommunication/>

a. CDC Simply Put Guide for Creating Easy-to-Understand Materials:

http://www.cdc.gov/healthliteracy/pdf/Simply_Put.pdf

b. CDC health literacy page: <http://www.cdc.gov/HealthLiteracy/>

6) Pfizer Clear Health Literacy and Newest Vital Sign Toolkit: <http://www.pfizerhealthliteracy.com/>

7) Office of Disease Prevention and Health Promotion, U.S. Department of Health & Human Services health literacy page: <http://www.health.gov/communication/literacy/>

8) Health Literacy Consulting: <http://www.healthliteracy.com/>

9) National Action Plan to Improve Health Literacy, U.S. Department of Health and Human Services:

http://www.health.gov/communication/hlactionplan/pdf/Health_Literacy_Action_Plan.pdf

10) Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services, Effective Communication Tools for Healthcare Professionals (a free online at your own pace training): <http://www.hrsa.gov/publichealth/healthliteracy/>

Real World Examples:

- 1) Food pyramid: <http://choosemyplate.gov>
- 2) My Guide to Sugar Diabetes:
<http://clinicaldepartments.musc.edu/medicine/divisions/endocrinology/dsc/my%20guide%20to%20sugar%20diabetes.pdf>
- 3) What Can I Eat if I Have Diabetes?, American Diabetes Association:
<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/>
- 4) Target's ClearRx program: <https://corporate.target.com/article/2012/10/interview-target-pharmacy-clearrx-design-jose-barra/>
- 5) U.S. Pharmacopeia Pictograms:
<http://www.usp.org/audiences/consumers/pictograms/form.html>
- 6) Robert Wood Johnson Foundation: Universal Symbols in Health Care Workbook:
<http://www.rwjf.org/en/library/research/2005/12/universal-symbols-in-health-care-workbook.html>

Readability:

- 1) Fry Readability Formula and Graph: <http://www.readabilityformulas.com/fry-graph-readability-formula.php>
- 2) SMOG Readability Formula: <http://www.readabilityformulas.com/smog-readability-formula.php> and <http://www.harrymclaughlin.com/SMOG.htm>
- 3) REALM: <http://www.ahrq.gov/professionals/quality-patient-safety/pharmhealthlit/realm-r.html>
- 4) TOFHLA: http://www.peppercornbooks.com/catalog/information.php?info_id=5
- 5) Flesch-Kinkaid Using Microsoft Outlook and Word: <http://office.microsoft.com/en-us/word-help/test-your-document-s-readability-HP010148506.aspx>

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