

Health Information Literacy

Useful tools and resources to help locate and access accurate and reliable health information on the internet.



What we will cover

- **Definition of health literacy**
- **Importance of family health history**
- **Your genetic health**
- **Understanding a website**
- **Reliable online resources**
- **Preparing for a visit**



Health Literacy

FAST FACTS

Health Literacy

HHS.gov

Personal Health Literacy

Is the degree to which individuals have the ability to:

- Find
- Understand
- Use

information and services to inform health-related decisions and actions for themselves and others.

Organizational Health Literacy

Is the degree to which organizations

equitably enable individuals

To:

- Find
- Understand
- Use

Information and services to inform health-related decisions and actions for themselves and others.

Why is health literacy important?

- Build trust between patient and health care provider
- Increase health equity
- Improve quality of care
- Eliminate health care disparities
- Practices should include:
 - Plain language
 - The use of preferred language and communication channels
 - Respect cultural and language differences
 - Materials that are clear and easy to understand

Plain Language

Plain language makes it easier for the public to read, understand, and use government communications.



Plain Language Medical Dictionary

Application by the University of Michigan Library

Word

Paragraph

Search for a medical term



A

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Z

view all 1808 terms



Everyday Words for Public Health Communication

Family Health History



- **What is it?**
- **How to collect it**
- **Why is it important?**
- **How to use it**

Family Health History

Family History Tools

My Family Health Portrait

A tool from the Surgeon General

Get Help

Using My Family Health Portrait you can:

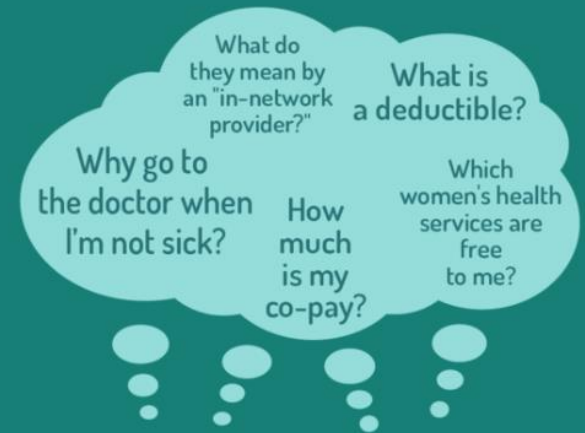
- Enter your family health history.
- Learn about your risk for conditions that can run in families.
- Print your family health history to share with family or your health care provider.
- Save your family health history so you can update it over time.

Talking with your health care provider about your family health history can help you stay healthy!

Note: You must use the "Use a Saved History" button to open the family history file you created.

Create a Family Health History

Use a Saved History



Genetic Testing - Comparison

OVERVIEW
~ DIRECT-to-CONSUMER GENETIC TESTING ~

OSMOSIS.org

The infographic features several icons: a scientist in a lab coat, a brain, an envelope with a test tube, a group of people, a woman's face, a woman on a phone, a DNA helix, and a family tree diagram.

Evaluating Health Websites

- Credibility
- Content
- Disclosure
- Links
- Design
- Interactivity

Website Evaluation

- **Credibility:** [Internet Mental Health](#)
- **Content:**
 - [CancerNet - Breast Cancer](#)
 - [Life Extension Magazine - Tamoxifen substitute](#)
 - [Pauling Therapy for heart disease](#)
- **Disclosure:** [CVSPharmacy](#)
- **Links:** [HealthFinder](#)
- **Design:**
 - [Public Health Agency of Canada](#)
 - [Microsoft Start Health Hub](#)
 - [WebMD](#)
 - [MedlinePlus Health Information](#)

Preparing for a visit

Questions Are the Answer



The 10 Questions You Should Know

Answers to simple questions can help you feel better, take better care of yourself, or even save your life.

Be More Engaged in Your Healthcare

This short, easy-to-read brochure gives tips that will help patients be prepared before, during, and after medical appointments.

QuestionBuilder App

As easy as 1-2-3, learn about AHRQ's Question Builder App to prepare for medical appointments and maximize visit time. Now available in Spanish.



**Agency for Healthcare
Research and Quality**

10 Questions you should know

1. What is the test for?
2. When will I get the results?
3. How do you spell the name of that drug?
4. Are there any side effects?
5. Will this medicine interact with medicines that I'm already taking?
6. Why do I need this treatment?
7. Are there any alternatives?
8. What are the possible complications?
9. Which hospital is best for my needs?
10. How many times have you done this procedure?

Be more engaged

- Before your appointment
- During your appointment
- After your appointment

Be More Engaged in Your Healthcare
Tips for Patients

Here are some tips to use before, during, and after your medical appointment to make sure you get the best possible care.

One way you can make sure you get good quality healthcare is to be an active member of your healthcare team.

Patients who talk with their doctors tend to be happier with their care and have better medical results.



Before Your Appointment

- Bring all the medicines you take to your appointment. This includes:
 - Prescription medicines:

 - Nonprescription medicines, such as aspirin or acetaminophen:

- Write down the questions you have for the visit.

- Know your current medical conditions, past surgeries, and allergies.


  

Question Builder App





Medline Plus – A Place to Start


NIH U.S. National Library of Medicine



Health Topics Drugs & Supplements

 **Health Topics**
Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Videos & Tools**
Discover tutorials, health and surgery videos, games, and quizzes

- [Evaluating Health Information](#)
- [Health Topics](#)
- [Medical Encyclopedia](#)
- [Drugs, Herbs, and Supplements](#)
- [Genetics](#)



An initiative of the ABIM Foundation

Patient Resources

Promoting conversations between patients and clinicians

5 Questions to Consider Before Taking Antibiotics:

- 1 Do I really need antibiotics?
- 2 What are the risks and side effects?
- 3 Are there simpler, safer options?
- 4 How much do they cost?
- 5 How do I take antibiotics so they're safe and effective?

The recommendations in this brochure were developed by the:

- American Academy of Dermatology
- American Academy of Family Physicians
- American Geriatrics Society

This report is for you to use when talking with your health care provider.

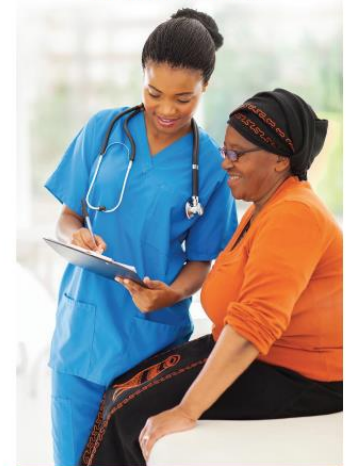
It is not a substitute for medical advice and treatment. Use of this report is at your own risk.

To learn more, please visit www.choosingwisely.org/patient-resources



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Antibiotics: Will They Help You or Hurt You?



The **Choosing Wisely** campaign suggests asking your health care provider questions before taking any antibiotics.



Resources



- <https://cdc.gov/>
- <https://www.hca.wa.gov/>
- <https://ahrq.gov/>
- <https://www.o3a.org/>
- <https://www.o3a.org/programs/statewide-health-insurance-advisors-shiba/>
- <https://sites.google.com/g.emporia.edu/for-your-health/home>
- <https://jclibrary.info/research-learning/health-and-wellness/>