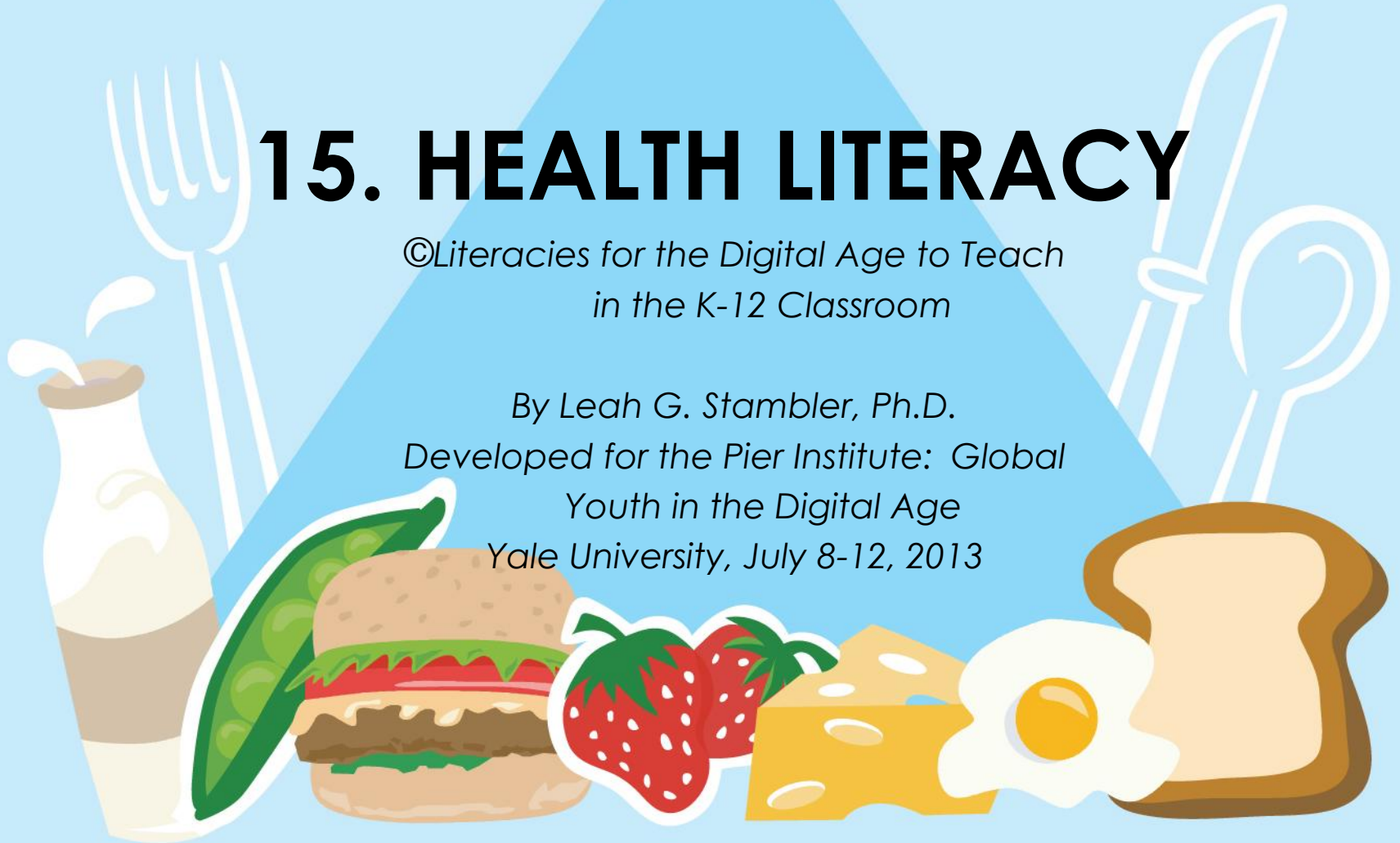


15. HEALTH LITERACY

©*Literacies for the Digital Age to Teach
in the K-12 Classroom*

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HEALTH LITERACY DEFINED

- “The Patient Protection and Affordable Care Act of 2010, Title V, defines health literacy as the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions. This definition is almost identical to Healthy People. The only difference is the addition of "communicate" to the legislative definition.”

http://www.aucd.org/docs/policy/health_care/Section%20by%20Section%20Summary%20of%20Health%20Care%20Workforce.pdf

LIMITATIONS OF AMERICANS' HEALTH LITERACY

- 1. "Obtaining, communicating, processing, and understanding health information and services are essential steps in making appropriate health decisions"
- 2. "Health information is presented in ways that are not usable by most adults."
- 3. "'Limited health literacy' occurs when people can't find and use the health information and services they need."
- 4. "people are more likely to skip necessary medical tests,and have a harder time managing chronic diseases like diabetes or high blood pressure."
- <http://www.cdc.gov/healthliteracy/learn/>

DANGEROUS RESULTS OF LIMITED HEALTH LITERACY

- “Most recently, research has identified low health literacy as a significant risk factor to greater mortality.”
<http://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Reports/UCM268069.pdf> P. 86
- CLICK ON THE URL TO READ A FOOD AND DRUG ADMINISTRATION PUBLICATION THAT FOCUSES ON HEALTH LITERACY FROM PP. 83-89
- <http://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Reports/UCM268069.pdf>
- *COMMUNICATING RISKS AND BENEFITS: An Evidence-Based User's Guide* by Fischhoff, Brewer, & Downs, editors, PUBLISHED BY THE FOOD & DRUG ADMINISTRATION, AUGUST 2011



STEPS TO IMPROVE HEALTH LITERACY

- “Every organization involved in health information and services needs its own health literacy plan to improve its organizational practices.”
- People can build their own and help others to build their Health Literacy skills to:
 - Learn about health literacy issues
 - Create an action plan
 - Apply what is learned to make a difference in their lives

<http://www.cdc.gov/healthliteracy/learn/>

Goals of the National Action Plan to Improve Health Literacy (2010)

- **Goal 1:** Develop and disseminate health and safety information that is accurate, accessible, and actionable
- **Goal 2:** Promote changes in the healthcare delivery system that improve information, communication, informed decision-making, and access to health services
- **Goal 3:** Incorporate accurate and standards-based health and developmentally appropriate health and science information and curricula into child care and education through the university level

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

Goals of the National Action Plan to Improve Health Literacy (2010)

- **Goal 4:** Support and expand local efforts to provide adult education, english-language Instruction, and culturally and linguistically appropriate health information services in the community.
- **Goal 5:** Build partnerships, develop guidance, and change policies
- **Goal 6:** Increase basic research and the development, implementation, and evaluation of practices and interventions to improve health literacy
- **Goal 7:** Increase the dissemination and use of evidence-based health literacy practices and interventions
- [http://www.health.gov/communication/hlactionplan/pdf/Health Literacy Action Plan.pdf](http://www.health.gov/communication/hlactionplan/pdf/Health_Literacy_Action_Plan.pdf)

K-12 EDUCATIONAL INSTITUTIONS CAN HELP TO MAKE HEALTH LITERACY REAL

- CLICK ON THE FOLLOWING URL
- http://www.cdc.gov/healthliteracy/planact/pdf/planning_template.pdf

SEE THE CDC PUBLISHED MANUAL [16pp] and TEMPLATES FOR ACTION

“This easy-to-use template helps you and your organization get started in developing your own plan to change organizational and professional practices to improve health literacy.”

- “Developing a plan for action does not have to be an overwhelming process and this template can help you think through the steps needed from getting buy-in and conducting an assessment to developing goals and monitoring progress.”

NEGLECTED CONDITION OF HEALTH EDUCATION IN AMERICAN SCHOOLS

“....most students receive daily instruction in language arts K-12, which is a core subject in the curriculum not all schools nationwide require health instruction at each grade level.

Health education is not regarded as a core subject because there is no nationwide testing of students' learning in the discipline.

Less than 50% of schools require instruction in each grade K-3; 60% or less require instruction in each grade 4 to 8; and less than 35% require instruction in each grades 9-12, even though from two thirds to 80% of all schools, districts and states have subscribed to promoting the content of the National Health Education Standards....”

http://www.sophe.org/Sophe/PDF/2010_Increasing%20K-12%20Health%20Education%20to%20Improve%20Health%20Literacy.pdf

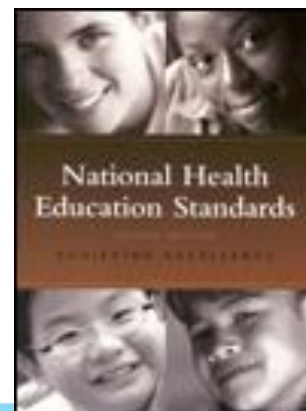
RECOMMENDATIONS FOR HEALTH LITERACY KNOWLEDGE, SKILLS, and DISPOSITIONS IN K-12 SCHOOLS

- WHEREAS, instruction in health education can improve the health related knowledge of students. Illustrative examples include increases in student knowledge about exercise and nutrition.....
- WHEREAS, quality health education can improve the health behaviors of students.....
- WHEREAS, personal and social skills, a major focus of health education, has been shown to be effective in reducing health risk behaviors as well as promoting health enhancing behaviors and outcomes.....
-
- RESOLVED, That the SOPHE will urge local health departments and health care professional associations to advocate with the local education agency for increases in the amount of K-12 school health education to at least the number of hours recommended in the National Standards for Health Education.....
- http://www.sophe.org/Sophe/PDF/2010_Increasing%20K-12%20Health%20Education%20to%20Improve%20Health%20Literacy.pdf

NATIONAL HEALTH EDUCATION STANDARDS

- “The National Health Education Standards (NHES) were developed to establish, promote and support health-enhancing behaviors for students in all grade levels—from pre-Kindergarten through grade 12.
- The NHES provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress.
- Importantly, the standards provide students, families and communities with concrete expectations for health education.”
- <http://www.cdc.gov/healthyouth/sher/standards/>

SEE CHART OF 8 NHES STANDARDS ON NEXT SLIDE
CLICK ON EACH SLIDE NUMBER FOR DETAILS



<http://www.cdc.gov/healthyyouth/sher/standards/>

<u>Standard 1</u>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<u>Standard 2</u>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<u>Standard 3</u>	Students will demonstrate the ability to access valid information, products, and services to enhance health.
<u>Standard 4</u>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<u>Standard 5</u>	Students will demonstrate the ability to use decision-making skills to enhance health.
<u>Standard 6</u>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<u>Standard 7</u>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<u>Standard 8</u>	Students will demonstrate the ability to advocate for personal, family, and community health.

Health Literacy “Mini-Lessons” and Project Read

- “Health literacy is defined by Healthy People 2010 as: “The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”
- Given that low literacy may affect health and well-being negatively, “Health Literacy Mini-Lessons” have been added to the Project Read curriculum.
- Each lesson plan can be adjusted to your student’s reading level and comes with supplemental vocabulary, worksheets, videos, and activities suited to the topic.”
- <http://www.project-read.com/volunteers/health-literacy/>

Health Literacy “Mini-Lessons” and Project Read

Health Professionals

Emergency Care

Regular Check-ups

Health History Forms

Medicine

Reading Labels & Measuring

Health Insurance

Nutrition

Chronic disease

Environmental Health

Male Reproductive System

Minority Women’s Health

Female Reproductive Health

Prenatal and Maternal Health

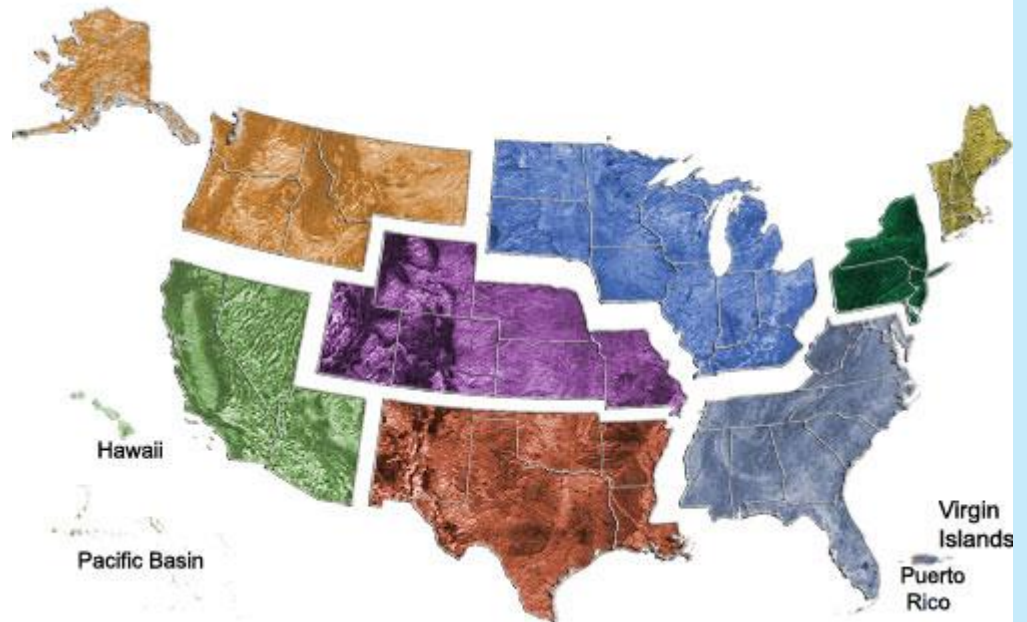
 <http://www.project-read.com/volunteers/health-literacy/>

EDUCATORS CAN DIRECT THEIR STUDENTS TO HEALTH LITERACY RESOURCES FOR INQUIRY PROJECTS

CLICK ON URL FOR DETAILED LINKS TO EACH SECTION OF
THE MAP <http://nnlm.gov/>

OR find local resources by
clicking on the links below or
call 1-800-338-7657

- [Greater Midwest Region](#)
- [MidContinental Region](#)
- [Middle Atlantic Region](#)
- [New England Region](#)
- [Pacific Northwest Region](#)
- [Pacific Southwest Region](#)
- [South Central Region](#)
- [Southeastern/Atlantic Region](#)



HEALTH LITERACY REPORTS RECOMMENDED BY THE CDC

➤ [America's Health Literacy: Why We Need Accessible Health Information](#)

This issue brief summarizes key findings and presents some policy implications of the first ever National Assessment of Adult Literacy (NAAL).

➤ [Health Literacy: A Prescription to End Confusion](#)

(Source: Institute of Medicine 2004) The report includes the body of knowledge that applies to the field of health literacy, and recommended actions to promote a health literate society.

➤ [Roundtable on Health Literacy](#)

(Source: Institute of Medicine 2011) The mission is to advance the field of health literacy by translating research findings into practical strategies that can be implemented. To achieve this mission, the Roundtable discusses challenges facing health literacy practice and research, and identifies approaches to promote health literacy in the public and private sectors.

➤ <http://www.cdc.gov/healthliteracy/learn/resources.html>

HEALTH LITERACY SOURCES

- <http://www.cdc.gov/healthyyouth/sher/standards/> *National Health Education Standards* Feb 27, 2013 - The *National Health Education Standards (NHES)* were developed to establish, promote and support health-enhancing behaviors for students
- http://www.health.gov/communication/hlactionplan/pdf/Health_Literacy_Action_Plan.pdf *National Action Plan to Improve Health Literacy* U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. (2010). *National Action Plan to Improve Health Literacy*. Washington, DC: Author.
- <http://www.cdc.gov/healthliteracy/introduction.html> Cynthia Baur, Ph.D. Senior Advisor, Health Literacy
Office of the Associate Director for Communication
Centers for Disease Control and Prevention

HEALTH LITERACY SOURCES

- http://www.aucd.org/docs/policy/health_care/Section%20by%20Section%20Summary%20of%20Health%20Care%20Workforce.pdf AUCD May 28, 2010
Page 1 Title V of the Patient Protection and Affordable Care Act
- <http://www.cdc.gov/healthliteracy/learn/> Kutner, M., Greenberg, E., Jin, Y., & Paulsen, C. (2006). *The health literacy of America's adults: Results from the 2003 National Assessment of Adult Literacy* (NCES 2006-483). Washington, DC: U.S. Department of Education, National Center for Education Statistics.

HEALTH LITERACY SOURCES

- <http://www.neahin.org/educator-resources/health-literacy/benhamdeal-hodges-paper.pdf> **Role of 21st Century Schools in Promoting Health Literacy by** Tami Benham Deal, University of Wyoming and Bonni Hodges,
- SUNY Cortland

- http://www.sophe.org/Sophe/PDF/2010_Increasing%20K12%20Health%20Education%20to%20Improve%20Health%20Literacy.pdf
SOCIETY FOR PUBLIC HEALTH EDUCATION, INCREASING K-12 HEALTH EDUCATION TO IMPROVE HEALTH LITERACY Addressing a National Health Care Problem by Exploring a Root Cause for Health Illiteracy, Approved by the Board of Trustees - 8/11/10

- <http://www.project-read.com/volunteers/health-literacy/> *Health Literacy “Mini-Lessons”* Given that low literacy may affect health and well-being negatively, “Health Literacy Mini-Lessons” have been added to the Project Read curriculum.