

Introduction

This slide deck, together with the [Health Literacy Awareness Workshop session plan](#), is an example of a training resource that was developed and delivered by the Community Health and Learning Foundation - the delivery partner for the East Midlands Health Literacy Demonstrator site.

It is included in the Toolkit as an example of a training session that could be adapted and delivered elsewhere by other suitably qualified and experienced individuals.

Workshop programme

Time	
9:30	Welcome, introductions and setting the scene
9:45	Impacts of health literacy
10:30	The policy context
10:45	BREAK
11:00	Activity 1 – Simplifying information
11:30	Tips for making it easy
11:45	Activity 2 – Using teach back
12:05	Resources available
12:15	What will you do now?
12:25	Close

Workshop aims and objectives

- To increase knowledge of what health literacy is and why it is important
- To raise awareness of the impacts of low health literacy upon individuals' everyday lives, and upon the services that support them
- To support practitioners awareness of the tools and techniques that can support people with low health literacy
- To raise awareness of the resources and information available to support practitioners in developing effective health literacy practice.

What is health literacy?

“The personal characteristics and social resources needed for individuals and communities to access, understand, appraise and use information and services to make decisions about health”

World Health Organisation's report, 'Health Literacy Toolkit for Low and Middle-Income Countries', 2015

How big is the problem?

43% of adults (18-65) do not have adequate literacy skills to routinely understand health information.

61% of adults (18-65) do not have adequate numeracy skills to routinely understand health information.

Source: Rowlands, G. et al (2015)

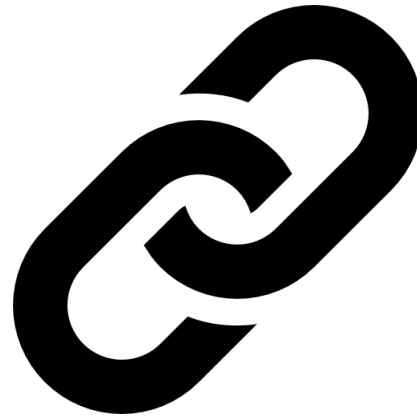
What does it feel like?

A practical exercise



The evidence shows...

Education



Health outcomes

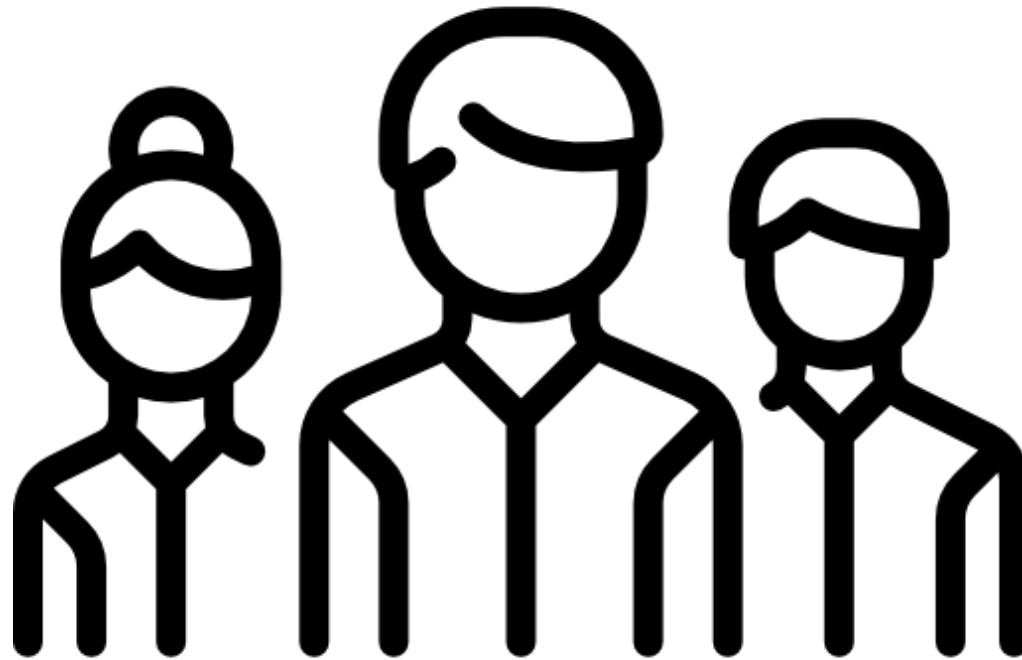
Health Literacy matters because...

Adults who have low language, literacy and numeracy skills, and their children and families, suffer the worst health outcomes in society.

Why is this?

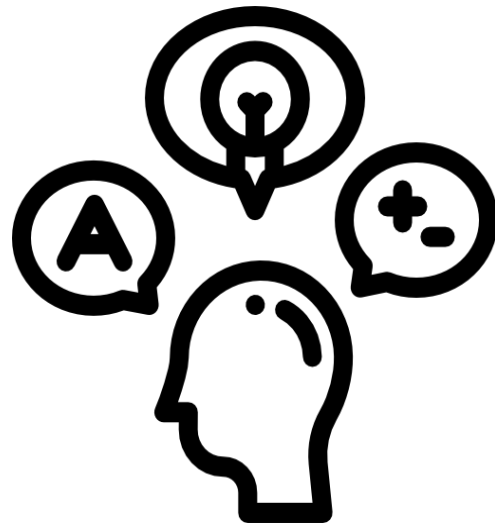


Who are the people with low health literacy?

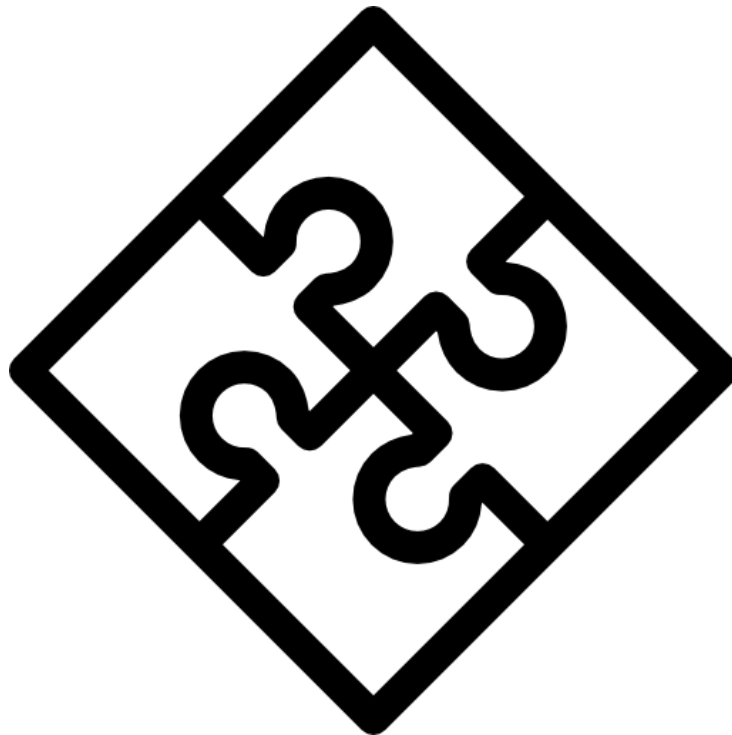


How has it impacted on your practice?

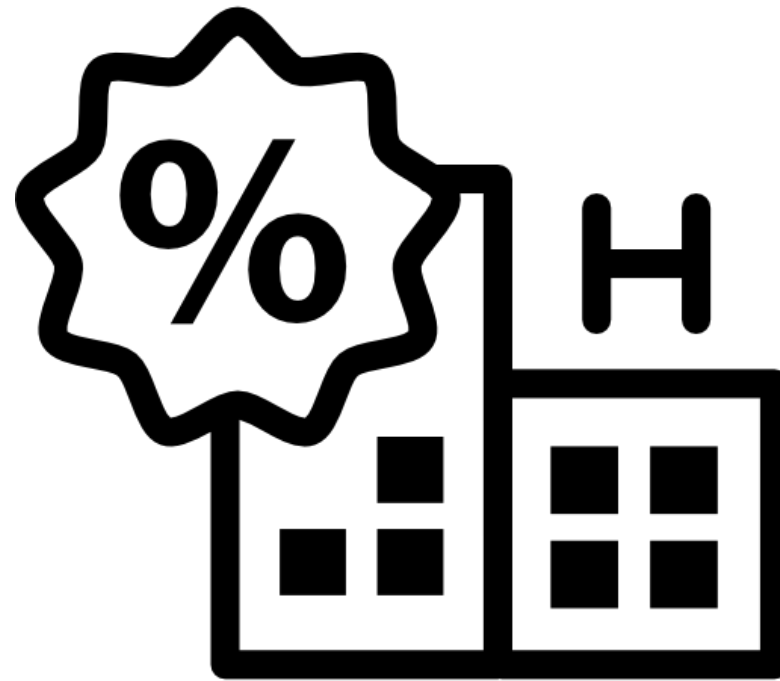
Think of examples of when you may have encountered or have had to take into account low health literacy issues within your role.



Health literacy cuts across key domains

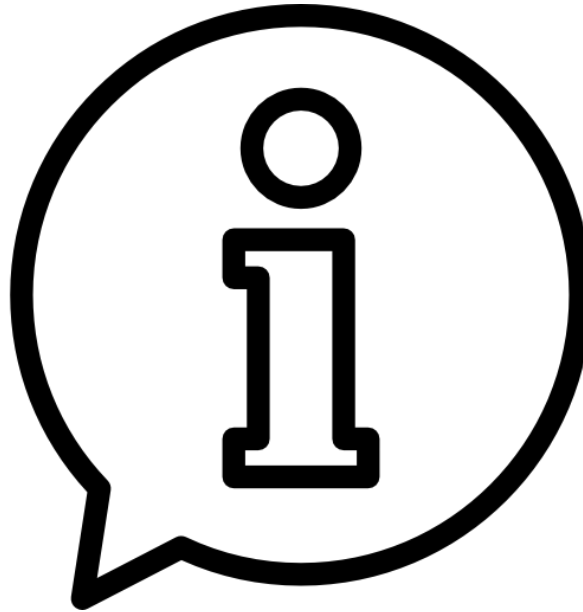


Cost of low health literacy to the NHS

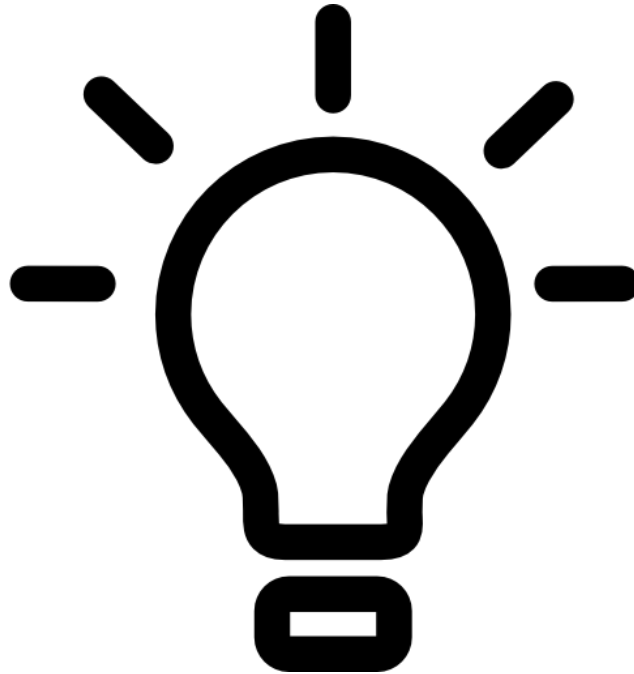


Simplifying information

Activity 1

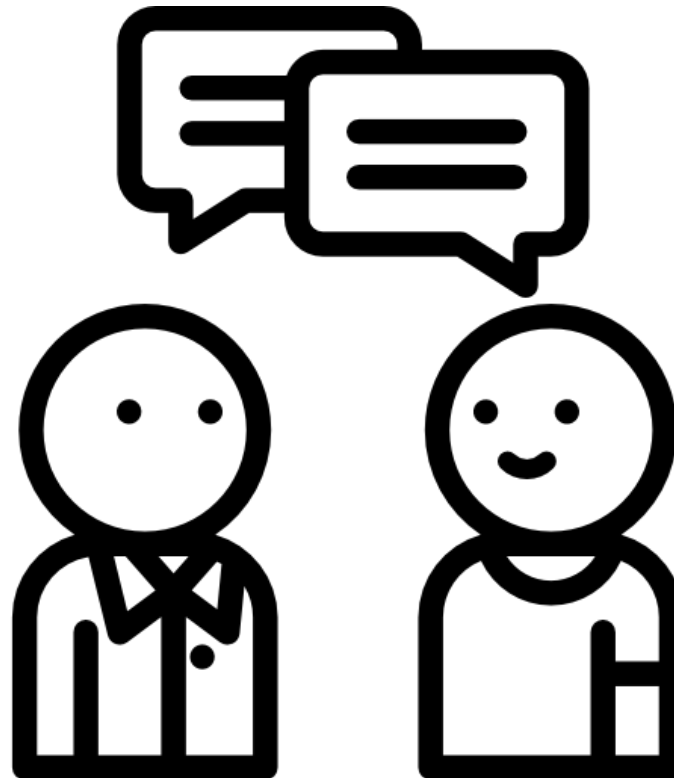


Tips for making it easy



Using teach-back

Activity 2



Resources

- Measures of health literacy levels
- Readability tools and guidance on producing information
- Teaching materials
- Useful websites

A final word...

Recommendations from people
with low health literacy

What next?

What are you going to do after today – one thing you will change?

