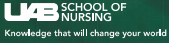


Health Literacy Training Session
Module 1
Health Literacy:101

Presented by:
Joy P. Deupree, PhD, MSN, RN, WHNP-BC, FAAN



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This Presentation is Supported by



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Objectives:

- Historical overview of health literacy
- Define health literacy
- Describe populations most at risk for limited health literacy
- Review the scope of the problem
- Describe the socioeconomic impact of low health literacy.
- Discuss recommendations of the *National Action Plan to Improve Health Literacy*. (Handout)



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What if?



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In the beginning...

- In 1974, S. K. Simonds coined the term “health literacy” that first appeared in the *Health Education Monographs*.
- From 1974-2010 –definitions were written by many agencies (approximately 18) including HHS, IOM, AMA, WHO, *Healthy People 2010*, however **nursing was not among the groups** to define health literacy even though they often spend the most time with patients.

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In the beginning...continued

- The National Literacy Act was signed into law in 1991 by President George Herbert Walker Bush who provided funds for national data collection (surveys) to determine the literacy levels in America.
- National Adult Literacy Survey 1993 (NALS)
- National Assessment of Adult Literacy 2003 (NAALS)-health literacy included

Results:
Very little change in 10 years from the NALS to the NAALS and for some topics the results were worse.

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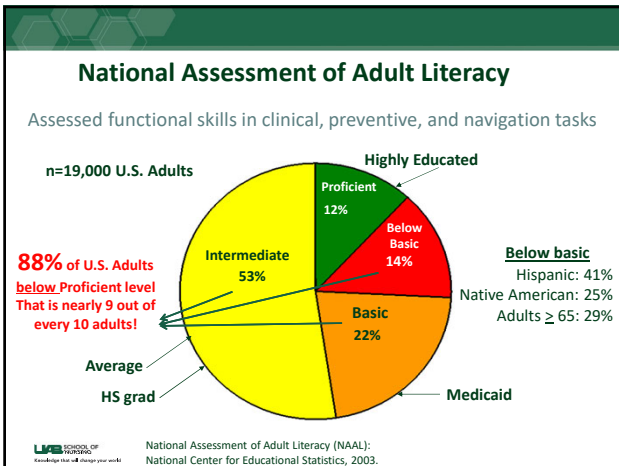
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National Assessment of Health Literacy
 assessed functional clinical, preventive, & navigational tasks
 n= 19,000 Adults, 152 tasks (28 health related)

Below Basic	Circle date on doctor's appointment slip. (AA 24%, Hispanic 41%)	14%
Basic	Determine when it's okay to drink before a medical test based on short instructions.	22%
Intermediate	Determine what time to take prescription medicine based on the label.	53%
Proficient	Calculate employ share of health insurance based on table.	12%

National Assessment of Adult Literacy: National Center for Educational Statistics, U.S. Dept. of Education, 2003

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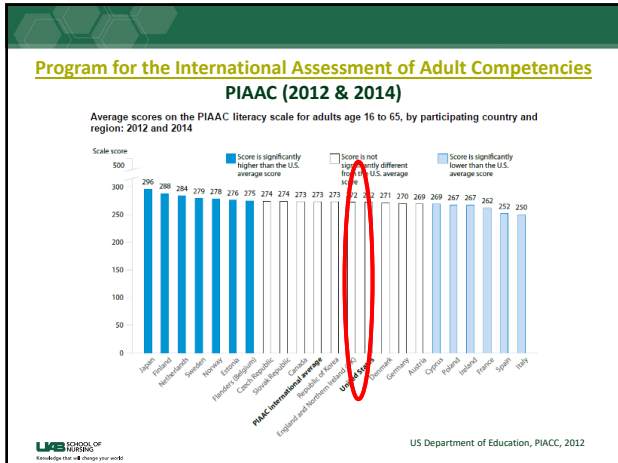


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The Program for the International Assessment of Adult Literacy Competencies (PIAAC) followed

- Although the US did not survey or study literacy levels, the PIAAC began to collect the information and surveys were done in 2012 and 2014 (PIAAC)
- Results: America falls below most other industrialized countries internationally

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Current literacy rates for basic literacy

- Nationwide, on average, **79%** of U.S. adults have challenges with literacy (2023).
- 54%** of adults have a literacy below 6th grade level (2023).

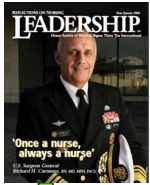
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And then there are **cultural differences**....

Health literacy goes beyond a narrow concept of health education and individual behavior-oriented communication, and addresses the environmental, political and social factors that **determine** health. (WHO, 1998)

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Dr. Richard Carmona early 2000s



- High School Drop Out
- Paramedic in Vietnam
- Registered Nurse
- Physician
- Surgeon
- Surgeon General for United States 2002-2006
- Advanced Health Literacy Efforts



"As a former nurse, trauma surgeon, and public health director, I realize there is a wall between us and the people we were trying to serve. Healthcare professionals do not recognize that patients do not understand the health information we are trying to communicate. We must close the gap between what healthcare professionals know and what the rest of America understands." Dr. Carmona



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What is Health Literacy?

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**"

[Health literacy is a central focus of Healthy People 2030](#)

Personal health literacy is the degree to which individuals have the ability to find, understand, and 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, and use information and services to inform health-related decisions and actions for themselves and others.



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Healthy People 2030

One overarching goal of *Healthy People 2030* describes how health literacy and health equity intersect

*"Eliminate health disparities, achieve **health equity**, and attain health literacy to improve the health and well-being of all."*




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In Plain Language.....

- Health literacy impacts patient understanding;
- Health literacy impacts patient compliance;
- Health literacy Impacts patient outcomes.


You Cannot Judge A Book By Its Cover



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Disparities/At-Risk Populations Associated with Low Health Literacy

- The **largest segment** of the U.S. population affected by low HL are native born speakers of English, **65 years and older**
(National Center for Education Statistics 2003; 1992)
- By 2030 close to ¼ of all US Adults will be 65 years or older**
(US Census, 2004)
- Those **disproportionally affected by low HL** are:
The poor who live in the southern and western regions of the US without a high school degree or GED, cultural and ethnic minorities including refugees and immigrants and non-native speakers of English.
(IOM, 2004; National Center for Education Statistics 2003; 1992)




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General Literacy in Alabama



510,000 of Alabama's adults lack **basic** literacy skills

The adult population in Alabama with limited health literacy is estimated to be as high as 57%



(Source: <http://nces.ed.gov/naal/estimates/StateEstimates.aspx>)

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**It is Not Rocket Science...
but It is Costing Us Just as Much
The Economic Impact in the U. S.**

- Limited health literacy cost a minimum of **\$238 billion** of unnecessary costs per year to an already overburdened health care system (2007)
(Vernon, Trujillo, Rosenbaum, & DeBuono, 2007).
- Approximately 28% of hospital admissions of seniors who take 5 or more medications per day cause them to have adverse drug events (ADE) leading to hospitalization
The National Coalition on Health Care (2009)

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How Does Low Health Literacy Impact Patient Care?

Low health literacy linked to:

- ↓ ability to understand medication labels
- ↓ likelihood of receiving preventive care
- ↓ knowledge, confidence & skills to manage chronic disease
- ↑ ER use, avoidable hospitalizations, and readmission
- ↑ disease related complications, morbidity and mortality

Koh , H Health Affairs 2012

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Resources: How to assess individual health literacy of a patient

Brief Health Literacy Screening Tool – BRIEF (In your book)
Haun, J., Luther, S., Dodd, V., & Donaldson, P. (2012). Measurement variation across health literacy assessments: implications for assessment selection in research and practice. J Health Commu,17 Suppl 3:141-59. doi: 10.1080/10810730.2012.712615

The Newest Vital Sign – NVS (in your book)
Weiss, B.D., Mays, M.Z., Martz, W., Castro, K.M., DeWalt, D.A., Pignone, M.P., Mockbee, J., & Hale, F.A. (2005). Quick assessment of literacy in primary care: the newest vital sign. Ann Fam Med, 3(6):514-22.

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