

Health Literacy: A Resource Guide

The following provides a sampling of the resources available on health literacy.

The Value of Health Literacy

FAQ summarizes research on the relationship between health literacy and health outcomes
www.health.gov/communication/literacy/quickguide/factsliteracy.htm

Learn about Health Literacy

A guide from the Centers for Disease Control
www.cdc.gov/healthliteracy/learn

National Action Plan to Improve Health Literacy

Designed to engage organizations, professionals, policymakers, communities, individuals, and families in linked, multi-sector strategies
www.health.gov/communication/HLActionPlan

Clear Communication

A National Institute of Health initiative on health communication—the “study and use of communication strategies to inform and influence individual and community decisions that enhance health”
www.nih.gov/clearcommunication/index.htm

Smart Choice

A Workbook created by the University of Maryland Extension to help consumers make smart choices when selecting their insurance plan.
www.extension.umd.edu/sites/default/files/_images/programs/insure/Workbook%208.14.14.pdf

From Coverage to Care

Tools to assist individuals understand the benefits of their new health care coverage, including a “Roadmap to Better Care and a Healthier You.”
marketplace.cms.gov/technical-assistance-resources/c2c.html

Patient Engagement

A Framework for Improving Health & Lowering Costs: Produced by the Regional Primary Care Coalition, this is designed to help individuals and health systems, including providers, increase consumer engagement.

Report:

www.regionalprimarycare.org/regional-issues/patient-engagement

Resource Guide:

www.regionalprimarycare.org/assets/Patient-Engagement-Resources-Guide-3-22-2013.Final_-1.pdf

For additional resources visit the Coalition’s website or
Contact Leni Preston, Coalition Chair—leni@mdchcr.org

www.mdhealthcarereform.org

The Path to Health Literacy

HEALTH LITERACY: A DEFINITION

“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.”*



PHASE 1: Health Insurance Literacy

Individuals have the ability to **understand** the complex **terms**, **concepts**, and financial **implications** when purchasing health insurance in order to pick the “right” plan.

PHASE 2: Health Care Literacy

People **understand** their benefits and are **comfortable navigating** the health care system to get timely, effective care in the most appropriate setting.

PHASE 3: Full Patient/ Consumer Engagement

Individuals have the knowledge to make **informed decisions** about their own health and to actively engage in the health of their **community**.

*Maryland
Women's
Coalition*

FOR
HEALTH
CARE
REFORM
♀

www.mdhealthcarereform.org

*Patient Protection and Affordable Care Act of 2010, Article V.