

Did you know?

In England, 43% of adults do not have adequate literacy skills to routinely understand health information.

61% of adults (16-65) do not have adequate numeracy skills to routinely understand health information?

Low health literacy has a huge impact on individuals, the NHS and society, in general.

It's time to champion Health Literacy.

If you would like more information please contact Morag Evans on 01305 254373 or email morag.evans@dchft.nhs.uk

So you want to be a Health Literacy Champion?



Here's what you'll need...

Here is your mission, should you wish to accept it!

...ultimately, your role will be to empower patients in their ability to read, use and understand health information

...you will champion the importance of Health Literacy – understand what it means and advocate the importance of it

...you will possess the willingness to learn how to signpost and offer good quality health information to your colleagues and staff

...you will be supported by the DCH Library Team in keeping up to date with evidence related to Health Literacy



You will be invited to attend a one-hour workshop on Health Literacy to see if it is for you. The following topics will be covered:

1. **What is Health Literacy?** What does it feel like to have low Health Literacy?
2. **What's the problem?** The impact of low health literacy on individuals, the NHS and society
3. **What can we do about it?** Possible solutions and tools for making your information-giving more health literacy friendly.
4. **Signposting and resources** on good quality health information
5. **Where do we go from here?** Role and responsibilities of Health Literacy Champions.
6. **Questions**

