

What Is Health Literacy?

Understanding and Using Health Information



Be able to find the right information



Be able to understand health-related information



Talk about your needs with medical staff



Be well-informed to make health-related decisions

Why Is Health Literacy Important to You?

People with limited health literacy are more likely to:

- Have chronic medical conditions and trouble managing them.
- Miss important medical tests or treatments.
- Be in the hospital more often.
- Visit the emergency room more often.

What Can You Do To Improve Your Health Literacy?

- Bring questions to your healthcare appointments.
- Ask for resources that use plain language, pictures, or videos.
- Repeat information in your own words.
- Ask for clarification.
- Bring someone with you.
- Tell the clinic if you need an interpreter.

As a patient, you can improve your healthcare experiences by actively participating in your own healthcare. You can start by providing detailed information about your health. The information you share and the questions you ask your healthcare team can help them provide better care to you.



Nearly half of Americans have health literacy challenges, and about **25%** of chronic kidney disease patients experience limited health literacy.¹



Patients who have a better understanding of kidney disease are more likely to have better access to care and have better health outcomes.²

You are the most important person on your healthcare team!



1. Taylor et al. A systematic review of the prevalence and associations of limited health literacy in CKD. DOI:10.2215/cjn.129212162.
2. Berkman et al. Low health literacy and health outcomes: an updated systematic review. DOI: 10.7326/0003-4819-155-2-201107190-00005

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