

The Impact of Health Literacy and Clear Communication

Use this worksheet to take notes, write down your thoughts, and check what you've learned during the training.

Self-assessment: Before the training

1 = Strongly disagree 2 = Disagree 3 = Neither agree nor disagree 4 = Agree 5 = Strongly agree

1 2 3 4 5

I can define health literacy.

I can list the factors that influence health literacy.

I can describe the impact that social determinants of health have on health literacy.

I know the outcomes associated with not addressing health literacy.

I can identify strategies to use with my patients that support clear health communication.

Video: Health literacy affects everyone

Think about the people you just heard from in the video. Can you think of a time when you or a family member had trouble understanding or using health information? Write down a few things that made the situation difficult. What might have made it easier?

Why health literacy matters

People with limited health literacy skills are less likely to:

- Follow treatment instructions
- Follow up on tests or referrals
- Take medications correctly

What do you think the reason for this might be?



Video: Take steps to improve health literacy

- How do you communicate with patients?
- Do you use common, everyday language — or do you use a lot of medical jargon?
- How do you check for understanding when you give patients instructions?

Next steps

What are 1 or 2 strategies that you can commit to using with your patients?

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Notes