

Health Information Literacy WORKSHOP

H-WFU Program Instructional Session

<Presenter>
<Presenter Title>



WHAT'S AHEAD

Introduction

What's the big deal?

Health Messaging Activity

Components of Health Literacy

Health Information Sources & Demonstrations

Recap & Questions



INTRODUCTIONS

WHO AM I?

<Redacted>

WHY AM I HERE?

<Redacted>



WHAT'S THE BIG DEAL?

What is Health Literacy
(HL)?

PERSONAL HL:

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 HL:

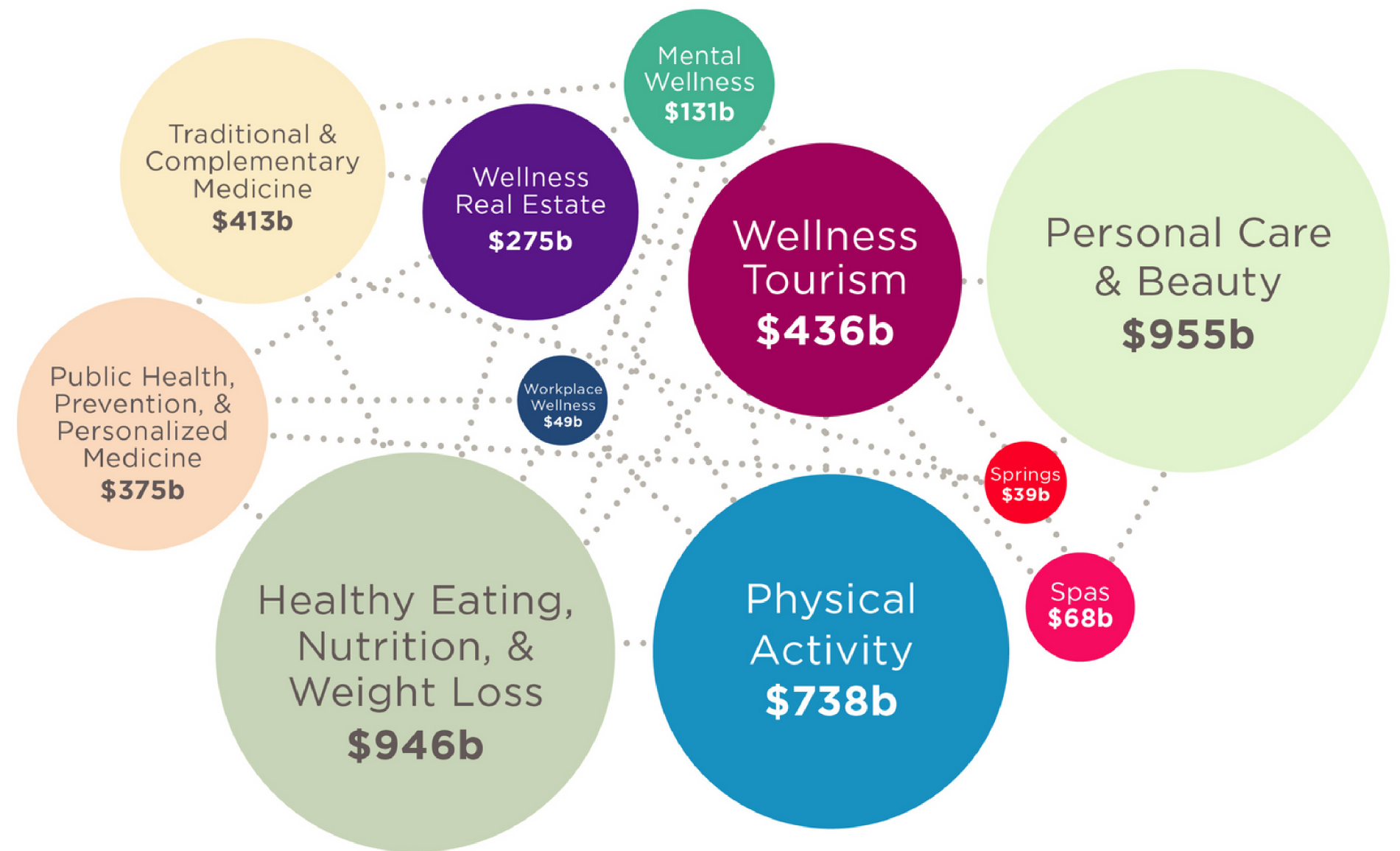
the degree to which **organizations equitably enable individuals** to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.



WHAT'S THE BIG DEAL?

How does HIL impact our lives?

GLOBAL WELLNESS ECONOMY: * \$4.4 trillion in 2020*



Note: Numbers do not add to total due to overlap in sectors.
Source: Global Wellness Institute



*US makes up 28% of the wellness market; China ranked 2nd at 7%!

HEALTH MESSAGE ACTIVITY

View

- 1) Choose a partner or small group
- 2) Watch video

Debrief

- 1) Determine the validity of the message
- 2) Take 1 - 2 steps to determine the validity of the message

Regroup

- 1) Discuss as large group
- 2) Share your thoughts / steps

HEALTH MESSAGE ACTIVITY

ivanathealien:
Cephaly Technology to
Treat Migraines

1



2

youngeryoudoc:
Starbucks habit unbelievably
increases lifespan



HEALTH MESSAGE ACTIVITY

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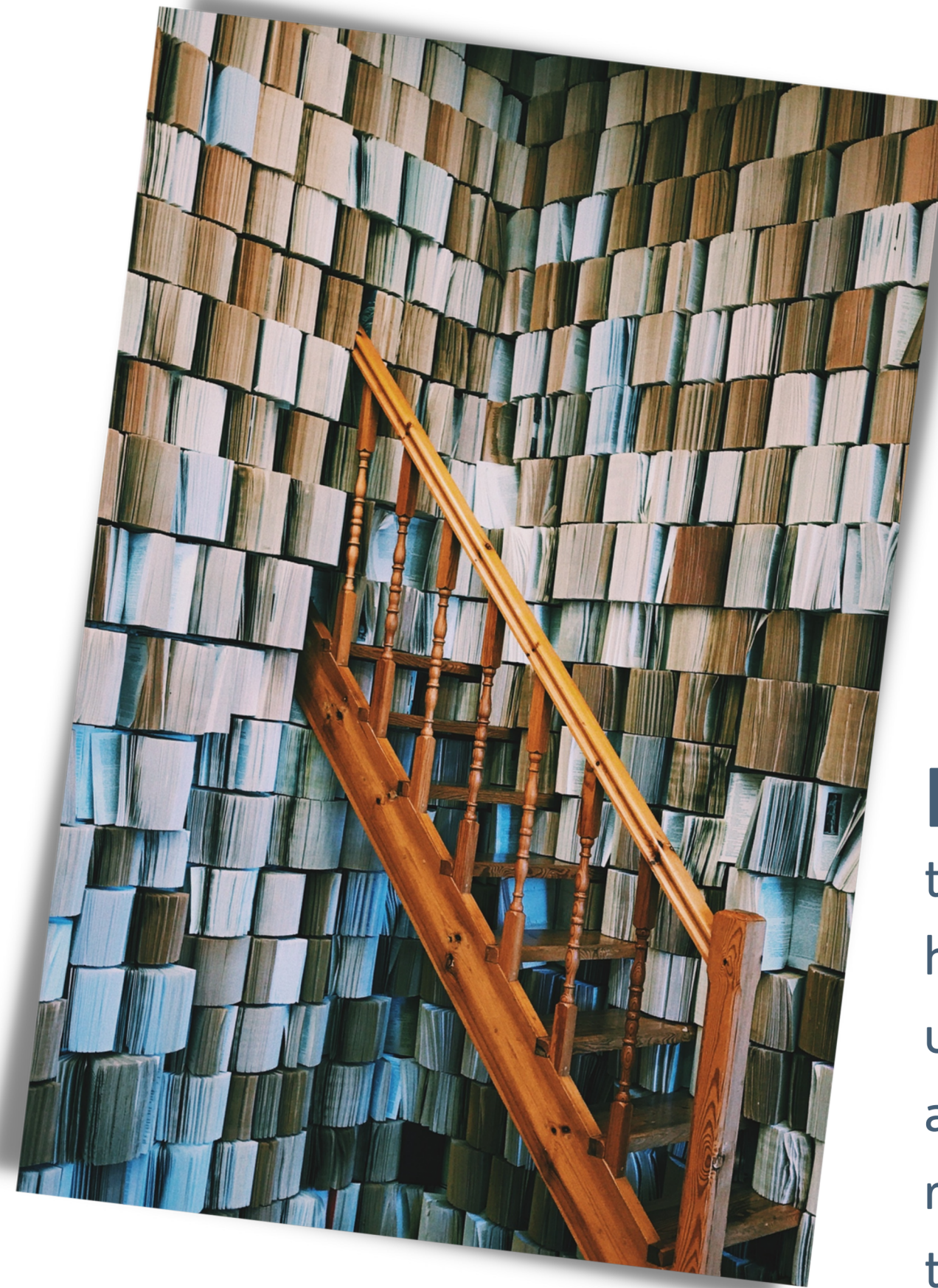


Things to
consider
while
watching:

- Does this video make you want to seek more info from the presenter?
- What are the presenter's intentions?
- How long did it take to find information on the presenter / content?

COMPONENTS OF HIL

REMINDER...



PERSONAL HL:
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.

COMPONENTS OF HIL

sufficient basic skills in reading, writing, and mathematics to be able to function effectively in everyday situations.

INCLUDES:

the ability to read and write (LITERACY), and the ability to understand and work with numbers (NUMERACY)

Level 1: FUNCTIONAL



COMPONENTS OF HIL

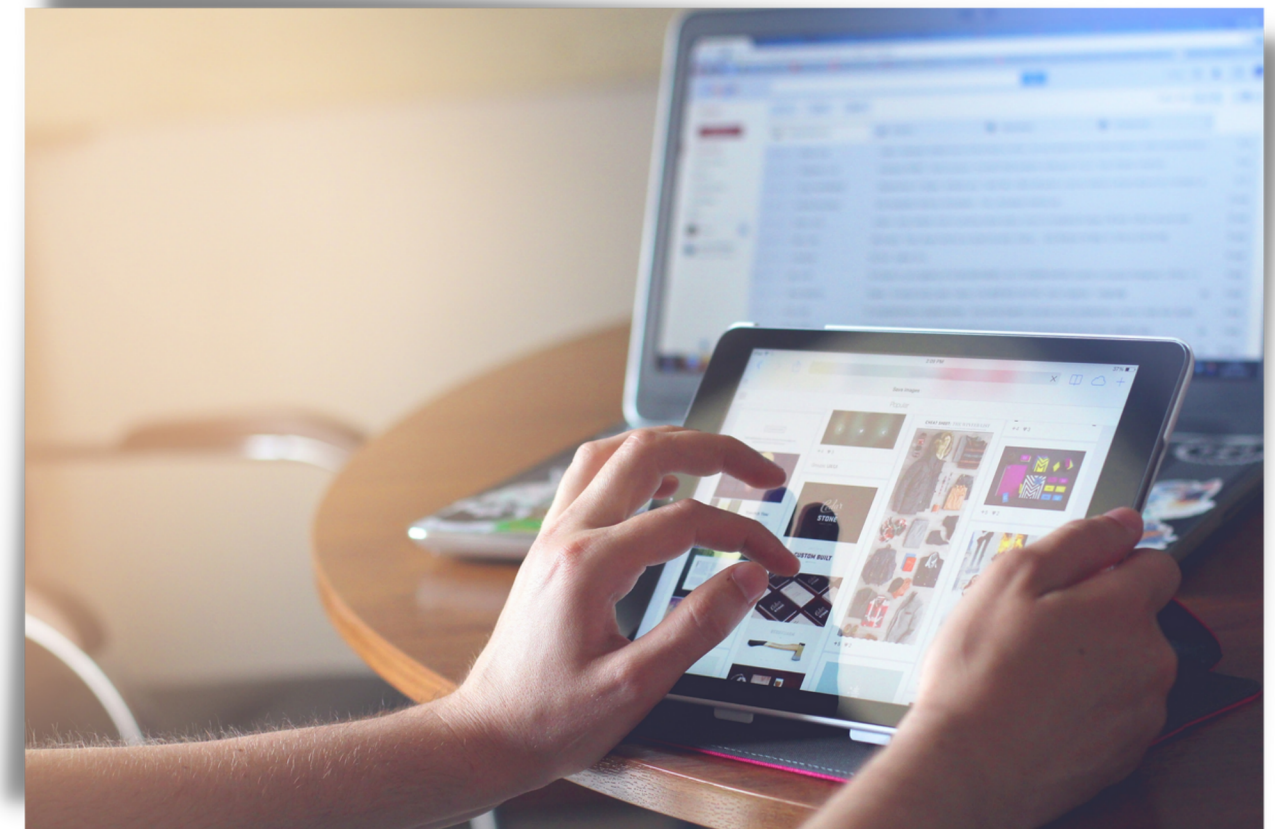
Level 2: INTERACTIVE

more advanced cognitive & literacy skills which, together with social skills, can be used to:

- actively participate in everyday activities,
- extract & derive meaning from communication, AND
- to apply new information to changing circumstances.

CAN INCLUDE:

DIGITAL LITERACY: the ability to search, find, evaluate, compose clear information through typing, writing, tapping on digital platforms; requires a basic computer competencies



COMPONENTS OF HIL

Level 3: CRITICAL

more advanced cognitive & social skills

- can be applied to critically analyze information
- use to exert greater control over life events

CAN INCLUDE:

SCIENCE LITERACY: knowledge and understanding of scientific concepts and processes required for personal decision making, participation in civic and cultural affairs, and economic productivity



WHAT YOU CAN DO NOW:

INVESTIGATE

How long have they practiced?

Where have they studied? What fellowships have they been apart of?

What research have they performed?



SCRUTINIZE

Is this available in other languages (even if I don't need it)?

Could a 5th or 6th grader read this?



QUESTION

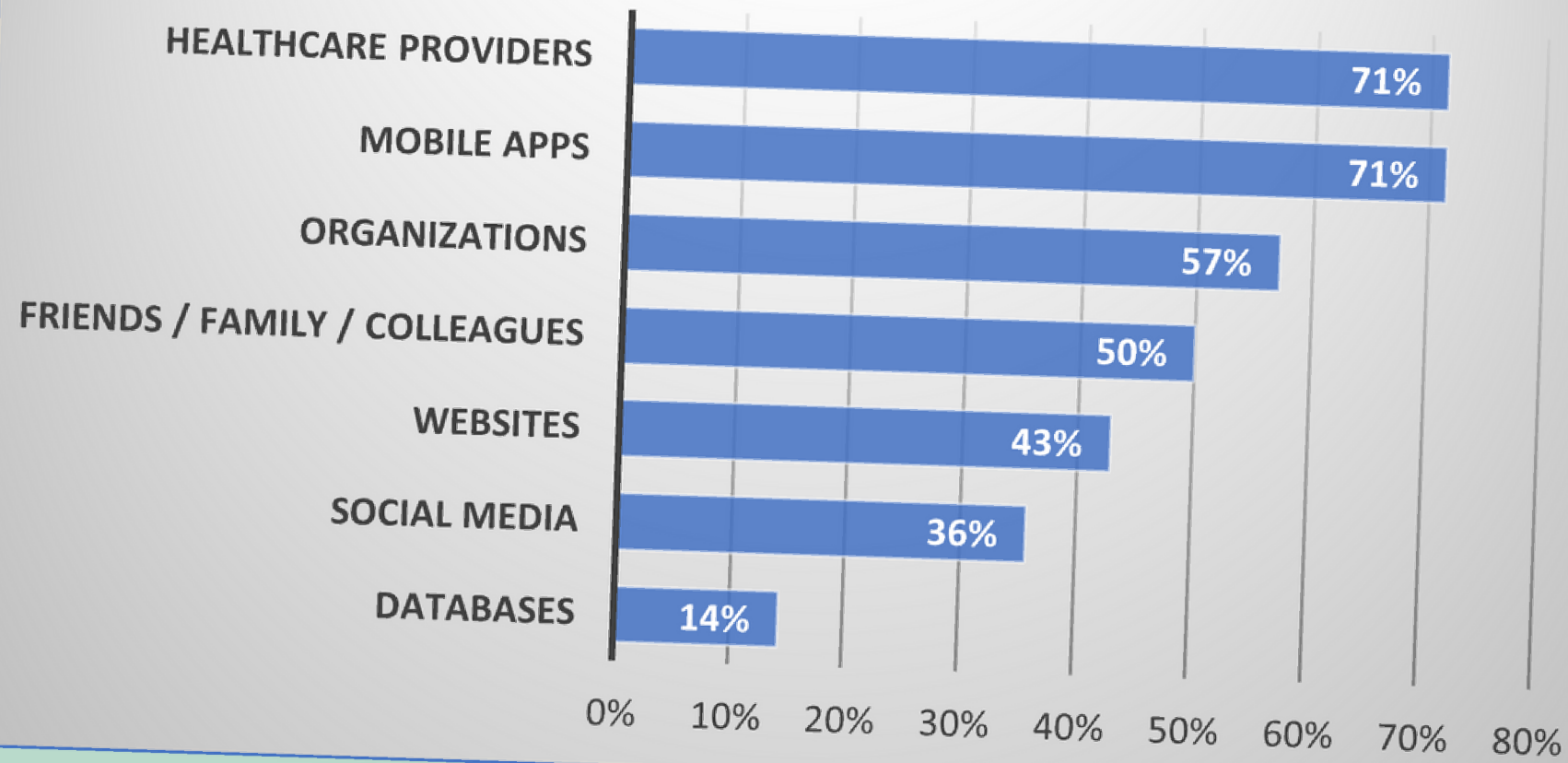
Get comfortable ASKING questions

Get comfortable BEING ASKED questions

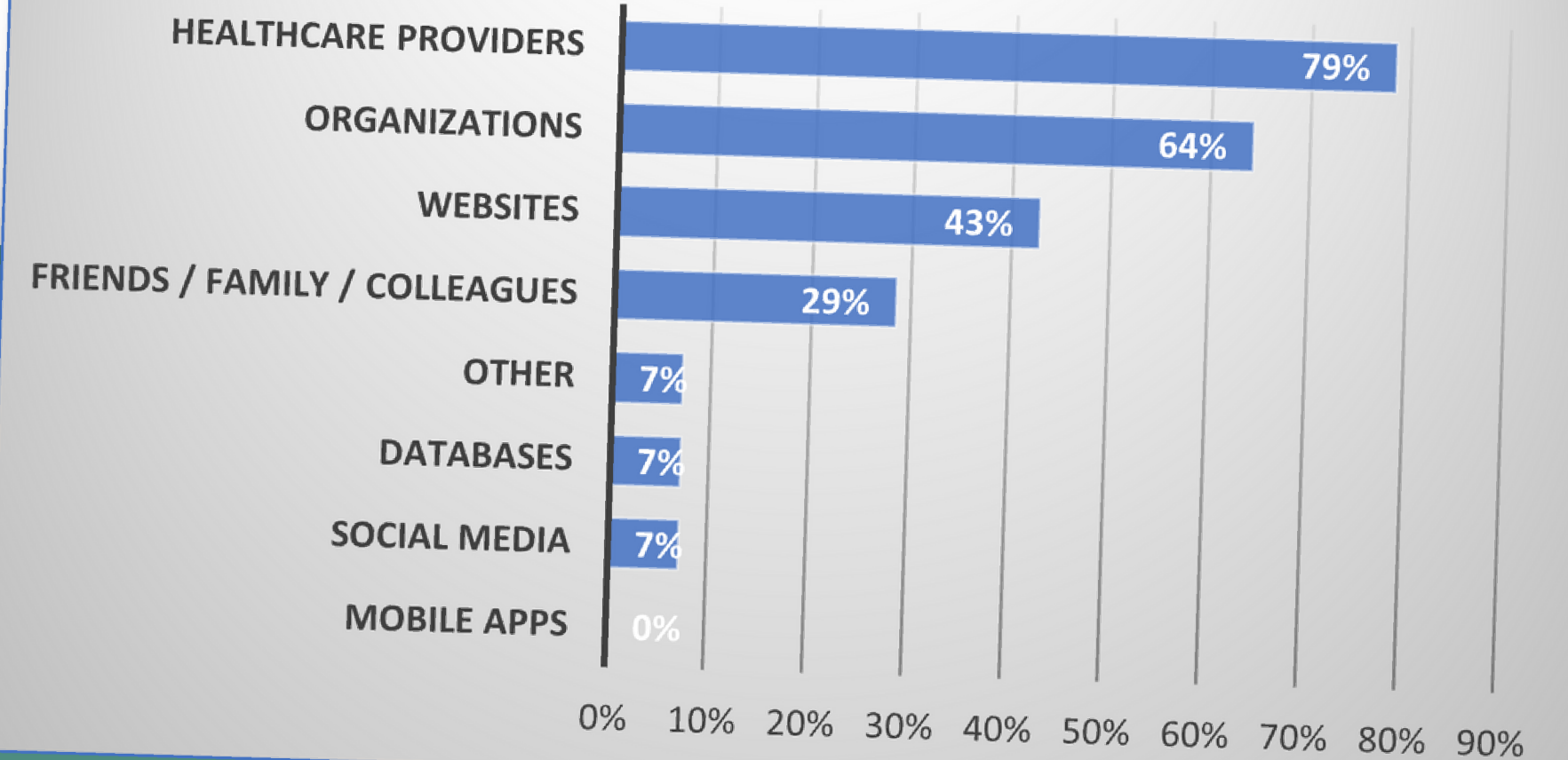


PRE-SURVEY RESULTS

Health & Wellness Information



Medical Information

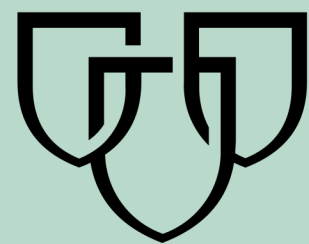


DEMONSTRATIONS

DATABASES



MAYO
CLINIC



WEBSITES



APPS

myfitnesspal



MyPlate



Calorie King



REMINDERS:

INVESTIGATE

SCRUTINIZE

QUESTION

**HEALTH LITERACY:
"critical to empowerment"**

REMINDERS:

INV



"critical to empowerment"

HEALTH LITERACY:

YOU GOT THIS!

RESOURCES

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WHAT ELSE?



<Contact Information>