



HEALTH LITERACY MONTH

Building Awareness Through Action

October 1-31, 2023

What Is Health Literacy?

Studies consistently show that a significant number of people have problems **reading, understanding, and acting** on health information. This impacts personal health and healthcare resources.

Personal health literacy is 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.

Promoting health literacy improves health outcomes, as well as healthcare safety and quality. At the same time, it reduces health disparities and healthcare costs.

(Source: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. [Healthy People 2030: Health Literacy in Healthy People.](#))

Building Health Literacy Awareness Through Action

October is Health Literacy Month! It's a time for health organizations, literacy programs, libraries, social service agencies, business, professional associations, government agencies and other groups to work together to integrate and expand the mission of health literacy - to connect people needing health care or services with organizations and providers that promote optimal wellness. Our collective efforts will lead to health equity where all people can attain positive health outcomes.

| 2023 October | | | | | | |
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Visit healthliteracymonth.org to learn more about how to shift from awareness to action today!

#healthliteracymonth

