

DO IT YOURSELF HANDOUT Session 2

Promoting Health Literacy with Free Information and Cool Tools
from Your National Library of Medicine

Understanding Health Literacy

1. Health literacy is one of _____ literacies.
2. Health literacy is used to participate in _____, _____ and _____

3. *Health literacy* refers to the cognitive and _____ skills that determine a person's _____ and ability to access, understand and _____ information and services in ways that maintain or enhance _____.
4. Health literacy is empowering because it enables a person to _____

Promoting Health Literacy

5. Health literacy can be promoted through _____, _____, and _____ along with direct assistance to _____ information and _____ it in real life.
6. Asking reflective questions is empowering because _____

7. Basic skills, reading and math, are used for _____.

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8. A person who has less than _____ education and _____
_____ is likely to have limited reading ability.

For information on how to refer a person to adult literacy services and support their participation: <http://www.healthliteracypromotion.com/Health-Literacy-Resources.html>

9. Interactive (social) skills (e.g. speaking, listening) are used to _____
_____ from information.

10. Reflective (critical thinking) skills are used to _____ information in real life.

Reflection is the mind's strongest glue.

The video training series “Promoting Health Literacy with Free Information and Cool Tools from Your National Library of Medicine” and related materials are located at <http://www.healthliteracypromotion.com/Free-Training.html>

Resources:

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Also see the Facilitator's Guide