



Health Literacy San Diego Training Additional Resources

Identifying with Patients with Low Health Literacy

Literacy Tests and Assessments

- REALM: http://pilot.train.hrsa.gov/uhc/pdf/module_02_job_aid_REALM_assessment.pdf
- TOFHLA: Center for the Study of Adult Literacy: <http://education.gsu.edu/csai/TOFHLA.htm>
- Newest Vital Sign (NVS): Pfizer, Inc.: <http://www.pfizerhealthliteracy.com/physicians-providers/newest-vital-sign.html>

Creating Easy to Read Materials

- Clear and Simple: Developing Effective Print Materials for Low Literate Readers: <http://cancer.gov/cancerinformation/clearandsimple>
- How to Write Easy-to-Read Health Materials. Medline Plus, A service of the U.S. National Library of Medicine National Institute for Health: <http://www.nlm.nih.gov/medlineplus/etr.html>
- Humana Foundation Wellness Information Zone: Health Information in Everyday Language <http://www.wellzone.org/>
- National Institute for Health Senior Health: <http://nihseniorhealth.gov>
- Simply Put: A Guide for Creating easy-to-understand materials. U.S. Department of Health and Human Services, Centers for Disease and Prevention Control. http://www.cdc.gov/healthmarketing/pdf/Simply_Put_082010.pdf
- The Health Literacy Style Manual, Maximus, October 2005
- Scientific and Technical Information: Simply Put, Office of Communication Centers for Disease Control and Prevention, 1999

Readability Formulas

- How to Test for Readability (SMOG Index): <http://www.readabilityformulas.com/smog-readability-formula.php>
- The FOG Index and Readability Formulas: <http://www.klariti.com/business-writing/Fog-Index-Readability-Formulas.shtml>

Cultural Competency

- National Medical Society Cultural Competency Primer: http://nmanet.org/images/uploads/Cultural_Competency.pdf



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Strategies and Methods for Communicating with Patients with Low Health Literacy

Visual Aids

- Hablamos Juntos – symbols for signage, information and kits on implementing the symbols, posters and the symbols in PDF and EPS formats:
http://www.hablamosjuntos.org/signage/symbols/default.using_symbols.asp
- Picture Stories for Adult ESL Health Literacy (Center for Adult English Language Acquisition):
http://www.cal.org/caela/esl_resources/Health/healthindex.html
- Visual Aids specific for Diabetes Prevention:
<http://www.learningaboutdiabetes.org/lowLitHandouts.html>
- USP Pictograms (standardized graphic images that help convey medication instructions, precautions, and/or warnings to patients and consumers):
<http://www.usp.org/audiences/consumers/pictograms/>

Non-print health information

Learn with pictures, video, and sound. The following websites have pictures and videos with health information and teaching activities

- **California Distance Learning Project** - Online stories and activities with sound.
DIRECT LINK: <http://www.cdlponline.org/>
- **Healthy Roads Media** - Health tutorials in nine languages available in text, audio, or multimedia.
HOME PAGE: <http://www.healthyroadsmedia.org/>
- **How to Do Breast Self Exams** - Online tutorial with sound and video.
DIRECT LINK: <http://ww5.komen.org/BreastCancer/BreastSelfAwareness.html?cid=vanityurl:28>
- **LaRue Health Literacy Activities** - Online slide shows with sound and quizzes, available in English, Arabic, Hmong, and Somali.
DIRECT LINK: <http://www.mcedservices.com/medex/medex.htm>
- **MedlinePlus Tutorials** - Interactive tutorials with sound and animated graphics.
DIRECT LINK: <http://www.nlm.nih.gov/medlineplus/tutorial.html>
- **REEP Health Homepage** - Online health learning activities with sound, for beginning ESOL and literacy.
DIRECT LINK: <http://www.reepworld.org/englishpractice/index.htm>
- **Taking Medicine Responsibly** - Online slide show and lesson.
DIRECT LINK: <http://www.tv411.org/lessons/cfm/learning.cfm?str=learning&num=12&act=1>
- **What a Friend Can Do for You** - Online photonovela with sound.
DIRECT LINK: <http://healthliteracy.worlded.org/heal/>

Ask Me 3:

HOME PAGE: <http://npsf.org/askme3/PCHC/>

DOWNLOAD MATERIALS: <http://npsf.org/askme3/PCHC/resources.php>



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Additional Resources

Reports

- Moder, Michael; Sandman-Hurley, Kelli et al. (2007) When words get in the way: A collaborative plan to address health literacy in San Diego County. www.healthliteracysd.org
- 2003 National Assessment of Adult Literacy (NAAL): <http://nces.ed.gov/naal/>
- Institute of Medicine (IOM): *A Prescription to End All Confusion*, 2004
- Agency for Healthcare Quality and Research (AHRQ) *Health Literacy Universal Precautions Toolkit*
- The Joint Commission (TJC) *"What Did the Doctor Say? Improving Health Literacy"*, 2007
- American Medical Association (AMA) *Health Literacy & Patient Safety: Help Patients Understand Manual for Clinicians*, 2007

Health Literacy Organizations

- Health Literacy San Diego: www.healthliteracysd.org
- American Medical Association Foundation Health Literacy: <http://www.ama-assn.org/ama/pub/about-ama/ama-foundation/our-programs/public-health/health-literacy-program.shtml>
- Center for Healthcare Strategies Health Literacy Resources: http://www.chcs.org/info-url_nocat5108/info-url_nocat_list.htm?attrib_id=8442
- Health Resources & Services Administration (HRSA) <http://www.hrsa.gov/publichealth/healthliteracy/index.html>
- Institute of Medicine (IOM) Committee on Health Literacy <http://www.iom.edu/Activities/PublicHealth/RtblHealthLiteracy.aspx>
- Harvard School of Public Health Literacy Studies <http://www.hsph.harvard.edu/healthliteracy/>
- Health Literacy Month <http://www.healthliteracymonth.org>
- Iowa Department of Public Health http://www.idph.state.ia.us/health_literacy/tools.asp
- U.S. Department of Health and Human Services Agency for Healthcare Research and Quality: <http://www.ahrq.gov/clinic/epcsums/litsum.htm>
- National Assessment of Adult Health Literacy <http://nces.ed.gov/naal/>
- North Carolina Program on Health Literacy: <http://nchealthliteracy.org/communication.html>
- National Institute for Literacy <http://www.nifl.gov/>
- National Network of Libraries of Medicine www.nlm.gov
- Pfizer Health Communication Initiative: <http://www.Pfizerhealthliteracy.com>
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(Health Literacy Organizations, Cont.)

- The Joint Commission “What Did the Doctor Say?: Improving Health Literacy to Protect Patient Safety. www.jointcommission.org
- The Plain Language Initiative www.plainlanguage.gov

Health Literacy Books

- Nielsen-Bohlman, Lynn et al. (2004). *Health Literacy: A Prescription to End All Confusion*. National Academies Press.
- Osborne, Helen. (2004) *Health Literacy From A to Z: Practical Ways to Communicate Your Health*. Jones & Bartlett.
- Doak, Doak & Root. (1996) *Teaching Patients with Low Health Literacy*. 2nd edition. Lippincott Williams & Wilkens.

Health Literacy Videos

- American College of Physicians Foundation: <http://acpfoundation.org/hl/hlvideo.htm>
- Health Literacy and Patient Safety: Help Patients Understand. American Medical Association Foundation: <http://www.ama-assn.org/ama/no-index/about-ama/8035.shtml>
- Teach-Back : North Carolina Program on Health Literacy: <http://nchealthliteracy.org/teachingaids.html>
- HRSA Unified Health Communication 101 – Addressing Health Literacy, Cultural Competency, and Limited English Proficiency (online training): <http://www.hrsa.gov/publichealth/healthliteracy/index.html>
- The Academy for Educational Development for the Institute of Medicine of the National Academies. Institute for Medicine (IOM) Health Literacy Video. 2003. YouTube. 17 February 2011. <http://www.youtube.com/watch?v=39A9oU-gOOA> (as shown in Health Literacy Training)
- Taking a Good Medication History: <http://www.emmisolutions.com/taking-a-good-medication-history.html>

Feel free to contact Beth Ruland, Health Literacy San Diego Coordinator, at 858.609.7967 or bruland@sdchip.org with questions, or to schedule a Health Literacy training.



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Presentation References:

1. The Academy for Educational Development for the Institute of Medicine of the National Academies. Institute for Medicine (IOM) Health Literacy Video. 2003. YouTube. 17 February 2011. <http://www.youtube.com/watch?v=39A9oU-gOOA> (as shown in Health Literacy Training)
2. California Health Initiative. (2008). <http://cahealthliteracy.org>
3. Committee on Health Literacy; Institute of Medicine. (2004). Nielsen-Bohlman, LN; Panzer, AM; Kingig, DA eds. *Health Literacy: A Prescription to End All Confusion*. Washington, DC: The National Academies Press.
4. Davis, Terry C.; Wolf, Michael, S.; Bass, Pat F.; Thompson, JasonA.; Tilson, HughH.; Neuberger, Mariolee et al. (2006). Literacy and misunderstanding prescription drug labels. *Annals of Internal Medicine*, 145 (12, 887-894).
5. Institute of Medicine of the National Academies. (2004). Nielsen-Bohlman, L.; Panzer, AM Kindig, DA, eds. *Health Literacy: A Prescription to End Confusion*. Washington, DC. National Academies Press.
6. The Joint Commission. (2007). *What Did the Doctor Say?: Improving Health Literacy to Protect Patient Safety*. http://www.jointcommission.org/NR/rdonlyres/F53D5057-5349-4391-9DB9-E7F086873D46/0/health_literacy_exec_summary.pdf
7. Kushner M, Greenberg E, Jin Y, Paulsen C. (2006). *The Health Literacy of America's Adults: Results from the 2003 National Assessment of Adult Literacy*. Washington, DC: National Center for Education Statistics, US Department of Education.
8. Moder, Michael; Sandman-Hurley, Kelli et al. (2007) *When words get in the way: A collaborative plan to address health literacy in San Diego County*. www.healthliteracysd.org
9. Partnership for Clear Health Communication. <http://www.npsf.org/askme3.9>.
10. U.S. Department of Health & Human Services. (2004). In Healthy People 2010: Health Communication, 11-2. <http://www.healthypeople.gov/2010/>

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