



# HEALTH LITERACY

## Why is it important?



Many of us find health information hard to understand. Sometimes this means we don't get clear answers to our questions, or we can be too nervous or embarrassed to ask our health providers questions.

**Anyone can find it hard to understand health information.**

Lots of things can impact our understanding of health information - like literacy, language, education, stress, safety, and trust.



Health literacy means using many different skills to get, understand, share, and use information so you can make good decisions about your health.

About 60% of Canadian adults and 88% of seniors have trouble accessing, understanding, and acting on information for health.



The better your health literacy, the better you will be able to manage your health and move through the health care system.

Health care providers can give information that is clear, simple, and helps people act on the information they receive.

**You can also take steps to improve your health literacy.**

