

# SUNDAY MORNING Health Corner

## The Importance of Health Literacy

Navigating through the health care system is difficult for many. So, during October, organizations like hospitals, health centers, libraries, and health services associates advocate for an easy-to-navigate health care system and for health information to be easy to understand.



## Why is health literacy important?

Health literacy is critical because it empowers people to read, understand, and act on health information. The ability to make well-informed decisions about health care resources, services, and procedures boosts health changes like preventing death and loss of function after illness or operation.



## Your community can help boost health literacy rates by:



Hosting literacy education workshops.



Displaying health information pamphlets in communal areas and offices.



Collaborating with other health organizations to host programs for congregants focused on wellness and disease prevention.



Creating space for community members to ask health care professionals questions about common health care terms, resources, and services.

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