

Health Literacy and Its Importance: Promoting Better Health Outcomes

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Objectives

- Understand the concept and components of health literacy
- Recognize the importance of health literacy in promoting individual and public health
- Explore the impacts of low and high health literacy on health outcomes
- Identify challenges and barriers to health literacy
- Learn practical strategies to improve health literacy at individual and community levels

What is Health Literacy?

- Definition:
 - Health Literacy is the ability to obtain, understand, and use health-related information to make informed decisions about one's health and well-being
- Components of Health Literacy:
 - Functional Literacy – Basic reading and writing skills to understand health information such as medication labels
 - Interactive Literacy - Communication skills to discuss health concerns with professionals
 - Critical Literacy – The ability to analyze and evaluate health information to make decisions

Why Does Health Literacy Matter?

- Health Literacy is critical for:
 - Preventive Care – knowing when and how to access screenings and/or vaccinations
 - Chronic Disease Management – understanding treatment plans for conditions like diabetes or high blood pressure
 - Emergency Preparedness – recognizing symptoms that require urgent care
 - Informed Decision-Making – evaluating risks and benefits of treatments or lifestyle changes

The Impact of Health Literacy on Individuals

- Improved Outcomes: Higher health literacy is linked to better health outcomes, adherence to treatments, and healthier lifestyle choices
- Reduced Costs: Individuals with high health literacy can avoid unnecessary medical expenses by navigating the healthcare system efficiently
- Empowerment: People feel more confident in managing their health

The Impact of Health Literacy on Public Health

- Lower Disease Burden: Health literacy helps reduce the prevalence of preventable diseases
- Effective Communication: Public health campaigns are more successful when tailored to diverse health literacy levels
- Equity in Healthcare: Bridging the health literacy gap reduces disparities among different populations

Challenges in Health Literacy

- Cultural and Language Barriers: Misunderstandings due to differences in language or cultural norms
- Complex Health Information: Use of medical jargon or overly technical language
- Access Issues: Limited access to reliable health information or healthcare services

Strategies to Improve Health Literacy

- Simplify Communication: Use plain language and visual aids
- Patient-Centered Care: Encourage questions and involve patients in decision-making
- Community Outreach: Provide culturally appropriate education in schools, workplaces, and communities
- Leverage Technology: Use apps, videos, and online resources to deliver accessible health information

Summary

- Health Literacy is a cornerstone of individual and public health.
- It empowers people to make informed decisions, improves health outcomes, and reduces healthcare costs.
- Enhancing health literacy requires collective efforts from individuals, healthcare providers, educators, and policymakers.
- By promoting health literacy, we create healthier individuals and communities.

Medication Label Activity

- Analyze a medication label
- Identify barriers to understanding
- Suggest improvements

Acetaminophen Liquid

160 mg/5 mL

Pain Reliever / Fever Reducer
Sugar Free / Alcohol Free
Aspirin Free

CHERRY FLAVOR

16 fl. oz. (473 mL)

WP Westminster
Pharmaceuticals

Drug Facts

Active ingredient
(in each 5 mL teaspoonful)

Acetaminophen, USP 160 mgPain reliever/fever reducer

Purpose

Uses

temporarily relieves minor aches and pains due to:

- headache ■ muscular aches ■ backache ■ arthritis
- the common cold ■ toothache ■ menstrual cramps
- reduces fever

Warnings

Liver Warning: This product contains acetaminophen.

Severe liver damage may occur if you take:

- more than 8 teaspoonfuls (40 mL) in 24 hours, which is the maximum daily amount
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product

Allergy alert: Acetaminophen may cause severe skin reactions. Symptoms may include:

- skin reddening ■ blisters ■ rash

If a skin reaction occurs, stop use and seek medical help right away.

Ask a doctor before use

if you have health issues especially liver disease.

Ask a doctor or pharmacist before use

if you are taking other drugs, including the blood thinner warfarin.

Do not use with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.

- for more than 10 days for pain unless directed by a doctor
- for more than 3 days for fever unless directed by a doctor
- if you are allergic to acetaminophen or any of the inactive ingredients in this product.

Stop use and ask a doctor if

- new symptoms occur such as rash, hives, itching or hoarseness ▶

Drug Facts (continued)

- redness or swelling is present
- pain gets worse or lasts for more than 10 days
- fever gets worse or lasts for more than 3 days
- symptoms do not improve

These could be signs of a serious condition.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. Prompt medical attention is critical even if you do not notice any signs or symptoms.

Directions

Do not exceed recommended dosage.

Overdose Warnings: Taking more than the recommended dose (overdose) can cause serious health problems, including liver damage.

- **adults and children 12 years of age and older:** take 2 teaspoonfuls (10 mL) every 6 hours; do not exceed 8 teaspoonfuls (40 mL) in 24 hours
- **children under 12 years of age:** Under the direct guidance of a licensed professional, doctor, or pharmacist.

Other information If dispensed, dispense in a tight, light resistant container with a child-resistant cap.

Store at 20°C to 25°C (68°F to 77°F), excursions permitted between 15°C and 30°C (between 59°F and 86°F)

Inactive ingredients

Bitter Mask, Cherry Flavor, Citric Acid, FD&C Red No. 40, Glycerin, Polyethylene Glycol, Purified Water, Sodium Benzoate, Sodium Citrate Dihydrate, Sodium Saccharin, Sorbitol.

Questions?

You may report side effects by calling Westminster M-F (9 a.m. to 5 p.m. EST), at 1-844-7294 or FDA at 1-800-FDA-1088.

Manufactured for:

Westminster Pharmaceuticals, LLC

Nashville, TN 37217

Rev. 03/21



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Reorder No. 1184

 Manufactured for:
Dynarex Corporation
10 Glenshaw Street
Orangeburg, NY 10962
USA • www.dynarex.com

Made in India

Triple Antibiotic Ointment

First Aid Antibiotic



Net Wt. 0.5 oz. (14.2 g)

Drug Facts

Active Ingredients

Purpose

Bacitracin Zinc (400 units per gram) First Aid Antibiotic
Neomycin Sulfate 5mg (equivalent to 3.5mg Neomycin per gram) ..First Aid Antibiotic
Polymyxin B Sulfate (5000 units per gram) First Aid Antibiotic

Uses: First aid to help prevent infection in minor cuts, scrapes, and burns

Warnings: For external use only

Do not use

- In the eyes or apply over large areas of the body
- If you are allergic to any of the ingredients
- Longer than 1 week unless directed by a doctor

Ask a doctor before use if you have deep or puncture

Drug Facts (continued)

wounds, animal bites, or serious burns

Stop use and ask a doctor if the condition persists or gets worse, or if a rash or other allergic reaction develops

Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Directions: Clean the affected area. Apply a small amount of this product (an amount equal to the surface area of the tip of a finger) on the area 1 to 3 times daily. May be covered with a sterile bandage.

Other Information • Store at room temperature

Inactive Ingredients: White Petrolatum



Health Flyer Activity

- Analyze a health flyer
 - <https://www.cdc.gov/healthy-pets/media/pdfs/publications/how-to-stay-healthy-around-pets-h.pdf>
- Identify barriers to understanding
- Suggest improvements

Questions?

- Contact Information

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