



Newsletter Number 4 - February 2018

Tips for writing easy to understand text

You can find practical suggestions for making your written material clear and easy to read in [Health Literacy Online](#). The guide is intended for website content, but many tips apply to all written material. Remember: health literacy of individuals must be supported by health care professional and systems through clear communication.

Some examples:

- Put the most important information first.
 - Write in plain language.
 - Describe specific action steps, broken into small steps.
 - Use plenty white space and avoid clutter.
 - Write short paragraphs and short sentences.
 - Use meaningful headings.
 - Avoid text in all capital letters – it's harder to read.
 - Use images that help people learn, such as line drawings.
-

Arizona Health Literacy Coalition

The most important goal for the AZ Health Literacy Coalition is increasing awareness of health literacy in Arizona: why is it important, and what can we all do to improve health literacy. Everyone interested in health literacy is invited to participate in conference calls and projects; contact us for details.

Next conference call: Tuesday April 10, 2018 (2 pm).

Learn more about the [Arizona Health Literacy Coalition](#).

Please forward this newsletter to others; to subscribe, visit www.azhealthliteracy.org/join or subscribe [here](#).

Health Literacy Basics: More than reading and writing

Health literacy often leads to discussion of a person's literacy levels. Literacy can affect the ability to read and understand health information. However, health literacy is more than reading and writing. The [Calgary Charter on Health Literacy](#) states:

- Health literacy is the use of a wide range of skills that improve the ability of people to act on information in order to live healthier lives.
- These skills include reading, writing, listening, speaking, numeracy, and critical analysis, as well as communication and interaction skills.

Just as important: health literacy must be supported by health professionals. Health systems or organizations with low health literacy can overwhelm a person who is health literate. Health professionals can present information in ways that improve understanding. Systems can provide easy and shame-free access to services and to health information.

Events - News

Arizona Geriatrics Society [Aging & Mental Health Meeting](#) Friday April 6, 2018 in Tucson

Arizona Public Health Association [Spring Meeting 2018](#) in Phoenix April 11, 2018

IHA 17th Annual Health Literacy Conference May 9-11, 2018

[Irvine, California](#)

Arizona Health Care Association (nursing homes) [2018 Conference](#) June 19, 2018 in Scottsdale

Arizona Senior Center Association [2018 Conference](#) July 12, 2018

AZ Health Literacy Coalition Newsletters:

March 2017: Ask me 3; What is health literacy

June 2017: Health Literacy and Older Adults, What is Plain Language

October 2017: Tips for practicing health literacy

Copyright © 2017 AZ Health Literacy Coalition, All rights reserved.

You can [subscribe to this list](#).

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp