

Learn about the AZ Health Literacy Coalition.

Special topic: Ask Me Three!

[View this email in your browser](#)



Newsletter Number 1 - March 2017

Arizona Health Literacy Coalition

We are individuals and organizations interested in promoting health literacy to improve health outcomes in Arizona. The Coalition will distribute a newsletter four times a year to share information and raise awareness about health literacy.

Please forward this newsletter to others; to subscribe, visit

www.azhealthliteracy.org/join or subscribe [here](#).

Goals :

1. Increase awareness of health literacy and its importance
2. Facilitate partnerships and collaboration in Arizona
3. Facilitate the sharing of resources in Arizona

Next meeting: April 25, 2017 (1-4 pm).

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

Special Topic

Ask Me 3 – Empowering Patients – Janice Sgambelluri, RN MSN

1. "What is my main problem"
2. "What do I need to do?"
3. Why is it important for me to do this?"

These 3 simple questions are a tool to increase the understanding of patients and families about their health conditions. Research has shown that using this tool at every patient visit will increase a patient's comfort in talking to healthcare providers, increase patient satisfaction, and can easily be part of any patient education program.

Give this tool to a patient at the start of a healthcare encounter to improve communication between the healthcare provider and the patient. Both the provider and the patient can use Ask Me 3 to guide their discussion. For detailed information go to <http://www.npsf.org/?page=askme3>.

Health Literacy Basics: What is Health Literacy?

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make informed health decisions.

Nine out of ten adults find it difficult to find, understand or use health information. This reduces health outcomes and means higher costs to the healthcare system. See the Talking Points provided by the CDC.

(<https://www.cdc.gov/healthliteracy/shareinteract/telltothers.html>)

Health literacy affects people's ability to:

- Navigate the healthcare system, including filling out complex forms and locating providers and services
 - Share personal information, such as health history, with providers
 - Engage in self-care and chronic-disease management
-

- Understand mathematical concepts such as probability and risk

What can you do?

- Educate yourself on health literacy concepts
- Raise awareness in your organization

To learn more, visit: <http://www.azhealthliteracy.org/health-professionals.html>

Events - News

Arizona Health Literacy Coalition Meeting April 25, 2017

We are meeting at the Foundation for Senior Living, Caregiver House. Special topic: Health Literacy for caregivers, tour of the house and tools for caregivers. We will also plan future events. See Coalition updates on www.azhealthliteracy.org.

Institute for Healthcare Advancement

The IHA conference on health literacy is in California, May 3-5, 2017:

<https://www.iha4health.org/iha-conference/2017-conference-agenda/>

Arizona Health Equity Conference October 12, 2017

Arizona Department of Health Services. <http://azhealth.gov/health-equity> or email healthequityconf@mayo.edu.

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.