**Health Literacy in the U.S.**

The National Assessment of Adult Literacy measured health literacy in adults 16+ in 20038. Results showed that only **12**% of English-speaking adults in the United States had proficient health literacy skills8.

**Readability ≠ Plain Language ≠ Health Literacy**

Readability measures the complexity of printed materialsand plain language is communication that someone can understand the first time3. Addressing health literacy also means making the content understandable and **actionable** for everyone4

**Health Literacy Red Flags:**

* Forms incomplete or incorrectly filled out
* Non-adherence to medication instructions
* Can’t name medications, purpose, or how to take
* Frequently **missed appointments**
* Anger
* “I forgot my glasses”
* “My wife, friend etc. usually takes care of…”1



References:

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