**What is Numeracy?**

Numeracy is “the ability to comprehend, use, and attach meaning to numbers”3

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

The 2003 National Assessment of Adult Literacy found that 22% of English-speaking adults in the United States had **below basic** quantitative skills6

**Why is Numeracy Important?**

Those with low numeracy may have trouble following **treatment plans**, leading to poorer health outcomes6

**Better ways to communicate the numbers:**

1. Elaborate by providing estimated numbers
2. Use **frequencies** instead of decimals or percentages
3. Keep **denominators** and timeframes the same when you compare numbers
4. Give **absolute** risk instead of relative risk
5. Frame **outcomes** in both positive and negative terms



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