

Learner Perspectives on Health Literacy Education in Undergraduate Curriculum: A Panel Discussion

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Brief Introductions and Purpose



Objectives

- Demonstrate ways to integrate health literacy into curriculum to help learners improve health and well-being of their community.
- Learn about the health literacy knowledge and skills obtained from the panelists and how they plan to use it in industry.
- Gain a deeper perspective on the importance of incorporating health literacy training into undergraduate health programs.



Health Literacy

- Possession of knowledge and literacy skills needed to make informed health-related decision
- Often linked to reading levels and literacy levels
- However, it is fundamentally different than specifically reading/writing skills

(Office of Disease Prevention and Health Promotion [ODPHP], n.d.)



Limited Health Literacy

- Struggle with:
 - Medication adherence
 - Communication with health providers
 - Understanding diagnosis and treatment
 - Increased ER visits

(Wood et al, 2023)



Teaching Health Literacy to College Students

- Important for their own knowledge level
- They no longer have family to assist with their health and medical needs
- Important for students in health/medical fields to understand and improve their health literacy
 - For themselves and their own quality of life
 - In order for them to effectively help when they graduate and are serving within health/medical industry



Incorporation of Health Literacy into Course

- What is health literacy?
- What is limited health literacy?
- Complications of low or limited health literacy levels?
- How to improve?
 - Decreasing health/medical jargon
 - Using simple terms and language



Learner Perspectives



What is your definition of health literacy?



Why is it important to learn about
health literacy in college?



How will you incorporate health literacy into your future employment (health industry)?



Do you feel there is a need for
more education/training on health
literacy?



Questions



References

- Office of Disease Prevention and Health Promotion. (n.d.). Diabetes. *Healthy People 2030*. U.S. Department of Health and Human Services. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/diabetes>
- Sorensen (2012). Health literacy and public health: a systematic review and integration of definitions and models, BMC Public Health, doi: 10.1186/1471-2458-12-80
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