
Notes from the Health Sciences Library - October 27, 2021

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October is Health Literacy Awareness Month



Health literacy involves the information and services that people need to make well-informed health decisions. On a personal level, it is the ability to seek, find, understand, appraise, and use health information and services to address or solve a health problem for yourself or others. From an organizational side, it involves the degree to which health care providers equitably enable this for the people they treat. Nearly 9 out of 10 adults lack the skills to understand their health care (!) and people with low health literacy skills are more likely to have poor health outcomes, make medication errors, or mismanage chronic diseases.

Accessibility of information - how easy it is to find and understand - plays a critical role in health literacy.

The Libraries have crafted a [Consumer Health Resources Guide](#) to help with this. The guide serves as a platform for freely available, high quality, trustworthy, relevant health and wellness information on hundreds of topics, including drugs & supplements, medical tests, talking with your doctor, healthy eating, and more.



Read previous [Weekly Notes](#) on other topics.