

DHTA3 SESSION 1

ACTIVITY: THE HEALTH LITERACY PANEL

Printable version





Partners



THE HEALTH LITERACY PANEL

Literacy means the ability to read and write, but...

health literacy is a crucial concept: it is more than being able to read, it is the ability to find, understand and use information and services to inform health-related decisions and actions.

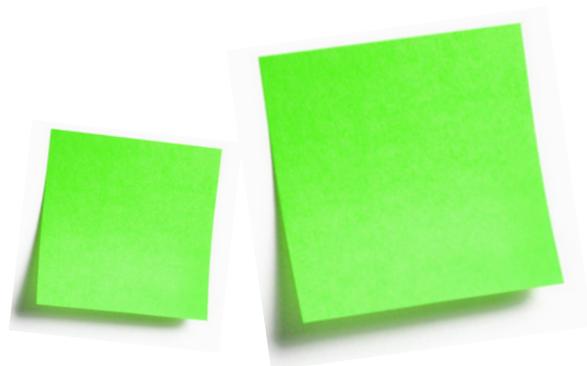
In the following panel, you will find a series of boxes with actions related to health literacy.

Review each of the proposed actions and place a green Post-it note on those that you consider good or positive for improving your health literacy.

INSTRUCTIONS FOR THE TRAINER:

Option 1: Project the entire panel with all the boxes (on the wall or on a screen that won't be damaged if you stick Post-it notes on it). You can find the full panel in page 16 and an separate additional document in horizontal format.

Option 2: Print each of the boxes (actions) on a A4 paper sheet and stick them all on the wall to create a mural. Trainees can stick the Post-it notes on the sheets of paper. You can find the separate sheets starting on page 4.



Read the leaflet or PIL with directions of use of a medication



Buy 10 boxes of
medicine so that I
never run out



Interpret the doctor's instructions on the prescription



Take all my medications
at once so I don't have
to remember when
each one is due



Check the expiration date of medications



Learn how to book an appointment with my doctor



Keep important documents about my health in order



Ask the doctor all my questions when I have a visit



Flush my leftover medicines down the toilet



Take medicines that I no longer need to the recycling point



Self-prescribe a medicine when I feel unwell



Knowing the things
that are good for my
health: nutrition,
physical activity...



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