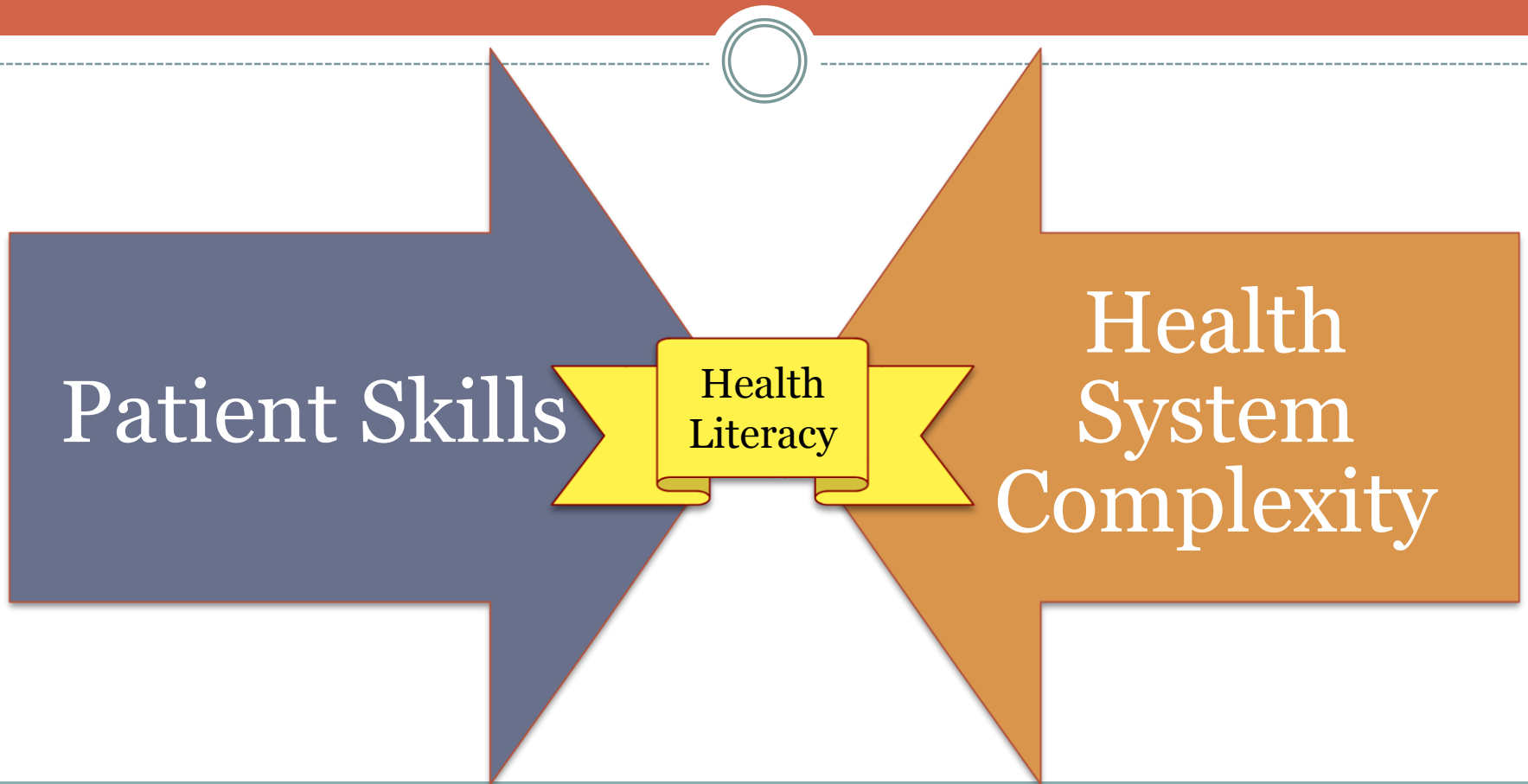


What is health literacy?





Document

Navigate appointment slip or nutrition label

Prose

Read discharge instructions or pharmacy insert

Quantitative

Compute amount of sodium in two servings of soup

Numeric

Understand risk

Tips for creating written material



Understandable

- Count syllables
- Limit jargon
- Pick useful fonts:
 - Serif font - body text
 - San serif font - headers
- Use bullets for lists
- Note contrast

Actionable

- Put key information first
- Limit content
- Preserve white space
- Pick graphics that reinforce text
- Use icon arrays