



# Achieving Health Equity Through Health Literacy

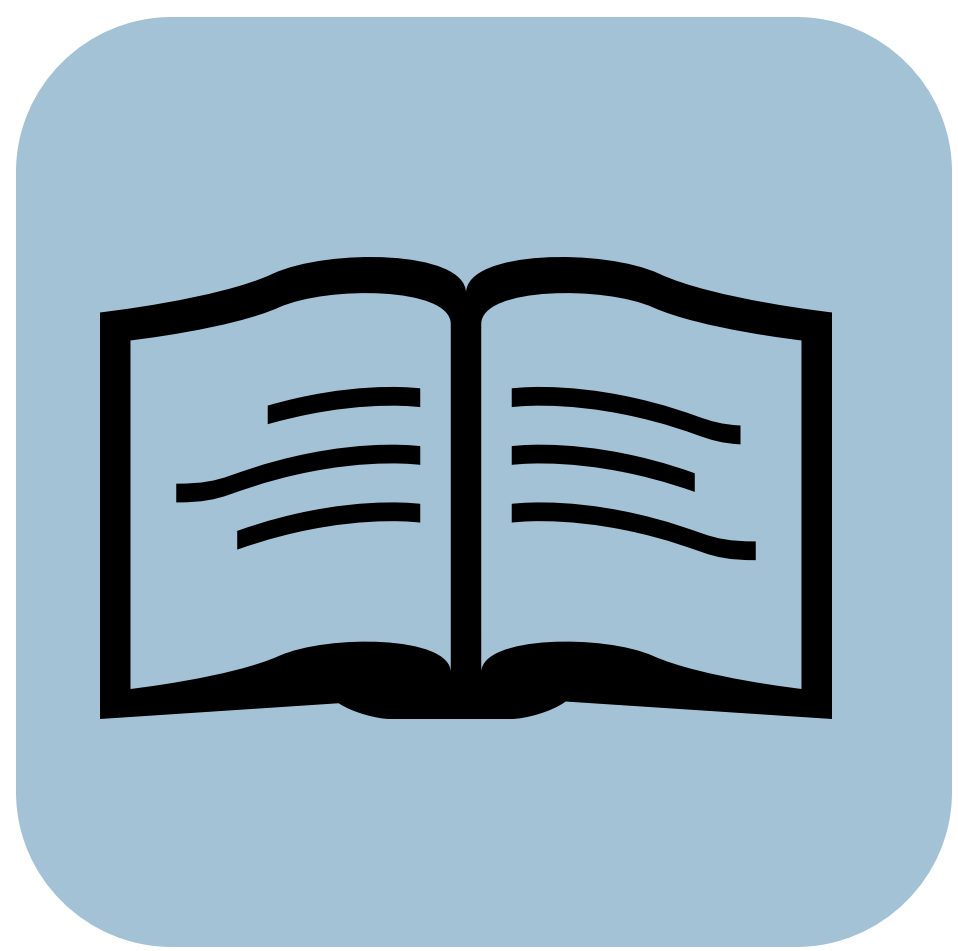
## What is Health Literacy?

A patient's ability to obtain, understand and act on health information, and the capacity of health care systems to communicate clearly, educate about health, and empower patients.

## What is Health Equity?

Removing unfair differences in health status or distribution of health resources between various populations which stem from the social environments where people are born, grow, live, and work.

## Social Factors That Affect Health Literacy



Education



Language



Culture



Age



Income Level

## Minnesota Health Literacy Action Plan

**Take action to improve communication and understanding**



Use plain language and readable formats to deliver clear and concise health information



Use a variety of formats to distribute materials



Work with community leaders and cultural groups to reach populations with limited health literacy