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# Health Literacy Month 2022: Back to Basics

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# Recap of Webinar 3

- Plain language is clear communication that your audience can read or understand the first time they read or see it
- History of plain language actions and initiatives
- Plain language can help avoid confusing medical jargon and advance health equity

# Webinar 4: Health Equity

- What is health equity?
- Examples of health inequities
- Vulnerable populations
- How can we advance and achieve health equity?



# What is health equity?

- Every person has the opportunity to attain their full health potential
- Removing **unfair differences** in health status or distribution of health resources between different groups of people that stem from social environments in which people are born, grow, live, work, and play



# Examples of health inequities

- Black infants are four times as likely to die from low birth weight complications compared to White infants
- LGBTQ individuals are more than twice as likely as heterosexual individuals to have a mental health disorder in their lifetime
- Latino children ages 10-17 have a higher obesity rate (19 percent) compared to White children (12 percent) and Asian children (7 percent) in this age group



# Vulnerable Populations

- Minority racial and ethnic groups
- LGBTQ individuals
- People with disabilities
- People with low income
- People with limited English proficiency
- Immigrants



# How can we advance and achieve health equity?

- Practice cultural humility in medical and public health settings
- Improve collection of race, ethnicity, language, disability status, and sexual orientation/gender identity (SOGI) data
- Include community members, leaders, and allies in policymaking process
- Provide language translation and interpretation services
- Devote research funding to investigating health disparities

# Conclusion

- Themes in this webinar series:
  - Health literacy
  - Plain language
  - Teach-Back Method
  - Health equity
- Presentations available on Minnesota Health Literacy Partnership website
- Check out Partnership's Facebook, LinkedIn, and Twitter channels for campaign content in October 2022
- **Thank you!**

