

Overview of Health Literacy

Advancing Health Literacy & Reducing Health Disparities in the District

C. Anneta Arno, PhD, MPH, Director, Office of Health Equity (OHE) at DC Health

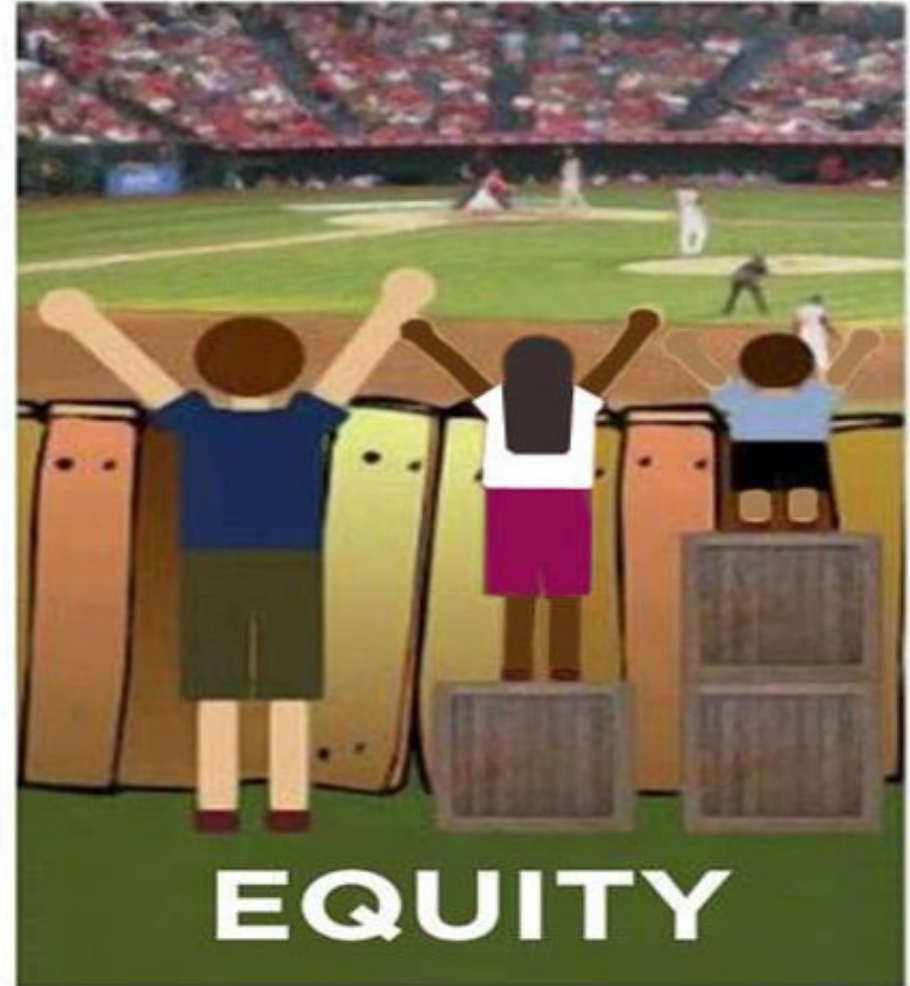
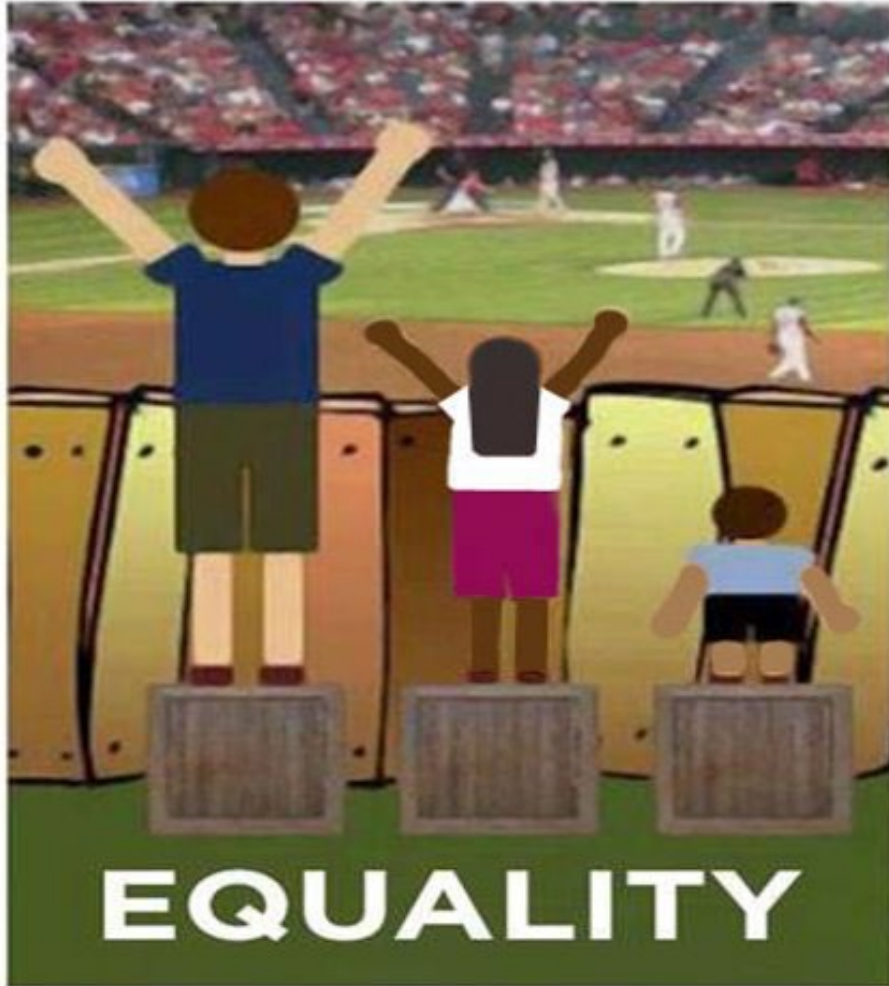
Objectives

- ▶ Know the relationship between health equity, health literacy, and the structural and social determinants of health
- ▶ Understand the new definitions and approach to health literacy
- ▶ Recognize the stakeholders who play a role in health literacy in the District
- ▶ Clarify YOUR role in these efforts

Health Equity 101

Unpacking Key Terms & Application to DC

Equity vs. Equality



What is Health?

HEALTH:

- “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

World Health Organization Constitution, 1948

What is Equity in Health?

Unpacking Key Terms:

HEALTH EQUITY: Full Definition

- IS the “*attainment of the highest level of health for all people.* Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address *avoidable inequalities, historical and contemporary injustices*, and the elimination of health and health care disparities.”

CDC Healthy People 2030, Dec 2020 -- [How Does Healthy People Define Health Equity and Health Disparities?](#)

What is Equity in Health?

Unpacking Key Terms:

HEALTH DISPARITIES:

- **IS** a particular type of health difference that is closely linked with **social, economic, and/or environmental disadvantage**.
- Health disparities adversely affect groups of people who have **systematically experienced greater obstacles** to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics **historically linked to discrimination or exclusion**.

CDC Healthy People 2030, Dec 2020 -- [How Does Healthy People Define Health Equity and Health Disparities?](#)

What is Equity in Health?

Unpacking Key Ideas: **SUMMARY**

HEALTH INEQUITY:

- “Differences in health outcomes that are systematic, avoidable, unnecessary, unfair and unjust.”

Whitehead, M. (1992)

Braveman, P. (2014)

HEALTH EQUITY:

- “Health equity is *assurance of the conditions for optimal health for all people*. Achieving health equity requires valuing all individuals and populations equally, recognizing and *rectifying historical injustice, and providing resources according to need.*”

Jones, Camara, P., (2014)

Knowledge Check

Any questions?

What is the difference between health disparities and health equity?

What are Social Determinants of Health?

Unpacking Key Terms:

Social Determinants of Health



Social Determinants of Health
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 Healthy People 2030

SOCIAL DETERMINANTS OF HEALTH: *US HHS Definition*

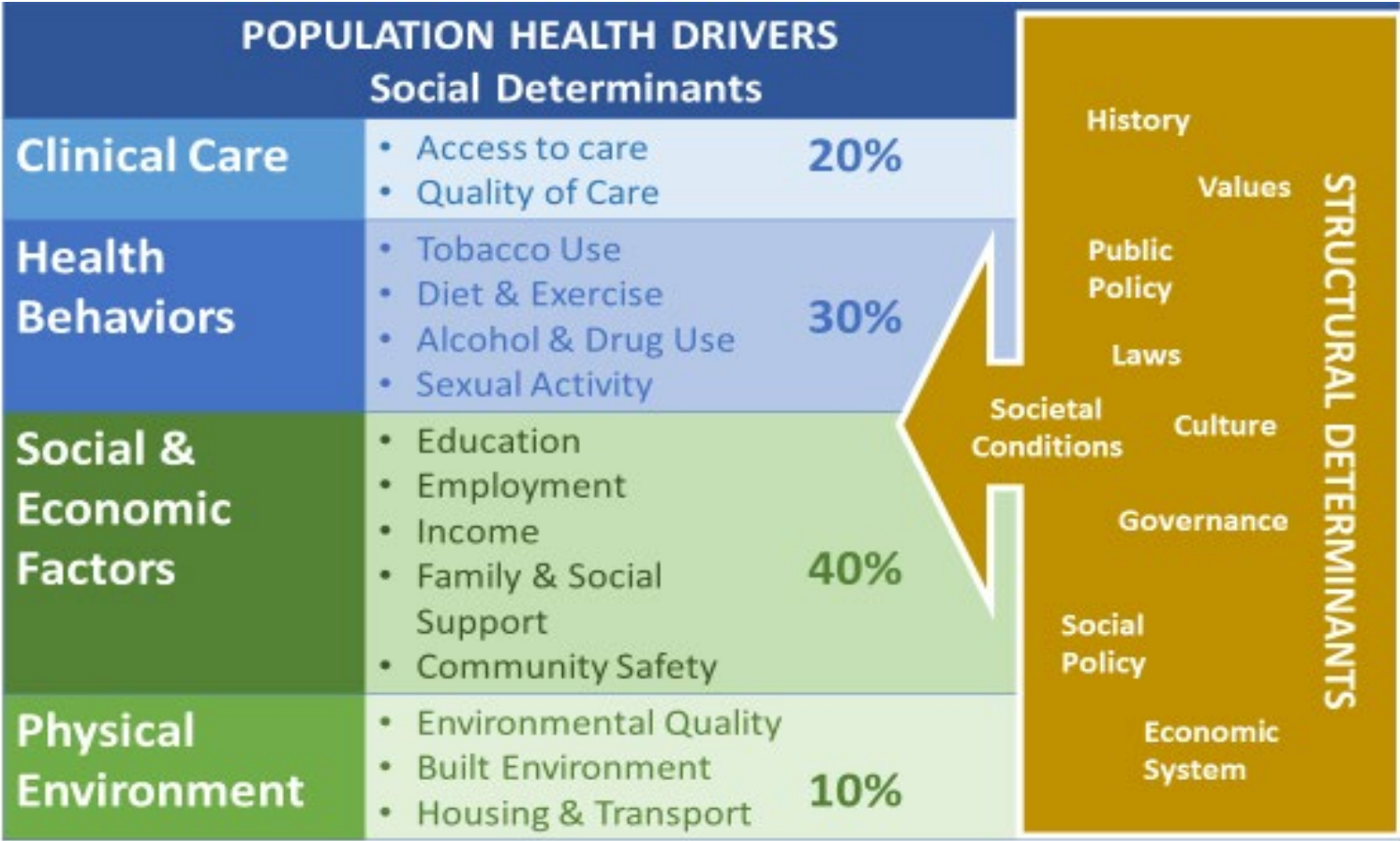
- **ARE** “the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.”

HHS Healthy People 2030: <https://health.gov/healthypeople/priority-areas/social-determinants-health>

DC Health Equity Report 2018: Frameworks

POPULATION HEALTH DRIVERS: SOCIAL & STRUCTURAL DETERMINANTS

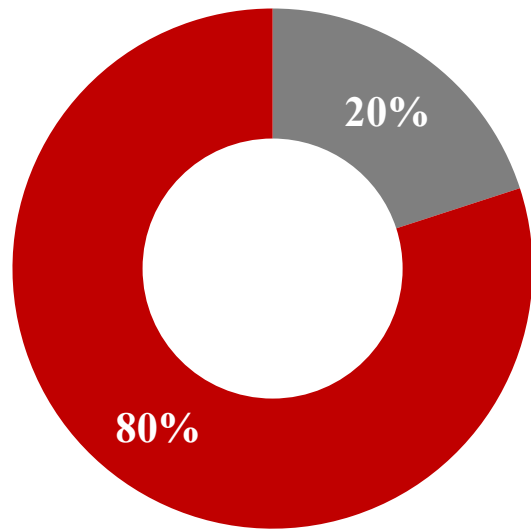
CAUSES



The CAUSES of the Causes

DC Health Equity Report 2018: Frameworks

Determinants of Health



- Clinical Care
- Non-Clinical Determinants

Health Equity 101: Key Insights

- ✓ Health is more than healthcare
- ✓ Health Inequities are neither natural nor inevitable
- ✓ Your zip-code may be more important than your genetic code for health
- ✓ The choices we make are shaped by the choices we have
- ✓ Structural Racism acts as a force in the distribution of opportunities for health
- ✓ All policy is health policy

DC Health Equity Report 2018: SUMMARY

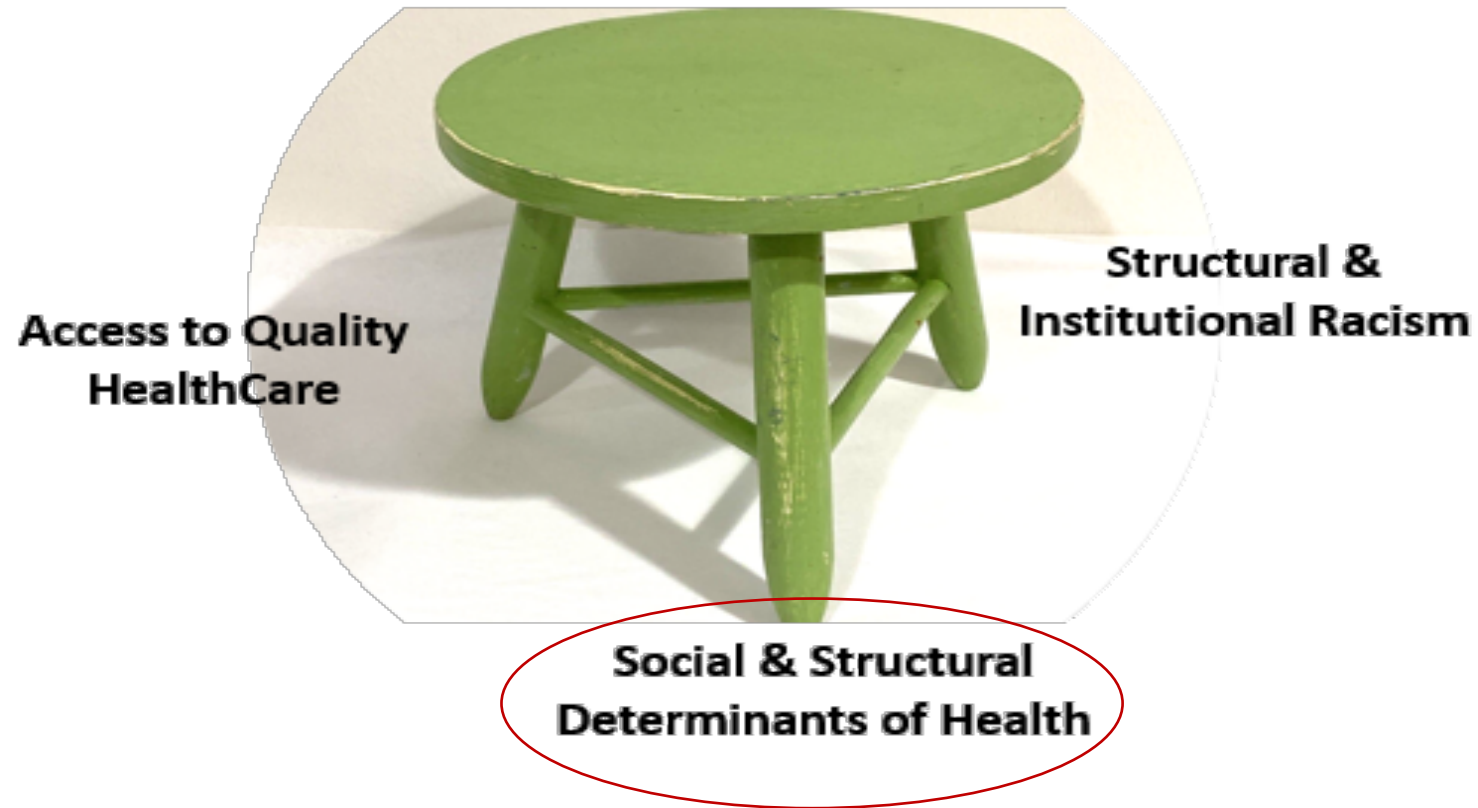
Differential Opportunities for Health in DC



Nine (9) Key Drivers & Interrelated Pathways

- ✓ Life expectancy at birth varies by 21 years across the 51-statistical neighborhoods
- ✓ More opportunities for health (positive outcomes) are concentrated in the neighborhoods with the longest life expectancy; and
 - The opposite is true for neighborhoods with the shortest life expectancy
- ✓ Overall, it is clear – **there are differential opportunities for health, by income, place and race**

INSIGHTS & FOCUS: Post-Pandemic 3-Legged Equity Stool



Knowledge Check

Any questions?

What are some social and structural determinants that your organization addresses?

Health Literacy 101

New Definitions, Real-World Applications & Opportunities

Health Literacy Defined

Personal Health Literacy

- **IS** the degree to which individuals have the ability to **find, understand**, and **use** information and services to inform health-related decisions and actions for themselves and others.

Organizational Health Literacy

- **IS** the degree to which organizations **equitably enable individuals** to **find, understand**, and **use** information and services to inform health-related decisions and actions for themselves and others.

Professional Health Literacy*

- **IS** how effectively health and other organizational professionals can **communicate** with and **support individuals and communities** to **access, understand** and **evaluate** health related information, as well as **obtain** needed services.

[Healthy People 2030 | health.gov](https://www.health.gov)

*DC Health simplified and developed the definition

Tell us in the chat or unmute your microphone...

- From what you just heard, what do you think are some reasons individuals have a hard time finding, understanding and using information/services to make health-related decisions?

Personal Health Literacy

- **IS** the degree to which individuals have the ability to *find*, *understand*, and *use* information and services to inform health-related decisions and actions for themselves and others.

Tell us in the chat or unmute your microphone...

- How do you think **organizations** can help individuals with finding, understanding and using health information and services?

Organizational Health Literacy

- **IS** the degree to which organizations *equitably enable* *individuals* to **find, understand,** and use information and services to inform health-related decisions and actions for themselves and others.

Tell us in the chat or unmute your microphone...

- How do you think **professionals** can communicate with individuals to access, understand, evaluate and obtain health information and services?

Professional Health Literacy*

- **IS** how effectively health and other organizational professionals can **communicate** with and **support individuals and communities** to **access, understand** and **evaluate** health related information, as well as **obtain** needed services.

Health Literacy Universal Precautions

Health literacy universal precautions are aimed at:

- ✓ Simplifying communication with and confirming comprehension for all patients, so that the risk of miscommunication is minimized
- ✓ Making the medical office environment and healthcare system easier to navigate
- ✓ Supporting patients' efforts to improve their health

[AHRQ Health Literacy Universal Precautions Toolkit, 2nd Edition](#)

10 Attributes of a Health Literate Healthcare Organization

A health literate **healthcare** organization: #s 1-5

1. Has leadership that makes health literacy integral to its mission, structure, and operations.
2. Integrates health literacy into planning, evaluation measures, patient safety, and quality improvement.
3. Prepares the workforce to be health literate and monitors progress.
4. Includes populations served in the design, implementation, and evaluation of health information and services.
5. Meets the needs of populations with a range of health literacy skills while avoiding stigmatization.

[Ten Attributes of Health Literate Health Care Organizations | Agency for Healthcare Research and Quality \(ahrq.gov\)](#)

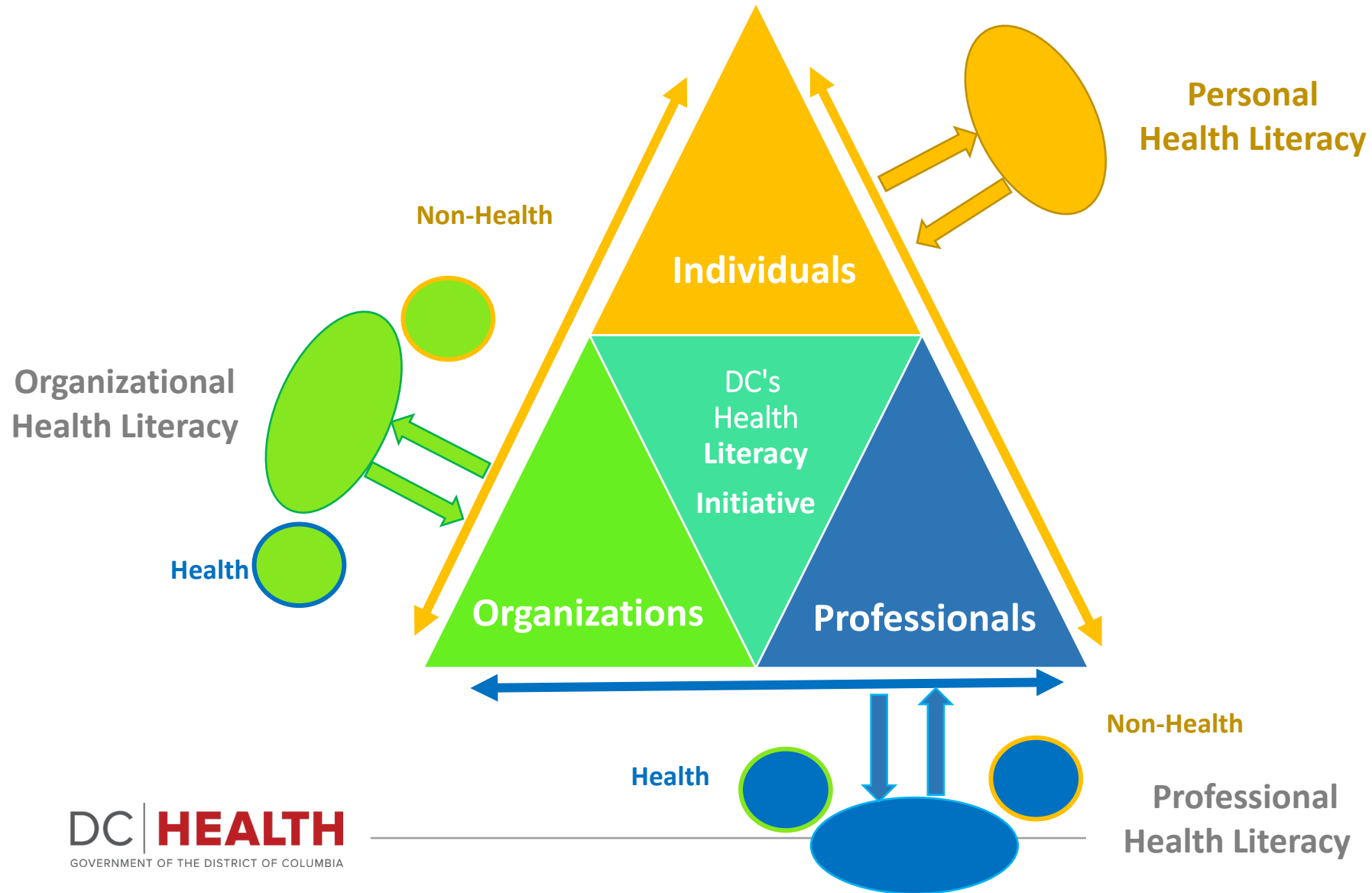
10 Attributes of a Health Literate Healthcare Organization

A health literate **healthcare** organization: #s 6-10

6. Uses health literacy strategies in interpersonal communications and confirms understanding at all points of contact.
7. Provides easy access to health information and services and navigation assistance.
8. Designs and distributes print, audiovisual, and social media content that is easy to understand and act on.
9. Addresses health literacy in high-risk situations, including care transitions and communications about medicines.
10. Communicates clearly what health plans cover and what individuals will have to pay for services.

[Ten Attributes of Health Literate Health Care Organizations | Agency for Healthcare Research and Quality \(ahrq.gov\)](#)

District Health Literacy Strategy: **Tri-Focal Audiences**



Video: 5 Things to Know About Health Literacy





Video Debrief

- Having watched the video, **what strikes you?**
- Do you **see yourself** in the video?
- Do you see **your organization?**

Health Literacy & Non-Health Partners

Role of Health Literate Non-Health Organizations

Discussion

- How do you see your role and the role of your organization when thinking about health literacy?

HealthCare Organizations

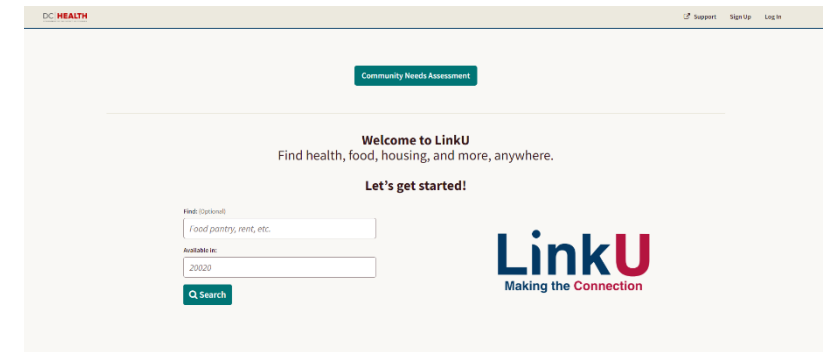
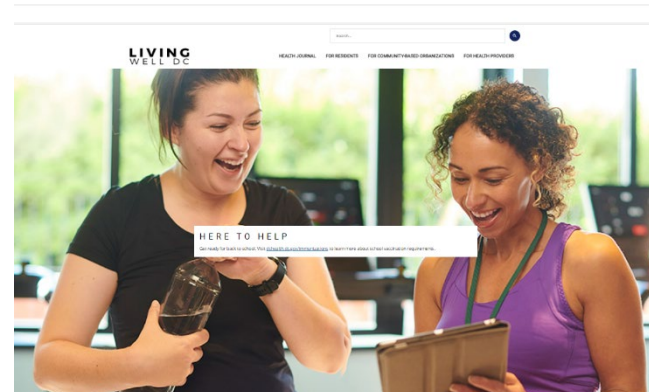
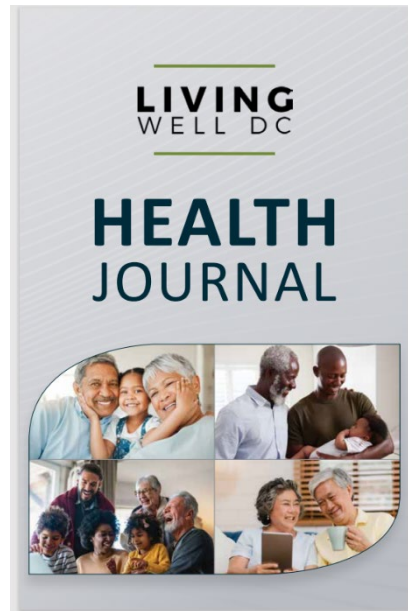


Non-Health Organizations



Non-Health Organizations: A Unique Role as BRIDGE*

- Preventive Care
 - Annual Visits
 - Immunizations
- Understanding Health Insurance
- Connection to Resources
 - [Health Journal](#)
 - [Living Well DC Health Portal](#)
 - [Link U](#)



Co-Creating A Non-Health OHL Model

Role of Health Literate Non-Health CBO Organizations

GOAL: *Coming soon...*

Co-creating the Organizational Health Literacy Model for non-health Community Based Organizations

- From Scope Workplans:
 - Develop, refine, and share workflow with DC Health to inform development of Organizational HL Model
 - Partner with DC Health in developing HL organizational plan



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899 North Capitol Street NE, 5th Fl, Washington, DC 20002

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DC Health

For more information on the District's COVID-19 response, visit coronavirus.dc.gov