

Health Literacy



 **SHAKE WELL**
©1976

HS

NOON **NOON HS**

NOON PM HS

PM HS

DO NOT DRINK

IMPORTANT
FINISH ALL THIS MEDICATION UNLESS OTHERWISE DIRECTED BY PRESCRIBER ©1976

TAKE MEDICATION ON AN EMPTY STOMACH
1 HOUR BEFORE OR 2 TO 3 HOURS AFTER A MEAL UNLESS OTHERWISE DIRECTED BY YOUR DOCTOR ©1976

DO NOT TAKE DAIRY PRODUCTS, ANTACIDS, OR IRON PREPARATIONS WITHIN ONE HOUR OF THIS MEDICATION. ©1969

CAUTION SHOULD BE WITH PLENTY OF WATER ©1976

MAY CAUSE DISCOLORATION
OF URINE OR FECS ©1976

IT MAY BE ADVISABLE TO DRINK A FULL GLASS OF ORANGE JUICE OR EAT A BANANA DAILY WHILE TAKING THIS MEDICATION. ©1976

DO NOT DRINK ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION. ©1976

SOME PEOPLE MAY EXPERIENCE DROWSINESS OR DIZZINESS WHEN OPERATING A CAR OR HEAVY MACHINERY. ©1976

TAKE WITH FOOD ©1990

YOU SHOULD AVOID PROLONGED OR EXCESSIVE EXPOSURE TO DIRECT AND/OR ARTIFICIAL SUNLIGHT WHILE TAKING THIS MEDICATION. ©1976

REFRIGERATE-SHAKE WELL DISCARD AFTER ©1976

IT IS VERY IMPORTANT THAT YOU TAKE THIS EXACTLY AS DIRECTED UNLESS OTHERWISE INSTRUCTED BY YOUR DOCTOR. ©1976

OBTAIN MEDICAL ADVICE BEFORE TAKING NONPRESCRIPTION DRUGS. SOME MAY AFFECT THE ACTION OF THIS MEDICATION. ©1976

MAY CAUSE DROWSINESS OR DIZZINESS ©1976

This drug may impair the ability to drive or operate machinery. Do not drink alcohol while you become drowsy. ©1976

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ACCORDING TO LAW THIS PRESCRIPTION CANNOT BE REFILLED NOR CASHED ©1976

THIS PRESCRIPTION CAN ONLY BE REFILLED BY AUTHORITY OF YOUR PHYSICIAN ©1976

NOT TO BE TAKEN BY MOUTH ©1976

KEEP IN REFRIGERATOR DO NOT FREEZE ©1976

FOR THE EYE ©1976

FOR THE EYE ©1976

KEEP OUT OF REACH OF CHILDREN ©1976

THIS PRESCRIPTION MAY BE REFILLED ©1976

PRESCRIPTION MUST BE REFILLED TIMES ©1976

FOR THE NOSE ©1976

FOR THE EAR ©1976

THIS PRESCRIPTION CANNOT BE REFILLED ©1976

DO NOT USE AFTER Date _____ ©1976

YOUR PRESCRIPTION HAS BEEN GIVEN A NEW NUMBER. PLEASE USE THIS WHEN REORDERING. PLEASE NOTE ©1976

UNUSED PORTION expiration date of ©1976

THIS PRESCRIPTION IS NOT FULL EXACT AMOUNT ORDERED BY THE PHYSICIAN ©1976

Working for a Healthy Oklahoma

Health Literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.



The Facts

In 2014, the 25th annual *America's Health Rankings*® (produced by United Health Foundation) ranked **Oklahoma in the bottom five least healthy states, 46th overall**—a drop of two places from the previous year. The study cites increases in smoking, obesity, diabetes, as well as limited availability of primary care physicians, and low use of prenatal care as causes for the low ranking.

The *Centers for Disease Control and Prevention* has said that **nearly 9 out of ten Oklahoma adults have difficulty using the everyday health information** that is routinely available in healthcare facilities, retail outlets, media, and communities.

What makes Health Literacy Important?

The *American Medical Association Foundation* has said that **poor health literacy is a stronger predictor of a person's health** than his age, socioeconomic status, education, or ethnicity.

According to the *U.S. Department of Health and Human Services*, **persons with limited literacy skills are more likely to have chronic conditions** such as high blood pressure, diabetes, or asthma, and are less likely to manage them effectively.

The *Institute for Medicine's Board of Neuroscience and Health* has found that **adults need basic health literacy skills** to speak with medical professionals, access health information, follow dosage instructions, make informed health decisions, and to use medical tools for personal and family health care.

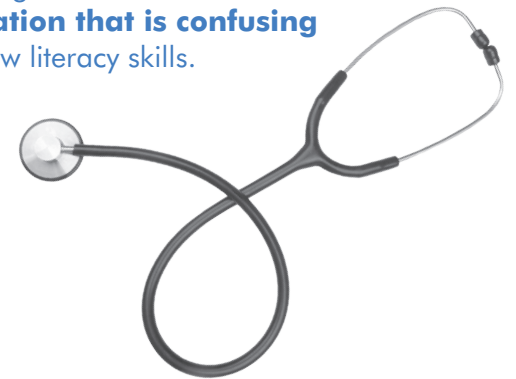
How can Oklahoma address health literacy?

The literacy and education communities can

- provide access to **reliable health information written at a basic reading level**.
- host **learner in-services** on health topics.
- **network with the health community** to address the needs of adults with low reading and low English skills.

The health community can

- **use clear communication techniques** when talking with low literate patients.
- use print **materials written at a basic level**, with pictures, large print, and plenty of white space.
- work with literacy programs and adult learners to **identify information that is confusing** to individuals with low literacy skills.



Resource

Quick Guide to Health Literacy
www.health.gov/communication/literacy/quickguide



For a fact sheet on health literacy please visit the Oklahoma Literacy Resource Office webpage *Literacy Fact Sheet: Health Literacy*—goo.gl/qmfFV

For information on the Oklahoma Literacy Resource Office and the state's literacy efforts contact **Leslie Gelders** at 800-522-8116 or visit odl.state.ok.us/literacy

Oklahoma Health Literacy Clearinghouse
www.okhealthequity.org

For information on
Oklahoma's health ranking
www.americashealthrankings.org/OK

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LITERACY RESOURCE OFFICE

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