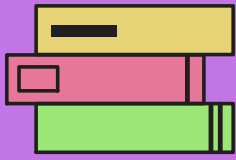
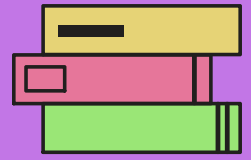


Blood Pressure Control: What Matters?

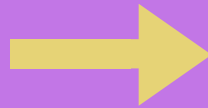


Health Literacy



Why

To actively participate in their medical care, patients must have the ability to understand basic health care information. Low health literacy is linked to poor health outcomes.



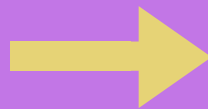
What

Around 1 in 7 adults cannot read or understand medical information, which prevents them from fully engaging in their care. Providers often compound the issue by using medical jargon. This is especially difficult for those with limited English proficiency.

How

Use plain language

- Avoid technical terms
- Break complex information into small pieces
- Use active voice
- Provide illustrations
- Patient education materials should be written at no higher than a sixth grade reading level



Use the teach back method to ensure a patient's comprehension of their care plan.

For more information, visit the Agency for Healthcare Research and Quality's Health Literacy Toolkit at ahrq.gov