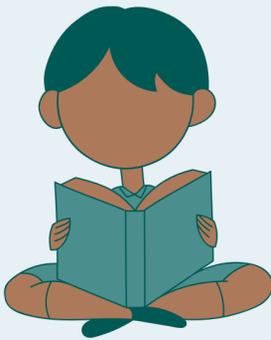


Literacy and Health: Making the Connection

Almost half of Canadians struggle with literacy. About one in five (17%) have extremely low literacy.

What is literacy?

"Literacy is ... a means of identification, understanding, interpretation, creation, and communication in an increasingly digital, text-mediated, information-rich and fast-changing world." - UNESCO[i]



Daily health and well-being

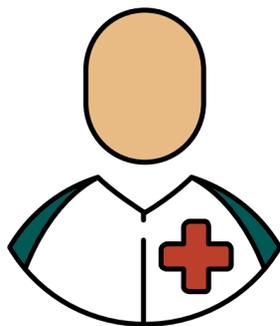
People in Canada often encounter written material that provides health information, including

- prescription directions
- handwashing instructions
- workplace health and safety protocols



Strong literacy skills help people to...

- communicate effectively with doctors, nurses, and other healthcare workers
- make sense of complex medical systems, instructions, and terminologies
- make informed decisions about medication, treatments, and other health-related concerns



The Public Health Agency of Canada

- confirms that literacy is a determinant of health[iii]

In other words, having the skills to read and understand health and safety information is a key part of being healthy.



Research shows

- that people in Canada with higher levels of literacy, numeracy, and problem-solving skills report better health and stronger connections with their communities and society.
- the higher your literacy level, the less likely poor health will prevent you from attending work or school.
- the more education you have, the more likely you are to feel healthy.[ii]



Frontier College

Frontier College is a national charitable literacy organization leading Canada's transformational literacy movement. We work with volunteers, partners, and communities to ensure that everyone has access to effective, literacy-based learning that empowers them with the capabilities and confidence they need to realize their goals.

frontiercollege.ca

[i] United Nations Education Scientific and Cultural Organization (en.unesco.org/themes/literacy)

[ii] Alexander, Craig, for TD Bank Financial Group. "Literacy Matters: Helping newcomers unlock their potential." 28 September 2009. Web. 5 March 2018.

[iii] Public Health Agency of Canada. "Health Status of Canadians 2016: A report of the Chief Public Health Officer." 15 December 2016. Web. 5 March 2018.