

# Health Literacy

A persons ability to access, understand, appraise and apply health information.



more than 50% of Australian's have limited health literacy.

Limited health literacy effects peoples ability to:



Find



Understand

Use



health information and services

## Questions?

No question is a silly question when it comes to your health



What are my options?

What are the risks of these options?

How likely are they to happen to me?

What happens if I don't do anything?

What are the costs involved?

Will I need support?

