

15 Ways to Start Improving Your Health Literacy

1. Ask questions. Don't be afraid to ask health care providers to explain anything you don't understand.
2. Schedule regular doctor and dentist appointments for you and your children.
3. Read a pamphlet or magazine article about how to stay healthy.
4. Keep a journal of your medical visits and instructions from health care providers.
5. Use your journal to write down questions for your health care provider before your appointments.
6. Find out if there are health conditions, such as diabetes, that are common in your family or community. What are the symptoms?
7. Ask an elder what they do to keep healthy.
8. List the three most important things you do to maintain your mental health.
9. List all your medications, including vitamins. List any allergies.
10. Think about what you usually eat at meals.
11. Make sure you and your children are getting enough exercise. Children need at **least** one hour of physical activity a day. This can be walking to school, playing outside at recess, or even helping with chores around the house.
12. Be a good example. Encourage your children to read and practice reading and writing daily.
13. Increase your health vocabulary. Learn the name of a disease or part of the body.
14. Bring a family member or friend with you to your medical appointments.
15. Small changes in your lifestyle help! To start on the road to better health and better health literacy, start with small changes and then build up.

