

Health Literacy is the theme for 2014 NWT Literacy Week

Media Release

September 5, 2014 – The theme for Literacy Week (September 21-27) this year is Literacy: Our health depends on it! The NWT Literacy Council urges people to consider the connections between health and literacy.

There are at least three links between health and literacy. First, good health and healthy lifestyles are necessary for us to learn: that's why we care if students have a good breakfast before they reach their classroom each morning.

Second; good health and a good education lead to jobs. "We also know that literacy and education levels impact our income and employment opportunities. Higher literacy levels and education contribute to better health outcomes," says literacy coordinator Katie Randall.

Finally, our health literacy influences our ability to access, understand and use health information and services to make decisions that maintain our health. It also impacts how well we communicate with health workers.

"Health literacy also has implications for the medical profession and how well it uses plain language and clear design to help people access and understand the health system," adds Katie.

During 2014 NWT Literacy Week schools, early childhood education programs and Community Learning Centres are among the organizations celebrating health literacy. Contact them or your Aboriginal or community government to find out what's happening where you live.

You can also contact the NWT Literacy Council for ideas and resources.

For more information contact:

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