What is Health Literacy?
Health literacy is the degree to which a person has the capacity to obtain, communicate, process, and understand basic health information and services in order to make appropriate health decisions.

NIH Findings
- Everyone, regardless of the level of education, can misunderstand health information, especially in emotionally charged situations.
- In almost all cases, physicians and other health professionals, try to and believe they are, communicating accurate information.
- Patients are sometimes embarrassed to ask questions to confirm they have actually understood the information.
- It is increasingly difficult for people to separate evidence-based information, especially online, from misleading ads and gimmicks.

Healthy People 2020 Objective:
In 2014, 58% of websites met 3 or more evaluative criteria for accessing info. reliability. By 2020 the target is 70.5%.

References:
Stony Brook University Health Sciences Library - ClinicalTrials.gov
National Network of Libraries of Medicine - Middle Atlantic Region: "improve the public’s access to information so they can make informed decisions about their health."

Stony Brook University Health Sciences Library:
Future outreach plans to provide reliable health information to our community include:
- Partnership with CAPS
- Workshops/presentations
- Instruction to Clinicians
- Attend community health events
- Participate in local Health Literacy Initiatives

Outreach:
Health Sciences Library staff conducting outreach to inform patients about consumer health resources.

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