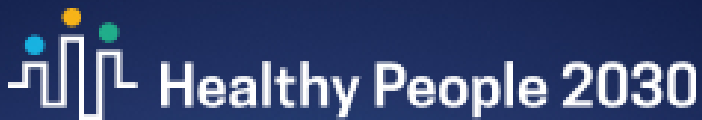


Coalition Connect

The latest news from the
Utah Health Literacy Coalition

Health literacy, an overarching goal of Healthy People 2030

Healthy People 2030



OASH

Office of
Disease Prevention
and Health Promotion

Health literacy is a central focus of Healthy People 2030.

One of the initiative's [overarching goals](#) demonstrates this focus: "Eliminate health disparities,

achieve health equity, and attain health literacy to improve the health and well-being of all." There are six Healthy People objectives related to health literacy. Healthy People 2030 addresses personal and organizational health literacy. The new definitions:

- Emphasize people's ability to use health information rather than just understand it
- Focus on the ability to make "well-informed" decisions rather than "appropriate" ones
- Incorporate a public health perspective
- Acknowledge that organizations have a responsibility to address health literacy

[watch HERE](#)

In this newsletter you will find:



Upcoming events, Coalition Updates, Helpful Tools, Health literacy tips, Recent research & Member spotlight. Keep Reading!



[Follow us on LinkedIn](#)

UHLC website coming soon!
UtahHealthLiteracy.org

Upcoming Events

Utah Health Literacy Coalition Learning sessions



Dec 9th 2:00-2:45 pm **Personal Health Literacy**
2025 calendar of events **TBD**

Health Literacy Insights for Strengthening Access, Services, and Care



SCHOOL OF
PUBLIC HEALTH

HOROWITZ CENTER FOR HEALTH LITERACY

Date: Dec 2 **Time:** 8:00 -10:30 AM

Location: Webinar

How we can increase people's access to health information, services and care through attention to critical characteristics of our health organizations and systems.

REGISTER NOW

Sleep Health Webinar



Date: Dec 4 **Time:** 10:00 -10:30 AM

Advent Health University Health Literacy Webinar Series
2024 . Jessica Daly, Librarian and health literacy educator



How Diet-Health Misinformation Gets Ultraprocessed

Date: Dec 11 **Time:** 1:00 – 3:00 pm **Location:** Virtual conference

The global food industry manipulates science, trusted experts, and media to prioritize profit over public and planetary health, creating widespread misinformation that skews dietary guidelines and public policies, as highlighted in this symposium by True Health Initiative



True Health Initiative

REGISTER NOW

CHW and Health Literacy 101 & 102 Webinars

REGISTER NOW



Date: Jan 16 & 23 **Time:** 1:00-2:00pm **Location:** Webinar

Session 101 will introduce health literacy and how it affects the health of individuals and communities.

Session 102 CHWs will learn about using "teach-back" to ensure their clients' learning and comprehension of new material.

Health Information Week Leeds: Health Literacy Awareness



Date: Jan 31 **Time:** 6:00- 7:00 am **Location:** Webinar

The one hour session highlights some of the barriers that affect people's understanding and use of health information.

REGISTER NOW

Utah Health Literacy Coalition Updates

New UHLC Leadership

Meet the Utah Health Literacy Coalition Leadership group for 2025-2027



UTAH HEALTH LITERACY COALITION CO-CHAIRS

Amber Lee Hall works at University of Utah as a Senior Operations Project Manager/Patient Education Program.



Luisa Hansen works at Utah Department of Health and Human Services as a Public Information Officer.



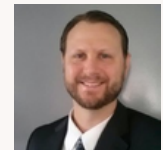
ADVOCACY AND POLICY WORKGROUP LEAD

Ofa Matagi works at the Utah Pacific Islander Health Coalition as the Executive Director



NETWORKING WORKGROUP LEAD

Josh Clemens works at Salt Lake County Library System as the Senior Librarian for Health Outreach



TRAINING & RESOURCES WORKGROUP LEAD

George Strawley represents the Network of the National Library of Medicine as an engagement specialist and works at the University of Utah as an Associate Librarian



Utah Health Literacy Coalition Updates

3rd Annual Convening

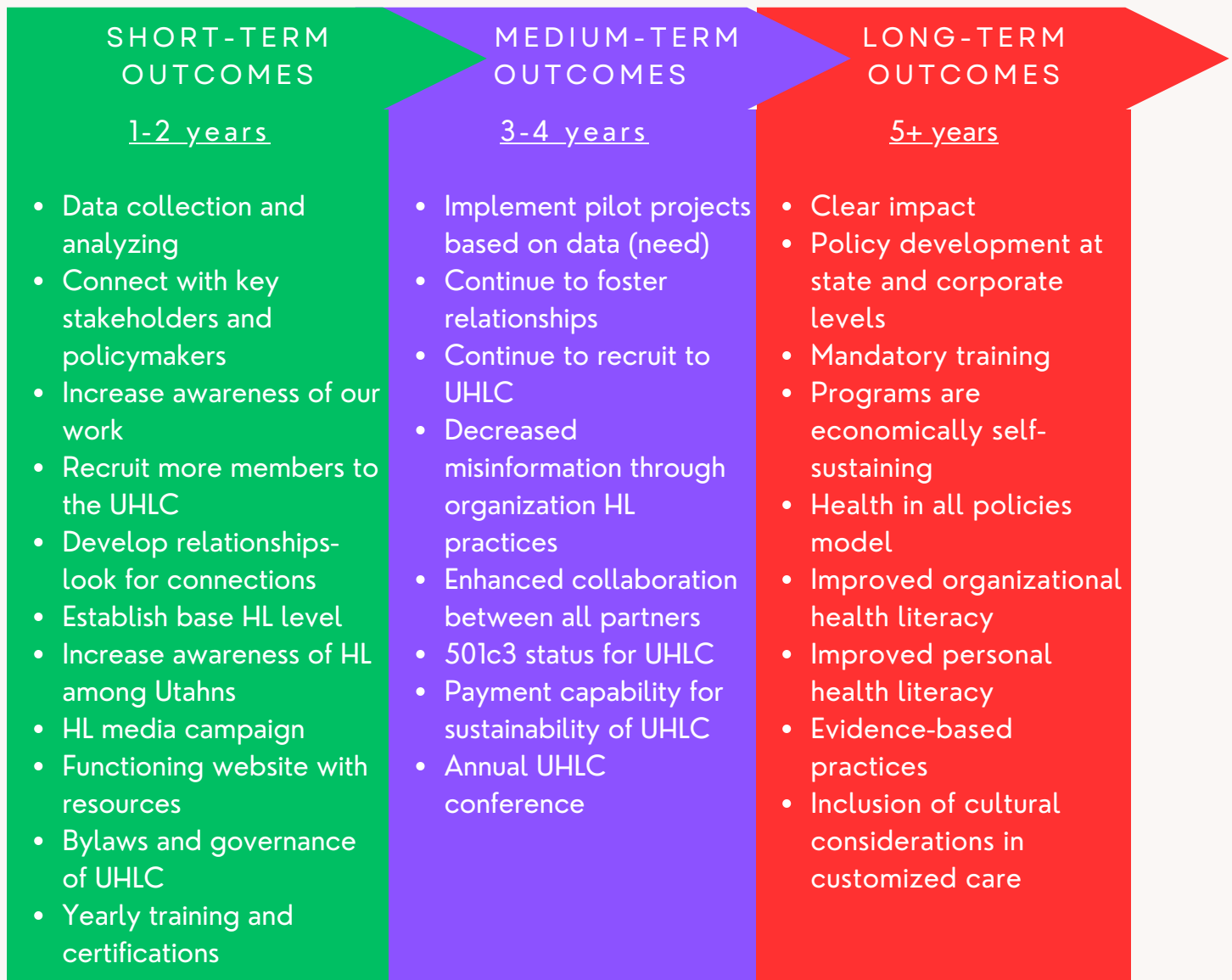
At this years convening, individuals divided into group to develop possible logic models, that could guide the coalition for the next two years.



Utah Health Literacy Coalition Updates

3rd Annual Convening

At this years convening, individuals divided into group to develop possible logic models, that could guide the coalition for the next two years.



IMPACT

- Reduced health disparities through improved access to health information
- More inclusive communication/communities
- A health workforce that better reflects the people they serve (language, culture)
- Systemic changes within Utahs top organizations

Helpful Tools



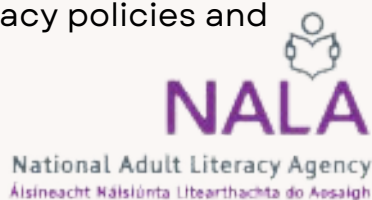
Check out these helpful tools for improving health literacy

[International Handbook of Health Literacy](#) (select download full text)

- Research into health literacy: an overview of recent developments
- Programmes and interventions to promote health literacy
- Policy Programmes to promote health literacy
- Future dialogues and new perspectives

[Health Literacy Policy and Strategy: Research Report for National Adult Literacy Agency](#)

- Literature Review
- Interviews with literacy learner groups
- Interviews with health professionals
- Health literacy policies and strategies



[Health Literacy Universal Precautions Toolkits 3rd ed.](#)

- Start on the Path to Improvement
- Improve Spoken Communication
- Improve Written Communication
- Improve Self-Management and Empowerment
- Improve Supportive System



Health Literacy Tip

23 tools for using health literacy universal precautions

Agency for Healthcare Research and Quality

[Read more here](#)



1. Form a team.
2. Assess organizational health literacy and create a health literacy improvement plan.



3. Raise awareness.
4. Communicate clearly.
5. Use the teach-back method.
6. Follow Up.



7. Be easy to reach.
8. Conduct brown bag reviews.
9. Address language differences.



10. Consider culture.
11. Assess, select, and create easy-to-understand materials.
12. Use health education materials effectively.



13. Welcome clients/patients.
14. Encourage questions.
15. Make action plans.
16. Help patients/clients take medicine correctly.



17. Get feedback.
18. Attend to social needs.
19. Help clients/patients pay less for medications.
20. Connect clients/patients with literacy and math resources.
21. Make referrals easy
22. Include family and friends.
23. Talk about costs.

Research

[New Direction for Health Literacy Research](#)

Health literacy research has grown significantly, but it remains focused on recurring themes such as limited health literacy, its impact on health outcomes, the complexity of health information, and the creation of screening tools. Experts and global initiatives emphasize expanding efforts to improve health literacy at both personal and organizational levels, linking it to health equity and sustainable development. Advancing the field requires innovative, systematic strategies to build health literacy capacity across all sectors. [Read more](#)



[Updating Health Literacy for 2030: Defining its Importance for a new Decade in Public Health](#)



Personal and organizational health literacy significantly impact an individual's ability to understand diagnoses, treatments, and lifestyle changes for healthier living. Healthy People 2030 introduces two complementary health literacy definitions, providing measurable ways to track progress in both individual and organizational health literacy. These definitions support efforts to eliminate health disparities, achieve health equity, and advance health literacy, contributing to improved health and well-being nationwide. [Read more](#)

[Promoting Health Literacy by using the Health Literacy Universal Precautions Toolkits: A Reflective Study](#)

The AHRQ HLUP provides recommendations for promoting health literacy across five dimensions: preparation, oral and written communication, self-management, and support systems. Its tools, such as using clear language, designing understandable materials, and employing experiential strategies, aim to help individuals build skills and confidence to make informed health decisions. The toolkits offer evidence-based guidance for professionals to effectively enhance health literacy education.



[Read more](#)

Member Spotlight

George Strawley, MLIS, AHIP

Engagement Specialist / Associate Librarian

Network of the National Library of Medicine / University of Utah



Why did you join the Utah Health Literacy Coalition? Although several states have some sort of health literacy group operating within their boundaries, only a few have a health literacy coalition. From the first UHLC meeting I attended eight years ago, I saw that this group had a core of professionals with a range of credentials and backgrounds dedicated to the goal of giving people the information and skills they need to live healthy lives. It's this grass-roots, creative effort in the interest of serving the people of Utah that keeps me drawn to UHLC.

Briefly explain some health literacy projects you have worked on this year.

Most of my work with the Network of the National Library of Medicine involves providing professional training and funding to libraries and community organizations to support health information and health literacy. One such project reviewed the information resources available on Mullerian anomalies, a set of conditions of the uterus estimated to affect 5 to 7% of the female population. The researchers' hope is that the work will lead to the development of more accessible, patient-friendly resources on the topic. Another Utah-focused project brought students from the Noorda College of Osteopathic Medicine into libraries and assisted-living facilities to talk to older adults about osteoporosis.

Both of those projects experienced success, but they still have a way to go. The researchers responsible for the Mullerian anomalies project completed their assessment of what is available and are pursuing more funding to develop their resources. Noorda College had good attendance at its events, and organizers are considering what to do next.

What is your favorite part of being part of the Utah Health Literacy Coalition?

Really it is the networking. I get a chance to connect with a breadth of health information professionals who understand why health literacy is a little-known but very important factor in people's well-being and the healthcare system at large. I have yet to find an organization that has quite this mix of people from different professions who have essentially the same mission.