



## Coalition Connect

The latest news from the  
Utah Health Literacy Coalition

# Health literacy in the classroom



This video from Monash University introduces the concept of health literacy within the Health and Physical Education curriculum.

Health literacy is framed not only as the ability to access and understand

health information but also as the way individuals express, advocate for, and navigate their own and others' health. The video emphasizes that health literacy should be dynamic, engaging, and relevant to students' lives. Teachers are encouraged to move beyond textbook definitions and use real-life scenarios, case studies, and role plays to make lessons meaningful. By linking health literacy to students' current experiences and potential futures, educators can support the development of critical thinking and decision-making skills across physical, emotional, and social domains. This strength-based approach fosters resilience and helps young people recognize their assets in managing health challenges.

[Watch HERE](#)

### In this newsletter you will find:



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



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**UHLC website coming soon!**  
**UtahHealthLiteracy.org**

# Upcoming Events

## Utah Health Literacy Coalition Learning session



### Did They Get It? Mastering the Teach-Back Method for Any Setting

**Date:** June 20 **Time:** 10:00 am Whether you're a health educator, case manager, community advocate, or outreach worker, clear communication matters. The Teach-Back Method helps ensure your clients truly understand the health information you share.

## Discovering Library Science & Health Literacy

REGISTER NOW



National Library of Medicine  
Network of the National Library of Medicine

**Date:** June 18 **Time:** 12:00-1:00pm **Location:** Virtual

This webinar presents a curriculum aimed at educating high school students about the library science profession and equipping them with foundational skills in health literacy.

## CHW Continuing Education Trainings - Digital literacy

REGISTER NOW



**Date:** June 19/20 or July 9/10 **Location:** Virtual webinar

This 2-day (3 hour each day) online Digital Literacy Training is designed to equip CHWs with the skills necessary for evaluating, preparing, and sharing data and information with clients and communities.

## From Data to Knowledge to Equitable Health Transformation in the Age of AI

REGISTER NOW



National Library of Medicine  
Network of the National Library of Medicine

**Date:** June 23 **Time:** 12:00 - 1:00 pm **Location:** Virtual

In this session, experts will talk about how sharing health information fairly can improve care, boost health understanding, and help build a future where everyone has a better chance at good health.

## Providing Whole-Person Care by Addressing Patients' Social and Economic Well-being

REGISTER NOW



**Date:** 26th **Time:** 12:00 - 1:00 pm **Location:** Virtual

This session highlights how MaineHealth and Children's Hospital Colorado created innovative systems to screen for patients' social needs and ensure effective follow-up through strong community partnerships and tailored referral programs.

## 2025 National Conference on Health Communication, Marketing and Media

REGISTER NOW



**Date:** July 28-30 **Location:** Atlanta, GA

Join a health communication professionals to share real-world strategies, case studies, and tools for improving communication, outreach, and trust—especially in resource-limited settings.

# Helpful Tools



Check out these helpful tools for improving health literacy

## [Health Education Curriculum Analysis Tool \(HECAT\)](#)

The HECAT results can help schools:

- Select or develop appropriate and effective health education curricula.
- Strengthen the delivery of health education.
- Improve the ability of health educators to influence healthy behaviors and outcomes among students.

## [National Institute of Health Interactive Health Quizzes](#)

- Test your knowledge of science and human health. NIH has partnered with Kahoot! gaming platform to create free, interactive quizzes for K-12 teachers and learners. Topics include superbugs, health literacy, lung health, and more

## [Florida Department of Education Comprehensive Health Education Secondary Toolkit](#)

- For classroom teachers, school nurses, and others responsible for health education.
- Tools, websites, and lessons
- Addresses 12 required component areas for K-12 instruction.

# Health Literacy Tip

## Boosting health literacy at school



### 1. Integrate Health Topics

#### Across Subjects

- Incorporate discussions about nutrition, exercise, and mental health into science, social studies, and even language arts classes.



### 2. Use Clear and Simple

#### Language

- When teaching health concepts, avoid jargon and use relatable examples to ensure all students understand.



### 3. Promote Critical Thinking

- Encourage students to ask questions about the health information they encounter, helping them to evaluate sources critically.



### 4. Engage Families

- Host workshops or send materials home to involve parents in supporting their children's health and learning.

# Research

## [Health Literacy and Health Education in Schools: Collaboration for Action](#)

This article emphasizes integrating health literacy into K-12 education to support student well-being and academic success. It highlights how comprehensive health education, combined with programs addressing physical activity, nutrition, and emotional well-being, can reduce health-related barriers to learning and improve outcomes like motivation, test scores, and graduation rates. The National Health Education Standards (NHES) offer a framework for guiding effective health education. Collaboration among educators, public health professionals, and policymakers is needed to make health literacy a core part of every student's education.



[Read more](#)

## [Enhancing Health Education: There's an Instructional Strategy for That!](#)



This article highlights the importance of using diverse instructional strategies to foster health literacy among students. It emphasizes that effective health education extends beyond content delivery, focusing on skill development such as decision-making, goal setting, and advocacy. By integrating interactive methods like role-playing, debates, and case studies, educators can create engaging learning environments

that encourage students to apply health concepts to real-life situations. It shares the necessity of ongoing professional development for educators to stay abreast of effective teaching methodologies.

[Read more](#)

## [Health Literacy and Health Education in Schools: Collaboration for Action](#)

This article argues that health education should actively develop students' abilities to access, understand, and use health information effectively. By embedding health literacy into school curricula, students can acquire essential skills such as decision-making, goal setting, and advocacy, which are vital for making informed health choices and fostering lifelong well-being. The article also highlights the importance of addressing broader socio-ecological factors influencing student health, such as family dynamics, community environments, and societal norms.



[Read more](#)

# Member Spotlight

Anni McKinnon

Community, Access, Resiliency, and  
Education Bureau Manager

Salt Lake County Health Department



**Why did you join the Utah Health Literacy Coalition?** I wanted to learn what others in Utah were doing related to health literacy work, learn from one another, and collaborate on our efforts to improve organizational health literacy through awareness and training, and personal health literacy through access to improved resources and services!

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

I oversaw a document review/mass translation project at the Salt Lake County Health Department. We assessed health department forms, documents, educational materials, etc., using the Patient Education Material Assessment Tool (PEMAT), and updated them as needed to improve understandability. Our communications team redesigned many of the materials, and then we translated them into common languages to improve the accessibility of the information. I am also currently working on implementing a language access plan at the SLCoHD.

**What was the outcome of those projects?**

We improved the understandability from an average of 30% to 80% of 63 health department materials and completed 321 translations. The language access plan will improve service delivery for all individuals, regardless of their ability or primary language.

**What is your favorite part of being part of the Utah Health Literacy Coalition?** Meeting people from all sectors working on health literacy initiatives. I have connected with people working in libraries, healthcare, schools, businesses, communities, public health, and insurance, each bringing a unique perspective to health literacy.