

HEALTH LITERACY IS ...

*More than just reading,
it's understanding and applying what you know.
Make informed decisions for your well-being,
preventing or managing chronic health issues which may grow*

*Not only for those with chronic diseases,
it's for everyone wanting to stay healthy and fit.
Learn how to find and use reliable sources,
properly evaluating information you get.*

*About effective communication,
expressing needs and concerns.
Asking questions and listening to answers,
sharing your lifestyle preferences and feedback in return.*

*A valuable skill you can learn,
it's an ability not exclusive to others.
It's something you can improve with practice and support,
from healthcare professionals, friends, and others.*

*A vital right and personal responsibility,
it's empowering yourself and loved ones with enlightened actions.
Respecting diversity and promoting equity,
creating healthy habits as destined attractions.*

*A key to better health outcomes,
which helps ensure whole person care.
It's essential for prevention and treatment of diseases,
to promote public health and safety everywhere.*

*A journey and a destination,
it's not something achieved once and for all.
Actively pursue it throughout life,
adapting to evolving medical situations large and small.*

*A precious gift and legacy,
you can give yourself, along with those near and dear.
Leading future generations,
inspiring them to discover more in educational spheres.*