

## WHO SHOULD JOIN HLN?

- People who want to take control of their health
- Doctors, dentists, pharmacists, nurses, educators, social workers, counsellors, librarians, journalists—anyone who uses or works with health information
- People and organizations producing medication or health-related products with instructions or consumer information
- People and organizations interested in rights, access, information or self-empowerment
- Organizations and groups wanting to support the rights of consumers and the health literacy movement

## CONTACT

• Health Literacy Network  
204-456 West Broadway  
Vancouver, BC Canada V5Y 1R3  
Phone 604-872-7241 (in Vancouver)  
Toll-free 1-877-232-7400  
Fax 604-875-9227  
TTY 604-875-8835  
E-mail [hln@bccpd.bc.ca](mailto:hln@bccpd.bc.ca)  
Web address [www.bccpd.bc.ca/hln](http://www.bccpd.bc.ca/hln)

We welcome your  
questions and  
feedback. Please  
contact HLN for  
more information.

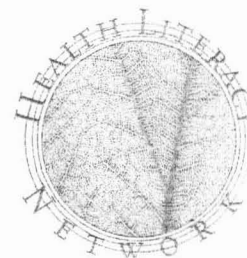
**The Health Literacy Network  
is a new program of the  
BC Coalition of People with Disabilities'  
Wellness and Disability Initiative.**

The Health Literacy Network and the Wellness and Disability Initiative are expansions of the BCCPD's AIDS and Disability Action Program. Introduced by the BCCPD in 1988, ADAP continues to collect and create HIV and AIDS prevention material in accessible formats for people with all types of disabilities.



The BC Coalition of People with Disabilities is a federally-registered charitable organization. Tax-receiptable donations are gratefully accepted.

2003



# Health Literacy Network

ACCESS TO HEALTH INFORMATION  
FOR PEOPLE WITH DISABILITIES

A PROGRAM OF  
BC COALITION OF PEOPLE WITH DISABILITIES



We all need to understand the information we receive about our health

### WHAT IS HEALTH LITERACY?

Health literacy is being able to find, understand and use the health information we need to take care of ourselves

We get health information in many ways: from friends and family, tv and radio, pamphlets and magazines, community groups, doctors and nurses

### HEALTH LITERACY IS INFORMATION

- how many pills to take and when
- what to do before a test or x-ray
- how to decide what's best for you if you have an illness
- how to get help in your community

### HEALTH LITERACY IS ACCESS

- Is what you hear or read easy to understand?
- Does it respect you and fit your life?
- Do you feel your questions are taken seriously?
- Do you know where to go for help or more information?

### HEALTH LITERACY IS EMPOWERING

When we can access the health information we need we can take control of our health. It makes it easier to:

- know what questions to ask
- think about what we might do
- make decisions that are right for us

### WHY A HEALTH LITERACY NETWORK?

The Health Literacy Network (HLN) is a way to raise awareness of health literacy issues. Our goal is a province-wide Network linking disability, health, literacy and other community groups, individuals and health care professionals.

The Network will:

- gather information from members about useful publications, education programs and other activities they know about
- share what we learn
- link members so they can access what they need from each other
- find out what is missing and the kinds of health information people in BC need
- offer a referral service for health care professionals and consumers

**When we understand, we're empowered and we can make choices**