

# Identifying Health Literate Materials

How do I know if a material is health literate?

| Health Literate:  | Not Health Literate:  |
|---|---|
| <ul style="list-style-type: none"><li>• Uses plain language</li><li>• Is written at or below an 8th grade reading level</li><li>• Uses active language</li><li>• Has 5 main messages or less</li><li>• Focuses on “need to know” information</li><li>• Uses headings, bullet points, or boxes to break up messages</li><li>• Has a clear title</li><li>• Contains simple images/pictures that highlight the main messages</li><li>• Has a lot of white space</li><li>• Uses a clear font, at least a size 12 but ideally size 14</li><li>• Text is left justified</li></ul> | <ul style="list-style-type: none"><li>• Uses medical jargon</li><li>• Contains words that are long or complicated</li><li>• Uses passive language</li><li>• Has more than 5 main messages</li><li>• Focuses on “nice to know” information</li><li>• Has long sentences or paragraphs of text</li><li>• Contains a confusing title</li><li>• Has no pictures or uses complicated graphs or tables</li><li>• Has a dark background</li><li>• Uses fonts that are smaller than 12 and difficult to read</li><li>• Uses ALL CAPS, <i>italicized</i>, or centered text</li></ul> |