

Health Literacy: A Prescription for Patient Empowerment

Introduction

There is a medical education gap that exists in our healthcare system. According to the National Assessment of Adult Literacy, **36% of adults have basic or below basic health literacy.**¹

Research shows that nearly **25% of chronic kidney disease patients experience limited health literacy.**² The End Stage Renal Disease National Coordinating Center (ESRD NCC) National Patient and Family Engagement Learning and Action Network (NPFE-LAN) created resources to help patients understand their care options better to make informed healthcare decisions.

Who's involved?



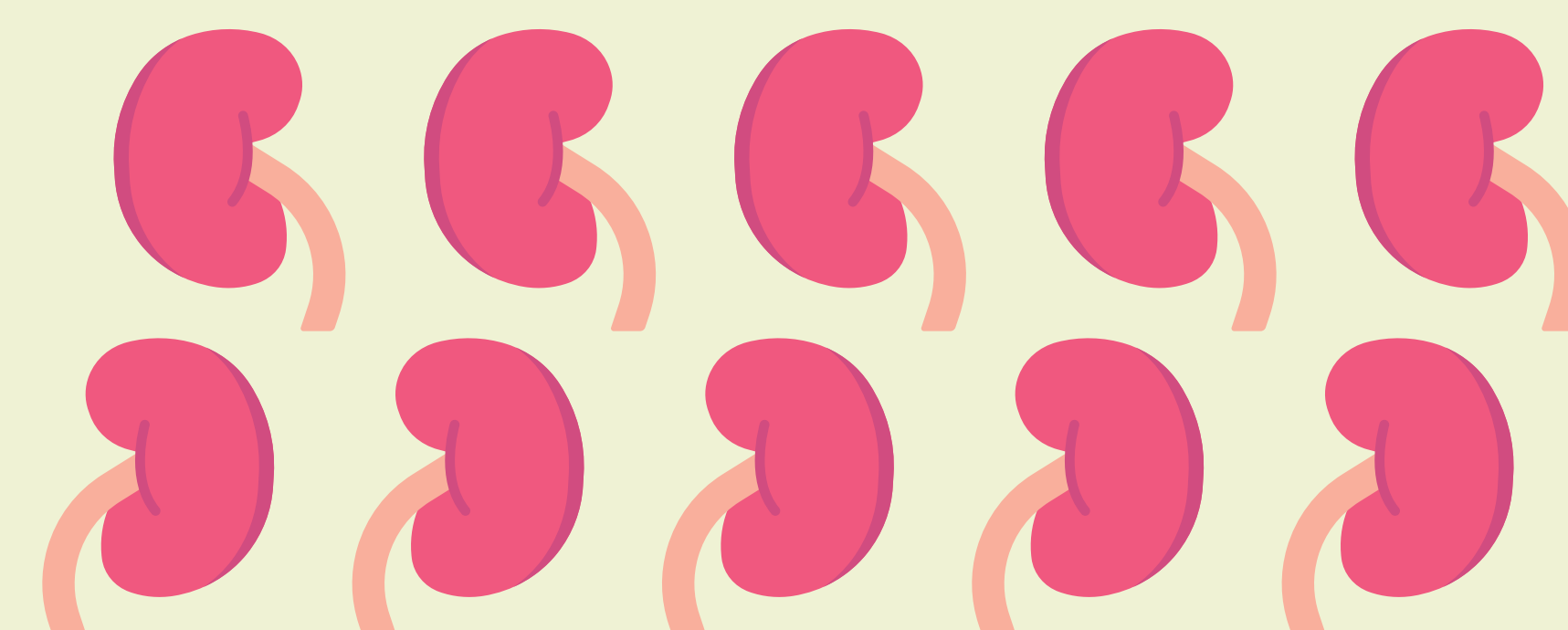
3

In-Center Dialysis Patients



3

Home Dialysis Patients



10

Kidney Transplant Recipients



2

Family Members



CMS

Office of Minority Health

Methods/Interventions

• Health Literacy Patient and Family Engagement Committee

A group of patient and family member advocates who advise the ESRD NCC on how to enhance education and engagement of patients, caregivers, and others about health equity.

• [Understanding Health Equity document](#)

Helps patients and families understand basic terms used about health equity.

• [What is Health Literacy? document](#)

Provides tips on what patients can do to improve their health literacy.

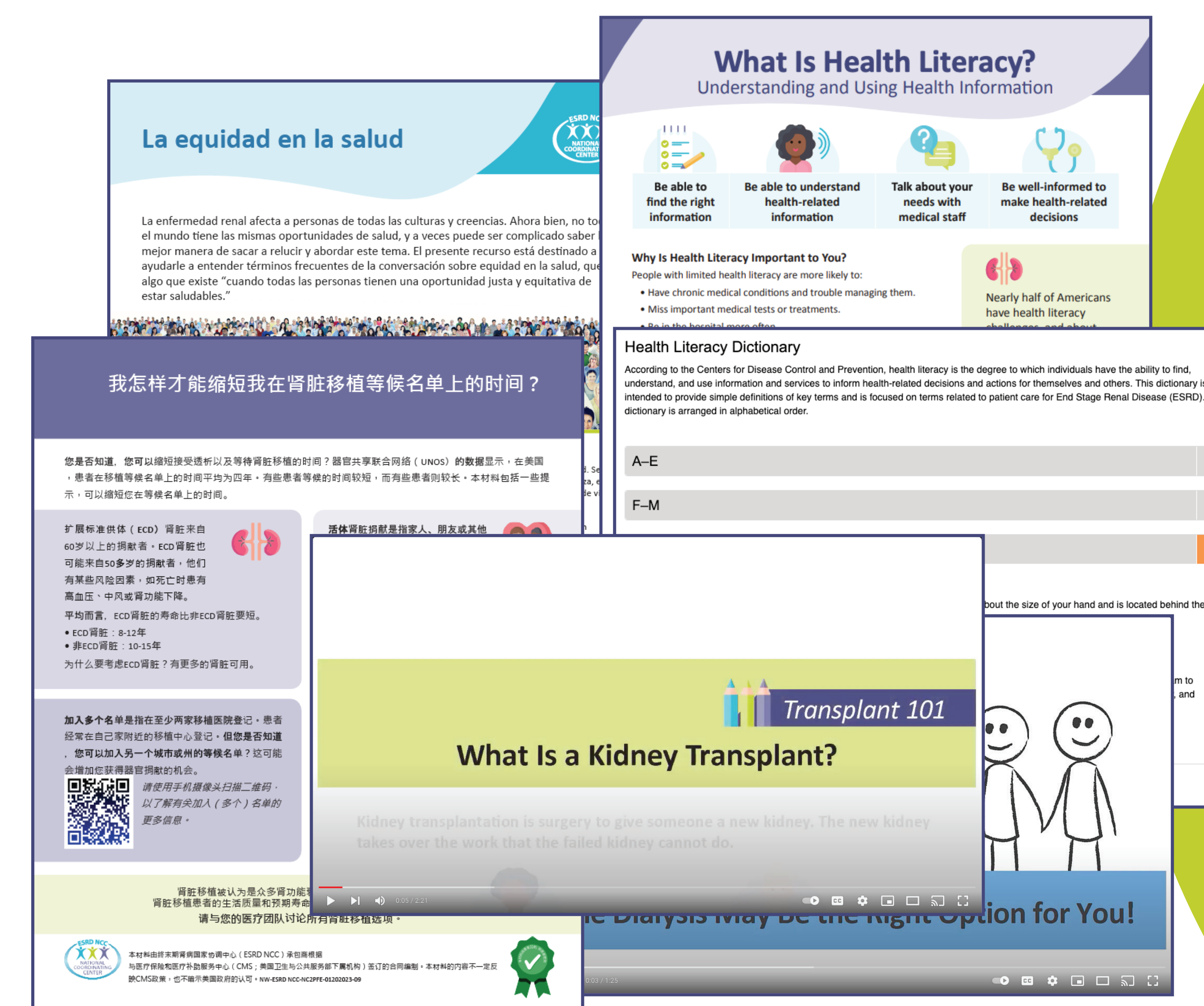
• [Health Literacy Dictionary](#)

Defines 75 commonly used kidney community words and terms.

• Patient Resources Audio Clips

Recordings of 7 NPFE-LAN patient resources. Examples:

[Home Dialysis May Be the Right Option for You!](#) and [What Is a Kidney Transplant?](#)



Benefits

Improved:

- Health literacy
- Compliance to treatment
- Patient-provider communication
- Mental health
- Patient satisfaction
- Patient health outcomes

60+ Spanish Resources

2 Mandarin Resources

1. The Health Literacy of America's Adults: Results from the 2003 National Assessment of Adult Literacy. <https://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2006483>. Accessed 2/7/2023.

2. Taylor et al. A systematic review of the prevalence and associations of limited health literacy in CKD. DOI:10.2215/cjn.129212162.

This material was prepared by the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents do not necessarily reflect CMS policy not imply endorsement by the U.S. Government. Publication No. FL-ESRD NCC-NC2PFE-02082023-01