



HEALTH LITERACY MONTH

Building Awareness Through Action

October 1-31

For more than 20 years, October has been recognized as Health Literacy Month. Join us for this international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, etc. work together to integrate and expand the mission of health literacy.

Health Literacy Month was founded in 1999 by Helen Osborne and is now brought to you by the Institute for Healthcare Advancement (IHA). What is Health Literacy? It is defined in two ways:

1. Personal health literacy is how well a person can find, understand, and use information and services to make decisions about their own health and the health of others.
2. Organizational health literacy is how well organizations equitably help all people find, understand, and use information and services to make decisions about their own health and others.

At the Spirit Lake Public Library, we have a variety of health resources. When you search in our card catalog under the “subject” of “health,” there are 372 results. If you “search all fields” still using the term “health,” your results will be 1477! So, if you don’t find what you are looking for on your first try, you may need to use different search terms. We’d like to spotlight some of these items. The Sourcebooks are especially detailed in explaining certain health problems. These books cover topics ranging from allergies to strokes. In the periodicals section, you will find two helpful resources: Mayo Clinic Health Letter, and Consumer Reports On Health. We receive updated issues each month that are organized in 3-ring binders. You will find Mayo Clinic Health Letters going back five years in the adult non-fiction section. If you would like personal help doing health research, our director has a Consumer Health Endorsement.

Visit our website at slpublib.com to find several on-line links. In the upper left-hand corner, hover your cursor over “more...” then click on “Health Resources.” The next screen will show three choices: Health Resources for Families, Health Resources for Kids and Teens, and Health Resources for Older Adults. Explore and learn!