

## Health Literacy in People Living with Arthritis: Part 1

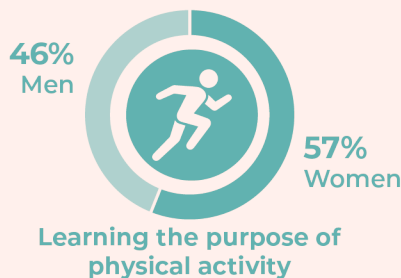
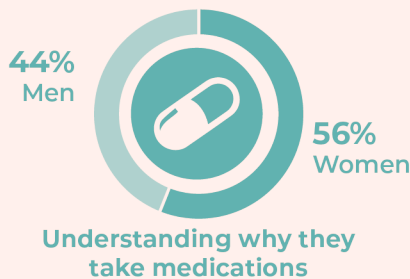
Arthritis Consumer Experts (ACE) recently conducted an online Survey to understand self-reported health literacy levels, including patient-doctor interaction, and ability accessing and using health information among Canadians living with arthritis.

### Snapshot of Survey respondents

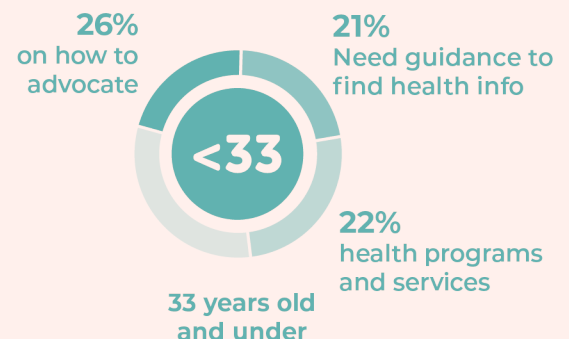
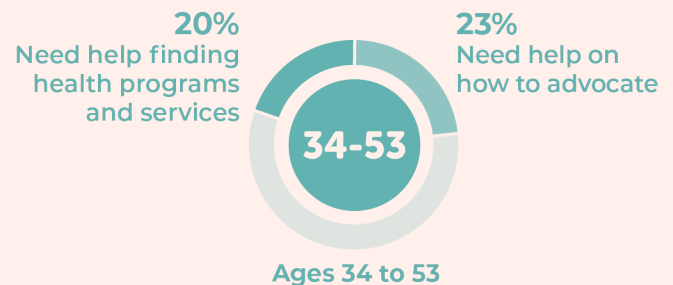
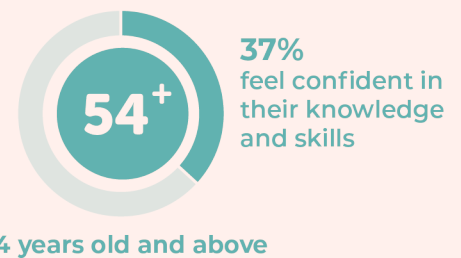
- Total respondents: 1,148
- Gender: 53% women, 43% men, 1% non-binary or transgender
- Age: 39% were 54 years old and above, 34% were 34 to 53 years old, 27% were 33 years old or younger
- Primary language: 85% English, 10% French, 5% other languages and 1% Indigenous languages

[Click here to read the full report.](#)

How are arthritis patients using information to make informed health decisions?



What health knowledge or skills do arthritis patients need the most?



## Improving health literacy

### As a person living with arthritis, what can you do?

- Take an active role in healthcare decisions.
- Ask questions! Seek information to understand your disease and manage it effectively.
- Ask for support where when you need it.



### What can policy makers do?

- Ensure online health information is frequently updated, easy to find, and written in plain language.
- Work with medical education community to ensure racial minorities have equal opportunities to train to be medical doctors.
- Make certain the voice of racial minorities is represented and included in health research.

### How can health care providers help?

- Speak to patients in clear and simple terms.
- Eliminate medical jargon from patient conversations.
- Show patients that you have heard their concerns and understand them.
- Encourage patients to ask questions and consider using visual aids to help with understanding key points.

## Key Takeaways

- Respondents 54 years and older had higher health literacy, suggesting that knowledge, skills, and confidence grow over time.
- A common challenge across all groups was knowing where to find health information.
- Patient advocates, health care professionals, and policy makers must work together to improve access to resources and share health information for effective arthritis care.