

## **Are You Talking to Me? Health Literacy and Effective Communication in SNAP-Ed**

SNAP-Ed educators: Do you ever wonder how well your learners understand and can use the information in your classes? Your health education can be more effective if the content and language are at an appropriate literacy level for your audience. This practical, hands-on session will help you understand “health literacy” and how it impacts your work in SNAP-Ed, especially with direct education. We’ll look at concepts, apply suggested guidelines in reviewing curricula, and practice simplifying language in a lesson plan.

Who is it for? Staff who lead SNAP-Ed classes or staff who help support these educators (such as supervisors or trainers).

### Objectives:

- Identified barriers to good communication in public health
- Reviewed the definition of health literacy and identified reasons why health literacy is important in SNAP-Ed
- Reviewed guidelines for selecting curricula
- Analyzed how well different curricula meet these guidelines
- Practiced simplifying language in a lesson plan