

# What is health literacy?

Health Literacy has 2 components:

## 1 Health literacy environment

The health literacy environment includes all the areas that make up the health system and have an impact on the way in which people use it. It includes the infrastructure, policies, processes, accessible materials and the people you meet and relationships you form when using the health system.

## 2 Health literacy individual

Individual health literacy is the motivation and capacity of a person to access, understand, appraise and apply the available information to make health related decisions.

