





## What Is Health Literacy—and Why Does It Matter?

Health literacy means knowing how to find, understand, and use health information to make good choices for yourself and your family. It's not just about reading—it's about asking questions, knowing where to go for help, and feeling confident when talking to doctors, nurses, or teachers.

According to the **Australian Commission on Safety and Quality in Health Care**, health literacy helps families work better with health professionals and make safer decisions. But did you know that **60% of Australians have low health literacy**? That means many people struggle to understand health advice or know what to do when someone is sick.

Here are some ways families can build health literacy:

-  Talk to your child about health in everyday life—like why we wash hands or wear sunscreen
-  Use trusted websites like Healthdirect (<https://www.healthdirect.gov.au>) or Eat For Health (<https://www.eatforhealth.gov.au>) for simple, clear advice
-  Encourage kids to ask questions at the doctor or school nurse
-  Share health information in ways your child can understand—using pictures, stories, or games

When children learn about health early, they grow up feeling confident and capable. And when parents feel informed, they can better support their child's wellbeing.

Let's work together to build strong, healthy families—starting with knowledge!

