**Health Literacy Begins at Your Library - Learner Guide**

<https://www.webjunction.org/events/webjunction/health-literacy-begins-at-your-library.html>

**Event Description:** Your library can play a central role in promoting the health and wellness of its community through fostering higher health literacy. This means increasing people’s capacity to obtain and understand basic health information that leads to appropriate health decisions and connection with services. Library programs directed toward children, teens, adults, and families deliver credible health information and activities that boost wellness. The Oklahoma Department of Libraries has fostered health literacy throughout the state, forging partnerships at state and local levels. Learn how one library in Miami, Oklahoma, made health literacy a central part of its operations, offering everything from diabetes prevention to yoga classes, as well healthy cooking demonstrations and even a community garden. Get ideas for simple (but powerful) health literacy programs you can offer at your library regardless of your size or budget.

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| **What are your goals for viewing this webinar?** | |
| **Personal Goals** |  |
| **Team Goals** |  |

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| **Why Focus on Health Literacy at Your Library?** |
| Your library can play a central role in promoting the health and wellness of its community through fostering higher health literacy. Explore these resources and start a conversation with colleagues, community partners or your library's board about why now is the time to take action on supporting community health.   * [Health Literacy Fact Sheet](https://libraries.ok.gov/literacy/facts-statistics/literacy-fact-sheet-health-literacy/) – Oklahoma Department of Libraries * [Library Heroes Make Health Happen](https://www.webjunction.org/news/webjunction/library-heroes-make-health-happen.html) – WebJunction infographic * [National Network of Libraries of Medicine](https://nnlm.gov/initiatives/topics/health-literacy) – on Health Literacy * [Supporting Healthy Communities through Health Information and Services](https://www.webjunction.org/content/dam/WebJunction/Documents/webJunction/2015-01/supporting-healthy-communities-through-health-information-and-services.pdf) (pdf) – Explore demographic resources to understand who comprises your community and what their health literacy needs are. * [World Health Organization - The global action plan on physical activity 2018 – 2030](https://www.who.int/ncds/prevention/physical-activity/gappa/action-plan) – Review to understand how regular physical activity is part of being health literate * [America’s Health Rankings](https://www.americashealthrankings.org/) * [2018 County Health Rankings and Roadmaps](http://www.countyhealthrankings.org/), University of Wisconsin Population Health Institute * [The State of Obesity: 2018 Better Policies for a Healthier America](https://stateofobesity.org/wp-content/uploads/2018/09/stateofobesity2018.pdf) |
| **Getting Started with Healthy Programming** |
| There are a multitude of examples of health-related programming at libraries to help you get started. Explore the following resources and list some program ideas that make sense for your library and your community’s needs.   * [Programming Librarian – Health and Wellness](http://www.programminglibrarian.org/ideas/topic?topic=948) * [Let’s Move in Libraries Program Ideas](http://letsmovelibraries.org/program-ideas/) * [Health Happens in Libraries – Library Profiles](https://www.webjunction.org/explore-topics/ehealth/more-info.html) * [Lesson Plans and Toolkits – NNLM PNR](https://nnlm.gov/pnr/guides/training-resources-you-can-use/lesson-plans-and-toolkits) * [Lunch at the Library - Toolkit](https://lunchatthelibrary.org/toolkit/) * [Growing Library Garden Programs](https://www.webjunction.org/news/webjunction/growing-library-garden-programs.html)   1.  2.  3.  4.  5. |
| **Partnering for Healthy Communities** |
| For each of the program ideas you brainstormed above, **consider potential partner(s)** to support the effort and specify their desired contributions. Your partner may bring additional resources, activities or audiences to your program, as well as subject-matter expertise. Explore potential [Health Literacy Partner](https://libraries.ok.gov/literacy/health_literacy/health-literacy-partners/) examples from Oklahoma libraries and in WebJunction’s [Community Partnership and Collaboration Guide](http://www.webjunction.org/documents/webjunction/Community_Partner_Collaboration_Guide.html).  Alternatively, you may want to **identify a partner first**, and a program second. Sometimes great health programs develop from relationships formed between librarians and partners in the health, wellness, and recreation sectors. That’s what happened in [Crandon, Wisconsin](https://www.libraryjournal.com/?detailStory=the-library-is-in), where the librarian found that she had to become “part of the [local health] conversation” to become “part of the solution.”  **Potential partner(s) and desired contributions for community health programming include:**  1.  2.  3. |
| **Funding and Sustaining Health Literacy** |
| While some health literacy programming can be implemented with little or no additional funding, your efforts to sustain and expand programming to align with local health-related priorities can benefit from additional funding.  **Brainstorm funding sources, considering your potential partners too:**   * Hospitals and hospital foundations * American Red Cross * Local businesses, including sports retailers and fitness centers or gyms * Library Friends and Foundations * Local Health Department * Local, regional or state family foundations * Contact your local [Extension Service](https://nifa.usda.gov/land-grant-colleges-and-universities-partner-website-directory?state=All&type=Extension) through USDA * Centers on aging * [National Network of Libraries of Medicine](https://nnlm.gov/funding) offers funding for projects that improve access to health information, increase engagement with research and data, expand professional knowledge, and support outreach that promotes awareness and use of NLM resources in local communities. * Explore [state Health Literacy coalitions and initiatives](https://www.cdc.gov/healthliteracy/statedata/index.html) via the Centers for Disease Control and Prevention. * Search the [Library Grants blog](http://librarygrants.blogspot.com/) for health-related opportunities. * Reach out to your state library and their public library consultant to see if LSTA funding may be available to support your programming.   **Communication Planning**  As with all projects and initiatives your library seeks to sustain, communication is key. WebJunction’s[Health Happens in Libraries Communications Guide](http://www.webjunction.org/content/dam/WebJunction/Documents/webJunction/2015-04/communications-guide.pdf) (pdf) includes key messages and strategies for library staff to target communications to multiple stakeholders about the important role of libraries in supporting community health. |
| **Action Plan:** (include some simple next steps, along with who, when, etc.) |
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