

## Learning activity: Health literacy as a social justice issue

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### Goal:

To raise awareness that health literacy is a social justice issue and connected to the social determinants of health. This activity helps to broaden the view of health literacy, that it is more than reading and writing health information.

### Supplies:

- Copies of Kickbusch, I. (2009). Health literacy: Engaging in a political debate. *International Journal of Public Health*. 54: 1-2.
- Tea bags (optional)



### Method:

1. In small groups, learners read the article.
2. Pose the question: Why is health literacy a social issue?

### Debrief and discuss:

- As a large group, facilitate a discussion about reactions to the article and answers to the question.

### Options:

- As an individual activity, learners can read the article and reflect upon its implications for practice. Giving a tea bag to each learner, is a prop to encourage him/her to take time to read and reflect.
- This activity can be placed at the end of a workshop on health literacy. Frame a discussion around these questions: What is health literacy? Why is it important? and What can I do about it?