



# National Network of Public Health Training Centers Free Online Training

## Health Literacy 101

The following collection of technology based **Health Literacy 101** courses have been developed to assist the public health workforce in locating distance-accessible training programs under this subject. The trainings included in this collection are a subset of trainings developed by the National Network of Public Health Training Centers. All available trainings can be found on the Network's online training database at [www.asph.org/phct/search.cfm](http://www.asph.org/phct/search.cfm). The programs in this collection address basic principles and core concepts of public health. This collection provides info to help assist in selecting a single online training, or to identify a series of programs from basic to more advanced. Most training is distance accessible and free of charge. For more detailed information on these programs, follow the links provided.

### Culture and Health Literacy: Beyond Access

Length: 0.5 hour  
Format: Web-based Course

Inequalities in the generation, manipulation, and distribution of health information and the capacity to act on health information among social and cultural groups in the United States are discussed in an audio presentation by Dr. Kasiomayajula Viswanath.

<http://cpheo.sph.umn.edu/cpheo/mclph/healthlit/home.html>

### Culture and Health Literacy: Case Studies

Length: 0.5 hour  
Format: Web-based Course

Three local efforts to address the health literacy gap in Minnesota are discussed. These include: the ECHO Project (Emergency Preparedness with Cultural Communities), PhotoVoice, and the Urban Health Agenda Community Advisory Committee (UHACAC). These projects represent cutting-edge work related to health literacy targeting cultural groups.

<http://cpheo.sph.umn.edu/cpheo/mclph/healthlit/home.html>

### Communication Skills for Public Health Professionals

Length: 1.5 hours  
Format: Archived Webcast

Dr. Andrew Pleasant addresses the importance, difficulties, and methods for successful communication for the public health professional.

<http://ophp.umdj.edu/apreso/ophp/phss/phss071022.htm>

### Public Health Literacy I

Length: 1.5 hours  
Format: Archived Webcast

In the first part of the Health Literacy Lecture Series, Dr. Andrew Pleasant presents us with the state of literacy within the US. Literacy is affected by not only intelligence and education, but is also a result of cultural and ethnic origins. The role of the public health professional is to recognize and understand these influences on literacy and to properly adapt in order to educate and guide the population appropriately.

<http://ophp.umdj.edu/apreso/ophp/phss/phss070509.htm>

### Public Health Literacy II

Length: 1.5 hours  
Format: Archived Webcast

Dr. Andrew Pleasant presents the second part of his lecture on Public Health Literacy. (See also: Public Health Literacy I)

<http://ophp.umdj.edu/apreso/ophp/phss/phss070606.htm>

### The Digital World and Public Health

Length: 1.5 hours  
Format: Archived Webcast

Dr. Andrew Pleasant discusses the role the internet plays in dispensing public health information. There is a wealth of knowledge available online today. This seminar looks at the usefulness of this information, the way it is presented today, how the information could be better presented and strategies for developing online material in public health.

<http://ophp.umdj.edu/apreso/ophp/phss/phss071120.htm>



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## Health Literacy 101 (continued)

### The Role of Health Literacy in Disaster Preparedness

Length: 1.5 hours  
Format: Archived Webcast

This course discusses risk communication in emergency preparedness situations, such as disasters and crises, and it describes how to use communications to offset threats. Common patterns like information processing, values and emotions, and environments are reviewed. The course addresses strategies for dealing with the media, constructing a message using the 27/9/3 rule of communication, perceptual congruence, anchors, and framing.

<http://lms.southcentralpartnership.org/scp hp?productID=prdct000000000001100>

### Tailoring Health Communications: Insights for Public Health Nursing

Length: 1.5 hours  
Format: Archived Webcast

Dr. Ken Resnicow discusses how to tailor health communication messages to impact health outcomes. His presentation is followed by a nurse reactor panel drawn from the practice and academic communities. Panel members address application of the concepts discussed by Resnicow to their areas of nursing practice. A moderated question and answer session concludes the event.

[https://practice.sph.umich.edu/mphtc/site.php?module=courses\\_one\\_online\\_course&id=362](https://practice.sph.umich.edu/mphtc/site.php?module=courses_one_online_course&id=362)

### Health Literacy

Length: 2 hours  
Format: Archived Webcast

Health literacy is the ability to read and comprehend prescription bottles, appointment slips, and other essential health-related materials required to function successfully as a patient in the health care setting. With the increasing emphasis on disease self-management, many patients may not have the skills necessary to understand health messages and care for themselves. Thus, physicians need to consider patients' health literacy when diagnosing and treating them.

<http://www.albany.edu/sph/coned/t2b2healthliteracy.htm>

### Health Literacy and Public Health

Length: 2.5 hours  
Format: Web-based Course

This course introduces the concept of health literacy; provides strategies for considering literacy when creating public health messages for the general public; and provides strategies for considering literacy in direct public health services to the public. This course consists of two modules. The first module demonstrates how the public's literacy skills affect interactions with medical and public health staff. The second module provides practical techniques for addressing literacy issues in spoken and written communications.

<http://nynj-phtc.org/phLit/Home/phlit-login.cfm>

#### About the Public Health Training Centers

The Health Resources and Services Administration funded Public Health Training Centers (PHTCs) are partnerships between accredited schools of public health, related academic institutions and public health agencies and organizations. The PHTC Network is designed to improve the Nation's public health system by strengthening the technical, scientific, managerial and leadership competence of current and future public health professionals. Public Health Training Centers assess the learning needs of the public health workforce and provide accessible training in addition to working with organizations to meet other strategic planning, education, and resource needs. Please contact the nearest training center to discuss how we might assist your organization: [www.publichealthtrainingcenters.org](http://www.publichealthtrainingcenters.org).