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FOR IMMEDIATE RELEASE

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Know. Understand. Use. Thrive.

October is National Health Literacy Month

Benzie-Leelanau District Health Department (BLDHD) together with the Northern Michigan Public Health Alliance (NMPHA) are proud to recognize National Health Literacy Month this October. This observance emphasizes the importance of making health information and services easier for everyone to understand and use to make informed decisions, improve health outcomes, and reduce misunderstandings.

Low health literacy can make it harder to manage chronic conditions, understand prescriptions, and use preventive services like vaccines and screenings. In contrast, improving health literacy leads to better outcomes, fewer hospital visits, and healthier communities overall.

"Health literacy is about ensuring every person has the tools, confidence, and support to understand what their health means to them and how to act on it," said Dr. Joshua Meyerson, Medical Director for the Benzie-Leelanau District Health Department. "When we all speak clearly, listen carefully, and work together, we make our community healthier and stronger."

To help residents take action, BLDHD and NMPHA are encouraging participation in the "Know Your Health Questions" challenge. Before your next doctor's appointment, write down three questions you want answered, such as what your medication does, what side effects to watch for, or how often you should take it. Bring a notebook or use your phone to jot down what your provider says, and don't hesitate to ask for clarification if something isn't clear. Taking small steps like these makes it easier to remember instructions, stay on track with care, and feel confident in your health decisions.

For more information and resources on health literacy, visit the [Centers for Disease Control and Prevention's Health Literacy webpage](#).

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