

Social Determinants of Health Literacy and Education

Literacy and education can impact overall health (mental and physical). Educational level and literacy can affect finding a provider, understanding the treatment plan, and getting your needs across to a provider. Education level and literacy can also affect employment status and income, which can impact health. People who do not speak English as their first language have increased barriers in literacy and education.

Magellan has language resources available for those who do not speak English as their first language. Magellan and the Pennsylvania counties also have educational and literacy resources available particularly for children.

Healthy People 2030 has made goals to increase awareness of the effects that education and literacy have on health to include:

- Increase the number of high school students that graduate in 4 years.
- Increase the number of children that are developmentally ready for school.
- Increase math and readings skills of school age children.
- Increase the number of high school graduates that go on the college/trade school.
- Increase the number of children that get preventative mental health care.
- Increase the number of children living with at least one parent that works full time.¹

What can you do?

- Make sure that children get enough sleep (8 hours or more).
- Decrease absences from school.
- Sign children up for early education programs.
- Actively participate in prescribed treatment.
- Use local resources to increase education and literacy level.
- Talk with your provider and make sure that you understand each other
 - Make sure they understand your needs.
 - Ask questions if you don't understand.
 - Use the language assistance services available through Magellan.

1 – U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. (n.d.). *Healthy People 2030: Building a healthier future for all*. Healthy People 2030. Retrieved August 20, 2021, from <https://health.gov.healthypeople>