

## **NEWS RELEASE**

### **FOR IMMEDIATE RELEASE:**

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### **New Health Literacy App Aims to Improve Health Knowledge of All Floridians**

ORLANDO, Fla. (Oct. 2019) – The Florida Literacy Coalition has released the Staying Healthy Quiz App, an interactive health literacy quiz game designed to improve health knowledge and vocabulary. Based on the popular *Staying Healthy* curriculum, users can choose from three different quiz levels: easy, hard or a mix of questions from both levels. The questions change each time, so the quiz can be taken again and again!

Increasing adults' health literacy is a key component of improving the health of Americans. There is a growing recognition that limited English language and literacy skills can have a significant impact on one's health. According to the National Assessment of Adult Literacy, 14 percent of Americans cannot comprehend basic health information. The study indicates that health illiteracy is especially prevalent among: 1) adults who did not complete high school, with 49 percent possessing below basic health literacy, and 2) foreign-born adults who speak English as a second language.

People who lack literacy and health literacy skills are much more likely to take medications incorrectly, be hospitalized and spend more time in the hospital than people with higher health literacy, and are four times more likely to have poor health. The potential for financial savings and increased health outcomes as a result of healthy literacy skill improvements are significant. Adult education, literacy and family literacy programs play an important role in helping people to acquire these skills.

“This interactive quiz is an entertaining way to gain knowledge about topics vital to health and well-being,” says Greg Smith, executive director of the Florida Literacy Coalition. “In order to make good choices, people need access to high quality information written in an easy-to-understand format.”

This app was made possible through a grant from the Florida Department of Education, Division of Career and Adult Education. Technical assistance was donated by instructors and students of the New College of Florida.

More information about this app and health literacy is available on the Florida Literacy Coalition’s website at [www.floridaliteracy.org](http://www.floridaliteracy.org). For questions, please contact Heather Surrency at (407) 246-7110 ext. 209, or via email at [surrencyh@floridaliteracy.org](mailto:surrencyh@floridaliteracy.org).

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### **About the Florida Literacy Coalition**

Established in 1985, the Florida Literacy Coalition (FLC) promotes, supports and advocates for the effective delivery of quality adult and family literacy services in the state of Florida. As a statewide umbrella literacy organization and the host of Florida's Adult and Family Literacy Resource Center, FLC provides a range of services to support more than 250 adult education, literacy and family literacy providers. Special emphasis is placed on assisting community-based literacy organizations with their training and program development needs. For more information about the Florida Health Literacy Initiative and the Florida Literacy Coalition, please visit [www.floridaliteracy.org](http://www.floridaliteracy.org).