The Ohio State University
AHEC Clear Health Communication Program

Websites with Easy-To-Read Materials for Patients / Clients

Academic

Intelihealth produces reliable and respected health information sources from Harvard Medical School.

Hamilton Health Sciences-Education-Patient Education Services - http://www.hamiltonhealthsciences.ca/PEDL/
This website actually includes both easy to read materials and information on health literacy. The topic of health literacy and why it is important to health care providers, tips on how to write in plain language, standards for quality materials, and planning guides for educational materials are included. A large pool of plain language reading materials is accessible for the public.

Information on diseases and conditions from A to Z and disease and “condition centers” can be accessed to give patients more information and tools to help patients manage conditions. There is also a healthy living feature and a section where patients can pose questions to be answered by one of the Mayo Clinic physicians.

Netwellness – http://www.netwellness.org/
This site is a collaborative effort among the University of Cincinnati, The Ohio State University, and Case Western Reserve University. The sections include: Ask an Expert with over 300 health professionals to answer the questions, over 100 topics with in-depth information on hundreds of diseased and wellness issues, monthly newsletters, a reference library and much more.

The Ohio State University Medical Center – http://medicalcenter.osu.edu/patientcare/patient_education/
This site has over 4,000 health-related topics, all written by health professionals at the medical center and all below 8th grade reading level. Most of the handouts have illustrations. There are also materials in Somali and Spanish. A section on websites for other language materials and information about other cultures is also available.

University of Utah Hospitals & Clinics – http://www.med.utah.edu/pated
Over 300 patient education titles are available in both English and Spanish. An Author’s Guide assists staff in writing easy-to-read materials.

Virtual Hospital- http://www.vh.org/index.html This University of Iowa website has easy to read medical information for adult and pediatric patients. Some booklets are available in languages other than English, such as Spanish, German, and Portuguese. Other features on the website include health topics in the spotlight for the current month and an in the news section.
Your Disease Risk – [http://www.yourdisease.wustl.edu](http://www.yourdisease.wustl.edu) is a source from the Washington University School of Medicine on prevention. Here, you can find out your risk of developing five of the most important diseases in the United States and get personalized tips for preventing them.

**Commercial**

Channing Bete Company specializes in producing easy to read health brochures and handouts. The publications are available in a wide variety of reading levels, and are geared towards children/teens, parents/families and health care patients and providers.

This non-profit organization provides health promotion materials in over 35 topic areas for a wide-range of audiences. Materials include books, pamphlets, flip charts, displays, videos and curricula.

Easy-to-read and culturally sensitive materials are the hallmark of this company. They provide booklets and posters for targeted populations (seniors, colleges, women’s health, worksite, gay & lesbian, teens.)

Colorfully illustrated materials on all topic areas. Materials include brochures, booklets, tear sheets, posters, videos, software, books, and binder kits. Krames-On-Demand provides materials that can be printed from your computer.

The Patient Education Institute publishes X-Plain, interactive multimedia software for patient education. X-Plain simplifies information, engages the patient with illustrations, sound, animations, asks questions to verify understanding, and documents education.

Most of the colorfully illustrated materials are below 8th grade reading level, and many are at the 5-6th grade level. The “Here’s How” series is in plain language specifically for patients with low-literacy. Materials include tear pads, pamphlets, booklets, posters, print-on-demand on-line inventory, CD-ROMs, packages, flip cards.

**Government**

Agency for Healthcare Research & Quality - [http://www.ahrq.gov/consumer/](http://www.ahrq.gov/consumer/) has consumer materials that are evidence-based focusing on staying healthy, navigating the healthcare system, preventing errors, health conditions & diseases, and guides on comparing medical treatments. Information is in Spanish and the consumer can select videos and podcasts.

Healthfinder - [http://www.healthfinder.gov/aboutus/](http://www.healthfinder.gov/aboutus/) Healthfinder® is an award-winning Federal Web site, developed by the U.S. Department of Health and Human Services together with other
Federal agencies. Healthfinder® links to carefully selected information and Web sites from over 1,800 health-related organizations. A health library feature allows you to browse by each letter of the alphabet for all topics on prevention and wellness, diseases and conditions, alternative medicine, and selected health topics.

**Medline Plus** – [http://www.nlm.nih.gov/medlineplus/easytoread/easytoread_a.html](http://www.nlm.nih.gov/medlineplus/easytoread/easytoread_a.html). This site is a service from the U.S. National Library of Medicine and the National Institutes of Health. It contains a large inventory of easy-to-read materials, as well as those that are at a higher reading level, on all health related topics. Interactive tutorials from the Patient Education Institute are available for a number of the topics, which are ideal for those with limited literacy. The tutorials require Flash Player. There is also an expanding volume of on-line videos and multilanguage resources.

**National Cancer Institute**- [http://cancer.gov/cancerinfo/](http://cancer.gov/cancerinfo/) This web site has an alphabetic search for all of the different types of cancer. Other headings include: treatment options, prevention strategies, coping with cancer, and support/resources.

**National Diabetes Education Program** - [http://www.ndep.nih.gov/publications/index.aspx](http://www.ndep.nih.gov/publications/index.aspx) Many of the booklets and fact sheets on diabetes are in Spanish. There are booklets for teens and kids, as well as for adults that focus on prevention and care.

**National Heart, Lung and Blood Institute** - [http://www.nhlbi.nih.gov/health/pubs/pub_gen.htm](http://www.nhlbi.nih.gov/health/pubs/pub_gen.htm) This has information about heart, lung, blood diseases, asthma, cholesterol, high blood pressure, smoking, weight reduction, and exercise. Many booklets come in several languages and are in color.

**National Institute of Aging** – [http://www.nia.nih.gov/HealthInformation/](http://www.nia.nih.gov/HealthInformation/) Information and tips on healthy aging, care giving, medications, dietary supplements, and diseases. Resources are available in both English and Spanish. Copies also are provided in PDF format where applicable. Print versions are available for online ordering.


**National Institutes of Health**- [http://health.nih.gov/](http://health.nih.gov/). Titles of categories include: body location/systems, common conditions/diseases, health and wellness, procedures, and demographic groups. Other major headings are: clinical studies, drug information, library references, special programs, and other health information agencies.

**NIDDK- National Institute of Diabetes and Digestive and Kidney Diseases**- [http://www.niddk.nih.gov/health/eztoread.htm#dig](http://www.niddk.nih.gov/health/eztoread.htm#dig) NIDDK provides reading material at about a sixth grade reading level and has many pictures to go along with the text. With each section, a dictionary is provided with the terms used to describe and manage the diseases. Also disease description and disease management strategies are given.

**NIH Senior Health**- [http://nihseniorhealth.gov](http://nihseniorhealth.gov) This website features specific information to meet the health information needs of older adults. There is the option to increase text size, contrast, and sound to hear the information read aloud.
Patient UK – [http://www.patient.co.uk/](http://www.patient.co.uk/) is the official patient education site for materials in the United Kingdom. There are many information leaflets and other media on many topics.

The National Women’s Health Information Center – [http://www.4women.gov](http://www.4women.gov)
Provides links to hundreds of low literacy and Spanish language resources dealing with all aspects of women’s health.

U. S. Food and Drug Administration Easy to Read Publications
[http://www.fda.gov/opacom/lowlit/7lowlit.html](http://www.fda.gov/opacom/lowlit/7lowlit.html)
Easy to read medical information publications are included in both Spanish and English. This site is very credible, and has a variety of lively, picture-laden, colorful handouts on various health related topics.

Minority Populations / Multilingual Health Information

The website covers 6 major Asian American communities: Chinese, Filipino, Japanese, Korean, Asian Indian/Pakistani, and Southeast Asia. Physical and mental health issues, preventive health steps, and combined resources on Western, Eastern, and alternative medicine are presented. Links to patient information materials in Asian languages are provided.

Provides links to health materials and research specific to the Native American and Alaskan Native population. Highlights include tribal health initiatives, environmental health concerns, and links to reputable web sites about other indigenous people.

Black Women’s Health – [http://blackwomenshealth.com](http://blackwomenshealth.com)
Information on the physical, mental, spiritual well being of African-American women is provided.

Health Info Translations – [http://www.healthinfotranslations.com](http://www.healthinfotranslations.com)
This website was created as a partnership of The Ohio State University Medical Center, Mount Carmel Health, Ohio Health and Nationwide Children’s Hospital. Easy-to-read, dual language, and culturally appropriate materials on a variety of general health information topics are available.

Numerous linkages to resources with items in multiple languages, with a list of those for specific languages are provided.

The 24 Languages Project – [http://library.med.utah.edu/24languages/](http://library.med.utah.edu/24languages/)
Over 200 health education brochures are offered in 24 languages with sound recordings developed by Utah Department of Health, University of Utah, Immunization Action Coalition, and AAPCHO.

Educational materials are listed by subject. A selected item gives a detailed description and a list of languages that the item is available in.

**Organizations**

**Eat Right Move More… NC** - [http://www.eatsmartmovemorenc.com/PatientEducationPackets/PatientEducationPackets.html](http://www.eatsmartmovemorenc.com/PatientEducationPackets/PatientEducationPackets.html)

These simple, downloadable patient education materials are free for health care professionals to offer patients and address the evidence-based behaviors the Eat Smart, Move More…NC movement encourages: prepare more meals at home, tame the tube, choose to move more everyday, right-size portions, re-think drink, enjoy more fruits and veggies, and breastfeed.

**Familydoctor.org** – [http://www.familydoctor.org](http://www.familydoctor.org)  
This site has easy-to-read health information on a wide variety of topics, with special sections for children, women, men, and seniors. There is an extensive index, a dictionary of medical words and names of diseases, an index of herbal and alternative remedies, and information in Spanish.

provides a number of plain language materials on diet, medications, common medical problems, and patient forms, written by Nadia Ali, M.D.

**Healthy Roads Media** – [http://www.healthyroadsmedia.org/](http://www.healthyroadsmedia.org/)
This site contains written and multimedia health education materials in a number of languages. It provides basic health information, especially for those who prefer to listen or view a movie, read easy-to-read materials, and who have English as a second language.

**Health Touch** - [http://www.healthtouch.com/bin/Econtent_HT/hdinfo.asp?cid=HTHLTH](http://www.healthtouch.com/bin/Econtent_HT/hdinfo.asp?cid=HTHLTH)
Health Touch has a wide variety of information on health related topics. While much of the material is not presented at a very low literacy level, it is presented in a format that would aid the high school educated low health literate client.

**Institute for Healthcare Advancement** – [http://iha4health.org](http://iha4health.org)
This organization provides a series of books on “What To Do For Health” that are easy-to-read, and a teacher’s training manual on how to use the books in teaching adult literacy and/or English as a second language classes. In addition, there are a variety of other materials in easy-to-read format.

A network of U.S. Board Certified Physicians and Allied Health Professionals provide the public with current, comprehensive medical information written in an easy to read format. Main topics include information on diseases and conditions, procedures and tests, medications, medical terms, and current health news and facts.

NOAH is a unique collection of state, local and federal resources selected by editors with consumers in mind.
Searchers may select from a list of Health Topics which are then narrowed to include definitions, care and treatment, and lists of information resources. There are many bilingual resources, including a Spanish list of resources.


World Education has produced three compendiums of web and print based health materials for use with low-literacy adults. The compendiums are titled: Health & Literacy; Culture, Health & Literacy; and Family Health & Literacy. Included are resources about books, reports and journals on what low health literacy is, how to assess and develop plain language materials, and curricula for use in literacy classrooms and community settings.

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