



NUTRITION & WELLNESS

Military Families Learning Network

Communication for Patients with Low Nutrition Literacy
Wednesday September 23, 2020
11am-12pm EDT

1. How to Explain Basic Nutrition Concepts

<https://www.eatrightpro.org/practice/practice-resources/international-nutrition-pilot-project/how-to-explain-basic-nutrition-concepts>

This article describes ways that one can use illustrations and education materials to help educate people from low nutrition literacy backgrounds.

2. The Nutrition Literacy Assessment Instrument (NLit) is a valid and reliable measure of nutrition literacy in Adults with Chronic Disease

Gibbs, H. D., PhD, RD, Ellerbeck, E., MPH, MD, Gajewski, B., PhD, Wang, C., MS, & Sullivan, D. K., RD, PhD. (2018). The Nutrition Literacy Assessment Instrument (NLit) is a valid and reliable measure of nutrition literacy in adults with chronic disease. *Journal of Nutritional Education and Health*, 50(3), 247-257.
doi:10.1016/j.jneb.2017.10.008
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5845801/>

This peer-reviewed journal article describes nutrition literacy assessments and their relevance for adult patients. It concludes that nutrition literacy is a significant predictor of diet quality, and increasing age and lower educational attainment are factors consistently related to lower health literacy and health outcomes.

3. Best Practices for Creating Nutrition Education Material

<https://www.choosemyplate.gov/resources/toolkits/communicators-guide/best-practices-creating-nutrition-education-materials>

This article describes the five steps necessary for creating nutrition education material. It also provides resources for ready-made nutrition education material.

4. Health Literacy

<https://www.cdc.gov/healthliteracy/index.html>

The CDC official website includes information about health literacy for public health professionals, effective communication for healthcare teams, and creating easier-to-understand lists, charts, and graphs.



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5. Exploring Nutrition Literacy: Attention to Assessment and the Skills Clients Need

Chapman-Novakofski K, Gibbs H. Exploring nutrition literacy: Attention to assessment and the skills clients need . *Health*. 2012;4(3):120-140. doi:10.4236/health.2012.43019
https://file.scirp.org/pdf/Health20120300001_94783495.pdf

This journal article by Heather Gibbs and Karen Chapman-Novakofski discusses the practical implications of counseling clients with low nutrition literacy.

6. Back-to-School Nutrition Literacy for the Whole Family

<https://www.jlw.org/nutritional-literacy-for-the-whole-family/>

This organizational website from the Junior League of Washington describes nutrition literacy and how it applies to the whole family.

7. Health Literacy and Implications in Nutrition Care

<https://nutrition.org/health-literacy-implications-nutrition-care/>

This website talks about the dangers of a lack of health literacy in nutrition care for patients and how one of the Healthy People 2020's goals is to increase health literacy among patients.

8. Low Food and Nutrition Literacy (FNLIT): A Barrier to Dietary Diversity and Nutrient Adequacy in School Age Children

Doustmohammadian, A., Omidvar, N., & Keshavarz-Mohammadi, N. (2020). Low food and nutrition literacy (FNLIT): A barrier to dietary diversity and nutrient adequacy in school age children. *BMC Research Notes*, 13(286).
doi:<https://doi.org/10.1186/s13104-020-05123-0>

<https://bmresnotes.biomedcentral.com/articles/10.1186/s13104-020-05123-0>

This peer-reviewed journal article found that nutrition literacy can significantly impact children's dietary behaviors. It describes a study in Iran where school-age children who had



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low nutrition and food literacy often ate less fruits and vegetables compared to children with higher nutrition literacy.

9. Quick Assessment of Literacy in Primary Care: The Newest Vital Sign

Weiss BD, Mays MZ, Martz W, et al. Quick Assessment of Literacy in Primary Care: The Newest Vital Sign. *Annals of Family Medicine*. 2006;3(6):514-522. doi: <https://doi.org/10.1370/afm.405>

<https://www.annfammed.org/content/3/6/514>

This peer-reviewed journal article assessed patients in the US and concluded that the Newest Vital Sign was one of the quickest methods for assessing nutrition literacy in patients. They also found that the Newest Vital Sign (NVS) is suitable for limited literacy in primary health care settings.

10. Development and Validation of a Measure of Health Literacy in the UK: The Newest Vital Sign

Rowlands G, Khazaezadeh N, Oteng-Ntim E, Seed P, Barr S, Weiss BD. Development and validation of a measure of health literacy in the UK: the newest vital sign. *BMC Public Health*. 2013;13:116. Published 2013 Feb 7. doi:10.1186/1471-2458-13-116

<https://bmcpublihealth.biomedcentral.com/articles/10.1186/1471-2458-13-116>

This peer-reviewed journal article discusses the Newest Vital Sign as an assessment tool for nutrition literacy and concludes that the NVS-UK is an accurate predictor of health literacy skills.

11. Engaging Experts and Patients to Refine the Nutrition Literacy Assessment Instrument

Gibbs H, Harvey S, Boyle D, Sullivan DK. Engaging experts and patients to refine the nutrition literacy assessment instrument. *BMC Nutrition*. 2017;3(71). doi:<https://doi.org/10.1186/s40795-017-0190-y>

<https://bmcnutr.biomedcentral.com/articles/10.1186/s40795-017-0190-y>

This peer-reviewed journal article discusses the revisions made to the NLit for use in adult primary care.



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12. Academy Comments to Updated Health Literacy Definition for Healthy People 2030

<https://www.eatrightpro.org/news-center/on-the-pulse-of-public-policy/regulatory-comments/academy-comments-to-updated-health-literacy-definition-for-healthy-people-2030>

This article from the Academy of Nutrition and Dietetics discusses their hopes of a shift from an individual-based approach on health literacy to a focus on accessibility of health information and services.

13. Academy Submits Recommendations for Development of 2020-2025 Dietary Guidelines for Americans

<https://www.eatrightpro.org/news-center/on-the-pulse-of-public-policy/regulatory-comments/academy-submits-recommendations-for-development-of-2020-2025-dietary-guidelines-for-americans>

This article talks about the new guidelines for the 2020-2025 DGAs and concerns for health literacy for journalists who want to make nutrition articles understandable but also engaging. In addition, the article discusses the issues that the DGAC face in promoting new information.