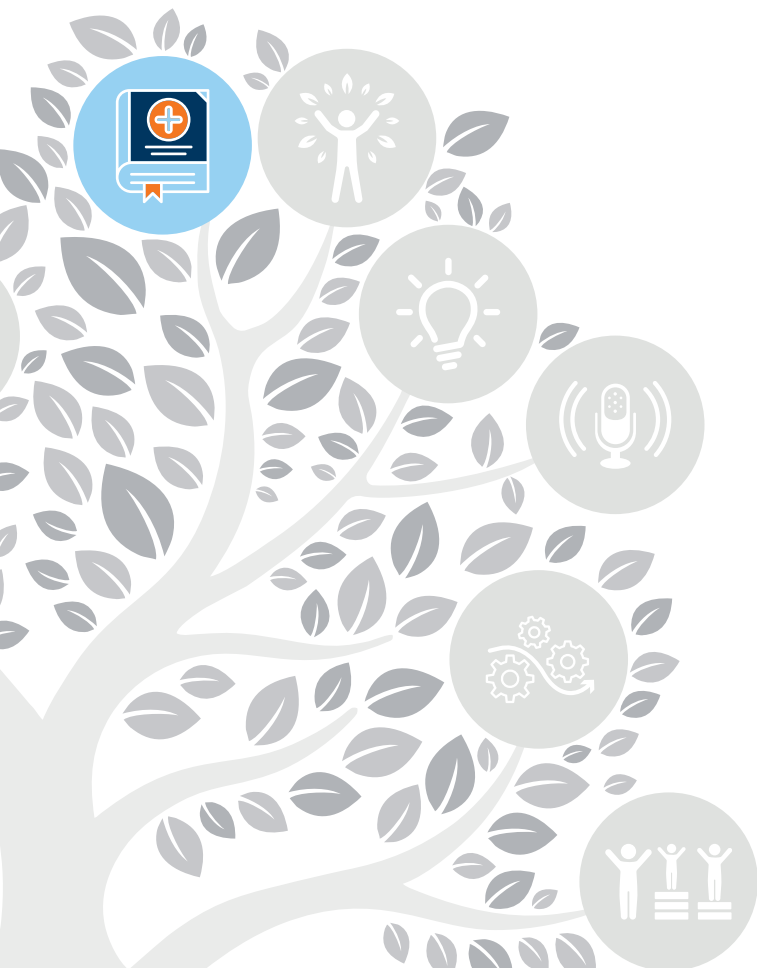




Access to High Quality, Youth-Friendly Health Care and Information

HEALTH LITERACY



Young people benefit from access to high-quality medical, dental, and mental health services and health information. They also benefit from health care providers who understand adolescent and young adult health and development. Young people prefer health services that are youth-friendly, culturally competent, affordable, convenient, confidential, and medically accurate. Health care that is youth-centered, involves parents and caregivers, and allows for increasing autonomy, is critical.

The Partnership believes youth-centered health care is essential to meeting the mental and physical health needs of young people. Young people also deserve to have access to medically accurate health information and guidance on how to care for themselves through adolescence and into young adulthood.



Health Literacy

Ensure young people are provided with and have the tools to seek accurate and age-appropriate health information.

Adolescence offers a unique time for young people to learn health literacy skills due to emerging autonomy, a need for confidentiality, and increasing interactions with technology. Health literacy for young people emphasizes how to use health information rather than just understand it. The goal of this recommendation is to provide young people with the skills to seek accurate and age-appropriate health information which will allow for them to make well-informed decisions about their lives. The action steps focus on the delivery of health information, health education standards, and how young people may access and interact with that health information.

Action Steps

- Direct young people to trusted websites and social media platforms where young people, parents and caregivers, and youth-serving professionals can validate and fact-check health-related information.
- Promote evidence-informed healthy youth development programs.
- Teach young people how to access and use the health care system.
- Develop easily accessed life skill resources for young adults transitioning to adulthood.
- Teach young people how to find medically accurate information in a digital environment.
- Advocate for state-wide comprehensive sex education standards and implementation.



For examples of Health Literacy resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

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