



Developing Health Literate Materials

October 13, 2022

Misty Kevech, RN, BSEd, MS, CCP, CPTM
RN Project Coordinator – Quality Insights



Quality
Insights

Renal Networks 3, 4 and 5

Continuing Education



- To complete the course, the learner must:
 - Watch the 60-minute webinar (live or recorded)
 - Complete evaluation & reflective questions
- After this course, the learner will:
 - Identify three (3) written communication patient barriers
 - Describe at least three (3) best practices to create or evaluate written patient education
 - Explain how to check written patient materials for readability levels

Continuing Education



- Nursing approved for 1.25 contact hours
 - Quality Insights is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation
- Social work
 - The Maryland State Board of Social Work Examiners has approved Quality Insights Renal Network 5 to extend continuing education credit to participants who meet attendance requirements in the Network 5 region (Maryland, Virginia, West Virginia, and Washington, DC) and certifies that this program meets the criteria for 1 credit hour of Category I continuing education credit for social workers in the Network 5 region.
 - Participants must attend 100% of the entire event and be licensed in the Network 5 region.
 - Social work continuing education credits for regions outside of the Network 5 area have not been approved.

Continuing Education



- Also accepted for Certified Patient Care Technicians' (CPTCs) and Certified Hemodialysis Technicians' certificates
- Other disciplines can check their State Board to see if they accept ANCC credits
- Quality Insights has no further disclosures.

Definitions

- Health literacy requires a variety of types of literacy skills.
 - **Written Literacy**
 - Understanding, evaluating, using, and engaging with written text to participate in the society, to achieve one's goals and to develop one's knowledge and potential (CDC, 2019).
 - **Numeracy**
 - The ability to access, use, interpret, and communicate mathematical information and ideas, to engage in and manage mathematical demands of a range of situations in adult life (CDC, 2019).
 - **Digital Literacy**
 - The ability to use information and communication technologies to find, evaluate, create, and communicate information, requiring both cognitive and technical skills American Library Association (ALA).



Readability of Written Patient Materials

- Comprehensive patient education is necessary for shared decision-making.
 - Patients use verbal conversations with providers AND published materials to enhance their understanding.
 - Research study
 - Mean readability grade levels ranged from 11th to 13th grade levels
 - 2.1% materials were at sixth grade reading level
 - 8.2% materials were at eighth grade level

[Rooney, et al.](#), 2021



Common Written Documentation Issues

- Too much information
- Paragraphs and multiple pages
- Not focused
- Reading level is high
- Medical jargon or scientific words
- Patients are overwhelmed or lose interest
- Confusing information

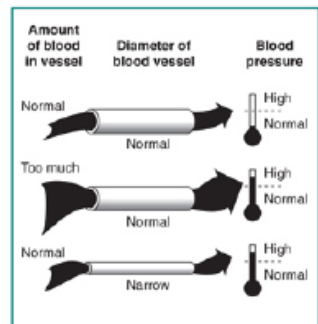


First Glance – What Issues Do You See?

High Blood Pressure & Kidney Disease

What is high blood pressure?

Blood pressure is the force of blood pushing against blood vessel walls as the heart pumps out blood, and high blood pressure, also called hypertension, is an increase in the amount of force that blood places on blood vessels as it moves through the body. Factors that can increase this force include higher blood volume due to extra fluid in the blood and blood vessels that are narrow, stiff, or clogged.



Blood pressure is the force of blood pushing against blood vessel walls as the heart pumps out blood.

Blood pressure test results are written with two numbers separated by a slash. For example, a health care provider will write a blood pressure result as 120/80. A health care provider will say this blood pressure result as “120 over 80.” The top number is called the systolic pressure and represents the pressure as the heart beats and pushes blood through the blood vessels. The bottom number is called the diastolic pressure and represents the pressure as blood vessels relax between heartbeats.

Most people without chronic health conditions have a normal blood pressure if it stays below 120/80. Prehypertension is a systolic pressure of 120 to 139 or a diastolic pressure of 80 to 89.

Urine Tests

Dipstick test for albumin. A dipstick test performed on a urine sample can detect the presence of albumin in the urine. Albumin is a protein in the blood that can pass into the urine when the kidneys are damaged. A patient collects the urine sample in a special container in a health care provider's office or a commercial facility. The office or facility tests the sample onsite or sends it to a lab for analysis. For the test, a nurse or technician places a strip of chemically treated paper, called a dipstick, into the urine. Patches on the dipstick change color when blood or protein is present in urine.

Urine albumin-to-creatinine ratio. A health care provider uses the albumin and creatinine measurement to determine the ratio between the albumin and creatinine in the urine. Creatinine is a waste product in the blood that is filtered in the kidneys and excreted in the urine. A urine albumin-to-creatinine ratio above 30 mg/g may be a sign of kidney disease.

Blood Test

A blood test involves having blood drawn at a health care provider's office or a commercial facility and sending the sample to a lab for analysis. A health care provider may order a blood test to estimate how much blood the kidneys filter each minute, called the estimated glomerular filtration rate (eGFR). The results of the test indicate the following:

- eGFR of 60 or above is in the normal range
- eGFR below 60 may indicate kidney damage
- eGFR of 15 or below may indicate kidney failure

Get Screened for Kidney Disease

Kidney disease, when found early, can be treated to prevent more serious disease and other complications. The National Kidney Foundation recommends people with high blood pressure receive the following regular screenings:

- blood pressure tests
- urine albumin
- eGFR

Health care providers will help determine how often people with high blood pressure should be screened.



Where to start?

- Use the checklist handout
- Limit the number of messages (3-4 per document)
 - Needs to know and do
 - One message at a time
 - Short long lists (3-7 items) with bullets
- Write text that you want on the handout in Word

Checklist for Promoting Health Literacy and Guidelines for Written Materials



Set out your objective

- ✓ Define what outcome you need
- ✓ Do not aim for more than one or two educational objectives
- ✓ Explain the purpose of all written material from the patient's viewpoint
- ✓ Limit the content
- ✓ Emphasize what you want the patient to DO rather than just KNOW
- ✓ Be specific

Engage the reader/viewer

- ✓ Relate materials to the patient's own experience
- ✓ Create interaction
- ✓ Tell stories to motivate people
- ✓ Provide a familiar context
- ✓ Make documents suitable for culture, age and identity

Make it easy to listen, read or watch

- ✓ Use short words
- ✓ Break up long sentences
- ✓ Avoid unfamiliar words and jargon
- ✓ Give a clear action message
- ✓ Use an active, not passive, voice
- ✓ Break up complex topics

Make it look easy to read

- ✓ No dense text
- ✓ Use cueing to direct the reader to key points
- ✓ Use large type, especially for older people
- ✓ Use sharp contrast

Another Example

Understanding your lab values

Albumin and normalized protein nitrogen appearance (nPNA) are measures of your nutritional health. They tell whether you are getting enough protein and calories from your diet.

Average daily weight gain is the amount of fluid weight you gain each day between dialysis treatments. If you do not follow your fluid and salt limits between treatments, you may gain too much fluid weight.

Calcium and phosphorus are two minerals that are important for bone health. If they get out of balance, the parathyroid glands start making more PTH. High PTH can lead to loss of calcium from the bones, and increased risk of heart and blood vessel disease.

Glomerular filtration rate (GFR) is an estimate of how well your kidneys are working. Your GFR can be estimated from a math equation using the results of your blood creatinine test, your age, gender, and race.

Hemoglobin is the part of red blood cells that carries oxygen to your tissues. If your number is too low, you have anemia, and you will need to take one or more medicines to raise the red blood cell level in your body.

Understanding your lab values

Albumin and normalized protein nitrogen appearance (nPNA) are measures of your nutritional health. They tell whether you are getting enough protein and calories from your diet.

Average daily weight gain is the amount of fluid weight you gain each day between dialysis treatments. If you do not follow your fluid and salt limits between treatments, you may gain too much fluid weight.

Calcium and phosphorus are two minerals that are important for bone health. If they get out of balance, the parathyroid glands start making more PTH. High PTH can lead to loss of calcium from the bones, and increased risk of heart and blood vessel disease.

Glomerular filtration rate (GFR) is an estimate of how well your kidneys are working. Your GFR can be estimated from a math equation using the results of your blood creatinine test, your age, gender, and race.

Hemoglobin is the part of red blood cells that carries oxygen to your tissues. If your number is too low, you have anemia, and you will need to take one or more medicines to raise the red blood cell level in your body.



Next Steps

- Edit out unnecessary information
- Provide the most important information first
- Keep it short
- Be consistent with words



Keep Editing

- Identify words that are polysyllable words (3 or more) and try to replace if possible
 - Med-i-ca-tions
 - Hemo-di-al-ysis & Di-al-y-sis
 - Rec-om-men-da-tion & Rec-om-men-ded
 - Phy-si-cian & Prac-ti-tion-er



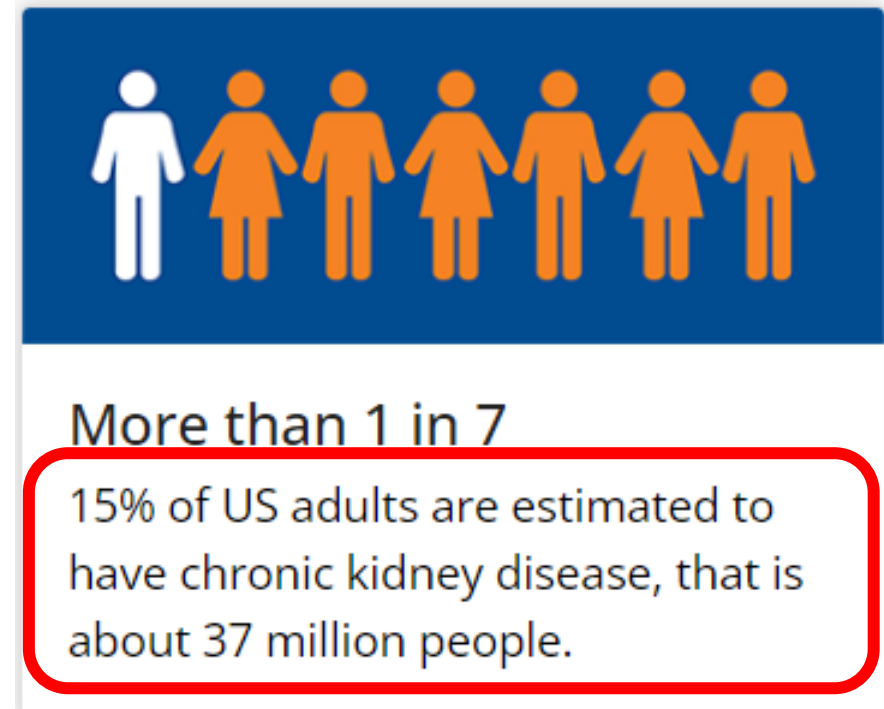
Words Matter

- Show respect and value (don't preach)
- Tell the patient what they will gain from understanding and using the materials
- Use conversational vs. formal written language
- State actions the patient needs to do
 - Use active voice
 - Focus on the positive vs. negative
 - Offer small, practical steps, or examples



Be Cautious...

- Avoid unnecessary abbreviations or acronyms
- Limit medical jargon or scientific language
- Curb the use of symbols
- Avoid use of statistics (use words like “half”)



More Editing

- Edit the text in Word without images or design
- Check readability level
- Edit again and check readability level



Readability Assessments

- Formulas calculate score of reading or grade levels
 - Key areas are syllables, length of sentences
 - Many score by U.S. school grades
- Numerous free key tools for assessing reading level
 - Flesch-Kincaid Grade Level (U.S. school grade levels)
 - Flesch-Kincaid Reading Ease
 - Simple Measures of Gobbledygook (SMOG) Index

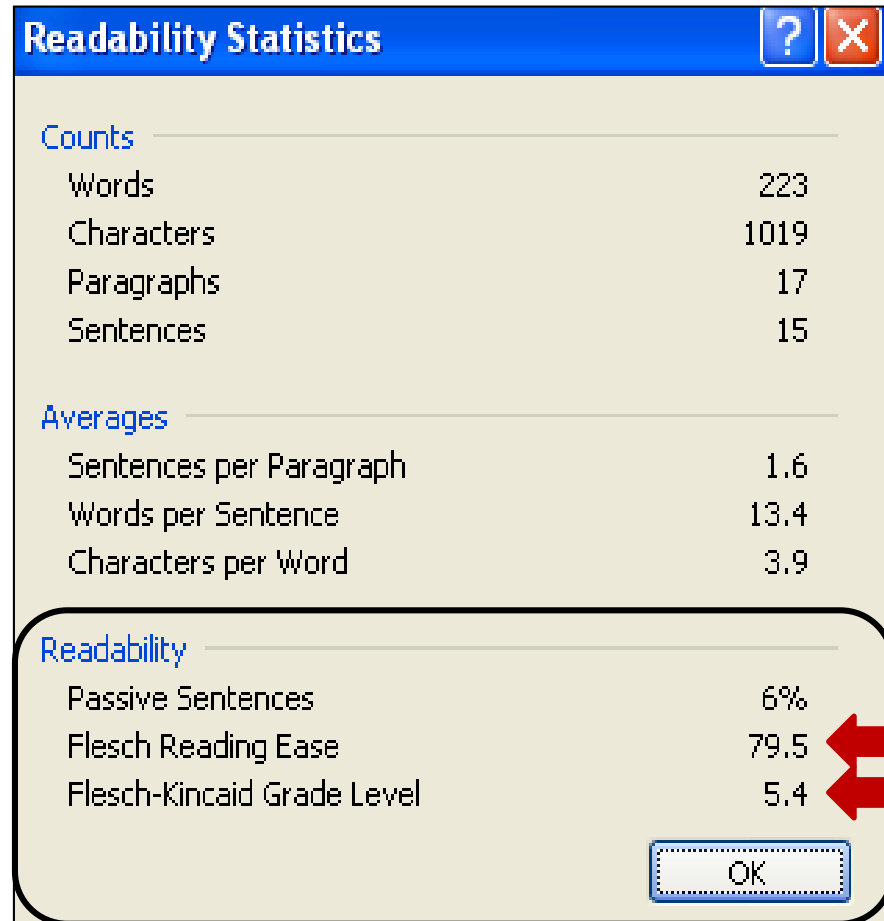


Flesch-Kincaid

- Microsoft Word option
 - Must initially set the feature
 - Click on “File” tab
 - Locate Word “Options” button
 - Click on “Proofing”
 - Check the option for “Show readability statistics” & click OK
 - To check scoring, run “Spell Check” and at the end a report will be provided



Flesch-Kincaid



Readability Statistics	
Counts	
Words	223
Characters	1019
Paragraphs	17
Sentences	15
Averages	
Sentences per Paragraph	1.6
Words per Sentence	13.4
Characters per Word	3.9
Readability	
Passive Sentences	6%
Flesch Reading Ease	79.5
Flesch-Kincaid Grade Level	5.4
OK	

- Reading Ease
 - 90-100 : Very Easy
 - 80-89 : Easy
 - 70-79 : Fairly Easy
 - 60-69 : Standard
 - 50-59 : Fairly Difficult
 - 30-49 : Difficult
 - 0-29 : Very Confusing
- Grade Level
 - Aim for 5th- 6th grade

SMOG

- SMOG Conversion Table
- Free online tools
 - Drop plain text or file into the tool and auto calculate

SMOG Conversion Table	
Total Polysyllabic Word Count	Approximate Grade Level (+1.5 Grades)
1 - 6	5
7 - 12	6
13 - 20	7
21 - 30	8
31 - 42	9
43 - 56	10
57 - 72	11
73 - 90	12
91 - 110	13
111 - 132	14
133 - 156	15
157 - 182	16
183 - 210	17
211 - 240	18

Next Steps

- Edit to the appropriate grade level
- Choose font, paper color
- Add appropriate images or design
- Test with applicable patients



Visual Considerations

- Appropriate punctuation
- Subtitles or headers if using a lot of text
- Boxes or sections
- Dark letters on light colored paper
- White space
- Meaningful pictures/images
 - Culturally appropriate



What looks good with this handout?

Patients with Catheters	 TIP 1	 TIP 2	 TIP 3
 6 TIPS to prevent Dialysis Infections U.S. Department of Health and Human Services Centers for Disease Control and Prevention www.cdc.gov/ckd www.cdc.gov/dialysis/patient	<p>Catheters have a higher risk of infection. Ask your doctor about getting a fistula or graft instead.</p>  TIP 4 <p>Know the steps your healthcare providers should take when using the catheter for treatment.</p>	<p>Learn how to take care of the catheter at home. Do not get it wet.</p>  TIP 5 <p>Know the signs and symptoms of infection and what to do if you think you might have an infection.</p>	<p>Wash your hands often, especially before and after dialysis treatment.</p>  TIP 6 <p>Know what to do if you have any problem with the catheter.</p>









Let's Talk Fonts

- Font size (12-14 points)
- Font style
 - Serif fonts are best
 - Times New Roman, Cambria, Garamond, Georgia, plus more
- **Bold type** to emphasize key words or phrases
 - Limit *italics* or underlining
 - Avoid ALL CAPS

S←



How are these fonts?

<h2>Patients with Fistulas or Grafts</h2>	 <h3>TIP 1</h3>	 <h3>TIP 2</h3>	 <h3>TIP 3</h3>
 <h1>6</h1> <h2>TIPS</h2> <p>to prevent Dialysis Infections</p>	 <h3>TIP 4</h3>	 <h3>TIP 5</h3>	 <h3>TIP 6</h3>
	<p>Take care of your dialysis access site at home. Avoid scratching or picking it.</p>	<p>Wash your hands often, especially before and after dialysis treatment.</p>	<p>Wash or cleanse your dialysis access site prior to treatment.</p>
<p>U.S. Department of Health and Human Services Centers for Disease Control and Prevention</p>  <p>www.cdc.gov/ckd www.cdc.gov/dialysis/patient</p>	<p>Know the steps your healthcare providers should take when using your dialysis access for treatment.</p>	<p>Know the signs and symptoms of infection and what to do if you think you might have an infection.</p>	<p>Know what to do if you have any problem with your dialysis access site.</p>

Review with Health Literacy Lens

- Test with applicable patients
- Edit as needed



Do you need translation versions?

ZONE Tool: High Blood Pressure Management

Also available in [other languages](#).

GREEN ZONE	ALL CLEAR (GOAL) <ul style="list-style-type: none"> High blood pressure usually does NOT have any symptoms No headaches, nose bleeds Blood pressure is within goal of: <ul style="list-style-type: none"> _____ systolic (top number) _____ diastolic (bottom number) 	Doing Great! <ul style="list-style-type: none"> Your symptoms are under control Actions: <ul style="list-style-type: none"> Take medicines as ordered Check blood pressure, if able Keep all doctor appointments Keep weight under control Exercise Follow healthy eating habits Keep exercising
YELLOW ZONE	WARNING If you have any of the following: <ul style="list-style-type: none"> Repeated blood pressures outside of your normal range Ringing in the ears 	Act Today! <ul style="list-style-type: none"> You may need your medicines changed Actions: <ul style="list-style-type: none"> Stop vigorous exercise Call your home health nurse: <ul style="list-style-type: none"> _____ (agency's phone number) Or call your doctor: <ul style="list-style-type: none"> _____ (doctor's phone number)
RED ZONE	EMERGENCY <ul style="list-style-type: none"> Severe headache or nosebleed Lightheadedness or heart racing Severe anxiety Severe trouble breathing Sudden numbness or weakness of the face, arm, or leg Sudden confusion, trouble speaking, or understanding Sudden trouble seeing in one or both eyes Sudden trouble walking, dizziness, loss of balance or coordination 	Act NOW! <ul style="list-style-type: none"> You need to be seen by a doctor right away! Actions: <ul style="list-style-type: none"> Call your doctor: <ul style="list-style-type: none"> _____ (doctor's phone number) Or call 911 or go to the Emergency Department.

References: [ACC/AHA, 2017](#); [AHA, 2012](#); [NHLBI, 2012](#); [Go, et al., 2013](#)

Herramienta ZONE: Control de la presión arterial alta

También disponible en [otros idiomas](#).

ZONA VERDE	TODO BIEN (META) <ul style="list-style-type: none"> La presión arterial alta por lo general NO tiene ningún síntoma Sin dolores de cabeza, hemorragias nasales. La presión arterial está dentro de la meta de: <ul style="list-style-type: none"> _____ sistólica (número superior) _____ diastólica (número inferior) 	¡Está haciéndolo bien! <ul style="list-style-type: none"> Sus síntomas están bajo control. Acciones: <ul style="list-style-type: none"> Tome los medicamentos según lo indicado. Revise la presión arterial, si puede Asista a todas las citas médicas Mantenga su peso bajo control Ejercicio Siga hábitos alimenticios saludables Siga haciendo ejercicio
ZONA AMARILLA	ADVERTENCIA Si tiene alguno de los siguientes: <ul style="list-style-type: none"> Presiones sanguíneas repetidas fuera de su rango normal Zumbido en los oídos 	¡Actúe hoy! <ul style="list-style-type: none"> Es posible que necesite cambiar sus medicamentos Acciones: <ul style="list-style-type: none"> Deje de hacer ejercicio vigoroso Llame a su enfermera de salud en el hogar: <ul style="list-style-type: none"> _____ (número de teléfono de la agencia) O llame a su médico: <ul style="list-style-type: none"> _____ (número de teléfono del médico)
ZONA ROJA	EMERGENCIA <ul style="list-style-type: none"> Dolor de cabeza severo o hemorragia nasal Mareo o corazón acelerado Ansiedad severa Dificultad severa para respirar Entumecimiento o debilidad repentina de la cara, el brazo o la pierna Confusión repentina, dificultad para hablar o comprensión Problemas repentinos al ver con uno o ambos ojos. Problemas repentinos para caminar, mareos, pérdida del equilibrio o coordinación 	¡Actúe ahora! <ul style="list-style-type: none"> ¡Necesita que lo vea un médico de inmediato! Acciones: <ul style="list-style-type: none"> Llame a su médico: <ul style="list-style-type: none"> _____ (número de teléfono del médico) O llame al 911 o vaya al Servicio de Emergencias.

Referencias: [ACC/AHA, 2017](#); [AHA, 2012](#); [NHLBI, 2012](#); [Go, et al., 2013](#)



Translation Tips

- Use culturally appropriate pictures
- Select your translator carefully
 - Use a certified medical translation organization
 - Don't use free online translation applications to translate your documents
- Check the translated material
 - Use back-translation
 - Pass the translated material through an online application to see how it translates back to English
 - Test materials with appropriate patients



Search for Health Literate Tools



What could be improved?

If you need to limit potassium

Potassium is a mineral that helps keep your heart and muscles working properly.

Why limit potassium?

Having too much potassium in your blood can cause:

- heart attack
- muscle weakness
- irregular heartbeat

How much is okay to eat?

Your doctor recommends eating less than:

_____ mg per day.

READ FOOD LABELS

to find the best choice for your diet

Serving size tells you what a single portion is.

Nutrition Facts	
Serving Size 6 crackers (28g)	
Servings Per Container About 10	
Amount Per Serving	
Calories 120 Calories from Fat 40	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	8%
Trans Fat 0g	
Polyunsaturated 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 110mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	
Phosphorus 10%	

Ingredients: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT, CONTAINS: WHEAT.

Ingredients are listed in order by weight, with the item of the most weight listed first. If potassium chloride is in the ingredient list, it has a high potassium content.

USE HEALTHY TIPS to shop, plan and prepare meals with less potassium

At home

- Don't drink or use liquid from canned fruits, vegetables, or cooked meat.
- Eat a variety of foods, but in moderation.
- Serving size is very important. Almost all foods have some potassium. A large amount of a low-potassium food can turn into a high-potassium food.

At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- To have more choices when eating out, avoid higher-potassium fruits and vegetables during the day beforehand.
- Choose starches and vegetables that are lower in potassium (such as rice, noodles and green beans).
- Avoid french fries and other fried potatoes.
- For desserts:
 - Choose desserts with simple preparations to avoid "hidden" phosphorus and potassium.
 - Avoid desserts with chocolate, cream cheese, ice cream or nuts – they are high in potassium and phosphorus.

Ethnic foods

For Chinese food

- Choose lower-potassium vegetables such as snow peas, string beans, water chestnuts, bean sprouts and bok choy.

For Mexican food

- Be cautious – Mexican food may be high in potassium.
- Beware of salsa. Salsa verde is a green sauce but is made of green tomatoes. Best choices: salsas made of chili peppers without tomatoes added.
- Avoid beans and rice. (Beans are high in potassium.)
- Avoid guacamole. It is made from avocados, which are high in potassium.

For Italian food

- Avoid tomato sauces. Tomatoes are high in potassium, but pasta is served with many sauces that are not tomato-based. If you must select a dish with tomato sauce, ask that it be served on the side.

For Soul food

- Be cautious – Soul food is often high in potassium.
- Avoid black-eyed peas, dried beans, cooked greens, spinach, yams, and sweet potato pie. All are high in potassium.
- Best choices? Fried chicken (no skin), corn, string beans or okra, wilted lettuce, corn bread or dinner rolls.

© 2010 National Kidney Foundation, Inc. All rights reserved. 02-10-0410_EBB

What are high-potassium foods?

Fruits

- Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate
- Dates, dried fruits, dried figs

Vegetables

- Avocados, broccoli, brussels sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash
- Tomato and tomato-based products
- Deep-colored and leafy green vegetables (such as spinach or Swiss chard)
- Dried beans and peas, black beans, refried beans, baked beans, lentils, legumes

Other

- Milk, yogurt
- Nuts and seeds
- Bran and bran products
- Chocolate, granola, molasses, peanut butter
- Salt substitutes

What are lower-potassium foods?

Fruits

- Apple, blueberries, cranberries, grapes, grapefruit, peaches, pears, pineapple, raspberries

Vegetables

- Asparagus, cabbage, carrots, celery, corn, cucumber, eggplant, green or wax beans, green peas or beans, lettuce (iceberg), onions, radishes, turnips, water chestnuts

Other

- Rice, noodles, pasta, bread and bread products (not whole grains)
- Angel cake, yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate

What is a common serving size?

FOOD GROUPS	SERVING SIZES
Meat, fish or poultry	
Meats, poultry, fish	1 oz cooked
Dairy	
Milk or milk substitute	4 oz or 1/2 cup
Egg	
Egg	1 egg or 1/4 cup egg substitute
Cheese	
Cheese	1 oz
Grains	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready to eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
Vegetables	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup

FOOD GROUPS	SERVING SIZES
Fruits	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1 cup
Grapes, cherries	12
Dried fruit	1/4 cup
Fats and oils	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
Sweets	
Cookie	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
Nuts, seeds, and legumes	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Legumes, dry beans, peas, cooked	1/2 cup
Peanut butter	2 tablespoons



If you need to limit potassium

Potassium is a mineral that helps keep your heart and muscles working properly.

Why limit potassium?

Having too much potassium in your blood can cause:

- heart attack
- muscle weakness
- irregular heartbeat

How much is okay to eat?

Your doctor recommends eating less than:

_____ mg per day.

READ FOOD LABELS

to find the best choice for your diet

Serving size tells you what a single portion is.

Nutrition Facts

Serving Size 6 crackers (28g)
Servings Per Container About 10

Amount Per Serving

Calories 120 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated 2.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 180mg 8%

Potassium 110mg 3%

Total Carbohydrate 19g 8%

Dietary Fiber 3g 12%

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Phosphorus 10%

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT. CONTAINS: WHEAT.

Ingredients are listed

in order by weight, with

the item of the most

weight listed first. If

potassium chloride is

in the ingredient list, it

has a high potassium

content.

Servings per container

lists how many portions

per container.

% Daily value is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

Potassium is not required to be listed by law. It is listed here, but it may not be listed even if the product contains potassium.

In general, % of potassium means:

- Low = Under 100 mg or less than 3%
- Medium = 101–200 mg or 3–6%
- High = 201–300 mg or 6–9%
- Very High = Over 300 mg or over 9%

USE HEALTHY TIPS to shop, plan and prepare meals with less potassium

At home

- Don't drink or use liquid from canned fruits, vegetables, or cooked meat.
- Eat a variety of foods, but in moderation.
- Serving size is very important. Almost all foods have some potassium. A large amount of a low-potassium food can turn into a high-potassium food.

At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- To have more choices when eating out, avoid higher-potassium fruits and vegetables during the day beforehand.
- Choose starches and vegetables that are lower in potassium (such as rice, noodles and green beans).
- Avoid french fries and other fried potatoes.
- For desserts:
 - Choose desserts with simple preparations to avoid "hidden" phosphorus and potassium.
 - Avoid desserts with chocolate, cream cheese, ice cream or nuts – they are high in potassium and phosphorus.

Ethnic foods

For Chinese food

- Choose lower-potassium vegetables such as snow peas, string beans, water chestnuts, bean sprouts and bok choy.

For Mexican food

- Be cautious – Mexican food may be high in potassium.
- Beware of salsa. Salsa verde is a green sauce but is made of green tomatoes. Best choices: salsas made of chili peppers without tomatoes added.
- Avoid beans and rice. (Beans are high in potassium.)
- Avoid guacamole. It is made from avocados, which are high in potassium.

For Italian food

- Avoid tomato sauces. Tomatoes are high in potassium, but pasta is served with many sauces that are not tomato-based. If you must select a dish with tomato sauce, ask that it be served on the side.

For Soul food

- Be cautious – Soul food is often high in potassium.
- Avoid black-eyed peas, dried beans, cooked greens, spinach, yams, and sweet potato pie. All are high in potassium.
- Best choices? Fried chicken (no skin), corn, string beans or okra, wilted lettuce, corn bread or dinner rolls.

Summary

- Less is best
- Lead with most important message
- **Edit – Edit – Edit**
- Check readability level
- Fonts matter
- Test it
- Translate



Resources

- [Advancing Health Literacy in the Kidney Disease Community](#) course (Quality Insights)
- Handouts:
 - Checklist for Promoting Health Literacy and Guidelines for Written Materials
 - Resource Handout



References

- Centers for Disease Control and Prevention. (2020). [Health Literacy](#).
- Centers for Disease Control and Prevention. (2020). [Health literacy basics](#).
- Centers for Disease Control and Prevention. (2019). [Health literacy resources](#).
- Centers for Disease Control and Prevention. (2019). [Health literacy website](#).
- Centers for Disease Control and Prevention. (2009). [Simply Put – A guide for creating easy-to-understand materials](#).
- Rooney, et al. (2021). [Readability of patient education materials from high-impact medical journals: A 20-year analysis](#).
- U.S. Department of Health and Human Services. (2020). [Healthy People 2030 health literacy definitions](#).



Evaluation

- Developing Health Literate Materials: A How-to Guide
 - Evaluation:
www.surveymonkey.com/r/WPC9CRB
 - Copy link after submitting survey to get your certificate with continuing education credits.



QR Code

Activate the camera on your smart phone and scan this QR code to link to the **evaluation.**



Questions?

Misty Kevech, RN, BSEd, MS, CCP, CPTM

mkevech@qualityinsights.org



Thank you.



This material was prepared by Quality Insights Renal Networks 3, 4 and 5, End Stage Renal Disease (ESRD) Networks under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. ESRD345-101322

