

# Support HB 1578

## *Understanding Basic Health Information Saves Lives*



### Background

Empowering individuals to manage their health care depends on their ability to obtain, process, and understand health care information, a skill known as **health literacy**. Regrettably, many Texans lack the knowledge required to effectively manage their health and prevent disease. A staggering 80% of Americans, including Texans, grapple with health literacy, with half of all healthcare consumers struggling to navigate the healthcare system. This deficit leads to:



**Inefficient use of health care, particularly vital in treating chronic diseases like diabetes and heart disease.**



**Increased healthcare industry costs, with an estimated \$4.8 billion spent annually on administrative expenses alone.**



**More dosing errors and patient non-adherence to medications or treatments, resulting in \$1.5 billion in lost patient earnings per year.**



**Increased emergency room visits, longer hospital stays, and higher mortality rates.**

### Problem

Limited health literacy in Texas contributes to increased healthcare costs, inefficient use of resources, and poorer health outcomes. Nearly all Texans, especially our elderly population and individuals with limited educational attainment, struggle to access accurate health information, seek preventive care, and choose the appropriate level of care, leading to unnecessary emergency room visits and hospital admissions. Confusion around medical care, including understanding benefits and costs, can further exacerbate delays in seeking necessary treatment.

### Solution

Texas must prioritize health literacy at the state level. House Bill 1578 is an essential investment in our public health system that will empower individuals, reduce healthcare costs, and create healthier communities. The bill creates a comprehensive plan addressing the economic impact of low health literacy on state health programs. By enhancing communication between patients and providers, House Bill 1578 empowers individuals to become more effective advocates for their own health, resulting in well-informed decisions about their medical care.

# Supporting Organizations



EVERY TEXAN

