

Mayo Clinic Minute: Boosting kids' health literacy

Video	Audio
<p>Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic</p>	<p>Developing personal health literacy is something that can begin early in life.</p> <p>"Mayo Clinic is truly an expert in healthcare. And we have an opportunity to be there talking with children, getting them excited about their health and empowering them to have agency over their own health and the health of their communities."</p>
	<p>Dr. Angela Mattke says these types of books provide accessible information on a wide range of health and science-related topics.</p>
	<p>"I think there's a lot of health topics that children struggle to understand — anything from immunizations to why they're feeling sick, especially when children have serious and complex diseases."</p>
	<p>Understanding their disease can help them feel empowered and knowledgeable about how they can participate in their care. But it's not just kids with serious health conditions that can benefit from this education.</p>
	<p>"My children have read all these books and have read them multiple and multiple times. And so, they can help understand these diseases. It's inspiring their passion to learn more about science and learn more about health."</p>
	<p>Which is another goal of promoting health literacy in children.</p>

	"We need to get kids interested in STEM, so, science, engineering, technology and medicine. And so, we're bringing these topics to kids to get them interested at an early age and inspire that passion."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.