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Arthritis Consumer Experts National Survey on Arthritis and Health Literacy: Part 2

The *Canadian Public Health Association Expert Panel on Health Literacy* defines health literacy as “the ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health in a variety of settings across the life course.”

In Part 2, we take a deeper look at responses from Black, Indigenous, and people of colour (BIPOC) versus white respondents.

Snapshot of Survey respondents

- **Total respondents:** 1,148
- **Ethnic group:** 61% white, 39% BIPOC (4% black, 24% Indigenous, 11% person of colour)
- **Place of residence:**
 - Large urban centre (population of 100,000+) 58%
 - Small to medium sized population centre (population of 16,000 to 99,999) 21%
 - Rural or remote community (population of 15,999 or less) 16%
 - Reside on a First Nations, Metis, or Inuit reserve/settlement 3%

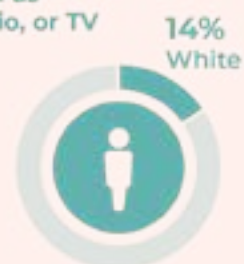
Understanding of health information

Although BIPOC and white respondents have similar levels of understanding of health information, BIPOC respondents reported higher levels of understanding when compared to white respondents.

Online health information such as websites, blogs, podcasts, social media, and videos



Media such as newspaper, radio, or TV



In conversation with family, friends, colleagues



Talking with health care providers

BIPOC respondents reported greater challenges with interacting with health care providers. For instance, only 12% of BIPOC respondents answered "often" when asked if health care providers explained health issues clearly, when compared to 19% of white respondents.

Only 16% of BIPOC respondents expressed that they felt listened to "often" when compared to 21% of white respondents.



Learning more about health and arthritis

A significantly lower percentage of BIPOC respondents (2%) reported being confident in their current health knowledge and skills compared to white respondents (25%). More BIPOC respondents preferred learning about arthritis through:

- **1 on 1 counselling:**
35% BIPOC vs 30% white
- **Online community or support groups:**
42% BIPOC vs 19% white
- **From other patients:**
19% BIPOC vs 12% white

Using information to make better health decisions

BIPOC, when compared to white respondents, reported lower levels of understanding of the following information.



Key Takeaways

Survey findings suggest BIPOC respondents face significant barriers when looking for help and highlight the need for health care providers to provide appropriate and sensitive care to those with diverse cultural and linguistic backgrounds.

The creation of targeted resources and services that meet the needs of specific populations is a priority. These resources must be made available to patients, care givers, and health care providers at all points of the arthritis patient journey.