Groups that are at a greater risk for low health literacy, according to the national center for education statistics, include people who are living in poverty, ethnic minorities, recent refugees and immigrants, and those who live in the southern region of the united states. Socio-economic factors such as poverty, crime and unstable housing have contributed to higher rates of chronic conditions such as diabetes, heart disease, stroke, cancer and hypertension. The price tag associated with unnecessary health care costs due to low health literacy is estimated to be between $106 billion and $238 billion per year.

The most common adverse effects associated with poor transitions are:

- Estimated cost due to poorly coordinated care transitions from the hospital to other care settings
- Chronic diseases and conditions—such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems.

The Elsevier Care Planning Ambulatory solution provides evidence-based clinical work/flow tools and care plan guides to support population health management, transitions of care and coordination across the continuum.

**REFERENCES**

- https://www.cdc.gov/chronicdisease/overview/index.htm - Statistics on chronic conditions
- https://www.cdc.gov/chronicdisease/about/multiple-chronic.htm

**APPEDICATE OF CARE TRANSITIONS**

- Decreased likelihood of patients being readmitted or visit the emergency department if they have a clear understanding of their after-hospital care instructions, including how to take their medications and when to make follow-up appointments.

- Involved patients are more likely to:
  - Use medical resources and information
  - Follow medical regimen and guidelines
  - Eat a healthy diet and exercise regularly
  - Undergo preventative screenings
  - Better manage chronic disease
  - Adhere to treatment regimens and recommendations

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**SOCIAL DETERMINANTS OF HEALTH**

- Decreased likelihood of patients being readmitted or visit the emergency department if they have a clear understanding of their after-hospital care instructions, including how to take their medications and when to make follow-up appointments.

- Involved patients are more likely to:
  - Use medical resources and information
  - Follow medical regimen and guidelines
  - Eat a healthy diet and exercise regularly
  - Undergo preventative screenings
  - Better manage chronic disease
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