

Partner Organisation	
Pressure Line	
The Netherlands	

1 – Organization / Individuals	
Name	CBO
Country	The Netherlands
Type of Organization	Central Accompaniment Organization
Address Website	www.cbo.nl/en/
Contact	Churchillaan 11 3527 GV Utrecht info@cbo.nl

2 – Action / Project / Activity	
Title	Book Begrijp je lichaam / Understand your body
Category	Development of new Informative Resources in several languages
Description	<p>‘Understand Your Body’ is a book for awareness about the human body with simple images and texts and common complaints. This directory is intended for use by professionals in the healthcare and prevention.</p> <p>With ‘Understand Your Body’ GPs, nurses and practice nurses are enabled to communicate easier with patients that cannot adequately read and write. These patients often lack basic knowledge about their bodies, about common symptoms and treatment methods. This is why they do not understand what the doctor says and why certain recommendations are given. Also they do not dare to ask questions and they sometimes do not dare to say that they do not understand what the doctor means. This can lead to irritation and mutual misunderstandings.</p> <p>The educational material was developed by healthcare professionals and people who have problems with reading and writing. ‘Understand Your Body’ helps a low-literate patient and a doctor to speak the same language. This not only leads to mutual understanding, but can also contribute to reducing the costs of care.</p>

3 – Products / Results	
Description	<p>What type of products/ resources? Booklet / folder</p> <p>‘Understand your body’ is developed by the CBO, Pharos, the National Association of General Practitioners, Dutch College of</p>

	<p>General Practitioners (NHG), Foundation for Excellence ETV.nl and Reading and Writing Foundation. Rabobank Foundation, the registered fund of Rabobank NutsOhra Fund supported the project financially. That is how a free copy of the book for GP practices and health organizations has been made possible.</p>
Links	<p>http://www.cbo.nl/ http://www.pharos.nl/nl/kenniscentrum/projectenoverzicht/11/begrijp-je-lichaam</p>
Impact on target groups	<p>The information and the way of communication can be very useful for Take Care Project when developing the Take Care methodology and approaching migrants who cannot read and write.</p>