



Health Literacy Instructor Training



LITERACY  COALITION
OF CENTRAL TEXAS
REACH · TEACH · UNITE



Training Objectives

1. Participants will be able to define health literacy and understand its importance.
2. Participants will learn how to incorporate health-related information into the classroom
3. Participants will learn how to use sample health-related teaching materials in the classroom

What is Health Literacy?

“Health Literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions and follow instructions for treatment.”

Healthy People 2020



What is Like to be a Patient with Low Health Literacy?



Terry Davis, PhD

Credit to American College of Physicians Foundation

Healthcare Culture Shock

“ For most people, medicine is a foreign country, with its own language, customs, and mores. My [learners] are immigrants to this country, and many feel very disoriented. My job, as their [instructor], is to translate this alien world for them, to help them acclimatize and hopefully thrive.”

– Danielle Ofri, M.D., Ph.D.

The Facts

- Most health information is written at the 10th grade level or higher, **but...**
 - The average person in the U.S. reads at an 8th grade level; 20% read at the 5th grade level or below.
 - 40% of seniors read at or below the 5th grade level.
 - 50% of African-Americans and Hispanics read at or below the 5th grade reading level.

Percentage of Population Reading at Below Basic and Basic Levels

Below Basic (5th Grade Level)

- Searching a short, simple text to find out what a patient is allowed to drink before a medical test
- Signing a form
- Adding amounts on a deposit slip

Basic (8th Grade Level)

- Filling out an health insurance or medical history form
- Accurately following prescription medicine label instructions/warnings
- Comparing generic and name-brand medicines for price and side-effects

Overall	Age, 16-18	Age, 19-24	Age, 25-39	Age, 40-49	Age, 50-64	Age, 65+
43%	48%	40%	37%	38%	40%	61%

Literacy in the Central Texas



- 1 in 5 native English speakers in Central Texas cannot read or write well enough to fill out a job application.
- Nearly half of the U.S. adult population (90 million people) have low functional health literacy.
- Low health literacy costs Central Texas **\$685,520,988** annually

Your Role in Addressing Low Health Literacy

- By teaching health-related information in the adult education classroom, you promote your learners' ability to better:
 - Navigate the healthcare system
 - Serve as health advocates for their families
 - Promote a healthier, more productive community



Using your Health Literacy Instructional Manual

What's In The Manual

1. Health Literacy: An Introduction

2. Theoretical Foundations of Adult Instruction

3. How to Create Your own Health-related Lessons

4. Sample Health-related Lessons

5. Healthcare Access and Navigation: Sample Activities

6. Disease Prevention: Sample Activities

7. Chronic Disease Management: Sample Activities

8. Frequently Asked Questions from Students

9. Resources

Creating Your Own Health-Related Lesson

- Three research-based approaches to designing health literacy lessons for adults in ESL, ABE, and GED classes
- Keep cultural sensitivity in mind when planning lessons



Knowing What Health-Related Information to Teach

- **Types of Needs Assessment Tools:**
 - Focus Groups
 - Goal Setting Activities



Module 1: Healthcare Access and Navigation

Healthcare Access and Navigation



- Why is it healthcare access and navigation important?
- What should you cover as an educator?
- Empowering your learners in the doctor's office.

Sample Healthcare Access and Navigation Activity

Activating Background Knowledge Activity: Healthcare Access and Navigation



Module 2: Disease Prevention

Disease Prevention

- Why is it important to teach disease prevention?
- What should you cover as an educator?



Sample Disease Prevention Activity

Match-up Cards Activity: Accurately Describing Symptoms



Module 3: Chronic Disease Management

Chronic Disease Management



- Why is it important that these topics be covered?
- What topics should you cover as an instructor?

Sample Chronic Disease Management Activity

Group Activity: Understanding Prescription Labels



**Tools For Your
Health-Related Lessons**

Teaching with Authentic Materials

- Using Authentic materials:
 - Bring life to what could otherwise be a dry lesson
 - Allow learners to learn and practice skills with objects they will actually use outside of the classroom
- Create a Health Literacy Instructional Tool-Kit with the following items:
 - Cell phone, grocery flyers, food items, vitamins, prescription labels, warning labels, health brochures, hospital maps, medical & insurance forms



Key Teaching Strategies for Adult Instruction

- Activating Background Knowledge
- Brainstorming
- Problem-Solving Scenarios
- Role Plays
- Teaching w/ PowerPoint
- Think-Pair-Share
- Word Sorts



Empowering Your Learners As Patients

Tools to Empower Your Learners

- Ask Me 3
 - What is my main problem?
 - What do I need to do?
 - Why is it important for me to do this?
- Bring family or friend to doctor visit
- Bring a list of all prescription medicine
- Ask pharmacist if they have any questions about medicine
- Write down questions to ask before doctor visit

Additional Resources & Questions

- A list of further resources pertaining to health literacy, ESL, ABE and GED instruction, lesson planning, and sample activities can be found on pages 105 & 175 in your Instructional Manual



Contact Information



Literacy Coalition of Central Texas
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