

Coalition Connect

The latest news from the
Utah Health Literacy Coalition

HEALTH LITERACY PERSONAL STORY

Health Insurance and the American Dream



“That is so nice of you!” was my answer to the health insurance agent who recommended paying \$0 monthly for health insurance instead of the school-provided one. After one semester in college, I needed to find cheaper health insurance to help my parents cover other expenses at home (Peru).

Being new to the country and the overall system, I could barely understand what the health insurance agent was telling me or asking me. I only knew I had to send some documents and information her way, and the same day, I left the office with a new health insurance. That kept going for the rest of my college years. It would only get more confusing from there.



[Listen to Keiko's story on the Podcast, Health Literacy Stories.](#)



In this newsletter you will find:

Helpful tools, Upcoming events, Recent research, Member spotlight, and more. Keep Reading!

Upcoming Events

2023 UTHLC CONVENING



Plan | Network | Learn

November 29, 2023 2:00-4:30 p.m.

@ Department of Human Services
195 W 1950 W, SLC Rm 1020-C

RSVP at <https://forms.gle/edecC4Cyt5UM2Zuw8>

HEALTH INSURANCE LITERACY IN LIBRARIES



The Network of the National Library of Medicine is offering a Zoom training on November 8th (9:00 - 10:00 AM MST). It is complicated for many people to know how to find a physician, fill a prescription, use and pay for medications, and use information to make informed decisions about their health. Libraries are prominent community places, making librarians excellent resources for advancing health information literacy.

[Register here.](#)

Helpful Tools



Check out these helpful tools for improving health literacy

[Health Literacy Online](#) is a research-based guide to help users develop intuitive health websites and digital tools that are easily accessed and understood by all users.

[Think Cultural Health](#) is a website sponsored by the Office of Minority Health that features information, CE opportunities, and resources for health and healthcare professionals to learn about culturally and linguistically appropriate services.

We Need Your Input



The Utah Health Literacy Coalition is developing a website and would like to find out what information and resources would be most useful to include on the website.

Please complete and send the survey to community partners, colleagues, or front-line workers who work directly with the public.

English survey:

<https://www.surveymonkey.com/r/H LCS-English>

Spanish survey:

<https://www.surveymonkey.com/r/H LCS-Espanol>

Recent Research

SOCIAL MEDIA AND BLACK MATERNAL HEALTH: THE ROLE OF HEALTH LITERACY AND EHEALTH LITERACY

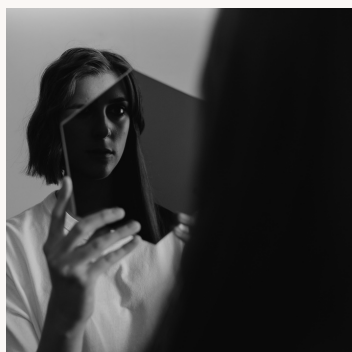
Black women have a higher risk of maternal health issues compared to White women. Although there are many causes of this disparity, providing better maternal health information to this group could help. Social media is a fast and easy way to share information to empower and educate Black women about pregnancy health. This study aimed to find out how Black women use social media for pregnancy information and if their health knowledge and online health literacy affect their behavior.

[Read more.](#)



HEALTH LITERACY AND SERIOUS OR PERSISTENT MENTAL ILLNESS: A MIXED METHODS STUDY

Understanding how well adults with serious mental illness understand and use health information is crucial for their well-being. This is important because these individuals face higher risks of preventable health issues. This study aimed to understand how well individuals with serious mental health issues acquire, understand, and use health information about their illness and the health services they need. [Read more.](#)



PARENTAL HEALTH LITERACY, EMPOWERMENT, AND ADVOCACY FOR FOOD ALLERGY SAFETY IN SCHOOLS: A CROSS-SECTIONAL STUDY

This study examined how parents of elementary school children with food allergies use different health skills to protect their kids. About 8% of elementary school children in the US have food allergies. The research focused on whether parents with the highest levels of health skills, like understanding, communicating, and thinking critically about health, felt more effective in advocating for their children's safety at school. It also explored whether being good at communicating and critical thinking about health matters more for advocacy than simply understanding health basics. [Read more.](#)



Member Spotlight

JANE SIMS

Patient Education Manager,
Intermountain Health



Briefly explain some health literacy projects you have worked on this year.

Teach Back Project, in collaboration with SLCo Health; Networking workgroup with the UTHLC; Quarterly health literacy instruction within Intermountain for clinical leaders, practitioners and marketing team; Improvement of an internal health literacy intranet site to increase exposure of principles, best practices, and training module.

What has been the outcome of those projects? Overall, I see a greater enthusiasm for embracing best practices around health literacy and see teams building processes to better address health literacy in the patient education planning.

What is your favorite part of being part of the Utah Health Literacy Coalition? Health literacy is a big problem that requires a multidisciplinary approach. I appreciate the varied experiences and solutions presented by our members. It's always inspiring to engage on shared goals and work together to improve the lives of those we serve.

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WE NEED MORE FOLLOWERS to use the LinkedIn newsletter and other tools on our group page to make it a great user experience for this coalition. Want to connect with others in the coalition or who are interested in health literacy and stay current on health literacy information and practices? Follow and post on our page!