



Coalition Connect

The latest news from the
Utah Health Literacy Coalition

DIGITAL.GOV

Multilingual Huddle: ✦ Designing for Translation



Designing for translation is a way of working that goes beyond translating words. We live in a world where information is everywhere. We need to capture people where they are, and we only have a few seconds to do that. To accommodate everyone, it's important to communicate concepts in several languages

without unnecessary burdens or expenses. Part of that practice is making a plan at the onset of all content creation. Before creating any piece of content, consider the following:

- Who needs to know this information? Understanding your audience will help you plan the best content for them.
- Would non-English speaking groups benefit from it?
- If yes, in which languages should the content be translated? (even if it's not all at once)
- Then plan your content with the above answers in mind



[watch on YouTube](#)

↓ In this newsletter you will find:
Upcoming events, Helpful Tools, Health literacy tip, Recent research & Member spotlight. Keep Reading!



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UTHLC website coming soon!

Upcoming Events

Utah health Literacy Coalition Learning sessions



Content experts provide virtual learning sessions on various health literacy topics during the fourth week of each month. Look for calendar invites.

May: Cultural Health Literacy (date & time TBD)

June: Consumer Resource Literacy (date & time TBD)

Drive Thru Data: Using NLM APIs to Access Information Fast



National Library of Medicine
Network of the National Library of Medicine

Date: May 14 **Time:** 12:00 - 1:15 PM

[Register here](#)

Location: Webinar - This webinar is aimed at librarians and other information professionals who are familiar with NLM's products and services, but want to explore NLM data in new ways.

Beyond Borders: Understanding Oldways Heritage Diets and Reducing Health Disparities



National Library of Medicine
Network of the National Library of Medicine

Date: May 21 **Time:** 12:00-1:00 PM

[Register here](#)

Location: Webinar - Delve into the Oldways Heritage Diets, offering insights into classifying healthful foods within these traditional dietary patterns. We will explore the essential components of nutritionally balanced culturally-relevant diets, spotlighting their significance in promoting overall health and well-being.

Navigating the State Legislative Session and Department Collaboration: SPEAKS Session with ASTHO and NCSD



National Coalition
of STD Directors

Date: May 22 **Time:** 1:00 -2:00 PM

[Register here](#)

Location: Webinar- Navigating the policy process, offer practical non-partisan tips on how to work with state legislators, and educate participants on how to build effective relationships with state legislative liaisons and state health leaders.

Creating Belonging: Creating Inclusive Healthcare Environments



Emma Eccles Jones College of Education & Human Services
Institute for Disability Research, Policy & Practice
UtahStateUniversity.

Date: May 30 **Time:** 9:00 -10:30 AM

Location: Webinar- An overview of the science behind inclusion and why it's important to well-being, attributes of inclusive environments, and proactive strategies and supports that you can use to make your offices and clinics more inclusive and inviting to individuals of all abilities and cultural backgrounds.

[Register here](#)

BE Healthy Utah- Natural Health and Wellness conference



Date: June 14-15

[Register here](#)

Location: Dixie Convention Center, St George **OR** Virtual option

This is a community-driven event designed to empower, educate, and inspire individuals and families to live healthier, more fulfilling lives.

Helpful Tools



Check out these helpful tools for improving health literacy



[National CLAS Standards](#)

The National CLAS Standards are a set of 15 action steps intended to advance health equity, improve quality, and help eliminate health care disparities by providing a blueprint for individuals and health and health care organizations to implement culturally and linguistically appropriate services.



[EthnoMed](#)

We provide information about cultural beliefs, medical issues and other topics related to the health care of immigrants to the U.S., many of whom are refugees.



[Multi-language Medline Plus](#)

Health information is available in over 50 languages, searchable by language or health topic.



Health Literacy Tip

Health Equity Guiding Principles for Inclusive Communication

Centers for Disease Control and Prevention

[Read more here](#)



- Using a health equity lens when framing information about health disparities.

- Considering the key principles, such as using person-first language and avoiding unintentional blaming.



- Using preferred terms for select population groups while recognizing that there isn't always agreement on these terms.

- Considering how communications are developed and look for ways to develop more inclusive health communications products.



- Considering whether an image is culturally appropriate, clear, and inclusive, and supports and does not detract from your message.

- Exploring other resources and references related to health equity communications.

Research

[Health Literacy in Cultural Research](#)

Members of the clinical research enterprise are often used to thinking in categories while seeking definitive answers to pre-defined questions. Yet the complexities of culturally appropriate materials and interactions often require a more nuanced approach – social and cultural contexts do not necessarily fit into discrete categories. Further, the way members of the research community think about their study populations is informed by their own personal experiences and is influenced by the experiences of the individuals being recruited and enrolled in research. [Read more](#)



[A review of approaches to improve participation of culturally and linguistically diverse populations in clinical trials](#)



The under-representation of culturally and linguistically diverse participants in clinical trials is an ongoing concern. This paper aims to examine the complex issue of recruiting culturally and linguistically diverse (CALD) older people to medical research and to examine responses to these issues. The literature indicates that predominant barriers are communication, including literacy and health literacy; English language competence; and cultural factors in the research setting such as mistrust of consent processes, and considerable practical and logistical barriers, including mobility considerations. [Read more](#)

[Health Literacy: A Prescription to End Confusion](#)

Escorted by his teenage granddaughter, an elderly old Navajo grandfather was taken to the internal medicine clinic for an infection in his right leg. The granddaughter was fluent in English but had very limited Navajo speaking skills. Speaking in English, the doctor informed the man that the infection in his leg would get worse if he did not take his medication as prescribed. The granddaughter could not translate the scientific concept of infection into Navajo language. The doctor asked one of the nurses for help, and although she tried, she also was unsuccessful.

The old man, becoming frustrated, just agreed that he understood everything that he had been told. The medicine man helped him the best he could, but the grandfather's leg had to be amputated, which the doctor ascribed to non-compliance. [Read more](#)



Member Spotlight

KATHY NELSON

Training Specialist

Salt Lake County Aging and Adult Services



Why did you join the Utah Health Literacy Coalition? I joined the coalition to broaden my understanding of health literacy and support our agency's development goals.

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

Kathy has been engaged in two recent projects. Project 1: The cultural and linguistic adaptation of Aging & Adult Services' Caregiver Talking Point (CTP) Program—a conversation-based education tool for Community Health Workers (CHWs), Refugee Navigators, and others. Project two: Helping the Utah Health Literacy Coalition to create a survey tool and gathering data that supported coalition members in designing data-informed health literacy tools.

What was the outcome of those projects?

Project 1: Seven CTP brochures were created, culturally adapted, and are now available in seven languages. Community Health Care workers, who helped culturally adapt and refine the CTP brochures, recently completed a train-the-trainer program, and will begin the CTP Program roll out for the Salt Lake County Health Department's CARE Bureau. Data needs have been outlined and will be collected throughout 2024. Project 2: The data collected for the Utah Health Literacy Coalition was reported to coalition members. It improved our collective understanding of client needs and is being used to refine current development projects.

What is your favorite part of being part of the Utah Health Literacy

Coalition? I am new in this field. I love learning from fellow committee members--broadening my perspective and learning to look at the complex nature of health literacy in a more actionable way.