NOV 2024 ISSUE #7





Coalition Connect

The latest news from the Utah Health Literacy Coalition

Health literacy, an overarching goal of Healthy People 2030

<u>Healthy People 2030</u>



Health literacy is a central focus of Healthy People 2030.

One of the initiative's

overarching goals

demonstrates this focus: "Eliminate health disparities,

achieve health equity, and attain health literacy to improve the health and well-being of all." There are six Healthy People objectives related to health literacy. Healthy People 2030 addresses personal and organizational health literacy. The new definitions:

- Emphasize people's ability to use health information rather than just understand it
- Focus on the ability to make "well-informed" decisions rather than "appropriate" ones
- Incorporate a public health perspective
- Acknowledge that organizations have a responsibility to address health literacy watch HERE

In this newsletter you will find:

Upcoming events, Coalition Updates, Helpful Tools, Health literacy tips, Recent research & Member spotlight. Keep Reading!



UHLC website coming soon! **UtahHealthLiteracy.org**

Upcoming Events

Utah Health Literacy Coalition Learning sessions



Dec 9th 2:00-2:45 pm **Personal Health Literacy** 2025 calendar of events **TBD**

<u>Health Literacy Insights for Strengthening Access, Services,</u>

and Care



Date: Dec 2 **Time:** 8:00 -10:30 AM

Location: Webinar

How we can increase people's access to health information,

services and care through attention to critical

characteristics of our health organizations and systems.

Sleep Health Webinar



Date: Dec 4 Time: 10:00 -10:30 AM

Advent Health University Health Literacy Webinar Series

2024. Jessica Daly, Librarian and health literacy educator

How Diet-Health Misinformation Gets Ultraprocessed

Date: Dec 11 Time: 1:00 - 3:00 pm Location: Virtual conferece

REGISTER NOW

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The global food industry manipulates science, trusted experts, and media to prioritize profit over public and planetary health, creating widespread misinformation that skews dietary guidelines and public policies, as highlighted in this symposium by True Health Initiative

CHW and Health Literacy 101 & 102 Webinars





Date: Jan 16 & 23 **Time:** 1:00-2:00pm **Location**: Webinar Session 101 will introduce health literacy and how it affects the health of individuals and communities.

Session 102 CHWs will learn about using "teach-back" to ensure their clients' learning and comprehension of new material.

Health Information Week Leeds: Health Literacy Awareness



Date: Jan 31 **Time**: 6:00-7:00 am **Location:** Webinar The one hour session highlights some of the barriers that affect people's understanding and use of health information.

REGISTER NOW

Utah Health Literacy Coalition Updates

New UHLC Leadership

Meet the Utah Health Literacy Coalition Leadership group for 2025-2027



UTAH HEALTH LITERACY COALITION CO-CHAIRS

Amber Lee Hall works at University of Utah as a Senior Operations Project Manager/Patient Education Program.



Luisa Hansen works at Utah Department of Health and Human Services as a Public Information Officer.



ADVOCACY AND POLICY WORKGROUP LEAD

Ofa Matagi
works at the Utah
Pacific Islander Health
Coalition as the
Executive Director





NETWORKING WORKGROUP LEAD

Josh Clemens works at Salt Lake County Library System as the Senior Librarian for Health Outreach





TRAINING & RESOURCES WORKGROUP LEAD

George Strawley
represents the Network of
the National Library of
Medicine as an
engagement specialist
and works at the
University of Utah as an
Associate Librarian



Utah Health Literacy Coalition Updates

3rd Annual Convening

At this years convening, individuals divided into group to develop possible logic models, that could guide the coalition for the next two years.

SITUATION

Current needs of population

- Improved access to resources
- Education about health literacy
- Strengthened HL partnerships
- Utah HL website
- Advocacy and promotion of HL
- Increased engagement and expanded outreach
- Value matching
- Technology changes and accessibility/digital literacy
- Utahns awareness of organizational and personal HL
- Utahns action toward HL efforts
- State HL policy
- State HL measurement

ACTIVITIES

What we do

- Conduct educational campaigns and events targeting underserved pops.
- Sharing stories where HL has made an impact
- Gathering more data and research on HL needs
- Co-developing curriculum for medical/nursing students on plain language and teachback
- Co-developing form/applications for state agencies
- Coordinate with state school boards on Senior curriculum
- Acting as consultants for policymakers
- Facilitate buy-in
- Measure HL levels
- CHIS training

REACH & OUTPUTS

Who we reach

- Legislators
- Insurance providers
- Non-profit/CBOs
- Faith-based orgs
- Administrators
- Government agencies
- Libraries
- Hospitals/healthcare clinics/providers
- Health departments
- Academia/Universities
- Underserved populations
- CHWs
- Asylum seekers/refugees
- Researchers
- Aging population
- Executives

<u>Outputs</u>

- Utah HL levels
- Policies
- Curriculum
- HL campaign
- UHLC members
- Website resources/toolkits
- Newsletters
- Annual convenings

Utah Health Literacy Coalition Updates

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SHORT-TERM OUTCOMES

1-2 years

- Data collection and analyzing
- Connect with key stakeholders and policymakers
- Increase awareness of our work
- Recruit more members to the UHLC
- Develop relationshipslook for connections
- Establish base HL level
- Increase awareness of HL among Utahns
- HL media campaign
- Functioning website with resources
- Bylaws and governance of UHLC
- Yearly training and certifications

MEDIUM-TERM OUTCOMES

3-4 years

- Implement pilot projects based on data (need)
- Continue to foster relationships
- Continue to recruit to UHLC
- Decreased
 misinformation through
 organization HL
 practices
- Enhanced collaboration between all partners
- 501c3 status for UHLC
- Payment capability for sustainability of UHLC
- Annual UHLC conference

LONG-TERM OUTCOMES

5+ years

- Clear impact
- Policy development at state and corporate levels
- Mandatory training
- Programs are economically selfsustaining
- Health in all policies model
- Improved organizational health literacy
- Improved personal health literacy
- Evidence-based practices
- Inclusion of cultural considerations in customized care

IMPACT

- Reduced health disparities through improved access to health information
- More inclusive communication/communities
- A health workforce that better reflects the people they serve (language, culture)
- Systemic changes within Utahs top organizations

Helpful Tools



Check out these helpful tools for improving health literacy

International Handbook of Health Literacy (select download full text)

- Research into health literacy: an overview of recent developments
- Programmes and interventions to promote health literacy
- Policy Programmes to promote health literacy
- Future dialogues and new perspectives

Health Literacy Policy and Strategy: Research Report for National Adult Literacy Agency

- Literature Review
- Interviews with literacy learner groups
- Interviews with health professionals
- Health literacy policies and strategies

National Adult Literacy Agency Alsineacht Náisiúnta Litearthachta do Aosaigh

<u>Health Literacy Universal Precautions</u> Toolkits 3rd ed.

- Start on the Path to Improvement
- Improve Spoken Communication
- Improve Written Communication
- Improve Self-Management and Empowerment
- Improve Supportive System



Health Literacy Tip

23 tools for using health literacy universal precautions

Agency for Healthcare Research and Quality
Read more here



- 1. Form a team.
- 2. Assess organizational health literacy and create a health literacy improvement plan.
- 3. Raise awareness.



- 4. Communicate clearly.
- 5. Use the teach-back method.
- 6. Follow Up.
- 7. Be easy to reach.
- 8. Conduct brown bag reviews.
- 10. Consider culture.
- 9. Address language differences.
 - 11. Assess, select, and create easyto-understand materials.
 - 12. Use health education materials effectively.



- 13. Welcome clients/patients.
- 14. Encourage questions.
- 15. Make action plans.
- Help patients/clients take medicine correctly.



- 17. Get feedback.
- 18. Attend to social needs.
- 19. Help clients/patients pay less for medications.



- 20. Connect clients/patients with literacy and math resources.
- 21. Make referrals easy
- 22. Include family and friends.
- 23. Talk about costs.

Research

New Direction for Health Literacy Research

Health literacy research has grown significantly, but it remains focused on recurring themes such as limited health literacy, its impact on health outcomes, the complexity of health information, and the creation of screening tools. Experts and global initiatives emphasize expanding efforts to improve health literacy at both personal and organizational levels, linking it to health equity and sustainable development. Advancing the field requires innovative, systematic strategies to build health literacy capacity across all sectors.



Read more

<u>Updating Health Literacy for 2030: Defining its Importance for a new</u> Decade in Public Health



Personal and organizational health literacy significantly impact an individual's ability to understand diagnoses, treatments, and lifestyle changes for healthier living. Healthy People 2030 introduces two complementary health literacy definitions, providing measurable ways to track progress in both individual and organizational health literacy. These definitions support efforts

to eliminate health disparities, achieve health equity, and advance health literacy, contributing to improved health and well-being nationwide.

Read more

<u>Promoting Health Literacy by using the Health Literacy Universal Precautions Toolkits: A Reflective Study</u>

The AHRQ HLUP provides recommendations for promoting health literacy across five dimensions: preparation, oral and written communication, self-management, and support systems. Its tools, such as using clear language, designing understandable materials, and employing experiential strategies, aim to help individuals build skills and confidence to make informed health decisions. The toolkits offer evidence-based guidance for professionals to effectively enhance health literacy education.



Read more

Member Spotlight

George Strawley, MLIS, AHIP

Engagement Specialist / Associate Librarian

Network of the National Library of Medicine / University of Utah



Why did you join the Utah Health Literacy Coalition? Although several states have some sort of health literacy group operating within their boundaries, only a few have a health literacy coalition. From the first UHLC meeting I attended eight years ago, I saw that this group had a core of professionals with a range of credentials and backgrounds dedicated to the goal of giving people the information and skills they need to live healthy lives. It's this grass-roots, creative effort in the interest of serving the people of Utah that keeps me drawn to UHLC.

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

Most of my work with the Network of the National Library of Medicine involves providing professional training and funding to libraries and community organizations to support health information and health literacy. One such project reviewed the information resources available on Mullerian anomalies, a set of conditions of the uterus estimated to affect 5 to 7% of the female population. The researchers' hope is that the work will lead to the development of more accessible, patient-friendly resources on the topic. Another Utah-focused project brought students from the Noorda College of Osteopathic Medicine into libraries and assisted-living facilities to talk to older adults about osteoporosis.

Both of those projects experienced success, but they still have a way to go. The researchers responsible for the Mullerian anomalies project completed their assessment of what is available and are pursuing more funding to develop their resources. Noorda College had good attendance at its events, and organizers are considering what to do next.

What is your favorite part of being part of the Utah Health Literacy Coalition? Really it is the networking. I get a chance to connect with a breadth of health information professionals who understand why health literacy is a little-known but very important factor in people's well-being and the healthcare system at large. I have yet to find an organization that has quite this mix of people from different professions who have essentially the same mission.