

Creative Methods for Improving Health Literacy in Underserved Communities

Recovery Café

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Our Team



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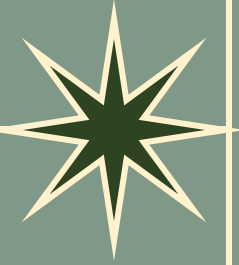
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Recovery Café

- ❖ Founded in 2003 as a direct response to the critical unmet needs of those who suffer on the margins
- ❖ Safe space that provides free, nutritious meals and a coffee bar
- ❖ Open mic nights, movie nights, computer lab
- ❖ Recovery Circles
- ❖ School For Recovery
- ❖ 12 Step meetings
- ❖ Referral services





Assessment



Assessments Completed

- Windshield survey of area/community
- In-person discussion with staff
- Literature review

Demographics

Of 732 members:

- 20% LGBTQ+
- 47% racial/ethnic minority
- 69% experiencing homelessness
- 87% have experienced homelessness in the past
- Majority have lower than high-school level education
- Majority are over the age of 40

Important Findings

- Absence of health education resources
- Members lacked accessible education about: COVID-19, hepatitis, vaccines, sexual health, drug overdose, and type 2 diabetes

Health Needs

Increased health literacy via health information that has:

- Easy readability
- Inclusive language
- Accessible resources





Diagnosis



Readiness for enhanced knowledge

related to health conditions as evidenced by curiosity, asking questions, and being interested/participating in activities to further increase their knowledge regarding health-related topics

Techniques we used to Enhance Knowledge:



Evaluated preferred learning style & recognized limitations & strengths:

- Took education level into consideration and incorporated that into our fact sheets & puzzles

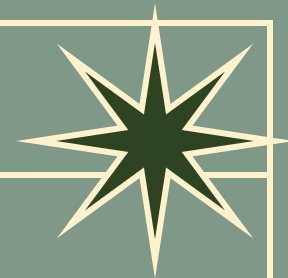
Made use of educational technology:

- Created fact sheets with crossword puzzles related to certain topics
- Printed them out for Recovery Café to use





Planning



Goal 1:

Create resources: engaging activity to keep members' attention



Goal 2:

Deliver resources for use at Recovery Café



Goal 3:

Increase health literacy in underserved community



Education

- COVID-19
- STDs
- Vaccination
- Hepatitis
- Drug overdose
- Type 2 diabetes





Implementation



Interview Staff and Members

Determine health needs of the community

Research Topics

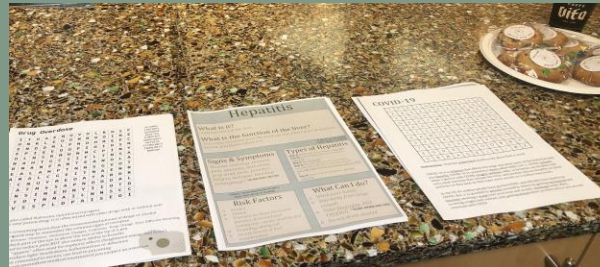
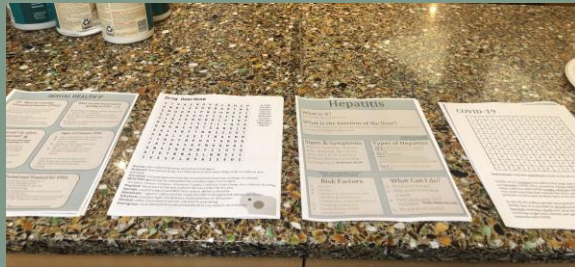
Ensure reliable Information. Reputable resources are used

Create Documents

Create an engaging puzzle with comprehensible language

Go Live!

Deliver puzzles and digital files to Recovery Café





Example: Type 2 Diabetes

**TYPE 2
DIABETES**

What Is Type 2 Diabetes?

- ❖ **Insulin**, a hormone that allows glucose (sugar) to be used as energy, is released into the blood, but the body no longer is responding to it correctly
- ❖ Allows glucose to build in the body and not be used for energy by cells
- ❖ This results in an increased blood sugar and can lead to health complications.

How Can I Manage My Diabetes?

- ❖ **Diet:** Limiting sugar and carbohydrate intake, including breads, fruits, pastas, chips, and candy
- ❖ **Medications:** Oral Antidiabetics or Insulin Injections
- ❖ **Lifestyle:** Maintaining a healthy weight or losing excess weight
- ❖ **Monitor Blood Sugar** levels using a glucometer
- ❖ **Smoking:** Limit or Stop Cigarette Smoking
- ❖ **Follow-up Appointments:** For regular testing and medical visits

What Should I Watch For?

- ❖ **Foot Care:** Inspect feet every day for wounds. Diabetes can cause delay wound healing and decrease sensation.
- ❖ **Control Blood Pressure:** helps reducing your risk of heart attack or stroke
- ❖ **Hemoglobin A1c:** a clinical test that can be done to show how your blood sugar has been managed. Ideally this number would be under 7%
- ❖ **Develop Changes in Vision,** increased thirst, or increased urination, in addition to a blood glucose of >600mg/dL, seek medical attention.

Hypoglycemia? What's that?

Hypo means low and Glycemia refers to blood sugar

Hypoglycemia, or low blood sugar, can be very dangerous and could lead to coma or death.

If you begin to show symptoms having low blood sugar, stop and have 15g of simple sugars. That's about 3 hard candies or a cup of juice!

Symptoms can include:

- ❖ Hunger
- ❖ Irritability
- ❖ Anxiety
- ❖ Tired
- ❖ Shakiness
- ❖ Feeling
- ❖ Sweating
- ❖ Fast Heartbeat

Resources to Help You Manage Diabetes

- ❖ **American Diabetes Association** (insulinhelp.com) -- Assist with Access to Insulin
- ❖ **Country Doctor Community Clinic** (500 19th Ave E Seattle, WA 98112) - Can provide on-going medical treatment
- ❖ **After Hours Clinic** (2101 E Yesler Way Seattle, WA 98122) - Walk-In Clinic
- ❖ **Healthpoint Clinic Evergreen** (830 SW 116th Street Seattle, WA 98146) - Specialize in Nutritional Support
- ❖ **Cynthia A. Green Family Center** (12704 76th Ave S Seattle, WA 98178)

Recovery Café -- Provides many resources for you to aid you in your health journey. Ask a staff member how your community can help

Front View

Type 2 Diabetes

S	B	L	O	O	D	P	R	E	S	S	U	R	E
E	T	I	E	O	C	L	I	U	O	G	I	A	O
T	N	M	N	O	B	E	S	I	T	Y	U	T	A
A	R	A	G	U	S	D	O	O	L	B	L	L	I
R	B	T	E	S	T	S	T	R	I	P	S	E	M
D	D	A	I	L	Y	E	X	E	R	C	I	S	E
Y	D	C	O	E	B	H	L	O	T	H	N	I	C
H	R	I	L	E	T	A	E	I	O	S	S	A	Y
O	O	S	S	E	T	E	B	A	I	D	U	O	L
B	E	U	S	T	S	I	C	O	T	S	L	C	G
R	R	E	T	E	M	O	C	U	L	G	I	N	O
A	G	O	O	E	A	P	X	O	S	G	N	O	P
C	R	C	A	R	X	G	L	U	C	O	S	E	Y
I	A	I	M	E	C	Y	L	G	R	E	P	Y	H

INSULIN
BLOOD SUGAR
TEST STRIPS
HYPERGLYCEMIA
GLUCOSE
BLOOD PRESSURE
CARBOHYDRATES
GLUCOMETER
OBESITY
HYPOGLYCEMIA
DIABETES
DAILY EXERCISE

Insulin: Hormone that allows cells to use glucose as energy
Carbohydrate: A type of food that has components that get broken down into glucose (sugar) molecules
Glucose: Sugar Molecules
Blood Sugar: Amount of glucose in the bloodstream
Glucometer: A medical tool that allows us to see the amount of sugar in the bloodstream
Test Strips: Placed in a glucometer to determine the blood sugar
Hyperglycemia: High Blood Sugar
Hypoglycemia: Low Blood Sugar
Daily Exercise: Can help prevent and manage type two diabetes
Obesity: A risk factor for developing type two diabetes
Blood Pressure: If well controlled, can help reduce the risk of a heart attack or stroke

Back View





Evaluation: Desired Outcomes



1. Increase health literacy in an underserved community in a form that best suits them and their needs



2. Facilitate conversations and aid with questions among members and volunteers

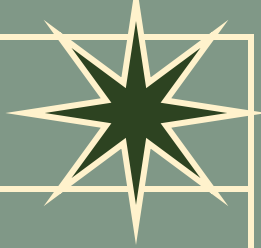


3. Build the framework for more health literacy programs at Recovery Cafe



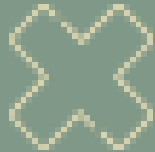


Evaluation



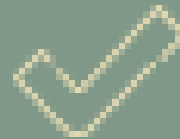
Challenges

- Language and Literacy
- Time Restraints
- Inconsistent Attendance



Areas for Improvement

- Providing Classes and Info Sessions
- Survey Members Before & After
- Expanding Activities
- Covering More Topics



If our project time frame were longer...

1. How helpful was this fact sheet to you?

1 ————— 5 ————— 10
Not helpful Sort of helpful Very helpful

2. How likely are you to share this info with others?

1 ————— 5 ————— 10
Not likely Maybe Very likely

3. Did completing an activity (word search) make you more interested in learning?

Yes No

4. How likely are you to use this style to learn about other health topics?

1 ————— 5 ————— 10
Not likely Maybe Very likely

5. How easy was the information to understand?

1 ————— 5 ————— 10
I didn't understand I understood some I understood it all

Please provide other feedback or comments

- Distribute tear off surveys with each activity sheet
- This feedback would help us make changes and better serve the members

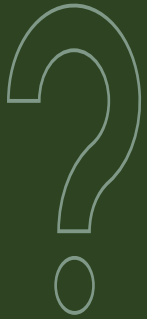
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Thank you!



Questions?

