Cultural Beliefs, Health Literacy, and Use of Preventive Health Services among Older African-American Women, Age 65 and Older

Janelle R. Baker, PhD, APRN, ANP-BC
Assistant Professor
Coordinator of Adult/Gerontological
Florida A&M University
Introduction

- It is estimated that 90 million American adults have limited health literacy.
- Literacy levels less than the ninth grade level practically doubles the five-year risk of mortality among older adults regardless of culture, socioeconomic status, or education (Sudore, et al., 2006).
African-Americans, particularly, women are growing older.

Culture is an integral component when one defines his or her personal meaning health.

Health literacy remains the silent disability of minority groups, particularly older African Americans.
Purpose of the Study

- Explore the relationship between cultural beliefs and health literacy on the use of preventive health services among older African-American women, age 65 and older.
Research Hypotheses

- There is a relationship between cultural beliefs, health literacy and use of preventive health services among African-American women, age 65 and older.

- Cultural beliefs best predicts use of preventive health services among older African-American women, age 65 and older.
Predictive Model

- ≤ 3rd grade
- 4th - 6th grade
- 7th - 8th grade
- ≥ 9th grade

Use of Preventive Health Services

Cultural Beliefs
Methodology

- **Design**
  - Descriptive, correlational, cross-sectional, predictive

- **Sample/Sampling Procedure**
  - Community-dwelling African-American women, age 65 and older
  - Able to read, write, speak and understand English
  - Cognitively intact as determined by a score of 24 on MMSE

**Setting**
- Northwest Florida
Instrumentation

- African American Acculturation Scale-Revised (AAAS-R)
  - Family Practices
  - Health Beliefs and Practices
- Rapid Estimate of Adult Literacy in Medicine (REALM)
- Demographic Health Survey
  - Questions 10-A – 10-E
Results (Cont’d)

- ≤ 3rd grade
- 4th - 6th grade
- 7th - 8th grade
- ≥ 9th grade

- ≤ 8th grade
- 9th - 12th grade
- Some college
- Bachelors
- Graduate
Results (Cont’d)
## Results

<table>
<thead>
<tr>
<th>Preventive health Services</th>
<th>CBE</th>
<th>Mammogram</th>
<th>Pap Smear</th>
<th>CRC</th>
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<tbody>
<tr>
<td></td>
<td>$N = 201$</td>
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<tr>
<td>AAAS-R</td>
<td>.19*</td>
<td>.42***</td>
<td>.29**</td>
<td>-.43***</td>
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<td>Family practices</td>
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<td>.50***</td>
<td>.14*</td>
<td>-.37***</td>
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<td>Health beliefs</td>
<td>.32**</td>
<td>.60***</td>
<td>.42***</td>
<td>-.58***</td>
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<tr>
<td>REALM</td>
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<tr>
<td>$\leq$ 3&lt;sup&gt;rd&lt;/sup&gt; grade</td>
<td>.33**</td>
<td>.47***</td>
<td>.45***</td>
<td>.38***</td>
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<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt; – 6&lt;sup&gt;th&lt;/sup&gt; grade</td>
<td>.24**</td>
<td>.37***</td>
<td>.36***</td>
<td>.37***</td>
</tr>
<tr>
<td>7&lt;sup&gt;th&lt;/sup&gt; – 8&lt;sup&gt;th&lt;/sup&gt; grade</td>
<td>.19*</td>
<td>.35***</td>
<td>.24**</td>
<td>-.20*</td>
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<tr>
<td>$\geq$ 9&lt;sup&gt;th&lt;/sup&gt; grade</td>
<td>.29**</td>
<td>.57***</td>
<td>.34**</td>
<td>-.49***</td>
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* $p < .05$  ** $p < .01$  *** $p < .001$
## Results (Cont’d)

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<tr>
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<th>F Change</th>
<th>df</th>
<th>df2</th>
<th>Sig F Change</th>
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<tr>
<td>CB and HL</td>
<td>.22</td>
<td>27.31</td>
<td>2</td>
<td>198</td>
<td>.001</td>
</tr>
</tbody>
</table>

* *p < .05  **p < .01  ***p < .001
Conclusions

- There is a positive relationship between cultural beliefs, health literacy, and use of preventive health services (clinical breast exam, mammogram, and pap smear) among older African-American women, age 65 and older.

- There is a negative relationship between cultural beliefs and colorectal cancer screening among older African-American women, age 65 and older.
Conclusions (Cont’d)

- There is a negative relationship between higher literacy levels and colorectal cancer screening among older African-American women, age 65 and older.
- African-American women with cultural beliefs and colorectal cancer screening inadequate health literacy skills were less likely to have clinical breast exams, mammograms, pap tests or colorectal cancer screening tests.
Thank You

Thank you HARC Sponsors & Participants

Are there any Questions?