

Improving Maternal Health Literacy

Complexity of Everyday Life Guides Intervention

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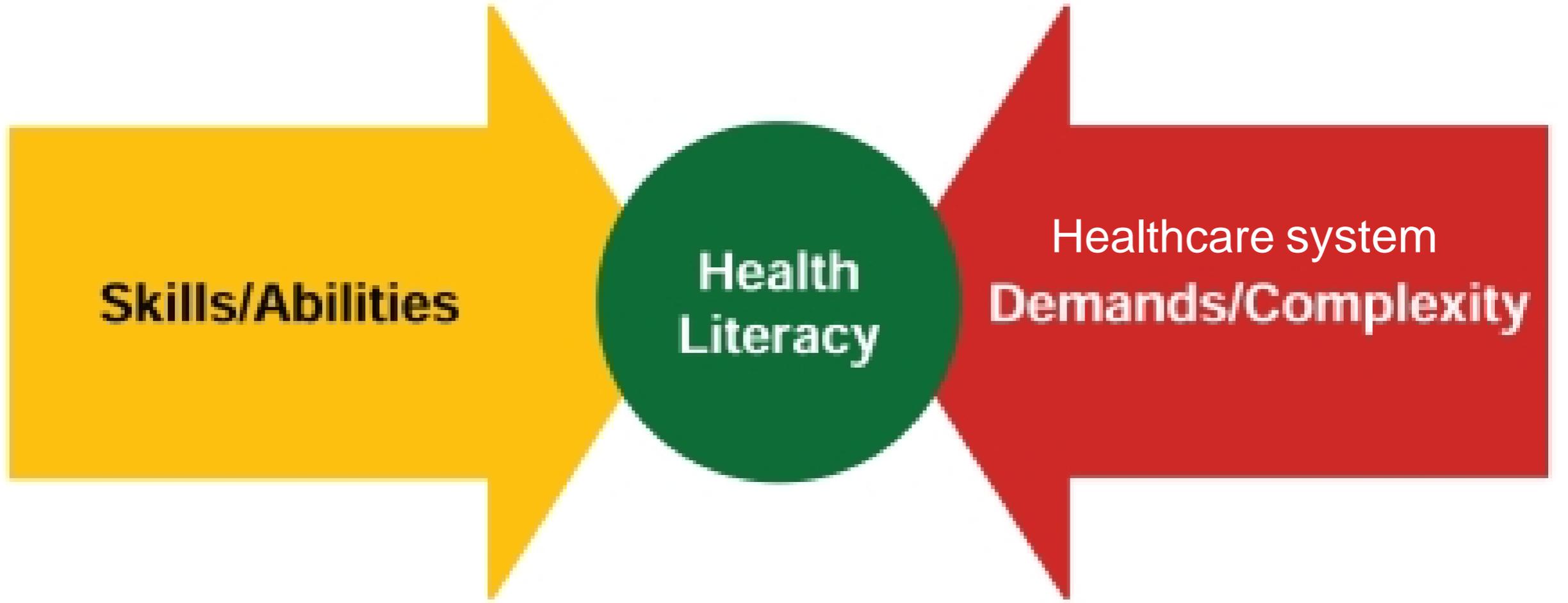
Lauren N Carroll, MS, MPH
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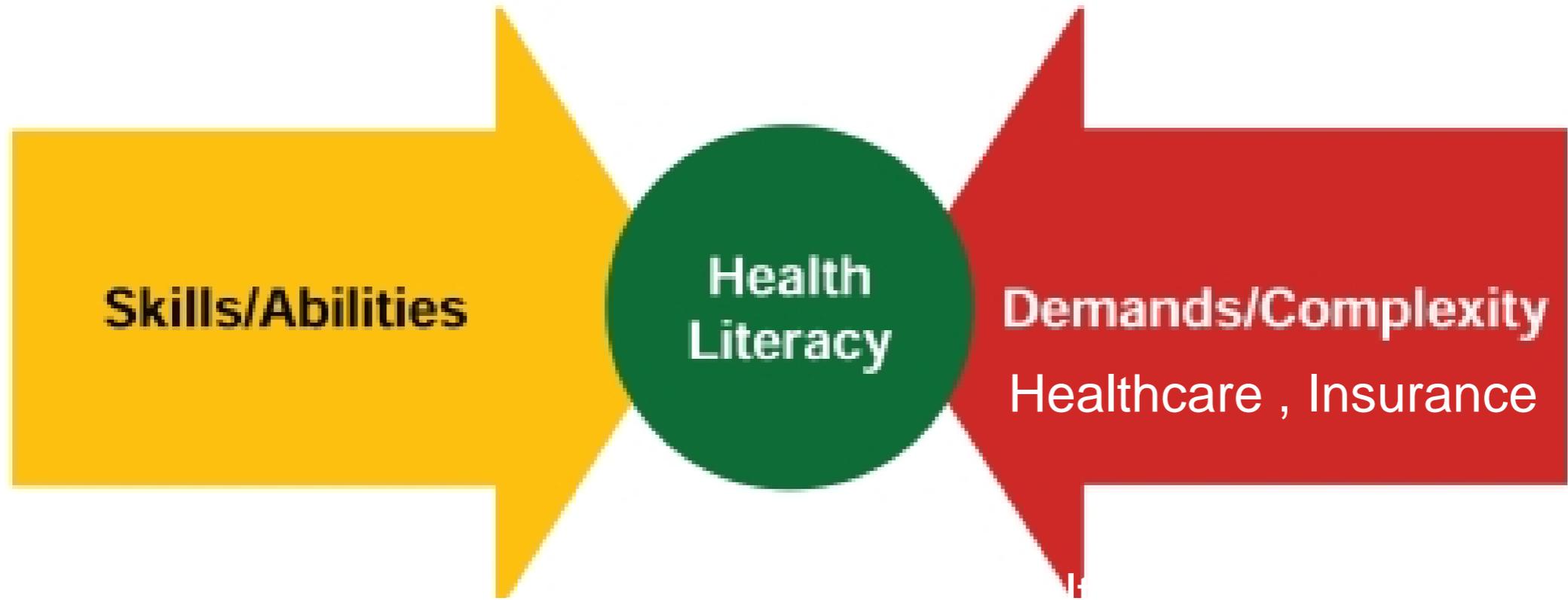
HARC VII 2015

Skills/Abilities

**Health
Literacy**

Healthcare system
Demands/Complexity







“**Maternal health literacy** ...
cognitive and social skills that
determine the motivation and ability
of women to use information [and
services] in ways that promote and
maintain their health and that of their
children”

Renkert & Nutbeam 2001 Health Promotion International

Home Visitation

- ❖ Intervention to promote MCH
- ❖ PHN, MSW, paraprofessionals
- ❖ DOH, schools, insurers, independents
- ❖ 500,000 families annually

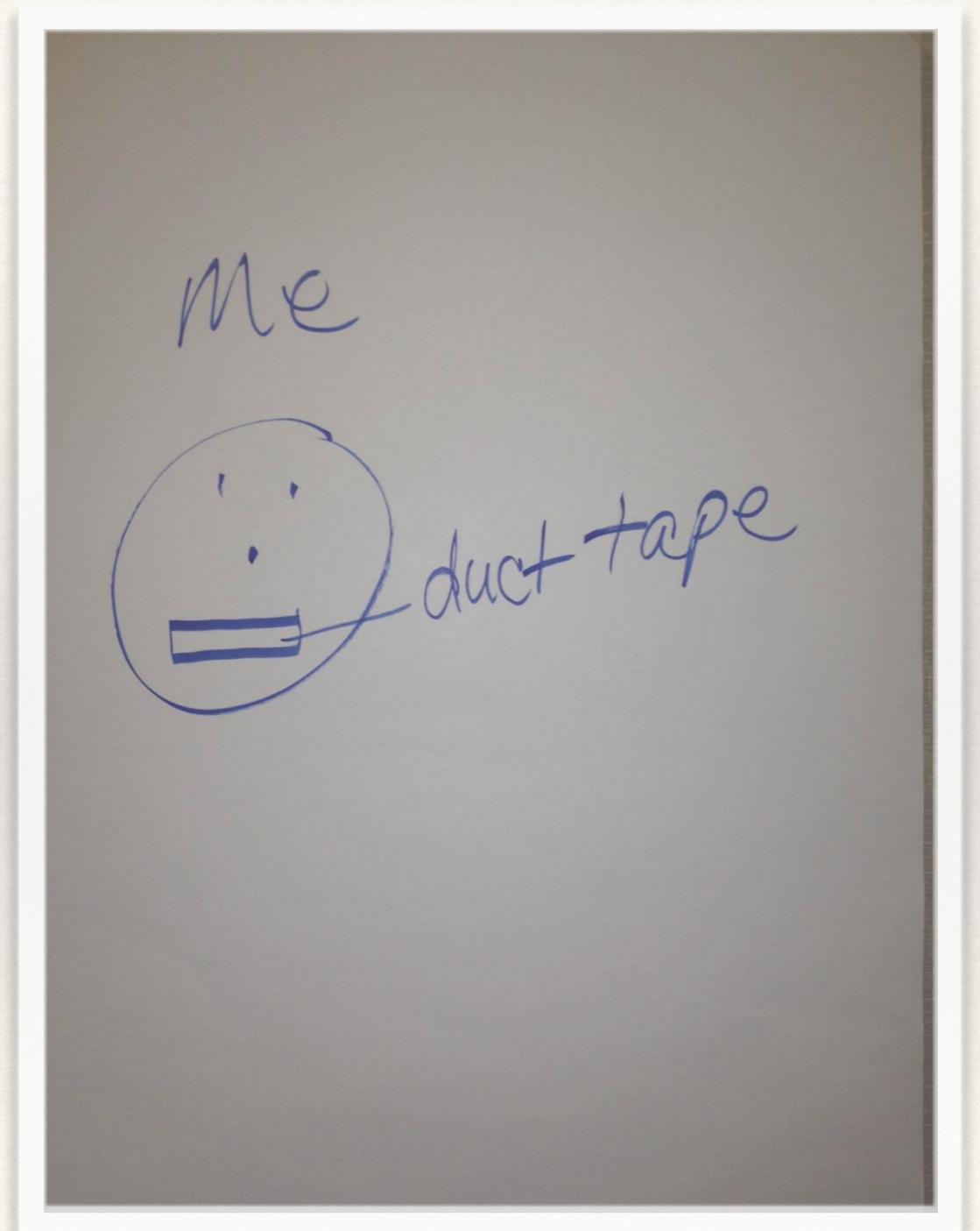


Reflection: the mind's strongest glue

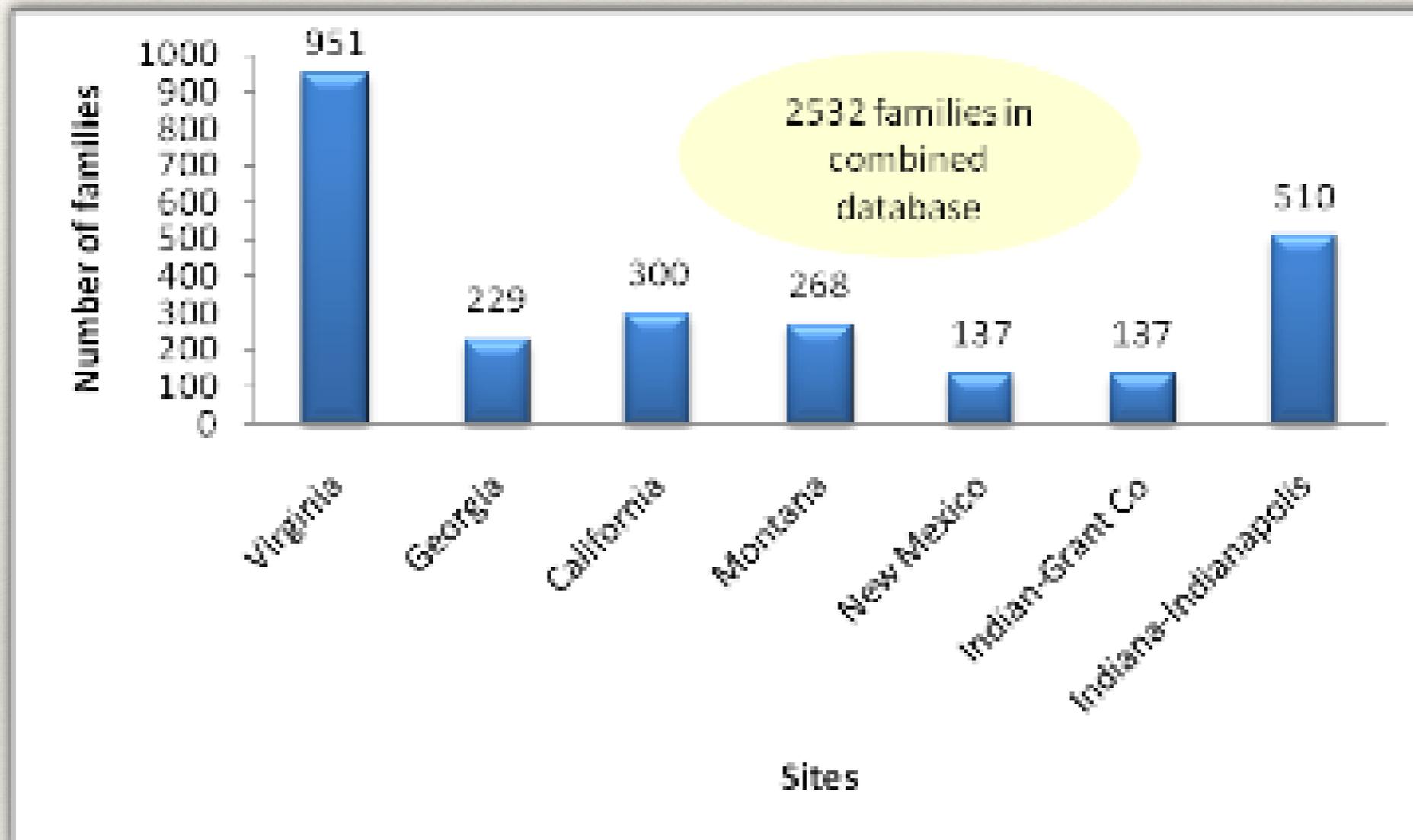


Reflective Questions

“Parents have their own answers. We just need to ask them questions to get them thinking”



AHRQ-NIH Database



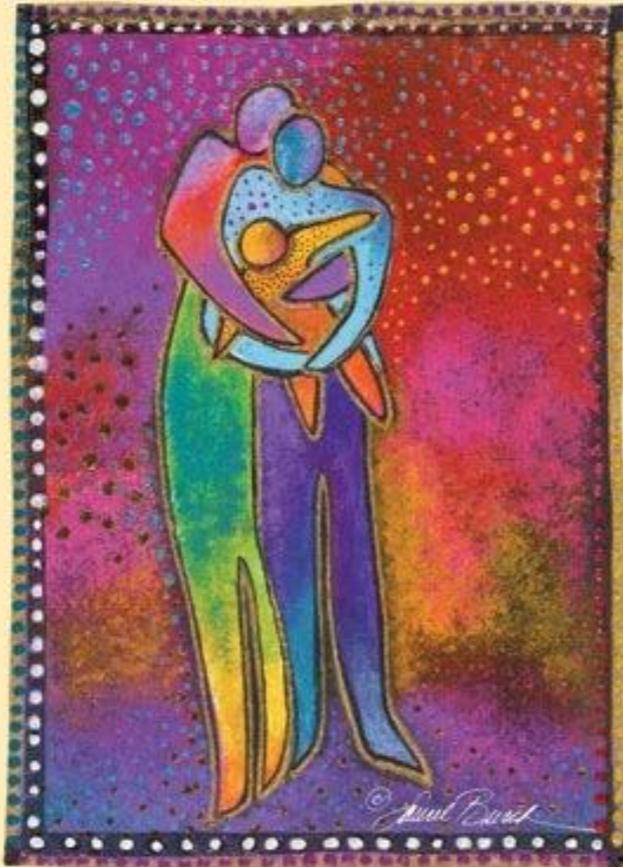
32% AA

29% white

18% Latino

20%

unknown



Life Skills Progression

An Outcome and Intervention Planning Instrument
for Use with Families at Risk

.....
LINDA WOLLESEN & KAREN PEIFER

Foreword by Deanna Gomby, Ph.D.



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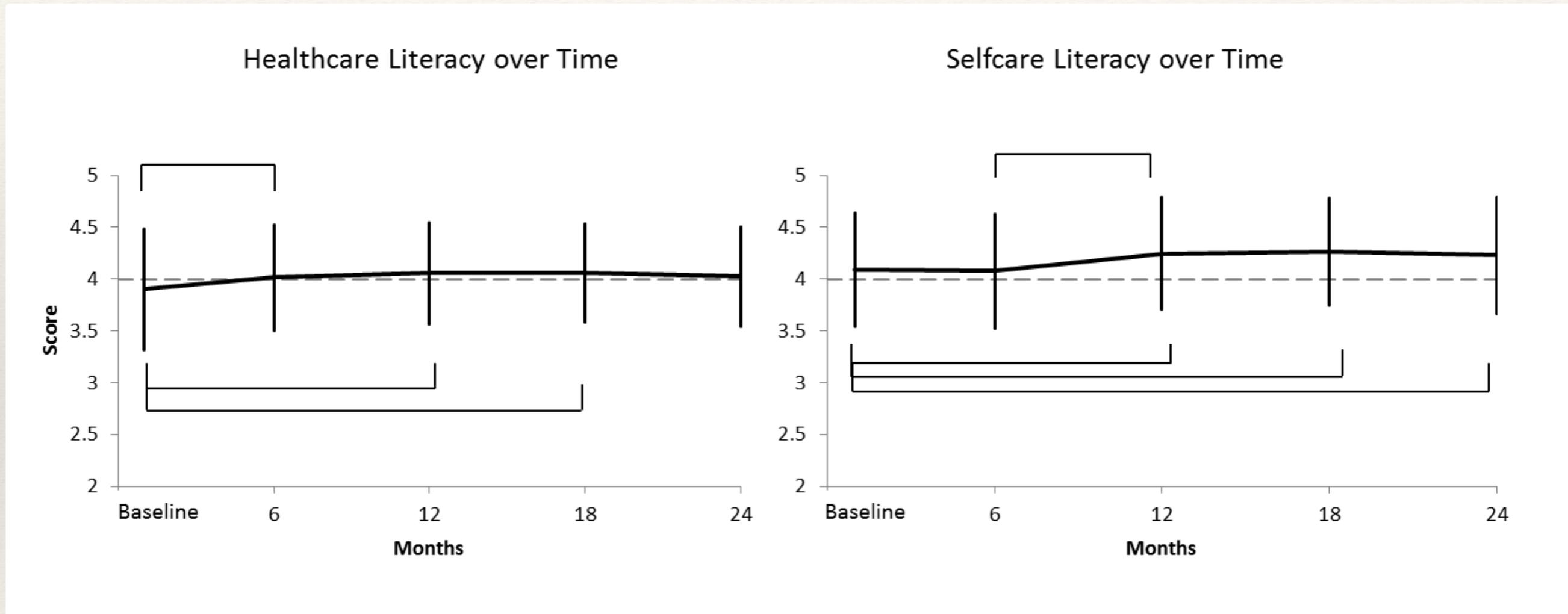
Healthcare Literacy Indicators

- . Use of information
- . Prenatal care
- . Parent sick care
- . Family planning
- . Child well care
- . Child sick care
- . Child dental care
- . Child immunizations
- . Medical/health insurance

Selfcare Literacy Indicators

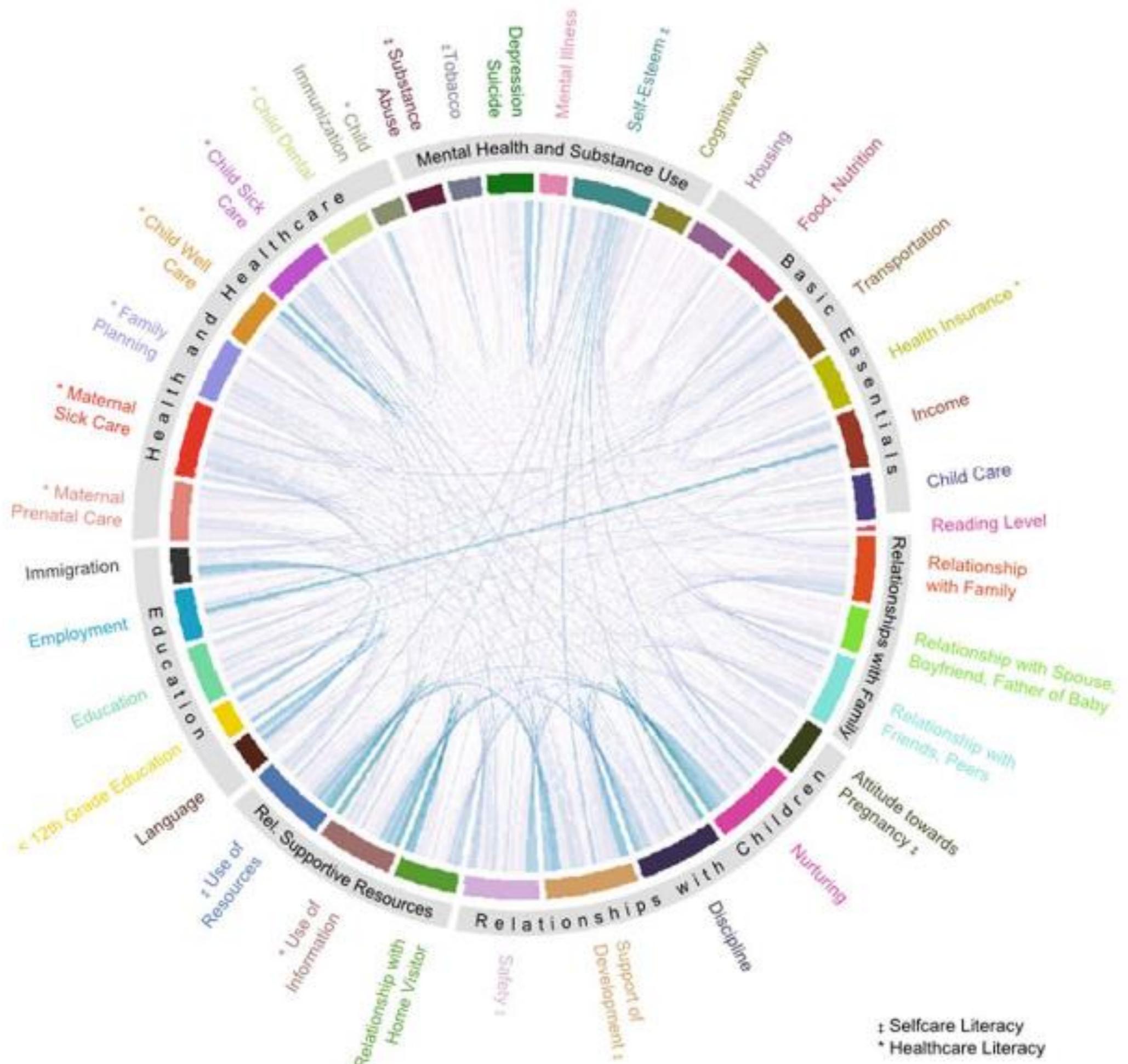
- Support of child development
- Attitudes to pregnancy
- Safety
- Use of resources
- Substance use
- Tobacco
- Self-esteem

Continuous Improvement



Healthcare utilization improves
sooner

than risk behaviors and
self-care



Conclusions

- ❖ Complexity of everyday life: determinant of MHL
- ❖ MHL can be developed
- ❖ Improve HL to reduce disparities
- ❖ Basic Essentials: antecedents
- ❖ Reading: minor factor