

Sandra Smith, MPH, PhD  
University of Washington

# Health Literacy & Depression in the Context of Home Visitation



# Home Visitors Research Network

Enterprise Community Healthy Start GA

Early Head Start Monterey Office of Ed CA

Healthy Families IN MOM Program IN

Healthy Families of Grant Co IN

Child Health Investment Project, Roanoke VA

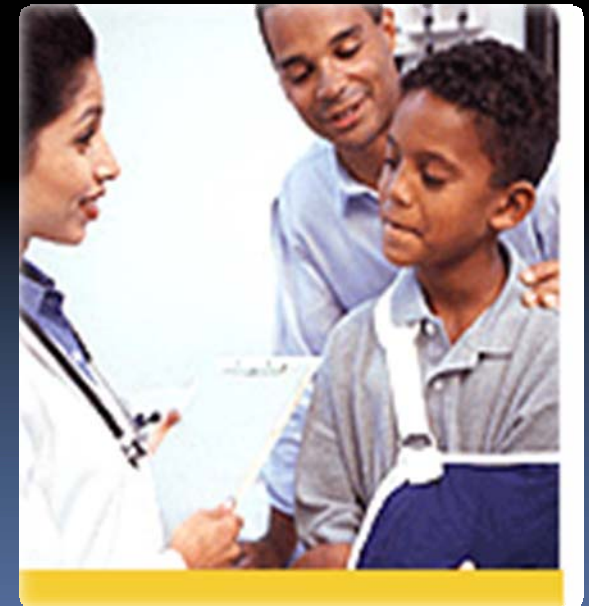
Thrive: Strengthening Families MT

*n= 2572 mother-child pairs*



# Health Literacy (short version)

... the ability to access, understand, and use information for health"







# Parental Health Literacy

The cognitive and social skills that determine parents' motivation and ability to gain access to, understand and **use information in ways that promote and maintain their health and that of their children**



# Parental Healthcare

- **Literacy**
  - Use of Information
- Prenatal care
- Parent sick care
- Family planning
- Child well care
- Child sick care
- Child dental care
- Child Immunizations
- Medical/Health Insurance



# Parental Selfcare Literacy

Support of child development

Attitudes to pregnancy

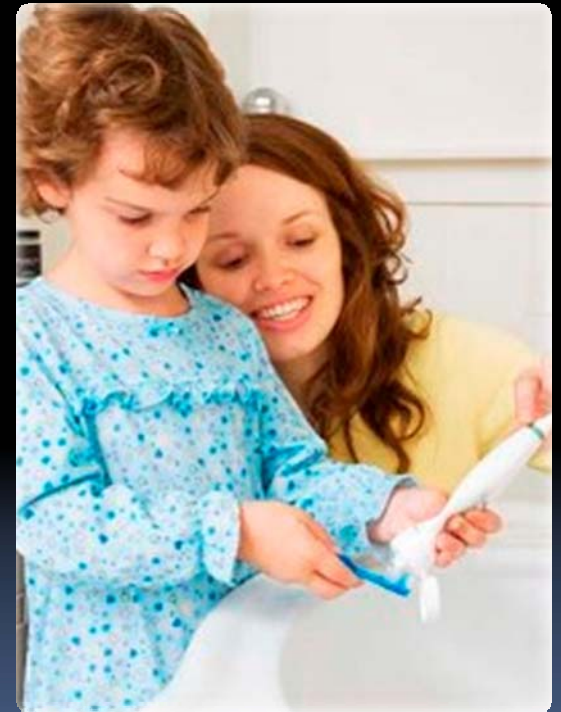
Safety

Use of resources

Substance use

Tobacco

Self-esteem




http://www.innovations.ahrq.gov/content.aspx?id=2533


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**P Innovation Profile:**

## Home Visits Using Reflective Approach Improve Functional Health Literacy Among Low-Income Pregnant Women and New Parents

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### Snapshot

#### Summary

**Back Story:**  
Home Visitor Empower  
Mother to Better Man:  
Child's Health Care

Dora M. McKean watched the 2 year-old, who was gasping for air, hid the she had been playing

Internet | Protected Mode: On 107%



# Health Literacy &

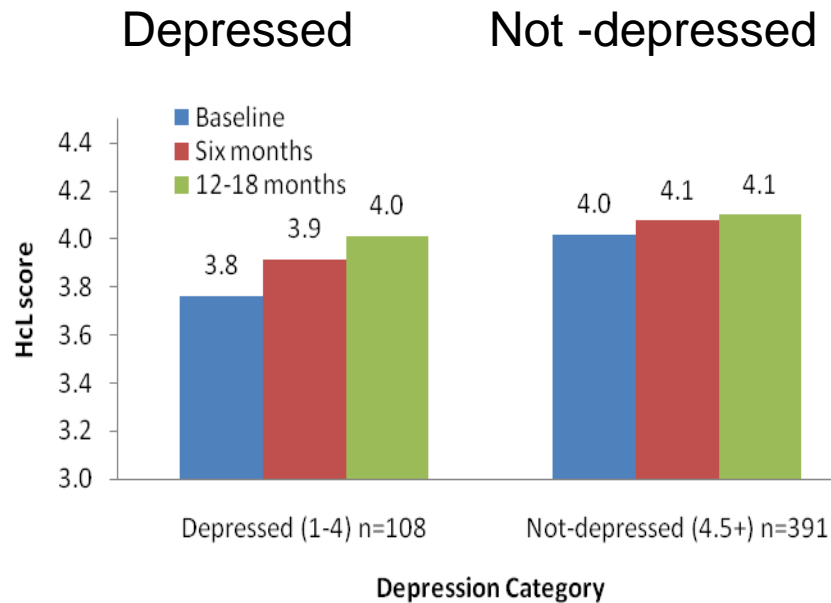


## Hypotheses

- ✓ Health literacy & depression are closely related  $p < .001$
- Depression interferes with home visitors' ability to promote health literacy

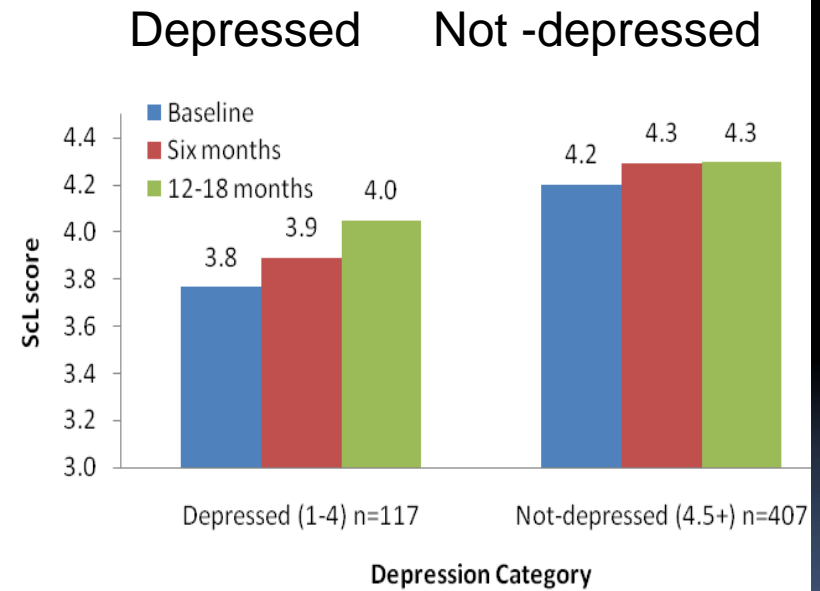
# Depressed parents made greatest gains

## Healthcare Literacy



Depression:  $F(1,497)=12$ ;  $p<.001$   
Time:  $F(2,994)=30$ ;  $p<.001$   
Time \* depression:  $F(2,994)=8$ ;  $p<.01$

## Selfcare Literacy $p<.001$



Depression:  $F(1,522)=59$ ;  $p<.001$   
Time:  $F(2,1044)=42$ ;  $p<.001$   
Time \* depression:  $F(2,1044)=12$ ;  $p<.001$

# This Study vs. Previous Reports

## Persistently depressed

- n=101                      14%                      36%
- In treatment   69%                      20%

## Emerging cases

- n= 50
- In treatment   62%                      13.5 %



NEXT

## Parental Health Literacy & Child Development

CONTACT

Sandra Smith  
U of Washington  
sandras@uw.edu

[www.BeginningsGuides.com](http://www.BeginningsGuides.com)

