

# Improving Maternal Health Literacy

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# Complexity of Everyday Life Guides Intervention

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Sandra A Smith, PhD, MPH  
Center for Health Literacy Promotion

Lauren N Carroll, MS, MPH  
University of Washington

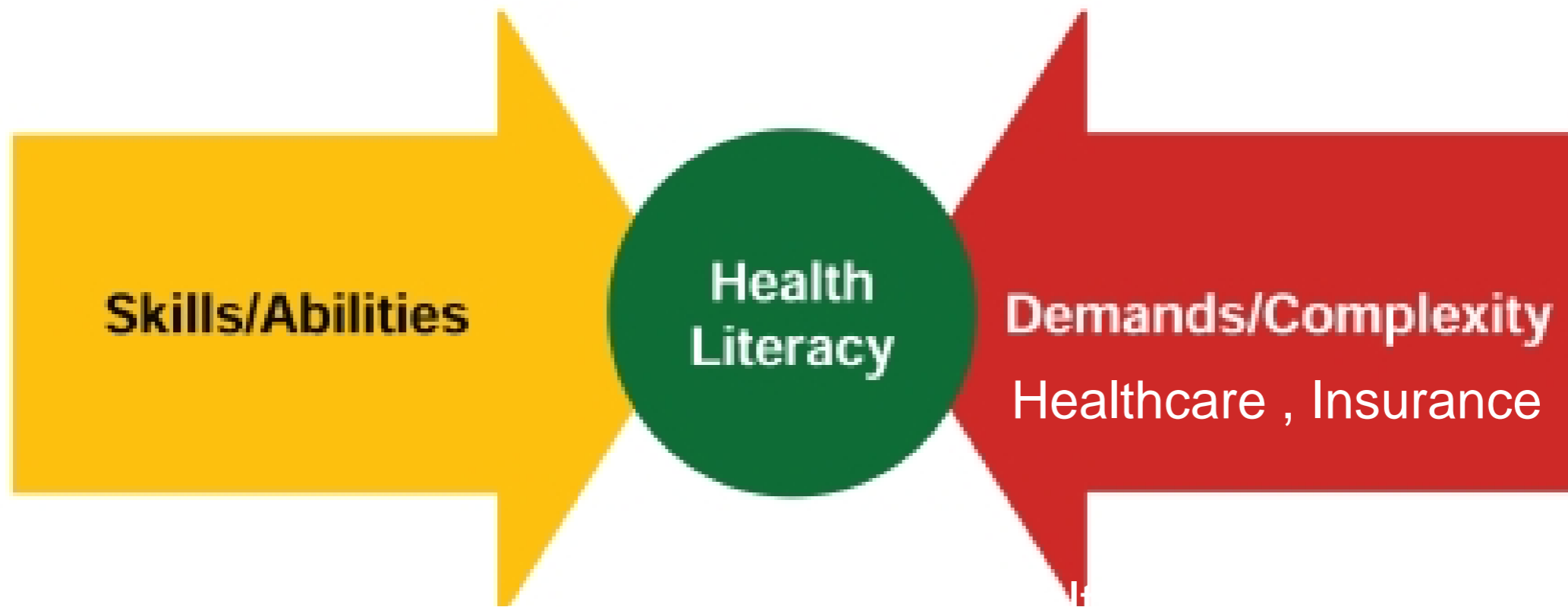
*HARC VII 2015*

The diagram consists of three main components arranged horizontally. On the left is a large yellow arrow pointing to the right, containing the text 'Skills/Abilities'. In the center is a dark green circle containing the text 'Health Literacy'. On the right is a large red arrow pointing to the left, containing the text 'Healthcare system Demands/Complexity'. The yellow and red arrows are positioned such that their tips meet at the edges of the central green circle, creating a visual balance and suggesting a relationship between the skills on the left and the demands on the right, with health literacy acting as the central mediating factor.

**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*

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# Home Visitation

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



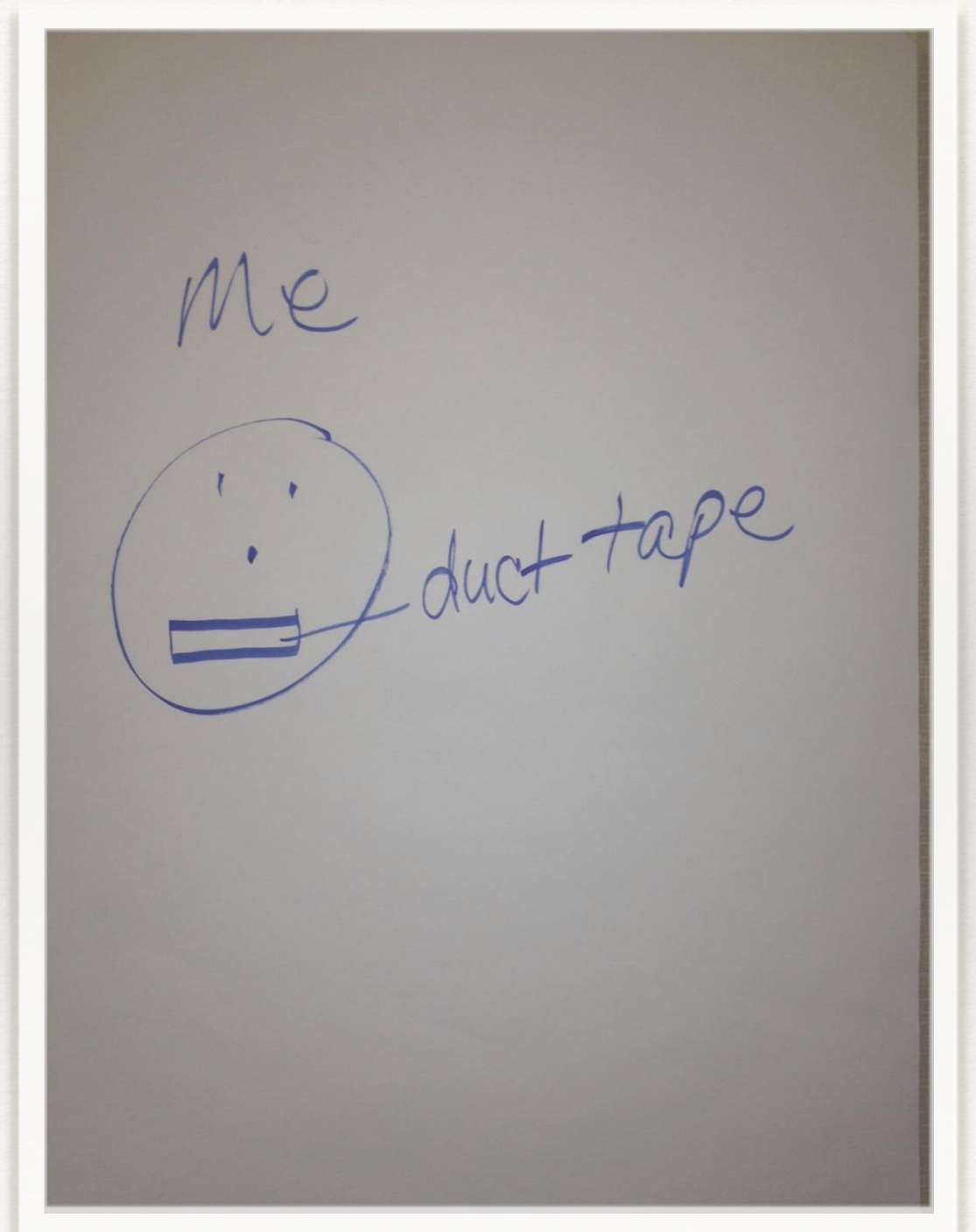
Photo via First 5 LA

Reflection: the mind's strongest glue

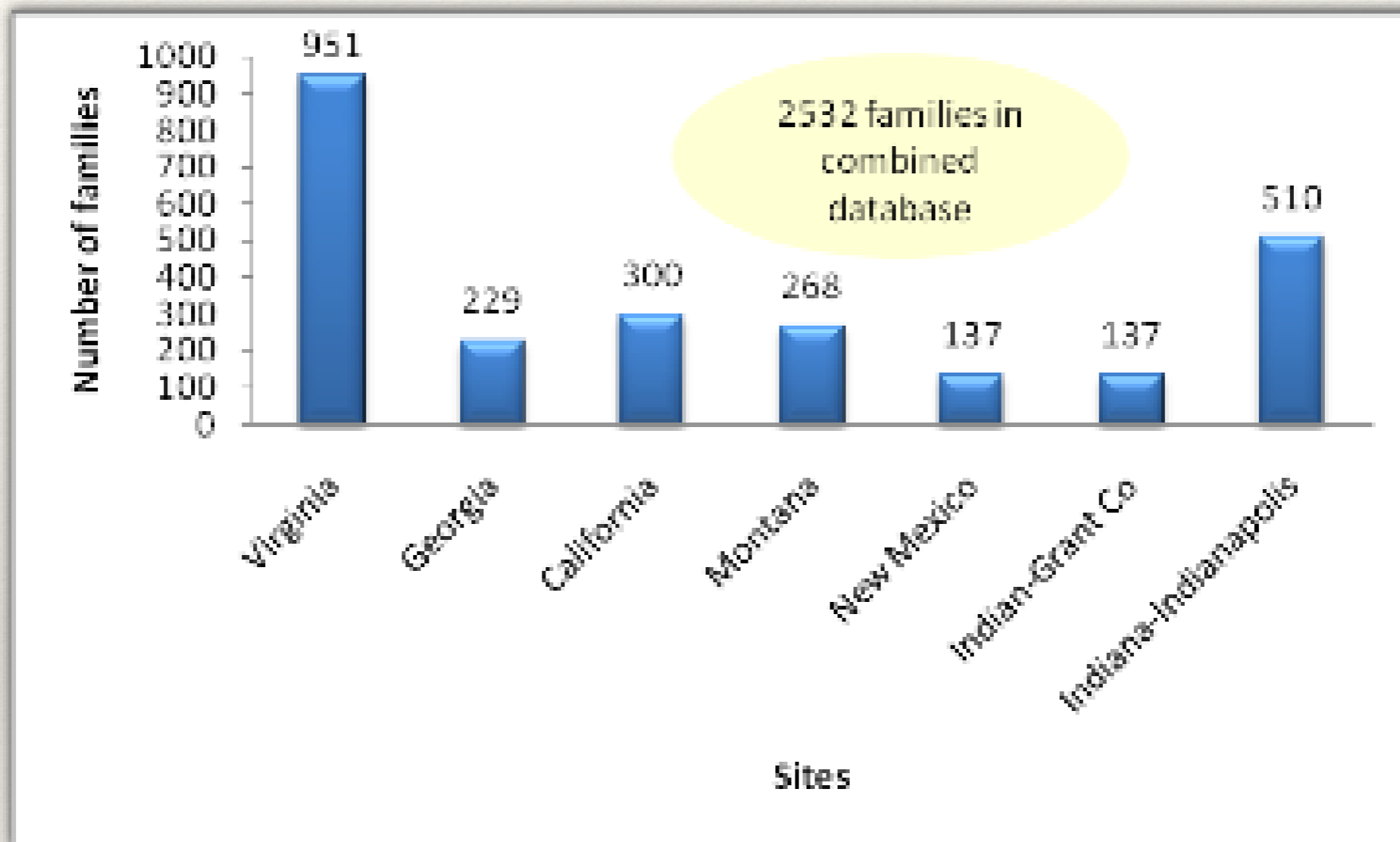


# Reflective Questions

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



# AHRQ-NIH Database



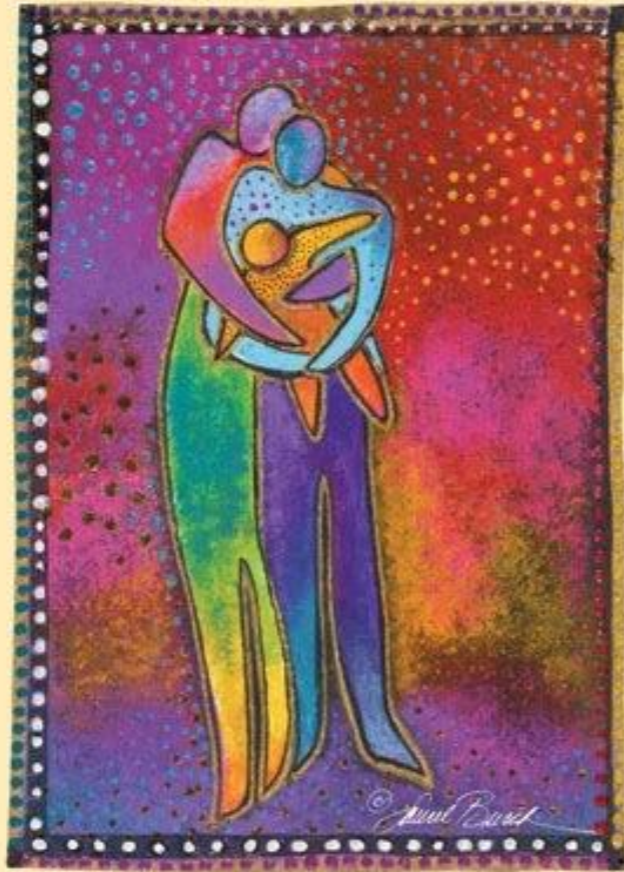
32% AA

29% white

18% Latino

20%

unknown



# Life Skills Progression

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

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**LINDA WOLLESEN & KAREN PEIFER**

Foreword by Deanna Gomby, Ph.D.



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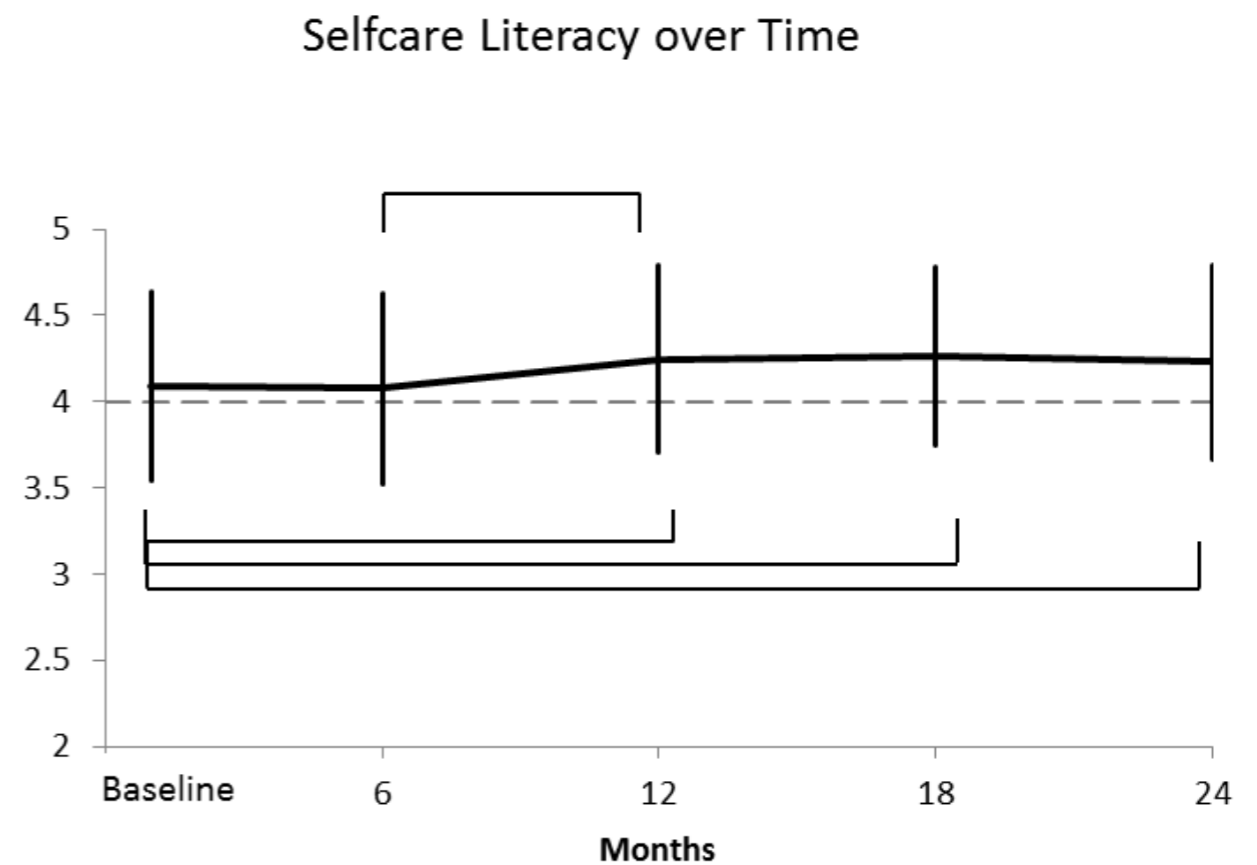
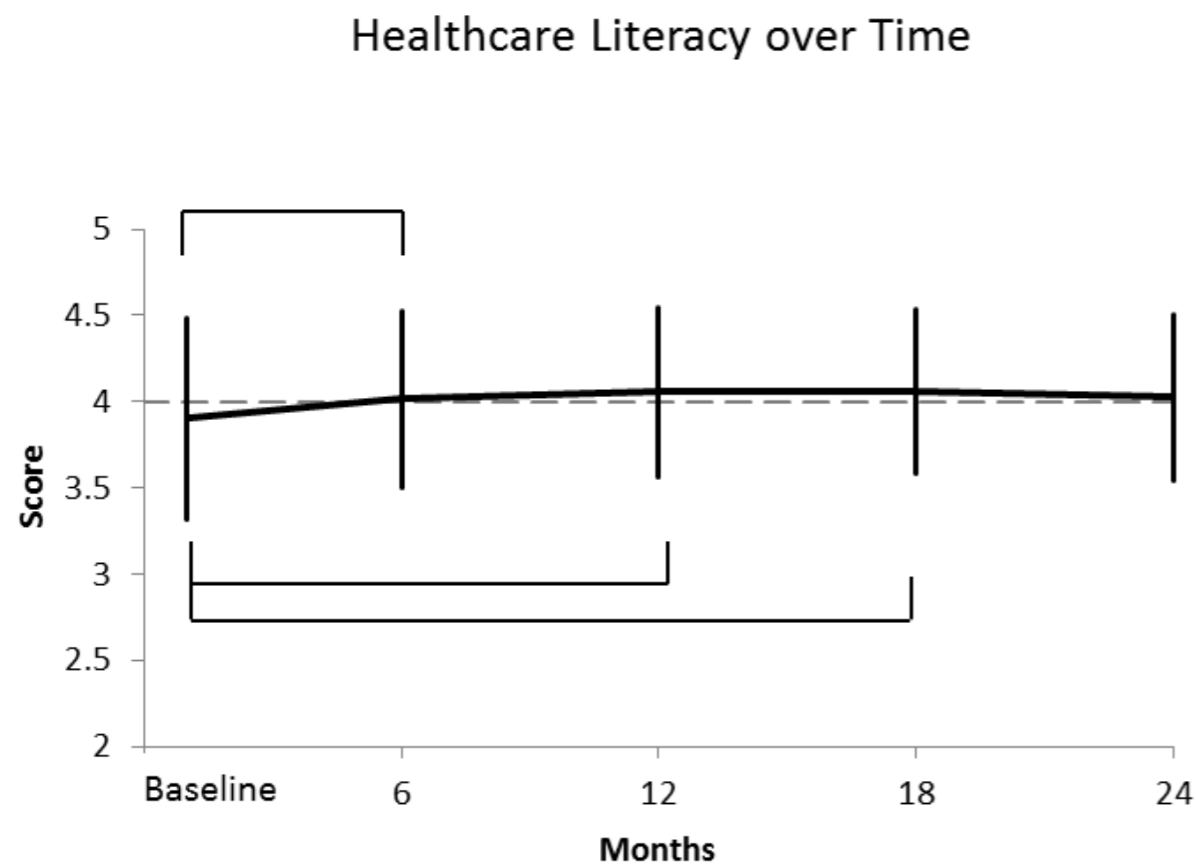
# Healthcare Literacy Indicators

- . 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

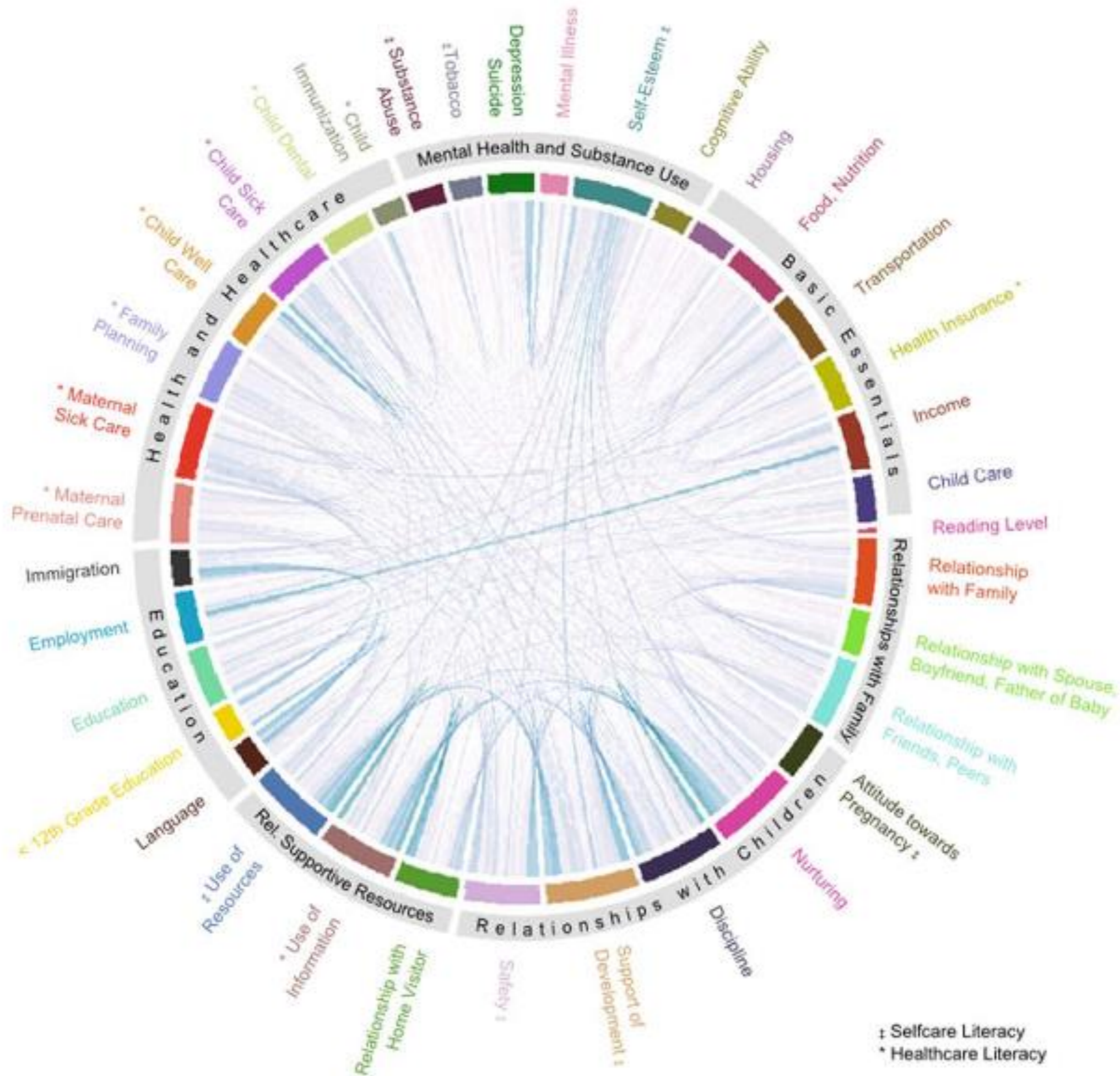
- Support of child development
- Attitudes to pregnancy
- Safety
- Use of resources
- Substance use
- Tobacco
- Self-esteem

# Continuous Improvement



Healthcare utilization improves  
sooner

than risk behaviors and  
self-care



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# Conclusions

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