

Health Literacy Apps in the Community

by The San Antonio Health Literacy Initiative (SAHLI), Appddiction Studio

Background

More and more Americans have access to mobile devices. Delivering health information through apps in mobile devices can help users learn about healthy tools and managing their health. Despite the number of health resources in Bexar County, information is not getting to the people that need it the most. Three apps have been developed to address various community needs.

Objectives

To design three mobile apps that would educate the community about:

- (1) community resources
- (2) healthy snacks
- (3) school bullying

Process/Methodology

Focus Groups

IT Expert Design

HL expert review

Usability Testing

Apps



Healthy Snacks

Teaches young children about food options and distinguishes healthy snacks from high calorie foods



Community Health Bridge

Provides a search engine that lists health resources by zip code or within a radius—

- a community calendar of events
- private Social Network
- a downloadable PDF of Mental Health resources, in both English and Spanish



STOP Bullies

Provides students a safe place to report bullying concerns and obtain help

Dissemination

The availability of these apps has been made known through multiple venues including:

- (1) website announcements
- (2) community presentations, including schools and health organizations,
- (3) local conferences/meetings
- (4) word of mouth
- (5) social media channels

Data / Statistics

2013 Bexar County Community Health Assessment and RWJF Count Rankings:

- Low graduation rates and education attainment- The statewide attrition rate was 25%
- 23 % Uninsured rate
- 6.68% Unemployment rate
- 28% Children under age 18 living in poverty

Next Steps

- Continue to promote the use of the health resources through Electronic media
- Evaluate collected data and extract information that will show
- Most accessed resources
- Continue to work with community partners to implement changes to Apps

Target population: Community members, students K-12, social work providers working with families