



BACKGROUND

- Approximately half of American adults have difficulty understanding and acting upon health information (Institute of Medicine)
- Immigrants, especially those who are non-English speaking, are at higher risk for low health literacy
- Hispanic immigrants with limited English proficiency are more likely to be: without a regular source of care, uninsured & unable to fill prescriptions
- 47% of NJ Hispanic adults are foreign born
- In NJ, there are 10 cities where more than 10% of the population reported speaking English less than 'very well'
- 9 of 10 cities are located within the counties served by *Nuestra Salud* Program (Elizabeth, Paterson, Newark, Clifton, Jersey City, Edison, Woodbridge, East Orange, and Cherry Hill)



PROJECT DESCRIPTION

- The Northern New Jersey Maternal/Child Health Consortium (NC) and the Hispanic Institute for Research and Development (HIRD) have developed the *Nuestra Salud* (NS) Program to promote health literacy in New Jersey

TARGET POPULATION & CURRICULUM:

- Immigrants enrolled in HIRD's English as a Second Language (ESL) classes in the 3 HIRD locations: Hackensack (Bergen County), North Branch (Somerset County) & Camden (Camden County)
- Utilizes "Expecting the Best" (ETB) curriculum, designed specifically for ESL instructors to incorporate health topics in the classroom

OBJECTIVES:

- Demonstrate the efficacy of the Expecting the Best curriculum as a tool to enhance health knowledge in the immigrant population
- Describe the implementation of the *Nuestra Salud* project to address low health literacy
- Identify the importance of implementing a health literacy initiative in ESL courses to improve health literacy skills

STUDENT DEMOGRAPHICS

	YEAR 1	YEAR 2		YEAR 1	YEAR 2
GENDER			EDUCATION		
Female	70.0%	74.5%	0-8 years	2.5%	6.7%
Male	30.0%	25.5%	9-12 years	15.5%	12.8%
AGE			H.S. Grad	26.5%	25.5%
18-24	6.5%	8.2%	Some College	18.5%	24.1%
25-39	47.0%	42.9%	College Grad	31.5%	26.6%
40-49	27.5%	23.0%	N/A	5.5%	4.3%
50-64	17.5%	25.5%	YRS. IN THE U.S.		
N/A	1.5%	0.4%	1 wk-5 years	37.0%	37.2%
INSURANCE			5-1 years	28.5%	32.3%
Yes	39.5%	41.8%	10-15 years	13.0%	12.8%
No	54.4%	50.7%	More than 15 years	17.0%	13.1%
N/A	6.0%	7.5%	N/A	3.5%	4.6%

PRE & POST EVALUATIONS

- 684 students enrolled and completed ETB curriculum (Year 1 = 309 students & Year 2 = 375 students)
- Students had an increase in health knowledge in all participating ESL classes for Year 1 (80.6% to 85.7%)
- Students had an increase in health knowledge in all participating ESL classes for Year 2 (78.8% to 83.8%)

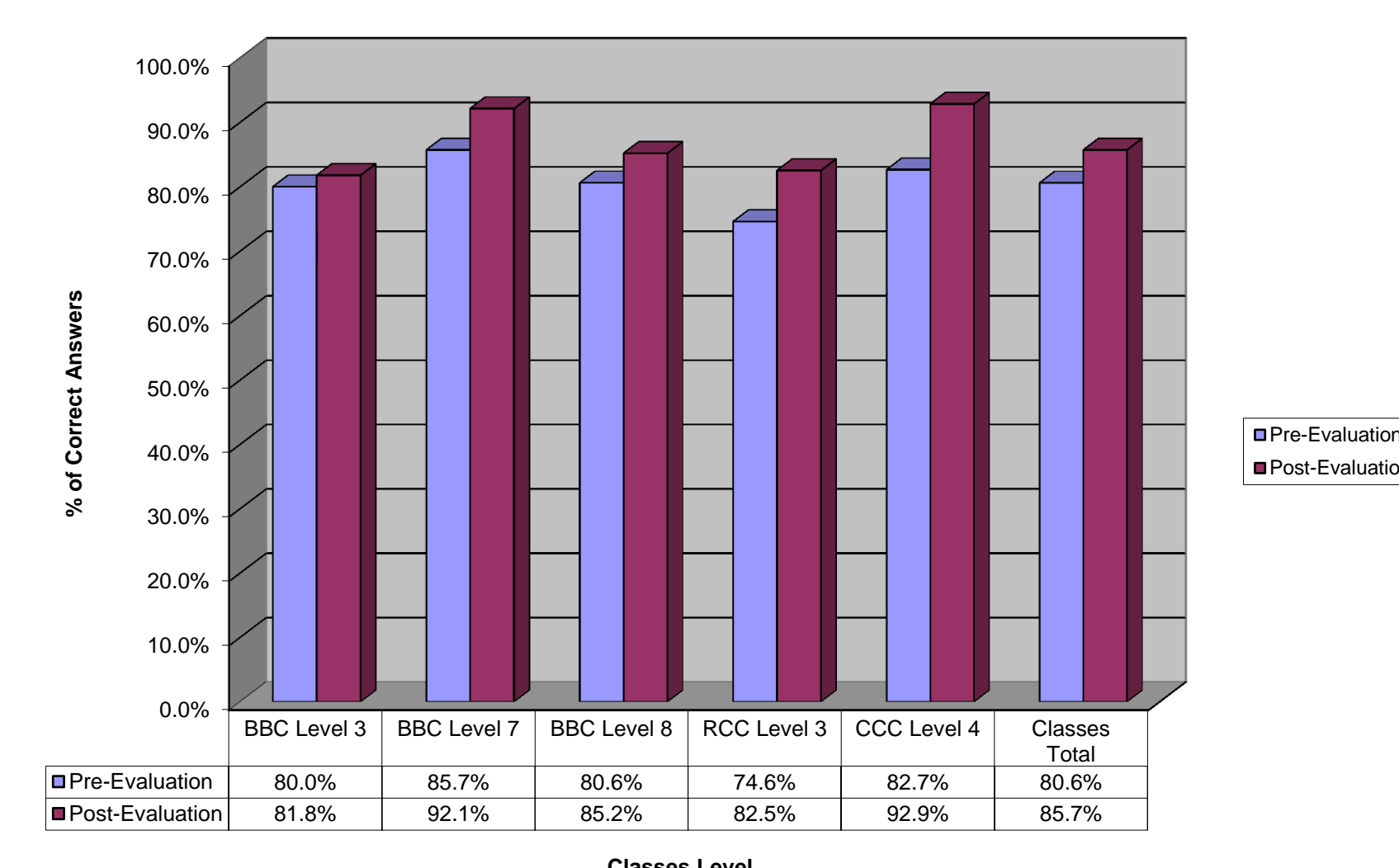
YEAR 1:

OBJECTIVE	FALL CYCLE 2009	WINTER CYCLE 2010	SPRING CYCLE 2010
75 students enrolled per cycle	102 students enrolled	96 students enrolled	111 students enrolled
# of students who completed pre & post evaluation (% of students)	76 students (75%)	60 students (63%)	64 students (57.7%)
Pre Results & Post Results	82.7% 77.1%	80.6% 85.7%	81% 83%

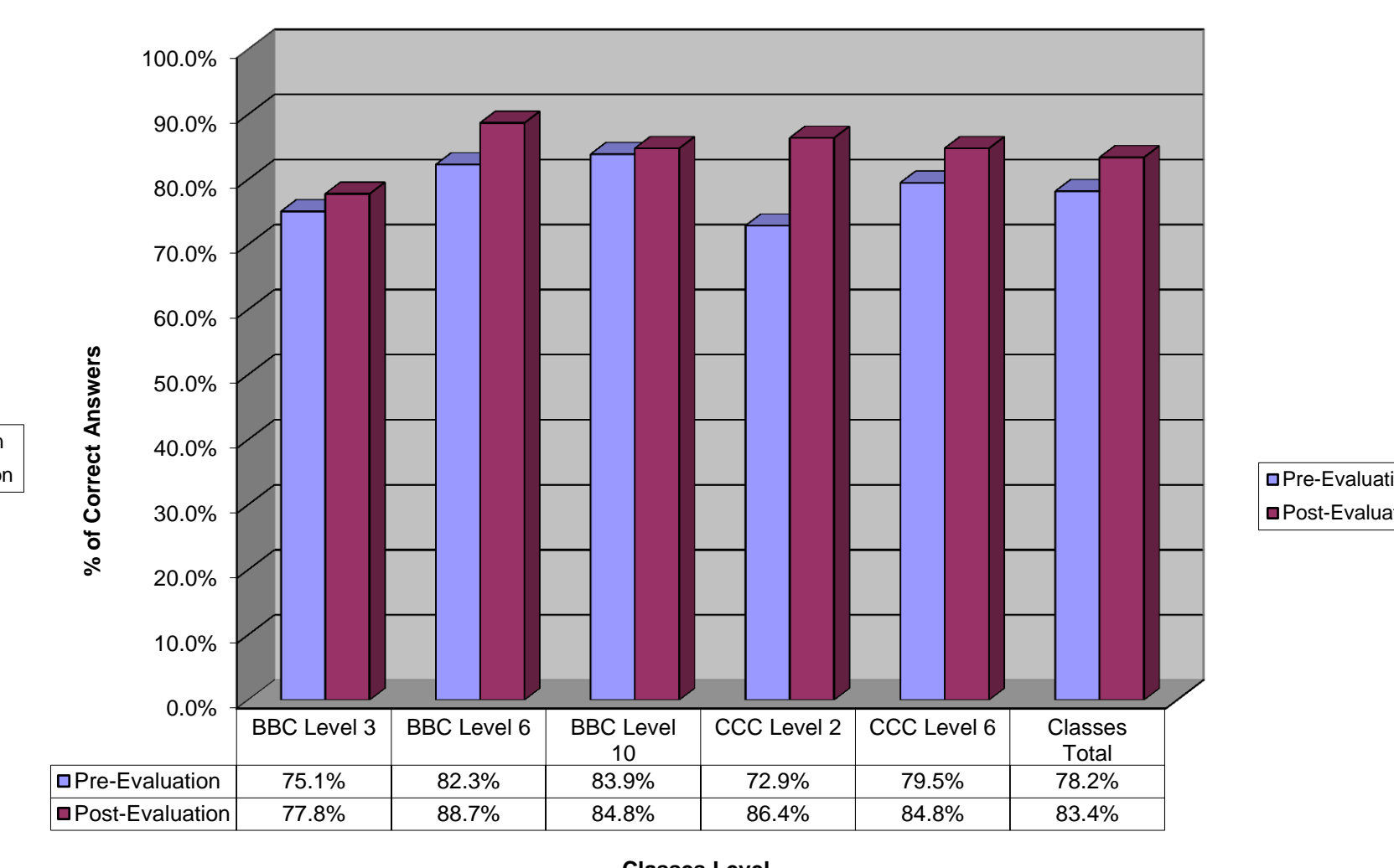
YEAR 2:

OBJECTIVE	SUMMER CYCLE 2010	FALL CYCLE 2010	WINTER CYCLE 2011	SPRING CYCLE 2011
75 students enrolled per cycle	81 students enrolled	92 students enrolled	99 students enrolled	103 students enrolled
# of students who completed pre & post evaluation (% of students)	62 students (76.5%)	69 students (75%)	72 students (72.7%)	79 students (76.7%)
Pre Results & Post Results	76.5% 83.1%	80.8% 84.7%	78.2% 83.4%	79.5% 84.1%

Pre and Post Evaluation Results, ESL Winter Cycle 2010



Pre and Post Evaluation Results, ESL Winter Cycle 2011



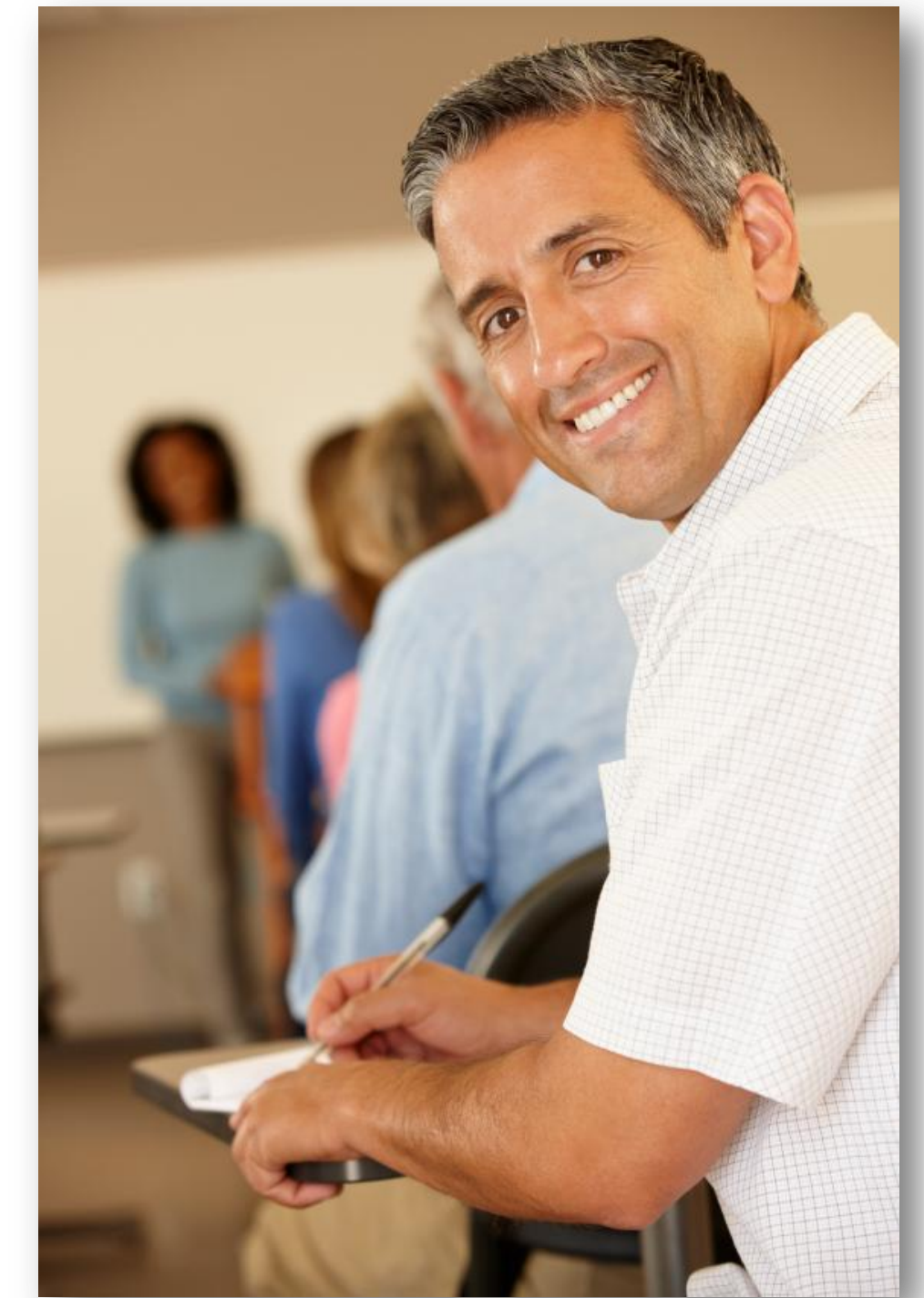
RESULTS

MID-CYCLE EVALUATIONS

- All students had an excellent or good opinion of the ESL course (Year 1 & Year 2)
- 87.5% of students in all 5 classes reported that the ESL class met their expectations (Year 1)
- 86.3% of students were satisfied with the service they received from the HIRD's staff, at the school and/or the central office (Year 2)

INSTRUCTOR'S FEEDBACK

- All instructors felt very confident or confident incorporating ETB curriculum in the classroom
- All instructors rated the student's response towards the health component of the teaching curriculum as excellent
- The components of the ETB curriculum helped all students to "better" communicate their health concerns to a healthcare provider



"Students relate to most of the situations mentioned in the lessons. They enjoy sharing their own experiences and are most willing to help"
-ESL Instructor

HEALTH WORKSHOPS



"Health issues are a major concern to adults and learning more about these issues is always beneficial."
-ESL Instructor

- 19 health workshops were offered at each of the 3 HIRD campuses to provide students additional health information
- Health workshop topics included:
 - Nutrition: You are what you eat!
 - Impact of Substance Abuse
 - Dangers of Lead Poisoning & Prevention
 - Asthma Awareness
- A total of 419 students attended the 19 workshops (Year 1 = 201 students & Year 2 = 218 students)
- An evaluation form was provided to all students
- 94.7% of students rated the overall workshop as excellent or good

IMPLICATION FOR POLICY, DELIVERY OR PRACTICE

- The NS program planned a Health Literacy conference for June 2012 to disseminate information and engage the public health community in discussing the importance of health literacy in multicultural populations.
- The goal of the conference is to enhance participants' knowledge about challenges of low health literacy, current approaches to measuring health literacy, and the importance of effective physician-patient communication to improve health outcomes.
- The conference will highlight initiatives developed to address low health literacy in New Jersey.