



### The Challenge

- Low health literacy leads to uncertainty of how to manage a child's health.
- This can lead to:
  - absenteeism
  - unnecessary emergency room visits

### The Goal

- Create awareness of health literacy in the Saint Louis Public Schools system by teaching health literacy skills to Family and Community Specialists who communicate health related information to parents.

### Target Population

- 33 School district *Family and Community Specialists*

### Objectives

- Increase knowledge of health literacy principles
- Increase use of health literacy techniques
- Increase use of the "What To Do When Your Child Gets Sick" book
- Decrease emergency room use, doctor visits and absenteeism
- Empower parents to meet parental objectives for kindergarten readiness

### The Project

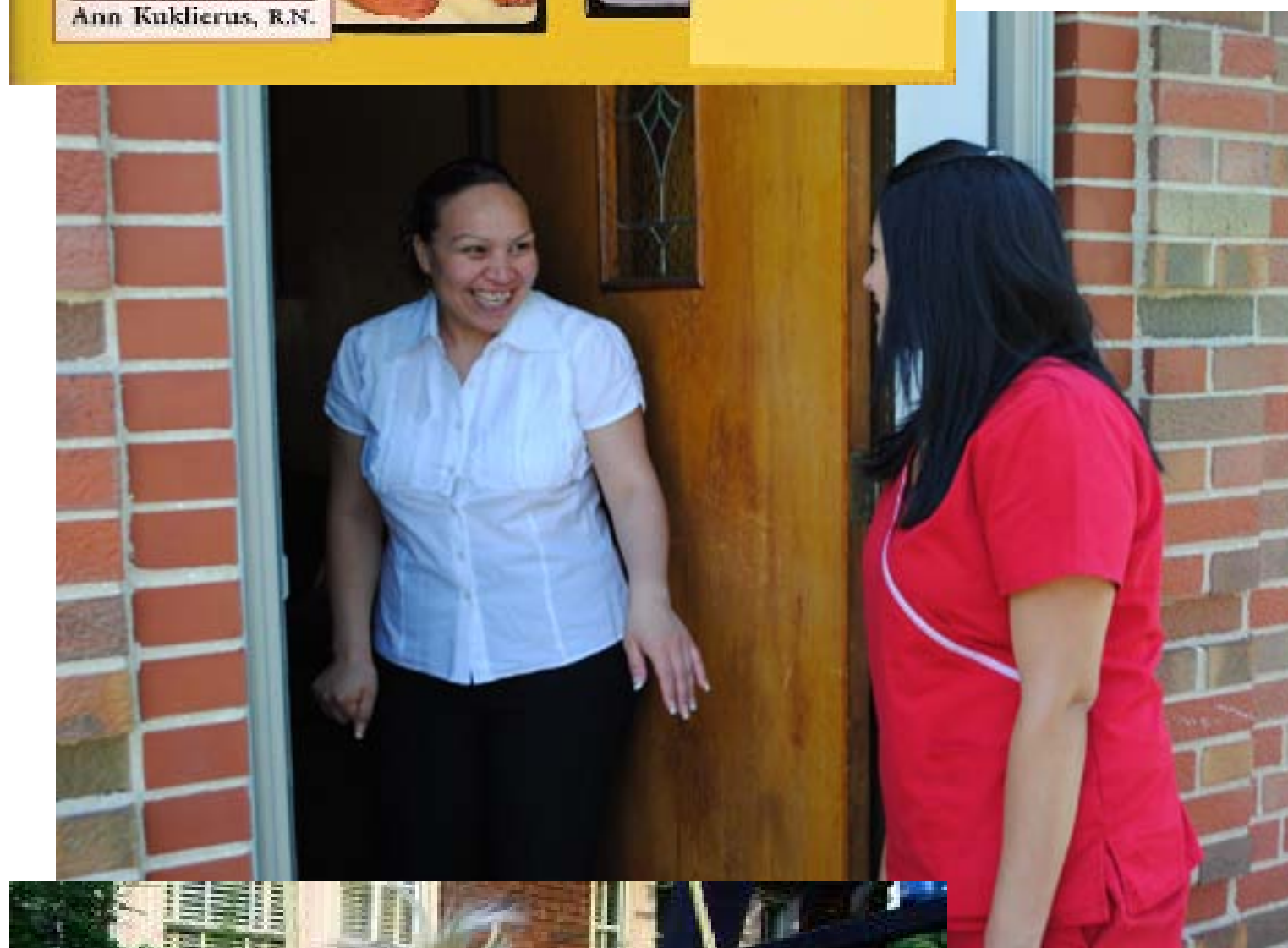
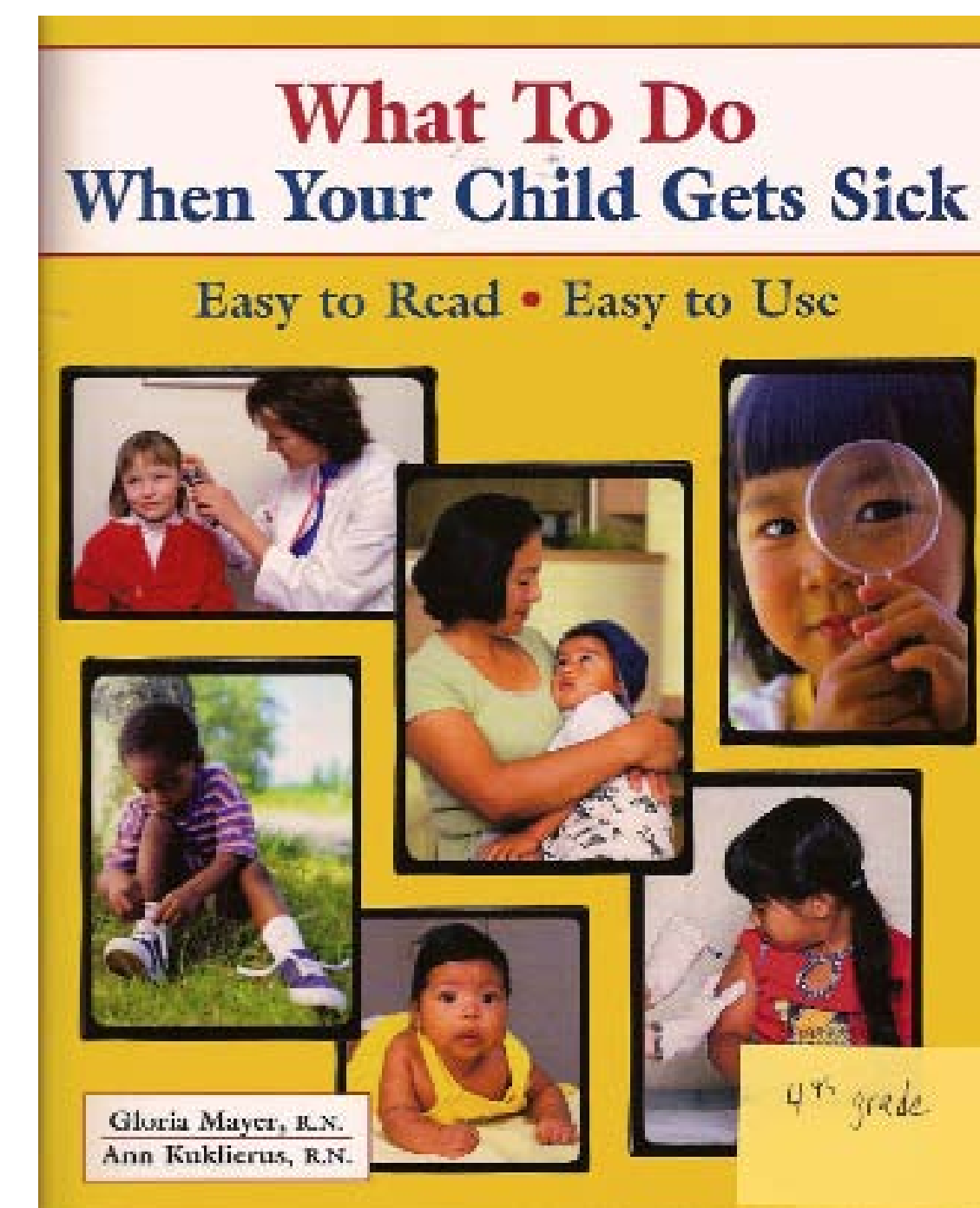
- Deliver Health Literacy Missouri's trainings:**

- Clear Understanding:** A health literacy overview that teaches strategies to clearly communicate health information.

- Goals: Teach Specialists to use the "What To Do When Your Child Gets Sick" book and teach health literacy techniques:
  - Teach Back
  - Plain language
  - Applying techniques to everyone
  - Questions are the answer
  - Know where and when to go for health care

- Clear Materials:** A plain language training that teaches easy techniques to make print materials easier to understand.

- Goal: Teach school district staff to create plain language education and marketing materials.



### Outcomes

- St.Louis Public Schools:
  - Absenteeism
- Parent educators:
  - Knowledge and use of health literacy principles
  - Use of the "What to Do" book
- Parents:
  - Missed work days due to child's illness
  - Use of the "What to Do" book
  - Confidence to meet objectives for kindergarten readiness
- Students:
  - Absenteeism

