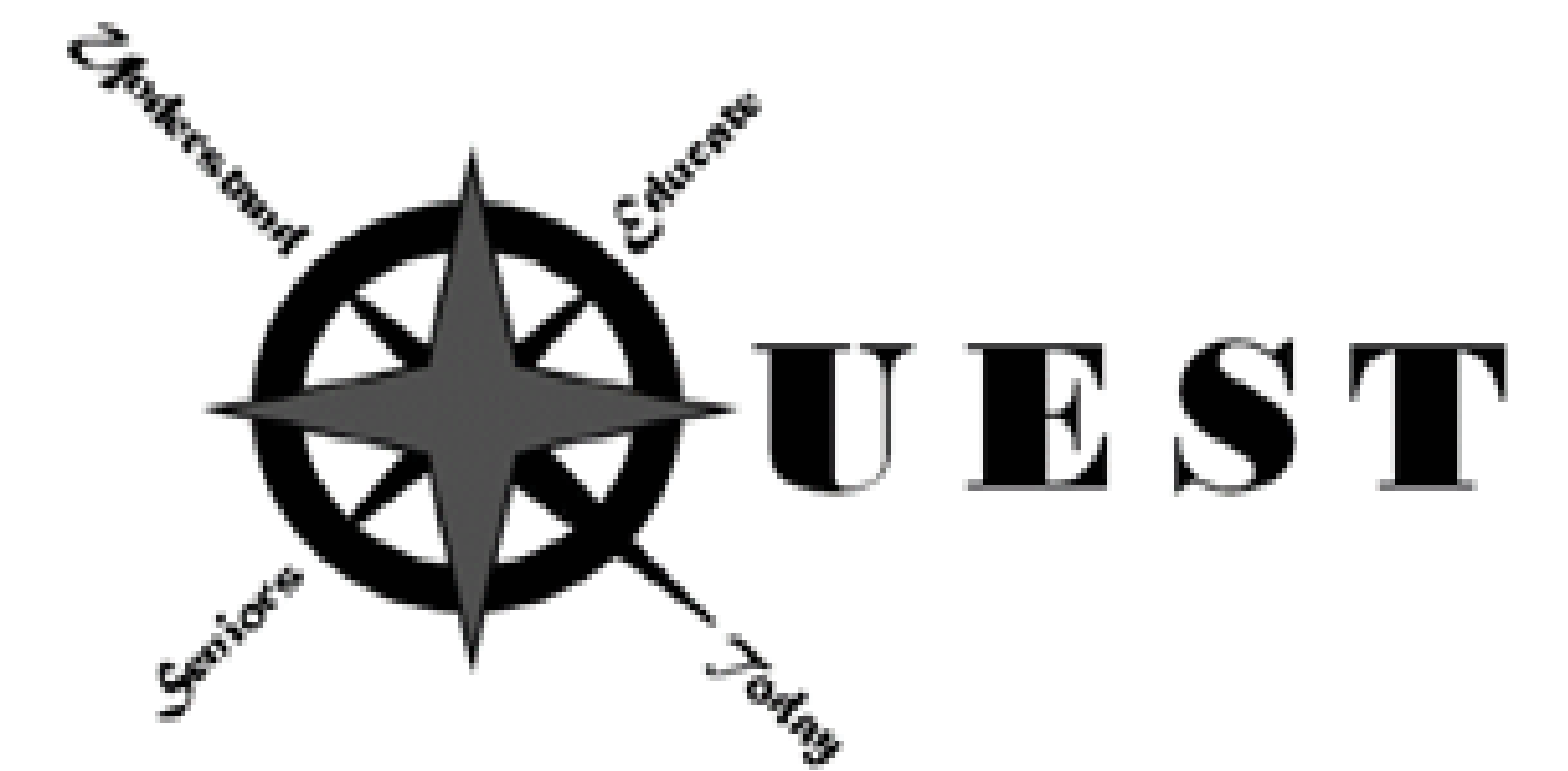


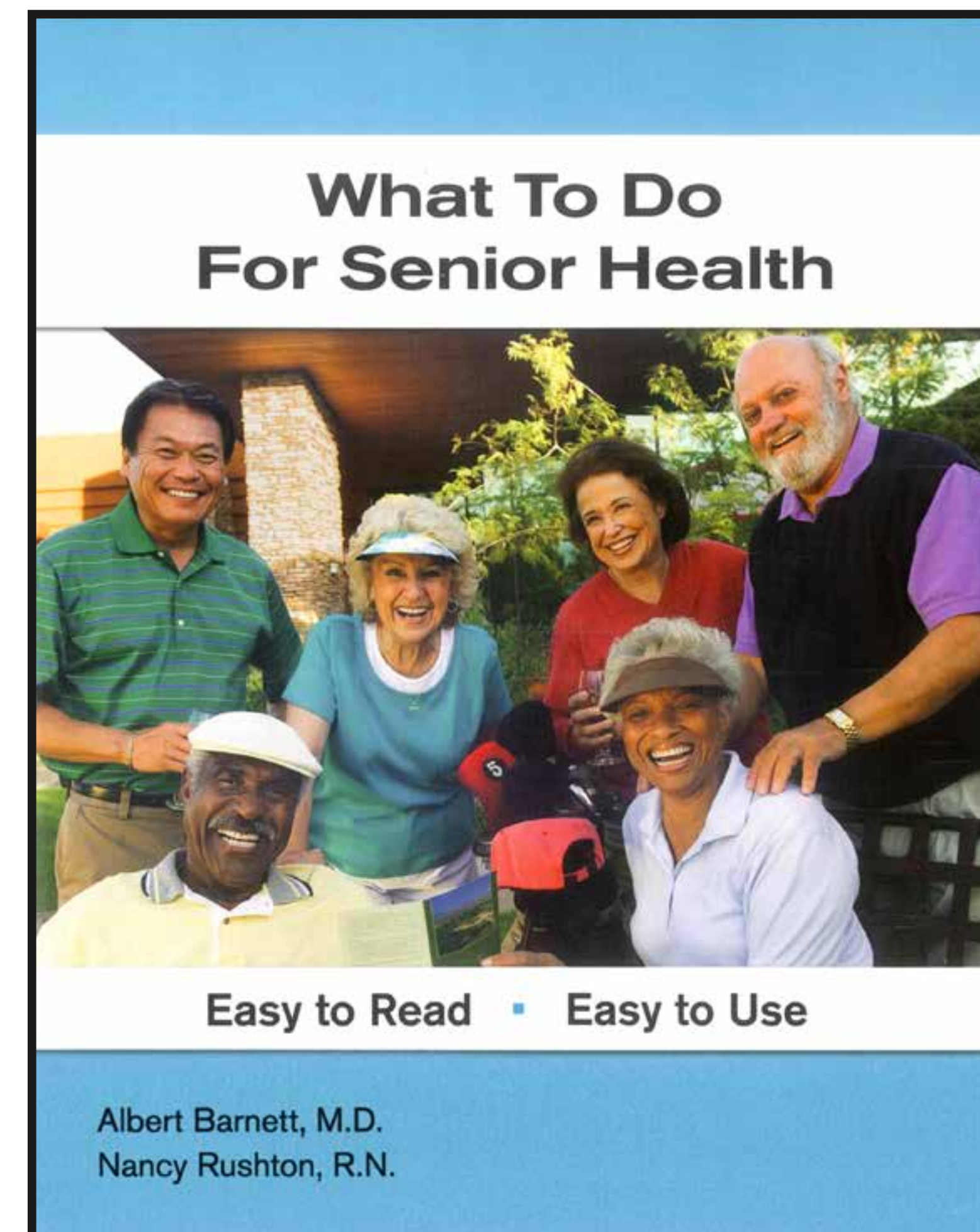
QUEST: HEALTH LITERACY INITIATIVE FOR SENIORS

Shari Tedford, RN BAN, Public Health Nurse Educator and Kevin Kovach, MPH, Epidemiologist



PROGRAM GOALS

- **Improve** health literacy of older adult population in Johnson County, Kansas
- **Empower** seniors to manage their health
- **Identify** how seniors learn best about health topics by providing them with an easy to read health book and short educational program



OUTCOME

- Program: 1.25 hours with a low-tech PowerPoint
- Community resources provided
- *What to Do for Senior Health* book for each participant
- Conducted first leader training in March 2015 – 15 community volunteers trained



PROJECT INFO

- **Recruited:** 266 English speaking seniors from:
 - Senior Centers & Apartments
 - Subsidized Housing
 - Landon Center on Aging
 - Branch Library Locations
- **Used:** *What to Do for Senior Health* book as health literacy tool – oriented participants on how to use the book
- **Discovered:** Participants wanted more help on how to talk with health care professionals
- **Incorporated NIH** – “How to talk to your Doctor” program.

Group Characteristics	Intervention Group	Control Group
% College Education	65%	69%
% No College Education	35%	29%
% Unknown	0%	2%
% Above Federal Poverty	49%	54%
% Below Federal Poverty	45%	34%
% Unknown	5%	12%

SUSTAINABILITY

- **Ongoing Training** of community volunteers and student nurses as program leaders to take program where seniors gather

