

Who are we?

Welcome to the ISCOPEs Adult Health Literacy Team!

Our Team: We had a very diverse group of women from different disciplines including: Medicine, Epidemiology, Global Health, Global Environmental Health, Community Oriented Primary Care, Health Policy, Maternal & Child Health



ISCOPEs Adult Health Literacy Team Members

Our Sites: The 2015-2016 AHL Team worked with the residents at Emery House Work-Bed Program for men experiencing homelessness and the members of the PLUS Network at The Women's Collective, which provides a support center for women who are living with HIV.

Why Is Adult Health Literacy Important?

Overarching:

- Help educate the public on how to make rational decisions regarding their health
- Specifically, those with low health literacy tend to be/have:
 - Lower education status
 - Low socioeconomic status
 - Higher burden of disease due to poverty, unstable housing, and unstable employment
- Address both health literacy AND other determinants of health
- Promote self-advocacy

Site specific:

- The Women's Collective: self-identified need to learn more on how to teach others for their upcoming Big Sistas Program
- Emery House: provide residents with necessary resources to help accomplish their goals

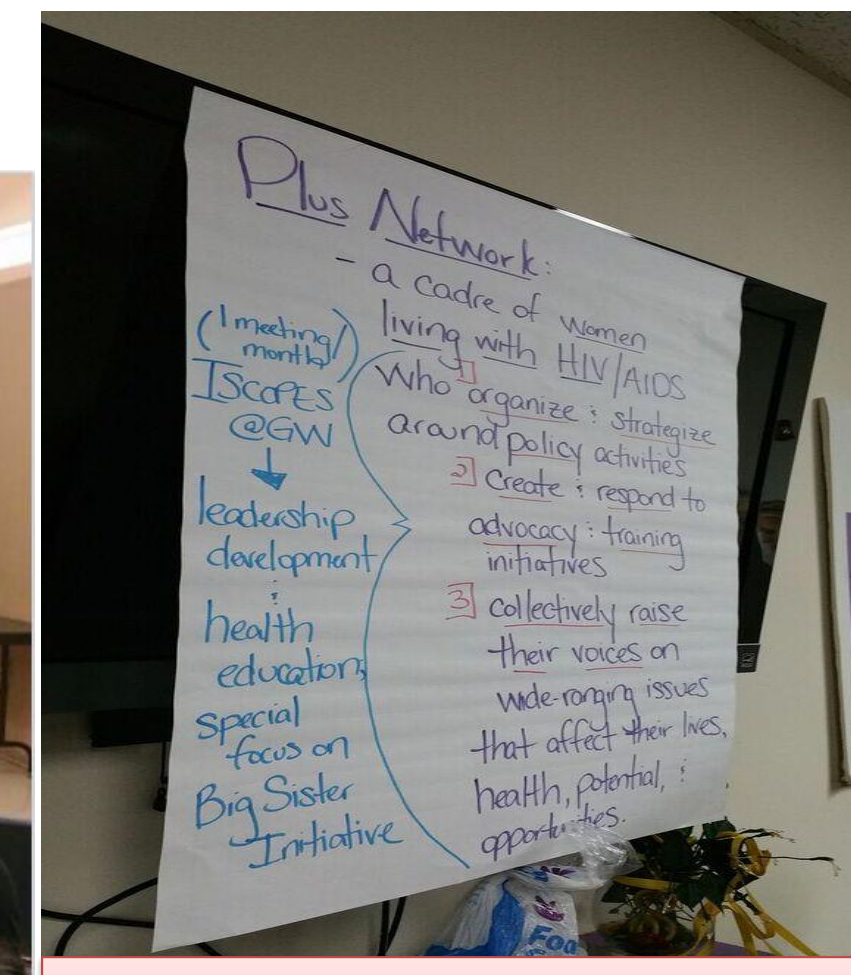
Project: What We Did and How We Did It



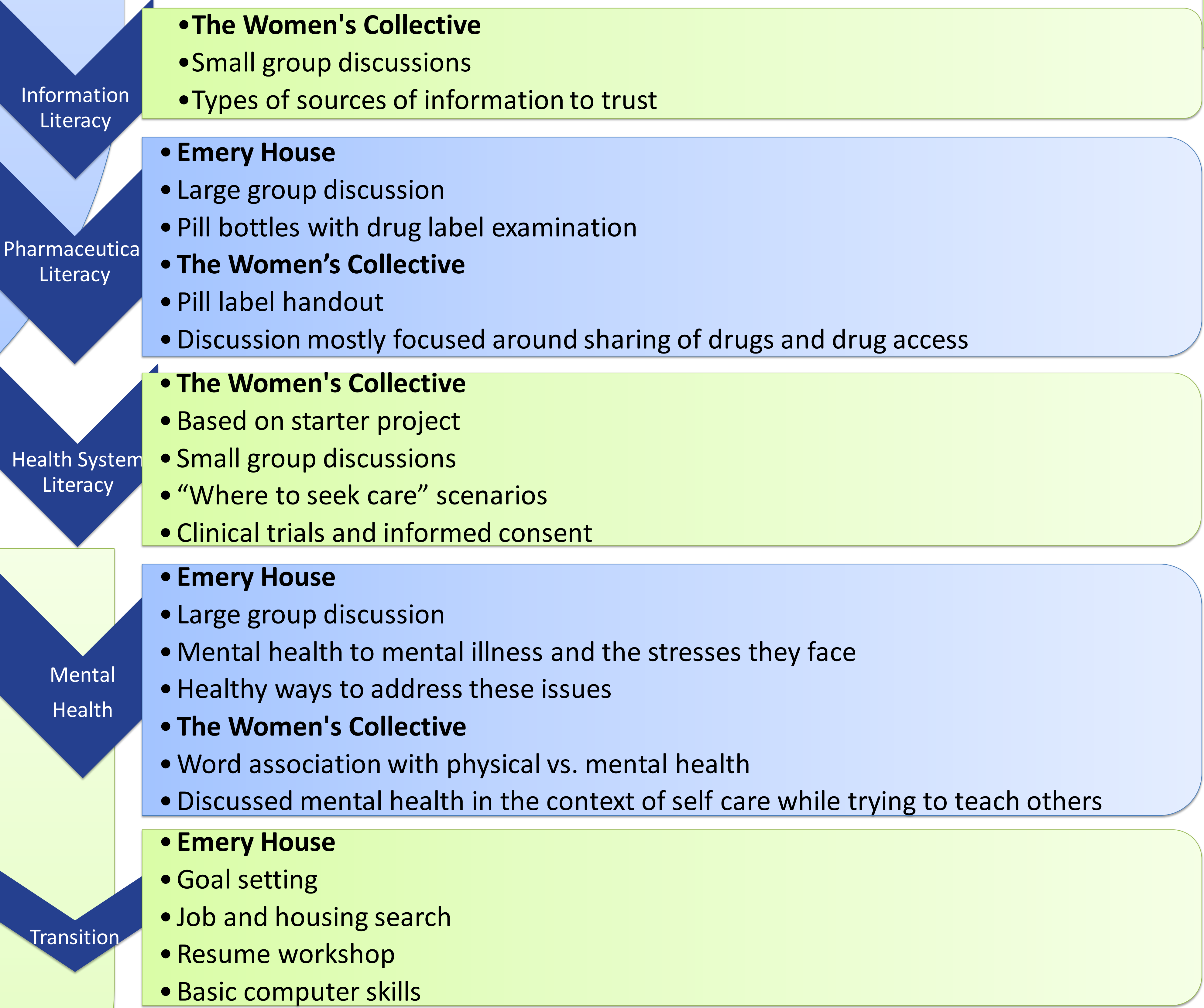
Small group discussions about "where to seek care"



Large group discussion about medications

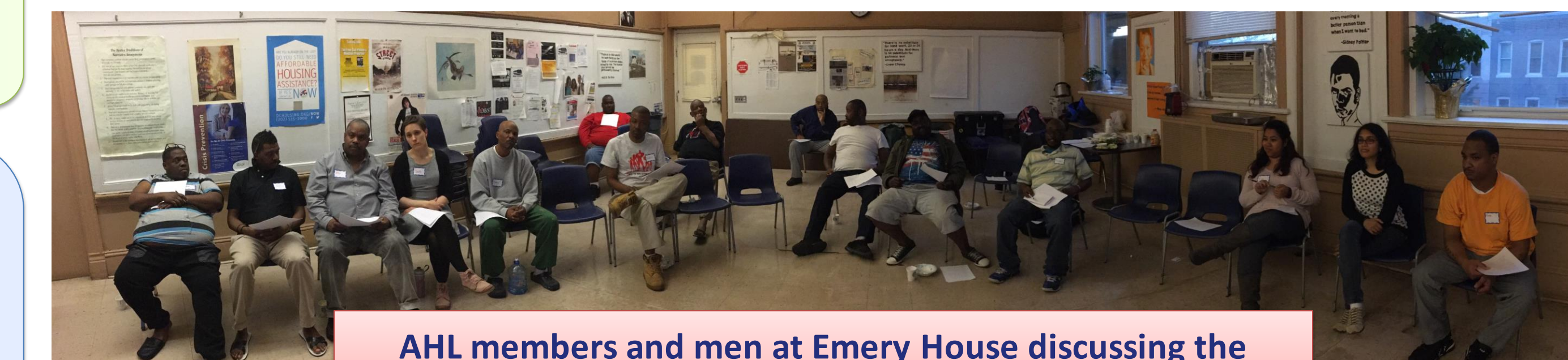


Formulating goals for The Women's Collective and ISCOPEs' partnership



Recommendations

- Assign team roles and make sure everyone knows what is expected from them.
- Be flexible! Sometimes you may have more or fewer participants or more or less interest in certain topics than you expected. Roll with it.
- Get to know your teammates, coaches, and team advocate. Plan some fun activities for team bonding.
- Do not be afraid to say "No" - if you cannot do something, let the rest of your team know early.
- Actively participate in the activities to show that we all can benefit. Use "we" statements instead of "you" statements.



AHL members and men at Emery House discussing the documentary "Happy" and resiliency

Lessons Learned

What we learned from our sites:

- These two sites were very different and have diverse needs. However, at both sites there are varying levels of knowledge so some implementations will be more useful to some, and less useful to others.
- Members at site have a deep interest in bettering themselves and their health.
- With some topics you will learn more from the community members than you feel like they are learning from you, due to their first hand experience. Don't discount your presence, because providing a platform for these discussions is just as important.

What we learned from each other:

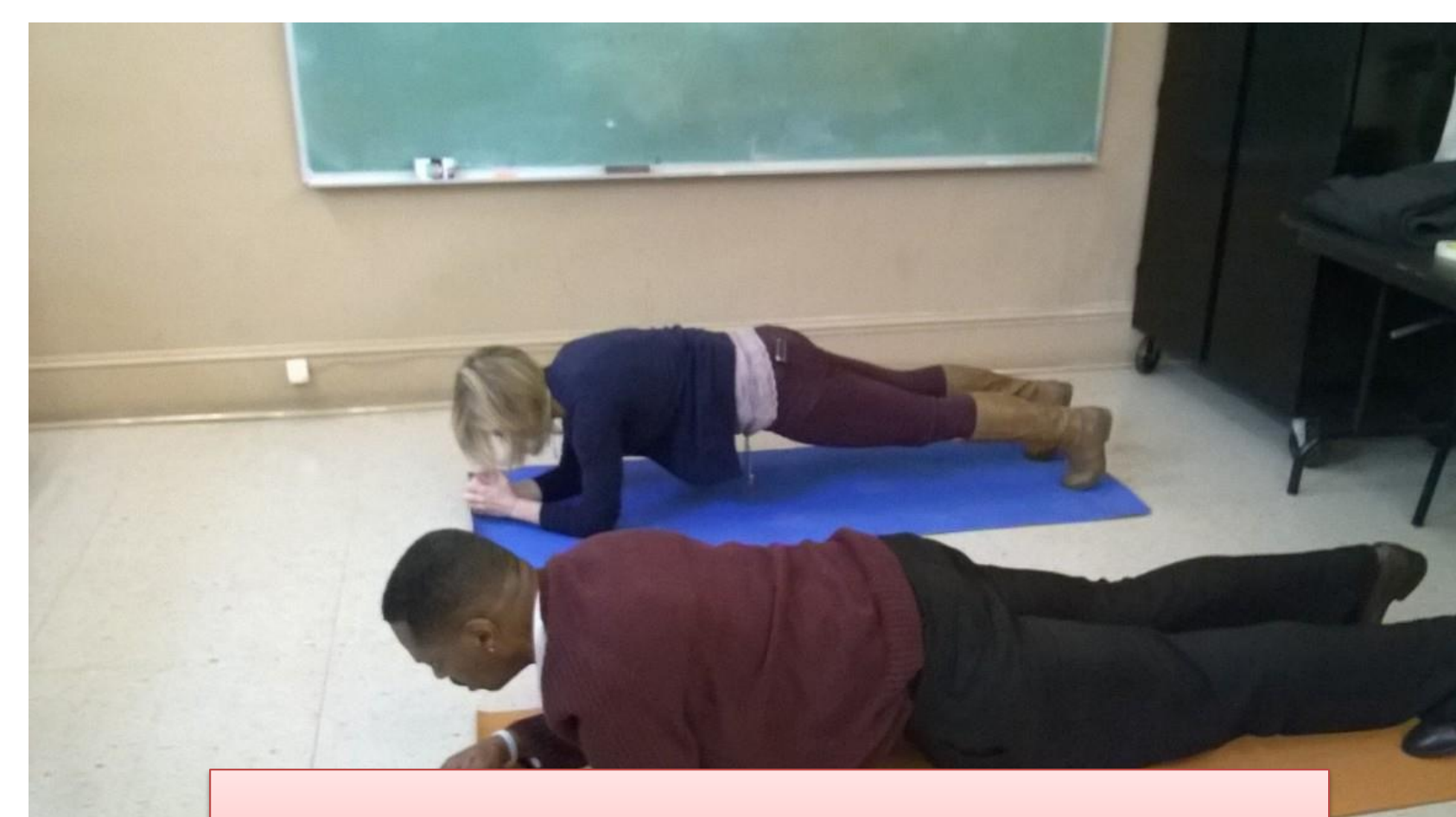
- Everybody is busy; Finding a communication style that everyone is comfortable with is crucial to team success
- Everyone has different strengths – it is important to realize your own strengths and your teammates when planning different activities.
- Don't be afraid to practice new skills; the interdisciplinary nature of the team provides a range of expertise to help you.

Kudos

We would not have been the team we are today without the assistance of our amazing Team Advocate Claire Houterman. We would also like to thank Karyn Pomerantz and Sandy Hoar for invaluable guidance and input throughout the year.

Other superstars we would like to give a huge thank you to include:

- **Mr. Baylor:** Community Partner Emery House
- **Mary & Martha:** Community Partners The Women's Collective
- **The wonderful women and men on site**
- **Angie Hinzey & Donna Javellana:** ISCOPEs Leadership Team



Mr. Baylor & Angie planking at the Emery House Health Fair



The Women's Collective site entrance