



SUBJ: LCS Health Literacy Program Guidance & Instructions

Dear Tutor / Instructor,

The Literacy Council of Sarasota (LCS) is excited to announce that we have been awarded a grant for the implementation of a Health Literacy Program to benefit our adult students. This grant, awarded by Florida Blue and the Florida Literacy Coalition, will integrate health and nutrition into The LCS' curriculum. The focus is to help our adult learners acquire information and resources that will help them navigate the medical system and make informed health decisions.

LCS is utilizing the *Staying Healthy* curriculum, developed by the Florida Literacy Coalition, to implement this new program. It provides user-friendly material that is easy for you, the tutor/instructor, to employ while being beneficial for both the adult learner and their family members. LCS encourages that you implement this program with your learner within a 3 month timeframe, using approximately 20-30 minutes per session once a week.

This Health Literacy Program packet includes:

- Pre-Health Literacy Assessment-Due at the beginning of the first month that you initiate the program with your learner. Please return in SASE provided. (*Tutors are allowed to help students understand questions, but not provide answers.*)
- Post-Health Literacy Assessment, Student Survey, AND Tutor/Instructor Survey - all 3 documents due at the end of the 3 months, once you've completed the program with your learner. (*Tutors are allowed to help students understand questions, but not provide answers.*)
- LCS Health Literacy Grant Award Press Release - May, 2014
- Florida Health Literacy Initiative-Useful Health Literacy Websites

Any additional information or resources such as *Staying Healthy* Student Resource Book (with Chapters on various topics) and Teacher's Guide, etc. are available at the LCS lending library and/or online at the Florida Literacy Coalition Website: www.floridaliteracy.org/health_literacy_curriculum.html

Please feel free to contact us at (941) 955-0421 or Marilyn Cox at mcox@sarasotaliteracy.org with any questions, suggestions, or feedback.

Thank you for your cooperation and efforts in helping implement our exciting new Health Literacy Program!

Sincerely,

Tom Melville
Executive Director

Marilyn Cox
Program Coordinator

Bryan Watson
AmeriCorps VISTA

The Literacy Council of Sarasota gives special thanks
to Florida Blue & the Florida Literacy Coalition
for their generous support of our Health Literacy Program.



Press Release

Contact: Tom Melville
Phone: (941) 955-0421

FOR IMMEDIATE RELEASE
Date: May 23, 2014

THE LITERACY COUNCIL OF SARASOTA RECEIVES HEALTH LITERACY GRANT FROM FLORIDA BLUE

SARASOTA, FL: **The Literacy Council of Sarasota**, Florida has been awarded a one-year \$5,000 grant for the implementation of a health literacy program to benefit its adult students.

This grant, awarded by **Florida Blue** and the **Florida Literacy Coalition**, will integrate health and nutrition into The Literacy Council of Sarasota's curriculum. The focus is to help students acquire information and resources that will help them navigate the medical system and make informed health decisions.

There is a growing recognition among health care providers and adult educators around the country that limited English language and literacy skills can have a significant impact on one's health. Health Literacy is defined as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.

According to the 2003 National Assessment of Adult Literacy's (NAAL) report on the health literacy of America's adults, 14% of adults have below basic health literacy skills. Low health literacy is especially prevalent among adults who did not complete high school and Hispanic adults, who have lower health literacy than any other ethnic/racial group. In addition, low health literacy costs between \$106 and \$236 billion a year in the form of longer hospital stays, emergency room visits, increased doctor visits, and increased medication, according to a recent report from the University of Connecticut.

The award was officially presented during the 30th Annual Florida Literacy Conference May 7th – 9th in Daytona Beach, Florida.

“The support of this initiative reflects Florida Blue’s commitment to helping adult learners, many of whom are new to this country, become informed health advocates for themselves and their families,” said Greg Smith, Executive Director of Florida Literacy Coalition. “We look forward to working together with The Literacy Council of Sarasota to raise awareness about health literacy.”

The Literacy Council of Sarasota is one of 17 grant recipients selected for the fourth grant year of this statewide initiative. Other recipients include Lake Worth West Resident Planning Group.; Pensacola State College; the Sarasota Y; El Sol, Jupiter’s Neighborhood Resource Center; Tallahassee Community College; Literacy Volunteers of America, Monroe County; HELP of Fort Meade; ECHO; DeSoto County Education Foundation; Manatee Technical Institute; Collier County Housing Authority, Inc.; the Parent Academy of St. Lucie County; East & West Area Adult Schools/Polk Education Foundation; New Beginnings Family Literacy Program; Literacy Volunteers of Gadsden County, Inc.; and Family Literacy Academy of Lake Wales.

“It is an honor to receive this grant from Kerri Masley of Florida Blue because it will not only let our adult students comfortably navigate the healthcare system but also allow them and their family members to understand the benefits of living a healthier lifestyle,” according to Tom Melville, Executive Director of The Literacy Council of Sarasota (LCS). For more information on LCS, email info@sarasotaliteracy.org. If you are interested in becoming a tutor, email mcox@sarasotaliteracy.org, call (941) 955-0421, or visit sarasotaliteracy.org. LCS is currently registering volunteers for June and July ProLiteracy-accredited tutor training sessions.

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Florida Health Literacy Initiative - Useful Health Literacy Websites

Health Literacy Curricula Collection

This page is a result of a discussion on the National Institute for Literacy Health and Literacy listserv. Purposefully kept in very simple HTML to allow easy access to all users, the page allows visitors to either directly download or link to online health literacy curricula.

www.advancinghealthliteracy.com/curricula.html

Healthy Roads Media

Healthy Roads Media is a useful resource that offers health educational materials in various languages on numerous health topics (e.g. – diabetes, nutrition, immunizations, mental health). Materials are available in various formats, including audio, video, and hard copy handouts. FLC is excited to partner with Healthy Roads Media to incorporate the Medicines chapter of the *Staying Healthy* curriculum in its educational videos and audio.

www.healthyroadsmedia.org

MedLine Plus

MedlinePlus brings together authoritative information from the National Library of Medicine (NLM), the National Institutes of Health (NIH), and other government agencies and health-related organizations. Health topics are presented in over 40 different languages. Furthermore, unlike other agencies' websites, the material is very easy to read, the website is very user-friendly, and interactive tutorials are available.

www.nlm.nih.gov/medlineplus

WebMD

The health information on the WebMD website is both credible and valuable. Furthermore, it offers tools for managing your health that can be beneficial for the classroom as well.

www.webmd.com

Health Finder

This website from the Department of Health and Human Services provides a thorough listing of health information in English or Spanish, including a quick guide to healthy living. It also lists numerous health tools that you can use with your students, such as online checkups, physical activity trackers, menu planners, health calculators, etc.

www.healthfinder.gov

Health Literacy Wisconsin

Great work is being done in Wisconsin. Similar to FLC, Wisconsin has a running compilation of health literacy resources.

www.healthliteracywisconsin.org/resources.jsp

Health Literacy Missouri

This successful program offers resources for adult education programs and health professionals alike. Their list of resources is a helpful starting point when trying to find useful videos, articles, and audio tools for the classroom.

www.healthliteracymissouri.org/our-services/resources