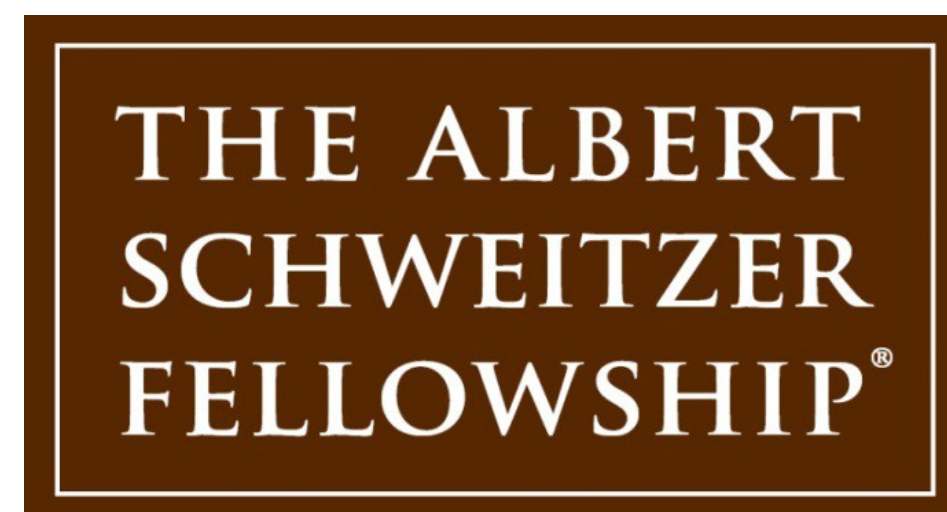


e-Health Literacy Series

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2014-2015 NC Albert Schweitzer Fellows



Our Project

As Schweitzer Fellows, Amanda and Asha worked to improve the birth outcomes of pregnant-aged (14-35) minority women in the Forsyth County/Winston-Salem area by providing education on how to access reliable health information on the Internet. Throughout the Fellowship year, they led three series at the Forsyth County Department of Public Health, Today's Woman OB/GYN, and Salem Pregnancy Care Center. The goal of this project was to teach women how to locate accurate and trustworthy information on the Internet to improve their health and the health of their children.

Activities

- Each series lasted five to six weeks
- Each class had a designated topic. The series topics were:
 - Internet Basics/Website Appraisal
 - Teratogens
 - Stress Management
 - Nutrition
 - Physical Activity
- iPads provided by WSSU Multi-Media Services were utilized by the participants weekly to complete class activities and practice their website appraisal skills
- Hands-on activities reinforced skills and supplemented each lesson

Outcomes

By the end of our year-long project:

- 24 out of 30 participants gained e-Health Literacy skills.
- 10 out of 30 participants engaged in 3 out of 5 of the following behaviors 3 months or longer:
 - Consume folic acid daily
 - Replace 1 unhealthy snack/drink with a healthy snack/drink daily
 - Engage in recommended stress management techniques 3x/week
 - Engage in physical activity 3x/week for 30 minutes each trial
 - Share reliable health information with 2 friends via social networking each week

Sustainability

By partnering with the Salem Pregnancy Care Center's HOPE Program, components of the e-Health Literacy program will be incorporated on a weekly basis. Each class will begin with the women searching the Internet to find reliable information related to the topic being taught. In addition, as new women begin the program, the e-Health Literacy Series will be taught in its entirety in order for new members to learn the basics of the health topics and to develop the e-Health literacy skills necessary to successfully locate accurate and reliable information on the internet. The Schweitzer Fellowship will provide



Group picture of the final e-Health Literacy Series



Fellows Amanda Cadena and Asha Thomas with the winner of the free tablet drawing



Group picture of the first e-Health Literacy Series

www.schweitzerfellowship.org
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