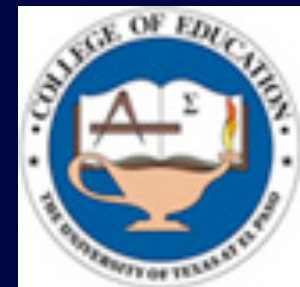


Exploring Effective Interventions to Improve Health Literacy among Spanish-Speaking Mexican Immigrants

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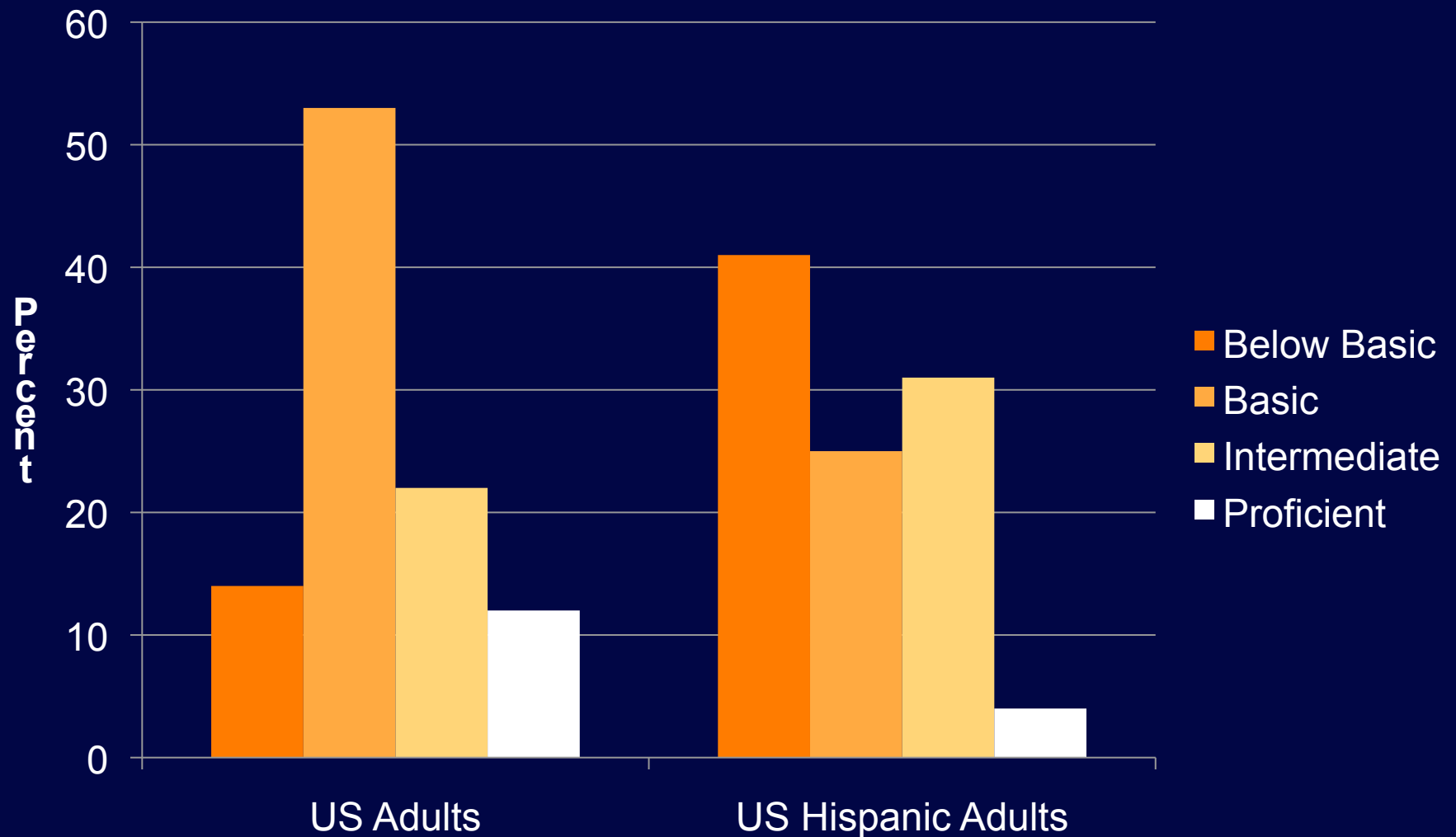
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Background

- **Health Literacy**: The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions (Ratzan & Parker, 2000).

2003 NAAL Health Literacy Results



Purpose

- The purpose of this study was to assess whether general health information presented through adult education instruction impacts the health literacy level of Spanish-speaking Mexican immigrants.

Hypotheses

- H_1 : Participants given treatment 1 will perform significantly better than participants given treatment 2.
- H_2 : Treatments will significantly impact the scores differently for each instrument.
- H_3 : Participants will demonstrate significant gains between pretest and posttest, regardless of treatment.

Methodology

- **Consent:** IRB approval from UTEP and EPCC and obtained informed consent from participants
- **Sampling:** Representative cluster sampling of 11 classrooms in an existing HEP/MAP program, 65 participants

Methodology

- **Research Design:** Quasi-experimental nonequivalent control group design
- **Data Analysis:** One-way univariate analysis of variance for pretest posttest differences, treatment differences, and treatment-test interactions

Treatments

- **Treatment 1:** 5 sessions of health literacy instruction supplementing adult basic education instruction in Spanish
- **Treatment 2:** Adult basic education instruction in Spanish without health literacy instruction supplements.

Instruments

S-TOFHLA in Spanish

LECTURA A

Su doctor le ha _____ a sacarse Rayos X del _____.

- | | |
|----------------|----------------|
| a. distinguido | a. estómago. |
| b. mandado | b. caminar. |
| c. corrido | c. vestido. |
| d. formalmente | d. comunmente. |

Cuando venga por los _____ debe de tener el estómago _____.

- | | |
|------------|--------------|
| a. libros | a. volar. |
| b. fiel | b. cabeza. |
| c. Rayos X | c. vacío. |
| d. dormir | d. contento. |

Este examen de Rayos X _____ de 1 a 3 _____.

- | | |
|---------------|-------------|
| a. durará | a. millas. |
| b. cantará | b. luz. |
| c. permanente | c. Rayos X. |
| d. silla | d. horas. |

El día antes de _____ radiografía, cene solamente alguna: _____.

- | | |
|-----------|-----------------|
| a. del | a. bailar, |
| b. alguna | b. inteligente, |
| c. la | c. fruta, |
| d. botón | d. receta, |

Instruments

NVS in Spanish

Información Nutricional

Tamaño de la Porción ½ taza
Porciones por envase 4

Cantidad por porción

Calorías 250 Cal Grasa 120

%DV

Grasa Total 13g 20%

Grasas Sat 9g 40%

Colesterol 28mg 12%

Sodio 55mg 2%

Total Carbohidratos 30g 12%

Fibras Dietéticas 2g

Azúcares 23g

Proteína 4g 8%

*Porcentaje de Valores Diarios (DV) se basan en una dieta de 2.000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de las calorías que usted necesite.

Ingredientes: Crema, Leche Descremada, Azúcar Líquida, Agua, Yemas de Huevo, Azúcar Morena, Aceite de Cacahuete (Maní), Azúcar, Mantequilla, Sal, Carragenina, Extracto de Vainilla.

Results

	S-TOFHLA	NVS
H_1 : No statistically significant differences between treatments with and without a Health Literacy intervention	$p > .54$	$p > .21$
H_2 : No statistically significant interactions between treatments and instruments with and without Health literacy intervention	$p > .98$	$p > .89$
H_3 : Statistically significant differences between pretest and posttest regardless of treatment	$p < .05$	$p < .01$

Limitations

- Small sample size
- Possible pretest-treatment interaction
- Possible pretest-posttest interaction
- Lack of valid and reliable instruments to measure health outcomes

Conclusion

- HEP/MAP instruction alone is enough to improve health literacy scores for Spanish-speaking Mexican immigrants in the El Paso region.

Recommendations

- Replicate with a larger sample size
- Use an alternate research design, such as Solomon four group design
- Include valid and reliable instruments to measure health outcomes