

Empowering Aging Minds: Improving Health Literacy in Older Adults



College of Human Medicine
MICHIGAN STATE UNIVERSITY

Emily Anibal MS4¹, Renell Shisha MS4², Megan Thomas MS4², Seema Shah MS2², Rania Aqrawi MS2²,
Monica K. Pelowski DO³, Dale D’Mello MD⁴, Carolina Restini PhD Pharm.D, FAAPE²
¹MSUCHM, ²MSUCOM, ³UofM Psychiatry, ⁴MSU Psychiatry



Introduction

- Health literacy is a critical determinant of health outcomes for older adults, influencing their ability to understand, navigate, and make informed decisions regarding their health care.
- Objective:** Use educational sessions to help improve health literacy in older adults



Demographics*



- Average age: 78
- 84% Female
- 80% White
- Education ranged from High school to Doctorate with some college being most common (30%)
- N= 30

*Does not include all participants

Methods

- Five monthly one hour educational sessions were held at the Senior Adult Life Center in Macomb county, MI.
- Session were led by medical students and physicians presenting two topics per session.
- Each participant was given a pre and post survey, utilizing a 10 point scale, to assess their knowledge
- For a participants first session, a BRIEF health literacy survey, WHO scale of ageism and a demographics survey were given

Referenced Literature

1. Aspinall, E. E., Beschnitt, A., & Ellwood, A. F. (2012). Health Literacy for Older Adults: Using Evidence to Build a Model Educational Program. *Medical Reference Services Quarterly*, 31(3), 302–314. <https://doi.org/10.1080/02763869.2012.698174>

2. *Exploring Older Adult Health Literacy in the Day-to-Day Management of Polypharmacy and Making Decisions About Prescribing: A Mixed Methods Study*. (n.d.). HLRP: Health Literacy Research and Practice. Retrieved November 11, 2024, from <https://journals.healio.com/doi/10.3928/24748307-20221216-01>

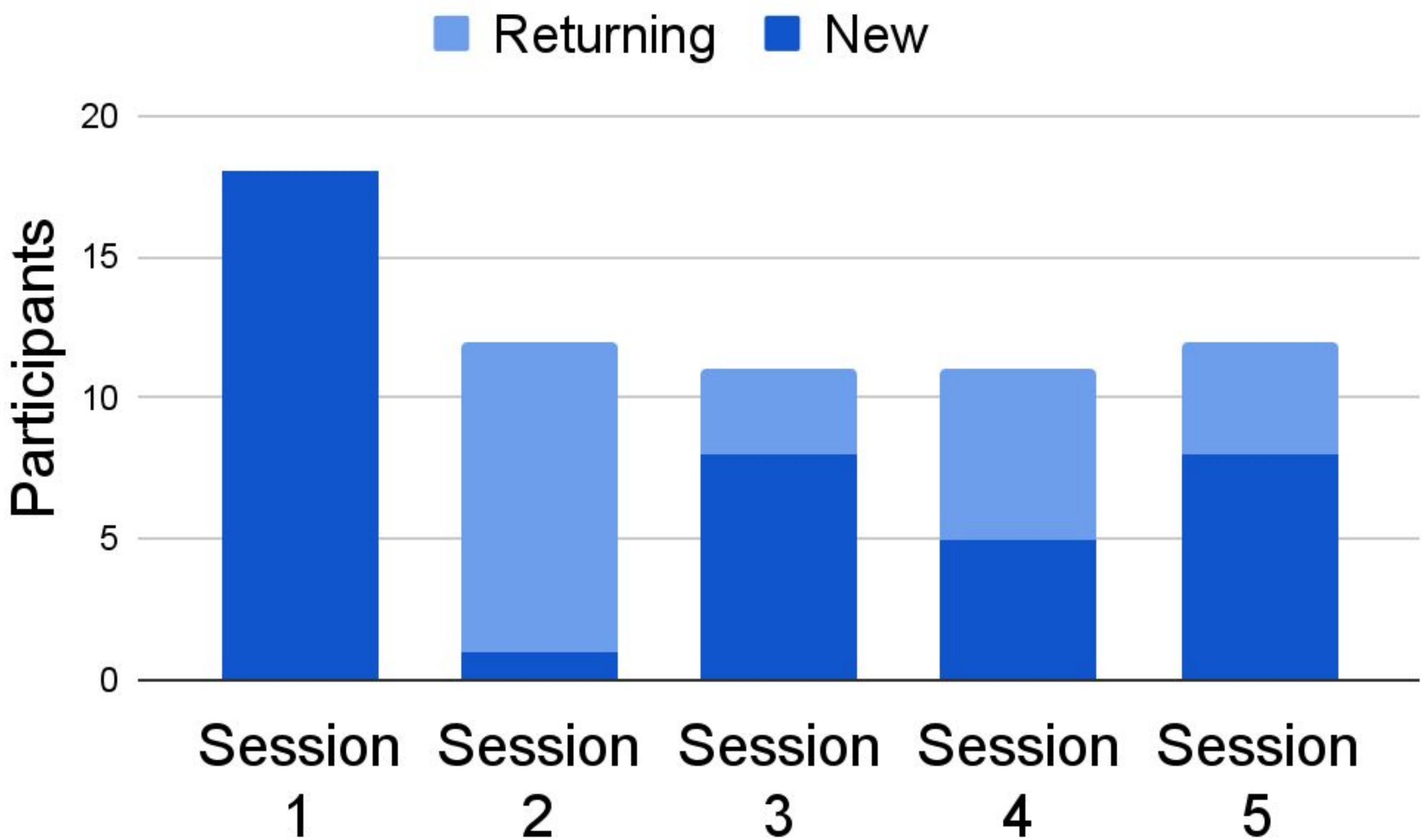
3. Kim, K., Shin, S., Kim, S., & Lee, E. (2023). The Relation Between eHealth Literacy and Health-Related Behaviors: Systematic Review and Meta-analysis. *Journal of Medical Internet Research*, 25, e40778. <https://doi.org/10.2196/40778>

4. Lou Strong, M., Guillot, L., & Badens, J. (2012). Senior CHAT: A model for health literacy instruction. *New Library World*, 113(5/6), 249–261. <https://doi.org/10.1108/03074801211226337>

5. Manafó, E., & Wong, S. (2012). Health literacy programs for older adults: A systematic literature review. *Health Education Research*, 27(6), 947–960. <https://doi.org/10.1093/her/cys067>

6. Uemura, K., Yamada, M., & Kikimoto, H. (2021). The Effectiveness of an Active Learning Program in Promoting a Healthy Lifestyle among Older Adults with Low Health Literacy: A Randomized Controlled Trial. *Gerontology*, 67(1), 25–35. <https://doi.org/10.1159/000511357>

Session Attendance



Results

- Average attendance of 12.8 participants per session with a **total of 41 participants**
- The BRIEF health literacy screen showed **high levels of health literacy**
- WHO scale of ageism demonstrated **low levels of self ageism** in the group.
- Demographics including level of **education did not impact learning**.

Conclusions

- Sessions with the most success were those with low levels of starting knowledge.
- All participants were able to increase their knowledge despite varying education levels.
- This program should target topics the population has low knowledge on**
- Expanding this program to a population with a low baseline of health literacy could show more benefit.**

