

Collaborative for Health Literacy: Log on for Health

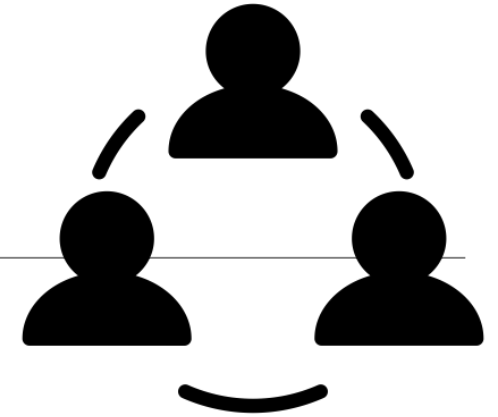
RICHMOND EAST END
CONSUMER HEALTH OUTREACH AND COMPUTER ACCESS

Dana L. Ladd, MS, PhD., AHIP
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Alisa Brewer, MSPH

Collaboration

Partnership includes:

- VCU Libraries
 - Tompkins-McCaw Library for the Health Sciences
 - Health and Wellness Library
- VCU Center on Health Disparities



Created by Kieu Thi Kim Cuong
from Noun Project

Project Team



Alisa Brewer



Emily J. Hurst



Dana L. Ladd

VCU Center on Health Disparities

Established in 2005 to develop the capacity of faculty, staff, students and community partners to identify the causes of and develop interventions to eliminate health disparities.



VCU Libraries, Tompkins-McCaw Library for the Health Sciences



VCU Medical Center Health and Wellness Library

Library for patients, their families, and the community

- Trained staff help visitors find reliable health information
- Provides health and wellness programs and outreach
- Contains a variety of health resources



Pre-term Birth Prevention Project

- Pre-term birth prevention outreach project (2014-16)
 - Creation and evaluation of educational materials for participants
 - Program and library tour/overview for participants
- Participants (residents and outreach workers) reported requests for:
 - Computer education
 - Patient-provider communication
 - Finding reliable online health information

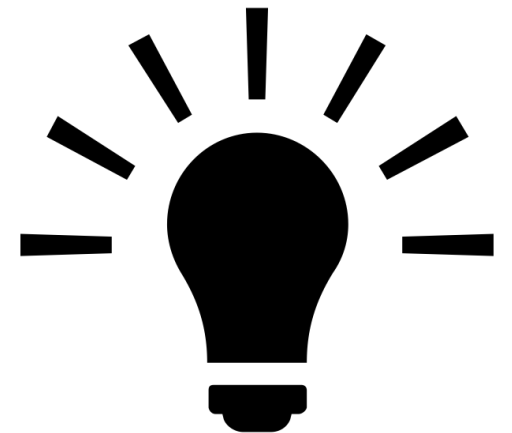


Created by Gan Khoo Lay
from Noun Project

Project Idea

Focus on needs discovered during the pre-term birth prevention project. Create sustainable activities to address gaps in health information literacy.

- Develop and conduct health literacy and technology classes



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Richmond City East End



Richmond City - East End

Urban community

Approximately 27,000 residents

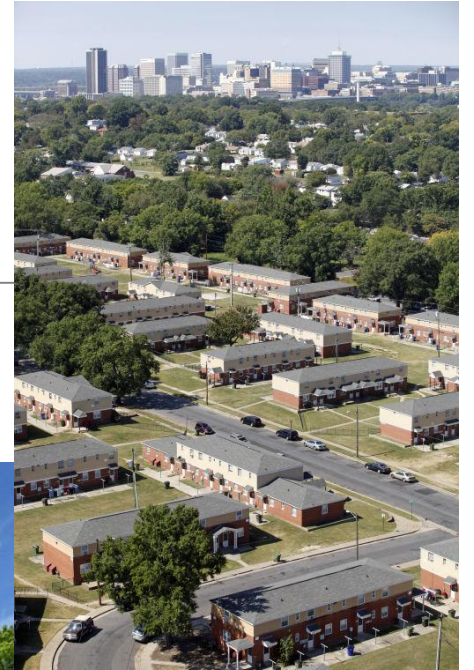
Historically African American

Low-income area

Five housing projects

Food and resource desert

High prevalence of obesity, diabetes, high blood pressure, and asthma



Funding

- National Network of Libraries of Medicine (NNLM) Southeastern/Atlantic Region (SEA)
- Health Information Outreach Award
- Awarded \$15,000
 - Six Classes
 - VCU Health Hub @ 25th
 - Nine laptops
 - Mobile laptop storage unit
 - Personnel
 - Travel
 - Incentives for focus group participants
 - Indirect costs



Richmond Public Library – East End Branch



Log On For Health Video Introduction

https://vcu.mediaspace.kaltura.com/media/Intro+to+Log+On+For+Health+Lunch+and+Learn+program/1_omwtcsm

Log On for Health Workshops

Developed 6 workshops to enhance participants' health literacy and technology skills:

1. Understanding Health Insurance
2. Finding and evaluating consumer health information
3. Patient Portal/Electronic Medical Records
4. Using Mobile Health Apps
5. Nutrition
6. Senior Health



Understanding Health Insurance

Class Description:

Dive into online services and health education about the Health Insurance Marketplace and Medicaid Expansion. Practice with tools that estimate benefits and learn how to start an application.

Speaker:

Sara Cariano, MSW, MPW

Policy Specialist and Lead Navigator

Virginia Poverty Law Center



Finding and Evaluating Consumer Health Information

Class Description:

Find websites you can trust for patient and family health information. See for yourself what makes a website trustworthy and what to think about when reviewing websites at home.

Speaker:

Dana L. Ladd MS, PhD., AHIP

Health and Wellness Librarian

Virginia Commonwealth University Libraries



Patient Portals

Class Description:

Learn how to keep a record of your personal health history on a secure online system. Make appointments and send messages to health providers anytime, and have easy access to your list of prescriptions, tests, and results.

Speaker:

Terry Lockhart, MS, RN

Health Information Management

(HIM) Informaticist

Virginia Commonwealth University Health



Using Mobile Health Apps

Class Description:

Discover Apps for computers, phones, and other mobile devices that can store your daily health records (e.g. blood sugar levels, blood pressure, diet, or exercise habits) and send reminders to keep your health on track.

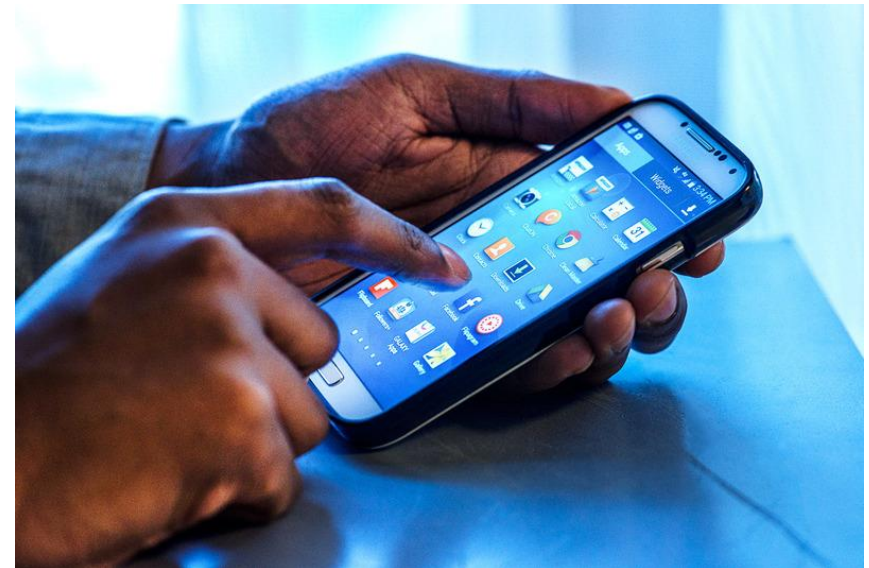
Speaker:

Emily J. Hurst, MSLS, AHIP

Deputy Director

Head, Research and Education

Virginia Commonwealth University Libraries



Nutrition

Class Description:

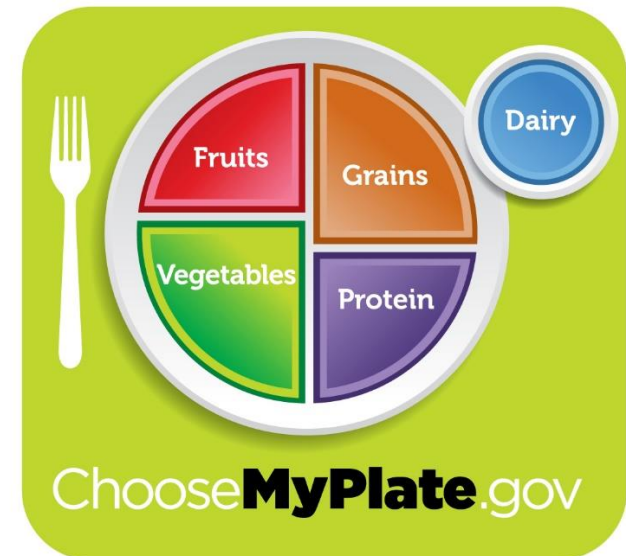
*Make healthy food choices (e.g. variety, servings, and nutritional value).
Rediscover the five food groups with online tools that help you find recipes and
choose options for your best plates.*

Speaker:

Stephen P. Sowulewski, PhD

Department Chair, Health & Physical Education

J. Sargeant Reynolds Community College



Senior Health

Class Description:

Meet SeniorNavigator, a local database that provides health and wellness information for seniors and caregivers.” Find services you can search by zip code, city, or county.

Speaker:

Bonnie Scimone

Community Specialist

SeniorNavigator

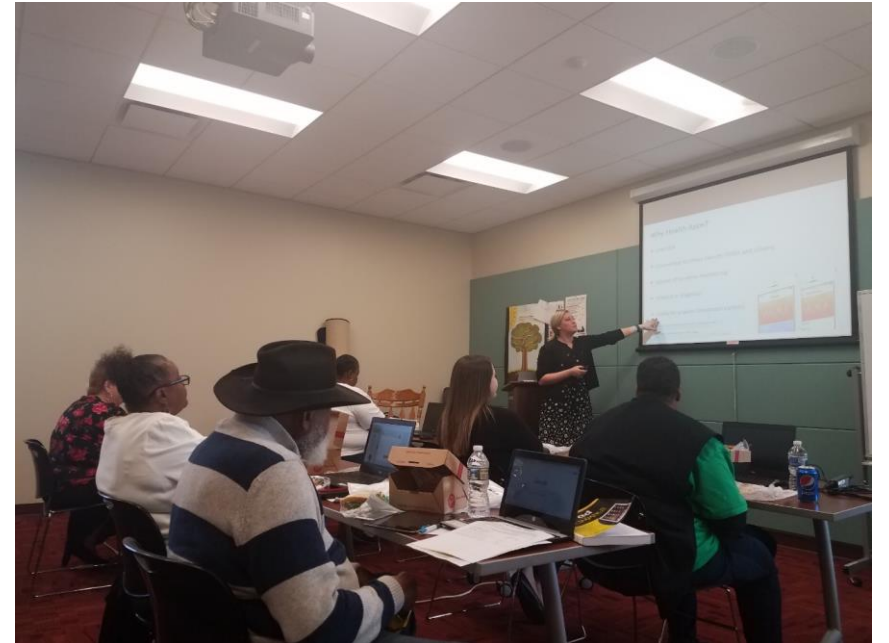


Log on for Health Workshops

Workshop Structure:

1.5 hour long session 11:30am - 1:00 pm

- 11:30 – 12:00 Computer Basics Class (optional)
- 12:00 – 12:45 Lunch and Workshop Presentation
- 12:45 – 1:00 Hands on with MedlinePlus



Video Introduction to MedlinePlus

https://vcu.mediaspace.kaltura.com/media/MEDLINE+PLUS+Intro/1_qghc3u3y

Advertisement

Flyers

Social Media

Resource Centers

Partner Network Announcements

- The READ Center
- Richmond Public Library
- VCU Libraries

Phone Call Reminders

Log On For Health

Learn how to use online tools to make informed decisions for your health.



Healthy Eating

Use online tools to help you make healthy food choices. Meet with a food expert to rediscover the 5 food groups along with options for a well-balanced diet.

Day: **Wednesday, March 13**

Time: **12pm – 1:30pm** (BONUS: come at 11:30am for computer basics practice)

Place: **Richmond Public Library, East End Branch** 1200 N 25th Street, RVA 23223

VCU and local literacy advocates are teaming up to boost online skills for your health. Classes will explore online health tools with hands-on activity and connection to health services and providers.

Monthly classes are scheduled through April 2019.

Lunch is provided. Limited transportation available.

To RSVP, please contact:

Alisa Brewer | VCU Center on Health Disparities

Phone: 804-827-2075 or Email: aebrewer@vcu.edu



Attendance

Workshops at the Richmond Public Library – East End Branch began in November 2018 and continued through April 2019.

Workshop Title	Date	Number of Attendees
Understanding Health Insurance	November 7	8
Finding Consumer Health Information	December 5	10
Medical Records	January 9	10
Finding Health and Wellness Mobile Apps	February 6	10
Nutrition	March 13	3
Senior Health	April 10	10

Participant Demographics

Variable	Category	Frequency (%)
Sex	Male	3(17.6)
	Female	9(52.9)
	No Response	5(29.4)
Education Level	Some High School	1(5.9)
	High School	4(23.5)
	Some College	7(41.2)
	College Degree or More	0
	No Response	5(29.4)
Age	>50	6
	21-49	5
	<20	1
	No Response	5

Evaluation

	Yes	No	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	N/A
Did this training introduce you to at least one health information resource that you have never used before?	43 100%	0 0%	-	-	-	-	0 0%
Did you learn a new skill that you plan to use in the future?	43 100%	0 0%	-	-	-	-	0 0%
Did you improve your ability to apply a resource you already use?	42 97.6%	1 2.4%	-	-	-	-	0 0%
This training improved my ability to find useful online health information.	-	-	40 93.0%	2 4.7%	0 0%	0 0%	1 2.3%
I plan to start using at least one resource or tool that I learned about in this training	-	-	40 94.4%	2 4.7%	0 0%	0 0%	1 2.3%
I plan to tell others about at least one resource or tool that I learned about	-	-	41 97.6%	0 0%	0 0%	0 0%	1 2.3%

Evaluation – Qualitative Data

Category	Code	Count
How will you use what you have learned?		
Personal Use	Learn about my condition	2
	Get help with medicines	1
	Look up medicines and side effects	1
	I plan to use MedlinePlus for more accurate information	1
	How to avoid false websites	1
	Use my patient portal more	1
	Practice	3
	Learn about hidden fees of mobile apps and	1
	Learned to check reviews of apps	1
Social Use	Spread information in meetings	1
	I will tell other people about it	4
	Tell community about it	4
	Help my family out	1
Professional Use	Public health	1
	In daily data	1
	Improving computer skills	1

Challenges

Transportation

Location Change

Basic Computer Skills

- Mouse (clicking)
- Turning the computer on/off
- Email
- Passwords



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Next Steps

VCU Health Hub at 25th opened in May 2019

- Oct. 2019 – First class at the Health Hub!
- Fall 2019 Offerings:
 - Senior Navigator-Financial Health
 - Tobacco Cessation
 - Senior Navigator-Overview of Senior Resources



VCU Health Hub at 25th

Health Education and Wellness Center located at the corner of Nine Mile Road and 25th Street

- 27,000 square-foot grocery store
- 5,600-square-foot facility featuring:
 - Health screening and consultation spaces
 - Behavioral health support
 - Grief counseling
 - Nutrition counseling
 - Exercise classes
 - Community room ←
 - Health education resource center



VCU Health Hub @ 25th

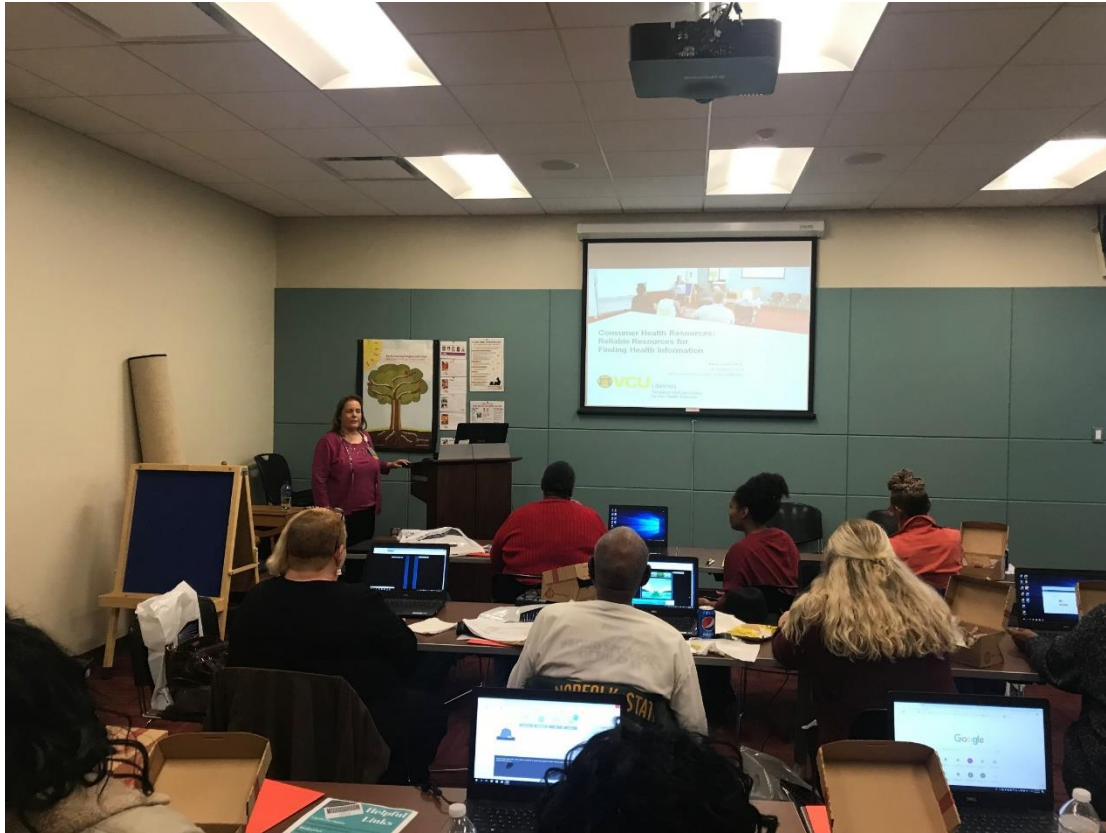


<https://richmondbizsense.com/>



<http://www.pfa-architect.com/recent-news>

Questions?



Contact

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