The Florida Health Literacy Initiative
Helping English Language Learners to Make Healthy Choices

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Florida Health Literacy Initiative

- Provides grants, training, education materials and technical support to adult education providers throughout the state.
- More than 18,000 students have been served through this grant program during the last 10 years.
- A contextualized learning approach that incorporates community partnerships, activity-based learning activities, field trips, and health literacy learning materials into their adult education curriculum.
2019 Grantees

- Adult Literacy League
- Atlantic Technical College
- Broward County Schools
- Collier County Adult Education
- DeSoto County Education Foundation
- El Sol: Jupiter’s Neighborhood Resource Ctr
- Families of the Treasure Coast
- Language Learning Center oh Maitland
- Hands Together for Haitians
- Learn to Read of St. John’s County
- Literacy Council of Sarasota
- Miami Dade College
- Sarasota YMCA
- United Food Bank of Plant City
Develop Community Partnerships

- Community Health Clinics
- Libraries
- Cultural groups
- Pharmacies
- Medical and Nursing schools
- Community Hospitals
- Local Dept. of Health
- Fitness Centers
- IFAS (Cooperative Extension)
- Local Health Non-Profits
- Fire Departments
- Poison Control
Develop Community Partnerships

More than 300 partners have worked with grantees

- Pediatric Care Institution
- All Faiths Food Bank
- American Diabetes Association
- American Lung Association
- America’s Urgent Care
- Center for Drug Free Living
- Central Florida Sports & Physical Therapy
- Community AIDS Network
- East Lake Chiropractic
- Fisherman’s Hospital
- Florida Blood Centers
- Florida Hospital
- Hardee County Health Department
- Mariner’s Hospital
- Florida KidCare
- Highlands County Soil and Water Conservation District office.
- Hispanic Health Initiatives, Inc
- LINCS
- Manatee Technical Institute’s nursing and dental departments
- Mariner’s Hospital
- FL State College Nursing Program
- Osceola County Extension Services
- Osceola County Fire and Rescue
- Pinellas Cooperative Extension Agency
- Poison Control Center-Tampa
- South Florida Community College’s nursing and dental departments
- University of Florida, IFAS
- Vision is Priceless
- Immokalee Fire Department
Incorporating Health Literacy: Field Trips and Classroom Visitors

- Clinic and hospital guided tours
- Presentations on ACA and Florida KidCare
- UF/IFAS County extension services
- Mock clinic at community health centers
- U pick farms
- Doctors, nurses
- Fire department
- Exercise class
- Grocery stores
- Well water testing
- Medical, nursing, dental schools
- Insurance Navigators
Incorporating Health Literacy: Project-Based Learning

- Health fair, block party, or community bazaar
- Organize and take Red Cross CPR and First Aid Class
- Develop a Community Garden
- Partner with a children’s hospital and the fire dept. to educate about car seats and fire safety
- Partner with sheriff department to educate about pedestrian safety
- Take a trip to the local vocational center to learn about health-related career programs
- Sponsor a “Biggest Loser” nutrition and weight loss contest
- Create videos on hand washing and reading medicine label
- Develop a guide on community health resources for immigrants
- Research project - Health Benefits of Red Wine and Grapes, and Preventing High blood Pressure
- Organize a walk to raise funds for cancer research

Youtube: [https://www.youtube.com/watch?v=HgAAR8WuxzI](https://www.youtube.com/watch?v=HgAAR8WuxzI)

FLORIDA LITERACY COALITION
Florida’s Adult and Family Literacy Resource Center
# Results

<table>
<thead>
<tr>
<th>Improved HL assessment scores (pre/post test)</th>
<th>74%</th>
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<tbody>
<tr>
<td>Better prepared to address health concerns with doctor:</td>
<td>94%</td>
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<tr>
<td>If uninsured, applied for at least one type of medical insurance (Medicare, Marketplace, Medicaid, Florida KidCare, etc)</td>
<td>68%</td>
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<tr>
<td>Began exercising regularly</td>
<td>34%</td>
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<tr>
<td>Changed their eating habits to be more healthful</td>
<td>41%</td>
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<td>Recommend program</td>
<td>95%</td>
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<tr>
<td>Attendance increase (as compared to other classes offered)</td>
<td>90%</td>
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Staying Healthy
An English Learner’s Guide to Health Care and Healthy Living

Development and distribution of these materials is funded by the Florida Department of Education
Staying Healthy

• Student resource book & teacher’s guide
  > Hard copies distributed to hundreds programs
  > Downloaded over 1 million times
• Evidence based & written at a 5th grade level
• For low-intermediate level ESOL learners and above
• Simple, concrete, practical, with lots of images
• Correlated to CASAS and Florida ESOL Course Standards
• Funded by the Florida Department of Education
Highlights of Health Careers Guide

• General introduction to health careers written at a 5th grade level
• Designed to be used online as an interactive book
• Can be implemented one-on-one or in group setting
• “Spotlight pages” highlight career ladder opportunities
• Focus is on more than 25 high-demand jobs that require 2 years of training or less
Free Online Course

This Course was developed by Florida's Adult and Family Literacy Resource Center, a program of the Florida Literacy Coalition and was made possible through the support of the Florida Department of Education, Division of Career and Adult Education.
Staying Healthy Quiz App

Download for free onto an Android mobile device from Google Play.

Plain language health questions divided into easy and hard categories.

New quiz every time you play.

You can play as a guest or set up an account to save scores.

Question explanations provide additional learning opportunity.
Staying Healthy Quiz App

According to MyPlate.gov, adults should consume three servings of dairy products each day. What counts as one serving of yogurt?

Good try! One cup of yogurt is equal to one serving of dairy.

- ½ cup
- 1 cup
- 1 ½ cups
- 2 cups

¿Qué es un intérprete médico?

- Una persona que te ayuda a perder peso
- Un médico primario
- Una persona que ayuda a médicos y pacientes que hablan diferentes idiomas
- La persona que te saluda y atiende en el consultorio del médico