Health Literacy & Depression in the Context of Home Visitation
Home Visitors Research Network

Enterprise Community Healthy Start GA
Early Head Start Monterey Office of Ed CA
Healthy Families IN MOM Program IN
Healthy Families of Grant Co IN
Child Health Investment Project, Roanoke VA
Thrive: Strengthening Families MT

n= 2572 mother-child pairs
Health Literacy (short version)
“... the ability to access, understand, and use information for health”
Parental Health Literacy

The cognitive and social skills that determine parents’ motivation and ability to gain access to, understand and use information in ways that promote and maintain their health and that of their children.
Parental Healthcare Literacy

- Use of information
- Prenatal care
- Parent sick care
- Family planning
- Child well care
- Child sick care
- Child dental care
- Child Immunizations
- Medical/Health Insurance
Parental Selfcare Literacy

- Support of child development
- Attitudes to pregnancy
- Safety
- Use of resources
- Substance use
- Tobacco
- Self-esteem
Innovation Profile:

Home Visits Using Reflective Approach Improve Functional Health Literacy Among Low-Income Pregnant Women and New Parents

SECTIONS: Snapshot | What They Did | Did It Work? | How They Did It | Adoption Considerations

Snapshot

Summary
Health Literacy & Depression

Hypotheses

• √ Health literacy & depression are closely related  \( p<.001 \)

• Depression interferes with home visitors’ ability to promote health literacy
Depressed parents made greatest gains, \( p < .001 \)

**Healthcare Literacy**

<table>
<thead>
<tr>
<th>Depression Category</th>
<th>Baseline</th>
<th>Six months</th>
<th>12-18 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depressed (1-4) n=108</td>
<td>3.8</td>
<td>3.9</td>
<td>4.0</td>
</tr>
<tr>
<td>Not-depressed (4.5+) n=391</td>
<td>4.0</td>
<td>4.1</td>
<td>4.1</td>
</tr>
</tbody>
</table>

Depression: \( F(1,497)=12; p<.001 \)
Time: \( F(2,994)=30; p<.001 \)
Time * depression: \( F(2,994)=8; p<.01 \)

**Selfcare Literacy**

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<tbody>
<tr>
<td>Depressed (1-4) n=117</td>
<td>3.8</td>
<td>3.9</td>
<td>4.0</td>
</tr>
<tr>
<td>Not-depressed (4.5+) n=407</td>
<td>4.2</td>
<td>4.3</td>
<td>4.3</td>
</tr>
</tbody>
</table>

Depression: \( F(1,522)=59; p<.001 \)
Time: \( F(2,1044)=42; p<.001 \)
Time * depression: \( F(2,1044)=12; p<.001 \)
This Study vs. Previous Reports
Persistently depressed
- n=101  14%  36%
- In treatment  69%  20%
Emerging cases
- n=50
- In treatment  62%  13.5%
Parental Health Literacy & Child Development

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www.BeginningsGuides.com