Promoting Maternal Health Literacy through home visiting

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Maternal Health Literacy

The cognitive and social skills that determine mothers’ motivation and ability to gain access to, understand and use information in ways that promote and maintain their health and that of their children.
AHRQ Innovations Exchange Quality Tool
Reflection: the 4\textsuperscript{th} R
Life Skills Progression
An Outcome and Intervention Planning Instrument for Use with Families at Risk

LINDA WOLLESEN & KAREN PEIFER
Foreword by Deanna Comby, Ph.D.

http://www.brookespublishing.com
Healthcare Literacy Indicators

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

• Support of child development
• Attitudes to pregnancy
• Safety
• Use of resources
• Substance use
• Tobacco
• Self-esteem
Home Visits Using Reflective Approach Improve Functional Health Literacy Among Low-Income Pregnant Women and New Parents

Snapshot

Summary
Health Literacy & Depression

Hypotheses

• √ Health literacy & depression 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>Depressed (1-4) n=108</th>
<th>Not-depressed (4.5+) n=391</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCL score</td>
<td>3.8 3.9 4.0</td>
<td>4.0 4.1 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

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

Depression: $F(1,522)=59; p < .001$

Time: $F(2,1044)=42; p < .001$

Time * depression: $F(2,1044)=12; p < .001$
Maternal Health Literacy & Child Development

Preliminary

- Health literacy scores predict child development outcomes ($p < .001$)

- Healthcare literacy scores predict participation in Early Intervention
Parents As Teachers Demonstration
2010 – 2012

- 8 parent educators
- 3 School Districts, Butler County, MO
- 113 dyads
- Focus on empowerment
Preliminary Findings

- Significant improvement in maternal health literacy ($p < .01$)

- Doubled proportion who read for fun ($p < .01$)
Lessons Learned

- Maternal Health Literacy can be promoted
- Reflective skills key
- Reflective Questioning promising
- LSP meaningful measure
- Home based programs effective channel
Questions?