

Webinar Series



Health Literacy
Solutions Center





Health Literacy Month Wrap-Up

Moderator:

Julie McKinney

Exceptional Lives, Inc

Panelists:

Alison Caballero, MPH, CHES - Center for Health Literacy at the University of Arkansas for Medical Sciences

Amy Mirabella PhD, RN, CHPN - HonorHealth Research Institute

Ellen Bloom, MPH, MCHES- Indiana Hemophilia and Thrombosis Center, Inc (IHTC)

Mercedes Harris, PharmD- CDC National Diabetes Prevention Program



Welcome to the Webinar

- **Connect to audio** using your computer speakers
- **All attendees will be muted** during the webinar
- **Ask questions** using the Q&A found in the bottom of your screen
- **Technical difficulties?** Email support@healthliteracysolutions.org for assistance
- **The webinar will be recorded and posted** in the Health Literacy Solutions Center webinar archives

Following the webinar, you will receive an email containing a link to a brief online evaluation. If you requested CEUs when you registered, you must submit an evaluation in order to receive your certificate.



About the Panelists

Alison Caballero, MPH, CHES

As director of the Center for Health Literacy at the University of Arkansas for Medical Sciences, Alison collaborates with campus leaders in education, research, and clinical care and a host of external partners to advance the Center's mission to improve health by making health information easy to understand. She leads the team of expert staff who provide health communications training and a host of services including plain language assessment and editing, Spanish translation, health education materials development, and field testing.

Amy Mirabella PhD, RN, CHPN

Has worked in the HonorHealth Research Institute for 6 years as a Research Nurse in Oncology Clinical trials, the Clinical Educator and currently is serving as the Interim Nurse Manager of Oncology Clinical trials. She provides patient care, patient education, staff education and professional development as well as lead nursing research, evidence-based practice and quality improvement initiatives. She has a passion for education and the doors that it opens. In addition to her work at HonorHealth, she also works as an assistant professor at West Coast University teaching in the RN-BSN and RN-MSN programs.





About the Panelists

Ellen Bloom, MPH, MCHES

She is the Sickle Cell Grants Manager at the Indiana Hemophilia and Thrombosis Center, Inc (IHTC). She earned both her Bachelor of Social Work and Master of Public Health degrees from Indiana University. In her current role Ms. Bloom is responsible for grants management and oversight and patient health education. She leads advocacy activities for the Indiana Sickle Cell Consortium. Ms. Bloom has a special interest in health literacy and plain language principles and their relationship to health outcomes, and created and leads IHTC's Health Literacy Workgroup.

Mercedes Harris, PharmD

Mercedes Harris is a native from New York City and received her doctoral degree in pharmacy from St. John's University. Mercedes had her first and lasting experience with public health as a young teen working for the city's 'Summer Youth Program'. In that time, she interned at Elmhurst General Hospital a metropolitan hospital that serves the most ethnically and linguistically diverse communities in the United States. Inspired by her experiences, she later transitioned to a community pharmacist and relocated to Florida to serve the many diverse populations within the state.





Health Literacy Month Initiatives ***Ellen Bloom, MPH, MCHES***

INDIANA HEMOPHILIA & THROMBOSIS CENTER, INC.
helping patients thrive

317.871.0000 or 877.256.8837

Health Literacy Month at IHTC

■ Health Literacy Workgroup

- Created in Fall 2020 to advance health literacy and plain language principles at IHTC
- Workgroup has promoted health literacy at IHTC throughout 2021 by:
 - ❖ Articles in biweekly staff newsletter
 - ❖ Presentations at team meetings
 - ❖ Developing a process for staff to submit documents for plain language review



Health Literacy Month at IHTC

■ Plain Language Pokey Award

- Builds on existing company lore with “Semper Gumby” Award
- Staff can nominate themselves or a coworker for this award
- Nominees should be someone who has demonstrated a commitment to plain language
 - ❖ Interactions with patients
 - ❖ Assisting coworkers in developing plain language materials



Health Literacy Month at IHTC

■ What Do You Know About Health Literacy? Quiz

- Participants are eligible to be entered into a drawing for a gift card (regardless of score)

* 2. What questions would you ask to help you decide which health information to trust? Check all that apply

☐ Is the information backed up by other sources?

☐ Who is the source of the information?

☐ How long will it take to read?

☐ Does this information support my opinion on this topic?

☐ How up to date is it?

* 3. If a document has clear, understandable text, it doesn't matter if it doesn't have much white space or has long sentences and paragraphs.

☐ True

☐ False

Health Literacy Month at IHTC

- **Displays Throughout the Center**
 - Posters
 - Slides displayed on breakroom televisions
 - ❖ Plain language tips



Health Literacy Month at IHTC

■ **Lessons Learned**

- Know Your Audience
 - ❖ IHTC Culture
 - Supporting and recognizing coworkers
 - Competitive
 - Motivated by tangible rewards/company-wide recognition
- Build Upon Existing Agency Frameworks
 - ❖ Semper Gumby Award
 - ❖ Drawings for prizes
- Ask for Help
 - ❖ Marketing
 - ❖ Senior Leadership



Five Loaves & Two Fish Healthy Teaching Kitchen

www.52HTK.com

We're Social! Connect With Us On:



We Are a Teaching Kitchen Led By A Pharmacist & Culinary Chef



A native of New York City, Mercedes is a clinical pharmacist, specializing in public health (NCDs) and lifestyle coach with the CDC National Diabetes Prevention Program.



A native of Barbados, Phil gained his experience by working in the company of internationally recognized 5-star hotels and resorts.



Source: Healthy Kitchens, Healthy Lives





SO...WHAT **EXACTLY** IS A **TEACHING KITCHEN** (TK)?

WHAT IS A TK?

A teaching kitchen can be described as a virtual learning laboratory for life skills. As envisioned, teaching kitchens offer education in basic cooking techniques in addition to other self-care topics like enhanced nutrition, mindfulness, physical activity, and behavioral health coaching.

While the kitchen itself is an essential component, it is only the “hardware,” while the entire teaching kitchen program can be viewed as the “software” that can be customized for different audiences.

WHY USE A TK?

With dramatic increases in obesity, diabetes, and other lifestyle-related chronic diseases, innovative educational and experiential strategies are needed that will improve the way people eat, move, and think.

A TK can be used for a range of goals that must be defined by each organization, but ideally all aim to enhance personal and public health through the adoption of healthier eating and lifestyle habits.

Research is currently underway to better understand the potential for teaching kitchen programs to predictably alter personal behaviors, clinical outcomes, and the costs of health care (and the maintenance of health and wellness) for a variety of populations.

WHO SHOULD USE A TK?

A TK is suitable for many groups, including (but not limited to) students of all ages, e.g. K-12, college students, patients, health professionals, employees, community members retirees, veterans, etc.

The audience and unique goals for each specific audience will inform the design of the TK and related programming.

TO READ MORE DESCRIPTIONS OF TEACHING KITCHENS, HEAD OVER TO HARVARD'S NUTRITION SOURCE
(<https://www.hsph.harvard.edu/nutritionsource/2017/05/23/more-than-cooking-teaching-kitchens-as-learning-labs-for-life-skills/>)



Source: Teaching Kitchen Collaborative

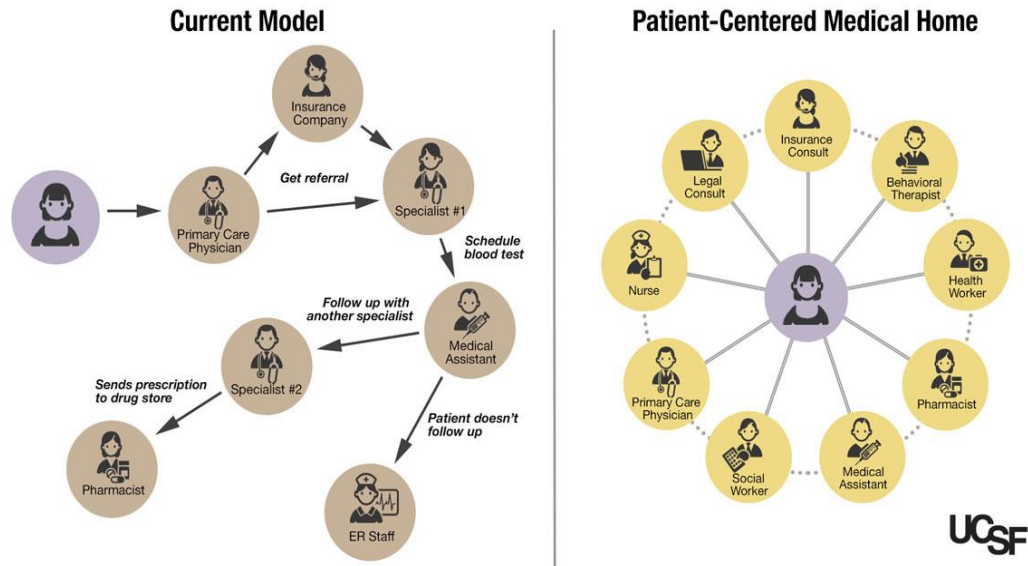


3

Improving Outcomes By Working Innovatively & Collaboratively

Rethinking Primary Care

Clear communication and effective coordination among health care providers are vital for patient health, but the current primary care structure makes collaboration incredibly difficult. See the difference:



Source: University of California San Francisco

Feasibility Pilot Study of a Teaching Kitchen and Self-Care Curriculum in a Workplace Setting

David M. Eisenberg, MD, Allison C. Righter, MSPH, RDN, Benjamin Matthews, BS, Weimin Zhang, PhD, Walter C. Willett, MD, DrPH, Jennifer Massa, ScD

Objective. To examine the feasibility of a prototype Teaching Kitchen (TK) self-care intervention that offers the combination of culinary, nutrition, exercise, and mindfulness instruction with health coaching; and to describe research methods whereby the impact of TK models can be scientifically assessed.

Design. Feasibility pilot study. Subjects were recruited, screened, and consented to participate in **14- or 16-week programs**. Feasibility was assessed through ease of recruitment and attendance. One-sample t tests and generalized estimating equation models were used to compare differences in groups. **Setting.** Workplace. **Subjects.** **Two cohorts of 20 employees and their partners.**

Results. All 40 participants completed the program with high attendance (89%) and response rates on repeated assessments. Multiple changes were observed in biomarkers and self-reported behaviors from baseline to post program including significant ($P < .05$) **decreases from baseline to post program in body weight (-2.8 kg), waist circumference (-2.2 in.), systolic and diastolic blood pressure (-7.7 and -6.3 mm Hg, respectively), and total cholesterol (-7.5 mg/dL)**. While changes in all of the aforementioned biomarkers persisted over the 12-month follow-up ($n = 32$), only changes in waist circumference and diastolic blood pressure remained statistically different at 12 months.

Conclusions. These study findings suggest that a TK curriculum is feasible within a workplace setting and that its impact on relevant behavioral and clinical outcomes can be scientifically assessed.



Center for Multicultural Wellness and Prevention, Inc.

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District 6

Event Co-Chair



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Caribbean American Chamber of Commerce of Florida
Florida Department of Health, Orange County
Caribbean American Passport Magazine
Orange Blossom Family Health Center
Central Florida Medical Society
Community Health Centers
UCF College of Medicine
Center for Change
Florida Hospital
Disney

15th Annual Caribbean Health Summit

"Healthy Body, Mind & Spirit"

Saturday, September 8, 2018

8:00am - 2:00pm
Central Florida Fairgrounds
4603 W. Colonial Dr., Orlando, FL 32808

FREE HEALTH SCREENINGS & HEALTH INFORMATION!

MAMMOGRAMS SCREENINGS
(Friday and Saturday, by appointment ONLY. Call 407-648-9440, ext. 0)

For More Information call (407)648-9440
(Monday—Friday, 8:30am—5:30pm)
www.cmwp.org



Healthy
Heart
Information
with
Thai Curry
Chicken,
Pineapple
Chutney
and Brown
Rice



South Apopka

COMMUNITY WELLNESS DAY

SATURDAY

November 10, 2018

10:00 a.m. - 1:00 p.m.

Location: John H. Bridges Community Center
445 W. 13th St, Apopka, FL 32703

First 100
enter
drawing to
win a tablet

Join us for a day of health, wellness, and fun.

Free:

- Health Screenings
 - Vision and Dental Screenings
 - Hepatitis A Vaccines
- Activities, Resources, Food, and Drawings

Need a Family Doctor? Appointments scheduled on site.



Sponsored By:



Advent Health

Florida Hospital will soon be AdventHealth.



Bootlegsllc.com

For Information, Call 407-952-9233 or email fcooks@healthaccessall.org; Website: www.healthaccessall.org

American Diabetes Month Education & Southwestern Chicken Salad





Location:
Hal P. Marston
Community Center at
3933 W.D. Judge
Drive, Suite B,
Orlando, FL, 32808
Tel: 407-836-8450



Breast Cancer Awareness Information and Antioxidant Culinary Course

In recognition of Breast Cancer Awareness Month, Hal P. Marston Community Center in partnership with Community Health Clinics

Presents:

Women Wellness
 Breast Cancer Awareness
 Workshop

October 17, 2018

10:00 AM to 11:30 AM

For registration and additional
 information

Call: 407-836-8484



Benefits of a Wellness & Cooking Program

IN THIS CLASS YOU WILL LEARN HOW TO:



EAT HEALTHY



BE ACTIVE



SELF-MONITOR



PROBLEM
SOLVE



MANAGE
STRESS



CHANGE
YOUR LIFESTYLE



STAY
MOTIVATED



BE POSITIVE

In the 6 month program. We will provide:

- Support materials to help you in your goals (i.e. 5-7% loss in body weight)
- **Personalized** wellness calls to track weigh-ins and progress.



Are you eligible for the program? Please check at least two of the following criteria:

- ☐ 18 years of age or older (required)
- ☐ BMI $\geq 24\text{kg/m}^2$ (≥ 22 if Asian)
- ☐ Diagnosis of pre-diabetes or Gestational Diabetes Mellitus based on one or more of the following: fasting blood glucose (range 100-125 mg/dl); 2 hour glucose (range 140-199 mg/dl); hemoglobin A1c (range 5.7-6.4); and/or previous Gestational Diabetes Mellitus (may be self-reported)



find out how you can get a chef kit for your young chef!

KIDS SUMMER COOKING CLASSES

AGES: 5-13+

Classes being held June - August!

coming soon!

learn to cook today!

Fun Cooking Schedule & Activities Include:

- Healthy snacking, breakfasts, lunches & favorite foods substitutions
- Cooking contests, culinary skills
- Fitness, nutrition games and more!

For More Information Email: 5Land2FHTK@gmail.com

PosterMyWall.com

CERTIFIED INSTRUCTOR

Five Loaves & Two Fish Healthy Teaching Kitchen

Learn • Cook • Achieve



- Cooking/Kitchen Safety
- Knife/Culinary Skills
- Health & Nutrition education
- Recipe Conversion & Calculations
- Q&A Fun Quiz



Youth Healthy Cooking Camps



Homemade Spinach Pasta and Tomato Sauce



Last Day of Camp – Fun Day Cooking Competition



Teriyaki Chicken with Plantain, Rice and Peas in a Pineapple Boat!

Cooking and Nutrition Classes at the Embassy of Barbados and its Medical Clinics



- Helping people understand:
 - nutritional facts labels
 - goal biomarkers (weight, blood pressure, cholesterol and sugar levels)



- How to prepare healthy, quick, budget-friendly, family meals (<\$10) to compete with fast food restaurant value meals.

We Offer Services for Everyone's Needs



In-Person

Prep, cook and enjoy delicious dishes in a fun, friendly setting like no other.

Online

Join our expert chefs live from the comfort of your own kitchen for energetic lessons that cover everything from nutrition education to must-know skills.



52 HTK Culinary Institute

Refine your inner chef with a fully online, ACF approved culinary program personalized to your tastes.

Personalized Wellness Consults

The beauty of us lie in our own uniqueness and individuality. Personalized wellness checks, keeps us the healthiest we can be.



Custom Meal Prep

Leave the meal prep and cooking to us! Tell us what you like and we will design tailored, nutritious meals to suit your needs and taste.



Private Events

Enjoy an immersive culinary experience in our kitchen or yours—bring a friend or friends. Online class sessions are now available.



CDC National Diabetes Prevention Program

Diabetes is a growing concern worldwide, in the United States 34.2 million people have diabetes.

That's about 1 in every 10 people and 1 in 5 don't know they have diabetes. People who have diabetes are at higher risk of serious health complications such as blindness and heart disease.

Enroll now and learn ways you can reduce your risk, improve your health and continue to enjoy the things you love in this program.

Employer/Corporate Workplace Wellness Programs

Wellness and nutrition education programs offer a win-win positive impact for both employees and employers. The benefits are limitless. Reduce costs, stress and increase emotional and physical health! Our programs offer a fun, engaging environment for your team!



October
2021

Gen Z Cooking Boot Camp

In This 4 Week Course:

Learn to Cook, Bake and Think Like a Professional Chef. Rank Top In Class With Your New Culinary Skills.



Cooking w. The Chefettes!

In This 4 Week Course: Teach Your Young Ones The Basics in Cooking and Nutrition.

You're Invited To *"Cooking & Getting Healthy with Friends"*

In partnership with the CDC National Diabetes Prevention Program: A Proven Lifestyle Change Program

Join the program &
earn \$65*

*Eligibility determined by enrollment
criteria and participation in WellQuest
mobile health game study

19 October
2021

**You're Invited To:
"Cooking & Getting Healthy with Friends"**

*** We Want To Make This
Class For You! Open
Your Camera Phone
and Scan Here!**



Lessons Learned To Meet Stakeholders' Interest

1. Adapt Your Approach to Your Audience

Example: Persons may respond better to signing up for programs via online or an in-person format.

YOU'RE INVITED TO:

"Cooking & Getting Healthy with Friends"

Open Your Phone Camera and Sign Up Here!

DOOR PRIZES & RAFFLES TO BE GIVEN!

OCTOBER 21, 2021 6PM

JOIN THE WELLNESS & COOKING PROGRAM BY 10/20/21 AND GET **\$65***



*TERMS APPLY, LEARN MORE AT: WWW.52HTK.COM OR MAIL@52HTK.COM



2. Relationships Take Time

Example: Working with community leaders etc. requires on-going communication, collaboration and networking.

**Pharmacy Times**
@Pharmacy_Times

Tonight we're celebrating Mercedes Harris, co-founder of @52htk. Through her work, Harris has helped patients implement healthier habits to improve health outcomes, and she has also helped improve health access in under-resourced communities.
[#ThankAPharmacist](#)



8:00 PM · Oct 12, 2021 · TweetDeck

2 Retweets 4 Likes

**cbcnewsbarbados**

**Dr. Mercedes and Chef Phil**
Pharmacist & Chef Who Provide Wellness Consults...
2d · Edited ·

American Pharmacist Month Spotlight: Dr. Natalie V. (Certified Specialty Pharmacist)

October we celebrate American Pharmacists Month and highlight the contributions pharmacists provide to society and the connections they make to the public's health. Today, we celebrate Natalie V., PharmD and why specialty pharmacy is important to her and the profession.

My name is Natalie and I am a Certified Specialty Pharmacist. I work in an area of pharmacy that serves patients with complex health conditions. These conditions include many types of cancers as well as autoimmune diseases that can occur when the body mistakenly attacks healthy cells. Many of these conditions have no cure and must be managed with life-long medications that often require a lot of monitoring which can result in a very overwhelming experience for a patient.

This area of pharmacy is special to me because I can have an impact and provide information to patients that may need a bit of extra care and attention. My role allows me to counsel patients who are taking chemotherapy and help them in managing their side effects as well as speaking to patients who now have to learn how to give themselves an injection. As a pharmacist, it is important to connect with our patients and help them to manage not only their medications but to help them better understand their condition as well as give them ways to improve their quality of life. My goal is to provide some guidance and reassurance so that I can make a difficult situation a little bit easier.

[#Pharmacy](#) [#Health](#) [#PatientCare](#) [#HealthCare](#) [#Providers](#) [#PatientCenteredCare](#) [#SpecialtyPharmacy](#) [#Education](#) [#Pharmacist](#) [#October](#) [#AmericanPharmacistsMonth](#) [#ThankAPharmacist](#) [#HealthLiteracyMonth](#) [#Inspiration](#) [#UK](#) [#UnitedStates](#) [#DominicanRepublic](#) [#representationmatters](#) [#FSUALumni](#) [#UnivofIllinoisChicago](#)



with ASHP and 4 others

84 views

Like Comment Share Send

84 views of your post

Reactions



Be the first to comment

Comment

Leave your thoughts here... @ Post

3. Listen to the Needs of Your Audience

Example: Create programs that meet the needs of the community.

4. Be Genuine

Example: Utilizing testimonials and shared personal stories are powerful motivators to elicit change.

Cooking to PREVENT T2



COME JOIN US! CLASSES STARTING SOON!

FOR A *free* INTRODUCTION TO A CDC LIFESTYLE CHANGE PROGRAM; WHERE YOU'LL LEARN TO MAKE HEALTHIER MEALS, LAUGH, SHARE STORIES, TRY NEW THINGS, AND BUILD NEW HABITS—ALL WHILE IMPROVING YOUR HEALTH & LOWERING YOUR RISK OF TYPE 2 DIABETES!

WHAT PreventT2 PARTICIPANTS ARE SAYING...

"I love the program's group camaraderie and have learned many different and valuable perspectives about making healthy lifestyle changes."

"I'm so excited because I went to the doctor last week and all of my numbers were down and I officially no longer have prediabetes."



 PREVENT TYPE 2 DIABETES

CUT RISK IN HALF

PROVEN LIFESTYLE CHANGE PROGRAM

NATIONAL PARTNERSHIP COMMUNITY-BASED



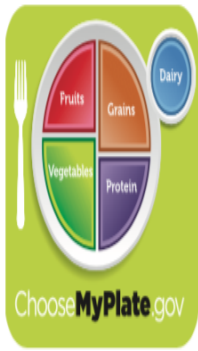
 Centers for Disease Control and Prevention

For More Information
Contact:
MAIL@5Land2FHTK.com

Pocket Turkey Burgers, Sweet Potato Fries and Coleslaw

- Makes: 6 Servings
- Total Cost: \$\$\$\$ (\$10.00)/ (\$1.67 a serving)
- Prep Time: 20 minutes
- Cooking Time: 30 minutes

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	2½ oz.	6 oz.
Vegetables	1 cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	3 oz.	5½ oz.

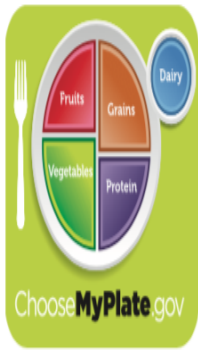
*Based on a 2,000 calorie per day meal pattern



Citrus Masala Turkey with Mashed Cauliflower

- Makes: 6 Servings
- Total Cost: \$\$\$\$ (\$7.50)/ (\$1.25 a serving)
- Prep Time: 20 minutes
- Cooking Time: 30 minutes

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	2½ oz.	6 oz.
Vegetables	1 cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	3 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern



Steamed Chayote & Turnips Au Gratin



Chayote have a flavor similar to a cooked cucumber and turnip to a carrot or potato.



5. Don't Let Your Expectations Overshadow the Reality

Example: Don't let a low turnout to an event affect your long-term outlook; adapt and stay the course.

Celebrate the interventions you created to help change and improve a person's outlook as your motivation!





What questions do you have?

Please type your questions in the Q&A box.



Thank you for Attending

You will receive an email containing a link to a brief online evaluation. If you requested CEUs when you registered, you must submit an evaluation in order to receive your certificate.

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- Access a recording of today's webinar.
- Register for upcoming webinars.