



22nd Annual Virtual • May 9-11, 2023
Health Literacy Conference

It's Not Just for Adults...Resources and Strategies for Building Health Literacy Among Children and Teens

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Goals

1. Map a process for co-developing content to build health literacy skills with members of target audience(s)
2. Describe strategies for incorporating health literacy best practices into content creation
3. Locate, review, and/or use open access materials featured in this session



Nemours Children's Health

Nemours Children's is a multi-state, nonprofit pediatric health system dedicated to:

- life-changing medical care and research
- training tomorrow's pediatric experts
- **advocating for policies that improve the health of all kids**
- **identifying and spreading strategies, programs, and practices that help all kids grow up healthy**

Where we offer care:

- Delaware
- New Jersey
- Pennsylvania
- Florida





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Reading BrightStart!:

Resources for Literacy With Our Youngest Learners





Did you know?

- Literacy is one of the strongest predictors of adult health
- We can change the trajectory of children's health through literacy
- Literacy development is a lifelong process that begins before birth





Why so early?

- 90% of brain growth occurs from birth to age 5
- More than 1 million new neural connections form every second during a child's early years
- More than 30% of our nation's children have trouble reading





Who is Reading BrightStart!?

- Founded on the understanding that child health and reading skills are closely linked.
- A team of educational experts with a unique, research-based approach to helping all children learn to read.



Our Unique Approach



- Failure-free instruction
- Multisensory activities
- Explicit and Systematic lesson plan design
- Teaches foundational reading skills



What are the Reading BrightStart! Resources?



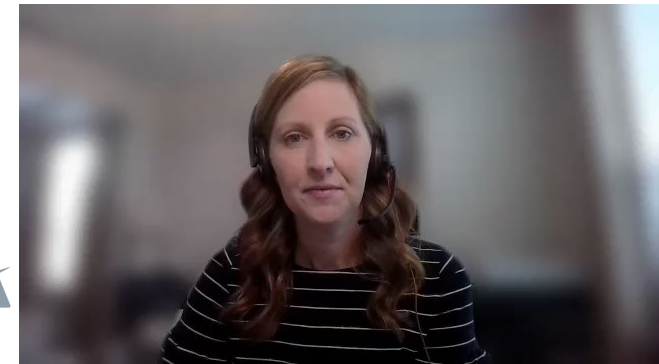
- Parent website:
 - Free Preschool Reading Screener
 - Articles for Parents
 - At-Home Activities
 - Book Recommendations
- 4 research-based curricula:
 - Infant and Toddler
 - Comprehensive
 - Language and Literacy
 - Levels One and Two
 - Supplemental
 - Intensive Literacy Instruction



www.ReadingBrightStart.org



- Free Preschool Reading Screener
- Articles for Parents
- At- Home Activities
- Book Recommendations



Nemours Children's Reading BrightStart!

[Reading Skills by Age](#)

[Articles for Parents](#)

[At-Home Activities](#)

[Recommended Books](#)

[About Us](#)



Keep Your Child On Track.

We're here to help you get your child on track to be a good reader and keep moving ahead. [Know the milestones](#), [take the screener](#) and [enjoy the activities!](#)



**IS YOUR CHILD 3, 4, OR 5?
TAKE THE PRESCHOOL READING SCREENER**



Pre-Reading Milestones:



Birth-5 Months



6-11 Months



12-17 Months



18-23 Months

ABC

24-35 Months



3 Years



4 Years



5 Years

Early Literacy and Language Success: Infant and Toddler Toolkits



- Designed to enhance the skills of early childhood caregivers to support the growth of infants and toddlers
- Uses a combination of unique experiences, books and sensory items to teach critical language and literacy skills
- Incorporates research on brain development knowledge to lay the foundation for literacy and lifelong health



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The Complete Program for Early Literacy Success: Level One



- Specifically designed for teaching early literacy skills to small groups.
- Builds a foundation in reading readiness.
- Includes proven instructional strategies for developing foundational literacy skills.
- Includes research-based tools and techniques.



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The Complete Program for Early Literacy Success: Level Two



- Builds on foundational literacy skills for beginning readers, especially those struggling with early literacy concepts.
- Designed to be implemented in small groups or as a tier 2 intervention.
- Includes research-based tools and techniques to provide failure free instruction.



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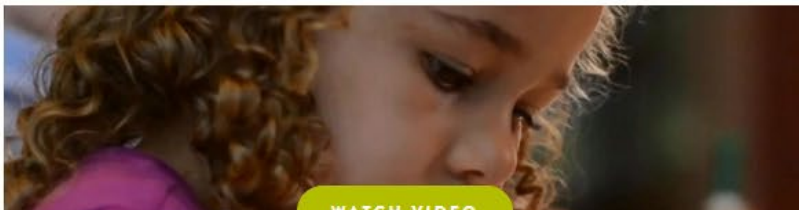
Resources

Home > Nemours® BrightStart!

Nemours Children's Reading Brightstart!



Nemours Children's Health recognizes that child health and reading skills are closely linked, and that reading failure is a major child health issue. This concern led Nemours to create a unique program called Nemours® BrightStart!, now known as Nemours® Reading BrightStart! (NRBS!), which specializes in developing products, resources and services to promote a strong reading foundation for all children, as a child health imperative.



WATCH VIDEO

Contents

About Nemours Reading BrightStart!

Level One

Level Two

Dual Language Learners

Professional Development

Research

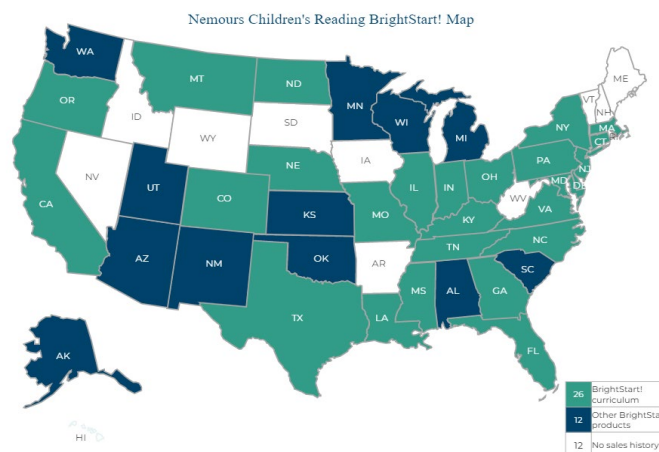
Resources

Our Impact



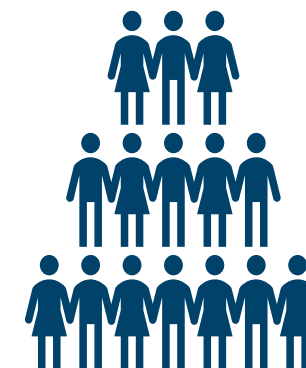
4,500 +
Early Childhood Educators
Trained

in curriculum implementation and early
childhood professional development
courses.



38
States in the USA

using Nemours Reading BrightStart!
Curriculum and resources.



260,000+
Children Served

with Reading BrightStart! tools
and services.



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Questions?

Contact us at
nemoursbrightstart@nemours.org





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Navigating the Health Care System:

Lesson Plans for Building Adolescent Health Literacy

Agenda

1. Why build health literacy among teens?
2. What is NTHCS?
3. How did we co-design with students, teachers, and families to meet their needs and wants?
4. How do lessons incorporate health literacy standards?
5. Guided tour- locating and using resources

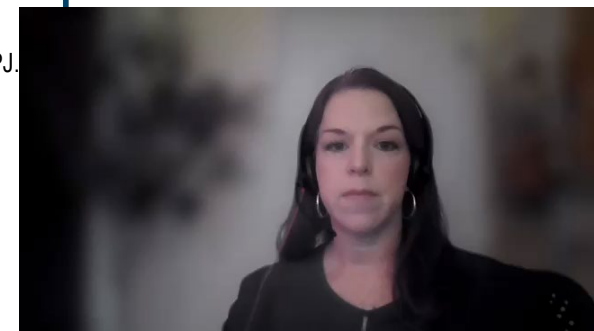


Why Build Health Literacy Among Teens?

- The American Academy of Pediatrics, American College of Physicians, and American Academy of Family Physicians recognize that all adolescents require guidance, education and planning to manage their own health care as they become adults.¹
- Health literacy is an important life skill. As health literacy increases, people are more likely to seek preventive services and enter the health system healthier, have lower rates of preventable hospital and emergency department visits, and are less likely to report their health as poor.²

¹ American Academy of Pediatrics; American Academy of Family Physicians; American College of Physicians; Transitions Clinical Report Authoring Group, Cooley WC, Sagerman PJ. Supporting the health care transition from adolescence to adulthood in the medical home. *Pediatrics*. 2011;128(1):182-200.

² <https://health.gov/communication/literacy/quickguide/factsliteracy.htm>



Defining Health Literacy within NTHCS



For the purpose of NTHCS, health literacy is defined as:

1. Knowing what to expect as you move through the health care system and as you interact with health care professionals
2. Having the skills to successfully navigate the health care system, including:
 - Skills for communicating effectively with care providers
 - Skills for self-advocacy



What is Navigating the Health Care System?

- A free, four-module health literacy curriculum designed by Nemours Children's Health for use with young adults
- Designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood
- Aligned with common core standards and national health education standards
- Materials are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually
- Evaluated, with strong, published findings



Topics Covered

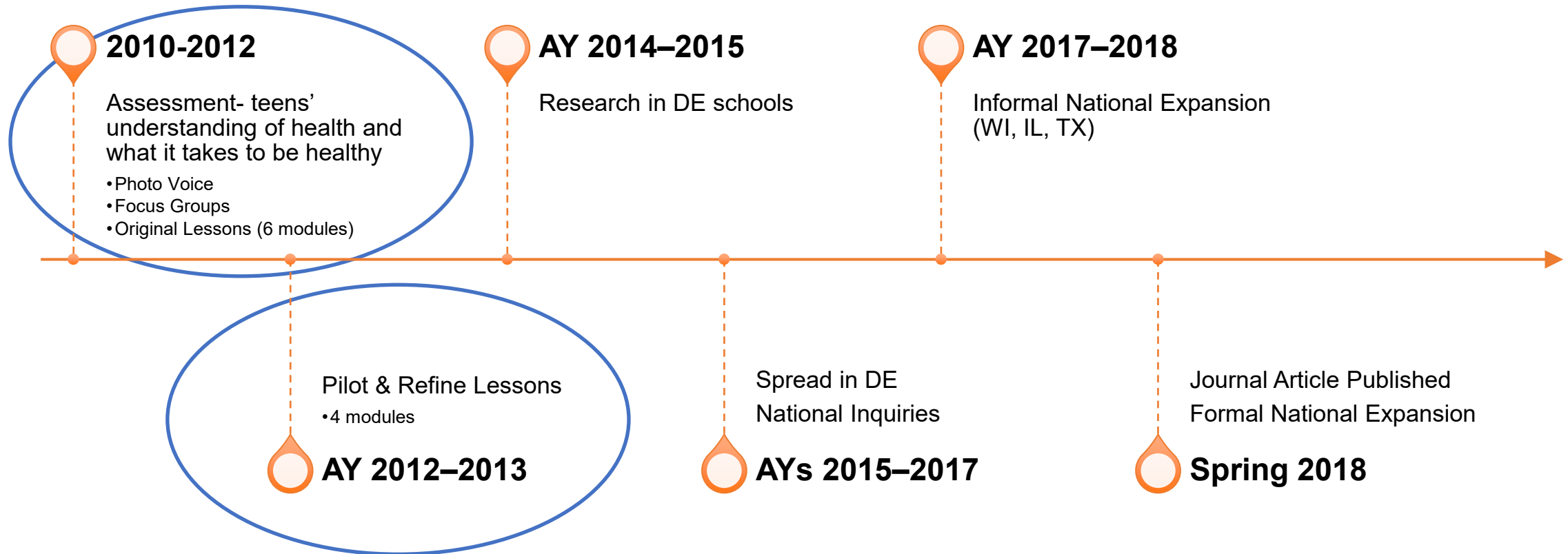


The curriculum includes 4 modules:

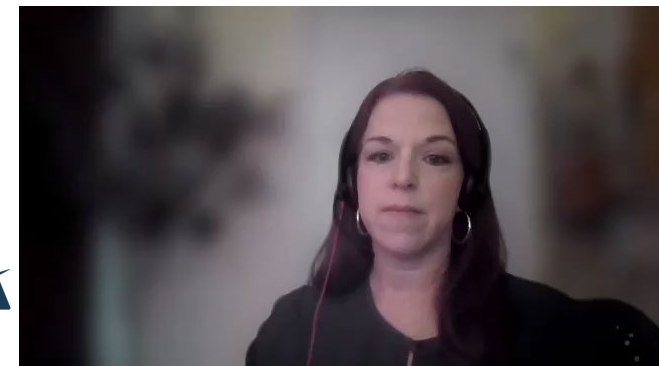
1. Definitions (health, health care, self-advocacy, health literacy), types of care (emergency department, urgent care, primary care provider), self-advocacy, and personal/family medical history
2. Symptoms, diagnosis, Rx vs OTC medications, vaccinations
3. Health insurance and adolescents' right to privacy
4. Practical application of the skills covered through real-life scenarios and role-plays



Co-Creating Lesson Plans



Co-Creating Lesson Plans: Photo Voice



Common Core State Standards

CCSS. ELA- Literacy. SL. 9-10.1

Initiate and participate effectively in a range of collaborative discussions with diverse partners on grades 9-10 topics, texts, and issues, building on other's ideas and expressing their own clearly and persuasively

CCSS. ELA- Literacy. SL. 9-10.4

Present information, findings and supporting evidence clearly, concisely and logically such that listeners can follow the line of reasoning; and the organization, development, substance and style are appropriate to purpose, audience and task



National Health Education Standards



Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media technology and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.



Materials

1. DIY Training Materials for Presenters

- Facilitator's Guide- includes screen shots, sample scripts, links to materials needed for activities. (Nemours available for consultation: NTHCS@Nemours.org)

2. Presentation Materials- Organized by Module

- Scripted PPT Slide Deck for Each Module
- Participant Workbook- fillable PDF + electronic version of each activity
- Materials / Answer Keys for interactive Activities- options for in person and virtual

3. Evaluation Materials

- Pre/Post student knowledge survey and quiz (optional)



[About](#)[Focal Areas](#)[Tools & Resources](#)[Examples in Action](#)[Blog](#)[Examples in Action](#)

Navigating the Health Care System

Navigating the Health Care System is a four-unit health literacy curriculum designed by Nemours Children's Health for use with young adults. It is designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood.

[movinghealthcareupstream.org/navigating-the-health-care-system/#](https://www.movinghealthcareupstream.org/navigating-the-health-care-system/#)

<https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>

Resource Links: Navigating the Health Care System

NTHCS landing page

<https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>

Journal of School Health research article:
“Navigating the Health Care System: An Adolescent Health Literacy Unit for High Schools”

<https://doi.org/10.1111/josh.12616>

Email Address

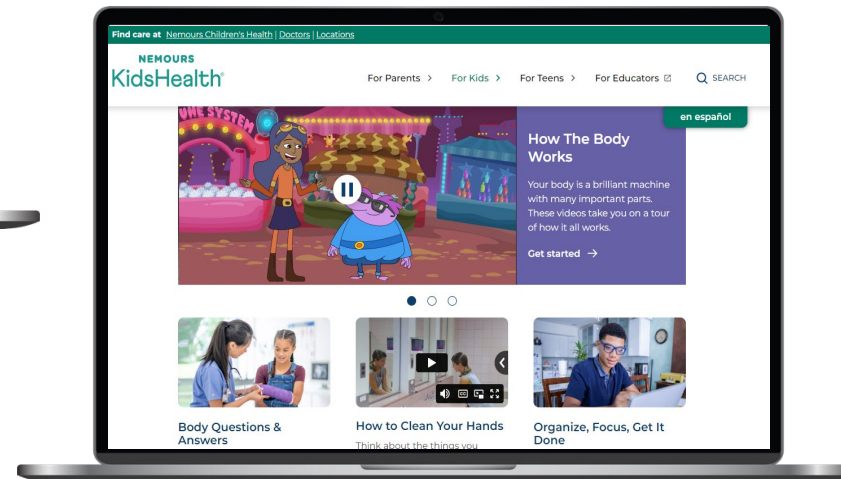
NTHCS@nemours.org



Other Resources for Promoting Literacy & Health Available via Nemours Children's Health



<https://healthykidshealthyfuture.org/>



<https://kidshealth.org/>



<https://classroom.kidshealth.org/classroom/>



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**Thank You**

