Introduction

- Health literacy: “the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others” (ODPHP)
- Low health literacy = high risk for misunderstanding food label information, greater risk for developing preventable diseases/obesity (CDC, n.d.)
- Nutrition rarely discussed in primary care (Wyatt et al., 2010)
- Improved food label literacy → reduced medical costs, prevention/management of chronic diseases

Healthy People 2020 Nutrition Goals

✓ Increase consumer consumption of healthy diets, attain healthy body weight
✓ Increase physician office visits for nutritional education (ODPHP)

Background & Significance

- Poor food choices → elevated BMI & other disease processes (CDC, n.d.)
- 42.4% obesity in adult males/females, 2017-2018 (CDC, n.d.)
- 1 in 2 Americans read at 8th grade level (Safer & Keenan, 2005)
- Low health literacy → poor health status, poor health management, more frequent ED visits, unhealthy diet (ODPHP, n.d.)
- Increased adult risk for obesity and preventable diseases; food label literacy correlates to self reported dietary behaviors (CDC, n.d.)
- $106-238 billion annually = cost of poor health literacy (Wyatt et al., 2010)
- $3.8 trillion annually = cost of chronic disease (CDC, 2021)

Project Focus/Population

Study population: convenience sample, adult patients from study site
Inclusion criteria:
- adults 18+ years old
- patients at project site
- able to speak, read, write, understand English

Aims of education seminar:
- Identify subjects at risk for low health literacy
- Determine if education session can improve food label literacy knowledge

Study Design

- Descriptive study Quality Improvement, pre and post intervention measure on adult literacy of food labels
- Study site: Primary care site in urban area, central NJ
- Descriptive data collected on food label literacy pre/post educational testing, to learn results of training seminar intervention
- Assessment Tool: Newest Vital Sign (PI: Chandra Pauline Daniel, PhD)

Discussion & Results

- Significant improvement in pre to post scores for male and female subjects, across age levels.
- Strong correlation between pre and post intervention scores.

References

- Chandra Pauline Daniel, PhD. What You Don’t Know Can Hurt You: The Impact of Food Label Interpretation Training on Health Literacy. PI: Gerti Heider, PhD, MSN, APRN, GNP-BC, ANP; Co-PI: Margaret Crofford Constable, MSN, AGNP. Team member: Chandra Pauline Daniel, PhD.

Educational Intervention

- Pre-survey
- 1-hr PowerPoint on food literacy, Q&A
- Post-survey
- Educational Brochure

Descriptive Statistics

Male 35.5 / Female 64.5

Discussion & Results

- Significant improvement in pre to post scores for male and female subjects, across age levels.
- Strong correlation between pre and post intervention scores.

Limitations

- Sample size
- Lack of longitudinal data
- Participant bias toward reward

TAKEAWAY

- Food label education = improved health literacy
- Food label literacy = healthier food choices
- Assessnez their health literacy and improve communication