



A call for cross- disciplinary clarity:

Health literacy of adolescents with
complex health care needs

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HEALTH LITERACY ANNUAL
RESEARCH CONFERENCE

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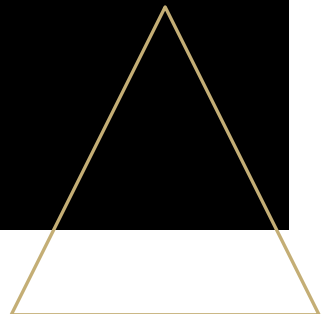
Learning Objectives

- Audience members will be able to describe the prevalence of low health literacy amongst adolescents with complex health care needs.
- Audience members will be able to discuss the importance of applying organizational health literacy strategies across disciplines.



Background

- Adolescents as active participants in their health care
- Limited information on health literacy needs in this population
- Additional burden on youth with behavioral/mental health needs and co-occurring medical needs





Question

What are the health literacy needs in the pediatric population managing co-occurring physical and behavioral/mental health challenges?



Bergen's Promise Care Management Organization
Behavioral Health Home



Bergen County, NJ



Youth with serious behavioral/mental
health, substance abuse, or developmental
issues and their families



184 Youth ages 10-21 with additional
co-occurring medical needs

Setting and Population

The Newest Vital Sign (NVS)

| Nutrition Facts | | |
|---------------------------|------|-------------|
| Serving Size | | ½ cup |
| Servings per container | | 4 |
| Amount per serving | | |
| Calories | 250 | Fat Cal 120 |
| | | %DV |
| Total Fat | 13g | 20% |
| Sat Fat | 9g | 40% |
| Cholesterol | 28mg | 12% |
| Sodium | 55mg | 2% |
| Total Carbohydrate | 30g | 12% |
| Dietary Fiber | 2g | |
| Sugars | 23g | |
| Protein | 4g | 8% |

*Percentage Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

Score Sheet for the Newest Vital Sign Questions and Answers

READ TO SUBJECT:
This information is on the back of a container of a pint of ice cream.

1. If you eat the entire container, how many calories will you eat?
Answer: 1,000 is the only correct answer

2. If you are allowed to eat 60 grams of carbohydrates as a snack, how much ice cream could you have?
Answer: Any of the following is correct: 1 cup (or any amount up to 1 cup), half the container. Note: If patient answers "two servings," ask "How much ice cream would that be if you were to measure it into a bowl?"

3. Your doctor advises you to reduce the amount of saturated fat in your diet. You usually have 42 g of saturated fat each day, which includes one serving of ice cream. If you stop eating ice cream, how many grams of saturated fat would you be consuming each day?
Answer: 33 is the only correct answer

4. If you usually eat 2,500 calories in a day, what percentage of your daily value of calories will you be eating if you eat one serving?
Answer: 10% is the only correct answer

READ TO SUBJECT:
Pretend that you are allergic to the following substances: penicillin, peanuts, latex gloves, and bee stings.

5. Is it safe for you to eat this ice cream?
Answer: No

6. (Ask only if the patient responds "no" to question 5): Why not?
Answer: Because it has peanut oil

Number of correct answers:

| ANSWER CORRECT? | |
|-----------------|----|
| YES | NO |
| | |
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Interpretation
Score of 0-1 suggests high likelihood (50% or more) of limited literacy.
Score of 2-3 indicates the possibility of limited literacy.
Score of 4-5 almost always indicates adequate literacy.

Pfizer Making medicines and medicines work better

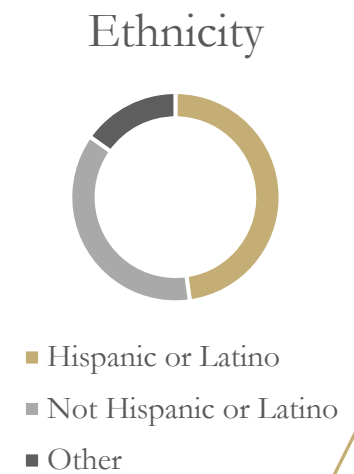
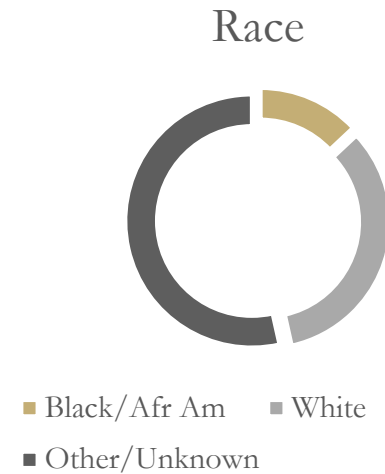
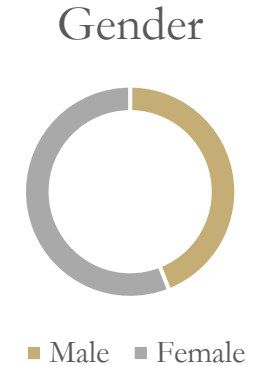
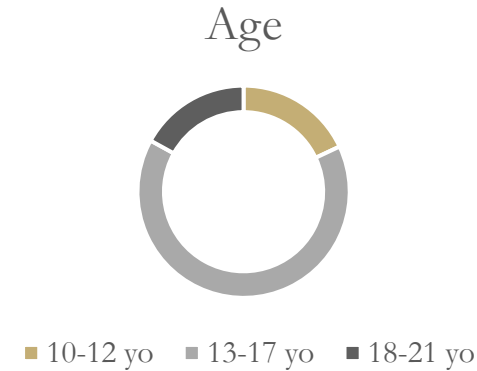
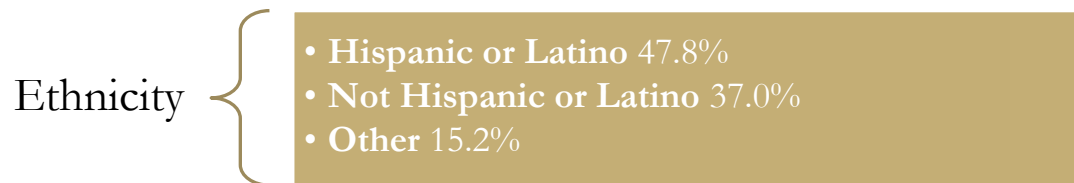
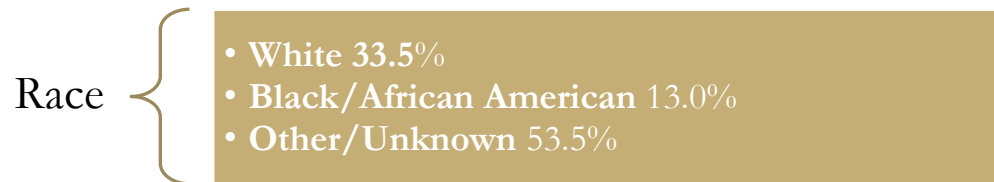
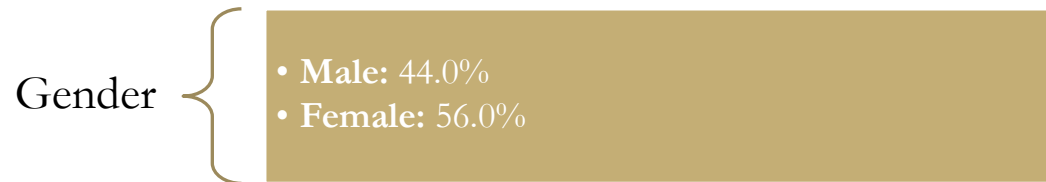
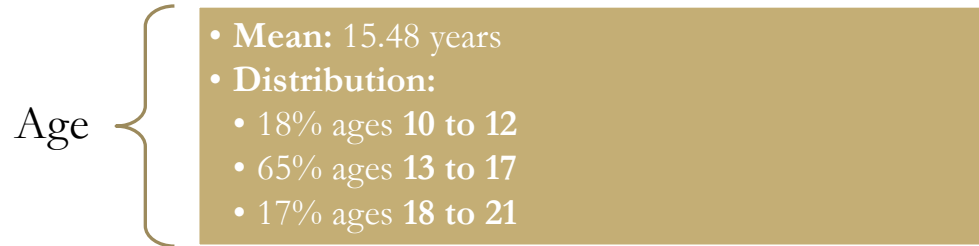
February 2011



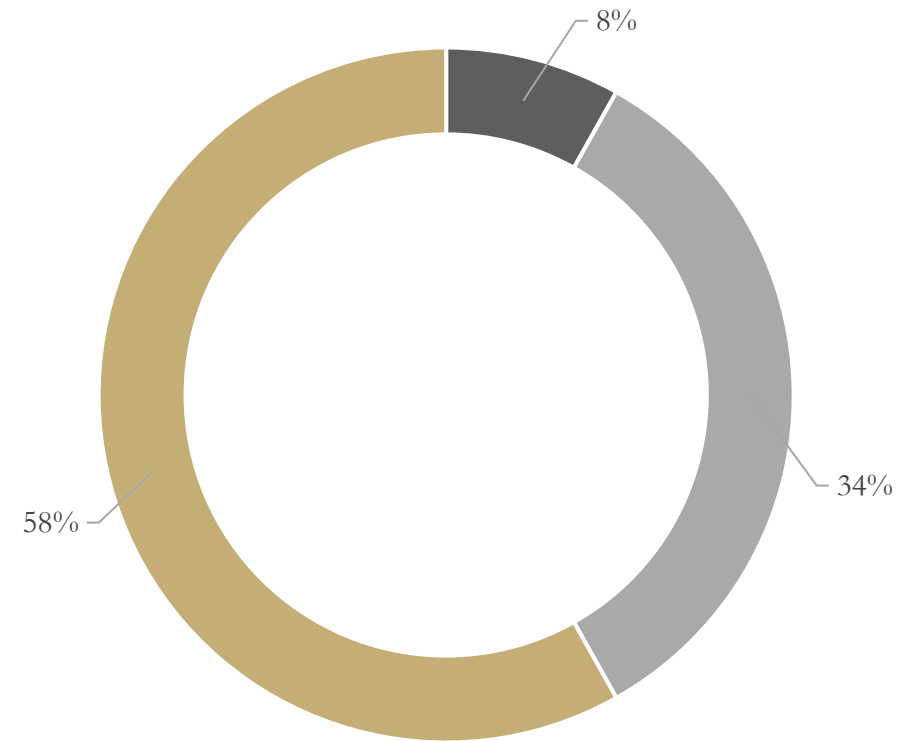
The Analysis

- Descriptive Statistics
 - NVS Scores
 - Demographic information
- Non-Parametric Tests
 - Kruskal Wallis H Test
 - Mann-Whitney-U
 - Spearman Rank Correlation

Demographic Information



NVS Results

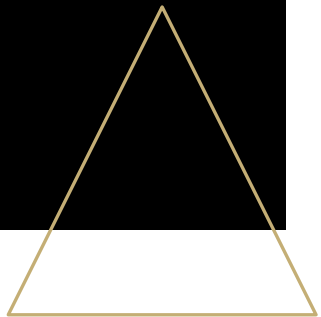


- High likelihood of limited literacy
- Possibility of limited literacy
- Adequate literacy

Mean NVS score= 3.8



Relationships

- No significant correlation between youth age and NVS score ($r_s = 0.056, p = 0.451$)
 - The distribution of NVS Score was the same across categories of race ($\chi^2(2) = 1.828, p = 0.401$)
 - The distribution of NVS Score was the same across categories of gender ($U = 4419.5, p = 0.481$)
 - The distribution of NVS Score was the same across categories of ethnicity ($U = 3967.5, p = 0.469$)
 - No significant correlation between adolescent and caregiver NVS score for 37 youth/caregiver pairs ($r_s = 0.057, p = 0.734$)
- 

Health Care Interactions

PEDIATRICIAN

“Elevated BMI”

PSYCHIATRIST

“Selective Serotonin
Reuptake Inhibitor”

PULMONOLOGIST

“Spirometry”

PSYCHOLOGIST

“Cognitive Dissonance”

PHARMACIST

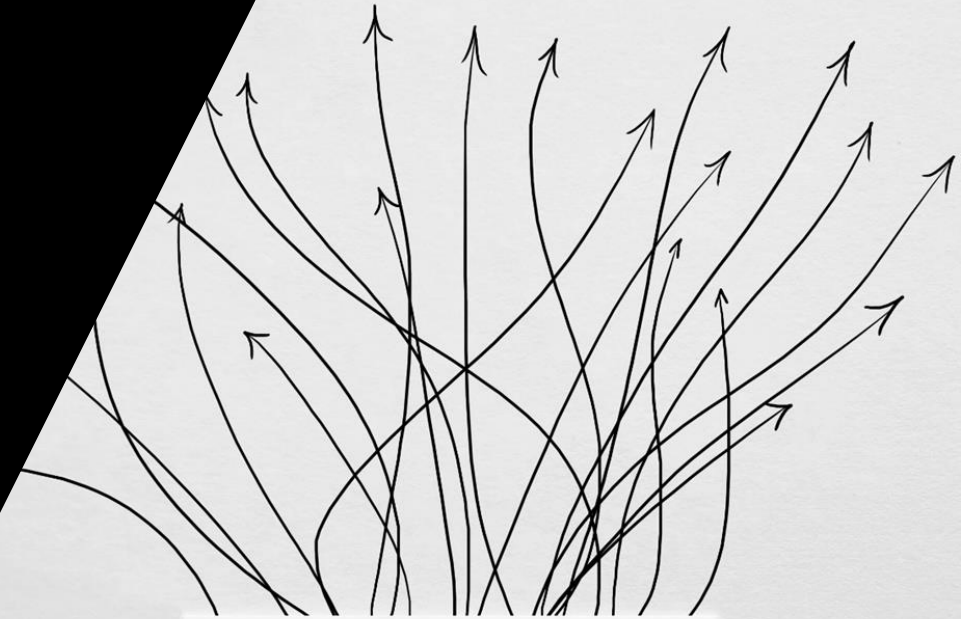
“Inhaled Corticosteroid”

CASE MANAGER

“Bio-Pscho-Social
assessment”

“...any form of psychopathology examined is associated with poorer performance across cognitive domains, subdomains, and tests...”

- Amitai Abramovitch, Tatiana Short & Avraham Schweiger (2021)



Conclusions

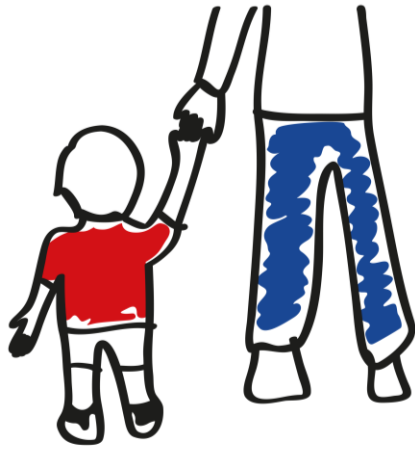
Due to the extensive interaction of this population with both medical and behavioral/mental healthcare professionals, it is essential that providers from all disciplines practice clear communication to provide effective and actionable care.



A black and white photograph of a man with a beard and sunglasses, wearing a jacket, shouting into a megaphone. The image is set against a light gray background and is framed by a large black triangle on the left side of the slide. The triangle has a gold-colored outline and a small gold-colored grid pattern in the top-left corner.

Call to Action

- Empower adolescents to develop skills related to personal health literacy
- Recognize the additional health literacy burden faced by those with medical and behavioral/mental health care needs
- Promote organizational health literacy across disciplines
- Encourage collaboration and communication among providers: A case for integrated care



Bergen's **PROMISE**



Healthy Families, Safe at Home

Thank You



Bergen's Promise

www.bergenspromise.org



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