

# Assessing Community Health Literacy and Promoting Engagement Through Virtual Health Education Sessions



BEXAR COUNTY  
TRANSLATIONAL  
ADVISORY BOARD



Korman, H., Haq, S., Ali, F., Nguyen, T., Pemberton, B., Resendez, V., Shi, Y., Wood, A., Estacio, A., Winkler, P., Abdullah, S., Tran, M., Malik, O., Tiner, F., Stewart, E.

UT Health San Antonio Family and Community Medicine Residency Program

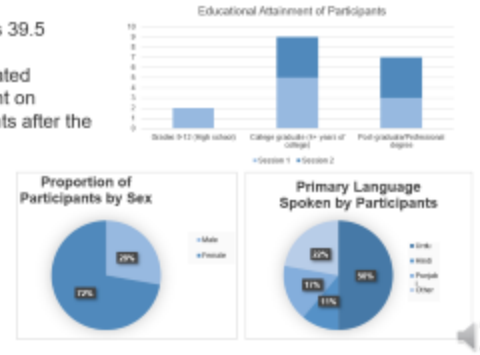
## BACKGROUND

- Community outreach is an effective method to educate the public on a variety of topics
- The Covid-19 pandemic has limited our opportunities for community engagement
- Remote learning techniques can help us bridge the gap



## DEMOGRAPHICS AND RESULTS

- Avg age of participants 39.5
- Participants demonstrated significant improvement on knowledge assessments after the sessions ( $p < 0.005$ )
- Participant completion of both pre- and post-survey is one limitation



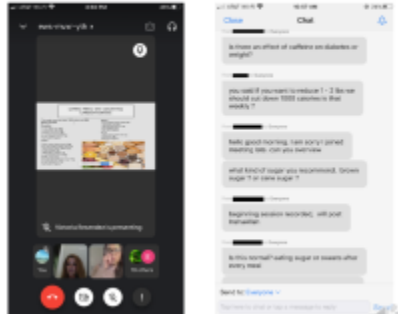
## CONCLUSIONS

- Remote learning is an effective way to meet the health literacy needs of underserved populations
- Community directed education has good adherence and positively impacts community member's health knowledge
- Join our next session on Zoom on October 31 at 3 pm!



## METHODS

- Monthly interactive remote-learning sessions on a variety of community directed, health-related topics
- Pre- and post-session questionnaires to assess knowledge, education level, and confidence level



## GOING FORWARD

- Data collection still in progress
- Other areas of study include looking into participants comfort with health information and confidence in ability to learn more about their health

Prior Topics	Future Topics
How High Blood Pressure Effects the Kidneys	Health and Spices
The Diabetic Diet	Stress Management in the Pandemic
Reading Nutrition Labels	Meal Planning
Macronutrients and Micronutrients	Mindful Eating
	Glycemic Index and Eating Healthy on a Budget

## CONTACT INFORMATION

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Special thanks to the Bexar County Translational Advisory Board as well as the El Bari Community Health Center



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EL BARI CHC, UT HEALTH, AHEC, BEXAR TAB

## HEALTH EDUCATION SESSION: READING NUTRITION LABELS

Learn the basics of reading food labels and choosing  
the right foods for you and your family

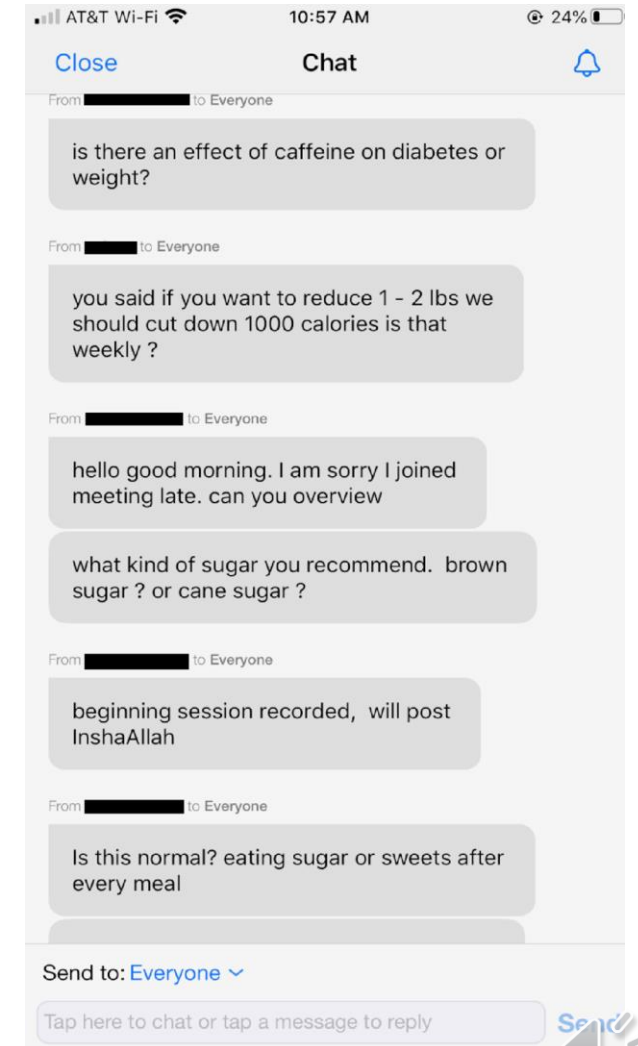
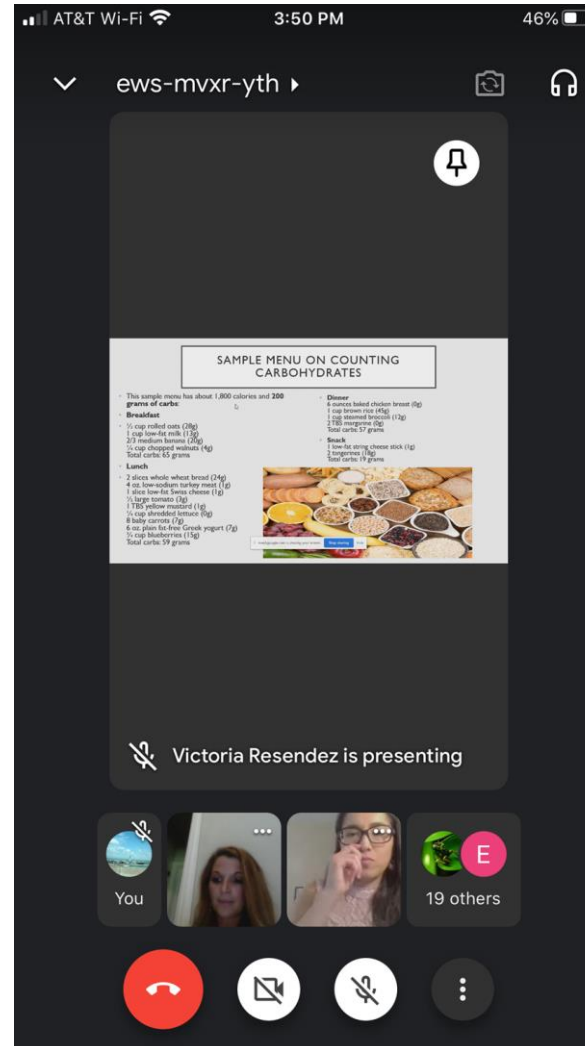
SUNDAY SEP. 6, 2020 | 3PM TO 4PM |

[https://meet.google.com/ews  
-mvxr-yth](https://meet.google.com/ews-mvxr-yth)



# METHODS

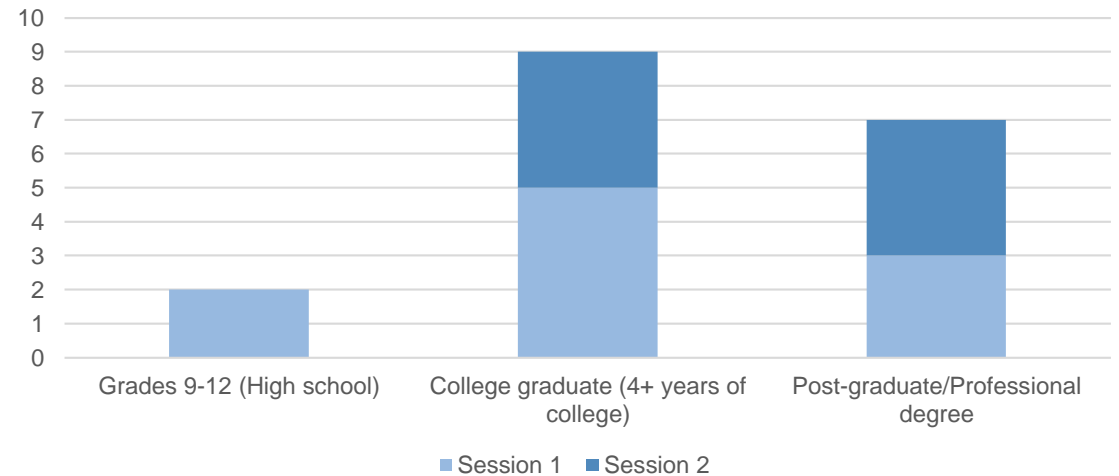
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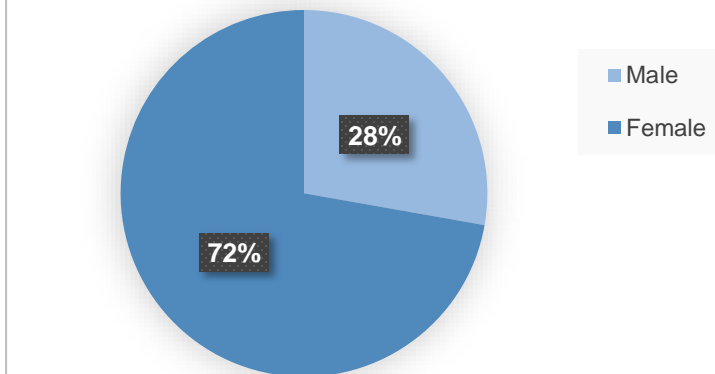
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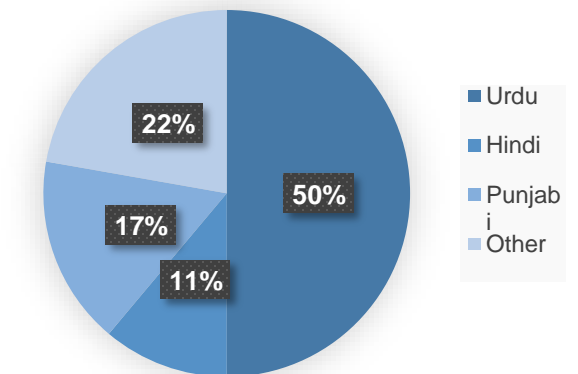
Educational Attainment of Participants



Proportion of Participants by Sex



Primary Language Spoken by Participants



# GOING FORWARD

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Reading Nutrition Labels
Macronutrients and Micronutrients

Future Topics
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Stress Management in the Pandemic
Meal Planning
Mindful Eating
Glycemic Index and Eating Healthy on a Budget





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El Bari CHC, UT Health, South Central AHEC, & Bexar  
TAB presents

## Glycemic Index & Eating Healthy on a Budget

Learn about how foods affect our blood sugar levels and how you  
can eat healthy meals while spending less money.

October 31, 2020 | 3pm on Zoom

Link to Meeting: <https://us02web.zoom.us/j/81118139640?pwd=b2RDL09XcE1PQUdDMFJNNFRzM2NBZz09>



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