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Woodi Health Hub: Promoting Health Information Literacy to Students in the Atlanta University Center

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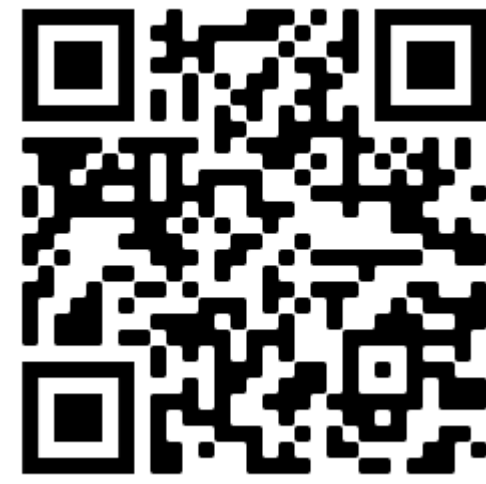
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Woods Health Hub



WOODI HEALTH HUB:
PROMOTING HEALTH INFORMATION LITERACY
IN THE ATLANTA UNIVERSITY CENTER

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Introduction

Populations at risk for health disparities include minority and low income populations, older adults, and immigrant populations. Lack of health information literacy skills is a major contributing factor to this dilemma. Academic libraries have the unique opportunity to address this knowledge gap.

Young adults make the transition from parental control to independence during college years, while also facing new challenges, stressors and messages within their environment. Such factors can either positively influence or undermine behaviors and lifestyle choices.

Improved health literacy skills can play a vital role in empowering students to make wise decisions and navigate situations that have the potential to impact their health and wellbeing over their lifespan.

What is Health Literacy?

Health Literacy is defined as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.

Basic Skills Essential for Achieving Health Literacy

- ✓ Information Literacy – Ability to obtain and apply relevant information
- ✓ Visual Literacy – Ability to understand graphs and other visual information
- ✓ Computer Literacy – Ability to operate a computer or other electronic device
- ✓ Numerical Literacy – Ability to calculate or reason numerically

Consequences of Low Health Literacy

- ✓ Less compliance with treatment regimens
- ✓ Less likely to reap benefits of preventive services
- ✓ Poorer overall health
- ✓ Higher mortality rates for all health conditions

Opportunity for Library Intervention

Woods Health Hub

Woods Health Hub Goals

- Provide access to authoritative health information resources
- Improve students' functional health information literacy skills
- Increase students' awareness of health initiatives and programs
- Provide practice experience in health programming for health careers students

Project Implementation Strategies

- Install touch screen kiosk for easy access to health information resources
- Train Library staff on use of health information literacy resources
- Partner with faculty to conduct health information literacy training for students
- Partner with local agencies to host health information fair
- Host health education speakers and healthy cooking demos
- Recruit health careers students to function as campus health promotion ambassadors

Student Engagement

Student Recruitment & Training

The Library partnered with faculty advisors for health studies programs at three of its four member institutions: Clark Atlanta University, Morehouse College and Spelman College. With their assistance, 2-3 students were selected from each campus to function as health promotion advocates.

Students received training on health information resources, helped to plan student-centered programs, and used social media to send health promotion messaging.

Student-Centered Programming

- AUC Health Information Literacy Fair (September 2019)
- Breast Cancer Awareness Presentation and Healthy Cooking Demo (October 2019)
- Healthy Holiday Eating Tips (November 2019)
- Woods Woosah Expo: Pre-finals Stress Relief & Healthy Snacks Tasting Event (December 2019)

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