

Saratoga, Wyoming Health Literacy: Connecting Patients of Limited English Proficiency with Educational Support Groups

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HYPOTHESIS

Participating in support groups which provide resources in Spanish will increase yearly health screenings and improve understanding of health problems.

BACKGROUND

- Saratoga, Wyoming is in Carbon County
- 3170:1 ratio of population to primary care physician
- Nearest Hospital is 50 miles away
- The county has significantly lower education rates than the rest of the state:
 - 90.8% High school graduation rate
 - 19.5% college bachelor's degree rate
- Many seasonal occupants and tourists in the summer
- Many Hispanics work temporarily for the US Forest Service at the Sawmill
- Limited English proficiency leads to decreased use of healthcare services due to cultural differences, language barriers, and ultimately low health literacy



Saratoga Sawmill

COMMUNITY HEALTH PROJECT PLAN

- Meeting held at a local church with high Hispanic attendance
- Organize a group in the community to help spread health knowledge and resources in their native language
- The meeting will provide:
 - Handouts written in Spanish
 - Online resources
 - Prescription translating resources



St. Barnabas Episcopal Church in Saratoga

LITERATURE REVIEW

- Patients with limited English proficiency prefer many formats for receiving health information:
 - Orally
 - Written
 - Electronically
- Having health information and resources available in a variety of locations is beneficial such as:
 - Churches
 - Places of work
 - Community centers
 - Libraries
 - Schools
- Some issues with low Health Literacy:
 - Decreased compliance
 - Decreased use of preventive services
 - Medication errors
 - Difficulty managing chronic conditions
 - Fear of doctor's visits



DELIVERABLES

- Literature Review
- Meeting plans – to be held at a local church with a Spanish speaking leader from the community center. There will be handouts about common health problems translated into Spanish such as diabetes, Coronary Artery Disease, allergies, Sexually transmitted Diseases, child development, and vaccinations.
- Online resources available with credible information written in Spanish

NEXT STEPS

- The church spread awareness of the initial meeting leading to a group of 18 attending
- The idea of future meetings was discussed and will be organized based on future interest
- Handouts with information and resources will be left at the church for anyone to take
- No funding is needed at this time

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