

Health Hack: Increasing health literacy of youth and young adults

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TOPIC/TARGET AUDIENCE: Youth and Young Adults/Adolescent Health/Health Literacy/Engagement

ABSTRACT: Young people often get caught in the gaps between child and adult-based resources and supports in their communities. As a result, many are left under-informed and underserved resulting in less overall engagement in their healthcare. In 2015, FamilyCare Health hosted listening sessions with various youth around the Portland Metro region to get their opinions and allow them an opportunity to share their experiences with health and within the healthcare system. Results revealed that youth had difficulty understanding how to navigate the healthcare system and where the access points were. In 2016, FamilyCare convened the “Transition Age Youth (TAY) Health Literacy Learning Collaborative” made up of youth and representatives from youth-serving organizations to help them better understand how best to address the barriers stated. The outcome was creating two youth informed/friendly health educational materials:

- Health Hack: a train-the-trainer health systems 101 curriculum aimed at increasing the health literacy and engagement of youth in their healthcare.
- Health Literacy Videos: three videos focused on self-care, understanding the difference between private and public health insurance, and what youth can expect when they go to the doctor.

OBJECTIVE(S):

- Describe how to communicate with youth and young adults about their healthcare needs in a youth-friendly and culturally responsive way
- Explain how to incorporate youth and community partner voice into the planning and design process for all elements of the program
- Describe the importance of including youth-friendly activities that suit diverse learning styles in order to promote optimal information retention for participants
- Demonstrate at least one activity that helps youth to be engaged and informed about the health system

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