



Lori Cabrera  
Florida Literacy Conference  
May 9th, 2012



introducing

# ESOL Health Literacy at West Area Adult School



# 2011 Health Literacy Grant

from Blue Cross and Blue Shield of Florida



Sharing what we learned along the way 





# Activities

- new text series
- exercising in class
- healthy menus/recipes
- C.P.R. class
- mini-health fair
- incentive bags

Participation was encouraged at all levels.

# New Texts and Materials to enhance instruction

## Curriculum:



‘Health Stories’ (New Readers Press)  
Introductory level for LB class and  
LB level for HB class

‘Staying Healthy’ (Florida Literacy  
Coalition) for HI and Adv. classes

‘Picture Stories for Adult ESL Health  
Literacy’ for Foundations class

[http://www.cal.org/caela/esl\\_resources/Health/healthindex.html#Emergency](http://www.cal.org/caela/esl_resources/Health/healthindex.html#Emergency)



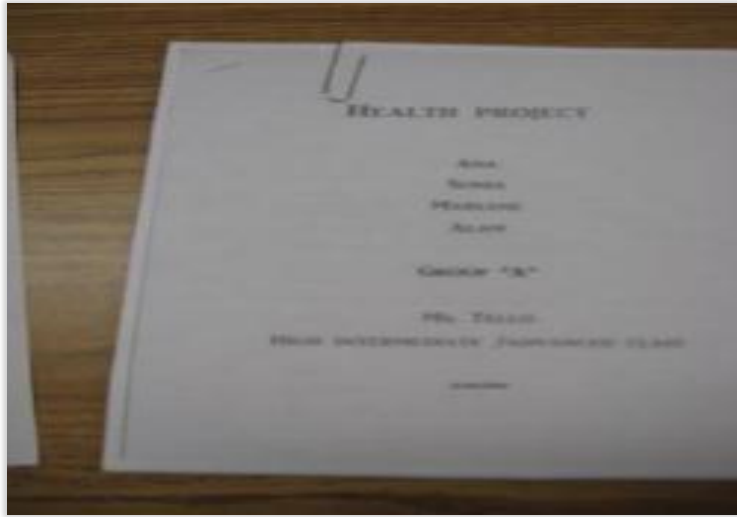
# Exercising in Class helped students get into fitness



Students participated in Zumba classes, walked around the school, and did stretches or light cardio during the health unit. (Our Zumba instructor was an ex-student!)



# Project-based learning helped students retain new information



Students from three classes worked together to make a week-long healthy menu and recipe book.



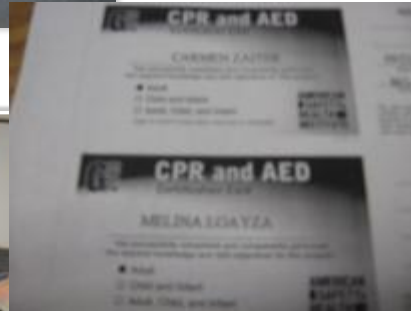
Students from another class did healthy cooking demonstrations in English.

# C.P.R. Class helped students learn to save lives



Students from the higher levels were asked to write an essay about why they would like to participate in a C.P.R. Class.

Writers of the most compelling essays participated in the class and became certified in Adult C.P.R. & A.E.D.



# Mini-Health Fair on topics relevant to our students










A local doctor spoke to our students about preventive health exams.

Several teachers created displays and spoke about health topics with which they are familiar.

## Health Workshop Topics- February 24<sup>th</sup>, 2012



Our local technical school nursing program sent representatives to do blood pressure screening.

<p><b>#1- Hypertension Screening- Traviss Vocational Ctr. Students</b></p> 	<p><b>#2- Ways to Lower Your Blood Pressure- A. Marroquin</b></p> 
<p><b>#3-CPR/First Aid Donna Murphy</b></p> 	<p><b>#4 Medications (OTC vs. Rx)- Tammy Tello</b></p> 
<p><b>#5 Healthy Eating- Linda Borden</b></p> 	<p><b>#6 Diabetes- Mary Higgs</b></p> 
<p><b>#7 Cancer Detection/Prevention- Ivonne Rodriguez</b></p> 	<p>Which 3 workshops do you want to visit?</p> <p>1. _____ (9:00-9:20)</p> <p>2. _____ (9:25-9:45)</p> <p>3. _____ (9:50-10:10)</p>

# Incentive Bags rewarded students for participating



All students who participated in the health literacy project were enrolled in a drawing to receive health incentive bags.



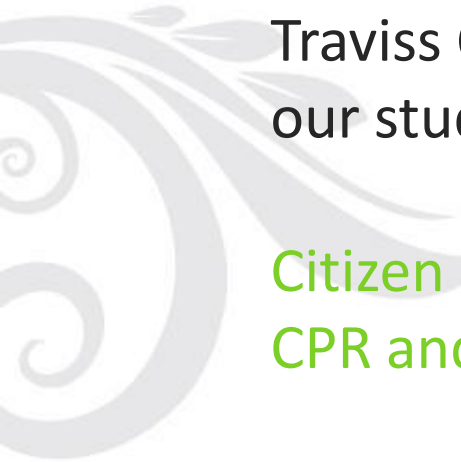
Items such as water bottles, resistance bands and pedometers were included to remind students of healthy habits.



## Partnerships

- Traviss Career Center
- Citizen CPR
- Gold's Gym
- Internal Medicine Specialists

Using collaboration within the community to enhance our program



Traviss Career Center sent a teacher and students to test our students' blood pressure in our health fair.

Citizen CPR provided training and certification in Adult CPR and AED.

Dr. Carlos Romero from Internal Medicine Specialists gave a presentation on preventive health exams for adults to kick off our mini-health fair.

Gold's Gym donated 3-month gym memberships for a few lucky students.



## **Success**

means our students take  
charge of their health

What did we learn and accomplish?

# It's hard for us all to change old habits

Yes, that is  
cake we are  
eating ☹️



...But participating in the health literacy project made us more mindful of small changes we could all make.

Having teachers on board helped it become part of our new routine.



This class is preparing healthy recipes together.

Some of our teachers & staff are great role models.



Kara (a TRST) lost over 60 lbs.

# RESULTS:

- » 612 students served in two schools  
~ 100-150 paired tests submitted so far.
- » Two students found out they had dangerously high blood pressure and they made appointments with their doctors right away.
- » Students developed more confidence in dealing with health topics.
- » Students were thrilled with the health fair and asked when we would do it again.



## Tips for Other Health Grant Recipients:

Make sure your instruction & materials are appropriate for the student's level.

Adult students & teachers can be excellent resources for sharing health information.

We came up with most of the ideas for this project in a 30-minute meeting with teachers.

Make sure teachers don't explicitly teach the pre-test to students so they will score higher on the post-test.


Keep an email saved with pre-test, post-test and student survey saved for the less-organized teachers as it will need to be re-sent often. 😊





Any questions?

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Thanks for listening. 😊

