

## Health Literacy Supports Resiliency

Project Lead Organization: The Children's Home Society of New Jersey

Funding Year: 2021

Funding Amount: \$13,569



### Community Partners

New Jersey Black Women Physicians Association

Central Jersey Family Health Consortium

AMNP Creative

### Populations of Focus

Race & Ethnicity

Access to Care

Annual Household Income

Educational Attainment

### Project Goal

Increase health literacy of participant families about COVID-19 preventive measures using medically accurate, bilingual health information sources.

### Project Summary

The goal of the project was to increase health literacy of participating Ocean and Monmouth County families about COVID-19 preventive measures such as vaccination and consistent mask use; and emotional health, anxiety and depression related to the pandemic and other social determinants of health, using medically accurate, bilingual health information sources such as [MedlinePlus](#) and other vetted sources from the National Library of Medicine. The project's intended audience was primarily Black and Hispanic families born in the US and myriad other countries of origin, especially pregnant and postpartum persons and their families.

Children's Home Society (CHS) successfully held 3 workshops on COVID prevention and anxiety and depression in the pandemic. Workshops were held in Spanish and English and presented by culturally representative and well-respected medical professionals and health educators to a total of 60 participants, adding together attendance for the 3 workshops. Information about the *All of Us* Research Program was also shared at each workshop.

Families participated actively in the workshops, asking good questions of the culturally representative facilitators towards the goals of understanding COVID vaccines for themselves and their families and about resources for depression and anxiety. Families became familiar with NNLM online health resources, thereby increasing health literacy.

### New Jersey



## Key Words

virtual programming

COVID-19

health literacy

## Project Highlights

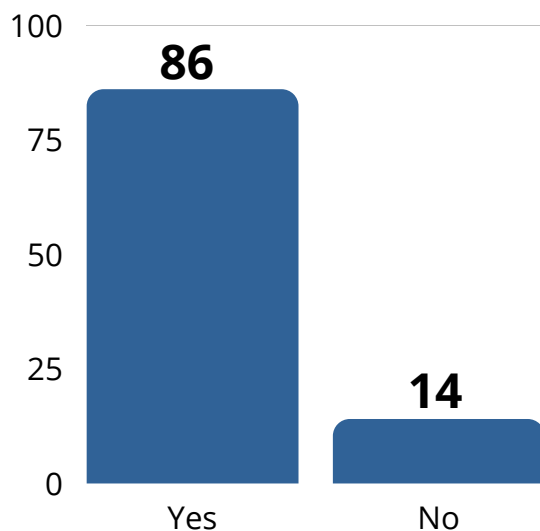
95%

of participants reported that they understood more about COVID vaccines, and 91% reporting they were more aware of resources for depression and anxiety for themselves and their families.

40%

of participants agreed with the statement that they would talk with family or friends about *All of Us* and use NNLM resources following the workshops.

## Survey Question: Do you know more about *All of Us* after the event?



## Cost Estimates

*This section gives you a general idea of what costs to expect when implementing a similar program. Current costs may vary.*

- Communications (printing, consultants) - \$8,000
- Partnerships - \$3,000
- Translation services - \$300
- Survey platform - \$300

## Recommendations

It is important to coordinate with state entities about health education occurring in your city or region.

Want to know more about this project?  
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