

Center for Health Literacy Promotion Research Summary

CenteringPregnancy Health Literacy Promotion Trial

Maternal Health Literacy: The cognitive and social skills that determine the motivation and ability of mothers to gain access to, understand, and use information in ways that promote and maintain their health and that of their children. (Renkert and Nutbeam 2001) In short: that which enables a mother to manage personal and child health and healthcare.

Empowerment: ability to make a choice and transform that choice into desired actions and outcomes. (World Bank)

Project Description

This project potentially contributes a method and measure for promoting maternal health literacy at the very foundations of personal and public health with benefits extending to entire families, and to healthcare and education system. The project aims to document the feasibility and impacts of integrating maternal health literacy self assessment into CP with and without using *Beginnings Guides* as a supplement to the CP Notebook; to document the intervention group's use and satisfaction with *Beginnings Guides* and to validate the Maternal Health Literacy Self Assessment instrument.

The project is a collaboration of Centering Healthcare Institute, developer of [CenteringPregnancy](#), evidence based group prenatal care; the [Center for Health Literacy Promotion](#), and Practice Development Inc publisher of [Beginnings Pregnancy Guide](#), evidence-based health education materials designed to promote maternal health literacy. The project is funded by [WellPoint](#) as a strategy to empower mothers as managers of personal and child health and healthcare, and thereby improve pregnancy and child development outcomes, promote maternal-child health and prevent future non-communicable disease in both mother and child.

CenteringPregnancy has demonstrated increases in mothers' prenatal knowledge, readiness for labor, breastfeeding initiation/duration, immunization rates, and satisfaction while reducing premature births. Its impact on maternal health literacy has not been assessed.

Procedures At two sites, group care facilitators receive an introduction to MHL and project protocols. Both sites will use the Maternal Health Literacy Self-Assessment. The intervention site will use *Beginnings Guides* in addition to the MHL-SA. The comparison group will receive usual care. Monthly, each site starts

MATERNAL HEALTH LITERACY & GROUP PRENATAL CARE

one or more groups of 8 to 12 women with similar due dates. The pilot continues until 120 women have completed prenatal care and the Self Assessments at each site. To assess changes in MHL, all participants complete the Maternal Health Literacy Self-Assessment, designed for the project, during the second and ninth of 10 visits. The project includes validity testing of the instrument.

Project Director: Sandra Smith, PhD

Principal Investigators:

Sarah Covington-Kolb, Greenville Health System, Greenville, SC

TBD

Statistical Analysis:

Funder: WellPoint

Study Period: 2014-2015

Key Findings In progress

Lessons Learned

Presentations

Publications

For more information Sandra Smith sandras@uw.edu

Updated 6.5.14