Abstract

The Learning Lab is a non-profit literacy program in Boise, Idaho. The program began in 1991 and serves over 250 students from more than 20 different countries each year. Many of the adults enrolled in the Learning Lab’s Family Literacy program are low-income, and nearly 95% of all Learning Lab students are considered to have very-low or low household incomes. During the 2013 spring semester the student population was made up of mostly female, Hispanic students; both of which are risk factors for low health literacy skills. Health literacy refers to the degree in which an individual can receive and understand basic health information and services needed to make appropriate health-related decisions. This project practicum included the adaptation, implementation and evaluation of a health literacy curriculum at Learning Lab. The health literacy lessons were adapted from HealthTeacher, an online health education resource used by all Ada County, Idaho school districts and nearly 12,000 public schools nationwide. The curriculum was implemented by Learning Lab staff during the spring 2013 semester, and was followed-up by a health fair. Lessons were focused on parenting related health topics and included weekly homework assignments and hands-on activities. This project gave Learning Lab students a link to local health related resources and gave them the knowledge to educate their own families about important health topics.