



Communications Toolkit

for

“Navigating the Health Care System” Adolescent Health Literacy Curriculum

Thank you for your interest in spreading the word about *Navigating the Health Care System*, an adolescent health literacy curriculum created by Nemours Children’s Health System. This toolkit was designed to make it easy for health literacy champions to share information about Nemours’ curriculum with others.

Information in the toolkit is a starting point; please feel free to tailor.

Please reach out to NTHCS@nemours.org with questions.

We appreciate your partnership!

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Overview of NTHCS

Navigating the Health Care System is a four-unit health literacy curriculum designed by Nemours Children's Health System for use with young adults. It is designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood. Materials are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually.

Nemours developed *Navigating the Health Care System* to educate and empower adolescents to be their own health care advocates. The program, which aligns with national and state education standards, was originally piloted and refined in collaboration with schools and other community sites in Delaware. In three academic years of expanded testing, involving nearly 3,500 students in four states, the evaluation showed significant knowledge gains among students as well as high satisfaction among the teachers presenting the curriculum and the teens receiving it. Inspired by the curriculum's strong evaluation outcomes, Nemours began making the curriculum available at no cost to partners across the nation in Spring 2018. Since national expansion, Nemours has continued to create new materials and offer them to the public. Examples include a one-hour version of the content suitable for adults, a home-use workbook with answer key- suitable for home-schooling, and a COVID-19 supplement to existing materials for teens.

Why health literacy?

The American Academy of Pediatrics, American College of Physicians, and American Academy of Family Physicians recognize that all adolescents require guidance, education and planning to manage their own health care as they become adults.¹

Health literacy is an important life skill. As health literacy increases, people are more likely to seek preventive services and enter the health system healthier, have lower rates of preventable hospital and emergency department visits, and are less likely to report their health as poor.²

¹ American Academy of Pediatrics; American Academy of Family Physicians; American College of Physicians; Transitions Clinical Report Authoring Group, Cooley WC, Sagerman PJ. Supporting the health care transition from adolescence to adulthood in the medical home. *Pediatrics*. 2011;128(1):182-200.

² <https://health.gov/communication/literacy/quickguide/factsliteracy.htm>

Connect with NTHCS

Email: NTHCS@nemours.org

Web: <https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>

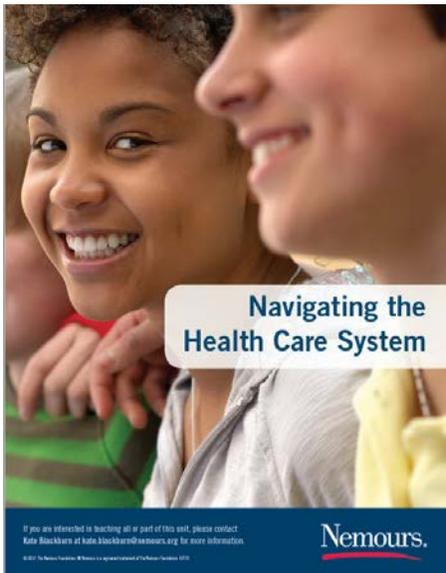
LinkedIn Group: <https://www.linkedin.com/groups/13662832/>

Twitter: @MHCUpstream (focused on broad health issues, not exclusive to NTHCS)

Tags: Please tag @Nemours and @MHCUpstream in social media posts

Image File

A JPG image file is available at <http://www.movinghealthcareupstream.org/nthcs-image/>



Overview Slide Deck

Click here to access a [PowerPoint version](#) of the slides:

https://www.movinghealthcareupstream.org/wp-content/uploads/2020/08/NTHCS.overview.slides_8.24.2020.pptx

Click here to access a [PDF version](#) of the slides:

https://www.movinghealthcareupstream.org/wp-content/uploads/2020/08/NTHCS.overview.slides_8.24.2020.pdf

Please feel free to use the slides individually or in their entirety. Slides include the following topics:

- Introduction (slides 1-4)
- Nemours Children’s Health System & NTHCS Context (slides 6-10)
- The Highlights of Using NTHCS (slide 11)
- Background & Evaluation (slides 12-14 & slides 15-22)
- Materials & Structure (slides 23-27)
- Overview of the 4 Modules (slides 28-42)
- Partnering with Nemours (slide 43)
- For More Information / Contact Information (slide 44)

Research

In April 2018, an article focused on the development and evaluation of Navigating the Health Care System was published in the Journal of School Health. The article can be accessed at:

<https://doi.org/10.1111/josh.12616>

Citation: Hughes D, Maiden K. Navigating the health care system: an adolescent health literacy unit for high schools. J Sch Health. 2018; 88: 341-349.

Social Media Posts

Option #1: The Navigating the Health Care System curriculum was developed by @Nemours to prepare teens to manage their own care as they transition into adulthood. Check out these free #healthliteracy lesson plans: <https://buff.ly/2M6vzlx> @MHCUpstream (insert image file)

Option #2: The @Nemours #healthliteracy user community is growing quickly! Learn how you can use free lesson plans to increase teens' skills for interacting with care providers and managing their own care. <https://buff.ly/2M6vzlx> @MHCUpstream (insert image file)

Newsletter Language: Short Version

Adolescent Health Literacy Lesson Plans Available at No Cost

Navigating the Health Care System is a four-unit health literacy curriculum designed by Nemours Children's Health System for use with young adults. It is designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood. Materials are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually. Inspired by the curriculum's strong evaluation outcomes, Nemours is making the curriculum available at no cost to organizations nation-wide. To access/download the curriculum, please visit <https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>. For more information, please email nthcs@nemours.org.

Newsletter Language: Long Version

Making Adolescent Health Literacy Easy as 1, 2, 3

Navigating the Health Care System, an Adolescent Health Literacy Curriculum,
Available at No-Cost from Nemours Children's Health System

Health literacy is a significant determinant of health. *Navigating the Health Care System* is a four-unit health literacy curriculum designed by Nemours Children's Health System for use with young adults. It is designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood. Materials are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually.

The curriculum was piloted and refined in collaboration with schools and other community sites in Delaware over the course of several years. Inspired by successful evaluation outcomes in Delaware, in Spring 2018 Nemours Children's Health System began making the available for use at no cost to organizations nation-wide.

Highlights Include

- All materials can be accessed and downloaded from the web
- A scripted Facilitator's Guide and slide decks make it easy to learn and present content
- Available at no cost
- Strong, validated evaluation-based outcomes
 - Significantly higher content knowledge scores among students at post-test
 - Significant increases in content knowledge were consistent regardless of instructor background (health, physical education, school nurse and health services/technical education)
- Aligned with National Health Education Standards
- Most materials also available in Spanish
- Pre/post tests available, but not required
- Technical assistance available for questions
- Participant workbooks available as downloadable PDFs
- Option to assign and collect activities electronically

Interested in Learning More?

- Visit the [Navigating the Health Care System](#) pages of Moving Health Care Upstream's website.
- Email nthcs@nemours.org for more information.

Email Language

Dear xxx,

I'm emailing to share information with you about an adolescent health literacy curriculum developed by Nemours Children's Health System, and to invite you to consider how **(you might or we might collaborate to)** bring the lesson plans to **_____**. Here's the background:

Over the past several years, Nemours Children's Health System developed, refined and evaluated a four-module health literacy curriculum for adolescents called "*Navigating the Health Care System*", a four-unit health literacy curriculum designed for use with young adults. It is designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood. Materials are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually.

The curriculum was piloted and refined in collaboration with schools and other community sites in Delaware. Response to the lessons from students, teachers and parents has been consistently positive and evaluation outcomes have been strong. Inspired by the curriculum's

strong evaluation outcomes, in Spring 2018 Nemours began making the curriculum available at no cost, nation-wide.

Knowing your interest in adolescent health and wellness, I thought you might be interesting in exploring opportunities for collaboration.

Some of the highlights of NTHCS include:

- ✓ All materials can be accessed and downloaded from the web
- ✓ A scripted Facilitator's Guide and slide decks make it easy to learn and present content
- ✓ Available at no cost
- ✓ Strong, validated evaluation-based outcomes
 - Significantly higher content knowledge scores among students at post-test
 - Significant increases in content knowledge were consistent regardless of instructor background (health, physical education, school nurse and health services/technical education)
- ✓ Aligned with National Health Education Standards
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Additional information on Navigating the Health Care System can be accessed at [HERE](#), including [a brochure](#) that provide an overview of the curriculum and the content in each of the four modules and [sample pages from the participant workbook](#).

Please let me know if you'd be interested in learning more about this opportunity.

Many thanks,

(NOTE- Should you need them, the embedded links in the text above are as follows:

- Embedded in "HERE": <https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>
- Embedded in "a brochure": https://www.movinghealthcareupstream.org/wp-content/uploads/2018/06/NTHCS-brochure_national_final.pdf
- Embedded in "sample pages from the participant workbook": <https://www.movinghealthcareupstream.org/wp-content/uploads/2018/06/sample-workbook-pages.pdf>