

# Cultural Beliefs, Health Literacy, and Use of Preventive Health Services among Older African-American Women, Age 65 and Older

Janelle R. Baker, PhD, APRN, ANP-BC

Assistant Professor

Coordinator of Adult/Gerontological

Florida A&M University





# Introduction

- It is estimated that 90 million American adults have limited health literacy.
- Literacy levels less than the ninth grade level practically doubles the five-year risk of mortality among older adults regardless of culture, socioeconomic status, or education (Sudore, et al., 2006).





# Introduction (Cont'd)

- African-Americans, particularly, women are growing older.
- Culture is an integral component when one defines his or her personal meaning health.
- Health literacy remains the silent disability of minority groups, particularly older African Americans.





# Purpose of the Study

- Explore the relationship between cultural beliefs and health literacy on the use of preventive health services among older African-American women, age 65 and older.





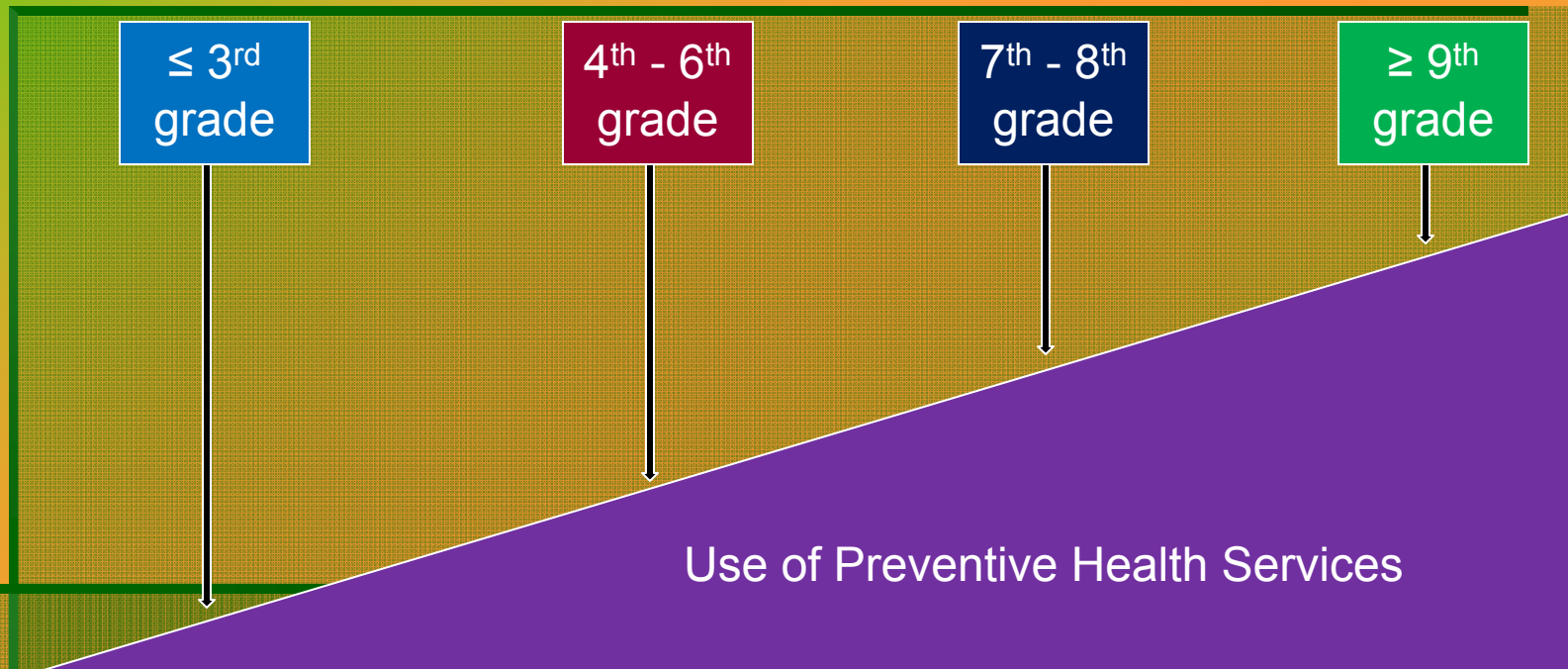
# Research Hypotheses

- There is a relationship between cultural beliefs, health literacy and use of preventive health services among African-American women, age 65 and older.
- Cultural beliefs best predicts use of preventive health services among older African-American women, age 65 and older





# Predictive Model





# Methodology

- Design
  - Descriptive, correlational, cross-sectional, predictive
- Sample/Sampling Procedure
  - Community-dwelling African-American women, age 65 and older
  - Able to read, write, speak and understand English
  - Cognitively intact as determined by a score of 24 on MMSE

## Setting

- Northwest Florida





# Instrumentation

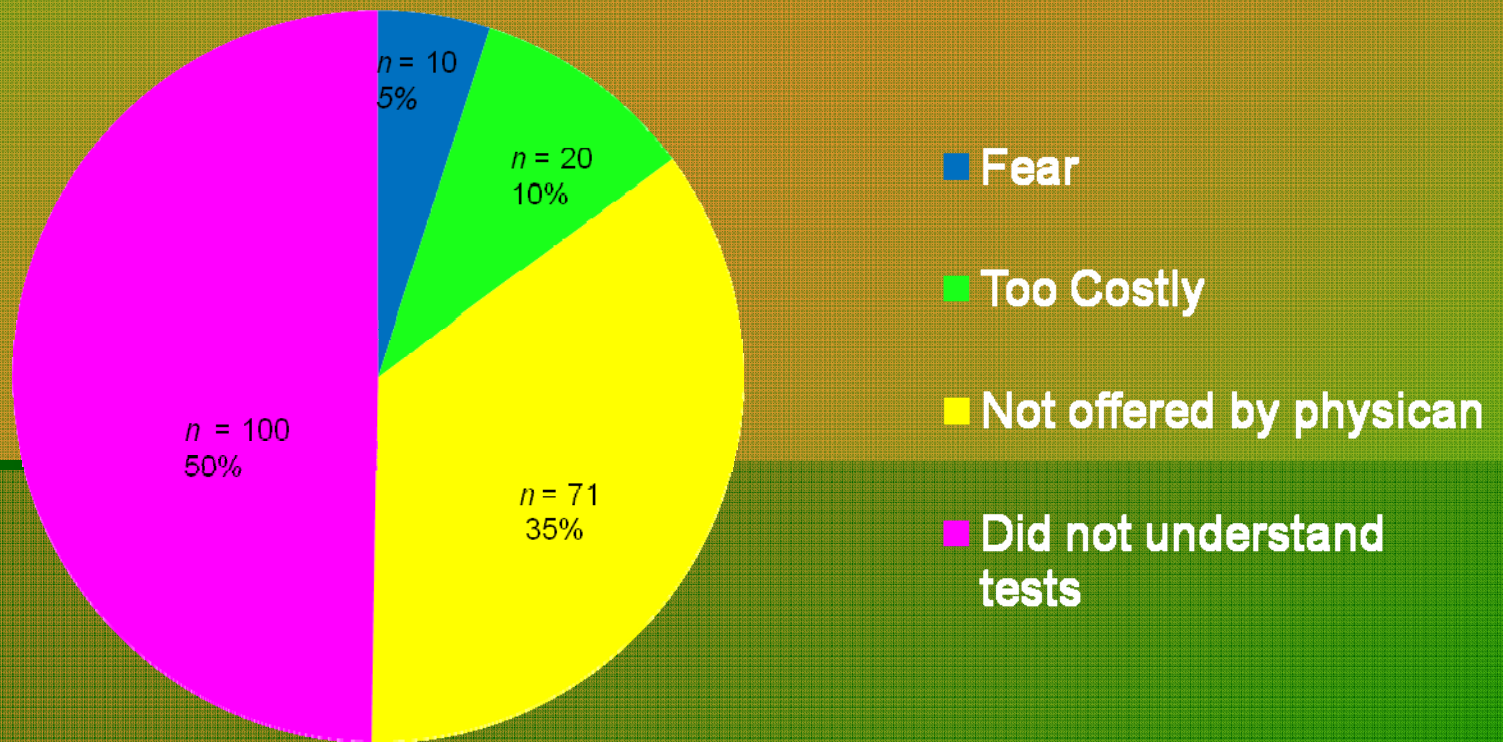
- African American Acculturation Scale-Revised (AAAS-R)
  - Family Practices
  - Health Beliefs and Practices
- Rapid Estimate of Adult Literacy in Medicine (REALM)
- Demographic Health Survey
  - Questions 10-A – 10 -E





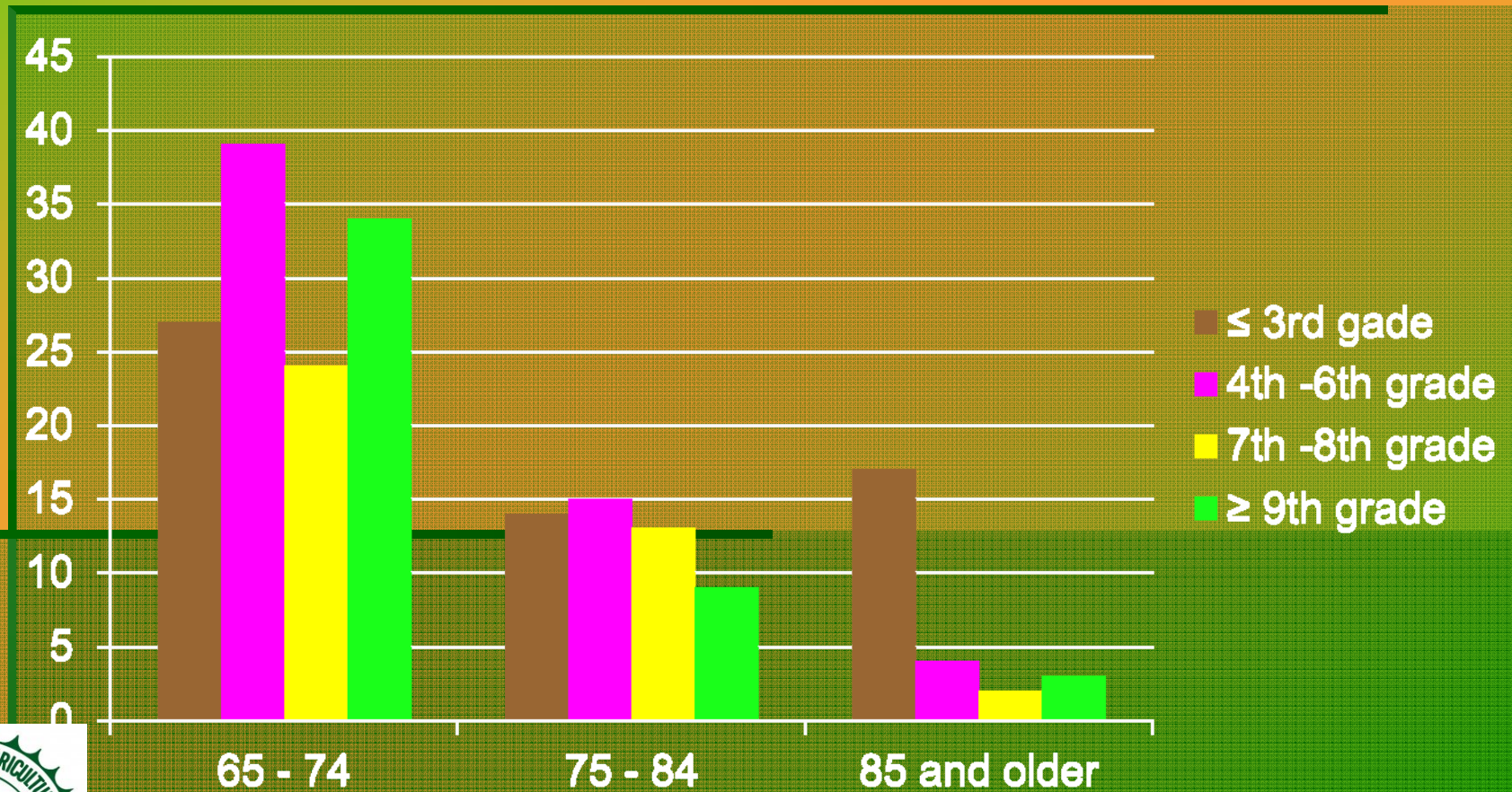
# Results (Cont'd)

## Preventive Health Screening Tests



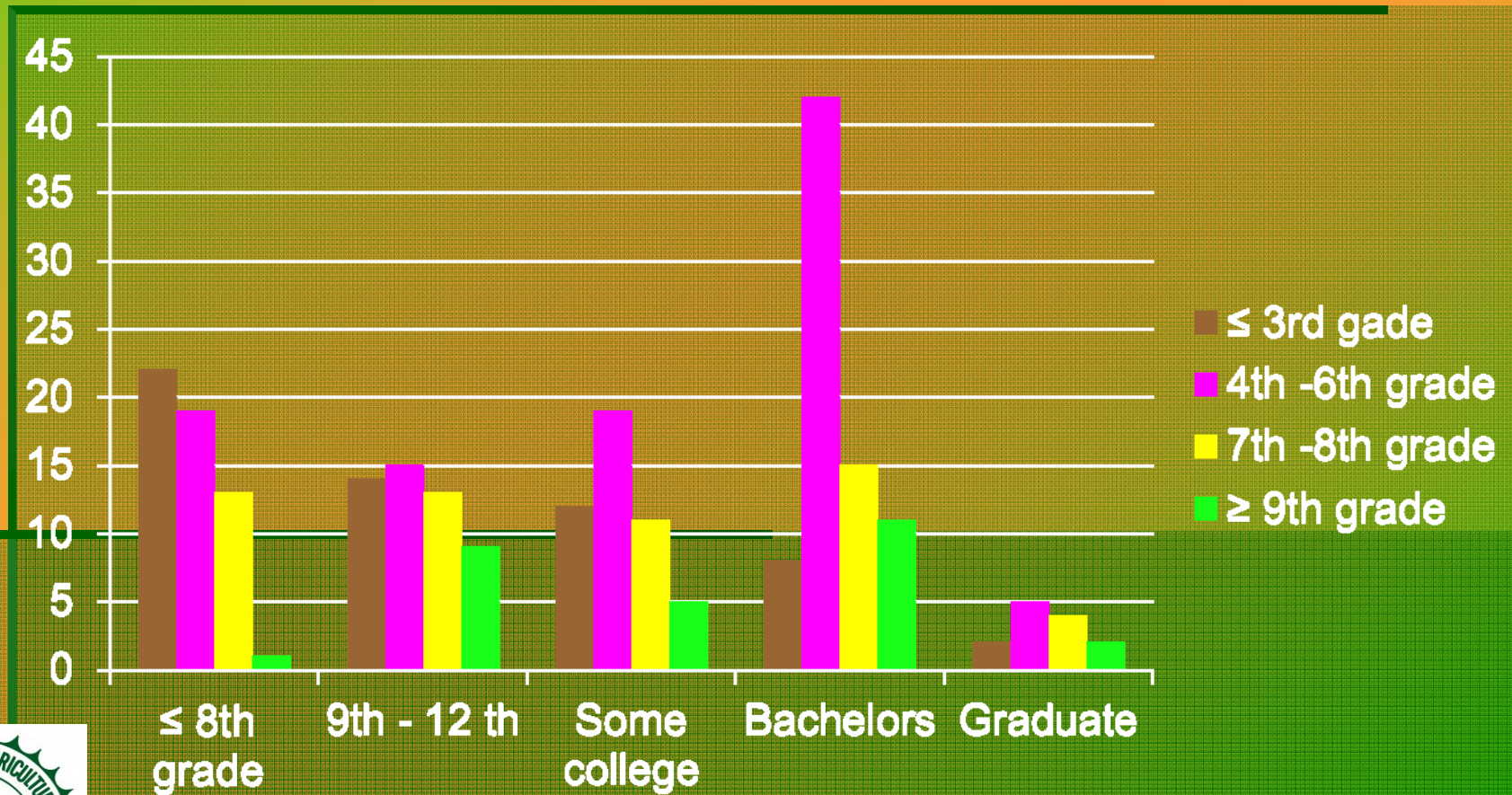


# Results (Cont'd)



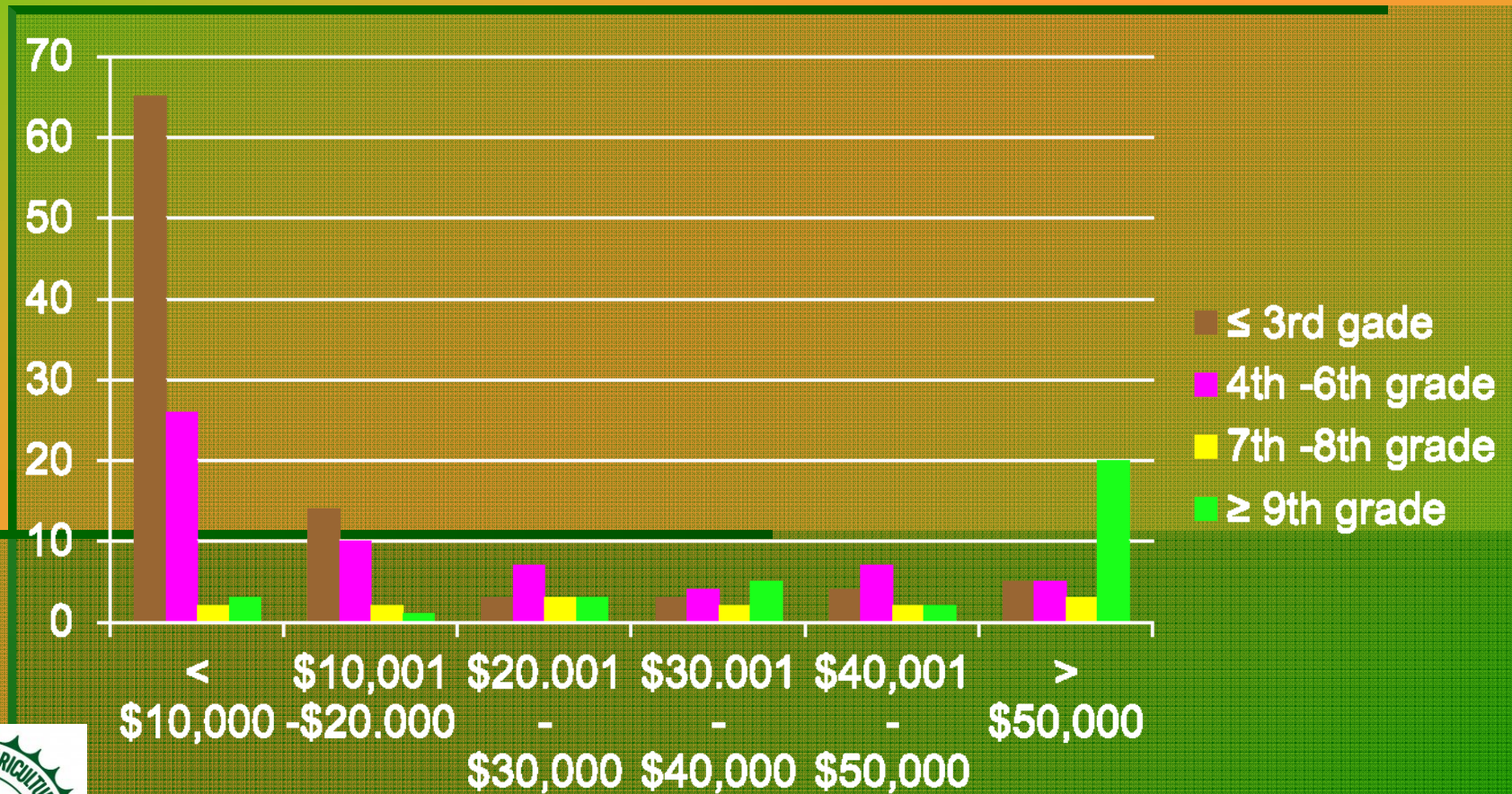


# Results (Cont'd)





# Results (Cont'd)





# Results

Preventive health Services	CBE	Mammogram	Pap Smear	CRC
<i>N</i> = 201				
AAAS-R	.19*	.42***	.29**	-.43***
Family practices	.28**	.50***	.14*	-.37***
Health beliefs	.32**	.60***	.42***	-.58***
REALM				
≤ 3 <sup>rd</sup> grade	.33**	.47***	.45***	.38***
4 <sup>th</sup> – 6 <sup>th</sup> grade	.24**	.37***	.36***	.37***
7 <sup>th</sup> – 8 <sup>th</sup> grade	.19*	.35***	.24**	-.20*
≥ 9 <sup>th</sup> grade	.29**	.57***	.34**	-.49***

\*  $p < .05$     \*\*  $p < .01$     \*\*\*  $p < .001$





# Results (Cont'd)

Model	R Square	F Change	df	df2	Sig F Change
Cultural beliefs	.22	17.94	2	198	.05
Health Literacy	.19	46.30	3	197	.001
CB and HL	.22	27.31	2	198	.001

\*  $p < .05$     \*\*  $p < .01$     \*\*\*  $p < .001$





# Conclusions

- There is a positive relationship between cultural beliefs, health literacy, and use of preventive health services (clinical breast exam, mammogram, and pap smear) among older African-American women, age 65 and older.
- There is a negative relationship between cultural beliefs and colorectal cancer screening among older African-American women, age 65 and older.





# Conclusions (Cont'd)

- There is a negative relationship between higher literacy levels and colorectal cancer screening among older African-American women, age 65 and older.
- African-American women with cultural beliefs and colorectal cancer screening inadequate health literacy skills were less likely to have clinical breast exams, mammograms, pap tests or colorectal cancer screening tests.





# Thank You

Thank you HARC Sponsors & Participants

Are there any Questions?

