

Promoting Bilingual Health Literacy of Pregnancy, Postpartum, and Women’s Wellness in Rural Colorado

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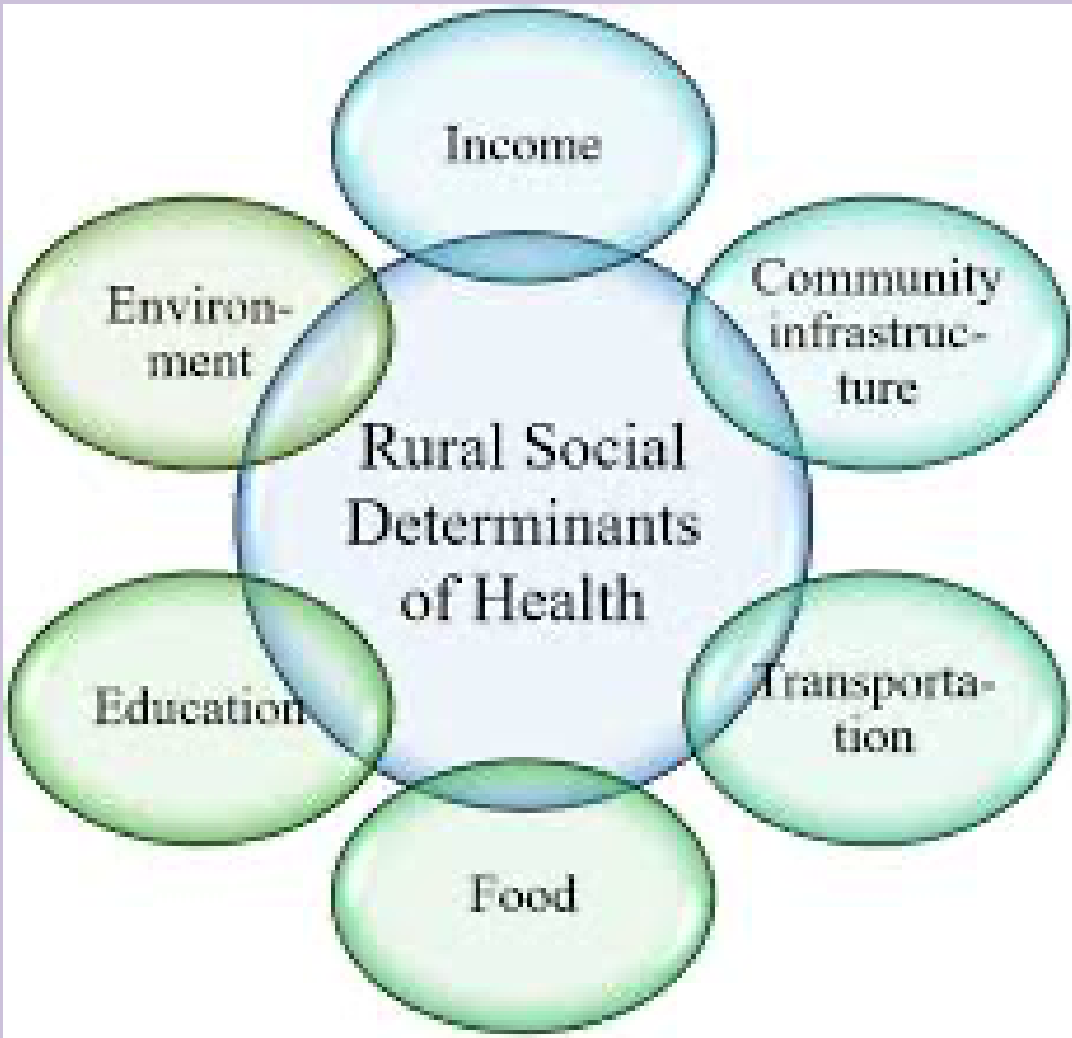
Background

Many women of reproductive age have limited health literacy about prenatal, postpartum, and routine women’s care. This is especially true for women from ethnic minority groups and lower socioeconomic backgrounds.

Low health literacy is a key social determinant of poor pregnancy and overall health outcomes. To address this, more resources should be dedicated to educating women on prenatal, antenatal, and postpartum care, routine health screenings, and menopause.

Rural Health Literacy

Health literacy in rural areas is lower than in urban areas, especially for prenatal and women’s health, contributing to poorer outcomes. This is further worsened by other rural social determinants of health.



Objectives

1. **Provide clear, patient-centered information on pregnancy and women’s health, including common questions and tips.**
2. **Offer accessible health resources with accurate Spanish translations.**

Methods

- Literature review on gaps in health literacy, specifically concerning women's health topics
- Review of Valley View Women’s Health Clinic Resources
- Discussion with preceptors on most FAQ during clinic visits

Looking Forward

This project can be expanded considerably. Including:

- Improving the content of resources and their presentation
- Obtaining patient feedback on usability
- Maintaining updated information

A more impactful improvement would include expanding the distribution and accessibility of resources

Results



References

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