

Title: Promoting Bilingual Health Literacy of Pregnancy, Postpartum, and Women's Wellness in Rural Colorado

Background

Limited health literacy is common among women of reproductive age, especially concerning 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 contributor to poor pregnancy and overall health outcomes. In rural Colorado, these barriers are especially heightened for Spanish-speaking populations, emphasizing the need for clear, culturally appropriate, bilingual educational materials. This project aimed to enhance women's understanding of pregnancy, postpartum recovery, and routine wellness topics by developing accessible resources covering common women's health concerns

Design and Methods

A literature review was conducted to identify gaps in women's health. Existing resources from the Valley View Women's Health Clinic and discussions with clinical preceptors provided insight into frequently asked questions during patient visits, allowing prioritization of topic areas. These steps guided the development of bilingual (English to Spanish) educational materials addressing prenatal expectations, labor preparation, postpartum care, contraception, and routine women's wellness.

Limitations

This project did not include formal patient testing or outcome measurement, limiting the ability to evaluate the effectiveness of the resource. Time constraints restricted the depth of content revision and translation review. Additionally, distribution was limited to the clinic setting and did not extend into the broader community or digital platforms.

Conclusions

Developing clear, patient-centered, bilingual resources improved the accessibility and quality of information available to rural women seeking prenatal and women's health care. Continued expansion of these materials would better support informed decision-making and patient autonomy.

Significance

Enhancing bilingual health literacy has the potential to reduce disparities in maternal and women's health outcomes in rural Colorado. Broader dissemination and ongoing evaluation may further strengthen community health and promote equitable access to reproductive health information.

References

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