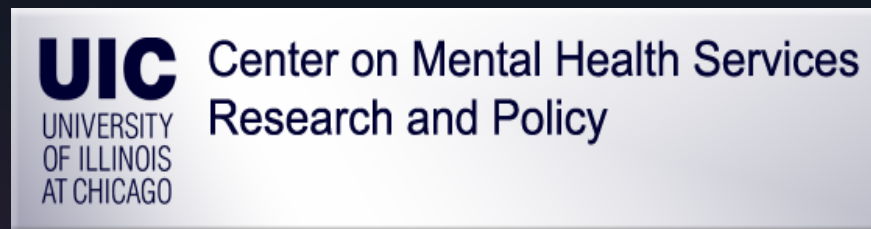


A Community-Based Initiative to Promote Health Literacy Among Individuals with Serious Mental Illnesses

Lisa A. Razzano, PhD, CPRP
Nicole J. Pashka, MS, CRC, CPRP, LCPC

This presentation is supported by the Thresholds Health Literacy Center, 90DPHF0001 and the UIC Center on Integrated Health Care & Self-Directed Recovery, 90RT5038. The views and ideas expressed herein do not reflect the policy or position of any Federal Agency or private corporation.

Presenters have no additional disclosures.



Learning Objectives



1. Describe results from a survey regarding health literacy among those with serious mental illnesses (SMI);
2. Discuss strategies to implement and evaluate the impact of health literacy materials on illness management;
3. Implement evidence-informed tools specific to the needs of the target population.

Session Summary

This session summarizes factors in health literacy relevant to individuals with serious mental illnesses, including major depression, bipolar disorder, and schizophrenia. In particular, individuals with serious mental illnesses experience disparate rates of chronic physical illnesses including cardiovascular, respiratory, metabolic, and infectious diseases.

Presenters will review and discuss a major community-based health literacy initiative specifically aimed to address chronic physical health conditions among those with psychiatric illnesses, results of a longitudinal survey, including self-management and other health practices, and methods to implement and sustain these services within integrated community mental health settings. Strategies to improve workforce competencies also will be described.

Thresholds Health Literacy Center



High Rates of Morbidity & Mortality Among People with Mental Illness

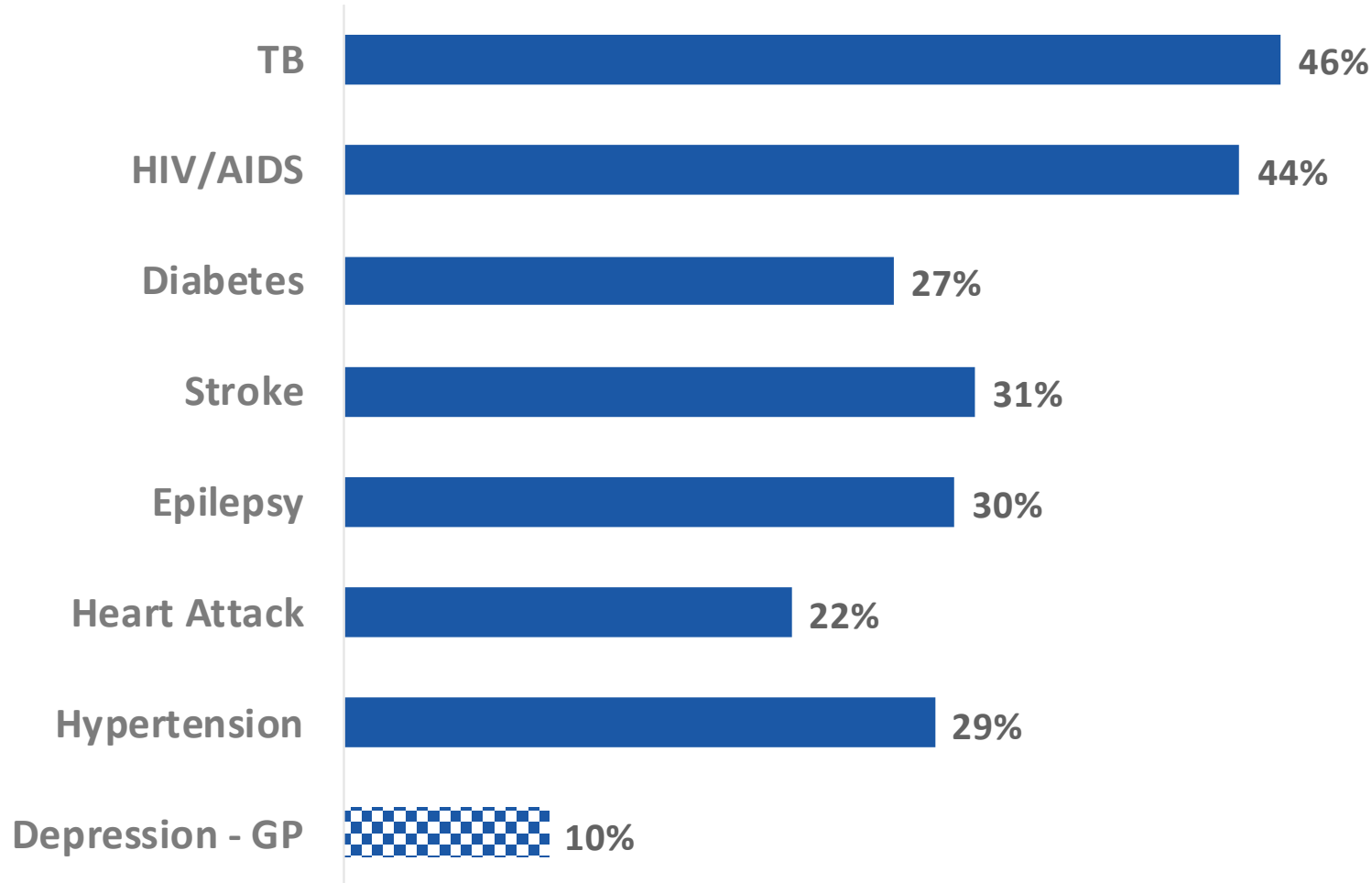
Mortality: People with SMI have 25 years life lost (YYL) than the GP

60% are due to preventable & treatable medical conditions

Morbidity: More progressed illnesses among those with mental health disorders than GP

1. Diabetes
2. Cardiovascular Diseases & effects
3. Liver Diseases (non-viral, cirrhosis, cancers)
4. Renal Diseases
5. Respiratory Conditions - COPD, consequences of smoking
6. Infectious diseases – HIV, Hepatitis B & C, TB

MH + COMORBIDITY COMMON AROUND THE GLOBE



**The most common
mental health co-
morbidity among
chronic physical
illnesses worldwide?**

Depression

Individuals with Serious Mental Illness in Public Mental Health Services

N=11,000 Service Recipients

62% Male, 38% Female

56% African American, 38% Caucasian; 9% Latinx

51% some high school, HS graduate, or GED

Challenges to reading, functional literacy

68% ages 37-66 years

23% Schizophrenia/17% Schizoaffective Disorder (40%)

23% Bipolar Disorder

20% Major Depressive Disorders

History & Treatment for Chronic Illnesses

Co-Occurring Illnesses	Formal Diagnosis	Medical Treatments	Real-Time Screening
Respiratory Conditions	72%	61%	60% smoking 53% med – high nicotine
Hypertension	50%	92% 1 or both	46% Pre-Hypertension 1, 2
High Cholesterol	47%		25% Borderline/Elevated
Diabetes	37%	92%	53% pre-/diabetic
Arthritis	66%	57%	Average BMI = 38.1 Average Blood Pressure = 132/87 Average A1c = 5.9 Average Cholesterol = 169 (HDL=44)
GI/Liver/Kidney	44%	57%	
Past Cardiac	31%	40%	

8

General Health Goals	
Weight Loss	43%
Improving Exercise	18%
Reducing Smoking	16%
Improving Nutrition/Food	9%
Improving Diabetes/A1c	3%
Improving Blood Pressure	3%
Improving Cholesterol	3%
Improving Kidney Health	3%

Barriers to Personal Health Promotion & Awareness



- Like many people – denial, anxiety, depression
- Stereotypes, stigma about illnesses (obesity, STIs)
- Misinformation about health risks
- Technical health materials
- Complex management, Insurance Limitations

Mental Health

- Symptoms impair concentration & information retention
- Difficulty understanding relevance of long-term consequences
- Lack of preventative screening for health risks
- Limitations in functional literacy, health literacy
- Progressive complications of poor management
- Secondary health conditions from poor management of primary one(s)

8th grade reading level

The screenshot shows the CDC Diabetes Home page. The header includes the CDC logo, the text 'Centers for Disease Control and Prevention' and 'CDC 24/7: Saving Lives. Protecting People™', a search bar, and a 'CDC A-Z INDEX' dropdown. The main navigation bar is green with the text 'Diabetes Home'. Below this is a sidebar with a green header 'Diabetes Home' and a list of links: 'What's New in Diabetes', 'Basics', 'Data & Statistics', 'Programs & Initiatives', 'Living with Diabetes' (highlighted with a minus sign), 'Education and Support', 'Eat Well!', 'Get Active!', 'Be Prepared!', 'Prevent Complications', 'Stay Well in Flu Season', 'Stay Healthy', and 'Sick Days'. The main content area has a breadcrumb trail 'CDC > Diabetes Home > Living with Diabetes > Stay Healthy'. The 'Stay Healthy' section features social media icons, a language dropdown set to 'English (US)', and a paragraph about taking diabetes medicines as directed. Below this is a search bar with the query 'What routine medical examinations and tests are needed for people with diabetes?'. The results show a section titled 'Your doctors should—' followed by a bulleted list of medical tests and frequencies.

Stay Healthy | Living with: X

Secure | <https://www.cdc.gov/diabetes/managing/health.html>

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

SEARCH

CDC A-Z INDEX

Diabetes Home

Diabetes Home

What's New in Diabetes

Basics +

Data & Statistics +

Programs & Initiatives +

Living with Diabetes -

Education and Support

Eat Well!

Get Active!

Be Prepared!

Prevent Complications

Stay Well in Flu Season

Stay Healthy

Sick Days

CDC > Diabetes Home > Living with Diabetes > Stay Healthy

Stay Healthy

Language: English (US)

It's very important for you to take your diabetes medicines exactly as directed. Not taking medications correctly may lower the level of glucose and cause the insulin your body to go up. The medicines then become less effective when taken. Some people report not feeling well as a reason for stopping their medication or not taking it as prescribed. Tell your doctor if your medicines are making you sick. He or she may be able to help you deal with side effects so you can feel better. Don't just stop taking your medicines, because your health depends on it.

This section provides information about staying healthy with your diabetes.

What routine medical examinations and tests are needed for people with diabetes?

Your doctors should—

- Measure your blood pressure at every visit.
- Check your feet for sores at every visit, and give a thorough foot exam at least once a year.
- Give you a hemoglobin A1C test at least twice a year to determine what your average blood glucose level was for the past 2 to 3 months.
- Test your urine and blood to check your kidney function at least once a year.
- Test your blood lipids (fats)—total cholesterol; LDL, or low-density lipoprotein ("bad" cholesterol); HDL, or high-density lipoprotein ("good" cholesterol); and triglycerides at least once a year.

“It’s very important for you to take your diabetes medicines exactly as directed. Not taking medications correctly may lower the level of glucose and cause the insulin your body to go up. The medicines then become less effective when taken. Some people report not feeling well as a reason for stopping their medication or not taking it as prescribed. Tell your doctor if your medicines are making you sick. He or she may be able to help you deal with side effects so you can feel better. Don’t just stop taking your medicines, because your health depends on it. This section provides information about staying healthy with your diabetes.”

Case Consult: Diana

Health & Living
with Bipolar
Disorder
Based on True Events

Meet Diana:

48 y/o African American, Identifies as Female

Presented to the ER with complaints of back pain, difficulty breathing, & sweating.

After examination, it is determined that Diana had a mild heart attack.

Diana will be admitted to the hospital.
Resident on-call embarks on a work up to determine other health risks and complete a full health history.

The Case of Diana: Presenting with Chest Pain

Diana is unemployed, insured with public entitlements.

Current weight = 233 pounds, BMI 35+

Using insulin for diabetes; diagnosed when she was 31 years old.

She reports being a smoker since she was 16 years old.

In addition to using insulin, Diana says she takes mood stabilizers and Latuda for her mental health, disclosing to you she has bipolar disorder.

The Case of Diana: History & Physical