

Health Literacy in Older Adults: Fall Prevention and Health Literacy in the State of Kansas

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Low health literacy skills continue to be reported within the published literature. Health literacy levels for older adults are reported to predict health outcomes. This study investigated health literacy rates and fall data using 2012 and 2014 state data. A Retrospective Data Analysis was conducted with data collected by the State of Kansas Health Department using the state-led supplemental question option for the Centers of Disease Control (CDC) Behavioral Risk Factor Surveillance System (BRFSS) survey. Specifically, trend data for respondents were examined by gender, geographic location and health literacy rate. Results indicate females have a higher estimated mean number of falls and injuries than males. The findings support the importance of addressing fall prevention for older adults. Long term implications for improving fall prevention and health literacy include potential positive impact on individual outcomes. There is a need for continued education about fall prevention for all older adults.