

Can a brief peer-led intervention improve health literacy among PLHW?

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Intro

- Electronic health (eHealth) technology show promise for addressing some HIV management challenges.
- However, a patient's health literacy and numeracy still play a role in their ability to make the most of eHealth technology.

Objective

To determine if a 6-week, peer-led intervention would improve health literacy, eHealth skills and numeracy among persons living with HIV

Methods

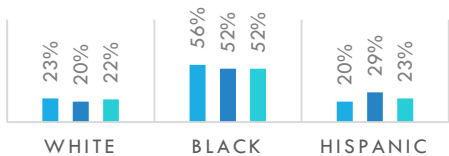
Participants were randomly assigned (1:1) to an intervention group (n=180) or a control group (n=179).

Outcome measures collected at baseline, eight weeks post-baseline, and at six months:

- We performed descriptive analyses and we examined the effect of the intervention on health literacy and numeracy using an as-treated mixed linear regression model

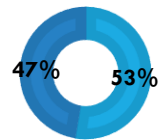
RACE & ETHNICITY

■ Intervention (n=162)
■ Control (n=161)



MALE (%)

■ Intervention (n=162)
■ Control (n=161)



Age 54 yrs (mean)



Less than HS Diploma (33%)

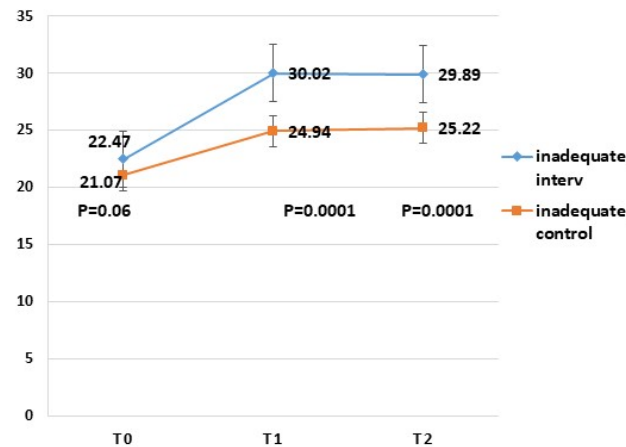
The **intervention had a favorable impact** on participants' HIV health literacy and eHealth literacy.

The improvements were **most pronounced** in those that had inadequate health literacy at baseline.

Our findings have implications for broadening the function of peer-workers in the health care continuum.

Mean eHEALS scores overtime, by randomization group

Inadequate eHEALS scores at T0 (baseline)



Adequate eHEALS scores at T0 (baseline)

