



# Impact of Literacy on Obesity and Hypertension

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## ABSTRACT

Patients with unmet social needs have above-average rates of chronic conditions. Through the Care Coordination model, support was provided utilizing education to improve outcomes and quality of life for patients 18 years of age and older with unmet needs due to social determinants of health. This quality improvement project improved patient outcomes through collaboration and education.

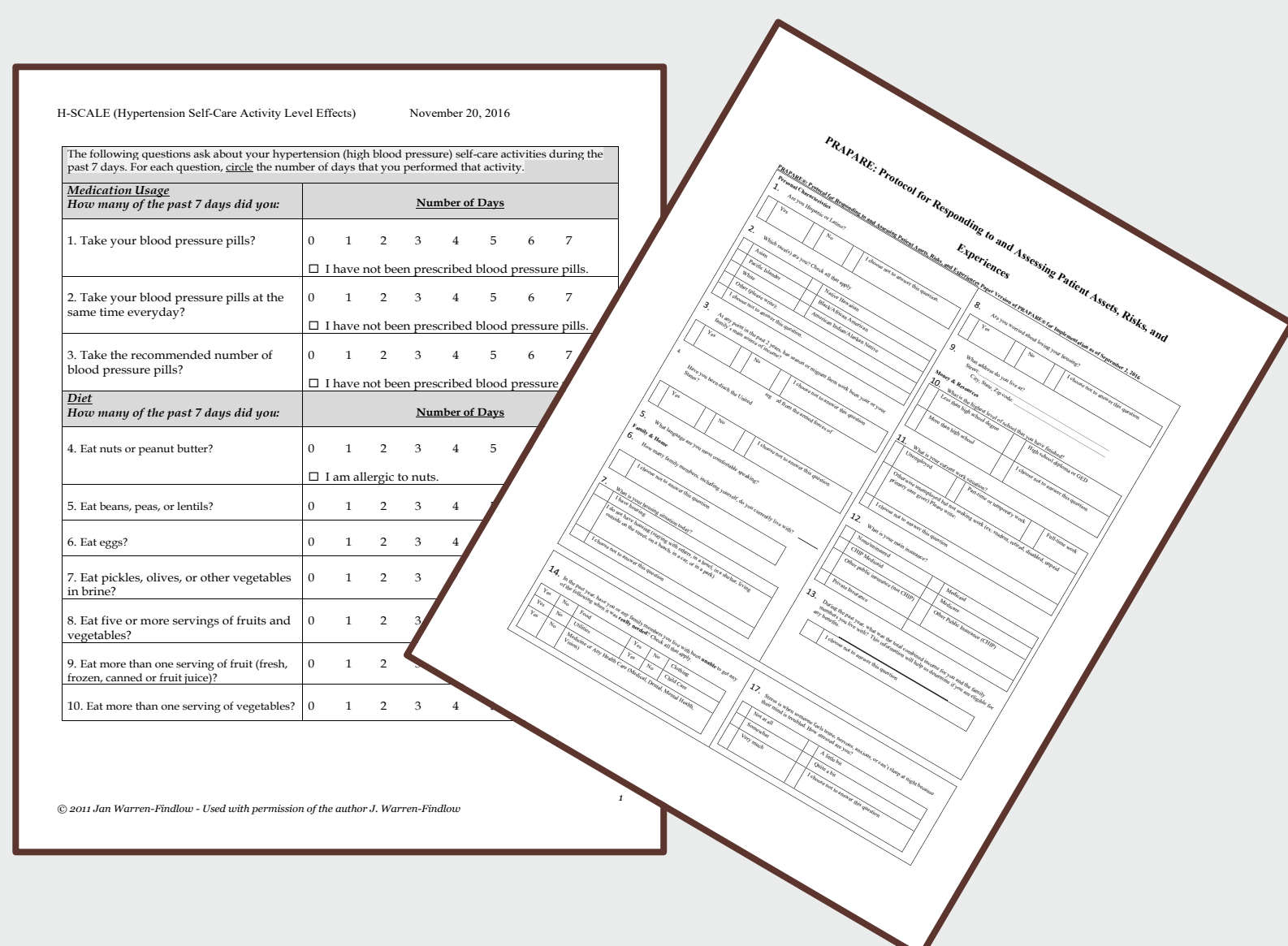
## BACKGROUND

Social Determinant of Health that was identified in the patient population was literacy. Focused patient population included:

- Illiterate Patients with HTN = 85
- Illiterate Patients with Obesity =134
- Illiterate Patients with Obesity & HTN =49

## METHODS

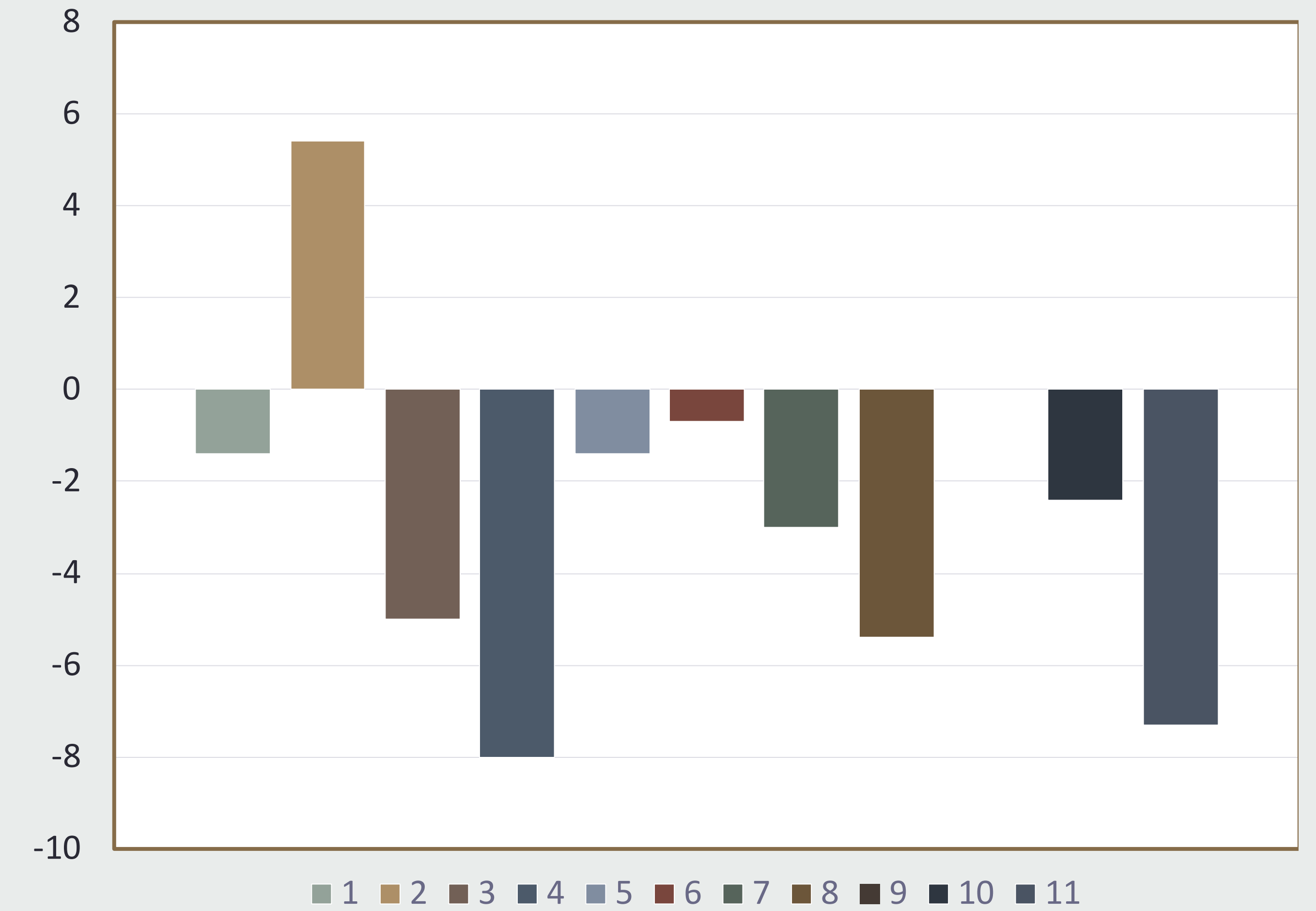
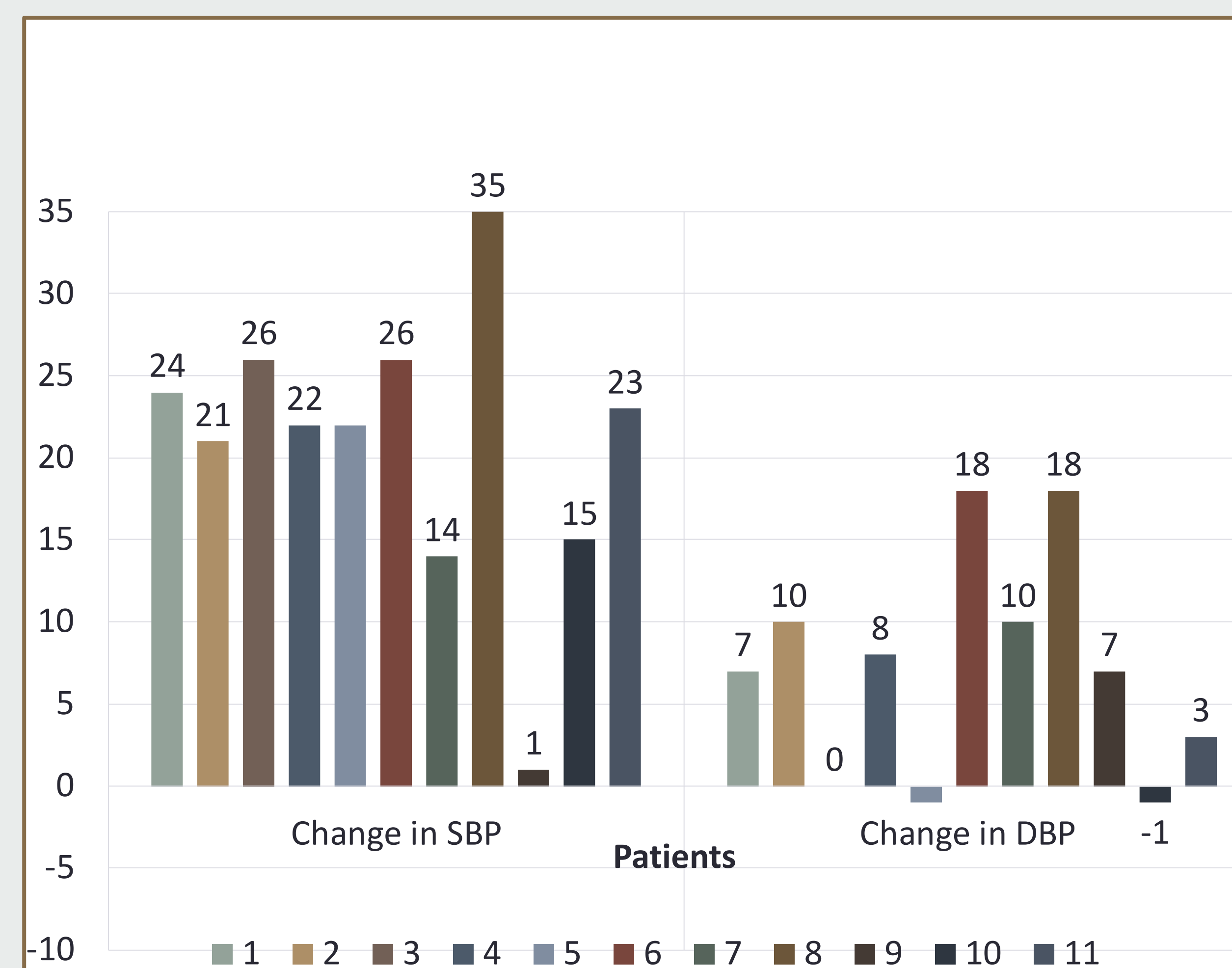
- The Protocol for Responding to and Assessing Patient Assets, Risk, and Experiences (PRAPARE) tool
- Self-care hypertension screenings
- Dietary education and food label reading
- Home blood pressure monitoring and dietary recall logs
- Labeling foods within the grocery store known to help improve blood pressure



## DISCUSSION



## RESULTS



## SUMMARY & CONCLUSIONS

Patients	Initial B/P	Final B/P	Initial Wt.	Final Wt.
Patient 1	179/67	155/60	185	183.6
Patient 2	145/87	124/77	187.6	192
Patient 3	175/79	149/79	252	247
Patient 4	168/90	146/82	218	210
Patient 5	154/84	132/85	160	158.6
Patient 6	140/90	114/72	226	225.3
Patient 7	147/92	133/82	199	196
Patient 8	150/100	115/82	175	169.6
Patient 9	146/90	145/83	249	249
Patient 10	152/76	137/77	194	191.2
Patient 11	150/88	127/85	356	348.7