

# Towards Critical Health Literate Communities

## A Qualitative Systematic Review on Community-Based Participatory Action initiatives

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### Background

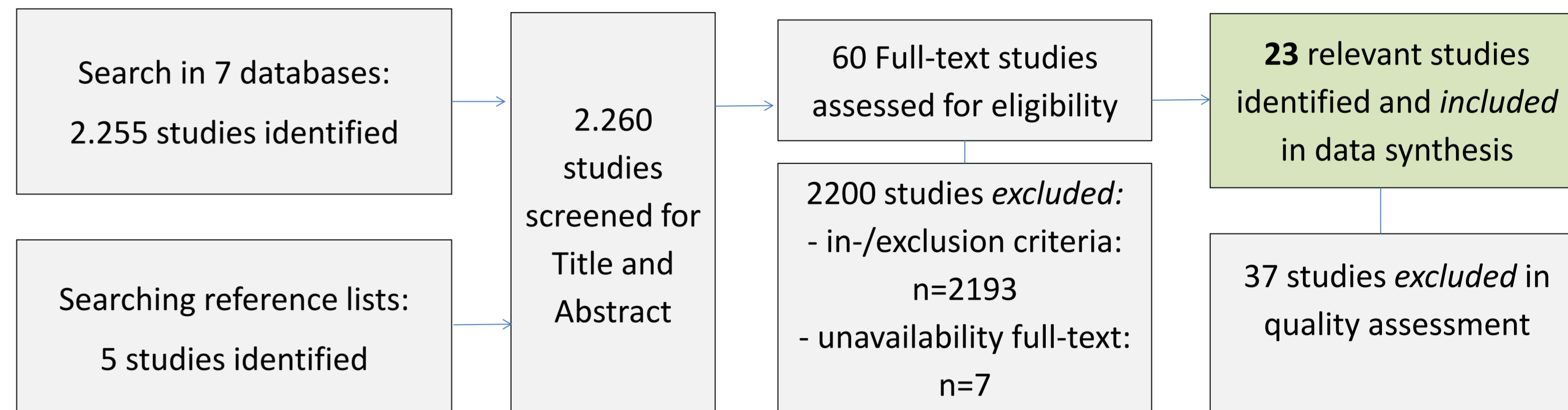


### Research question

How do Community-Based Participatory Action initiatives address Critical Health Literacy of older adults in their community?

### Methods

Systematic review of qualitative studies & qualitative data synthesis



### Results

#### Knowledge in context

*"According to participants, health is holistic and is achieved as a way of life/living. The theme highlighted the individual and communal paths to wellness." (art.1616)*

*"Although house meeting participants spoke about their lack of knowledge about the U.S. health care system, they also frequently pointed to the lack of knowledge of and the insensitivity of doctors and other health system staff towards Africans" (art. 216)*

*"Free or low-cost activities, such as dance and water aerobics, housed in community centers where the "whole family could be involved...the children and adults," were recommended." (art. 1051)*

#### Collaborative learning

*"Even for individuals with supportive families, support groups were seen as important venues to share experiences, learn about new resources, and bond with those in similar circumstances" (art.226)*

*"...mental disorders are not part of the Hmong world-view." However, "As the discussions continued, participants expressed a genuine interest in learning about how psychiatric symptoms could be viewed and treated from a Western perspective." (art. 389)*



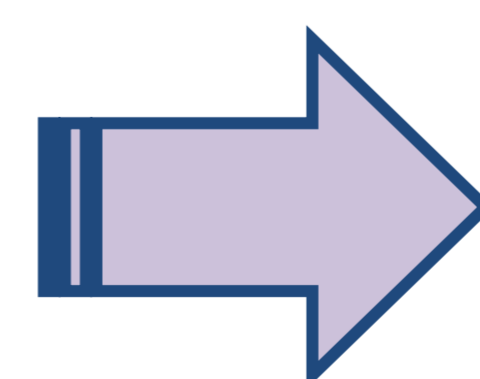
#### Community actions

*"The needs expressed by the aged persons, their caregivers and their family members are filtered through the constraints posed by the system, with the result that some of the needs will be met, while certain needs and citizens are left without support or services."(art. 2046)*

### Conclusions

#### Community-Based Participatory Action initiatives

- Social and Cultural Context
- Personal Needs
- Involvement of community and health system actors
- Empowerment
- Social change



#### Critical Health Literacy

- **Knowledge in context:** The basis for learning and acting; awareness of needs
- **Collaborative learning** and preconditions to learning
- **Community actions,** ways and barriers to act

### Recommendation

Critical Health Literacy at the *community level* can be supported through Community-Based Participatory Action initiatives