

## Richmond Digital Health Literacy Project Learning Objectives

Curriculum publicly available by creating a free account at: [www.richmondhealth.learnerweb.org](http://www.richmondhealth.learnerweb.org)

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More resources available at <http://digitalhealthliteracy.weebly.com/resources.html>

Learning Plan	Topic	Step	Health literacy learning objectives	Digital literacy learning objectives
<b>DH1</b>	<b>Finding health information online</b>			
		Understanding websites	Define health literacy	Identify parts of a website; change text size on a website; find keyword on a website
		Finding websites	Understand difference between a google search and starting with website created by health professionals; understand how to use the medlineplus.gov website	Identify ads on google results
		Trusting websites	Identify trustworthy health websites	Evaluate the credibility of a webpage
<b>DH2</b>	<b>Finding health services</b>			
		Types of health services	Understand role of different healthcare providers and settings (primary care, emergency, urgent care, advice nurse, dentist, optometrist, specialists)	Understand difference between using "Ctrl + F" to find keyword on website and website search bar
		Choosing health services	Identify when to seek care at an emergency department, urgent care, or primary care provider; introduction to symptom checker websites	Use an interactive graphic that requires clicking for more information
		Finding health services	Identify nearby healthcare providers (ED, urgent care, primary care, eye care, dental care)	How to get driving, transit, or walking directions with google maps
<b>DH3</b>	<b>Health insurance</b>			
		What is health insurance?	Define health insurance, Affordable Care Act, and Covered California	Review of internet navigation skills: tabs, change text size, identify web address
		Affording health insurance	Use Covered CA website to determine health insurance eligibility	Fill in an online form
		Signing up for health insurance	Identify local organizations to assist with health insurance enrollment	Find contact information and understand contact options on a website: livechat, phone, find local office

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<b>DH4</b>	<b>Using Health Services</b>			
		Making an appointment	Identify information needed to make an appointment	Identify parts of google maps
		Before your appointment	Use a question builder to prepare for an appointment; understand right to request an interpreter	Identify parts of a pdf
		During your appointment	Review of questions to ask during an appointment	Identify parts of youtube site
		After your appointment	Identify criteria to consider for evaluating your healthcare provider and actions to take after an appointment	Introduction to ehealth portals
<b>DH5</b>	<b>Emotional Wellness</b>			
		What is emotional wellness?	Understand that emotional and mental problems are common and that many resources exist to provide support and recovery	Use drop down menus and categories to filter resources on a website; identify parts of a vimeo video
		Improving emotional wellness	Find local mental health and substance abuse services; identify suicide prevention needs and options in Contra Costa County	Use an online services locator to find local resources and contact information based on location and other criteria; review of drop down menus
		Maintaining emotional wellness	Understand connections between mental health and physical health (exercise, time outside, eat healthy, social connections, sleep)	Identify what do when a website address or link shows an error message
<b>DH6</b>	<b>Physical Wellness</b>			
		What is physical wellness?	Understand how to use healthfinder.gov website	Fill in an online survey form; open and close new web browser tabs
		Improving physical wellness	Identify actions and resources to support physical wellness	Review of contact options on a website; review of tabs and sections within a website
		--Making changes	Learn tips for making small and big changes in health behaviors	Practice using different types of websites
		--Eating healthy	Introduction to appropriate food portions; importance of drinking water and opportunity to try Richmond's 30 Day Challenge	Practice using different types of websites
		--Being active	Physical activity basics; introduction to local walking club	Practice using different types of websites
		--Quitting smoking	Identify health benefits of quitting smoking	Practice using different types of websites

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		Maintaining physical wellness	Define chronic condition; identify common chronic conditions in Richmond (asthma and diabetes)	Evaluate the credibility of a webpage; review of how to find specific information on a particular website
<b>DH7</b>	<b>Family wellness</b>			
		What is family wellness?	Understand how family meals, physical activity, and limited screen time can support health	Email website information to yourself or a friend; introduction to captcha codes
		Improving family wellness	Identify how households can support the health of everyone who lives together	Review of parts of youtube site
		--Nutritious meals	Identify sources for healthy and affordable recipes	Practice reviewing different types of websites; practice viewing youtube video
		--Healthy homes	Identify how to improve the environmental health of homes and prepare for disasters	Use an interactive game; practice viewing youtube video
		--Children and teens	Introduction to resources about First5, cyberbullying, and teen relationship violence	Practice viewing different types of videos
		Maintaining family wellness	Awareness about local organizations that can help support family health	Review of tabs within a website and browser; review of smartphone apps
		--Social services	Identify social services for food, housing, and seniors and people with disabilities	Review of how to use a google map to find location and contact information
		--Financial wellness	Identify actions and organizations that can help you earn and save money	Practice using different types of websites
<b>DH8</b>	<b>Community wellness</b>			
		What is community wellness?	Identify factors that contribute to community wellness (safety, environment, art and culture, and social connections)	Practice viewing youtube and vimeo videos; review of how to query a map for specific information
		Improving community wellness	Connect with local leaders and community members to support community health	Introduction to City of Richmond app for smartphones; Understand how to navigate the City of Richmond website and find contact information
		Maintaining community wellness	Identify community organizations for support or volunteering opportunities	Review of how to use a google map to find location and contact information