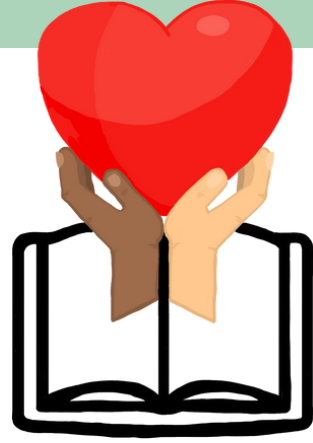


# Health Fluency Project

Supporting the health of non-native English speakers in Boston and Beyond

## Welcome!

The Health Fluency Project is a student-led initiative that aims to improve health literacy and communication in non-native English speaking communities in Boston and beyond. This newsletter is to keep you up to date with our mission!



## Some Thoughts...

The Health Fluency Project, like all initiatives, started as a conversation. As most of you may know, we were close friends, even roommates, in college much before the idea of HFP was created. It was only through table-side conversations about our lives, our communities, and our drive to try to make some kind of difference in the communities that made us who we are, that led to the creation of HFP. They empowered our efforts to try to give back to our community and ensure the language-barrier we both saw first-hand in our own households doesn't distance health care from those who need it most.

With this being said, we strongly believe the best way to approach such a complex, multi-faceted issue is through empowering youth leadership, encouraging their efforts to make a difference in their communities. Engaging closely with community members and building trust allows the initiative to be led by the communities needs rather than the other way around. That's why HFP has made it its mission to empower youth leadership in this fight for health access and literacy, something we, as well as so many in the country, hold close to our hearts. Like so many of you have done for us, we want to be the force for empowerment—a voice—for those like us.



# Improving Access

- HFP has expanded to new locations!
- Introducing new workshops in **San Jose, CA** and **Cleveland, OH** in the fall!
- Workshops at past sites as well as new ones in the Boston area are to be kickstarted once again!

## Recent Advancements

- To date, we have reached over 3,300 people across more than 50 countries!
- Working closely with multiple communities throughout the country for new initiatives and projects
  - Onboarding initiatives underway for more project leads, youth leaders throughout the country dedicated to making a difference in their own communities.
- Advocacy
  - HFP has been accepted to present at the National Research Conference at UPenn in October!

## Upcoming Projects

- Finalizing recruitment and partner sites/chapters
  - More project lead applications being reviewed and proposals being made
- More Infographics/Handouts underway!
- Development of individual health literacy workshop assessment tools.
- Establishing 501(c)(3) status—paperwork filed

thank you for tuning in!

we'll catch you next time.

— the health fluency project

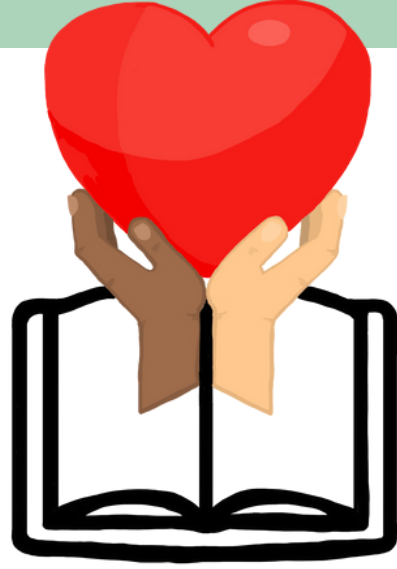


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## Recent Advancements

- To date, we have reached over 3,100 people across more than 50 countries!
- HFP is expanding!
  - In the process of recruitment from across the country, setting up satellite HFP programs in multiple major US cities.
  - Recruiting for Project Leads and Volunteers
    - Over 10 new team members, both project leads and volunteers, recruited!
    - Creating new community partnerships for more projects to come as workshops, information campaigns, and advocacy!

thank you for tuning in!

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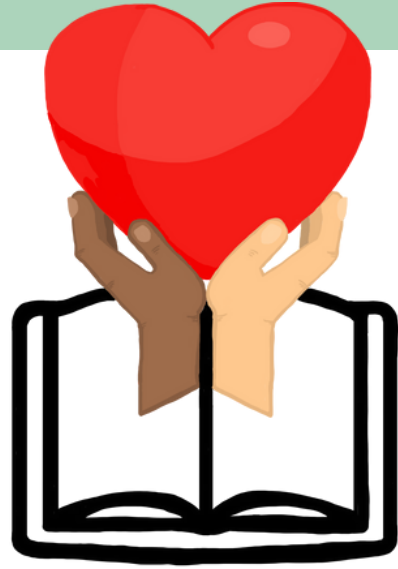
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## Empowering Information

- **New handouts released!**
  - Navigating Pregnancy, Over-the-Counter Medications, Addiction, and Contraceptives
  - Reviewed by physician team —translations coming soon!
- **To date, we have reached over 2,900 individuals across 50 countries!**

### Navigating Pregnancy Care

A GUIDE FOR WHAT TO EXPECT THROUGHOUT YOUR PREGNANCY



**1 CONCEPTION**  
Visit your OB/GYN to find out whether any medications you are taking are safe and look into a maternal screening for genetic diseases that may be passed on to the baby. They will help you set up a plan for a successful pregnancy.

**2 SECOND TRIMESTER**  
- 13 weeks to 27 weeks -  
**15-20 weeks:** May receive Maternal Serum Screen-tests for baby's wellbeing based on need.  
**18-20 weeks:** The most famous test—ultrasound appointment. This test checks your baby's organ health as well as may reveal the baby's gender.

**3 24-28 weeks:** You will be checked for gestational diabetes. Some individuals develop diabetes during their pregnancy which must be closely monitored.  
**28-30 weeks:** Tetanus, Diphtheria, Whooping Cough vaccination (TDAP vaccine)  
**36 weeks:** GBS Test (simple test for Group B strep bacteria)

**LABOR & DELIVERY**  
Congratulations! You have many options for a smooth delivery—ask your doctor what is right for you. Most choose vaginal delivery, but some may need a Caesarian Section (C-section). Ask your doctor!

**FIRST TRIMESTER**  
- Conception to 12 weeks -  
First Prenatal check-up: your first visit will include a physical and pelvic exam, Pap test, blood/urine labs, and flu vaccine. This is where you can discuss with your doctor about any questions, recommendations, and concerns you may have.  
**11-14 weeks:** first-trimester screening. This includes blood testing and ultrasound exams to test for the fetus' genetic health.

**THIRD TRIMESTER**  
- 28 weeks to Birth -  
Contact your OB/GYN or seek immediate care if you notice:  
Headache that won't go away or gets worse over time.  
Dizziness or fainting. Changes in your vision. Fever of 100.4°F or higher. Extreme swelling of your hands or face.  
Thoughts of harming yourself or your baby. Trouble breathing. Chest pain or fast beating heart. Severe nausea and throwing up. Severe belly pain that doesn't go away. Baby's movement stopping or slowing during pregnancy. Severe swelling, redness, or pain of your leg or arm.

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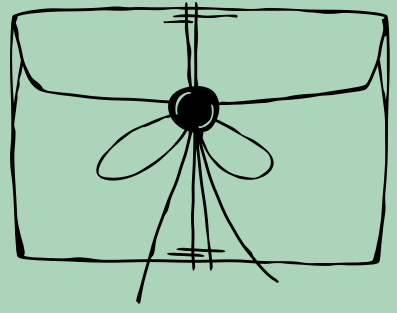


## Improving Access

- To date, we have held over 20 workshops for over 215 individuals across the Boston area on HC communication skills.
- Using AuxHealth's MD&Me AI tool for augmenting practicing skills.

# Call for Action

Recently, we have seen significant interest in materials like ours, a need we want to fill. If you have any ideas for new handouts you would like to be created, please let us know!



## Recent Advancements

- HFP is expanding!
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  - Recruiting for Project Leads and Volunteers
    - Project leads are empowered to pursue any passion of theirs or collaborate with their community of choice (full autonomy)
  - Recruitment has been underway with first team meeting with new volunteers!
- Over 10 new team members, both project leads and volunteers, recruited! Further projects and recruitment initiatives underway

## Upcoming Projects

- Finalizing recruitment and partner sites/chapters
  - More project lead applications being reviewed and proposals being made
- More Infographics/Handouts underway!
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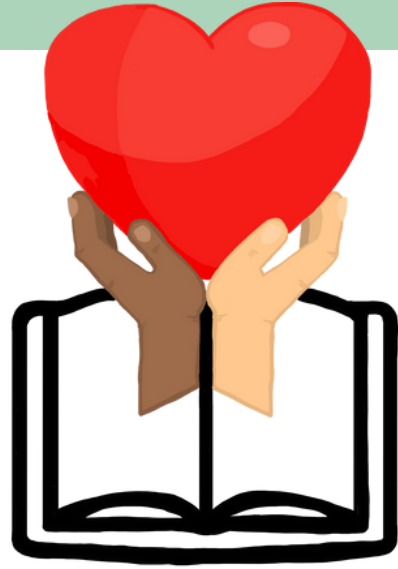


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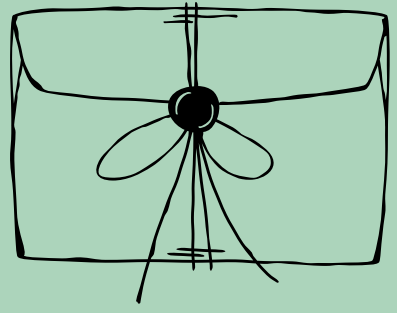


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  - Recruitment has been underway with first team meeting with new volunteers!
- Interview with Red Cross youth club
  - Silver Creek High School to promote youth leadership and participation in their communities

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