

Presentation:

In preparation for making the instructional presentation for Wellness Instructors, I first took PowerPoint (PP) classes offered through my employer's educational department to learn the tools needed. It was very helpful to have these classes readily available to teach me the finer details about constructing slides and personalizing them for my presentation.

In addition to this learning, I viewed the PP by the International Association of Science and Technology for Development and the voicethreads by Kmac

(<http://unc.voicethread.com/share/985279/> and <http://unc.voicethread.com/share/985142/>) to improve legibility and simplify slides to focus on key details. Concepts incorporated in my presentation include:

1. Used a simple background that is not distracting. I removed the background graphic on slides where information presented would conflict with the background.
2. Used high contrast between background and font colors
3. Clear titles for slide information
4. Most of the font was 24-32 pt with references in 18 pt.
5. Minimized wordiness and used bulleted lists to highlight key points
6. Included graphics to reinforce information presented
7. Avoided colors, graphics, and animation that could be distracting

Health Literacy Assessment:

To ensure appropriate health literacy for the member handout, the voicethread of "Health Literacy 101" by DeWalt and Pignone was viewed (<http://unc.voicethread.com/share/984634/>).

Main concepts incorporated into the handout include:

1. Simple wording, short sentences, 4th-6th grade level
2. Include pictures/graphics
3. Focus on key points
4. Emphasize patient concerns: what patients should do
5. Minimize disease statistics, anatomy, and physiology

Suitability of Materials score was 89% or superior.

Readability was assessed through Word based on the grade rating. The entire handout is rated as a 6.5 grade level, but the specific exercise guideline section is at a 5.4 grade level. The highest grade level section is the back panel regarding physical therapy intervention, which resulted in a higher overall rating due to use of medical terminology.

The handout was also assessed with the "Print Materials for Older Adults-A Checklist." According to the checklist, the handout is appropriate in terms of language (avoids abbreviations, technical terms, and uses an active voice), organization (answers why the topic is important, info grouped in meaningful sections, clear headings, uses bullet points, scope is limited), and visual presentation (font size >13, minimal use of caps/italics/underline, dark text on light background).