Ryan Rubio

Capstone Health Literacy Assessment

Unlike my voicethread presentation, which is intended as an educational tool for pediatric physical therapists in a variety of practice settings, the brochure is intended for a broader audience. This brochure can be utilized by physical education teachers, adaptive physical education teachers, classroom teachers, physical therapists, and occupational therapists, all of whom can inform children and their parents as to the potential benefits of martial arts as a method of promoting an inclusive physical activity.

Research shows that most parents read at below a high school reading level, and after analysis the brochure was rated at a Flesch-Kincaid Grade Level of 7.9, which puts it at around an 8th grade reading level. This is an ideal score for most documents, and it keeps the reading level below high school levels.

As per the recommendations of the resources provided in the capstone course, the brochure avoids technical jargon and utilizes short sentences and lists. There are some uncommon words, such as the names of various medical diagnoses and martial arts styles, but that was unavoidable. Healthcare providers need to be sensitive when discussing children with disabilities, so “people first” language is used, which emphasizes the focus on people and not the disability. This helps keep the tone upbeat, encouraging, and friendly.

References:

Davis TC, Mayeaux EJ, Fredrickson D, Bocchini JA Jr, Jackson RH, Murphy PW. [Reading ability of parents compared with reading level of pediatric patient education materials.](http://www.ncbi.nlm.nih.gov/pubmed/8115206) Pediatrics. 1994 Mar;93(3):460-8. PubMed PMID: 8115206.

Health Literacy Universal Precautions Toolkit. NC Program on Health Literacy. Available at: <http://nchealthliteracy.org/toolkit/>. Accessed February 15, 2014.

People First: A Guide for Using People First Language. West Virginia Division of Developmental Disabilities. Available at [www.state.wv.us/ddc](http://www.state.wv.us/ddc).