



# Health Literacy

Part 3:  
Designing Data Visualizations



# Facilitators



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A teal oval containing the word "Agenda" in white. The background features several blue circular and semi-circular shapes, some with a hatched pattern, and a teal arc at the top left.

# Agenda

- 01** Introduction – Facilitators & EPRC
- 02** Learning Objectives
- 03** Importance of Health Literacy
- 04** Creating Materials (review)
- 05** Data Visualizations
- 06** Designing Infographics
- 07** Presenting Report/Article Summaries
- 08** Recap & Resources



# Emory Prevention Research Center

Partnering with communities and leveraging research to prevent cancer and promote health equity



# Emory Prevention Research Center (EPRC)

Core (CDC-funded) research focuses on cancer prevention & reducing health disparities related to chronic disease in **rural** communities

Based in the Department of Behavioral, Social, and Health Education, Rollins School of Public Health, with strong connections to Winship Cancer Institute

Funded by CDC from 2004-2014, and now again 2019-2024

Strong partnership in **southwest Georgia** since 2004, building on Cancer Coalition of South Georgia's (now called Horizons Community Solutions) Board of Directors for our **Community Advisory Board** initially and prior study on smoke-free homes

**Encourage and support SIP proposals to focus on southwest Georgia when appropriate**



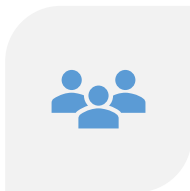
RESEARCH



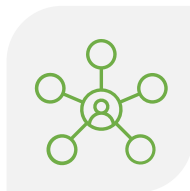
EVALUATION



TRAINING



COMMUNITY



DISSEMINATION

EMORY UNIVERSITY

ROLLINS SCHOOL OF PUBLIC HEALTH

Emory Prevention Research Center

About EPRC Research Evaluation Training Community Dissemination

PRC PREVENTION

Partnering with communities and leveraging research to prevent cancer and promote health equity

With a strong emphasis on rural Georgia

**Welcome!**

Welcome to the website for the Emory Prevention Research Center (EPRC). We are dedicated to improving the lives of Georgia residents by developing and testing innovative interventions, evaluating promising practices, and training practitioners on evidence-based practices to prevent cancer and other chronic diseases. We are located in Emory University's Rollins School of Public Health. Please take a moment to browse our website and learn more about the EPRC.

**Spotlight On**

Abby Morales, a SurvivorLink™ Summer Intern is spending the summer working with the EPRC. Abby is a great addition to the team and is focusing on caregivers of pediatric cancer survivors and young adults. Learn more about her [here](#).

**What's New?**

Drs. Kegler and Escoffery were featured in **SAPORTA REPORT** July 18th on SaportaReport, Emory's Winship Cancer Institute Works to Bridge Racial Disparities in Cancer.

More >

More >

More >

# Training Symbols

01



Zoom Poll

02



Annotate Feature

03



Video Clip

04



Breakout Room  
OR  
Chat

# Learning Objectives



Discuss the elements of an effective infographic



Create informative data visualizations



Describe user-friendly infographic software





# Importance of Health Literacy



# Which of the following is the strongest predictor of an individual's health status?

**A** Age

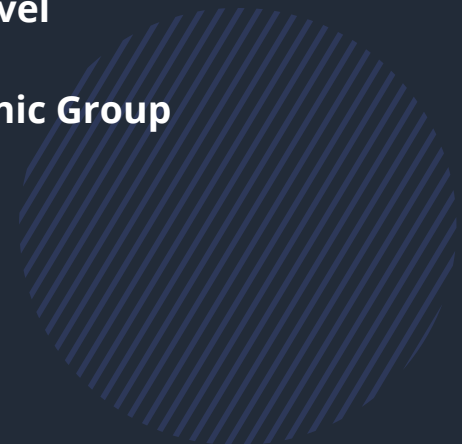
**B** Income

**C** Health Literacy Skills

**D** Employment Status

**E** Education Level

**F** Racial or Ethnic Group



# What is Health Literacy?

---

“The degree to which individuals have the capacity to **obtain**, **process**, and **understand** basic health information and services needed to make appropriate health decisions.”

**The strongest predictor of an individual's health status**

# Low health literacy is more prevalent among:

- Older adults
- Minority populations
- Medically underserved people
- Those who have low socioeconomic status



# Low health literacy is linked to...

- Increased hospital stays and visits to the ER

- Decrease in likelihood to follow treatment(s)

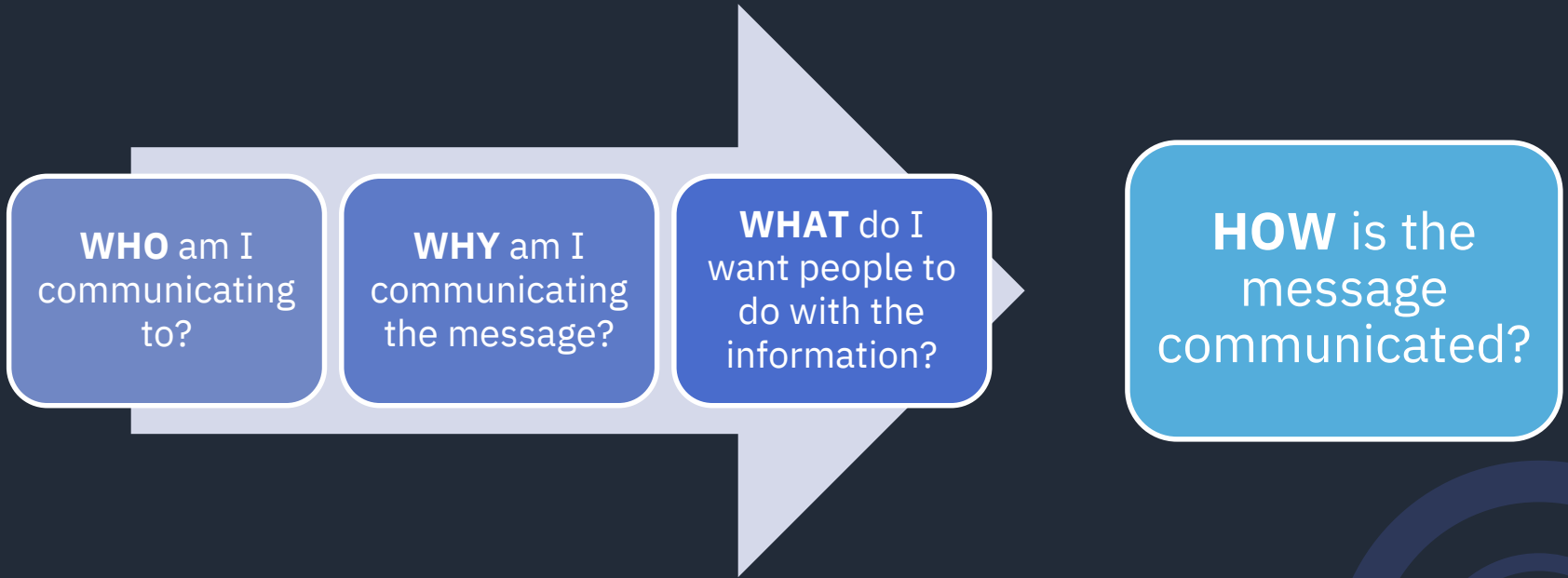
- Avoidance of important medical tests

- Absence or decrease in preventative health behaviors

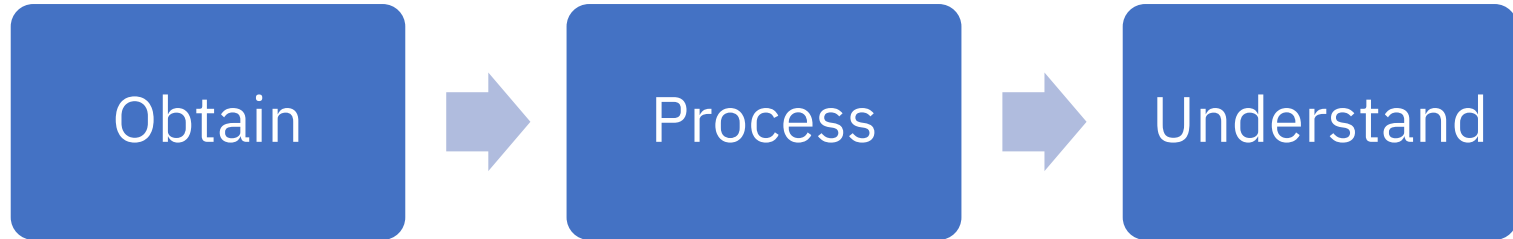
- Higher mortality rates

- Poorer quality of life

# Communicating the Message



# The WHO Receiver (patient, client...)



...



...



# Creating Materials

(Review)







# Tips for Creating Successful Materials

- Identify your audience

- Select a platform/canvas

- Write in active voice using plain language

- Create/use colorful graphics and visuals

- Include white space

- Test for readability

# Creating Materials: Formatting

Spacing

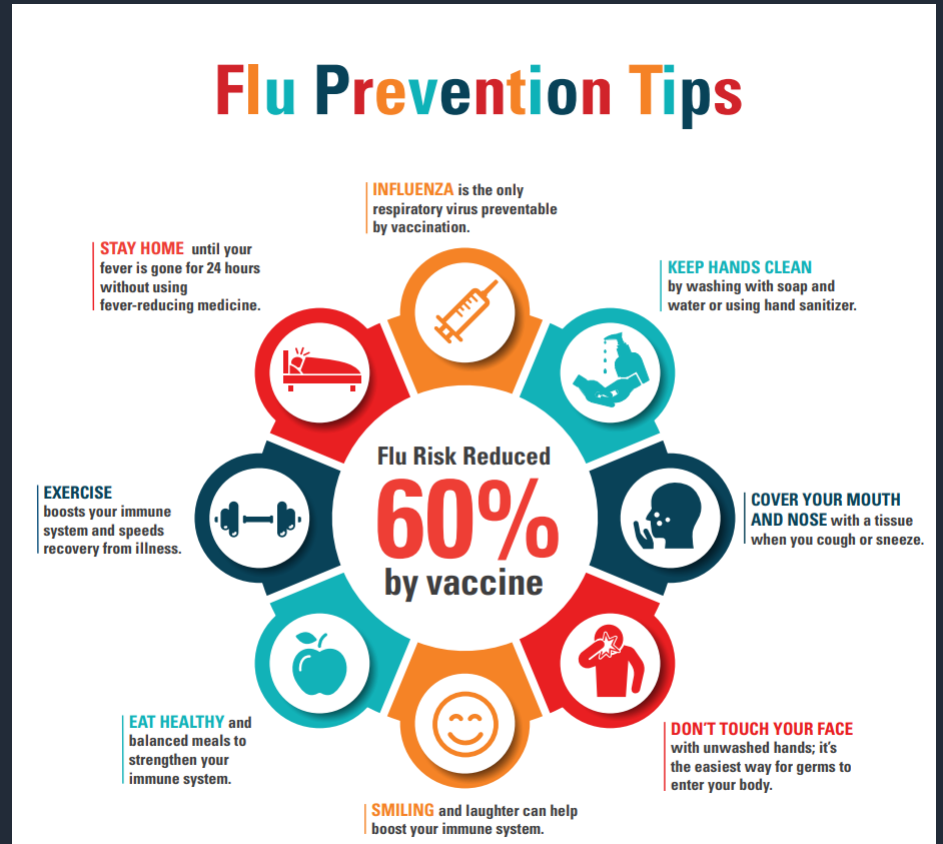
Color (page, text, images)

Images/Icons/Visuals

Flowcharts/Graphs/Data Visualizations

Font Size

Bold/Italic/Underline



# Creating Materials: Words

Do not use Abbreviations & Acronyms

Bold/Italic/Underline Key Terms

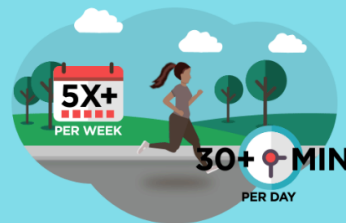
Lay-friendly Vocabulary

Short Sentences & Sentence Structure

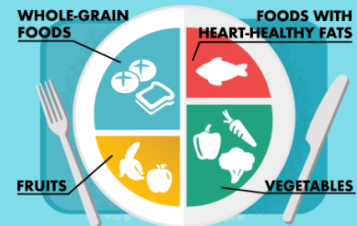
## Healthy Living with Diabetes: The Simple Step You May Be Missing

While there is no cure yet for diabetes, there are steps you can take to stay healthy. You may know the basics:

**Make time for regular physical activity.**



**Eat right.**



**Keep up with medical care.**



# Creating Materials

Arrows

Titles

Highlights

Bullets

Chunking

Using Other Images to Scale

Layout

Design

Audience

Type of Handout (brochure, one pager, etc.)

Headings

## Layout & Spacing

Chunking  
Information



Bullet  
Points

Source: (unknown)

## Bullet Points

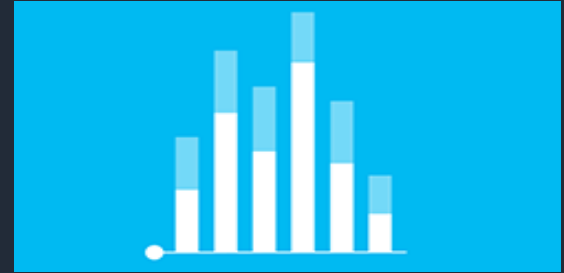
Children should get six shots by age 2:

- Measles, mumps, rubella
- *Haemophilus influenzae* type b
- Polio
- Diphtheria, tetanus, pertussis
- Hepatitis B
- Varicella

By age 2, children should get shots against measles/mumps/rubella; *Haemophilus influenzae* type b; Polio; diphtheria, tetanus, pertussis; hepatitis B; and varicella.

Source: [Simply Put\\_CDC\\_2009](#)

# Data Visualization





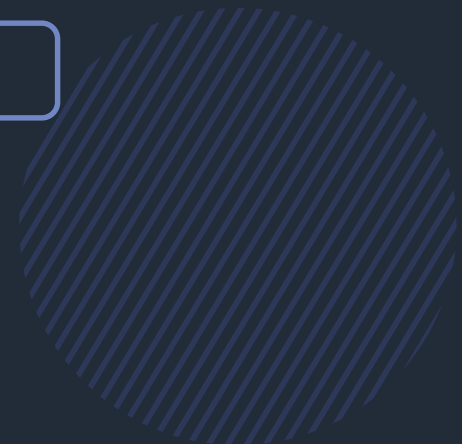
Approximately what percent of information transmitted to the brain is visual?

A 60%

B 70%

C 80%

D 90%



# What is Data Visualization?

---

“The representation of data through use of common graphics, such as charts, plots, infographics, and even animations.”

“These visual displays of information **communicate complex data** relationships and data-driven insights in a way that is **easy to understand**.”

# Types of Data Visualizations







# Approximately how many times faster are visuals processes in the brain than text?

A 60X faster

C 6,000X faster

B 600X faster

D 60,000X faster

**Human beings process visual information more efficiently than text**

# See for Yourself

Graphic  
Description



Textual  
Description

A plane figure with  
four equal straight  
sides and four right  
angles





# The Joy of Stats



(0:00 – 2:18)



# What's an Infographic?



(0:00 – 1:22)

# Infographic Components

- Charts & Graphs

- Facts & Statistics

- Visuals & Graphics

- Font & Color

- Text & Sources

- Layout & White Space



# Infographic Components

Charts &  
Graphs

Facts &  
Statistics

Visuals &  
Graphics

# Infographic Components

## Charts & Graphs

Infographics that share specific, numerical data may include charts and graphs as proof of the information's legitimacy and to make them easier to understand



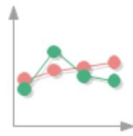
Pie



Bar



Column



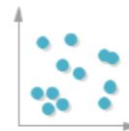
Line



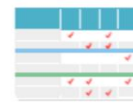
Area



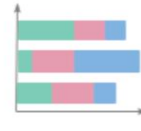
Doughnut



Scatter



Comparison Chart

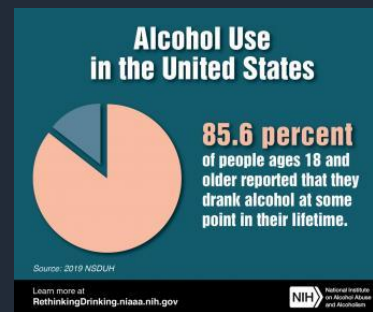


Stacked bar chart

# Infographic Components

## Facts & Statistics

Infographics rely on facts and figures to drive the narrative to help readers understand the content and context. They also help viewers draw a conclusion about the presented information



Sources:  
[Complete-Guide-to-Infographics](#)  
[Food Allergy-Stats](#)  
[NIH-Alcohol Use](#)



# Infographic Components

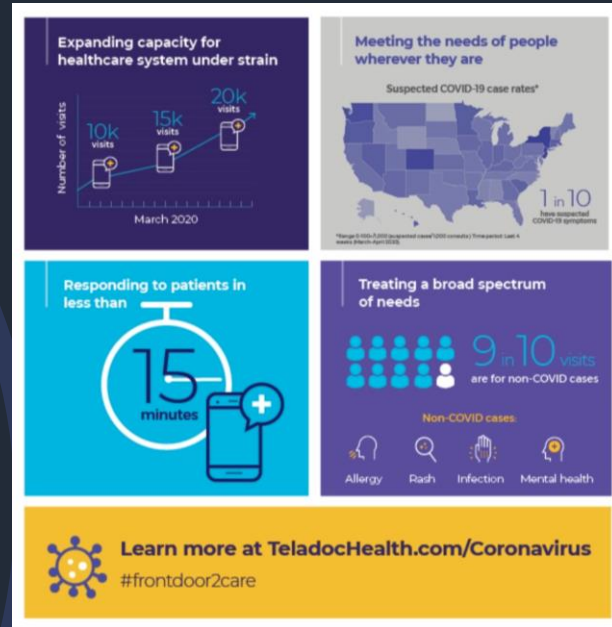
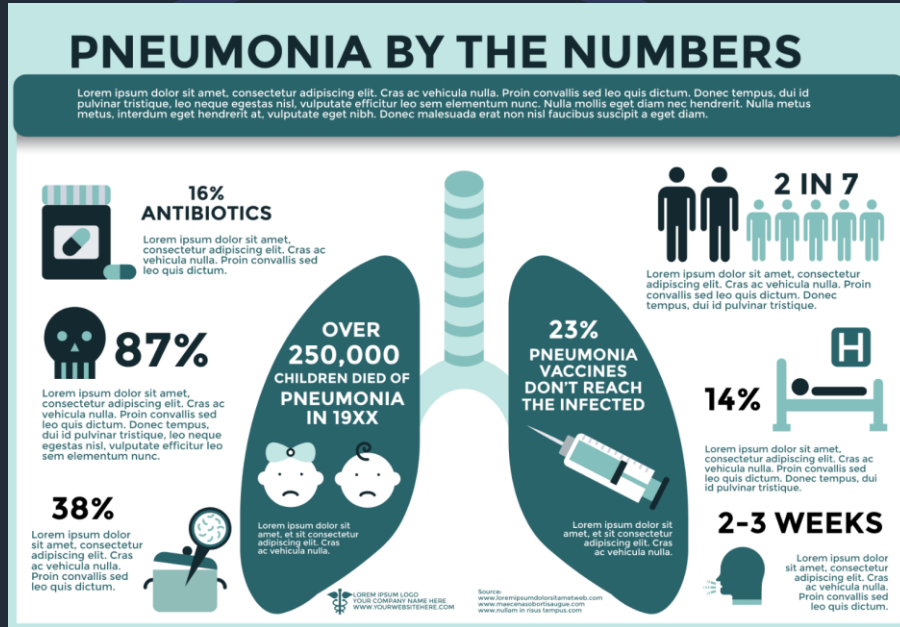
Visuals & Graphics

Many infographics use photos, illustrations, icons, or other visual elements to provide additional context and aesthetic design



Sources:  
[Complete-Guide-to-Infographics](#)  
[Beginner's Guide-Icon Graphics](#)  
[Healthcare-stock](#)

# Quantitative Infographics



# Qualitative Infographics



## ANTIBIOTIC RESISTANCE WHAT YOU CAN DO



Antibiotic resistance happens when bacteria change and become resistant to the antibiotics used to treat the infections they cause.



- 1 Only use antibiotics when prescribed by a certified health professional
- 2 Always take the full prescription, even if you feel better
- 3 Never use left over antibiotics
- 4 Never share antibiotics with others
- 5 Prevent infections by regularly washing your hands, avoiding contact with sick people and keeping your vaccinations up to date

[www.who.int/drugresistance](http://www.who.int/drugresistance)  
#AntibioticResistance



## GLOBAL DISEASE DETECTION

Preventing, detecting, and responding to disease threats through regional centers around the world.

### SCIENCE

2015  
\* ZIKA

In 2015, GDD Regional Centers rapidly expanded existing acute febrile illness surveillance platforms to examine the global distribution of Zika virus. This research helps scientists and clinicians around the world to identify and prevent Zika virus infections.

### 2003 SARS

In 2003, the World Health Organization declared the SARS pandemic a Public Health Emergency of International Concern (PHEIC). The US Congress recognized the need to protect global health security and created CDC's GDD Program in response to SARS and to protect the world from future PHEICs.

### PUBLIC HEALTH NEED

2009  
\* H1N1

During the 2009 H1N1 outbreak, GDD Regional Centers, in collaboration with CDC's Influenza Division, worked with country and regional partners to establish diagnostic capacity to detect H1N1 in 57 countries.

### BOOTS ON THE GROUND

2014  
\* EBOLA

GDD global health experts deployed from their overseas posts to support the 2014-2015 West Africa Ebola outbreak. GDD experts worked side-by-side with local partners to stop the outbreak.

Read more here: <https://bmcpublichealth.biomedcentral.com/articles/supplements/volume-19-supplement-3>  
To learn more about DGHP visit: [www.cdc.gov/globalhealth/healthprotection](http://www.cdc.gov/globalhealth/healthprotection)











# Designing Infographics

# Step-by-Step

1

- Define your audience

2

- Define your goals

3

- Gather your information

4

- Choose a type of infographic

5

- Create a logical hierarchy in your data

6

- Pick and customize a template that fits your message

7

- Download, share, or embed your infographic

# Infographic Software

PowerPoint

Canva

Piktochart

Lucid Chart

Visme

Infogram

Venngage

Easel.ey

Adobe  
Spark

Snappa

Animaker

BeFunky

Bitable

Mind the  
Graph

Freepik

Stencil

Ceros

DesignCap

Google  
Charts

Kartograph

# Infographic Software



PowerPoint



Canva



Piktochart

# Tool #1

# PowerPoint





# Working with PowerPoint to Create Infographics

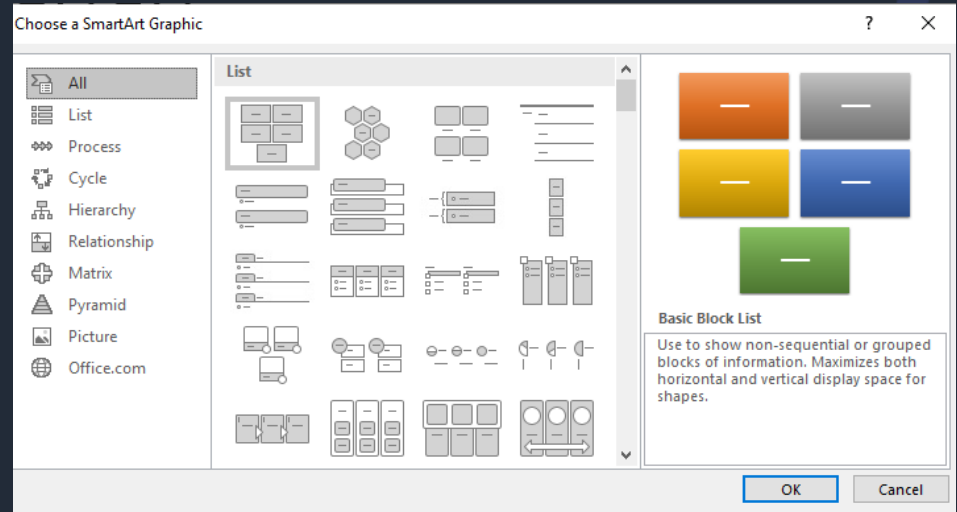
PowerPoint (Microsoft Word) has several features that will help you create infographics

Showcase Several  
Methods

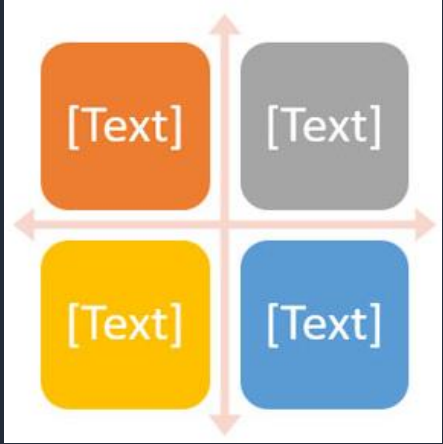
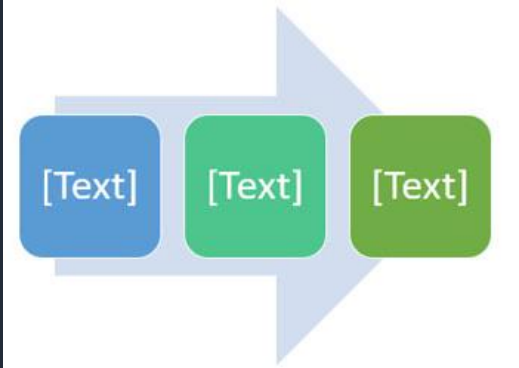
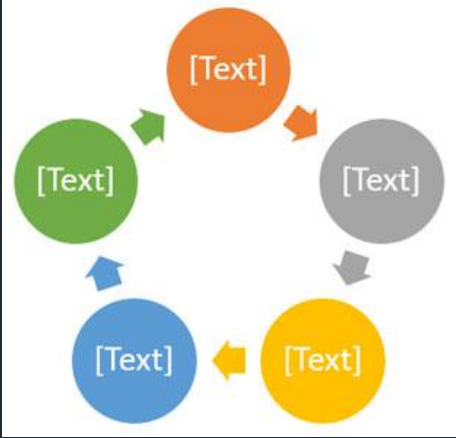
Practice with the  
Features

# SmartArt

- It is a feature in PowerPoint to help us create fast graphics or communicate information using pre-defined templates
- SmartArt Graphic options:
  - List
  - Processes
  - Cycles
  - Hierarchy (org chart)
  - Relationship
- How to:
  - Click on Insert
  - Click on SmartArt under Illustrations (second box)



# Some Examples



### Smart Art Infographics

<b>Venus</b> Venus has a beautiful name and is the second planet from the Sun	<b>Mercury</b> Mercury is the closest planet to the Sun and the smallest of them all	<b>Mars</b> Despite being red, Mars is a cold place full of iron oxide dust
<b>Jupiter</b> Jupiter is a gas giant and the biggest planet in the Solar System	<b>Earth</b> Earth is the third planet from the Sun and the one where we live on	<b>Saturn</b> Saturn, the ringed planet, is composed of hydrogen and helium

# PowerPoint Infographic Templates

Info

New

Open

Save

Save As

Save as Adobe PDF

History

Print

Share

Export

Close

Account

Feedback

Options

New

Search for online templates and themes

Suggested searches: Presentations Themes Education Charts Diagrams Business **Infographics**

Blank Presentation

Annual review

Minimalist color presentation

Behavior of space objects

Welcome to PowerPoint

Bring Your Presentations to Life with 3D

Pantone Color of the Year 2022

Black History Month presentation

GALLERY

PARCEL

WOOD TYPE

ION

Quotable

Berlin

SAVON

Gallery

Parcel

Wood Type

Ion Boardroom

Quotable

Berlin

Savon

CIRCUIT

DIVIDEND

Frame

Organic

DROPLET

MAIN EVENT

ION

Circuit

Dividend

Frame

Organic

Droplet

Main Event

Ion

MESH

Facet

VAPOR TRAIL

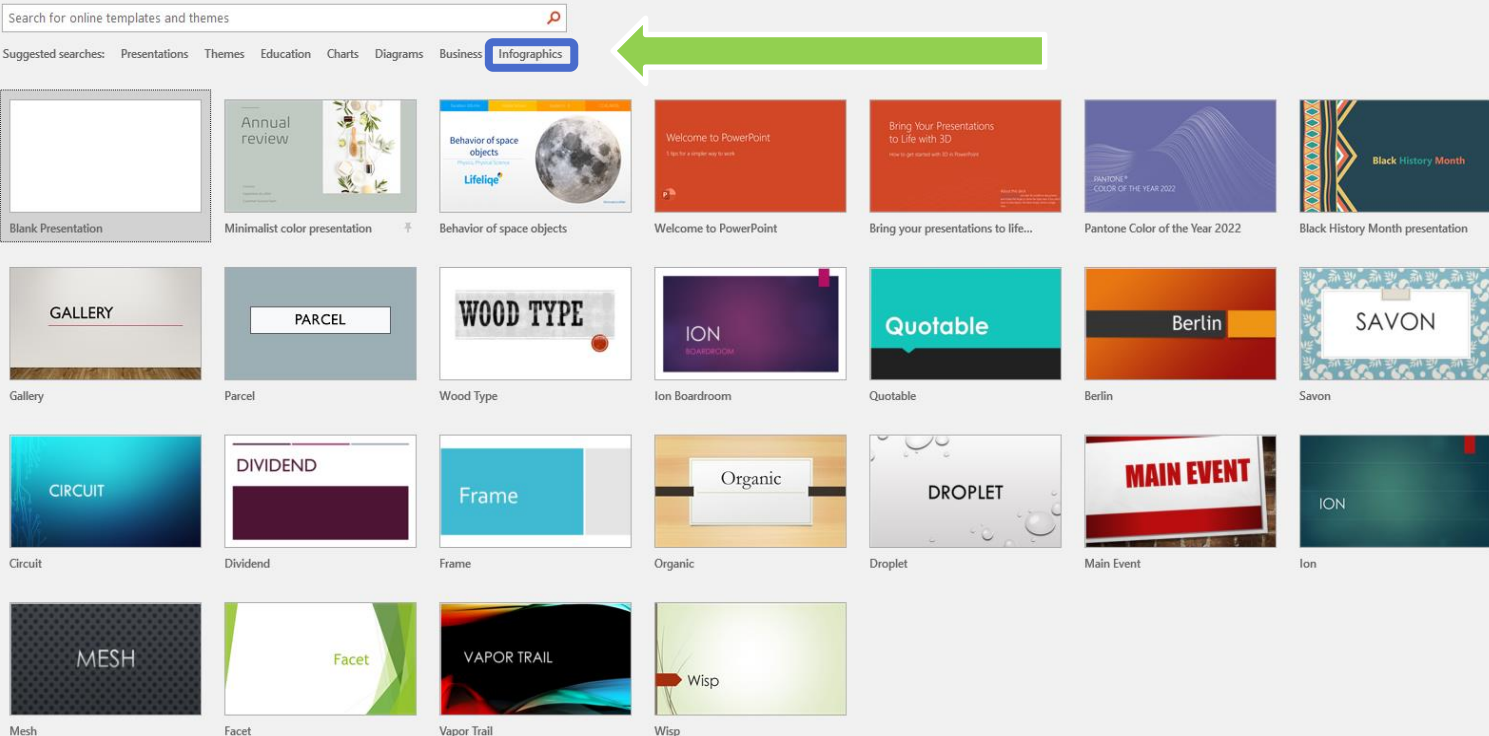
Wisp

Mesh

Facet

Vapor Trail

Wisp



# PowerPoint Infographic Templates

- Info
- New
- Open
- Save
- Save As
- Save as Adobe PDF
- History
- Print
- Share
- Export
- Close
- Account
- Feedback
- Options

New

← All  🔍



Classic conference presentation



Colorful abstract pitch deck



Minimalist presentation



Tech presentation



Travel design



Recreation design



Architecture design



Project stage timeline



Financial ...



Bold infog...



Game...



Nutrition ...



Infogr...



Peopl...



Animal im...



Pet im...



Tech infog...



Internatio...



My family tree



Family tree



Colorful conference presentation



Project analysis, from 24Slides



Infogr...



Seque...

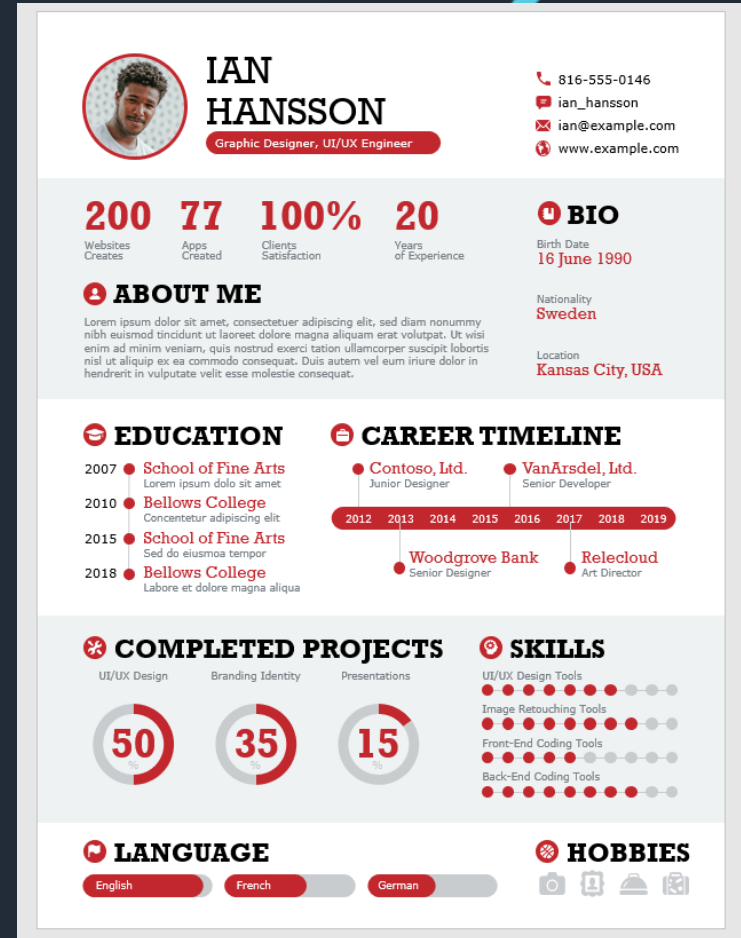


Category	
Infographics	45
Charts	20
Posters	19
Presentations	18
Timelines	10
Business	9
Resumes and Cover Letters	7
Diagrams	6
Learning	6
Themes	4
Food and Nutrition	3
Personal	3
Education	2
Decorations	1
Fun and Games	1
Maps	1
Papers and Reports	1
Surveys	1
Training	1

# Infographic style

• Editable template

• Change headings and data



# Tool #2

# Canva



J Josh  
Free • 81

👑 **Canva Pro** ✕  
Come back to Canva Pro and **get another 30-day trial.**  
[Get another free trial](#)

- 🏠 Home
- 📁 Templates
- 📁 Projects
- Team
- 📅 Josh
- Tools
- 🏠 Brand 👑
- 📅 Content Planner 👑
- 🗄️ Discover apps

# What will you design?

Custom size Upload

- For you
- Whiteboards
- Presentations
- Social media
- Videos
- Print products
- Marketing
- More

### You might want to try...

- NEW **Whiteboard**
- Infographic**
- Presentation (16:9)**
- Graph**
- A4 Document**
- Facebook Post**

### Learn and play

- Intro to Whiteboards**  
Canva basics
- World Relaxation Day**  
Trending elements
- Design with fonts**  
Design basics
- Design Challenge**
- ? **Design School**



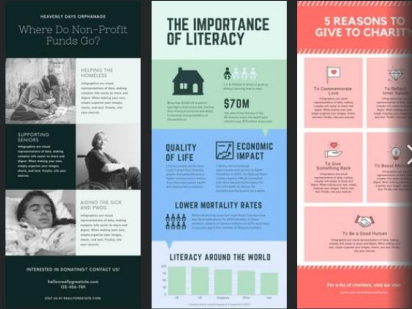
Templates

Search Infographic templates

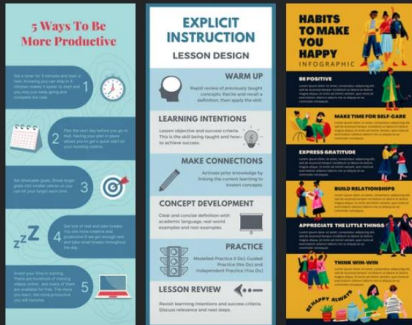
Timeline School Health Infographic

Recently used

See all



All results



Elements

Uploads

Text

Photos

Videos

Background

Charts

More



Templates

Search anything from Canva



Elements

Arrow Line Circle Money Frame

Recently used

See all



Uploads



Text

Lines & Shapes

See all



Photos



Videos



Background

Graphics

See all



Charts

Stickers

See all



More

Photos

See all

Animate



# COVID-19: Everything You Need to Know



20 to 30% of COVID-19 patients are hospitalized. 2% of those experience severe illnesses. However, it is worth noting that people who exhibit more severe symptoms are more likely to be tested compared to those those with less severe symptoms.



**"All countries need to review their strategies now."**

Dr. Michael J. Ryan, WHO Informal Advisory Group, March 2020

All nations are called to take the fight against this virus seriously. They should communicate well with their populations, and pull all the stops when it comes to looking for ways to mitigate the spr

Templates

Search Presentation (4:3) template

All Results

Elements

Uploads

Text

Photos

Videos

Background

Charts

Templates

Blue and Grey World Map Chart Presentation

Apply all 10 pages

Elements

Uploads

Text

Photos

Videos

Background

Charts

Templates

Elements

Uploads

Text

Photos

Videos

Background

Charts

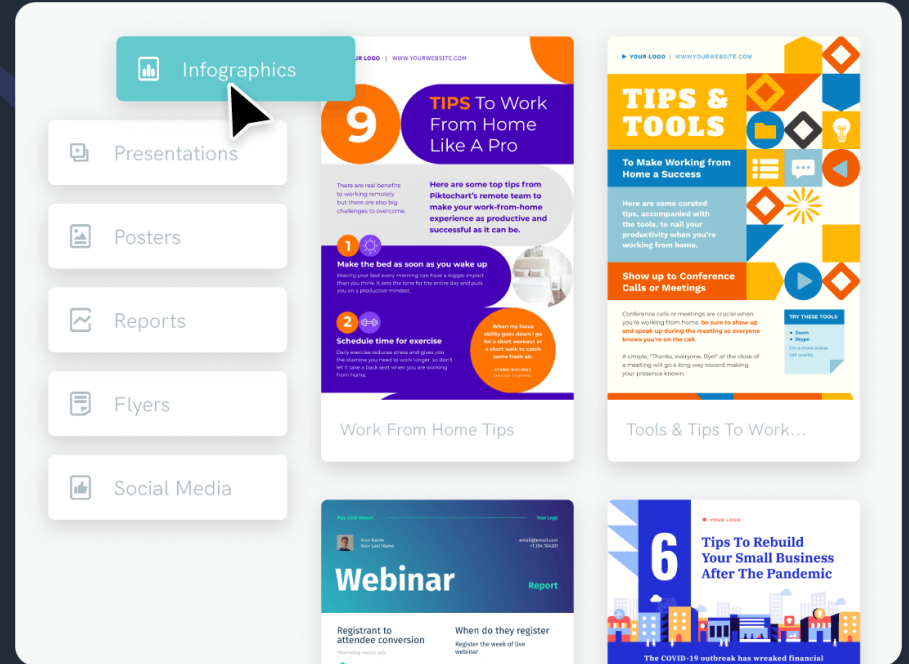
# Tool #3

# Piktochart



# Piktochart

- Create a free account to use Piktochart
- Can be used to create infographics, presentations, posters, reports, flyers, and social media posts
- Templates are given to be used or can create from scratch



Create New

- Dashboard
- FIND TEMPLATES
- Infographic
- Presentation
- Poster
- Report
- Flyer
- Social Media NEW

TEAM

Team Templates

GET INSPIRED

Inspire Me

Search infographic templates

**the importance of sleep**

**sweet dreams**

how much is enough?

6-12 years old

13-18 years old

adults

36% of our lives sleeping

1/3 of our lives sleeping

**sleep reduces**

mood changes

stress

anger

irregularities

tendency to drink / smoke

**how to know if you're getting enough sleep?**

alarm

mood

Importance of sleep

**FLU**

**knowing the signs**

**the symptoms of flu**

- fever
- body aches
- cough
- headaches
- sore throat
- fatigue
- sunny or stuffy nose
- diarrhea and vomiting
- chills

**prevention tips**

20%

Flu Prevention Tips

**SALES UPDATES 2020**

**PRIORITIES**

MONTHLY PRIORITY

- Outbound Sales \$400K (\$400K 100%)
- Partnerships & Workshops \$270 (\$270 67.5%)
- Inbound Sales \$400K (\$400K 100%)

QUARTERLY PRIORITY

- Outbound Sales \$1200K (\$1200K 100%)
- Inbound Sales \$800K (\$800K 66.6%)

**TARGETS**

43 COMPANIES

SELL TO 180 COMPANIES by 31 Dec 2020

\$580,000

**500K SALES TARGET** by 31 Dec 2020

**FINDINGS**

WENT WELL

- This report is great for highlighting main points.
- Use consistent colors throughout the infographic to maintain the uniformity of the design.
- Keep the body text short - 3 lines or less is good.

WENT WRONG

- This report is great for highlighting main points.
- Use consistent colors to maintain the uniformity of the design.
- Keep the body text short - 3 lines or less is good.

Sales Quarterly Report

**HOW VACCINES WORK**

**1** The vaccines introduce an inactivated/weakened form of the pathogens into the body.

**2** The body's immune system produces antibodies to fight against the pathogens.

**3** When the real active pathogen enters the body, it is recognized by the antibody system which may eliminate it.

**4** Vaccines enhance your body's natural defenses, without causing illness.

How Vaccines Work

**ORGANIZATION STRUCTURE**

**OUR LEADERS**

- John Doe, CEO
- Jane Smith, CFO
- Bob Johnson, COO
- Alice Brown, CMO

**OUR TEAM**

- Charlie Davis, VP Sales
- Eve White, VP Marketing
- Frank Green, VP Operations
- Grace Black, VP HR
- Henry Blue, VP Finance
- Ivy Red, VP Legal
- Jack Purple, VP IT
- Karen Yellow, VP Customer Support
- Liam Grey, VP Product Development
- Mia Silver, VP Quality Assurance
- Noah Gold, VP Compliance
- Olivia Bronze, VP Sustainability
- Peter Copper, VP Innovation
- Quinn Iron, VP Research & Development
- Rachel Nickel, VP Procurement
- Sam Tin, VP Logistics
- Tina Lead, VP Safety
- Uma Platinum, VP Security
- Victor Zinc, VP Maintenance
- Wendy Silver, VP Facilities
- Xavier Gold, VP Energy
- Yara Bronze, VP Environmental
- Zoe Copper, VP Health & Safety

Organizational Chart 2

**Organization Structure**

**OUR LEADERS**

- John Doe, CEO
- Jane Smith, CFO
- Bob Johnson, COO
- Alice Brown, CMO

**OUR TEAM**

- Charlie Davis, VP Sales
- Eve White, VP Marketing
- Frank Green, VP Operations
- Grace Black, VP HR
- Henry Blue, VP Finance
- Ivy Red, VP Legal
- Jack Purple, VP IT
- Karen Yellow, VP Customer Support
- Liam Grey, VP Product Development
- Mia Silver, VP Quality Assurance
- Noah Gold, VP Compliance
- Olivia Bronze, VP Sustainability
- Peter Copper, VP Innovation
- Quinn Iron, VP Research & Development
- Rachel Nickel, VP Procurement
- Sam Tin, VP Logistics
- Tina Lead, VP Safety
- Uma Platinum, VP Security
- Victor Zinc, VP Maintenance
- Wendy Silver, VP Facilities
- Xavier Gold, VP Energy
- Yara Bronze, VP Environmental
- Zoe Copper, VP Health & Safety

**OUR HIRING PROCESS**

**1** Identify the need

**2** Write the job description

**3** Post the job

**4** Screen resumes

**5** Interview candidates

**6** Make an offer

**7** Onboard the new hire

**Lead Gen Summit**

**What is Lead Gen Summit?**

Generally, an introduction paragraph works best in 4-6 lines.

Try not to adjust the text box size as it is designed to be the ideal size for the eyes to skim through a chunk of text. If there are any extra sentences, try to break them down into more paragraphs!

5 days

**GROWTH CON**

**WHY SHOULD I ATTEND GROWTH CON?**

Generally, an introduction paragraph works best in 4-6 lines. Try not to adjust the text box size as it is designed to be the ideal size for the eyes to skim through a chunk of text. If there are any extra sentences, try to break them down into more paragraphs!

**Weekly Newsletter**

**01** Subtitle Here

54

Need help?

GRAPHICS

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ICONS

PHOTOS

UPLOADS

BACK-GROUND

TEXT

STYLES

TOOLS



# BIG TITLE HERE



Welcome to Pptcloud. You can write your description here. 255 Units



## SUB TITLE



45%



65%



75%

Small Title Here

3445.43



345.43



555.43





# Demos!



PowerPoint



Canva



Piktochart





# Presenting Report/Article Summaries

# Infographic-based Fliers: Report summary

## Promoting Smoke-Free Homes

To reduce secondhand smoke exposure

### What did we want to know?

This study tested the effectiveness of a simple program to create smoke-free homes in low-income households.



### What did we do?

1

Recruited people who called 2-1-1, an information and referral system that connects mostly low-income callers to social services.



2

Sent participants 3 mailings and provided 1 coaching call. Materials focused on 5-steps to creating a smoke-free home.



3

Asked participants and a comparison group about their home smoking bans and secondhand smoke exposure 3 and 6 months later.

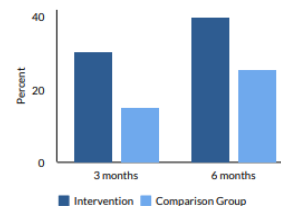


### What did we find?

After the intervention:

- 40% of participants reported a full ban on smoking in the home.
- Participants reported less exposure to secondhand smoke in the home.
- Homes with a full smoking ban had lower levels of nicotine.
- Smokers reported smoking fewer cigarettes.

Participants with full home smoking bans 3 and 6 months after intervention



### What does this mean for you?

A simple intervention of 3 mailings and 1 phone call can promote smoke-free homes in low-income households. This could be a good model for protecting children and adult nonsmokers from secondhand smoke exposure in their homes.

# Tips for Converting Reports and Articles into Short Summaries

- You may have projects with data such as surveys, evaluations or research

- To be able to disseminate the findings, you may want to create a short flier using data visualization to get the main points across to an audience

- This could be in addition to the full report or abstract or executive summary

# Breakdown the Key Report Components

## Purpose

- Why did you do this project/evaluation?
- Describe what were the goals of the project
- Could use questions or headers

## Methods

- What did you do?
- Describe what steps you did

## Findings

- What are the top 3-5 results
- Select some key takeaways from the findings to highlight
- Use infographic style tables or graphs to present data

## Implications/Next Steps

- [If need], what are the implications or what will you do next?
- Discuss practice or research implications of your findings

# Examples of EPRC Infographics & Case Study

→ ↻ 🔒 https://web1.sph.emory.edu/eprc/dissemination/

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**ROLLINS**  
SCHOOL OF  
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HEALTH

**Emory Prevention Research Center**

About EPRC Research Evaluation Training Community **Dissemination** 🔍

Publications  
Presentations  
**Infographics**  
In the News  
Newsletters

## Dissemination



The EPRC strives to share its work with a range of audiences that may find it useful. We publish in peer-reviewed journals to share our findings with researchers and public health practitioners. In addition to publishing, we present our research and evaluation findings at local and national conferences. We also use press releases and media interviews and infographics to disseminate our findings to the general public.

We also have a Facebook page. Follow us!

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Current Newsletter

# Process

1. Read the article/report
2. Identify headings for the flier:
  - a) What did we want to know?
  - b) What did we do?
  - c) What did we find?
3. Abstract key points
4. Work within a software program with data visualization features to draft the flier
5. Have multiple people review the draft flier
6. Revise the flier





# Promoting Policy and Environmental Change in Faith-Based Organizations

Outcome Evaluation of a Mini-Grants Program

## WHAT DID WE WANT TO KNOW AND WHY?



Heart disease, cancer, and stroke are the leading causes of death for adults in Georgia.



Counties in Georgia's southern region have high death rates from heart disease.



Behaviors including physical activity & healthy eating can reduce the risk of heart disease, cancer, & stroke.



Creating healthy environments in key places like churches, helps to make healthy choices the easy choices.

So we wanted to know:

Are mini-grants a good way to encourage churches to create healthy environments?

## Prevention Strategies that Work

The Prevention Strategies that Work Program was a collaborative project between the Emory Prevention Research Center, its Community Advisory Board, and the Cancer Prevention & Control Research Network. The program provided mini-grant funding (\$4000) and technical assistance to implement evidence-based policy & environmental changes to promote healthy eating and physical activity.



Example evidence-based strategies that were funded:

Offer healthy foods and beverages



Limit unhealthy foods & beverages



Increase access to facilities and space for exercise

## WHAT DID WE DO?

We implemented the Prevention Strategies that Work Program with 6 churches in SW Georgia over 12 months.

We surveyed 258 church members before the program and 1 year later to ask:

- If the environment at their church was healthier.
- Whether they changed their eating or physical activity behaviors at church or generally.

## WHAT DID WE FIND?

**6** churches improved at least 1 aspect of their nutrition environment.

**2** churches improved their physical activity environment.

Church members who reported...



improved church nutrition environments also reported eating more healthy foods at church.



that their church served unhealthy foods ate more unhealthy food at church and in general.



improved physical activity environments did not report healthier behaviors at church or in general.



## WHAT DOES THIS MEAN?



Church environments may play an important role in supporting healthy eating and physical activity at church. (Whether the influence of the church environment extends to other settings is unknown).



Mini-grants may be effective tools to encourage changes to the nutrition & physical activity environments in faith-based settings.



Behaviors are shaped by factors at the individual, interpersonal, community, organizational, and policy levels. Interventions to promote healthy church environments may have a key role in chronic disease prevention in the U.S.

Read more about the original study: Koribely J, Jacob Arnold, April Hermsdorf, Shauna St. Clair Flemming, Sally Honeycroft, Michelle L. Canahio, Sabrina T. Cherry, Tamara Davis, Sherrita Frazier, Liu Liang, Cam Escoffier, Michelle C. Kagler. "Promoting policy and environmental change in faith-based organizations: outcome evaluation of a mini-grants program." *Health Promotion Practice* 17, no. 1 (2016): 146-155. <https://doi.org/10.1177/1524904515619192>

This infographic was supported by Cooperative Agreement 5-U49-CE002809 from the Centers for Disease Control and Prevention. The findings and conclusions are those of the authors and do not necessarily represent the official points of view of the Centers for Disease Control and Prevention.

This was a mini grants program where the EPRC funded churches to focus on healthy environments

- Look at the titles of the major sections
- They presented results using infographics
  - Quantitative: 6 churches improved 1 aspect of nutrition environment
  - Qualitative: 3 boxes of voices of church members

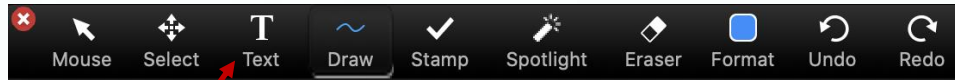


# Recap & Resources





# ANNOTATE



You are viewing: [redacted] screen

View Options ▾

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Annotate

✓ Side-by-side mode

1

2

3

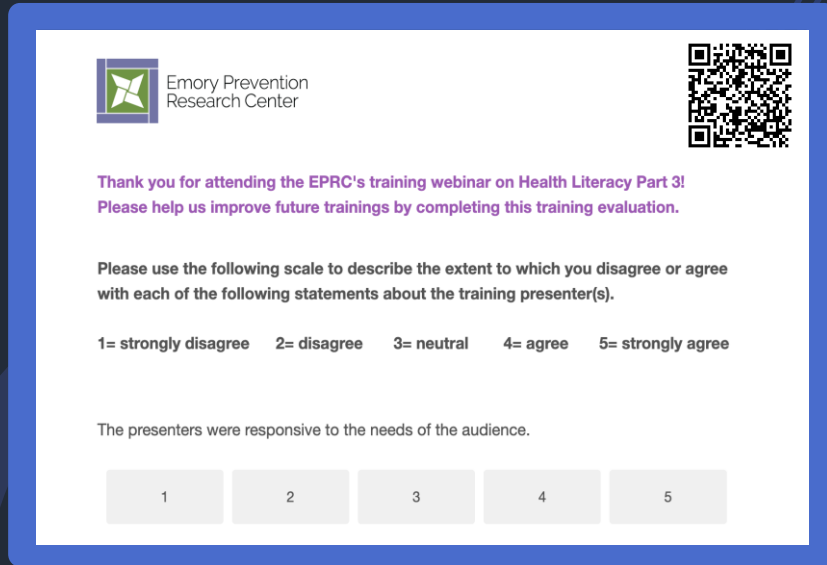


# LET'S RECAP!



# Training Evaluation

<https://bit.ly/3SRQ5w5>



The screenshot shows a training evaluation form on a computer monitor. The form has a white background with a blue border. At the top left is the Emory Prevention Research Center logo. To the right is a QR code. The text on the form reads: 'Thank you for attending the EPRC's training webinar on Health Literacy Part 3! Please help us improve future trainings by completing this training evaluation.' Below this is a scale: 'Please use the following scale to describe the extent to which you disagree or agree with each of the following statements about the training presenter(s). 1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree'. The first statement is 'The presenters were responsive to the needs of the audience.' At the bottom are five buttons labeled 1, 2, 3, 4, and 5.

# Thanks!



Stay connected  
with the EPRC

Emory Prevention Research Center  
<https://web1.sph.emory.edu/eprc/index.html>



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CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**.