

Older Adults, Computer Training & Health Literacy



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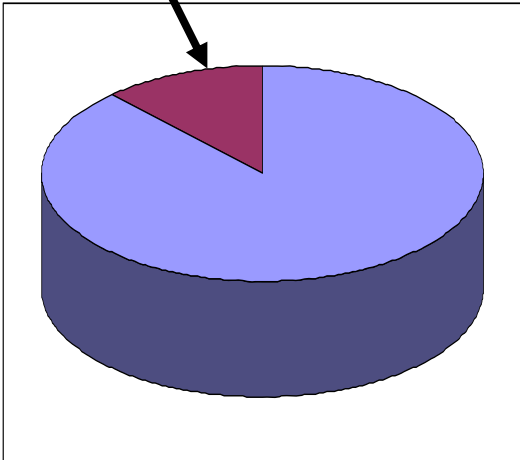
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May 29, 2008



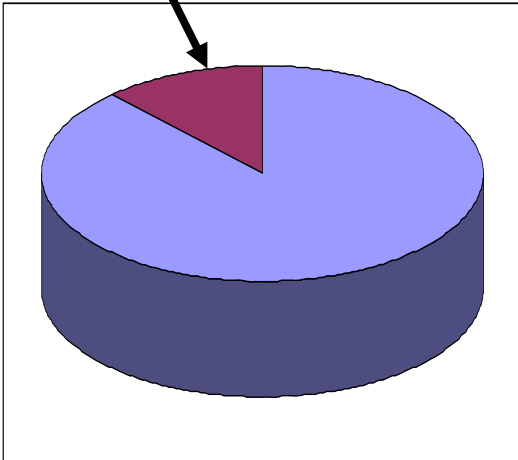
The Aging Trend: The American Population is Aging

**In 2000: Age
65+ (12%)**

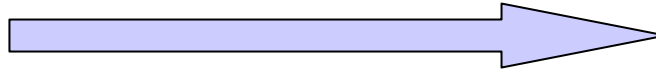


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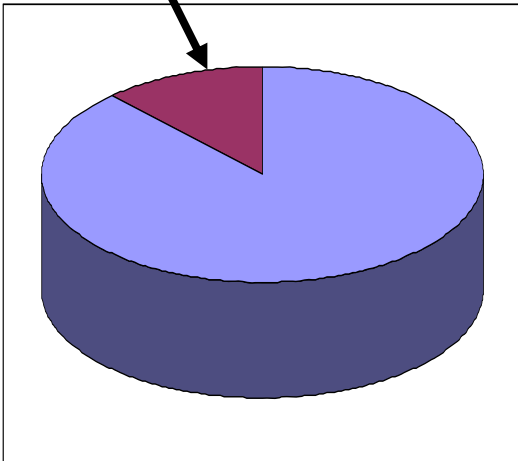


**In 2011, the baby
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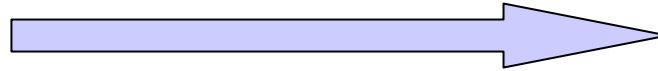


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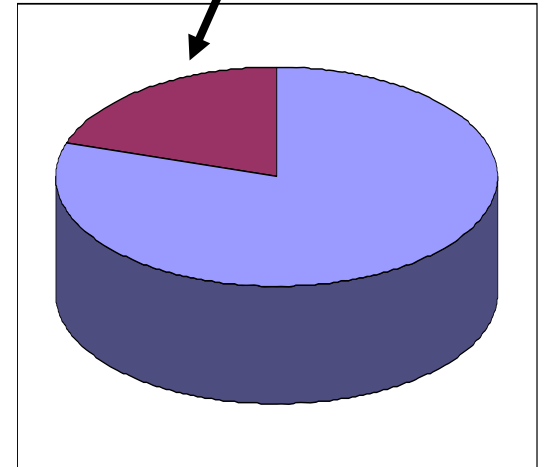
**In 2000: Age
65+ (12%)**



**In 2011, the baby
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begin to turn 65**



**By 2030: Age
65+ (20%)**



Source: <http://www.census.gov/>

Older Adults & Health Information

- Older adults have great needs for health services and information
- Health info. is increasingly moving online
- Online health information is not always easily accessible to older adults

How can we help the aging population to make better use of online health info.?

- **Training**

- Project #1: Promoting Older Adults' e-Health Literacy in Public Libraries

- **Design**

- Project #2: Usability Testing of a Prototype Web Site to Locate and Evaluate Nursing Homes

Project #1: Research Questions

- What training procedures are effective for older adult computer users?
- Will increased access to online health information change health-related behavior?
- Will direct experience change older adults' attitudes toward computer technology?

Research Sites

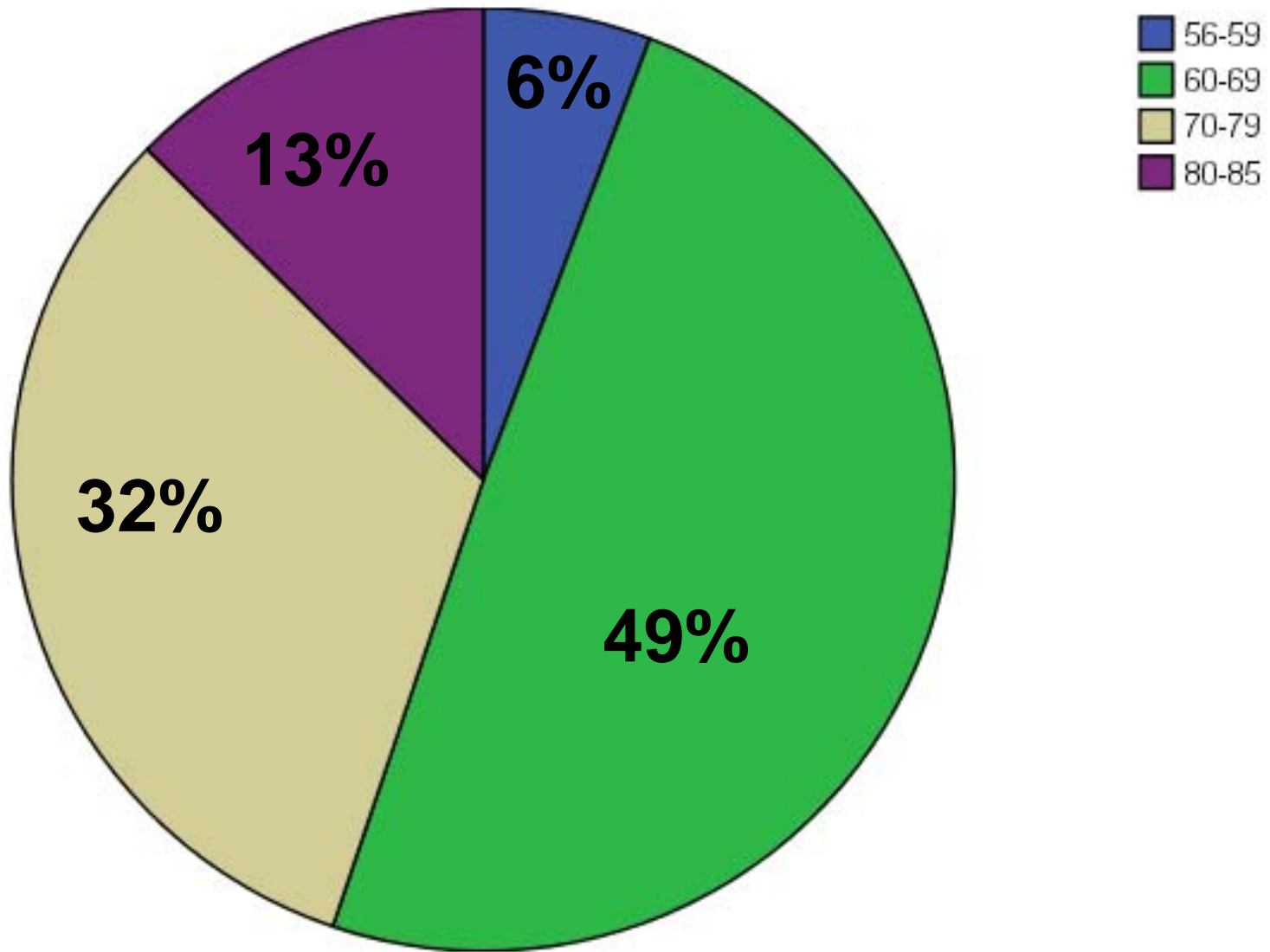
- Two branch libraries of the Prince George's County Memorial Library System:
- Hyattsville
- New Carrollton



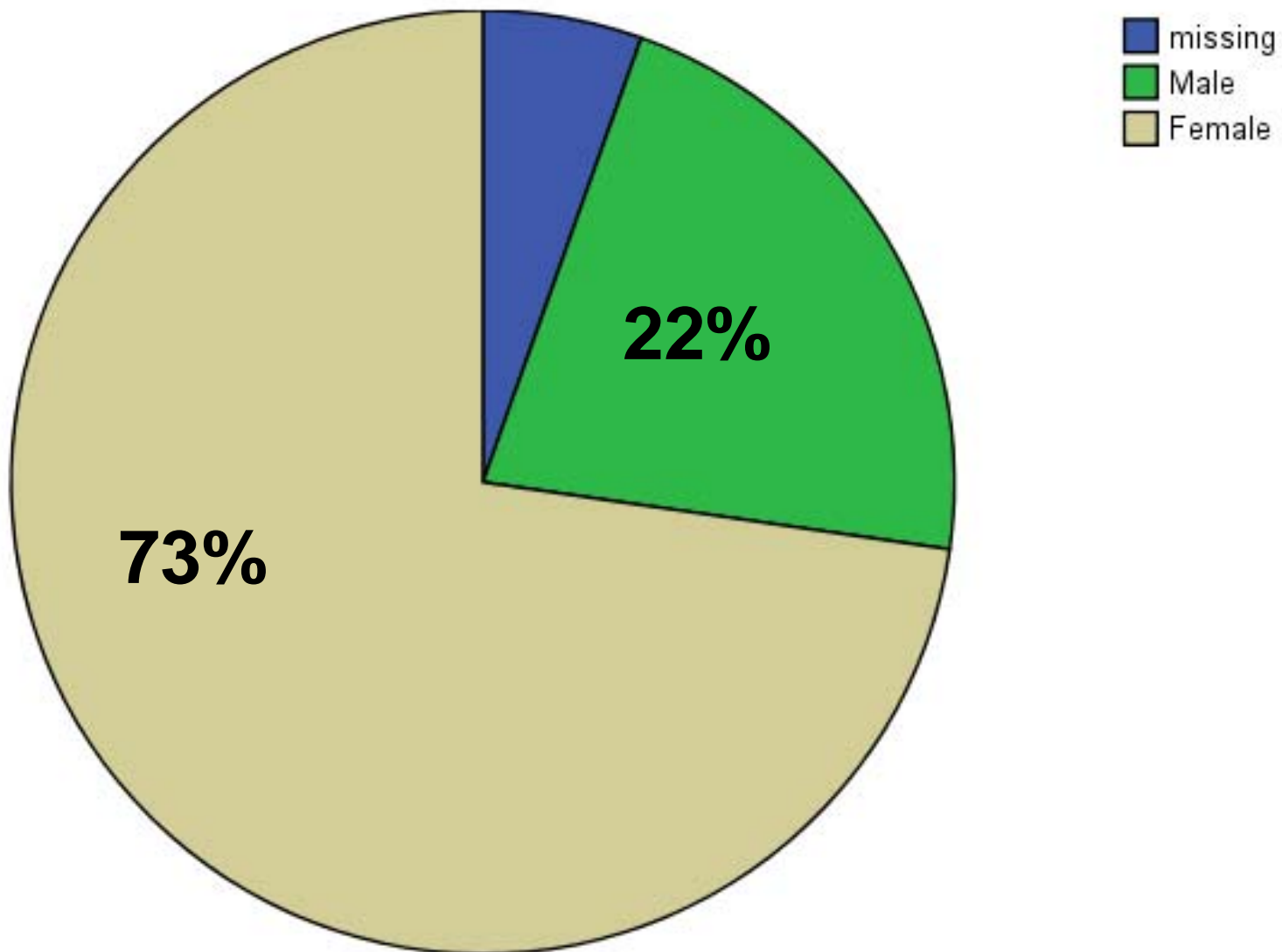
Study Sample

- 110 older adults

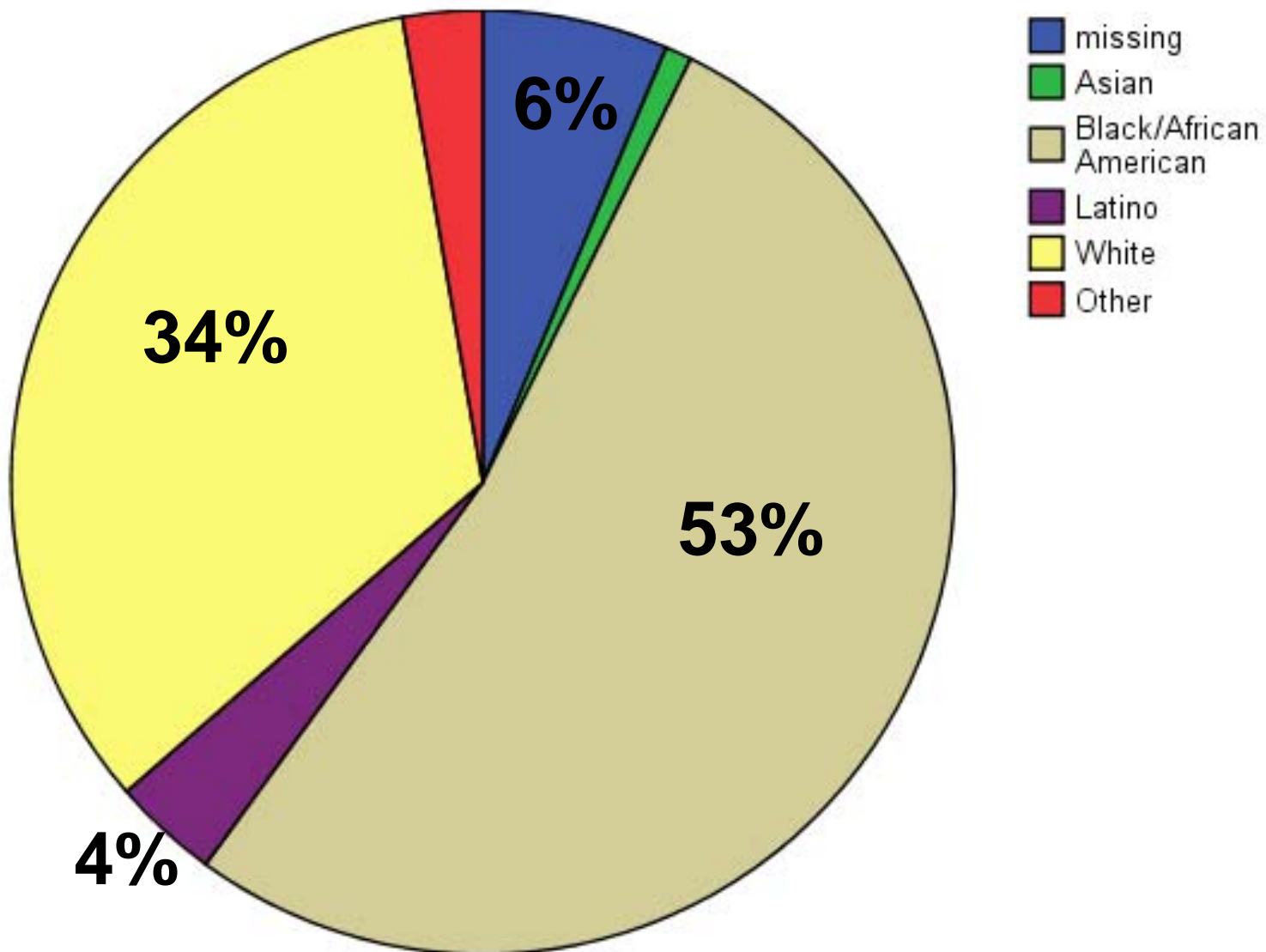
Age: 56-85 (M=69.6, SD=8.1)



Gender



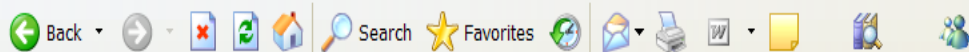
Primary racial group



Procedures

- Pre-test
- Training
 - 2 hours a session, 2 sessions a week for 4 weeks
 - NIHSeniorHealth & MedlinePlus Web sites
- Post-test

This website for older adults was developed by the [National Institute on Aging](#) and the [National Library of Medicine](#), both part of the [National Institutes of Health](#).



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and the NATIONAL INSTITUTES OF HEALTH

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Health Topics

Start here with 750 topics on conditions, diseases and wellness

Drugs & Supplements

About your prescription and over-the-counter medicines, herbs and supplements

Medical Encyclopedia

Includes pictures and diagrams

Dictionary

Spellings and definitions of medical words

News

Current health news and press announcements

Directories

Find doctors, dentists and hospitals

Go Local

A service for finding local resources for health-related issues

Other Resources

Local health services, libraries, organizations, international sites and more

Multiple Languages **New!**

Health information in over 40 languages

Current Health News

- [Heart Device Recipients Often Not Aware of Recalls](#)
- [Stroke Patients at High Risk for Falls](#)
- [Protect Yourself against Shingles: Get Vaccinated](#)
- [More news](#)

Featured Site



New on NIHSeniorHealth:
[Eating Well As You Get Older](#)

In the Spotlight

May is National High Blood Pressure Education Month. Learn more:

- [High Blood Pressure](#) topic page
- [Interactive tutorial](#)
- [Latest news](#)

Interactive Tutorials

Over 165
slideshows with
sound and pictures



ClinicalTrials.gov

Studies for new
drugs and treatments



NIHSeniorHealth

Health information
for older adults



Surgery Videos

Videos of surgical
procedures



[What's New](#)



[Director's Comments](#)



[NIH MedlinePlus Magazine](#)



[E-mail Updates and RSS](#)

Pre- & Post-Training Measures

Pre:

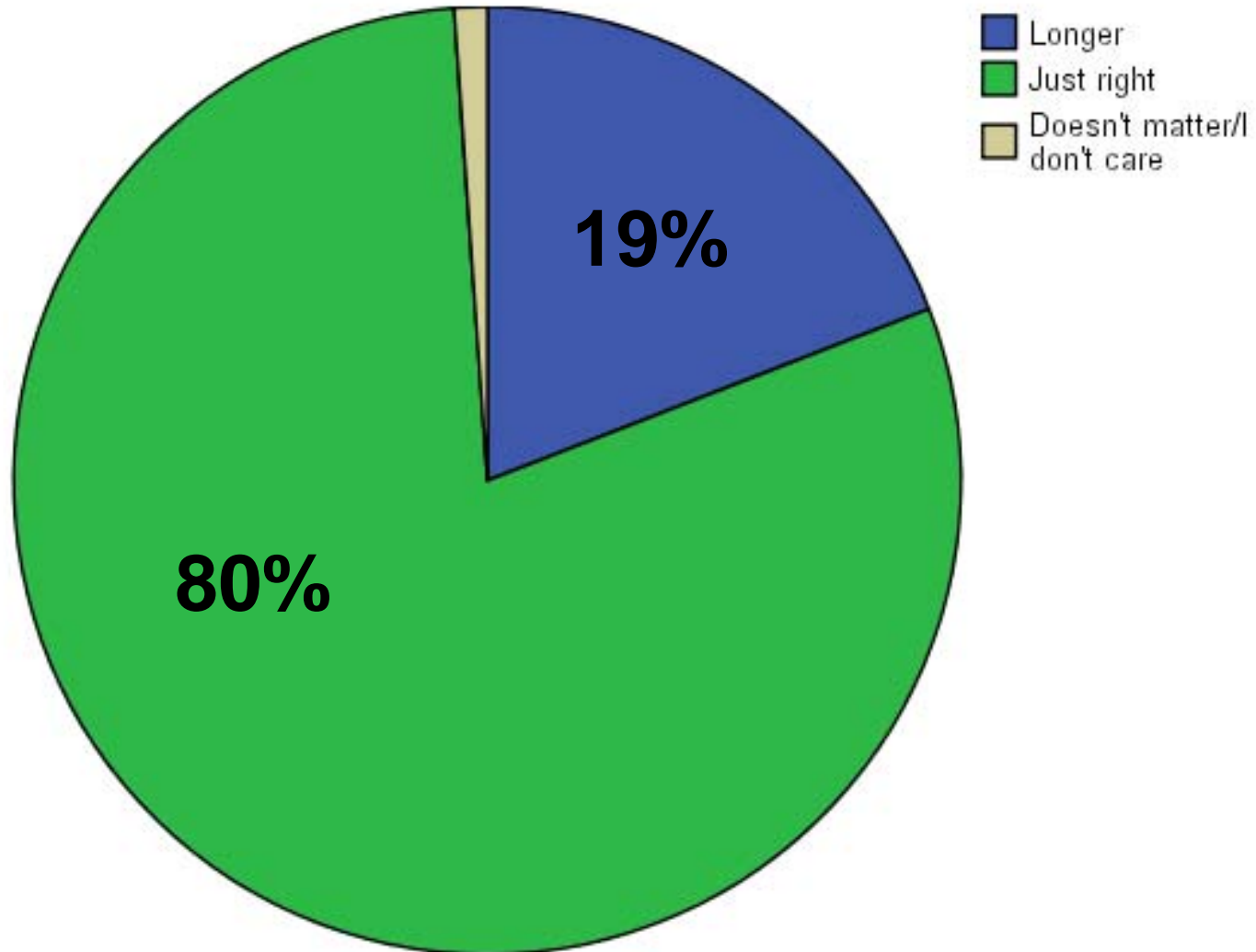
- Demographics
- Prior experience with computers and the Internet
- Computer/Internet knowledge
- Computer attitudes (anxiety, efficacy, & interest)

Post:

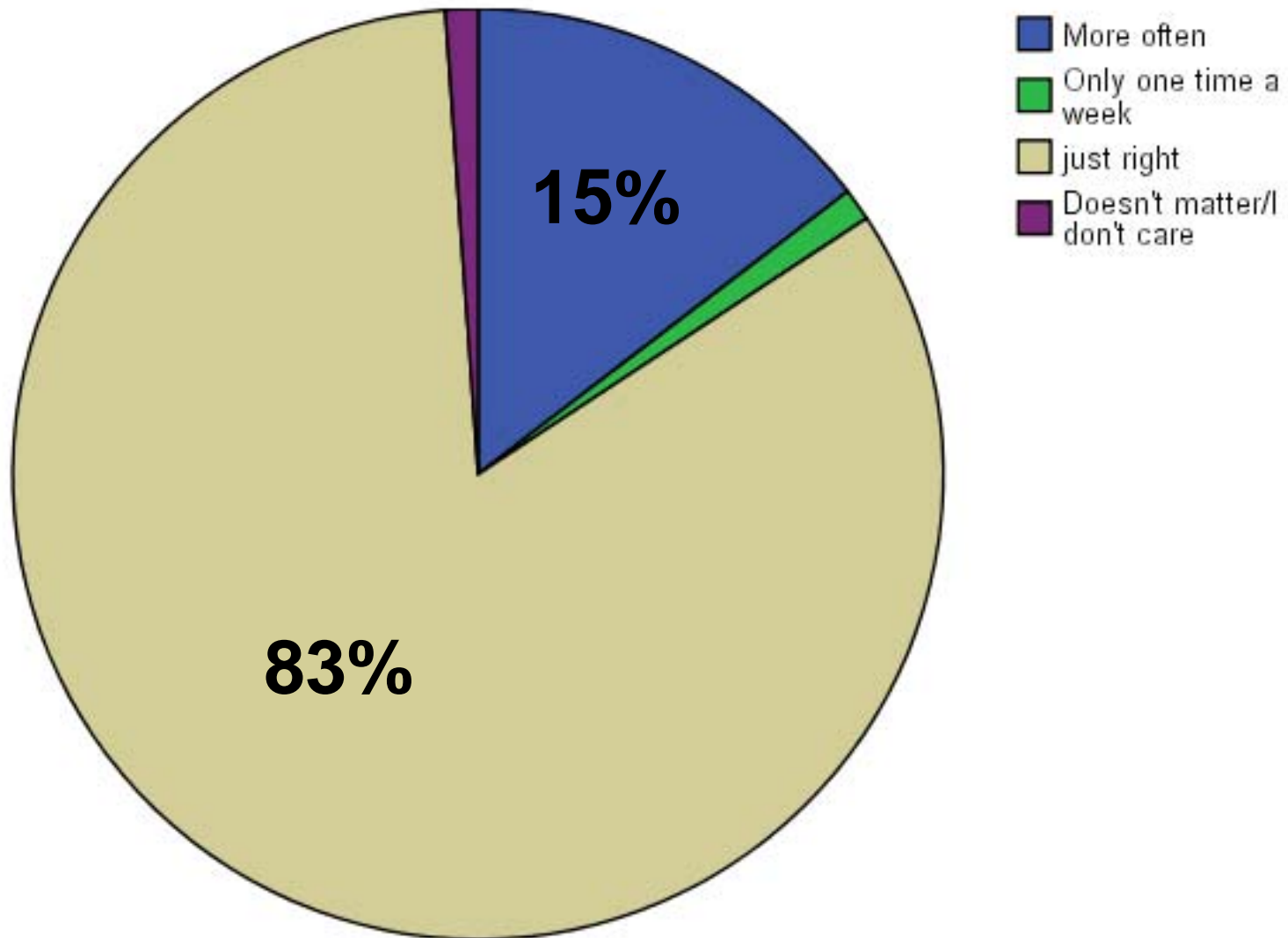
- Views of the training procedures
- Use and usability of the NIH Senior Health and MedlinePlus Web sites
- Change of behavior
- Computer attitudes (anxiety, efficacy, & interest)

Results

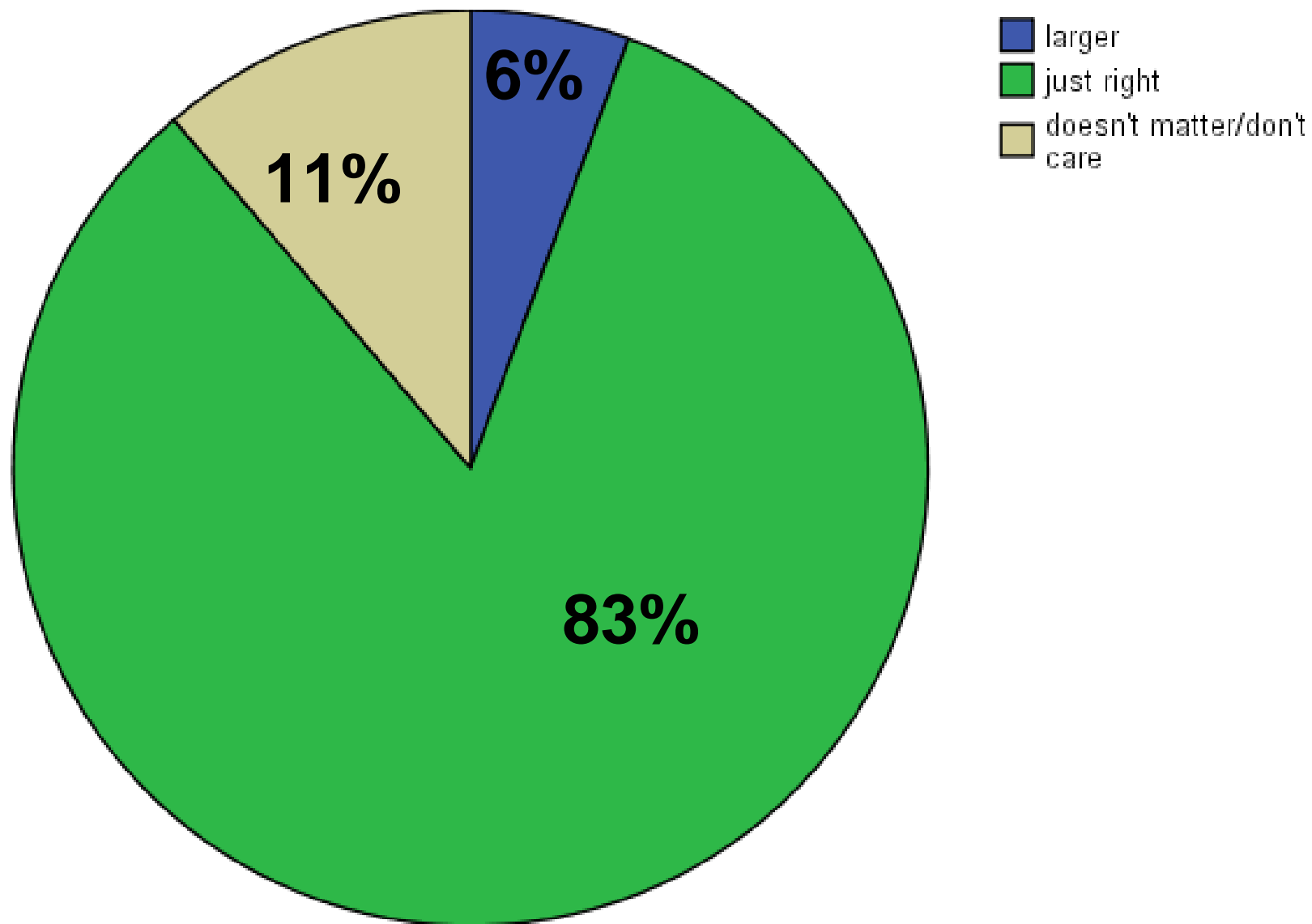
What do think think of the length (2 hours) of each session?



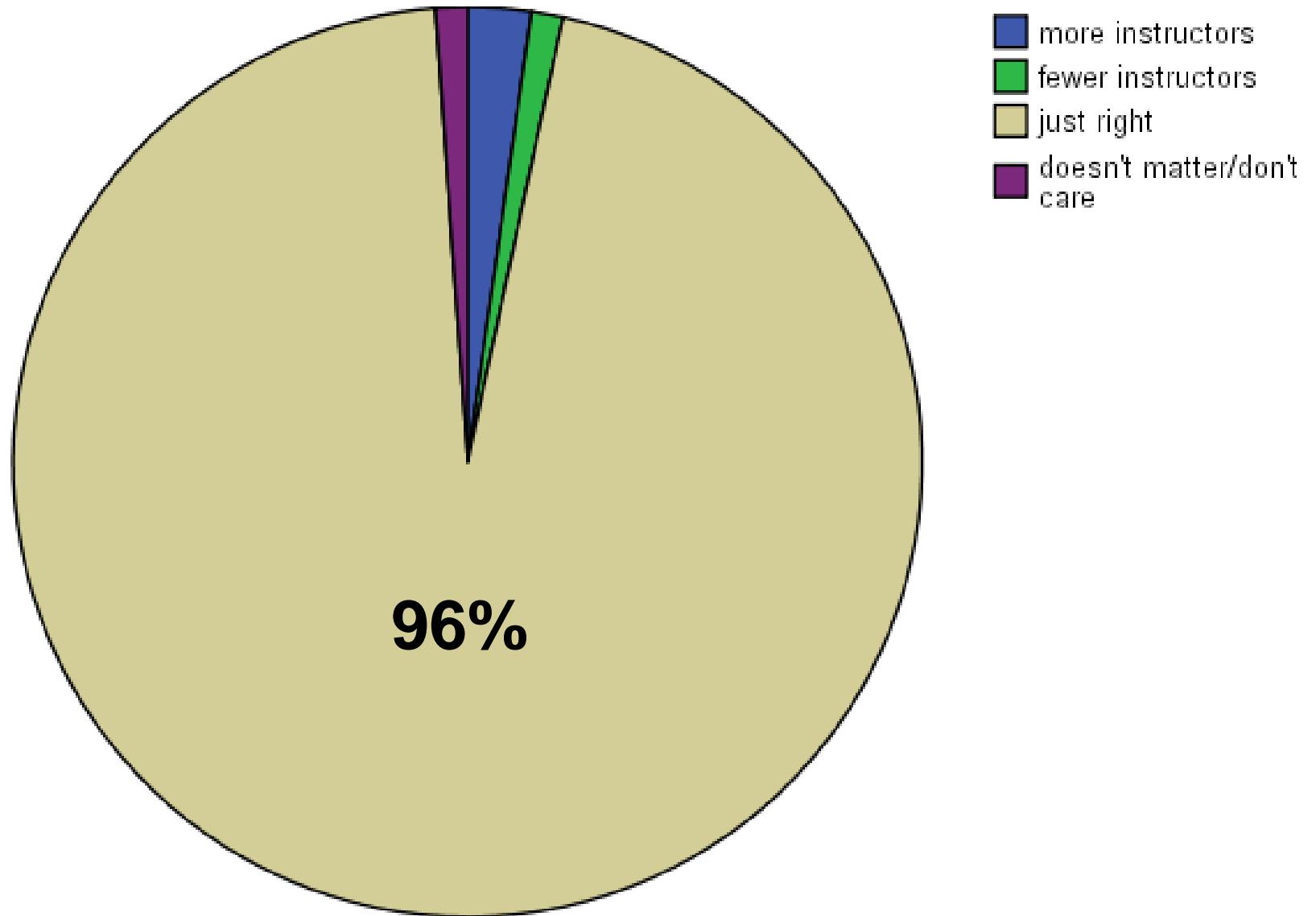
What do you think of the class frequency (2 times a week)?



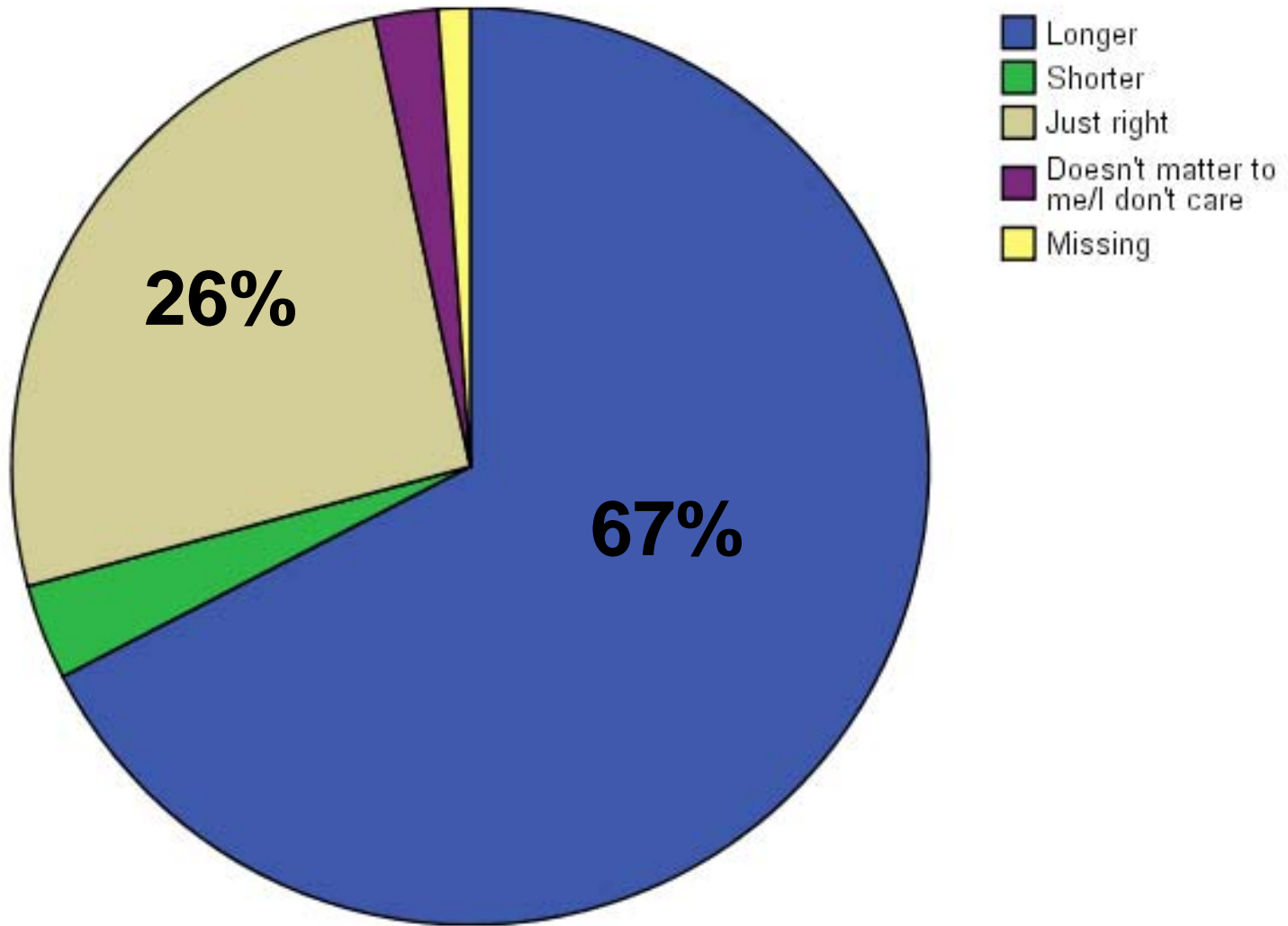
class size



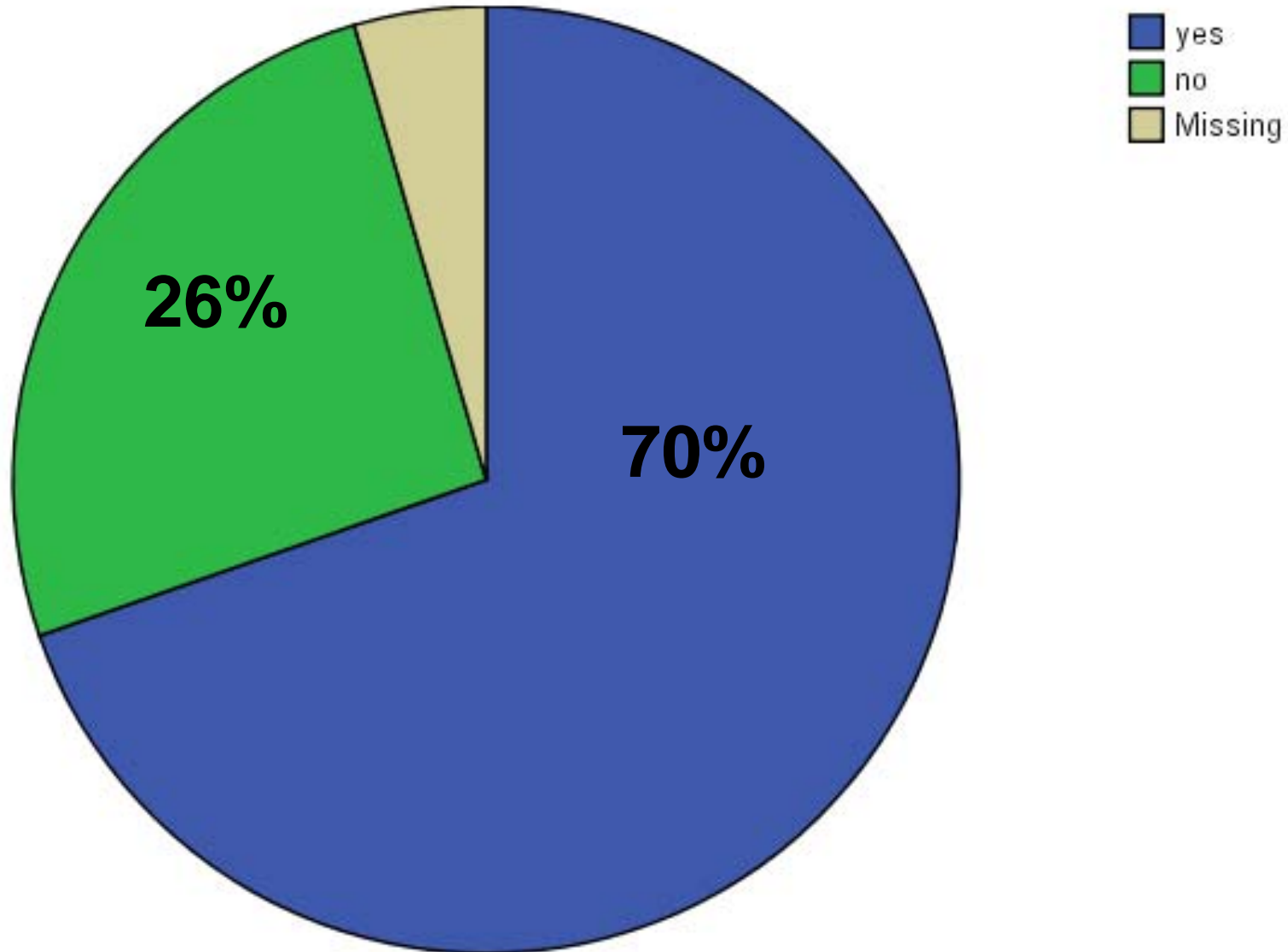
student/instructor ratio of class



What do you think of the duration (4 weeks) of this class?



Has anything that you've learned from this class affect your decision about a health- or medically-related issue?



Limitations of Study & Future Directions

- Control group
- Random sample
- Follow-up
- Cognitive tests

Consumer Health Informatics Workshop

- **When: 9:30 am – 5:00 pm, May 30, 2008**
- **Where: CSIC 3118**
- **URL:**
<http://www.cs.umd.edu/hcil/soh/tutorials-workshops.shtml#W1>

Acknowledgements

- **National Library of Medicine**
- **University of Maryland**

Thank you! Questions?