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Understanding Human Papillomavirus: An Internet Survey of Knowledge, Risk, and Experience among Female and Male College Students in Hawaii

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Background: Persistent Human Papillomavirus (HPV) is an etiologic agent in the development of cervical cancer. Despite the increasingly high prevalence of HPV, people at risk of exposure lack knowledge about the virus, its relationship to cervical cancer, and a realistic perspective regarding HPV consequences. Purpose: To describe knowledge about HPV with particular emphasis on behavioral risk and experience with HPV and an abnormal Pap smear. Methods: A 36-item Internet survey was developed which included a 14-item knowledge composite (HPVAPK), a behavioral risk composite, and an experience composite. The independent variables examined were gender, HPV-risk behavior, and experience. The dependent variable (HPVAPK) was a knowledge-composite that addressed HPV and abnormal Pap smears. Results: Among the students (n=492) who completed the Internet survey, females with higher risk behavior and those with a history of an abnormal Pap were more knowledgeable than males, those with lower risk behavior, and those with indirect experience, or no experience with the topic. However, even those with the highest knowledge scores exhibited a low level of knowledge regarding particular HPV issues. Discussion: Not only did this study reveal a low level of knowledge about HPV and abnormal Pap smears, it revealed particular topics that are misunderstood about HPV and the diagnosis of an abnormal Pap smear—even among women who have experience with an abnormal Pap smear. Translation to Health Education Practice: The issues highlighted should be included when discussing HPV and abnormal Pap smears with both males and females within small educational forums such as health education classes, and student health visits.

Health-Seeking Behaviors among Latinas: Practices and Reported Difficulties in Obtaining Health Services

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Background: Latinos experience disproportionate negative health status and health care access. Expanding understanding of factors impacting Latino immigrant health is imperative. Purpose: This study identified health-seeking behaviors among Latinas in a large Midwestern city with rapid immigrant population growth. Health-seeking behaviors like frequency of care, type of health care provider (HCP) sought, and reasons for seeking care were explored. Barriers to health care access and their frequency were identified. Additionally, interactions between demographics, health-seeking behaviors and health care access barriers were explored. Methods: Structured interviews were conducted with

a convenience sample of 204 Latinas by trained culturally competent and bilingual interviewers. Results: Most reported moderate to good health. Foreign born Latinas reported lower overall health. Nearly half had experienced difficulty obtaining health care services. Leading access barriers were: cost, communication issues, and lack of insurance. Those reporting difficulty had: significantly lower education and income levels, lower ability for self-sufficiency, less likelihood of having legal status, and more likelihood of being unemployed. Lack of Latino HCPs and cultural insensitivity by HCPs were reported as barriers. Discussion: Incongruities in access to care underscore the importance for novel interventions aimed at reducing health care disparities. Findings emphasize the need for tailored outreach programs that address barriers and that are effective in increasing Latina participation in preventive health care. Continued assessment of acculturation on health-seeking behaviors among Latinas is clearly warranted, as it can have a profound impact on their health seeking behaviors. Translation to Health Education Practice: The continuation of efforts to decrease all health disparities is discussed with emphasis on giving attention to the specific needs of emerging populations for culturally appropriate and effective health care options.

Development and Preliminary Evaluation of a Positive Health Scale

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Background: Health educators have long advocated health promotion, yet their health measurement techniques have a pathogenic focus. Pathogenesis refers to the origin of a disease and the chain of events (precursors) leading to that disease. Traditional health measurement tools with this focus therefore measure health by assessing for the absence of disease or associated risk factors. Salutogenesis, as proposed by Aaron Antonovsky, refers to associated factors and precursors of good health similar to how pathogenesis focuses on associated factors and precursors of bad health. Purpose: This study proposes a health measurement scale with a salutogenic focus that measures health by assessing for the multidimensional capacity or potential for good health. Methods: Two samples of university students (N=226, N=365) were surveyed to develop and test the psychometric properties of the Salutogenic Wellness Promotion Scale (SWPS). Results: The SWPS demonstrated a multidimensional structure with good internal consistency, that positively correlated with and predicted perceived health ($p < .001$), and did not invoke socially desirable responses. Discussion: The SWPS demonstrated preliminary evidence of reliability and validity in its measurement of health potential. Translation to Health Education Practice: Using the SWPS could assist health educators in developing methodologies and practices that facilitate improved health status.

Service Learning: Creating Visibility and Advocacy for Health Education

Bonni C. Hodges and Donna M. Videto

This paper reviews how service learning pedagogy is being used by one program to 1) increase the visibility of and advocacy for school health education and the coordinated school health program (CSHP) and 2) meet the needs of students in its master's level professional preparation programs. Three benefits to employing service learning are

emerging: practice, relevance, and internalization of health education competencies; student and school district “buy in” of CSHP; and the building of an infrastructure for cooperation and collaboration. Overcoming challenges and barriers to using service learning is also discussed.

Health Literacy and Cardiovascular Disease: Fostering Client Skills

Anne Black

Health literacy has been called the first public health movement of the 21st century. Practical health literacy for chronic disease prevention and management currently involves a variety of domains centered on communication and empowerment. Understanding who may be at risk and identifying a variety of strategies for outreach programs focused on CVD prevention and self-management can help at-risk clients obtain full program benefits. A discussion of CVD health literacy resources is included.

YouTube? For Health Education?

Cynthia Akagi

Objectives: Secondary school teachers and college health education majors will examine the possibilities and procedures of using YouTube videos as teaching tools in health education. A recent search, using the 10 content areas of health, yielded 285,564 videos. The article includes rationale for using YouTube videos, guidelines for video selection, and examples of how YouTube videos can be used in 9-12 health courses. Target Audience: Health educators of grades 9-12 and health education majors.

Using the SMOG Formula to Revise □ a Health-Related Document

Amy S. Hedman

Health professionals can use readability tools to increase the likelihood that materials will be understood. Target Audience: This teaching idea is appropriate for undergraduate and graduate health education students. Objectives: As a result of this activity, students will (1) define health literacy, (2) list three reasons why it is important to assess readability, (3) apply the SMOG readability formula, and (4) collaboratively revise the document.