

Appendix A
Health Literacy Project/Progress Report

Student and Key Informant Raw Data

Student Responses

1. Write the word “HEALTH” on the board and ask the students to say the first word that comes to their mind.

Hospital	Brushing Teeth	Exercise
Energy	Fruits & Vegetables	Bath
Asthma attack	Wash Face	Eat Healthy
Colds	Not eating junkfood	Medicine
Health walk	Run/jog	Backflips
Milk	Healthyfood	Water
Healthy veggies	Products	Teeth and bones
Chicken	Whole body medicine	Eating good foods
Sweets and Veggies	Vegetables	Healthy foods
Drink Milk	Don't eat bad food	Dining
Bath	Take care of your body	Water
Stretching	Rest	Karate
Sports	Weights	Need to be healthy
Need to learn	Staying healthy	Brush teeth
Eat healthy food	Exercise	Help others
Don't eat bad things	Don't do drugs	Giving good energy to body
Diet	Losing weight	Taking care of body
Drink enough water	Healthy	Help
You can be healthy and strong	Eat good food	Helpful
Hydrated	Emergency	Exercise
Eat vegetables	Healthy food	Can learn
Don't worry about being sick	Eat fruits	Help people be healthy
Don't eat lots of sugar	Eat healthy stuff	Exercise
Make healthy choices	Sit ups	Don't eat bad food
Eat vegetables	Drink milk	Floss
Run every day	Eat food	Healthy food
Drink water	Drink water 8 times a day	Eat the right foods
Exercise	Eat right foods	Stay fit
Exercise	Brush teeth	Eat vegetables
Exercise	Sports	Ride bike
Don't do drugs	Sports	Exercise
Play basketball	Sports	Read
Eat carrots	Walk	Eat

2. *What do you do to stay healthy?*

Eat veggies	Eat fruits	Drink milk
Exercise	Chocolate milk	Ride bike
Good food/healthy heart	Situps/pushups	Water
Bananas/apples	Run/jog	Sports
Not be hyper	Drink water	Orange juice
Breakfast	Eggs	Brush teeth
Bathe	Don't talk to mom when she's on the phone	Eat healthy products
Keep teeth clean	Take medicine	Go to the doctor
Eat vegetables	Not talking a lot	Wash hands
Watch tv	Get sleep	Fresh air
Fruits/veggies	Don't eat off the floor	Ride bike
Paint	Ride dirt bike	Roller blading
Run	Reading to stay healthy	Always listen
Learn	Swim	Bike
Be polite/pay attention	See how you feel	Eat healthy
Don't always get dessert	Share	Eat healthy foods
Cover cough	Wash hands	Run
Exercise	Swim	Lift weights
Run	Eat health foods	Eat healthy things
Brush teeth	Pushups	Jumping jacks
Run for one hour	Shower every day	Brush teeth
3 pounds of fruit	Play sports	Play soccer
Gym	Drink milk	

3. *How does your family stay healthy?*

Wet towel with fever	Eat veggies with meat	Ride bikes together
Clean	Take medicine	Fruit
Healthy food	Cooking	Salad with meals
Exercise	Exercise on basketball court	Like to color
Use the computer	Art and music	Food from other countries
Chocolate milk	Water	Exercise
Pushups	Workout	Water
Carrots	Lettuce	Fruit
Exercise	Milk everyday	Go to gym
Exercise	Rest	Water
Healthy food	Quit smoking	Exercise
Don't drink	I know how to roll a joint	Drink orange juice not

	and get seed out of buds...	soda
Don't eat so much candy or pop	Take drugs away from my cousin	Help people be safe
Healthy foods	Quit doing drugs	Plays games together
Stop drinking soda/cola	Cook	Eat together
Get shots	Hospital	Being together
Exercise	Celebrate holidays	Birthday parties
Send cards to sick people	Cook healthy food	3 meals a day
Eat carrots	Run a lot	Eat apples
Drink fruit juice	Gym with family	Play in the park
Jog	Pushups	Run in the park
Jump outside	Run on the treadmill	Eat healthy food
Walk	Play sports	Walk
Play football	Run for 2 hours	Family day
Walk together	Worship God	Gym
Play with sisters & brother	Gym	Air hockey (when he sees his family)
Basketball	Healthy foods	Swim
Park	Exercise games	Play football
Eat right foods	Play in family soccer league	Ride bikes
Go to park	Walk in park	Jog

4. Would you describe the town you live in as "healthy"

Yes	Not really-guns/shootings	Littering
Drinking	Pop all the time	Stealing
Hurting other people	Knives	Smoke
Gas stations don't have healthy foods	Too much candy	Drugs
Cigarettes	Weapons at school	Air pollution
Kids left in car	No seat belts	Coming to school sick
Not washing hands	Hospital	Drugs
Bad drugs	Crack	Cocaine
Marijuana	Litter	Too much eating
Catfish	Broccoli	Fights
Drugs-get stoned	Get someone else to do drugs	Schools
Why do they make drugs when they know they make people do bad things?	Police are good	Gangs
Where people live together	Healthy Drinking water	Riding bikes
Unhealthy robbing	Drugs	Drinking alcohol

Killing	Smoking	Smoking weed
Help other people plant flowers, water plants	Taking care of family	Stop robbing
Doctors	Gardens	Nature/animals
Get stray animals out of streets	Eat to much	Keep from smoking and drinking alcohol
Not a lot of pills	Littering	Cook healthy foods
Share food with neighbors	Can ask neighbors for food	Money to buy stuff
Nice people	Clean	Don't litter
Pollution and gases	People want to be healthy	Sick people and crowded
Good people	Healthy fruits/vegetables in Sun Fresh	Bad food in some restaurants
Equal rights/diversity	Houses don't cost much so people aren't poor	Houses catch (or are set on) fire
Not much smoking	Smoke stacks	Killing
Violence	Smoking	Not enough exercise
Drugs given to kids	Good schools/food/teachers	Burglaries
Good food at restaurants	Robbery/stealing	

5. *Do you like to read?*

The students overwhelmingly said, "yes" to this.

6. *How could reading well help someone to be healthy?*

Learn about healthy foods	Do crosswords and word scrambles, matching	Don't let drugs destroy your dreams!
Keep reading and learning	Read harder books, more knowledge	Learn how to take care of yourself better.
Become a teacher and teach others	Learn how to take care of yourself better	Hydrated
Better community	Obey the law	Stop signs
Education	Read funnies, will laugh and be healthier	Learn more, can save life.
Read instructions on box to cook	Reading books tells you stuff	Books have healthy stuff
Look for bad ingredients	Learn about things	Read mail to make sure its yours or not
Helps you learn	Read cookbook	Good for your brain

7. Show the students the newspaper and observe their reaction. What items do they pay attention the most?

The students were shown the mock newspaper and they were immediately drawn to the activities of mazes, color pictures, and puzzles. Each section that we currently have received at least some positive feedback. Most students were eager to see more of it and were excited to learn they were selected to participate in the Campaign.

Key Informant Interview Responses:

- Health is not great
- Good health because of services offered.
- Overall not very healthy, many from abusive homes
- ¼ from homeless shelter
- Low morale
- They see people shot to death on their way home from school.
- Survival means not preparing for future.
- No role models
- Only health issue they think about is teeth
- Behavior – they try hard to please
- Adults don't have time to interact with them.
- Single parents working all day.
- They need to be read to everyday that gets their attention.
- They have nutritional problems.
- They worry about where they will sleep at night.
- Will my mom come and get me?
- Treats will get them motivated.
- Their home environment is a problem.
- Here at the schools, they feed the kids healthier choices and try to teach them.
- These kids are in survival mode!
- They read because they told us to.
- Health is very black and white, dead or live.
- It's not about eating right, but eating to live.
- Their concern #1 is their home.
- They have basic teen issues: gangs, sex, social.
- Will take building relationships with them with role models who are consistent and personal.
- They like one on one affection.
- Trust is difficult even at this age.
- On average, they are 1 to 2 grade levels behind in reading.
- Starving for attention!
- Not a lot of health care outside of school, or will only get it once the school nurse points it out
- Basic dental care/hygiene very lacking
- Poverty, language barriers, lack of knowledge

- If they have control over something, some ownership in it, it will get their attention
- Should include basic hygiene instructions throughout
- Should check into “Stop the Pop” with the MO Dental Board
- Kids can be fairly knowledgeable but get little support at home
- Health is not a priority at home
- Kids love PE and exercise but know little about nutrition
- Motivation—we need to get through to the parents
- Include a simple “parent activity” such as how to read a nutrition label
- Parents send in only junk food so some severely overweight children facing diabetes
- Lack of physical exercise at home (parents afraid to let them outside)
- No transportation to sports or other exercise events
- Parents working evening/nights, or are unable to communicate (language)
- Any sort of reward will encourage the children
- Make the paper as visual as possible