Forging New Partnerships: Health Care and Adult ESL Education

Cynthia A. Gomez, PhD
Director,
Health Equity Initiative
San Francisco State University
“The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions". 
*Healthy People 2010*
The context

- 90 million people living in the United States do not understand basic health information
- Poor health literacy is "a stronger predictor of a person's health than age, income, employment status, education level, and race" (Report on the Council of Scientific Affairs, Ad Hoc Committee on Health Literacy for the Council on Scientific Affairs, American Medical Association, *JAMA*, Feb 10, 1999)
Ask Me 3 promotes three simple but essential questions that patients should ask their providers in every health care interaction:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?
Immigrants

- 37% of San Francisco population is foreign-born
  - 61% from Asia
  - 21% from Latin America
  - 14% from Europe
- 46% of the SF population speak non-English languages
Why are we coming together?
Collaborations can be powerful and can provide “value-added”
col-lab-o-rate:

1. To work with others.
2. To cooperate with an enemy that has invaded one’s country.

Webster’s II New Riverside Dictionary
Collaboration/Partnership

An interdependent, mutually beneficial relationship which requires regular communication and negotiation in pursuit of common goals.
Benefit to our communities

- Improve health
- Better services
- Alliances
Collaborations are Cross-Cultural Relationships

- Language
- Training
- Time/resources
- Priorities
- Authority figures
- Right/Wrong
- Definitions of success
Philosophy

- Make a commitment
- Work from strength
- Teach and be willing to learn
- Reward yourselves
- Expect speed bumps

- Remember - this is about clients
- Pursue quality
- Don’t always expect to agree- or disagree
- Recognize distrust/ power imbalances
Contact information:
Cynthia Gomez, PhD
Director, Health Equity Initiative
415-405-4350
drcgomez@sfsu.edu