

**2025 Davee Foundation Lecture**

**and Resident Research Day**

**Abstract**

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**Title: Improving Health Literacy in Diabetes Management Through an Educational Booklet**

**Background:**Limited health literacy introduces many challenges navigating the healthcare system and can also lead to poor health outcomes. Nearly 9 out of 10 adults in the United States struggle with health literacy (Center for Healthcare Strategies). Limited health literacy disproportionately affects groups of people who are already vulnerable due to socioeconomic, culture, or systemic factors. This project was conducted at Erie Family Health Center, a health center that mostly consists of these vulnerable populations. This project attempted to address the limited health literacy regarding Diabetes Mellitus Type II via creation of an educational booklet in hopes to improve health outcomes via hemoglobin A1C improvements.

**Methods:**With collaboration from the Health Promotions team at Erie, a Diabetes educational booklet was modified to consolidate key information for Diabetes management in a simplified format to understand and track health information for patients, specifically medications. The Diabetes booklet was available to providers at certain Erie sites. The patients at Erie Humboldt Park and Erie Waukegan who received a Diabetes education booklet were tracked. The percentage of uncontrolled Diabetic patients was also tracked. As a quality improvement project, there were three cycles at Erie Humboldt Park and two cycles at Erie Waukegan. There was also informal provider feedback obtained.