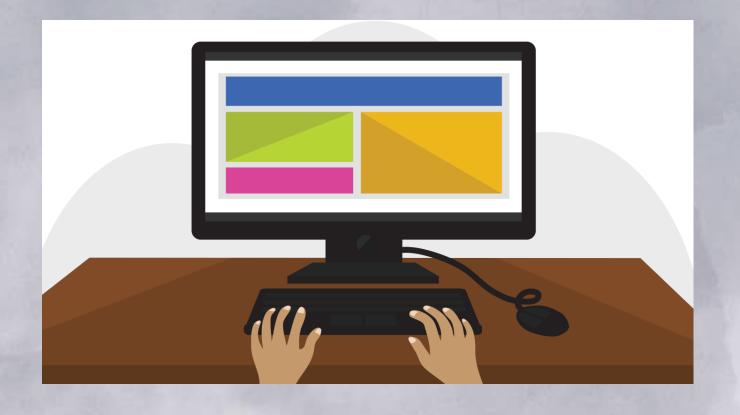
Raising oral health knowledge online

How to make web content easier for visitors to find and understand





A presentation to ASTDD members Matt Jacob, BA ◆ January 26, 2022

My objectives

- 1. Establish the importance of web content for oral health literacy
- 2. Identify the challenges to address when writing and organizing web content
- 3. Recommend ways that oral health leaders can make their web content easier to find and easier to understand



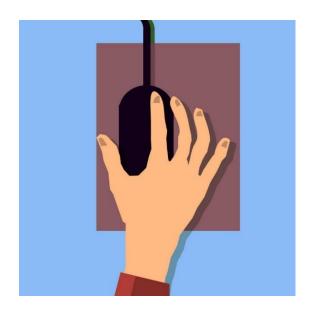
Key abbreviations: PHD = Public health departments (state/local) **OHL** = Oral health literacy **CWF** = Community water fluoridation

Oral health websites

Why oral health websites matter

It's where most people start looking

- People prefer seeking health info online 69% of them start their search on the web.
- Research shows the internet far exceeds health care providers as the primary source for health information.
 - ► The web is accessible *anytime*
 - ► The web is accessible *almost anywhere*
 - Consumers can seek answers without feeling awkward, embarrassed or judged



COVID-19 has raised the profile of PHD sites

- Public health department (PHD) websites are a crucial vehicle for educating the public about oral health and prevention.
- The pandemic has raised the profile of PHD websites as a destination where the public can find accurate information and the latest guidance.



A chance to educate the most vulnerable

 Many Americans have low levels of OHL, and they are more likely to have poor oral health status.

This is why people with low OHL should be a target audience

for your web content.

 How PHDs write and organize their web content can create challenges for people with low OHL.



People struggle to find health info

- 62% of Americans who began searching online said they "felt frustrated" with their ability to find the health information they were seeking.
- This fell short of the Healthy People 2020 goal for the proportion of Americans who can easily access health information.

Is your content understandable?

A 2021 study analyzed CWF-related content on the websites of

state health departments in all 50 states:

 13 states either had no web content about water fluoridation or its content was not written in <u>plain language</u>.

 9 states did not have a web page devoted primarily to CWF.



Plain language is about more than words

Plain language: Communication that your audience can understand the first time they see or hear it.

- Common words that most people are used to seeing
- Short sentences and paragraphs
- Active voice (not passive)
- Using lists, subheads or other design elements to enhance understanding

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Diabetes by the Numbers

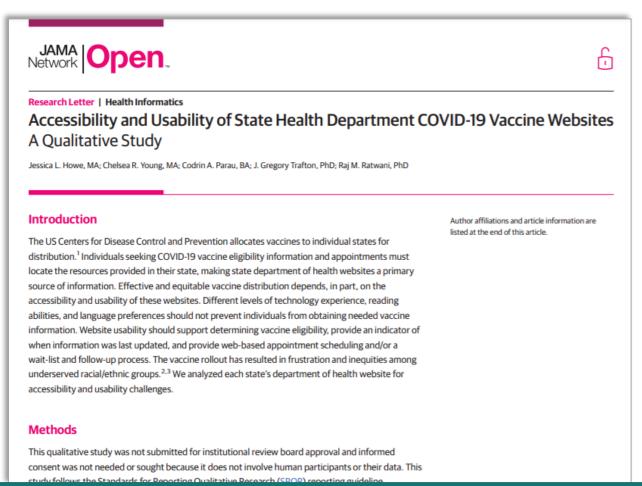
- 34.2 million US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the seventh leading cause of death in the United
 States.
- Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

It's more than an idea — it's the law

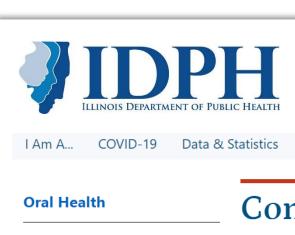
- Why does the National Institutes of Health promote the use of plain language?
 - "Writing that is clear and to the point helps improve communication and takes less time to read and understand."
- Plain language isn't just a nice idea. A 2010 federal law requires agencies to use it when communicating to the public.

This isn't just an oral health challenge

- A 2021 study analyzed the reading score/grade level of PHD web content about COVID vaccine eligibility and accessibility.
- Researchers found that the PHD content in 31 states was written at or above a college student's reading level.



(Source: Howe JL, et al. Accessibility and Usability of State Health Department COVID-19 Vaccine Websites: A Qualitative Study. JAMA Network Open. 2021, 4:5.)



Community Water Fluoridation

Resource Center

Fluoridation of community water systems is the most effective public health measure available to prevent and control dental caries. It reaches people with little cost to individuals and is very important for our health and well-being. The Division of Oral Health works closely with the Illinois Environmental Protection Agency to monitor community water safety, provide education and technical expertise to the water supply operators in order to keep fluoride levels optimal.

Community water fluoridation is recognized as one of the ten most important achievements of Public Health.

Events

Monitoring and surveillance includes: maintaining accurate records of the fluoridation levels of all Community Water Systems (CWS), compiling and recording into the computer database all monthly split sample fluoride test result data and summary of daily fluoride test results from CWS's in Illinois, reporting fluoridation status to:

CDC – Center for Disease Control

Topics & Services

- Local Health Departments
- The Illinois Environmental Protection Agency through quarterly reports

Fast Facts on Oral Health

Where/How to Access Oral
Health Care?

Oral Health Data

Maternal and Child Oral
Health

Oral Health Plans

(Source: This web page was accessed via Google Chrome on December 15, 2021.)

The reading ease of this page was rated "very difficult" to "difficult" — meaning it would not be understood by people with low to moderate OHL.



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(Source: The language displayed on this slide was analyzed and scored as a 9.4 on the Fleisch Reading Ease Test and a 20.4 on the Gunning Fog Readability Index. The Flesch test evaluates both word length and sentence length. This page was scored on December 15, 2021.)



Cavities or tooth decay are better terms than **caries**.

Oral Health Data

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Surveillance is a familiar term to those in public health, but it may confuse people with low OHL.

Health

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Health

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- The sentence length is good for readability.
- Many visitors may be confused by the abbreviations and numerals that interrupt the 4th sentence.



CHFS > Agencies > Department for Public Health > Division of Prevention and Quality Improvement >

HEALTH CARE ACCESS BRANCH

Oral Health Program

Community Water Fluoridation

In 1951, the KOHP began its first community water fluoridation efforts in Maysville. Community water fluoridation has continued successfully since then. Today, 217 fluoridated communities serve nearly 95 percent of the state's population, making Kentucky a national leader. Fluoridation is mandatory (KRS 211.190; KAR 902 115.010) for community water supplies serving populations of 3,000 or more. Community water supplies serving fewer than 1,500 users may voluntarily fluoridate and most do.

The Centers for Disease Control and Prevention has more information about your water supply. To find out more, go to My Water Fluoride webpage.

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Vermont's oral health page does a good job of using plain language.

Most of these sentences are less than 15 words long.



ORAL HEALTH



You cannot be truly healthy without good dental health. Dental health is important for obvious reasons like eating, speaking, feeling good about your smile, and being able to find a job.

Dental health is also important for overall health. For example, people who have diabetes are at greater risk for dental

disease, and having dental disease makes it more difficult to control blood sugar levels. Poor dental health has also been linked to heart disease and stroke as well.

To see how we're doing in Vermont: Oral Health Performance Scorecard ①

Find Vermont data, reports and publications on dental health: Plans & Reports

Is your content easy to find?

Another problem in the 2021 study was the ability of visitors to navigate state websites and find CWF information:



- From the state health dept's home page, at least 3 clicks were needed in 23 states for visitors to reach the oral health program's page.
- From the oral health program's main web page, at least 2 more clicks were needed in 9 states to find info about CWF.

Many PHD websites organize their content as a **list of specific documents** (see below) rather than as a **list of topics**.



(Source: Crestodina A. Orbit Media Studios, Website Navigation: 7 Best Practices, Design Tips and Warnings; this web page was accessed on Oct. 27, 2021.)

Many consumers want info on a certain topic and lack the patience to look through a long list of documents.



South Dakota's Oral Health Status

- 2019 Oral Health Report
- Oral Cancer in South Dakota, 2014 (order monograph here under cancer or oral health tab)
- · Oral Health Survey of South Dakota Children
 - o Report: 2014 | 2010
 - Data Brief: 2014 | 2010
- Children's Oral Health BRFSS: 2017 | 2015 | 2013 | 2011
- Adult Oral Health BRFSS: 2016 & National Map | 2014 | 2012
- Snapshot of Oral Health in South Dakota: 2012 | 2009 | 2007
- Annual Summary of Plan Activities: 2013 | 2010 | 2009
- The Oral Health of SD's Head Start Children: Basic Screening Survey 2012
- Oral Health Plan for South Dakota 2015-2020 | Plan Summary
- South Dakota Health Professional Shortage Areas Dental Healthcare
- South Dakota Pregnancy Risk Assessment Monitoring System (PRAMS)
 - 2017 Data Report
 - 2017 Maternal Oral Health Care
- Infographic South Dakota Children's Dental Health Statistics

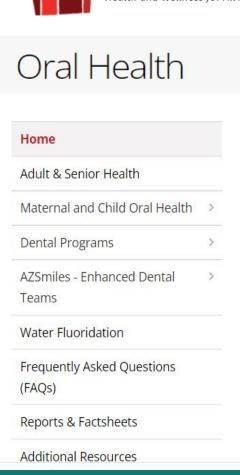
(Source: Crestodina A. Orbit Media Studios, Website Navigation: 7 Best Practices, Design Tips and Warnings.)

Reorganizing a home page around **topics** could make it easier for web visitors to find what they're looking for.

Example: These documents could be grouped into a page focusing on children's oral health



Arizona's oral health home page accommodates both types of visitors — those seeking a particular document and consumers seeking info on a topic.





Home



- Enhanced Safety Measures for the Cavity Free AZ Sealant Program
- 2019-2022 State Oral Health Plan
- Healthy Smiles Healthy Bodies 2015 Survey
- The Importance of Dental Health Why You Should Go to the Dentist
- Oral Health brochures regarding Pregnancy, Your Baby, and Children 1-3 Years Old
- Get more information about Reduced Fee and Community Dental Clinics in Arizona

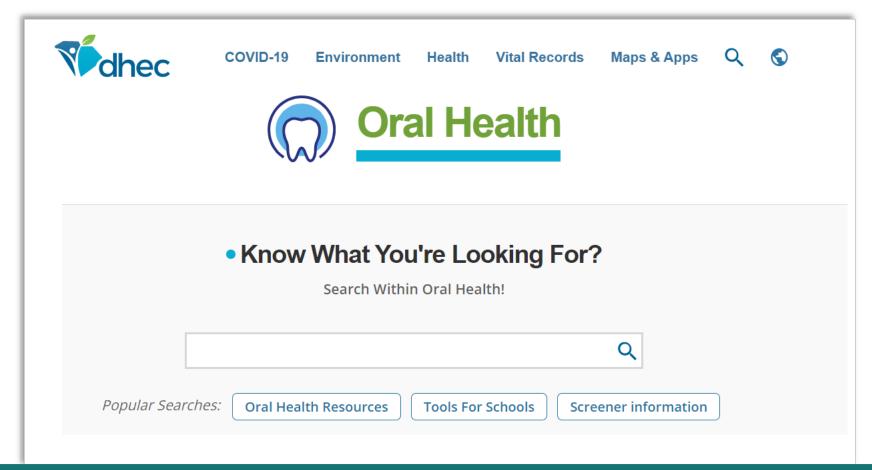






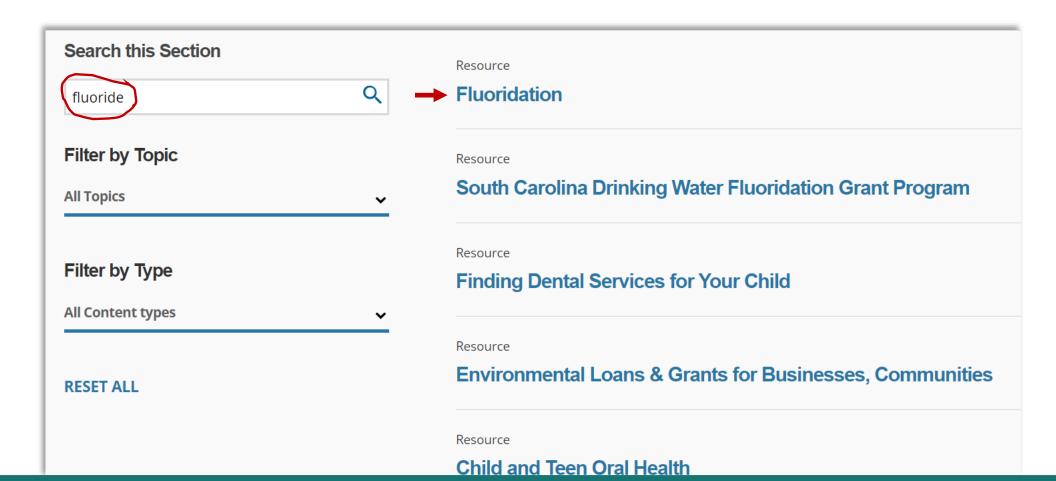
(Source: This web page was accessed via Google Chrome on December 15, 2021.)

South Carolina's oral health home page greets visitors with a search box that helps them find the info they're looking for:



(**Source:** This web page was accessed via Google Chrome on December 15, 2021.)

And **South Carolina** recognizes that many people seeking CWF information may use "fluoride" as their search term:



Navigation: Page design matters

Some visitors may not scroll down long enough to find their desired topic.

Creating a left-hand rail of options might help.



An Official **Pennsylvania** Government Website

Oral Health

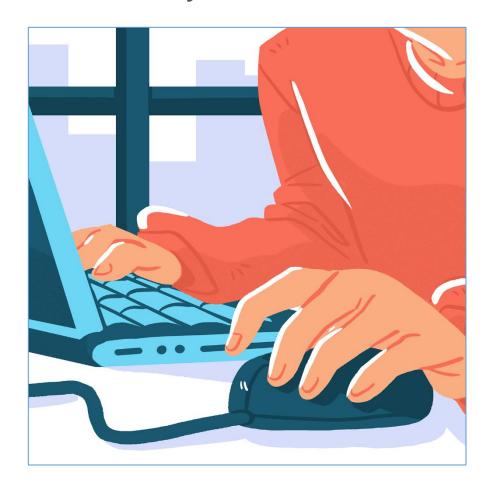
Oral health is an integral part of the well-being of all Pennsylvanians. The Pennsylvania Department of Health's Oral Health Program (Program) strives to reinforce the concept that you cannot be truly healthy without good oral health. The Program puts a special emphasis on populations that have limited access to dental preventive and treatment sources and information.

The Program leads the efforts of developing and implementing the stakeholder-driven <u>Pennsylvania Oral Health Plan 2020-2030</u>, by collaborating with other governmental agencies and local community groups and associations on good oral health promotional efforts and actions. The Program focuses on the following areas among others:

- Prevention of oral disease through the stressing of proper personal and community preventive behavior and actions including:
 - · Community water fluoridation
 - School-based and school-linked sealant programs for low income children
 - Routine oral cancer screenings
 - Proper oral hygiene behavior by parents and children
- Assessment of oral health status of the Pennsylvania population.
- Access to dental health services for the underserved.

The key takeaways

- Everyone (including those with low OHL) deserves access to information that enables them to make healthy decisions.
- Oral health leaders can do more to make their content easier to find and easier to understand.



Oral health websites

Key questions, tips and helpful resources

5 questions to ask yourself

- 1. Is our content written in **plain language** to ensure that consumers of different literacy levels can understand it?
- 2. How many clicks does it take from our PHD's home page to reach the oral health page? And then how many more clicks to access key topics in oral health?
- 3. How is our oral health content **organized** as a list of documents or as different topics?
- 4. Are any of our **hyperlinks** to external experts broken?
- 5. Do we or does our health department have a protocol for reviewing web content to ensure it's accurate and updated?

CDC's policy can be leveraged

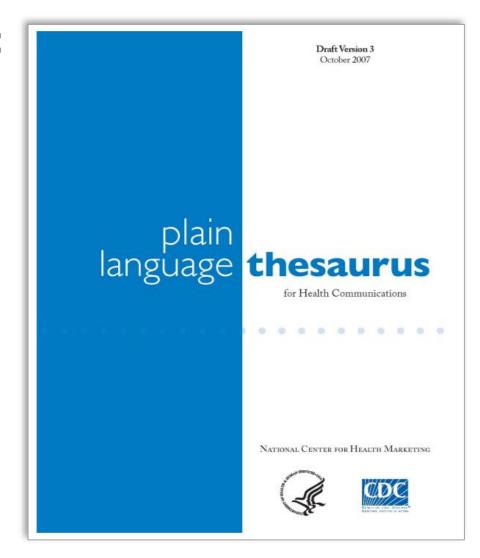
Citing the CDC's practice might help persuade your health department to translate web content into **Plain Language**.

CDC.gov

"CDC is committed to using **plain writing** in information for the public. Our information is relevant to many groups, and plain writing makes the information even more useful."

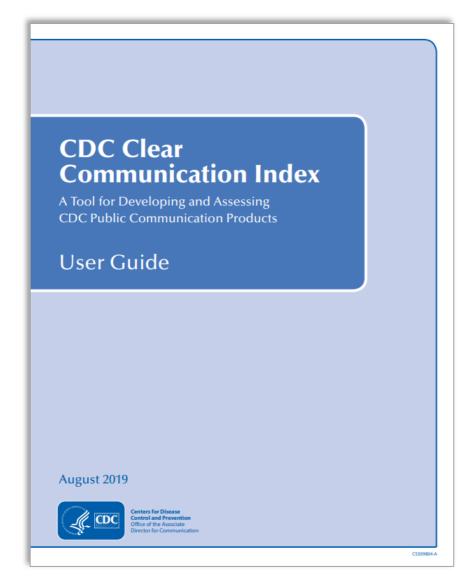
Good resources on plain language

CDC's Plain Language Thesaurus:
 https://bit.ly/PL_Thesaurus



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- CDC's Plain Language Thesaurus:
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- The Clear Communication
 Index is an excellent resource that covers much more than just plain language.



Testing to assess understanding

Focus groups (even informal ones) can help you assess whether your content is written in plain language.

- Ideally, assemble a group of people with low OHL.
- Have them answer questions to determine whether they could understand the content.



Testing to assess ease of navigation

Focus groups (even informal ones) can help you assess whether content is **tough to find**.

- Consider working with your oral health coalition to find lay people who are asked to find info about certain topics on the state PHD website.
- Ask them to track how much time it took them to find it.



Testing to assess ease of navigation

Focus groups (even informal ones) can help you assess whether content is tough to find.

- Consider working with your oral health coalition to find lay people who are asked to find info about certain topics on the state PHD website.
- Ask them to track how much time it took them to find it.



Health foundations might be receptive to funding this effort, seeing its connection to OHL.

Making web navigation more intuitive

TOPICS

Children's Dental Health

Adults' Dental Health

Pregnancy & Dental Health

Water Fluoridation

Dental Sealants

Dental Workforce

2020-21 Oral Health Plan

Research shows that most people seeking info about fluoridation will search using the word **fluoride**.

Some visitors might go right to the first option, so consider including **sealant** info there too.

It might not be clear to all visitors that this is the <u>state</u>'s plan.

You don't need to tell me....

- Oral health programs
 have little or no authority
 over how their state's
 PHD website is designed.
- Oral health programs cannot unilaterally change the content on their PHD web pages.



Oral health

Cavity Free at Three (CF3)

- CF3 teaches medical/dental providers and health advocates about early childhood caries and how to improve access to and delivery of preventive oral health services for young children and pregnant
- Cavity Free at Three (CF3) Dashboard

Dental assistance for seniors

 Information for Colorado low-income seniors who need dental care (formerly Old Age Pension Dental Assistance Program)

Community water fluoridation

Reports, recommendations, guidelines, studies, resources.

Oral health data and reports

· Statistics about Coloradans' oral health

(Source: This web page was accessed via Google Chrome on January 13, 2022.)

What oral health leaders can do

- Build a good relationship with your PHD's web team.
 - ✓ These staff have some say in future design changes
 - ✓ Having a 'friend' there might help facilitate your effort to update web content especially if you can tie it to a conference or other event
- Cite the federal law on plain language to spur change.
 - ✓ Raise awareness in your agency of the Plain Writing Act
 - ✓ Consider talking (as a group) to senior PHD officials about the need to embrace Plain Language content

Oral health websites

Awareness of the web pages around you







Popular Topics

COVID-19 Vaccines

Find a COVID-19 Testing Site

COVID-19 Beyond the

Blueprint

Wildfires

Certificates, Licenses,

Permits, Registrations

Vital Records

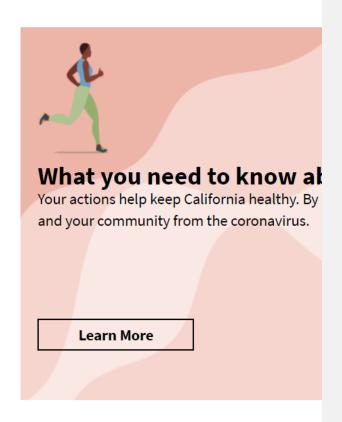
Health Equity

Blood Lead Level Maps and

Data

Vaping Health Advisory







Diseases and Conditions

Diseases and Conditions

HIV/AIDS

Healthcare-Associated Infections

Cancer

Communicable Diseases

Diabetes

Disease Reporting

Methicillin-Resistant Staphylococcus Aureus Bloodstream Infection

Problem Gambling

Sexually Transmitted Diseases

See More

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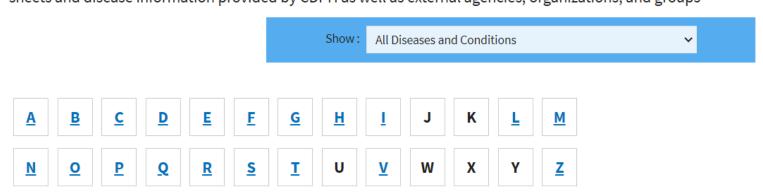
Data

Vaping Health Advisory



DISEASES AND CONDITIONS

Diseases & Conditions provides links to information for communicable, infectious, and chronic diseases. Pages for specific diseases include links to fact sheets and disease information provided by CDPH as well as external agencies, organizations, and groups







Home \mid Diseases And Conditions \mid Diseases and Conditions \mid All Diseases and Conditions

DISEASES AND CONDITIONS

C

C. difficile (C. diff, CDI)

Campylobacteriosis

Candida auris

Carbapenem-resistantEnterobacteriaceae(CRE)

Cat Scratch Disease

Central Line-associated Blood Stream Infection

Chikungunya

Chlamydia

Chronic Disease Surveillance and Research Branch

Ciguatera Fish Poisoning

Coccidioidomycosis (Valley Fever)

Colorectal Cancer Control

Conenose (Kissing) Bugs and Chagas Disease

D

Dengue

Diabetes Prevention

Diphtheria

Domoic Acid/Amnesic Shellfish Poisoning

Back to Top

Т

Tetanus

Tick Paralysis

Tick-Borne Diseases

Tick-Borne Relapsing Fever

Toxoplasmosis

Trichinellosis (Trichinosis)

Trichomoniasis

Tuberculosis

Tularemia

Not mentioned:

- Caries
- Cavities
- Dental decay
- Tooth decay



Questions? Comments?

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