



Senior Health University (or “Senior Health U”) is primarily designed to provide health literacy information and practical skill building in health literacy and self-care to rural adults aged 60 and older. These seniors are located in three rural, medically underserved counties of Taney, Polk, and Christian. Senior Health U (SHU) goals are threefold: (1) Improve health literacy in seniors to maintain independence and good health. (2) Engage MSU health professions students and seniors in collaborative learning in health and computer literacy training and (3) Increase community capacity-building in the area of health literacy education. Three hundred seniors are targeted for SHU workshops; 30 university students will participate in joint health literacy and computer training with seniors; and 25 community educators will take part in training and SHU workshops as well as education for 5 center directors and recruitment of possible intern supervisors. Missouri State University health professions students will be immersed in concepts of health literacy with active seniors and engage in applied community research. Students will assist in functional health literacy assessments and follow-up; assist in working with seniors through an online health literacy course and to assist seniors in navigating the Internet for medical resources and information. The funding request is for \$163,595 over a two year period (\$88,399 in year one, and \$75,196 in year two).