

Towards Equitable Communication:
An Exploratory Study to Guide Knowledge Translation in Kinesiology

Akuekegbe Y. Uwadiale & Jafrā D. Thomas

California Polytechnic State University, San Luis Obispo

June 10, 2020

Author Note: Akuekegbe Uwadiale is an undergraduate research assistant in the College of Science and Mathematics, California Polytechnic State University, San Luis Obispo, where Jafrā D. Thomas serves as an Assistant Professor.

Correspondence: Jafrā D. Thomas, Department of Kinesiology and Public Health, College of Science and Mathematics, California Polytechnic State University, 1 Grand Avenue, San Luis Obispo, California 93407-0386. E-mail: jthoma84@calpoly.edu

A recommended citation format for Presentation Abstract:

Uwadiale, A. Y., & Thomas, J. D. (2020). *Towards equitable communication: An exploratory study to guide knowledge translation in kinesiology* [Abstract]. 2020 Believe, Educate & Empower, Advocate, Collaborate, Nurture (BEACoN) Research Symposium. San Luis Obispo, California: California Polytechnic State University.

A recommended citation format for Video Presentation:

Uwadia, A. Y., & Thomas, J. D. (2020, June 10). *Towards equitable communication:*

An exploratory study to guide knowledge translation in kinesiology [Video slideshow presentation]. 2020 Believe, Educate & Empower, Advocate, Collaborate, Nurture (BEACoN) Research Symposium. San Luis Obispo, California: The BEACoN Network, California Polytechnic State University. Retrieved

from <https://www.youtube.com/watch?v=F9Z3GDs22U&feature=youtu.be>

Abstract

Resources at or below the 8th grade reading level is key if behavioral resources are to support end-user health literacy, a strong predictor of prevention-oriented health behaviors and health risk. To understand how readability issues effect physical activity resources, we performed a systematic review of the kinesiology literature. A sample of 18 original studies was obtained (M publication date=2010, $SD=7.45$), which on average reported public resources exceeded the 8th grade reading level by at least two grades. Thematic analysis resulted in 14 general ways material readability could be easily improved. Project findings will be discussed and next steps presented.

Key Words: health equity, lay communication, patient empowerment, plain language