C. Ann Gakumo
PhD, RN

Dr. Ann Gakumo’s research focus is on the study of health literacy-based approaches promoting HIV management and decreasing racial disparities in older adults living with HIV. Low health literacy is more common in older adults and minorities and has been associated with non-adherence to HIV medications, treatment, and care.

Advances in health literacy have progressed substantially, but the adoption of health literacy-based approaches into actual practice remains in its infancy. Dr. Gakumo is working on the development and testing of a health literacy pilot intervention to improve medication and treatment adherence in older African Americans with HIV using peer support and text messages as tools to facilitate understanding and adherence. Dr. Gakumo is also interested in examining health numeracy which is as equally important as health literacy in chronic disease management.

Dr. Gakumo hopes to expand her health literacy intervention to a larger scale to address both HIV and co-morbid disease management.