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Health literacy

Microlearning session

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What do you do to keep your body and mind healthy?

My Healthy Habits

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My Healthy Habits

- Draw a pyramid.

- At the bottom, write down the activities you always do to improve your health.

- In the middle, write down the activities you sometimes do to stay healthy.

- At the top, write down the activities that you almost never do.

NEVER

SOMETIMES

ALWAYS

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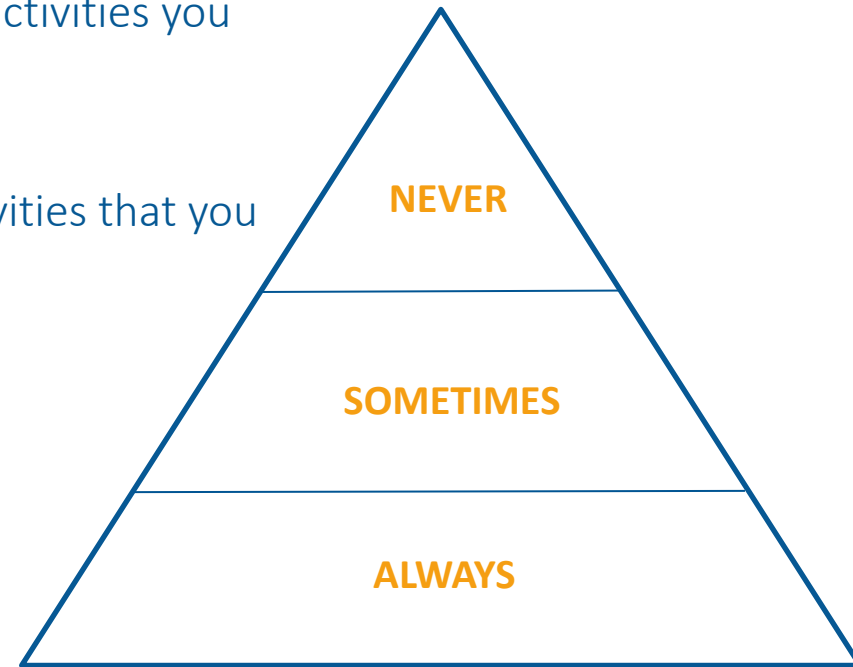
To learn more about how to take care of your health and well-being, read the Life Comp card *Well-being,* and try out the activity *Recharge and Relax*!

My Healthy Habits

- How would you rate your healthy habits on a scale of 1 to 5? Are there any activities you would like to include in your daily routine to improve your health? Which ones? Where might you find ideas to help?

- Where do you usually find health information? What or who is your main source?

- Have you ever had difficulty understanding certain health information? If so, when?

- Have you ever encountered any challenges in the context of health care (*e.g.* doctor's appointment, using medicine, finding a health service, *etc*.)? If yes, can you give us concrete examples?

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Health Literacy is the ability to **find**, **understand** and **use/apply** health information in everyday life to make informed health decisions for yourself or others.

(CDC, 2023; Okan, 2023)

What is Health Literacy?

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What is Health Literacy?

Three Stages of Health Literacy

Level 1: Functional

You have the basic reading, writing or numeracy skills needed to understand health information.

E.g. You are able to read and understand instructions on how to use a medicine.

Level 2: Interactive

Your communication and social skills mean that you can discuss health information with others.

E.g. You are able to talk with your friends or family about healthy eating.

Level 3: Critical

You have the skills needed to critically assess health information, make informed decisions, or change factors (social, political, commercial) that influence health.

E.g. During the Corona virus pandemic, you considered the available information and assessed its reliability and truthfulness.

(Nutbeam 2000/2017, as cited in Okan, 2023)

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Why is Health Literacy important?

- **understanding** information regarding health and well-being (*e.g.* understanding your treatment plan)

- **easier and clearer communication** with doctors or other health care experts about your health or your family's health

- **finding** health information (*e.g.* finding a family doctor in your town)

- **preventing** negative health outcomes (*i.e.* diseases)

- **improving** physical and mental health

- **making well-informed decisions** about your health

- **taking control** of your health (health care becomes a part of your daily routine)

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How to improve your Health Literacy

Prepare yourself for a doctor's appointment. Write down the topics you want to discuss or the questions you want to ask. This will prevent you from skipping some topics you want to learn more about.

Ask questions when you do not understand what your doctor is saying or is explaining to you. You should leave the room knowing what you need to do to improve your health condition.

Critically approach health information you find on the Internet. Assess whether it is reliable and true.

Attend an event, seminar or workshop on a health topic of your interest. Improve your knowledge and make well-informed decisions about your health.

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eHealth Literacy

eHealth Literacy is the ability to find and understand health information from electronic resources and to apply that information to address health problems.

(Norman and Skinner, 2006)

Why eHealth Literacy?

- search the Internet to find health-related information
- assess the reliability and the quality of online information
- use some of the many health resources and information available online
- find reliable information more quickly

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How do you assess the reliability and the quality of online information?

Authors/Providers
Check if there is information about the authors and their professional qualifications.

Goal
Read the information and check if it is clear who the information is aimed at and for what purposes.

Up-to-date
Find out when the information was published/created and if it is up-to-date.

Comprehension
Check that the information is understandable and clear. Technical terms should be explained and facts should be presented neutrally.

Financing
Check that the financing of the information (through sponsors, advertising to customers, *etc*.) is disclosed.

(Okan, 2023)

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Resources

1. Centers for Disease Control and Prevention (CDC). (2023, July 11). *What is Health Literacy?* Centers for Disease Control and Prevention. https://www.cdc.gov/healthliteracy/learn/index.html

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5. Norman, C. D. & Skinner, H. A. (2006). EHealth Literacy: Essential Skills for Consumer Health in a New World. *Journal of Medical Internet Research,* 8 (2).

6. Okan, O. (2023, June 23). *Webinar. Kompetent gesund: Gesundheitskompetenz stärken mit der vhs* [Presentation slides]. Fakultät für Sport – und Gesundheitswissenschaften, Technische Universität München.

Partners

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Thank you!