

Health Literacy

5 May 2016
Lifelong Learning Centre, Msida
Natasha Barbara

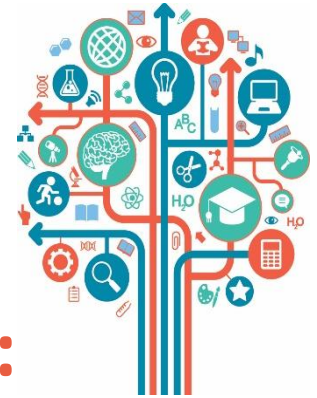


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Health Literacy



The comprehensive HLS-EU definition :

4 levels of personal skills and abilities:

- Access
- Understand
- Appraise
- Apply

3 domains of health:

- Healthcare
- Disease Prevention
- Health Promotion

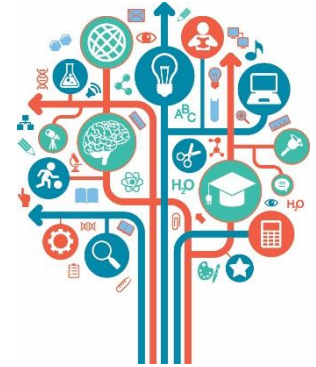


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The Tool - HLS-EU concept in practice (the HLS-EU matrix)

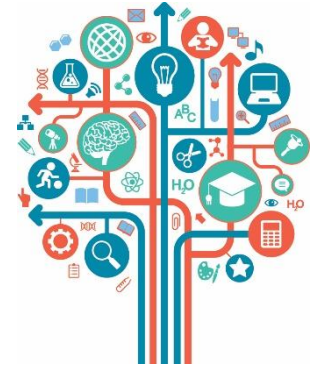
Health Literacy	Access/Finding information relevant to health (FHI)	Understand information relevant to health (UHI)	Appraise/judge /evaluate information relevant to health (JHI)	Apply / use information relevant to health (AHI)	Total statements
Health Care	1, 2	3,4	5	6,7	7
Disease Prevention	8	9,10	11	12	5
Health Promotion	13	14,15	16		4
Total statements	4	6	3	3	16



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Health Literacy



45.8% of the Maltese Population have problematic or inadequate Health Literacy.

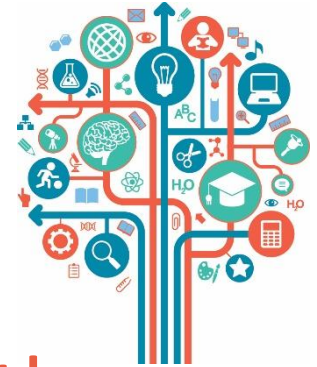


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Health Literacy levels on Health Promotion and Disease Prevention among respondents are not as good as levels relating to Health care.

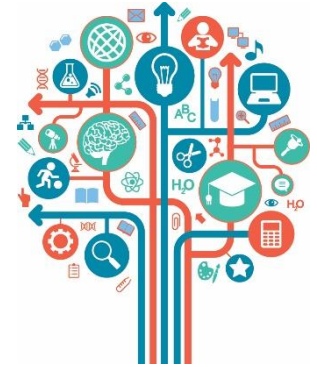


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A high proportion (45.7%) of respondents have problems finding information on how to manage mental health problems such as stress and depression.

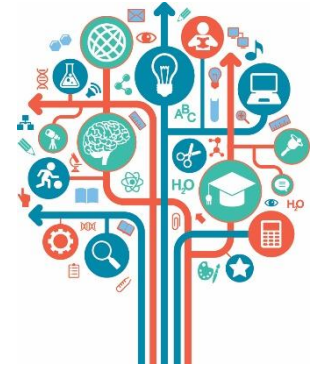


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38% of respondents have a problem deciding how to protect themselves from illness based on information in the media.

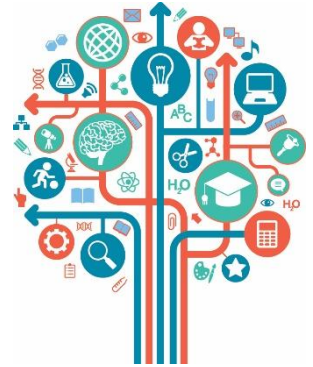


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35% of respondents have a problem judging if the information on health risks in the media is reliable.

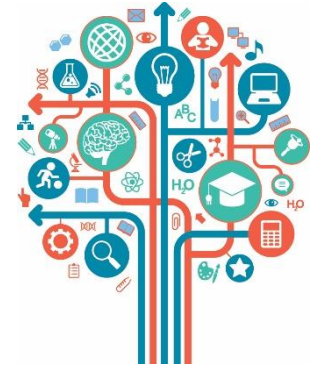


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BMI and presence of Long term Illnesses are inversely correlated with Health Literacy Scores.

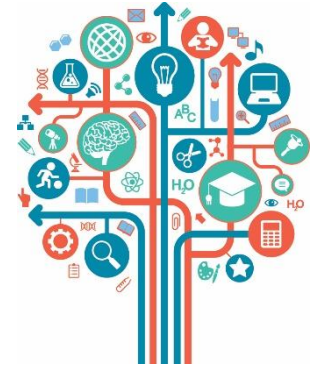


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Persons with low HL levels tend to be admitted to accident and emergency more often.

This increases costs!

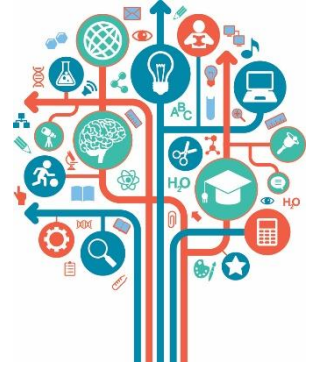


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Vulnerable Groups:

- Persons 76+ years and over
- Low educational level
- Bad self perceived health
- Gozo and Comino
- Low self perceived social status
- More than one long term illness

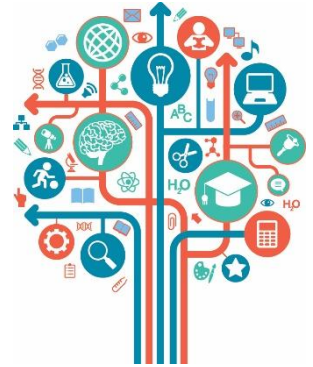


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Adult educators can complement the efforts of medical professionals to help persons develop skills that can be applied to health contexts.

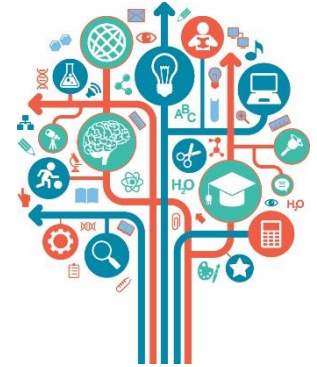


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Role of Adult Educators:

- Develop students' capacity to participate in planning by seeking clarification and offering suggestions
- Help students learn to locate information to guide their health related decisions
- Enhance students' ability to complete forms, make inquiries for information and navigate new environment

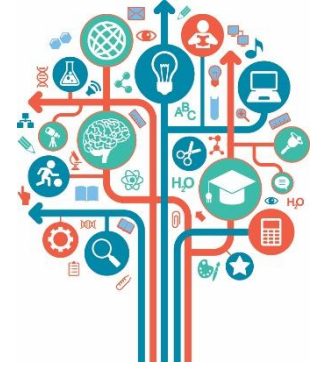


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Role of Adult Educators:

- Strengthen students' ability to read charts, scales and to interpret ranges
- Teach students to ask questions about tests, test procedures and results
- Teach students how to read medicine labels, calculate amounts and timing of dosages

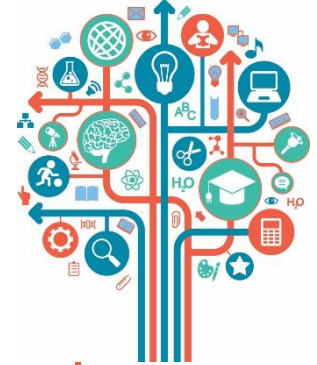


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Reflections:

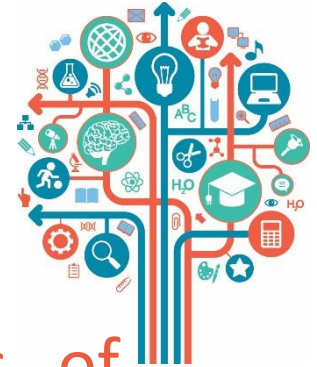
- Limited Health Literacy is a problem of nearly every other citizen
- Health Literacy is even more limited in the domain of mental health
- Some sub groups have a heightened risk of limited Health Literacy



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Health Literacy



- Social determinants can be predictors of Health Literacy levels
- Messages conveyed through the media are not contributing to better health literacy levels
- Health Literacy is related with health status and health behaviour



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*'In terms of Health Literacy;
we should not be part of the
problems, we should be
part of the solutions.'*

WHO Healthy City Co-ordinator, United
Kingdom

Facebook: Adult Learning in Malta



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