



Maastricht University

*Leading
in Learning!*

Health literacy – Gesundheitskompetenz als europäische Notwendigkeit

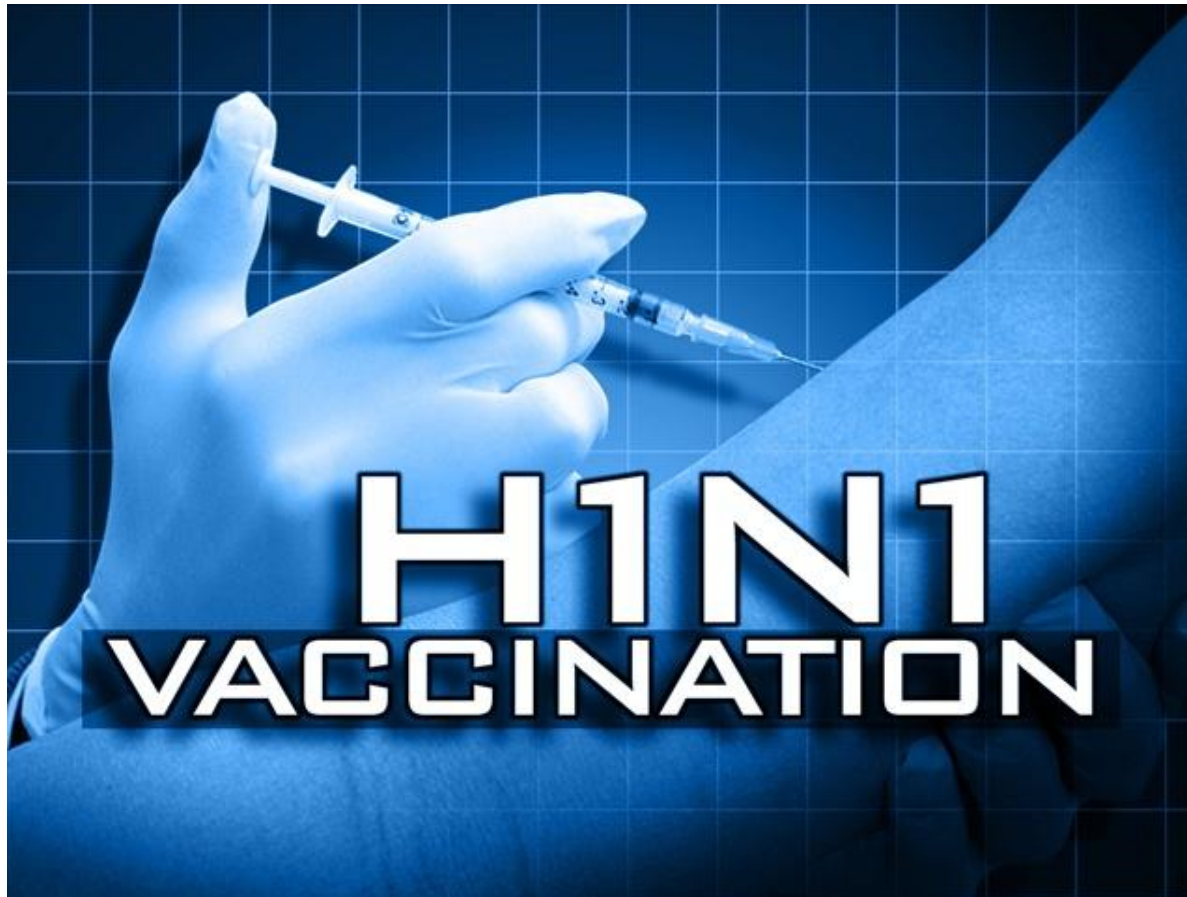
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Should I get vaccinated if I am offered the pandemic vaccine?



The modern health society is characterized by:

- An increasing life and health expectancy
- An expansive health and medical care system
- A rapidly growing private health market
- The prevalence of health as a dominant theme in social and political discourse
- The establishment of health as a major personal goal in life and as a right of citizenship

International Encyclopedia of Public Health, First Edition (2008), vol. 3, pp. 204-211

- Health literacy is an essential life skill for individuals
- Health literacy is a public health imperative
- Health literacy is an essential part of social capital
- Health literacy is a critical economic issue

International Encyclopedia of Public Health, First Edition (2008), vol. 3, pp. 204-211

The European Health Literacy Project

HLS • EU

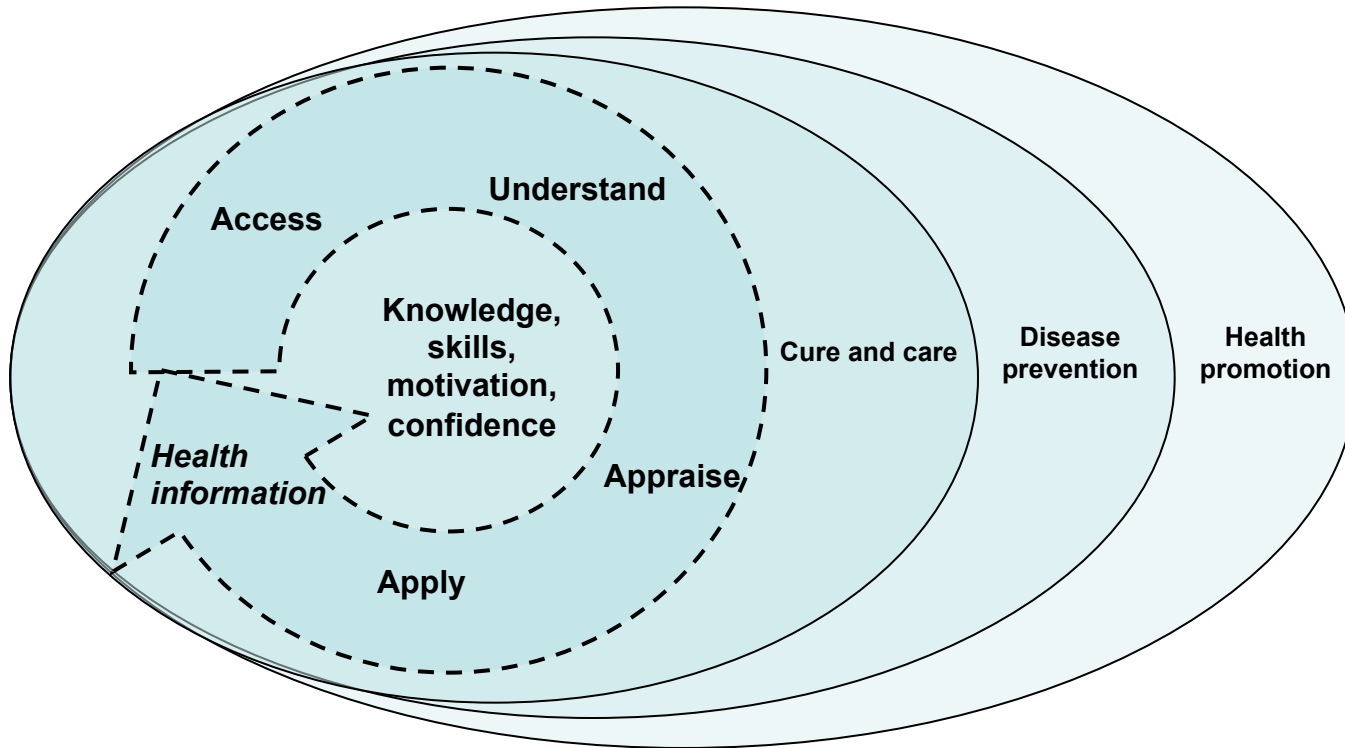
2009-2012



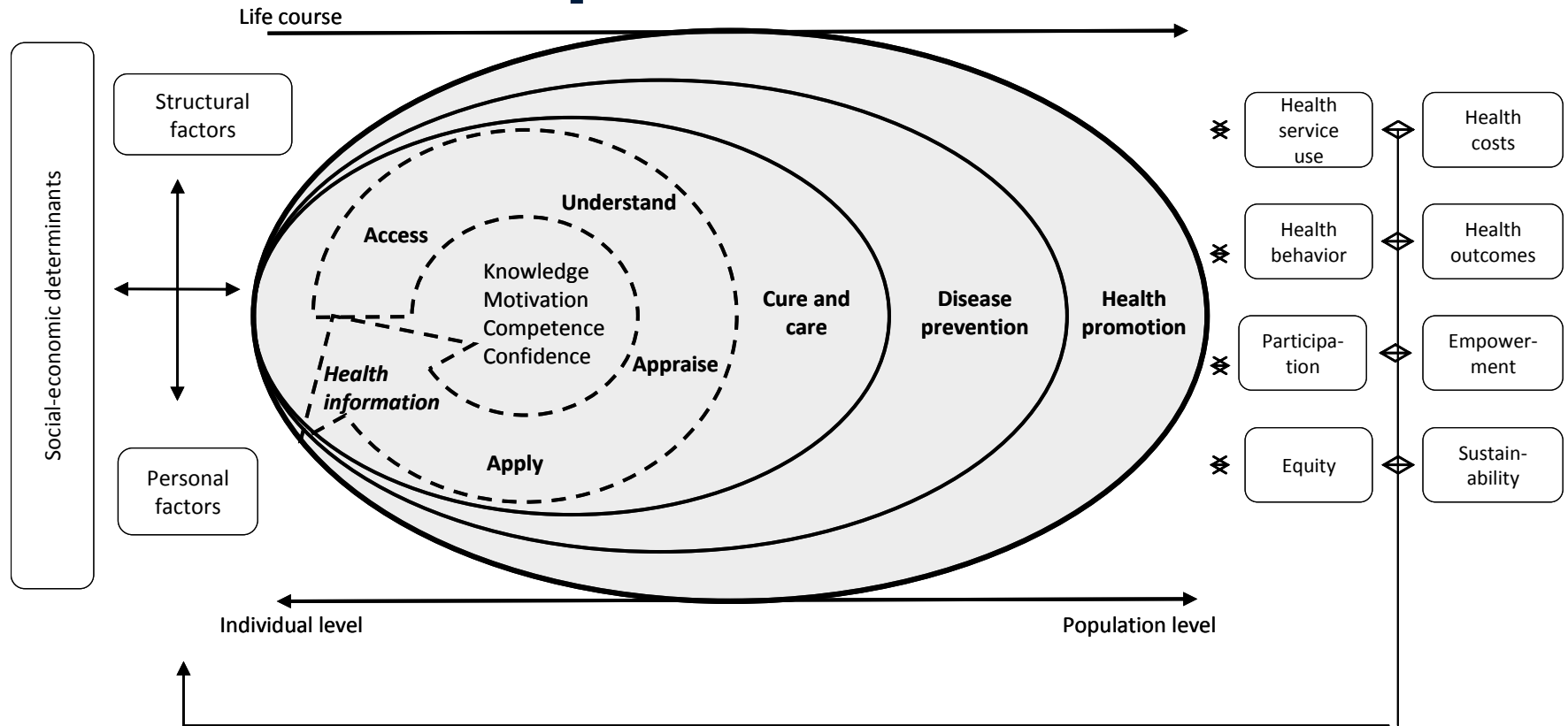
Health literacy is linked to literacy and it entails people's
knowledge, motivation and competences
to access, understand, appraise and apply
information
to take decisions in everyday life
in terms of healthcare, disease prevention and
health promotion
to maintain and improve quality of life during
the life course.

Sørensen et al. 2012

Health literacy in a nutshell



HLS-EU Conceptual model



Sorensen et al. 2012. Health literacy and public health: A systematic review and integration of definitions and models. BMC Public Health

HLS•EU•C

From information to action...?!

Health literacy – decision making on health in daily life	Access	Understand	Appraise	Apply
Cure and care				
Disease prevention				
Health promotion				

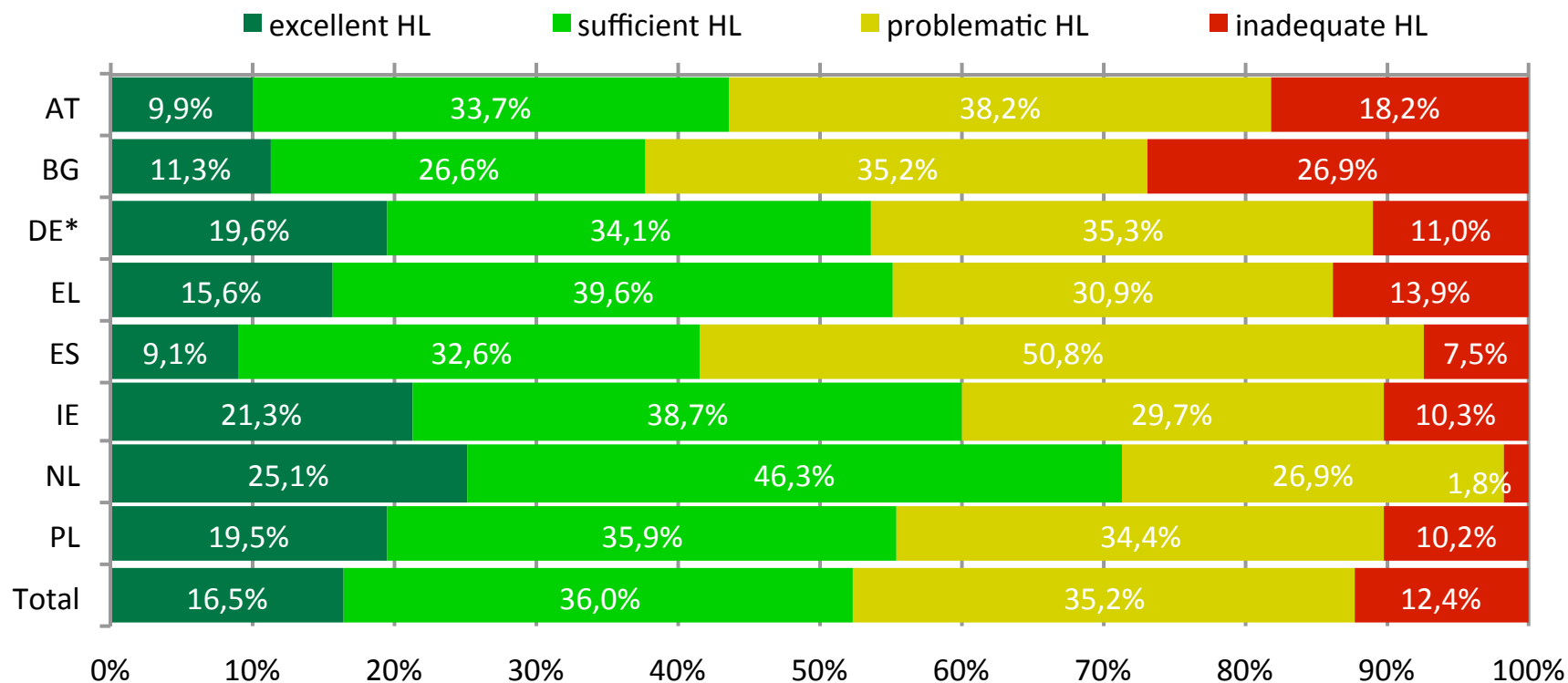
Health literacy matrix	Access/ obtain	Understand	Appraise	Apply
Cure & Care	Are you able to find information about symptoms that concern you?	Are you able to understand your doctor's or pharmacist's on how to take prescribed medicine?	Are you able to judge how information from your doctor applies to you?	Are you able to follow the instructions on medication?
Disease prevention	Are you able to find information on vaccinations and health screenings, that you should have?	Are you able to understand why you should need health screenings?	Are you able to judge when you should go to a doctor for a health check-up?	Are you able to decide if you should have a flu vaccination?
Health promotion	Are you able find information on healthy activities such as exercise, healthy food and nutrition?	Are you able to understand information on food packaging?	Are you able to judge how where you live affects your health and well-being?	Are you able to make decisions to improve your own health?

The HLS-EU-Q scale

47 items converted to a 50 point scale

- 0-25 pts: 'inadequate' (50%; 1/2)
- >25 to 33 pts.: 'problematic' (66%; 2/3)
- >33 to 42 pts: for 'sufficient' (80%; 5/6)
- >42 to 50 pts. for 'excellent' (top 20%; above 5/6)

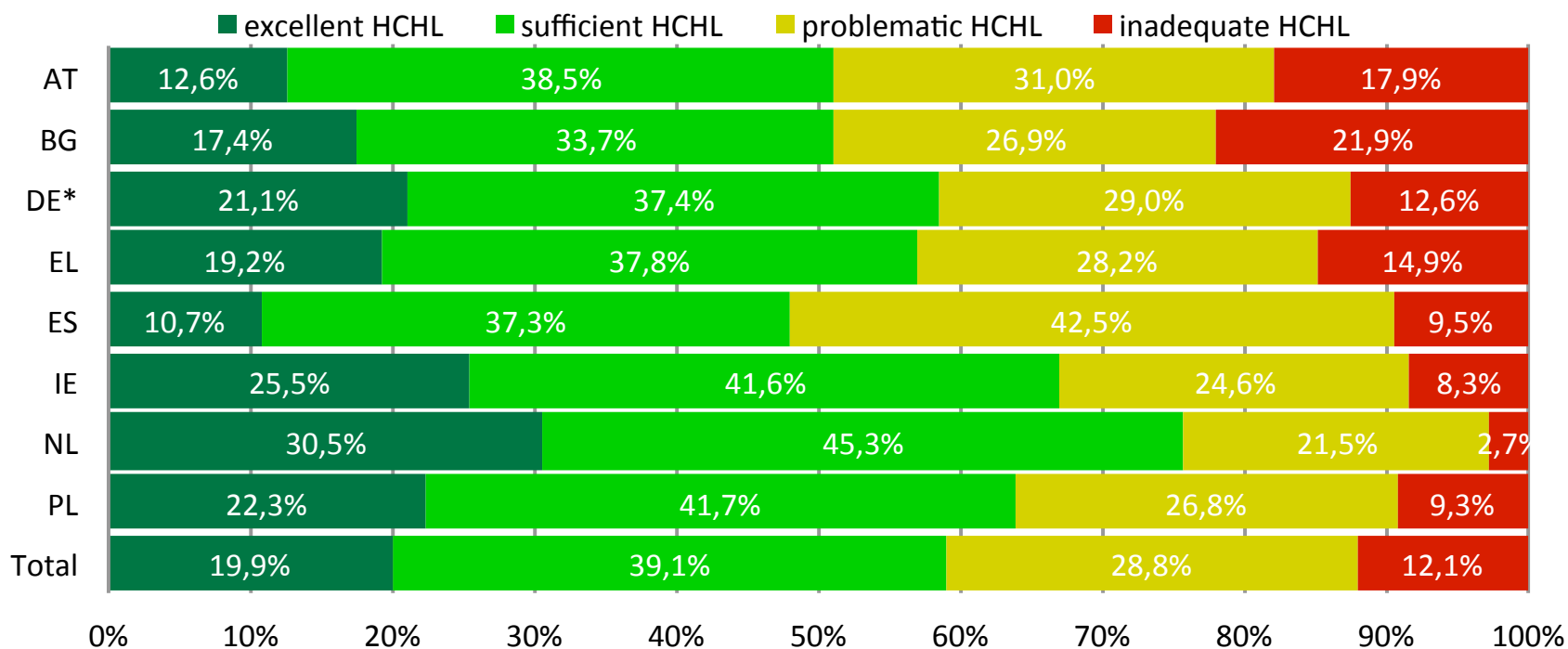
General health literacy



AT [N=979] | BG [N=925] | DE (NRW) [N=1045] | EL[N=998] | ES[N=974] | IE[N=959] | NL[N=993] | PL[N=921] | TOTAL[N=7795]

*only NRW

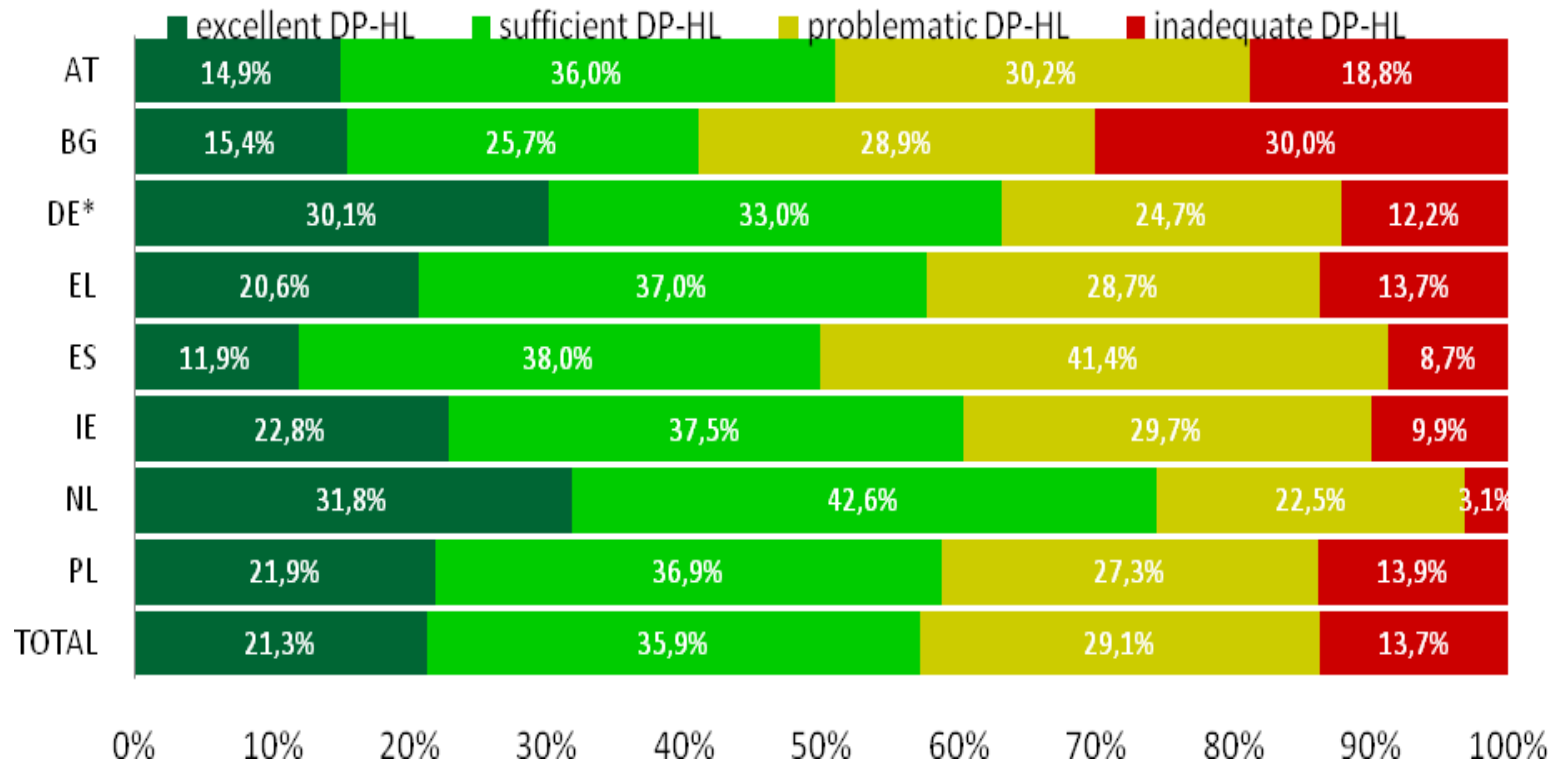
Graph 2: Health Care Literacy



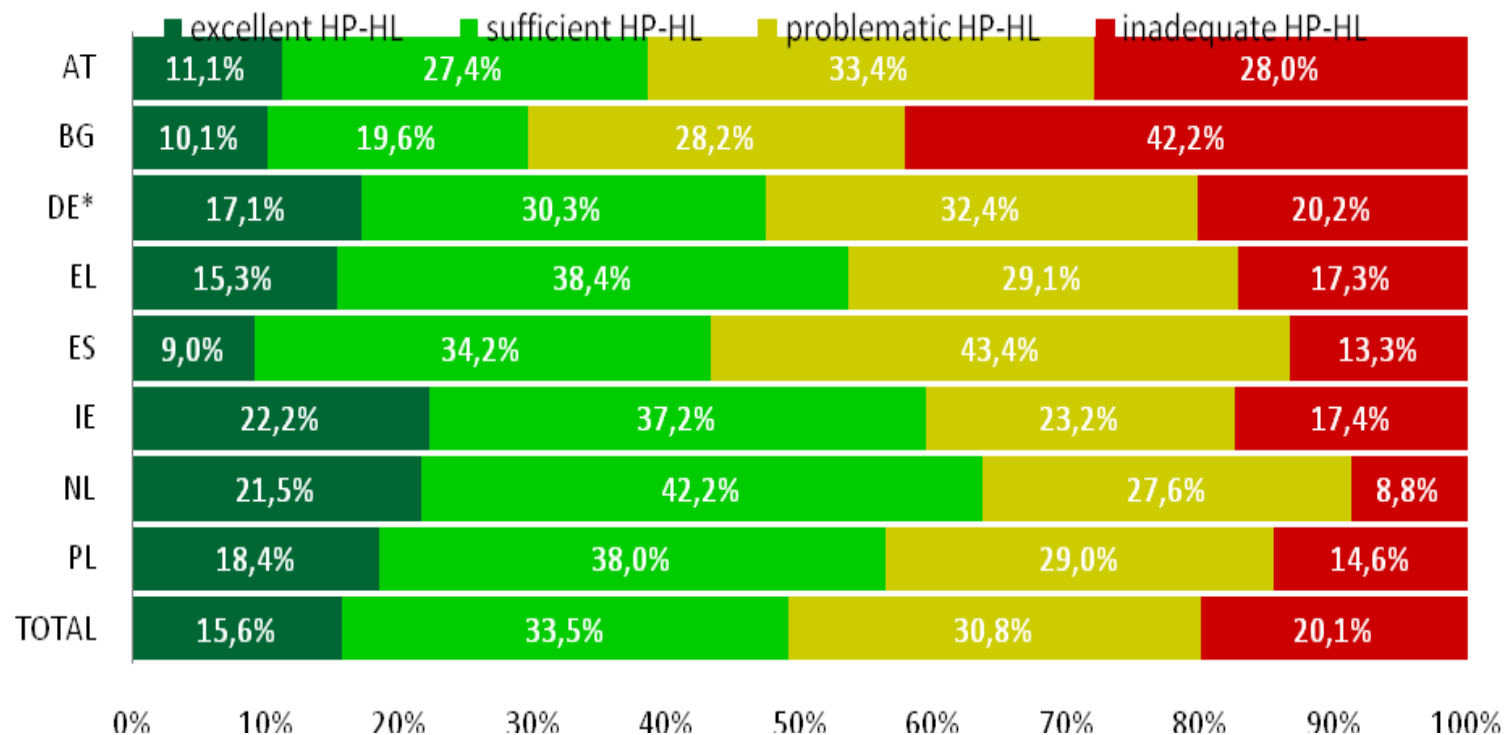
AT [N=996] | BG [N=955] | DE (NRW) [N=1041] | EL[N=998] | ES[N=981] | IE[N=972] | NL[N=993] | PL[N=946] | TOTAL[N=7883]

*only NRW

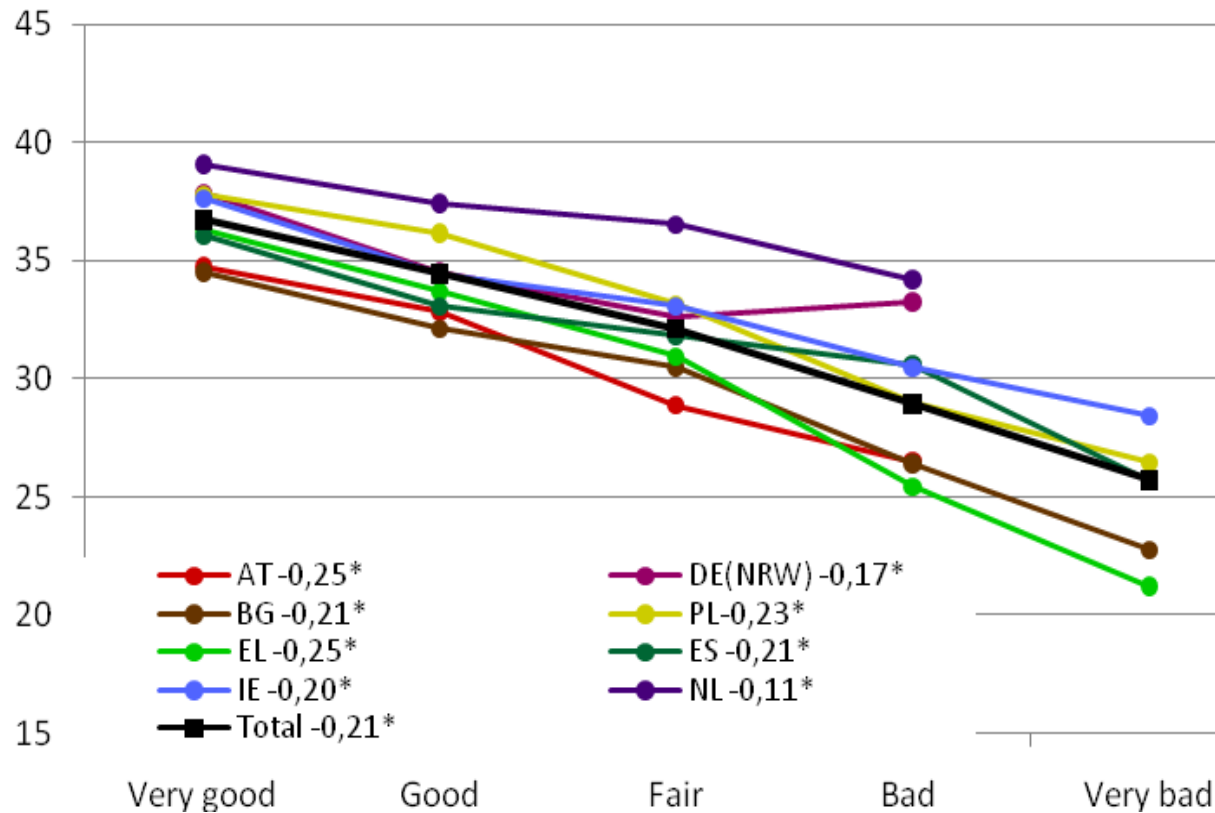
Disease prevention related health literacy



Health promotion related health literacy

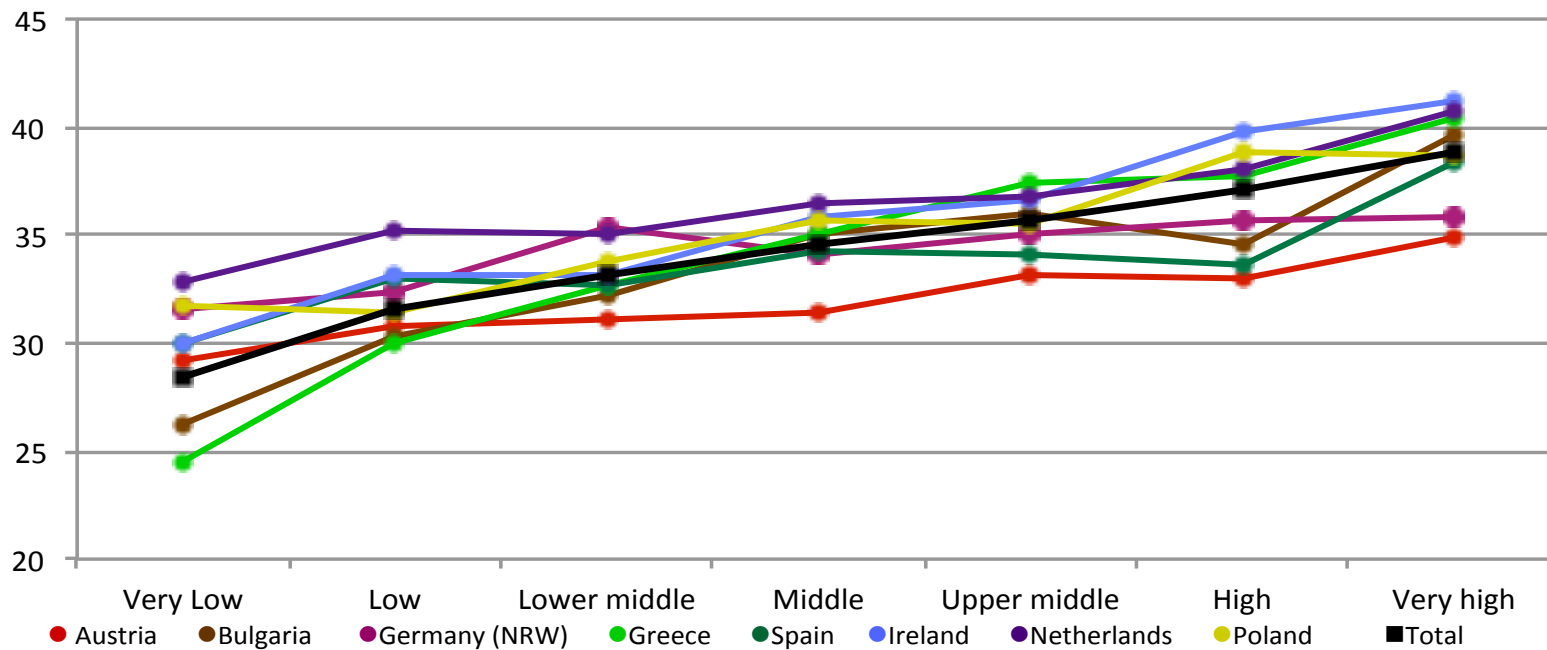


Strong correlation between Health Literacy and Self Perceived Health

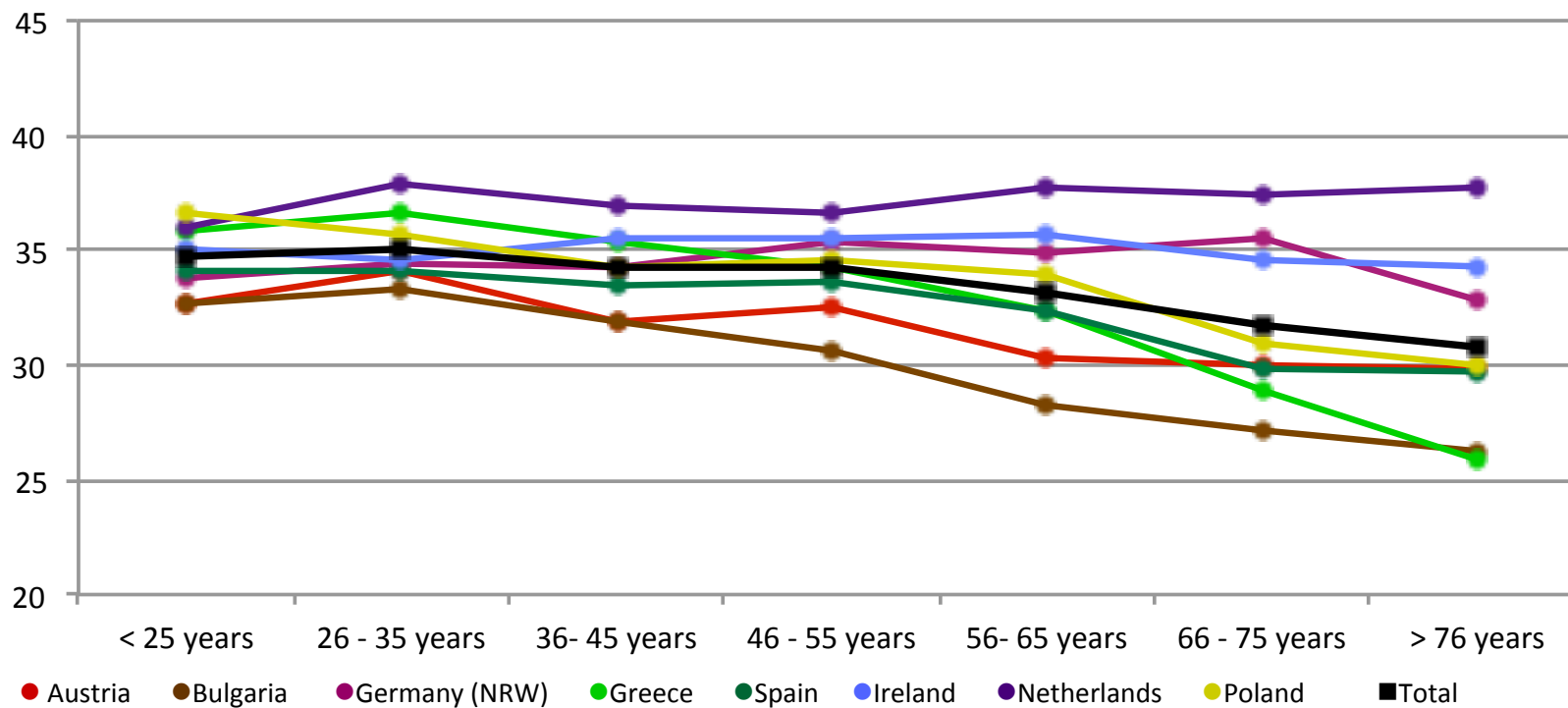


In general a strong social gradient

Graph 6: General Health Literacy Distribution by Social Status



Graph 5: General Health Literacy by Age



Key messages from the HLS-EU survey

- An average of 47% had risks of limited health literacy
- Results vary across countries
- A social gradient is clear in terms of health literacy
- Strong correlation with self-perceived health
- Health literacy has impact on healthy ageing!

The European Health Literacy Network

HEALTH LITERACY
EUROPE

- 378 members
- Quarterly newsletters
- Meet & Greet events
- Linked-in group
- www-health-literacy.eu



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For more information:

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