



# Health Literacy

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Health literacy (HL) refers to the competencies and situational resources people need to access, understand, appraise and use information to make decisions about health. HL is strongly associated with empowering people to manage disease and promote health, on individual, organizational and societal levels. It plays a particularly important role in primary prevention, early detection, and self-care of non-communicable diseases (NCDs), for which health behavior is critical. As an outcome of health education and an important set of skills to promote good health, HL is a focus for health promotion interventions throughout the life course, starting from early childhood through adolescence to young and later adulthood.

The main symposium objectives are to:

- Explore successes and challenges in promoting health literacy throughout the life course, in health promotion practice, policy and research.
- Share experiences in developing and implementing interventions for primary, secondary and tertiary prevention of NCDs, applying the health literacy concept in health promotion practice.

The symposium will use a world café methodology, involving several rounds of small interactive group conversations about health literacy in health promotion, after which participants will share insights from their conversations with the large group. The participants are invited to use the IUHPE Position Statement on Health Literacy for discussion.

## Programme for the Health Literacy symposium (25.9.2018, 10.15-12.30)

<b>10.15</b>	Welcome and Introduction to the Global Working Group on Health Literacy & session overview	Diane Levin-Zamir
<b>10:30</b>	Health Literacy – Brief overview of the concept	Stephan Van den Broucke
<b>10.45</b>	World Café with small discussion groups. Each group will discuss similar questions, including interventions and implementation regarding health literacy and health behaviors relevant to NCDs on all levels of prevention, throughout the life course	
	▪ Children	Orkan Okan
	▪ Adolescents	Janine Border & Luis Saboga-Nunes
	▪ Young adults	Kristine Sørensen
	▪ Older adults (including the elderly)	Stefania Velardo
<b>11.50</b>	Presentation from groups, discussion and conclusion	Helle Terkildsen Maindal, moderator
<b>12.30</b>	Closing	