

# HEALTH LITERACY IN CHILDHOOD AND ADOLESCENCE (HLCA)

## A TARGET FOR HEALTH PROMOTION AND PRIMARY PREVENTION?

### THE GERMAN HLCA CONSORTIUM

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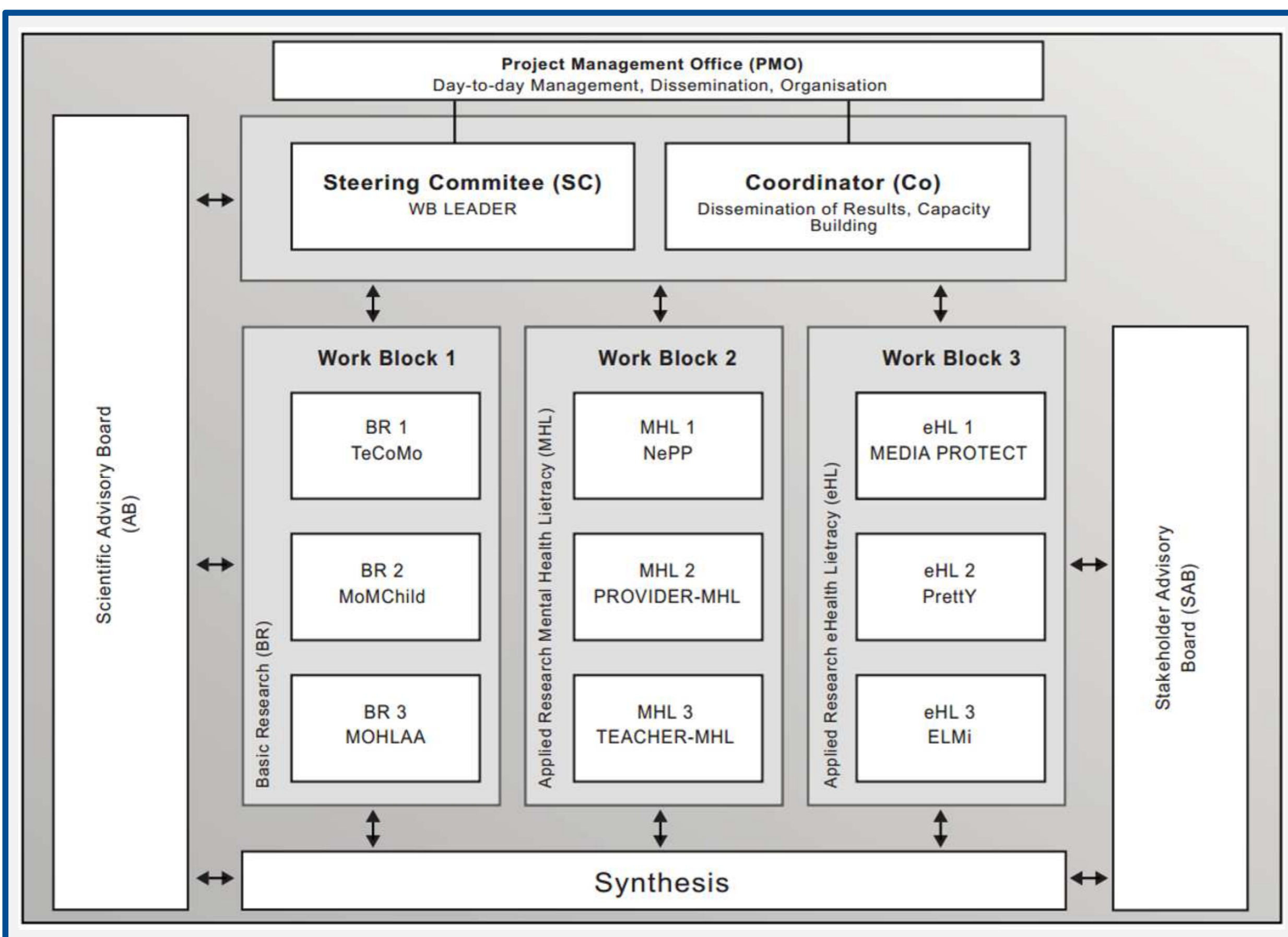


#### RATIONALE

- Meaning of health literacy no longer restricted to functional skills; also addresses skills required to access, appraise and use health information [1,2,3]
- Shift of focus from individual-level to population- and system-levels [1,3,4]
- Empirical data highlight relevance of health literacy:
  - High prevalences of low health literacy levels in high-income countries
  - Inequalities in the distribution of health literacy levels within countries
  - Poor health literacy levels associated with decreased use of preventive services, poorer engagement in health-promoting behaviours, higher mortality/morbidity [1,5,6]
- Poor or non-available information on health literacy in children and adolescents
  - Limitations affect theoretical, conceptual and empirical data
- Contrasts to the importance given to childhood/youth for healthy human development, and for health and well-being throughout life
- Conclusion: Health literacy may act in children and adolescents as an even more critical and modifiable factor for health promotion and primary prevention than in adults

#### THE CONSORTIUM

- Launched autumn 2013 to promote multi-perspective research into health literacy in childhood and adolescence
- Transdisciplinary approach with academic and stakeholder partners from Public Health and Education
- Overall objective: Developing, adjusting, implementing, and evaluating theoretical, conceptual and methodological health literacy approaches linked to children and adolescents
  - Implies the targeting of health literacy of adults/systems impacting on child development
- Work on basic research as well as on applied research
  - Basic research: Theories, concepts and assessment tools
  - Applied research: Mental health literacy and eHealth literacy
- funded by the Federal Ministry of Education and Research (BMBF) from 2015–2018



#### CONSORTIUM'S STRUCTURE

- Three work blocks (WB 1-3), each including three subprojects
- WBs grouped by topics: Basic research (WB1); applied research on mental health literacy (WB2) and eHealth literacy (WB3)
- Two regional clusters: WB2: NRW, WB3: BW
- Steering Committee (SC) as supervisory body; monitoring consortium's progress and quality assurance
- Consortium backed by scientific and stakeholder advisory board

#### INNOVATIONS AND EXPECTED RESULTS

- Increased evidence on relevance of health literacy for childhood and adolescence. Improved understanding of causal pathways linking environmental factors with individual dispositions, health behaviours and health outcomes
- Availability of concepts and methods for children and adolescents
- First data on health literacy levels / profiles in children and adolescents
- Availability of health literacy education and training programs in Public Health, Education, and Social Work
- Knowledge about needs of children at risk, their families, and provider of healthcare, social services and schools for mental health literacy
- Implemented mental health literacy programs in teachers' training
- Evidence on impact of a primary preventive intervention on media use in middle childhood; knowledge about needs of adolescents on eHealth services and impact of health inequalities on the use of eHealth information in adolescents

#### THE PROJECTS

BASIC RESEARCH	MENTAL HEALTH LITERACY	EHEALTH LITERACY
<b>TeCoMo - Theories, Concepts and Models</b> University Bielefeld	<b>NePP - Needs for Primary Prevention in Families with Mentally Ill Parents</b> Catholic University of Applied Sciences Paderborn	<b>MEDIA PROTECT - Effectiveness of a Brief Parental Intervention to Prevent Problematic Screen Media Use in Children 4-7 Years of Age - A Prospective Cluster Randomized Trial</b> University of Education Freiburg
<b>MoMChild - Methods of Measuring Health Literacy of Children</b> University Bielefeld	<b>PROVIDER-MHL - Parents Suffering from Mental Disorders and Their Unaffected Children in Municipal Child and Youth Services. A Multi-level Survey on Professionals' and Providers' Skills</b> University Duisburg-Essen	<b>PrettY - Preaching to the Young? Digital Health Offers for Children and Adolescents</b> University of Education Freiburg
<b>MOHLAA - Measurement of Health Literacy Among Adolescents</b> Robert Koch-Institute Berlin	<b>TEACHER-MHL - Health Promotion for Children of Mentally Ill Parents. Assessment and Promotion of Teacher-specific Mental Health Literacy</b> University Bielefeld	<b>eLMi - eHealth Literacy and Minority Health: An Ethnographic Study on Health-Related Use of New Media among Disadvantaged Adolescents with Russian and Afghan Migration Background</b> University of Education Freiburg

#### PARTICIPATING GROUPS AND INSTITUTIONS

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GEFÖRDERT VOM

