



Health Literacy of 11-12 Grades Schoolchildren, their Parents and Teachers

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Background

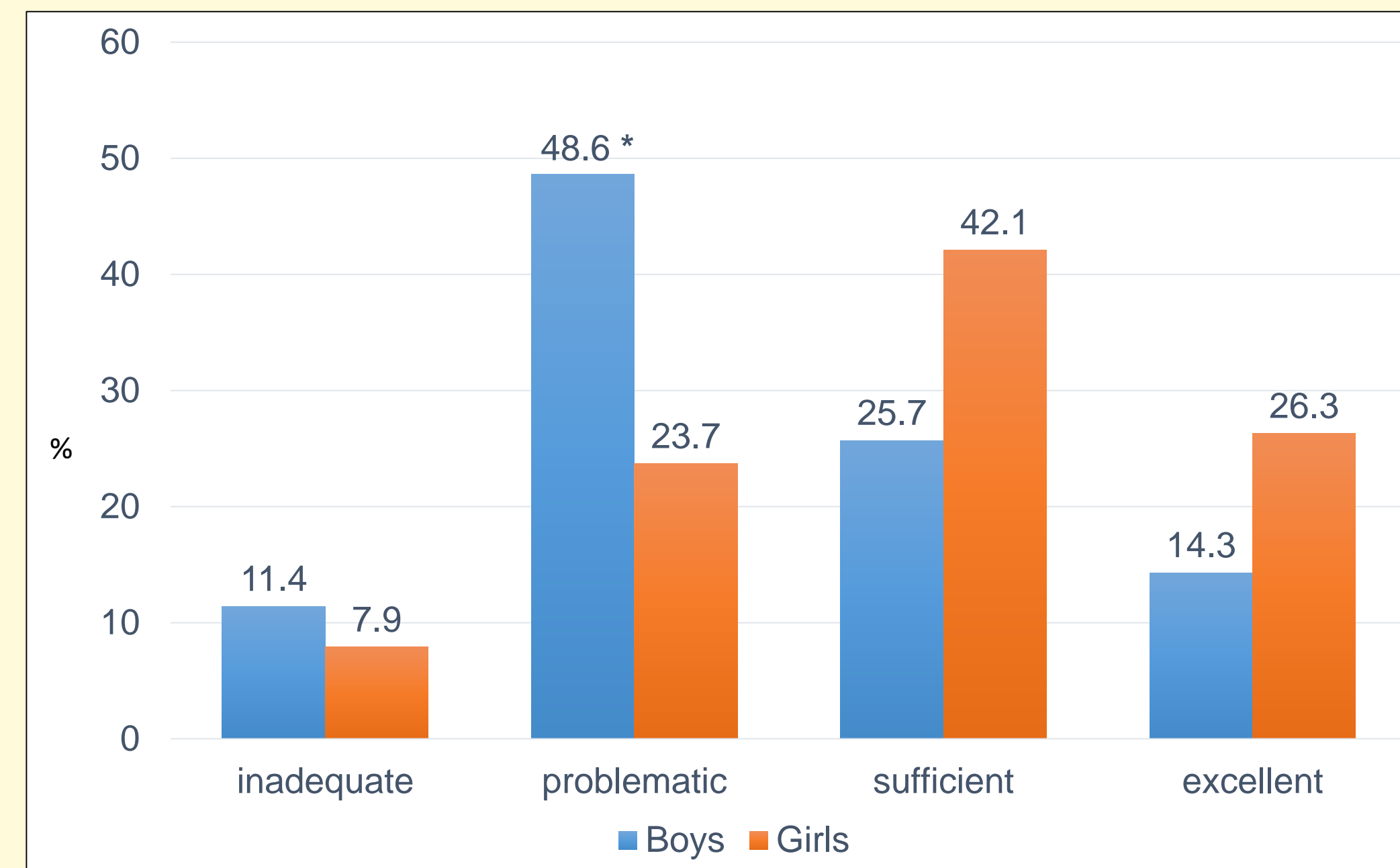
Health literacy is an important and established area in public health. Limited health literacy is linked to worse health outcomes and higher costs. Adolescents needs special attention, cause health behaviors developed during this period impact health outcomes in adults. Patients and families who struggle to understand health information have a difficulties following medical recommendations and are at greater risk for health problems. Therefore It is important to develop and evaluate interventions that can promote a greater understanding of health information for youth, their parents and teachers.

The aim of the study: To assess health literacy level and influencing factors of 11-12 grades schoolchildren, their parents and teachers.

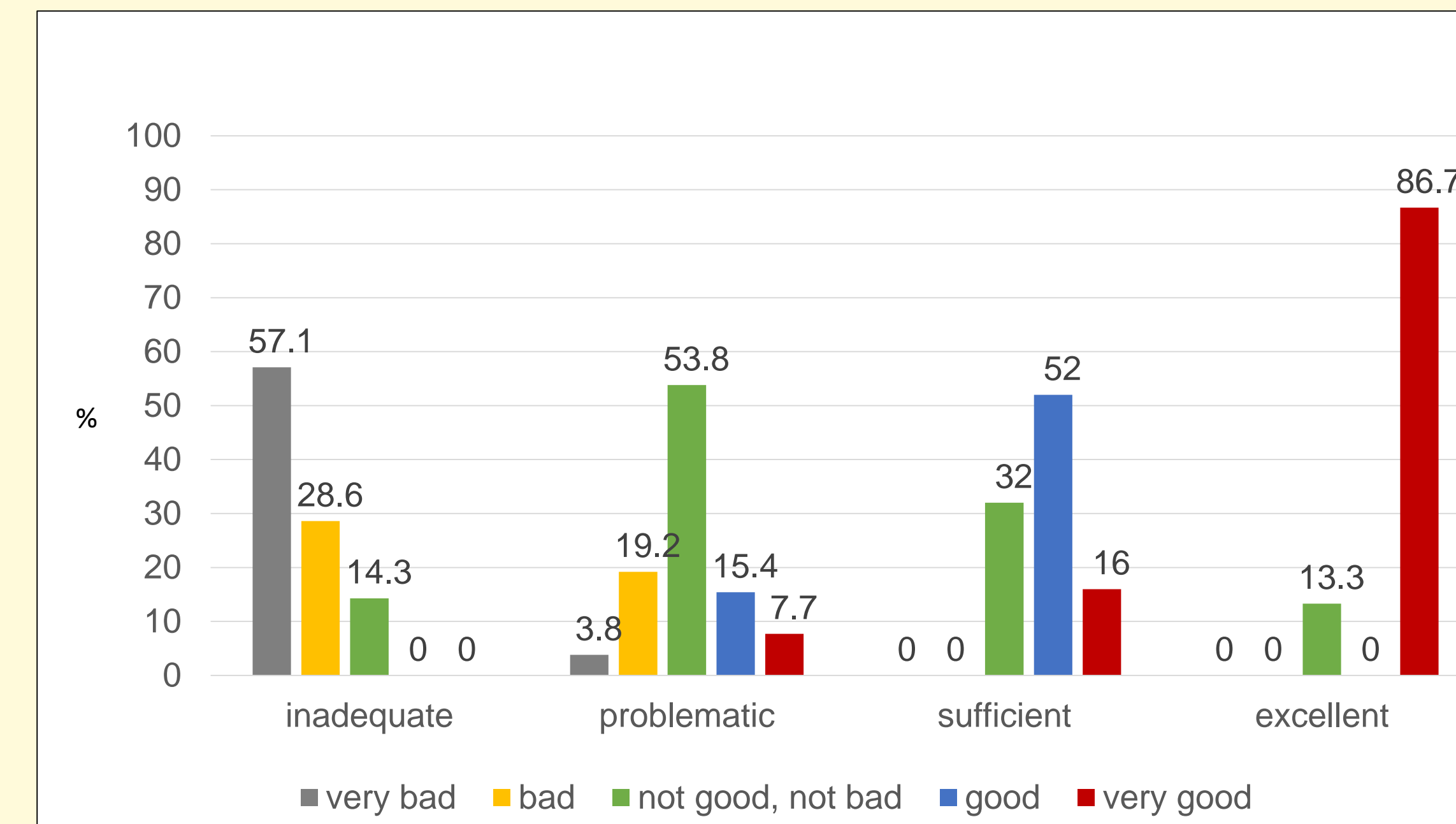
Material and Methods

Schoolchildren, their parents and teachers were questioned using anonymous survey method. The HLS-EU-Q47 comprehensive health literacy questionnaire of 47 items, translated into Lithuanian language, has been used to assess health literacy level. The respondents were also asked about socio-demographic characteristics and other factors, which can be associated with health literacy. The statistical analysis were performed using the statistical data processing program SPSS, Microsoft Excel and WinPepi. The reliability coefficient of the survey was $p < 0,05$.

Results



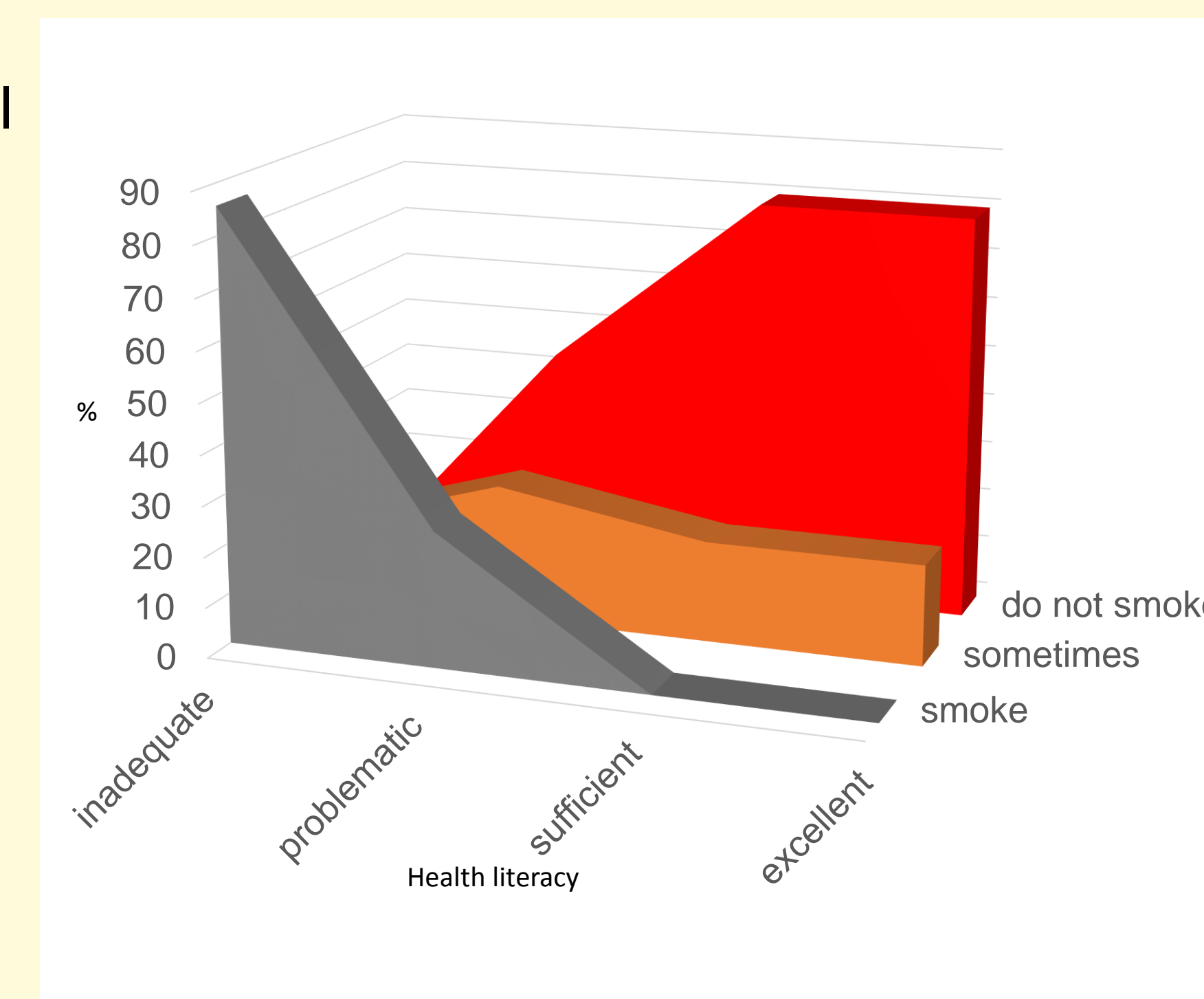
Level of health literacy of schoolchildren, ($p=0,105$)
* $p=0,03$



Health literacy and health self assessment of schoolchildren ($p < 0,001$); $r_s = 0,725$, $p < 0,001$

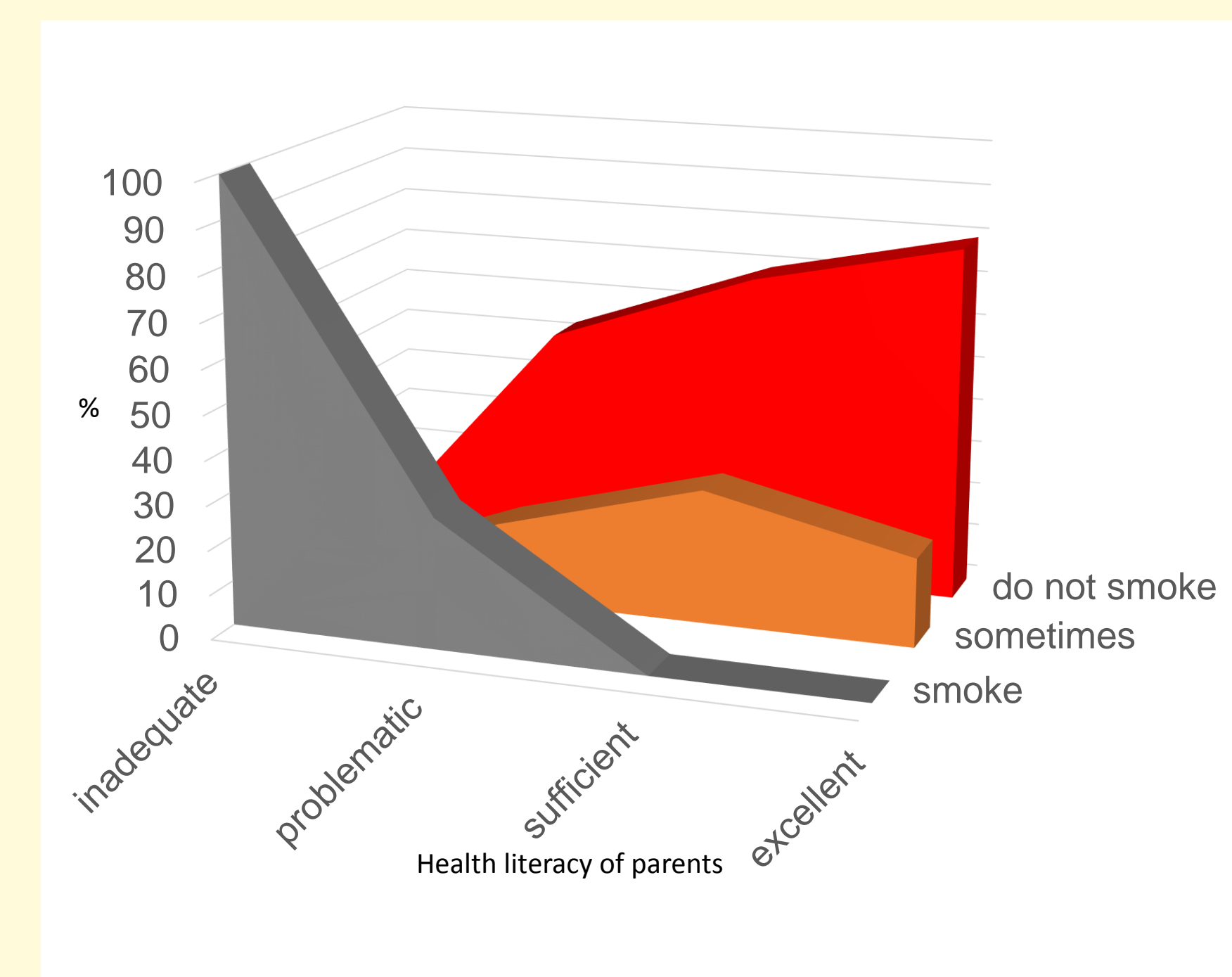
Smoking status of schoolchildren depended on their health literacy level

Question	Answer	Health literacy level			
		Mean rank	χ^2	df	p
Do you smoke?	Yes	12,88	24,667	2	<0,001
	Sometimes	35,97			
	No	44,50			



Smoking status of schoolchildren depended on health literacy level of their parents

Question	Answer	Health literacy level of parents			
		Mean rank	χ^2	df	p
Do you smoke?	Yes	9,31	30,517	2	<0,001
	Sometimes	41,81			
	No	43,43			



Conclusions

- More than half of schoolchildren manifested sufficient and excellent level of health literacy.
- The health literacy was lower for boys than for girls and lower for 11th graders than for 12th graders.
- Limited health literacy is associated with poorer health outcomes and worse health status.
- Almost half of children assess their health status good. Girls more often than boys assess their health status bad.
- Approximately one third of the parents manifested a problematic or inadequate health literacy level.
- Majority of the teachers belonged to the level of health literacy of „sufficient” and „excellent”. Older teachers assess their health status worse than the younger.
- Health literacy level was significantly associated with level of education and health behavior.