

Understanding Health Literacy: Impacts on Inequalities

Date: Thursday 28 April 2016

Time: 9.00am–1.15pm

Venue: The Mount, Woodstock Link, Belfast BT6 8DD



Context and Aim:

Health Literacy is linked to literacy levels. Low health literacy has real effects on health and illness; people with low health literacy levels make more mistakes with medication or treatment. Health literacy is a social determinant of health. People with low health literacy rate their health as lower than people with higher health literacy levels; people with low health literacy and lower educational levels are more likely to have unhealthy lifestyles. In Northern Ireland 18% of working age adults perform at the lowest literacy levels. Health literacy is a catalyst for change and needed for people to understand and act upon health information. Fundamentally health literacy is a way to help and support people to make use of information.

This seminar will further examine the concept of health literacy, by sharing learning from our WHO Healthy City colleagues in Finland. It will also engage participants in co-creating solutions to health literacy issues. The seminar will include the launch of an online Health Literacy resource designed to support development of this area in Belfast.

Agenda:

9.00am Registration

9.30am Welcome and Context

Dr Bernadette Cullen, Chair of Health Literacy Working Group Belfast Healthy Cities

9.40am Opening Address and Launch of Online Resource

VIP

9.50am Supporting health literacy of vulnerable groups

Models of health literacy and action to support the needs of vulnerable groups, as piloted in Finland.

Sanna Salanterä, Professor of Clinical Nursing Science, Vice Head of the Department, Department of Nursing Science, University of Turku, Finland

10.30am Building Health Literacy through Community-Pharmacy Partnership

Sharing learning collected over 10 years of the Building Community-Pharmacy Project

Joanne Morgan, Director, Community Development and Health Network

10.50am Questions/discussion

- 11.00am** **Outline Open Space Session**
An open meeting format where each participant can take the lead and propose topics for discussion. Participants will be invited to propose topics at this point, and a number of topics will be chosen for discussion during two 30 minute sessions to follow the coffee break. Participants can move freely between sessions.
- 11.10am** **Tea/coffee**
- 11.30am** **Open Space**
Parallel sessions will take place in the Link room and Heaney room;
Session 1: 11.30-12.00
Session 2: 12.00-12.30
- 12.30pm** **Intervention Research On Health Literacy among the Ageing population (IROHLA) – towards improving the health literacy of older people in Europe**
This presentation will outline work of the IROHLA, identifying interventions and provides evidence-based guidelines for policy and practice for local, regional and national government authorities to start action on health literacy for the ageing population.
Karolina Mackiewicz, Development Manager, Baltic Region Healthy Cities Association
- 12.55pm** **Questions and Close**
Dr Bernadette Cullen, Chair of Health Literacy Working Group, Belfast Healthy Cities
- 1.15pm** **Lunch**