



Annual report 2023

EUPHA Section Health Literacy-initiative (EUPHA-HL)

Section President: Orkan Okan; Section Vice President: Catherine Lynne Jenkins

Overall Section goals

The EUPHA Section Health Literacy aims at

- facilitating and promoting the latest research, best practice examples and measures, training and education opportunities in academic and non-academic fields, and policy action related to health literacy
- endorsing capacity building and sustainable development of the professional field of health literacy
- being active on matters of health literacy
- collaborating with other EUPHA Sections and Advisory Bodies

Goals for 2022-2023

During the first working group meeting and the Join the Network meeting organized at EPHC 2022 in Berlin the members agreed to jointly work on following topics:

Targets	Status
1. developing a position statement	
2. taking part in the European Public Health Week 2023	
3. submitting joint workshops to EPHC 2023 in Dublin, Ireland	
4. organizing a pre-conference at EPHC 2023	
5. engaging in “Health Literacy Month October”	
6. launching a social media account (Twitter/ Mastodon)	
7. becoming a EUPHA Section (we started as a EUPHA working group)	
8. appointing a steering group	
9. collaborating with other EUPHA sections	
10. attracting new members	
Work in progress	Completed

Targets

1 Position statement (*work in progress*)

A brief statement and the preliminary work plan of the EUPHA HL Section has been released on the EUPHA website: <https://eupha.org/health-literacy---initiative>

Once the Section has been officially ratified and launched, the Section members will develop the EUPHA-HL position statement together. The work on the statement has already begun with an exchange and discussion among the members ongoing.

However, after a deep discussion with the members we have put the decision whether we would need a statement up for vote in that sense that we have included a question about it in our open-ended Section member survey, which is ongoing until the end of 2023.

2 European Public Health Week (*completed*)

EUPHA-HL has jointly hosted a webinar during the European Public Health Week 2023. The webinar was titled: “Organisational and professional health literacy: What is it and why is it important?” and took place on 25 May as part of the sub-theme “Prevention and control of chronic diseases”. Besides EUPHA-HL, organizing partners in this event were the Swedish Health Literacy Network, the WHO M-POHL Action Network, the Karolinska Institute`s Aging Research Center, and Technical University of Munich.

3 Joint workshops with other Sections at EPHC 2023 in Dublin, Ireland (*completed*)

The section has developed and submitted several workshops with EUPHA Child and Adolescent Public Health Section, the EUPHA Environment and Health Section, and the EUPHA Public Mental Health Section. More information see below.

4 Joint pre-conference with PHMR at EPHC 2023 in Dublin, Ireland (*completed*)

The pre-conference is titled “A guideline to the European Health Data Space language based on health literacy principles” and is co-organised by EUPHA Sections Health literacy and Public Health Monitoring and Reporting. Further co-organisers are the Technical University of Munich (Germany), Sciensano (Belgium), World Health Organization Infodemic Management. More information see below and here: <https://ephconference.eu/preconference-544>.

5 Activities at “Health Literacy Month October” (*completed*)

The Section will join several events during the Health Literacy Month, e.g. the HARC conference 2023 and events hosted by the IUHPE Global Working Group on Health Literacy and by IHLA.

6 Social media account (*completed*)

We have launched the Social Media Account on Twitter (X), and will discuss the launch of a LinkedIn account when we meet for the Join the Network (JtN) in Dublin.



7 EUPHA Section (work in progress)

In May 2022, EUPHA launched the Working Group on Health Literacy. Throughout 2022, EUPHA-HL participated in several EUPHA and public health activities both at virtual and on-site events (e.g., EPHW 2022, EPHC 2022, health Literacy Month 2022, HARC 2022, etc.). Based on the work conducted in the working group, members voted for launching a Section on Health Literacy during the Section Council meeting in February 2023 in Utrecht. In March 2023, the EUPHA Executive Council took over the advice from the Section Council to move forward with the establishment of the section on Health literacy applying a fast-track mechanism. In the next step, the Governing Board has to green-light the section during their next meeting in November. Until that time, the section acts as a section initiative.

However, at the Governing Board meeting in Dublin, the decision was not made as the topic was not on the meeting agenda due to a technical error. It was told that the decision will be made at the next Governing Board meeting in Lisbon.

8 Appointing a steering group (completed)

A steering group has been established and is based on international experts and advisors both senior and early career scientists. The group consists of following members:

- Kristine Sørensen, Global Health Literacy Academy, Denmark
- Tina D. Purnat, World Health Organization, Infodemic Unit, Switzerland
- Stephan Van Den Broucke, University of Louvain, Faculty of Psychology and Educational Sciences, Belgium
- Christina Dietscher, Federal Ministry of Austria for Social Affairs, Health, Care and Consumer Protection, Austria
- Rosario, University of Minho, Nursing School, Portugal
- Diane Levin-Zamir, University of Haifa, School of Public Health & Clalit Health Services, Dept. of Health Education and Promotion, Israel
- Emily Marchant, Swansea University, Faculty of Humanities and Social Sciences, Wales
- Bonaccorsi Guglielmo, University of Florence, Health Sciences Department, Italy
- Ilona Kickbush, Careum, Switzerland (Advisor)
- Don Nutbeam, University of Sydney, Australia (Advisor)

More information here: https://eupha.org/section_page.php?section_page=300

9 Collaborating with other EUPHA sections (completed)

See below.

10 Attracting members (work in progress)

The Section has 624 members, however, 242 of those who registered for the mailing list of the WS in 2022 have not yet registered manually into the EUPHA HLS mailing list provided under their EUPHA member account. We are contacting them individually to notify them that they



need to re-register for the new mailing list. Until all of them have re-applied for the mailing list, the list count is 384 members.

Collaboration with section members

We have collaborated with EUPHA CAPH, PMH, PHMR, Ethics in Public Health, EUPHA LAW, and EUPHA Food and Nutrition. With CAPH and PMH we have submitted several workshops, while with the latter Section, we have also participated in three Horizon proposals on mental health and mental health literacy. With PHMR we have organized a joint preconference at EPHC 2023 in which delegates of WHO and the EU participated.

EUPHA-HL organized its first JTN meeting at EPHC 2023 in Dublin with 59 members that participated.

Based on the collaborations initiated by the former EUPHA-WGHL, which has evolved into the EUPHA-HL initiative, we continue the collaboration with the WHO Unit Infodemic Management (Tina M. Purnat), the International Health Literacy Association/ Global Health Literacy Academy (Kristine Sørensen), and the IHLA Young Explorers (Tara Chen, Samantha Belfrage).

Activities at the EPH conference 2023

Overview of EUPHA-HL events

Time/ Date	Format	Participants
Wed 08th 9:00-12:30	Pre-Conference	~40
Thu 09th 9:00-10:00	WS: The social dimension of health literacy: empirical research and new insights (1.L.)	91
Thu 09th 10:30-11:30	WS: Digital health literacy in childhood and adolescence: concepts, assessment tools, and study results (2.L.)	91
Thu 09th 16:40-17:40	WS: Public health interventions to counteract unhealthy diets towards a better consumer knowledge (4.A.)	112
Fri 10th 9:00-10:00	WS: School health literacy as a means to achieve European public health goals (5.L.)	65
Sat 11th 9:00-10:00	WS: Mental health literacy in schools: new insights from key European studies across populations (9.L.)	44
Sat 11th 11:40-12:40	WS: The mental health burden of school principals during the Covid-19 pandemic: global research findings (10.P.)	27
Sat 11th 13:50-14:50	WS: Digital health literacy of schoolchildren and teachers in Germany	27
Fri 10th 14:00-15:00	JTN21 - Health literacy initiative - Join the network	59

Workshops

Time/date: Thu 09th | 9:00-10:00

Title: The social dimension of health literacy: empirical research and new insights

Format: Workshop

Room: 1.L.

Organizers: EUPHA Health Literacy, University of Hawaii (USA), Technical University of Munich (Germany)

Chairperson(s): Orkan Okan (EUPHA-HLS), Tetine Sentell (United States)

Presentations

1. Critical health literacy: conceptualization and settings-based development; Susie Sykes (United Kingdom)
2. Building Community Health Literacy with a Social Network Perspective; Tetine Sentell (United States)
3. Health literacy practices in 3D social virtual world; Evelyn McElhinney (United Kingdom)
4. Exploring medication safety through a social determinants of health and health literacy lens; Helen McNamee (United Kingdom)

Time/date: Thu 09th | 10:30-11:30

Title: Digital health literacy in childhood and adolescence: concepts, assessment tools, and study results

Format: Workshop

Room: 2.L.

Organizers: EUPHA Child and Adolescent Public Health, EUPHA Health Literacy

Chairperson(s): Julia Dratva (EUPHA-CAPH), Orkan Okan (EUPHA-HLS)

Presentations

1. Digital health literacy – an evolving concept, Julia Dratva (EUPHA-CAPH)
2. Measuring digital health literacy in children and adolescents, Sonja Feer (Switzerland)
3. Digital health literacy in schools: new tools, empirical findings and implications for interventions, Orkan Okan (EUPHA-HLS)

Time/date: Thu 09th | 16:40-17:40

Title: Public health interventions to counteract unhealthy diets towards a better consumer knowledge (4.A.)

Format: Workshop

Room: 4.A.

Organizers: EUPHA Ethics in Public Health, EUPHA Health Literacy, EUPHA LAW, EUPHA Food and Nutrition

Chairperson(s): Els Maeckelberghe (EUPHA-ETH), Orkan Okan (EUPHA-HL)

Presentations

1. Nutritional and non-nutritional content in food: targets for front-to-package labels, Giuseppe Grosso (EUPHA-FN)
2. Front-to-package labels relevance for policy: the Nutri-Score as case study, Chantal Julia (France)
3. Regulatory approaches to front-of-pack nutrition labelling, Nikhil Gokani (EUPHA-LAW)
4. Advantages of harmonised front-of-pack nutrition labelling for stakeholders, Amandine Garde (EUPHA-LAW)
5. Food and Nutrition Literacy as means to fight against inequalities in diet and nutrition, Guglielmo Bonaccorsi (Italy)

Time/date: Fri 10th | 9:00-10:00

Title: School health literacy as a means to achieve European public health goals

Format: Workshop

Room: 5.L.

Organizers: EUPHA Health Literacy, EUPHA Child and Adolescent Public Health, Technical University of Munich

Chairperson(s): Orkan Okan (EUPHA-HP), Sonia Saxena (EUPHA-CAPH)

Presentations

1. Findings of the German COVID-19 Health Literacy school principal study, Marlene Meyer (Germany)
2. Organizational health literacy of schools in Germany: a cross-sectional study in schools, Cara Krudewig (Germany)
3. Improving students' mental health literacy: evaluation of an adapted school intervention in Germany, Sandra Kirchhoff (Germany)
4. The health literacy toolbox for schools: An intervention to promote (digital) health literacy, Tessa Schülenkorf (Germany)

Time/date: Sat 11th | 9:00-10:00

Title: Mental health literacy in schools: new insights from key European studies across populations

Format: Workshop

Room: 9.L.

Organizers: EUPHA Health Literacy, EUPHA Public Mental Health, Technical University of Munich (Germany), University of Applied Science Emden-Leer (Germany)

Chairperson(s): Orkan Okan (EUPHA-HP), Jutta Lindert (EUPHA-PMH)

Presentations

1. WhySchool mental health training programs: effective for students, teachers, and school health staff, Virgínia Conceição (Portugal)
2. Mental health literacy of students: evaluation of school-based intervention in Germany, Alexandra Fretian (Germany)
3. Measuring mental health literacy in children: the development of the CHILD-MHL scale, Ilaria Montagni (France)
4. Enhancing help-seeking efficacy in a sustainable and adaptive digital environment, Michaela Wright (Austria)

Time/date: Sat 11th | 11:40-12:40

Title: The mental health burden of school principals during the Covid-19 pandemic: global research findings

Format: Workshop

Room: 10.P.

Organizers: EUPHA Health Literacy, EUPHA Public Mental Health, Global Health Literacy Research Network

Chairperson(s): Orkan Okan (EUPHA-HP), Kevin Dadaczynski (Germany)

Presentations

1. Self-endangering work behaviour of Polish school principals during the COVID-19 pandemic, Karina Leksy (Poland)

2. School principals stress, wellbeing, and health literacy during the Pandemic, Marlene Meyer (Germany)
3. Work-stress, coping, and emotional exhaustion of school principals in Germany and Switzerland, Anita Sandmeier (Switzerland)
4. Comparative study on school health promotion in Switzerland and Malaysia: qualitative evidence, Simona Betschart (Switzerland)
5. The mental health and well-being of senior school leaders in Wales and Northern Ireland, Emily Marchant (United Kingdom)

Time/date: Sat 11th | 13:50-14:50

Title: Digital health literacy of schoolchildren and teachers in Germany

Format: Workshop

Room: 11.L.

Organizers: EUPHA Health Literacy, Technical University Munich (Germany), Fulda University of Applied Science (Germany)

Chairperson(s): Orkan Okan (EUPHA-HP), Kevin Dadaczynski (Germany)

Presentations

1. Adaptation of the Digital Health Literacy Instrument and testing with German school-aged children, Pia Rangnow (Germany)
2. Sociodemographic differences in digital health literacy of schoolchildren: a representative study, Lisa Stauch (Germany)
3. Promoting students' digital health literacy: does learning in school make a difference?, Denise Renninger (Germany)
4. Teaching digital health literacy skills in schools: A quantitative study among teachers, Pia Rangnow (Germany)

Pre-conference

Time/date: We 08th | 9:00-12:30

Title: A guideline to the European Health Data Space language based on health literacy principles

Format: Pre-conference with presentations, working groups, and key notes

Room: HLMR

Organizers: EUPHA Health Literacy, EUPHA-PHMR, TU Munich (Germany), Sciensano (Belgium), WHO Infodemic Management

Chairperson(s): Orkan Okan (EUPHA-HLS), Petronille Bogaert (EUPHA-PHMR)



Other activities

The Section is involved in co-organizing the Organizational Health Literacy Conference in Copenhagen, Denmark on 29 and 30 Nov 2023 with Steno Diabetes and the WHO M-POHL Action Network. The conference will be organized as an international co-working symposium to discuss an all-encompassing framework for organizational health literacy (OHL-ALL).

Most of the Section members collaborate in the Global Health Literacy Research Network (GLOBHL, formerly known as the Covid-HL Network), an open science community dedicated to researching various facets of health literacy. The Network has more than 180 members from 75 countries and 85 institutions. Learn more: <https://covid-hl.eu/>.

The Section also closely collaborates with the International Health Literacy Association (IHLA), with which the Section will co-organize webinars and other activities during the Health Literacy Month October. With the Global Working Group on Health Literacy of the International Union for Health Promotion and Education, the Section leadership has worked on the IUHPE position statement on health literacy, 2nd edition, which will be published in Autumn 2023.

Annual meeting

The first annual meeting will be held after the Governing Board of EUPHA has green-lighted the Section. In the meanwhile, we had several Section meetings, small and big over 2023.

General communications with section members

E-mail and social media are the two main means of sharing news about EUPHA-HL and interacting with the members.

We have launched a Twitter Account for the Section 27.11.2022: @EUPHA_HL (formerly the account of the EUPHA working group on health literacy).

International participation in events on behalf of EUPHA

EUPHA-HL supports the development and mentorship of students and early career researchers in health literacy in and beyond Europe through the IHLA's Health Literacy Explorers initiative, which is led and co-facilitated by EUPHA-HL members. Health Literacy Explorers have worked with the IHLA Health Literacy Research Special Interest Group to run research roundtables (where members can share their research-in-progress in a safe space) and webinars (including the popular 'Hot Topics in HL' series). The group maintains a community on LinkedIn, runs an email list for events and job postings, and moderates a lively WhatsApp community where researchers can network and ask questions. The WhatsApp group also serves as an asynchronous means to join in the regular Journal Clubs (offered in English and Spanish language) coordinated

by the group on a rotating presenter model to provide members with experience of critical appraisal. Previous discussions of papers are recorded and available on YouTube.

Survey

EUPHA-HL plans to use the JtN at EPHC 2023 to conduct an online survey of members to guide our future direction and priorities. The survey was introduced during the JtN 2023 and is currently ongoing until the end of 2023. The results will be discussed open completion and analysis.

Questions of the survey

1. What should the Health Literacy Section be doing?
2. Many organizations and networks work with position statements to highlight important issues and recommend action. Does the EUPHA Section Health Literacy also need a position paper, or other guiding document?
3. The EUPHA Health Literacy Section has just been established and you are a valuable member we count on. In case you want to be more actively involved in the Section and participate in our activities, how would you like to contribute?
4. How can we enable participation of Section members?
5. How would you like us to support you in developing abstracts for EPHC 2024?
6. Do you have any suggestions for topics to be considered for abstracts to the EPHC 2024?
7. Would you like to participate in European Public Health Week 2024? This question is required.*
8. How would you like to participate in European Public Health Week 2024?

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In addition, both the President and the Vice President of EUPHA-HL are research-active. Recent and in-press publications for 2023 include (selection):

- Jenkins, C. L. (forthcoming) The conceptualization and development of critical health literacy, *Health Promotion International*, 00 (0). DOI: <https://doi.org/10.1093/heapro/daad116>.
- Jenkins, C. L. (forthcoming) A community-based perspective of children's health literacy in England, in: Nash, R. and Elmer, S. (eds.) *Global perspectives on children's health literacy: intersections between health, education and community*. South Yarra, Victoria: Springer.
- Jenkins, C. L. (2023, May 23) *Public libraries as settings for the development of critical health literacy in children* (PhD). London South Bank University, London. Available from: <https://doi.org/10.18744/lbsu.94045>
- Jenkins, C. L., Wills, J. and Sykes, S. (2023a) Involving children in health literacy research, *Children*, 10 (1). DOI: <https://doi.org/10.3390/children10010023>.
- Jenkins, C. L., Wills, J. and Sykes, S. (2023b) Settings for the development of health literacy: A conceptual review, *Frontiers in Public Health*, 11. DOI: [10.3389/fpubh.2023.1105640](https://doi.org/10.3389/fpubh.2023.1105640).
- Mills, T., Grimes, J., Caddick, E., Jenkins, C. L., Evans, J., Moss, A., Wills, J. and Sykes, S. (2023) 'Odds Are: They Win': a disruptive messaging innovation for challenging harmful products and practices of the gambling industry, *Public Health*, 224, pp. 41–44. DOI: [10.1016/j.puhe.2023.08.009](https://doi.org/10.1016/j.puhe.2023.08.009). [includes discussion of critical health literacy]
- Okan, O., Paakkari, L., Jourdan, D., Barnekow, V., Weber, M. W. (2023) The urgent need to address health literacy in schools. *Lancet* 2023; 401:344. [https://doi.org/10.1016/S0140-6736\(23\)00104-6](https://doi.org/10.1016/S0140-6736(23)00104-6).

- Okan, O., Messer., M., Levin-Zamir, D., Dadaczynski, K., Paakkari, L., Schaeffer, D., Sørensen (2023). Health literacy action framework for health emergencies and infodemics. *Information Services and Use*. 43,2. 115–130. <https://doi.org/10.3233/ISU-230193>.
- Okan, O., Messer, M., Levin-Zamir, D., Paakkari, L., Sørensen, K. (2023). Health Literacy as a Social Vaccine in the COVID-19 Pandemic. *Health Promotion International*. 1;38(4): daab197, <https://doi.org/10.1093/heapro/daab197>.
- Fretian, A. M., Kirchoff, S., Okan, O. (2023). The effects of an adapted mental health literacy Curriculum for secondary school students in Germany on mental health knowledge and help seeking efficacy: results of a pre-post evaluation study. *Front. Public Health* 11:1219925. <https://doi.org/10.3389/fpubh.2023.1219925>.
- Rivadeneira, M.F., Salvador, C., Araujo, L., Caicedo-Gallardo, J.C., Córdor, J., Torres, A.L., Miranda-Velasco, M.J., Dadaczynski, K., Okan, O. (2022). Digital literacy in health and subjective wellbeing in the context of COVID-19: A cross-sectional study among university students in Ecuador. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2022.1052423>.
- Leksy, K., Wójciak, M., Gawron, G., Muster, R. Dadaczynski, K., Okan, O. (2023). Work-Related Stress of Polish School Principals during the COVID-19 Pandemic as a Risk Factor for Burnout. *Int. J. Environ. Res. Public Health* 2023, 20, 805. <https://doi.org/10.3390/ijerph20010805>.
- Khanal, S. P., Budhathoki, C. B., Okan, O. (2023). Improving adolescent health literacy through school-based health literacy intervention: a mixed-method study protocol. *BMC Public Health*, 23(1), 407. <https://doi.org/10.1186/s12889-023-15316-4>.
- Bonaccorsi, G., Gallinoro, V., Guida, A., Morittu, C., Allodola, V.F., Lastrucci, V., Zanobini, P., Okan, O., Dadaczynski, K., Lorini, C. (2023). Digital Health Literacy and Information-Seeking in the Era of COVID-19: Gender Differences Emerged from a Florentine University Experience. *Int. J. Environ. Res. Public Health* 2023, 20(3), 2611; <https://doi.org/10.3390/ijerph20032611>.
- Lorini, C., Cavallo, G., Vettori, V., Buscemic, P. Ciardic, G., Zanobinia, P., Okan, O., Dadaczynski, K., Lastrucci, V., Bonaccorsi, G. (2023). Predictors of well-being, future anxiety, and multiple recurrent health complaints among university students during the COVID-19 pandemic: the role of socioeconomic determinants, sense of coherence, and digital health literacy. *Front. Public Health* 11:1210327. <https://doi.org/10.3389/fpubh.2023.1210327>.
- Lorini, C. Del Riccio, M., Zanobini, P., Biasio, L. R., Bonanni, P., Duccio, G., Ferro Allodola, V., Guazzini, A., Maghrebi, O., Lastrucci, V., Rigon, L., Okan, O., Sørensen, K., Bonaccorsi, G. (2023). Vaccination as a social practice: towards a definition of personal, community, population, and organizational vaccine literacy. *BMC Public Health* 23, 1501 (2023). <https://doi.org/10.1186/s12889-023-16437-6>.
- International Union for Health Promotion and Education (2023). IUHPE Position statement on health literacy: a practical vision for a health literate world. 2nd edition. IUHPE Global Working Group on Health Literacy. Paris: IUHPE.

Group photo from the Pre-conference

