

Health Literacy in a Healthy City: Making the Case and Taking Action

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Belfast Healthy Cities

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Belfast

Population of City: 333,000 citizens

Population of Metropolitan Area: approx. 579,000

Area: 109.6 km²



Health Literacy

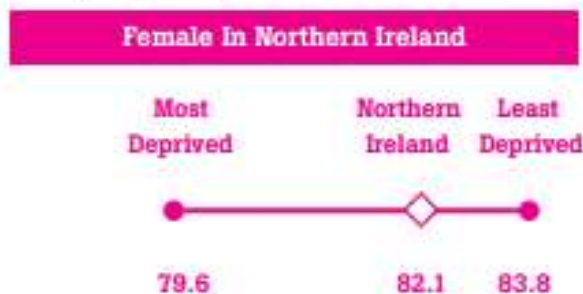
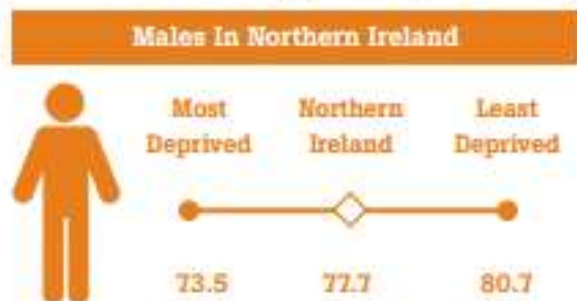
‘linked to literacy and entails people’s knowledge, motivation and competences to access, understand, appraise and apply health information in order to make judgements and take decisions in everyday life concerning health care, disease prevention and health promotion to maintain or improve quality of life during the life course’

(Health Literacy: The Solid Facts, WHO Europe 2013)



Life Expectancy by Deprivation 2010-12

Females in the least deprived areas (83.8 years) can expect on average, to live 10.3 years longer than their male counterparts living in most deprived areas (73.5 years).



Both males and females living in the least deprived areas can expect to live in good health for 13 years longer than those in the most deprived areas.

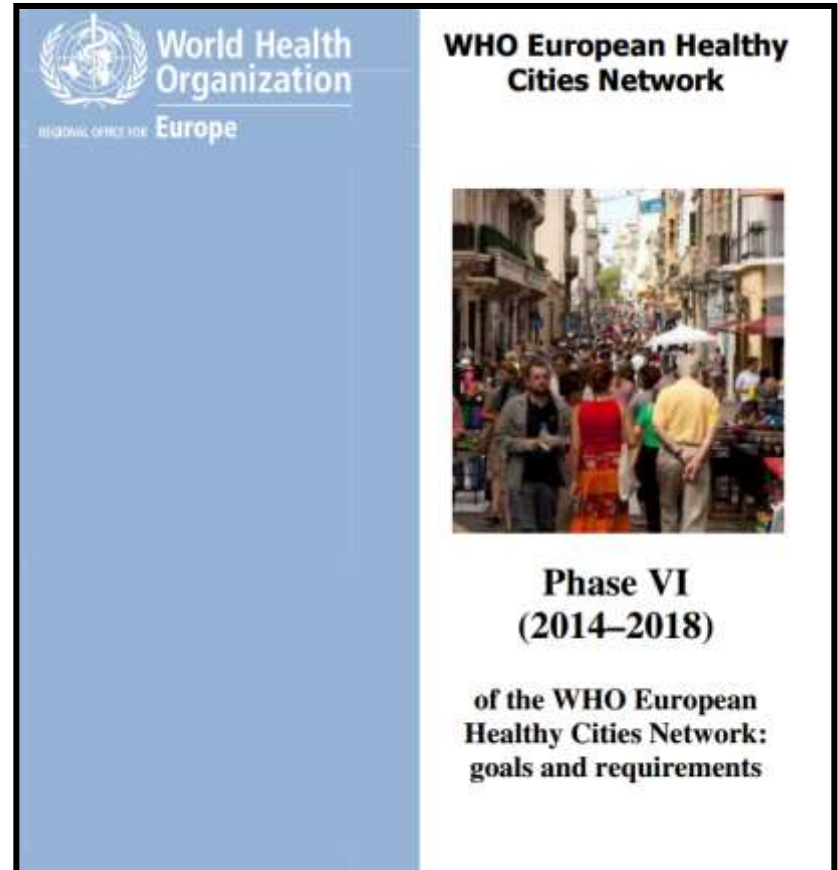
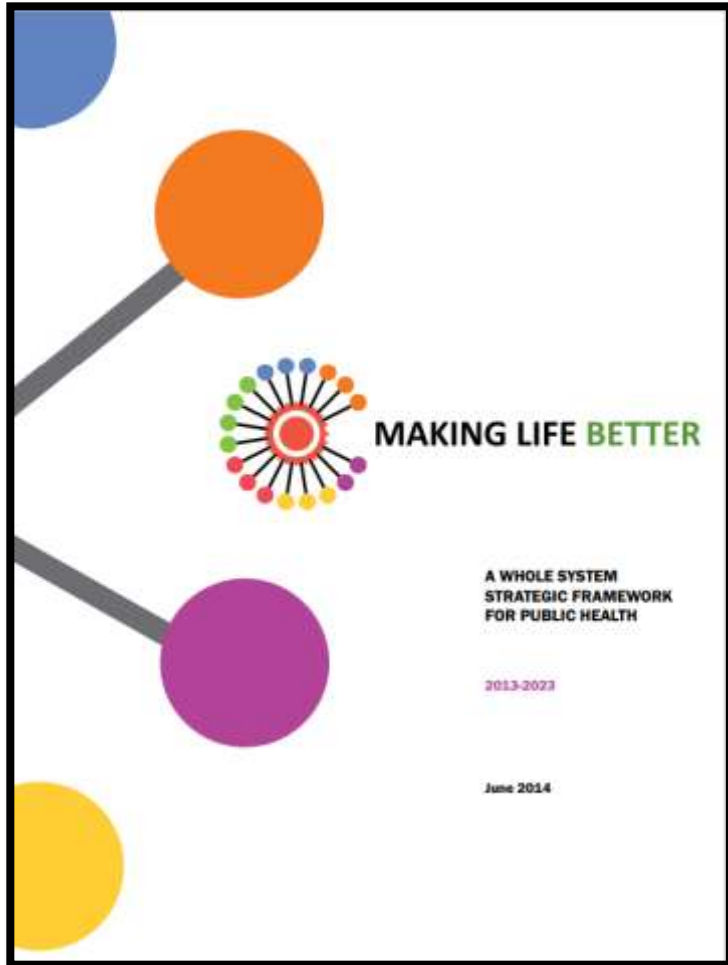


Source: DHSSPS Health Inequalities – NI Health and Social Care Inequalities Monitoring System – Regional 2014.

The Benefits of Health Literacy

- The aim of the work is to strengthen capacity on health literacy among health professionals and community sector organisations. This will contribute to a greater level of health literacy among the citizens and health professionals in Belfast, to improve personal and community health.
- The benefits of improved health literacy are felt between government departments, across society as a whole and throughout the lifecourse.





Working Group

- A cross sectoral working group was established to identify priorities for health literacy in Belfast.
- Key partners include representatives from the Department of Health Social Services and Public Safety Public Health Agency; Belfast City Council; Belfast Health and Social Care Trust; Community Development and Health Network; Arthritis Care; Cancer Focus NI; Ulster University; Queens University; supported by Belfast Healthy Cities.



Health Literacy Tools

Numeracy: Newest Vital Sign (NVS) (Weiss et al., 2005)

Nutrition Facts	
Serving Size	1/2 cup
Servings per container	4
Amount per serving	
Calories	250
	Fat Cal 120
	50%
Total Fat	12g
	20%
Sat Fat	6g
	40%
Cholesterol	20mg
	12%
Sodium	50mg
	2%
Total Carbohydrate	30g
	12%
Dietary Fiber	2g
Sugars	25g
Protein	4g
	8%

*Percent Daily Values (DV) are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Cream, Iron Milk, Lipids, Sugar, Water, Egg Yolk, Brown Sugar, Vanilla, Powdered Oil, Sugar, Butter, Salt, Caramelized, Vanilla Extract

Interviewer: If you eat the entire container, how many calories will you eat?

TOFHLA

Test of Functional Health Literacy in Adults

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HEALTH LITERACY

RAPID ESTIMATE OF ADULT LITERACY IN MEDICINE (REALM)[®]

TABLE C-1 REALM

Patient Name/	Date of	Reading
Subject #	Birth	Level
Date	Clinic	Examiner
		Grade
		Completed
List 1	List 2	List 3
Fat	Fatigue	Allergic
Flu	Felvic	Menstrual
Pill	Jaundice	Testicle
Dose	Infection	Colitis
Eye	Exercise	Emergency
Stress	Behavior	Medication
Smear	Prescription	Occupation
Nerves	Noisy	Sexually
Germs	Gallbladder	Alcoholism
Meals	Calories	Irritation
Disease	Depression	Constipation
Cancer	Miscarriage	Goosehead
Caffeine	Pregnancy	Inflammatory
Attack	Arthritis	Diabetes
Kidney	Nutrition	Hepatitis
Hormones	Menopause	Antibiotics
Herpes	Appendix	Diagnosis
Seizure	Abnormal	Potassium
Bowel	Syphilis	Anemia
Asthma	Hemorrhoids	Obesity
Rectal	Nausea	Osteoporosis
Insect	Directed	Impetigo
		SCORE
		List 1
		List 2
		List 3
		Raw Score

Health Literacy in a Healthy City: Making the Case and Taking Action





The Belfast workshop set out to establish the level of health literacy understanding and activity currently taking place in Belfast, by asking participants to identify:

- What current activity exists locally on health literacy?
- What does health literacy mean to you?



Workshop Discussion:

The facilitated small group discussions explored the following questions:

- How do we develop a common understanding of health literacy for people living in Belfast?
- What do we need to do to improve health literacy in Belfast?
- What resources are available to support the development of health literacy in Belfast?



Health Literacy Case Studies

- Template for evaluating and recording case-studies.
- Case studies will be used to inform policy and practice for the inclusion.
- Online resource bank.



Health Literacy Pilot Project

- Essential and desirable criteria to identify pilot project.
- Health Literacy Pilot Project: 2 possible projects identified by working group members.
- Development of guiding principles to enable organisations to incorporate health literacy at all levels.



Thank-you

Further information:

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