

Health literacy as an important prerequisite to address interactions of health and other ecosystems

Considering the pandemic, the climate crisis and other drastic changes in our ecosystems, new perspectives need to be integrated into the concept of health literacy. Therefore, a new understanding of the concept of health literacy has been co-created including a «One Health» perspective.



Co-Creation of the health literacy concept

The Careum Health Literacy Center supported by the Swiss Federal Office of Public Health and the National Health Literacy Alliance re-conceptualized health literacy by considering the challenges in times of a polycrisis.



Health literacy

Health literacy is a bundle of competences to proactively deal with health-related information, services, and challenges and, thereby, empowers people to manage their and *other's* health and well-being.

New approach

- positioning health literacy within the human-animal-environment interface
- moving beyond the focus of dealing with health-related information
- providing a key focus on empowerment
- Introducing health literacy enablers.

Seven principles

The concept is based on seven key principles that serve as a premise and common ground.

Health literacy...

-  ...integrates people.
-  ...integrates the context and the environment.
-  ...takes place in interaction with people, professionals and organizations.
-  ...is a central life and future skill.
-  ...supports the handling of complexity and uncertainties.
-  ...comprises different subject areas and takes different forms.
-  ...contributes to health equity.

Relevance

The reconceptualization of health literacy allows to establish a common ground and to foster the implementation of the One Health approach in different sectors and in our society.



Health literacy enablers

Health literacy enablers are practices, processes, structures, and policies of various actors within and beyond institutional, sectoral, or regional boundaries through which people are empowered to develop and strengthen their health literacy.

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