

Health Literacy as a pathway to promoting the health of Young Adults

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Study information

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- **Funding**
 - supported by a Scholarship from the Australian Government's Research Training Program / Research Training Scheme
- **Nil conflicts of interest**



Overview

- Health literacy
- Relevance to nursing
- A health professional construct
- Current study - Young adult health literacy
- Summary

Health Literacy

- **health literacy defined by the WHO (2015)** as **‘the personal characteristics and social resources needed for individuals and communities to access, understand, appraise and use information and services to make decisions about health’** (Health information sheet 1, para 2).

Relevance to nursing

- Nurses are in direct contact with young adults accessing health information and services
- There is a need for nurses to understand how young adults enact health literacy
- **Understanding** how individuals enact health literacy
 - **facilitate** the delivery of appropriate health care,
 - **supports** health self-management

Health literacy

-a health professional construct

RISK

- ‘the set of individual literacy capacities that act as a mediating factor in health and clinical decision-making’ (Baker, 2006).

ASSET

- Functional
- Interactive
- Critical

(Nutbeam, 2000/2008)

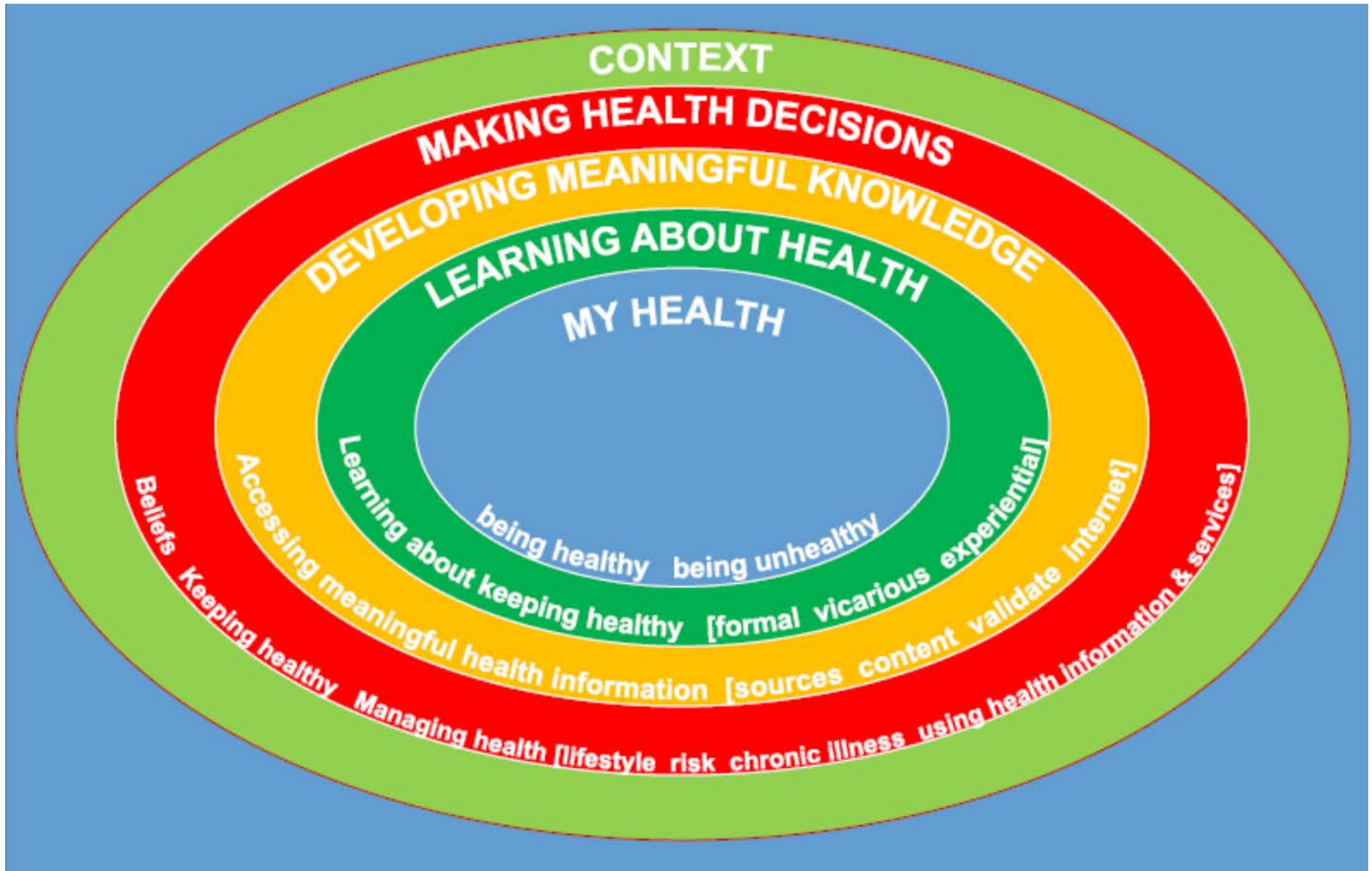
Current Study

- **Aimed** to identify, describe and interpret the health literacy of young adults
- **Asking the questions** ‘How do young adults
 - determine their health status?
 - access health information and services?
 - evaluate health information and services for decision making?’

Charmaz's Constructive grounded theory approach

- **Sampling** - purposeful; theoretical
- **Demographic** data
- **Interview** data
- **Concurrent** data collection and analysis
- **Data saturation** - 12 interviews

Young adult health literacy



Summary

- **My health – embodiment**
- **Learning about health**
- **Developing meaningful knowledge**
- **Making health decisions – empowerment**
- **Context**

Embodiment – Merleau-Ponty

- making sense of 'being' through the senses
- provides for the individual's understanding of their experiences of the world through their body
- **the body provides for both experience as an:**
 - **object** e.g. sensations such as touch
 - **subject** e.g. the lived experience
- Relates to young adults 'being healthy' and 'being unhealthy'

Empowerment -Foucault

- 3 ways people are subjectified
 - **the objectivising of the subject** e.g. the young adult
 - **dividing practices** - within oneself or from others - e.g. the patient and the health professional
 - **people changing themselves into subjects** – e.g. self-identifying as a patient. (Foucault, 1982)
- **Power** indicates the reality of the subject's world
- **Diffusion of power** - occurs when subjects struggle against the power e.g. young adults struggle to make sense of health information or make health decisions

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