

Health Literacy and Self-care

Summary remarks
PHABC workshop on health literacy
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Staying Healthy Framework

Safe, Healthy Communities and a Sustainable Environment For all British Columbians

High Quality Patient Care
Improved Health and Wellness for British Columbians
A Sustainable, Affordable Health Care Systems

Staying Healthy

Managing Disease & Disability

Getting Better

Coping with End of Life

Public Health Renewal

Population Health Promotion

Prevention in Primary Care

Supporting Self-Care

BC's Health System

Enhance self-care

"Self-care is the action individuals take for themselves and their families to stay healthy and manage minor and chronic conditions, based on their knowledge and the information available and working in collaboration with healthcare professionals where necessary."

Joining up Self-care in the NHS' - Steering Group,
UK, National Health Service

A spectrum of self-care

- ▶ Working with others to make your community more healthy
- ▶ Personal and family health, wellness and safety, including use of preventive services
- ▶ Treating personal and family minor ailments and injuries
 - And knowing when to seek help
- ▶ Emergency care and first-aid
- ▶ Chronic disease self-management
- ▶ Preparing for end of life

Self-care and health literacy

When some 60% of adult Canadians, and

- 80% of those 65 and over

are only operating at level 1 or 2

You can kiss good bye to self-care as a strategy

Health e-literacy

Report on the future of IT and health for
CPRN (approx 2000)

- ▶ Concluded that universal access to health care will require universal access to the web

In this information age, access to health and its determinants, and to the benefits of health care, requires

- ▶ **Literacy**
- ▶ **Health literacy**
- ▶ **E-literacy**
- ▶ **E-health literacy**


Without an effort to secure that, inequity will increase

Learning about health

Three types of health learning (Peter Draper, 1980s, UK)

- ▶ Learn about your body
- ▶ Learn about your health care system
- ▶ Learn about the determinants of health

Three forms of health literacy ((Don Nutbeam)

- ▶ Functional
 - ▶ Interactive
 - ▶ Critical
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Who is at risk?

- ▶ **Seniors**
 - Partly a cohort phenomenon
- ▶ **People with English as a second language**
 - Importance of cultural competency - Iraj
- ▶ **Those with low levels of education**
- ▶ **Those with brain and mental health disorder**

NB: This is a patient safety issue too, and health literacy is a 'universal precaution' (Kelly McQuillen)

New skills, new occupations

- ▶ **Community health workers**
- ▶ **Health trainers - UK**
- ▶ **Healthy Living Coach - PHSA's BCMH and AS**
- ▶ **Health information brokers**
 - **Assisting people navigate the internet and understand and use what is there**