

Questionnaire for the fast-track paper on health literacy (OECD) (The Czech Republic)

Section A. Introduction

This fast track paper will follow the health literacy definition developed by Sørensen et al. (2012), which states that health literacy “entails people’s knowledge, motivation and competences to access, understand, appraise and apply health information in order to make judgements and take decisions in every-day life concerning health care, disease prevention and health promotion to maintain or improve quality of life during the life course“. Based on this definition, the following integrated concept model can be applied:

Health Literacy	Access or obtain information relevant to health	Understand information relevant to health	Appraise, judge or evaluate information relevant to health	Apply or use information relevant
Health care	Ability to access information on medical or clinical issues	Ability to understand medical information and derive meaning	Ability to interpret and evaluate medical information	Ability to make informed decisions on medical issues
Disease prevention	Ability to access information on risk factors	Ability to understand information on risk factors and derive meaning	Ability to interpret and evaluate information on risk factors	Ability to judge the relevance of the information on risk factors
Health promotion	Ability to update oneself on health issues	Ability to understand health-related information and derive meaning	Ability to interpret and evaluate information on health-related issues	Ability to form a reflected opinion on health issues

Within this context, examples of health literacy interventions include for instance:

Health care: One-week group-based education programme at the hospital-level, aiming to improve parent’s literacy on childcare.

Disease prevention: Primary health care-level intervention targeting health literacy of population who is obese. Initiative designed by the Ministry of Health. Participants in this intervention are asked to log on to the intervention website at least once a week where they receive personalised and generic advice on diet and behaviours therapy. The website is designed to enable patients in self-management and to vary frequency according to own needs. ..

Health promotion: Designed by the Ministry of Health and implemented by the medical association, this intervention aims to improve the comprehensibility of health-related documents in older adults by conducting health education campaigns bi-monthly in rural areas of the country.

Section B. Questions

1. Definition. Does your country have an official definition for the term health literacy?

1.1 If yes, please share that definition including its goals. If applicable, please share the equivalent term used for health literacy in your own native language.

In the Czech Republic, the WHO definition of health literacy is fully respected in the research area: “Health literacy is 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.”

The term used in Czech language is: „zdravotní gramotnost“

1.2 If no, (i) Are there other similar concepts applied in your country (and, if so, what is the term used in your own native language)?

(ii) Does your country have plans to introduce a health literacy definition?

2. Measurement. Has your country implemented a national survey and/or participated in an international survey measuring health literacy (or a similar concept) levels in the last 10 years?

2.1 If yes, please provide a summary of results and/or send us the report(s) and/or weblink(s).

Health literacy survey was carried out by The National Institute of Public Health in 2015 in the context of preparation of implementation strategy of the Program Health 2020 in the Czech Republic. The survey was carried out with financial support of Ministry of Health and the Czech WHO office. Sociological survey replicated comparative research carried out in eight EU countries in the first half of this decade. Representative survey in 1037 respondents in the age over 16 years, selected in all regions of the country. The identical methodology as used in the original study was utilized. Health literacy was measured in the areas of health care, diseases prevention and health promotion.

It was found that 59,4% of respondents showed limited general health literacy; health literacy in health care is proved to be 49,5% of the population, in the area of disease prevention it was 54,1% respondents and in health promotion it was even 64,3% of respondents. Compared to the other countries surveyed, Czech Republic occupies the eighth, penultimate place. Health literacy is correlated negatively with age and positively with education. We found a strong social gradient of health literacy which rises with social status. Health literacy quite significantly influences the health status and health behaviour.

The final report is available at The National Institute of Public Health.

2.2 If no, are there plans in your country to start measuring health literacy levels?

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3. Policies and strategies. Does your country have national or regional legislation, policy and/or strategies promoting health literacy (or a similar concept)?

Yes.

3.1 If yes, please

(i) provide examples,

RESOLUTION OF THE GOVERNMENT OF THE CZECH REPUBLIC

No. 23, as of January 8, 2014, on Health 2020 – National Strategy for Health Protection and Promotion and Disease Prevention

Health protection and promotion and disease prevention action plan

- Creating the conditions for required funding of health promotion and preventative programmes including vaccination.
- Creating and implementing the life-long training and health education strategy, focused on helping the citizens to acknowledge the value of health and developing their capability to make informed decisions on their health.
- Utilization of effective social marketing methods in order to put forward healthier lifestyle choices based on contemporary scientific findings.
- **Creating the conditions to support health and healthy lifestyle, to increase the level of health literacy** and primary disease prevention including screening and vaccination programmes, and to decrease health inequalities; this requires active involvement of all ministries and other sections of the society.
- Strengthening of the whole-of-society approach to improvement of environment, workplace and living standard.
- Supporting the development and utilization of evaluation methods – economic health evaluation, health inequalities evaluation, Health Impact Assessment (HIA) as part of relevant concepts, health risks assessments etc.

(ii) clarify if there have been any particular areas of focus for health literacy efforts (e.g. population groups or specific disease areas) and

All action plans, developed in 2015 under the National Health 2020 Strategy address the issue of health literacy from the point of view of specific lifestyle risk factors, ie health promotion in close connection with primary and secondary disease prevention and health care.

(iii) share any impact assessment or evaluation of their implementation.

Given that National Action Plans were approved in the second half of 2015, only one assessment for the first implementation period 2015-2016 is available to the Ministry of Health.

3.2 If not, are there plans in your country to introduce such policies or strategies?

4. Programmes and interventions. Does your country have in place interventions and programmes promoting health literacy (or a similar concept) for each of the following areas: ***health care, health promotion, and disease prevention?***

If so, please share examples, where possible, using the following template:

Example 1	
Programme name	Národní program zdraví/National program of Health
Year established	1992
Target population	Public and segments of population included health professionals

Brief description	Grant title for governmental and non-governmental organizations provides funds for health promotion intervention projects aimed at reducing risk factors of lifestyle and primary prevention of diseases (CVD, cancer, diabetes, Alzheimer's disease, vaccination support, infectious disease- prevention of infectious diseases transmitted by dirty hands etc.)
Programme website	http://www.mzcr.cz/obsah/odbor-strategie-a-rizeni-ochrany-a-podpory-verejneho-zdravi_3735_1.html
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	Ministry of Health
Please indicate if programme has been (or will be) evaluated.	Final report of each project is submitted included evaluation.
If possible, provide reference and weblink to evaluation	Final reports are available at Ministry of Health, department of Chief Public Health Officer

Example 2	
Programme name	National HIV / AIDS Program
Year established	1992
Target population	Public and certain segments of population included health professionals, last years MSM
Brief description	Grant title for governmental and non-governmental organizations provides funds for health promotion intervention projects aimed at reducing risk factors of HIV/AIDS and STD.
Programme website	http://www.mzcr.cz/obsah/odbor-strategie-a-rizeni-ochrany-a-podpory-verejneho-zdravi_3735_1.html
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	Ministry of Health
Please indicate if programme has been (or will be) evaluated.	Final report of each project is submitted included evaluation.
If possible, provide reference and weblink to evaluation	Final reports are available at Ministry of Health, department of Chief Public Health Officer

Example 3	
Programme name	Drug Policy, development projects of health care, childcare and juvenile crime prevention
Year established	1994
Target population	Children, public
Brief description	Grant title for governmental and non-governmental organizations provides funds for intervention projects aimed at reducing risk factors of mentioned areas
Programme website	http://www.mzcr.cz/obsah/pece-o-deti-a-dorost-prevence-

	kriminality- 3754 1.html#
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	Ministry of Health
Please indicate if programme has been (or will be) evaluated.	Final report of each project is submitted included evaluation.
If possible, provide reference and weblink to evaluation	Final reports are available at Ministry of Health, department of Chief Public Health Officer

Example 4	
Programme name	Národní síť nemocnice podporující zdraví a zdravotní služby/ National Network of Health Promotion Hospitals and Health Services
Year established	2008
Target population	Hospitals and local communities related to the Health promotion project
Brief description	Currently there are 10 HPH hospitals
Programme website	http://www.mzcr.cz/KvalitaABezpecni/obsah/nemocnice-podporujici-zdravi-a-zdravotni-sluzbyhph_3362_29.html
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	Ministry of Health of the Czech Republic
Please indicate if programme has been (or will be) evaluated.	In 2013 and 2014 WHO led „side visits“ to evaluate the implementation of 5 HPH standards in 7 Czech HPH hospitals
If possible, provide reference and weblink to evaluation	http://www.mzcr.cz/KvalitaABezpecni/obsah/hph-recognition-projekt-vysledky-a-provedeni-v-cr_3776_29.html http://www.clinhp.org/iframe/Vol4_Issue1_p15_21.pdf

Example 5	
Programme name	Brief intervention in practice
Year established	2013
Target population	Health professionals, patients/clients
Brief description	„Training of trainers“ focused on education of health professionals in motivation method of brief intervention regarding using of tobacco, consumption of alcohol, healthy food, health enhancing physical activity, prevention of seasonal flu and diseases transmitted with ticks. After education the health professionals perform brief interventions with their patients. About 20 hospitals, universities and secondary schools are involved.
Programme website	www.kratke-intervence.info
Please indicate if national, regional or local level initiative	National

Indicate lead agency/ministry responsible for managing programme	The National Institute of Public Health
Please indicate if programme has been (or will be) evaluated.	Short questionnaires are used after each intervention
If possible, provide reference and weblink to evaluation	Available at the National Institute of Public Health

Example 6	
Programme name	Zdravotní gramotnost pro veřejnost / Health Literacy for Public
Year established	2015
Target population	Population
Brief description	Two phase programme of training courses for children, adolescents, adults and seniors
Programme website	http://nspz.cz/zdravotni-gramotnost/
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	The National Institute of Public Health (NIPH) is a health care establishment for basic preventive disciplines - hygiene, epidemiology, microbiology and occupational medicine. Its main tasks are health promotion and protection, disease prevention and follow-up of environmental impact on the health status of the population http://www.szu.cz/
Please indicate if programme has been (or will be) evaluated.	Not yet
If possible, provide reference and weblink to evaluation	/

Example 7	
Programme name	Healthy Food Canteen
Year established	2015
Target population	Employees of school canteen, school children
Brief description	Education and counselling for employees of school canteen regarding healthy food, technologies, serving etc. One part of project is newly focused on implementation preparing of healthy food into the lessons for pupils.
Programme website	www.zdravaskolnijidelna.cz
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	The National Institute of Public Health
Please indicate if programme has been (or will be) evaluated.	Regular evaluation is a part of each education

If possible, provide reference and weblink to evaluation	Available at he National Institute of Public Health
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Example 8	
Programme name	„Parks in move“
Year established	2015
Target population	Public, seniors
Brief description	Exercises for all age groups fire of charge in cities parks. The lessons are led by trained trainer – volunteers or emploeeys of The national Institute of Public Health
Programme website	http://www.szu.cz/celorepublikova-vyzva-parky-v-pohybu
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	The National Institute of Public Health
Please indicate if programme has been (or will be) evaluated.	Regular evaluation is a part of realization
If possible, provide reference and weblink to evaluation	Available at he National Institute of Public Health

Example 9	
Programme name	Aliance pro zdravotní gramotnost / Aliance for Health Literacy
Year established	2017
Target population	national
Brief description	Voluntary association of citizens, patients, physicians, health care facilities, teachers, schools, researchers, media, public administration, and other health literacy interested organizations and individuals
Programme website	http://www.uzg.cz/aliance.html http://www.uzg.cz/
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	Ústav pro zdravotní gramotnost, z.ú. Czech Health Literacy Insitute
Please indicate if programme has been (or will be) evaluated.	Not yet
If possible, provide reference and weblink to evaluation	/

Example 10	
Programme name	Národní síť nemocnic a zdravotnických zařízení bez tabáku /The National GNTH Network of the Czech Republic
Year established	2017
Target population	The main and official platform of the non-smoking medical

	facilities
Brief description	Currently there are 5 HPH hospitals
Programme website	http://www.mzcr.cz/KvalitaABezpeci/obsah/nekuracke-nemocnice-a-zdravotnicka-zarizeni_3779_29.html
Please indicate if national, regional or local level initiative	National
Indicate lead agency/ministry responsible for managing programme	Ministry of Health of the Czech Republic
Please indicate if programme has been (or will be) evaluated.	Not yet
If possible, provide reference and weblink to evaluation	/

Example 11	
Programme name	Národní síť zdravých měst / Healthy Cities of the Czech Republic
Year established	
Target population	Local, related to the „Healthy City project
Brief description	Healthy Cities of the Czech Republic are the member of Alliance for Health Literacy
Programme website	https://www.zdravamesta.cz/ https://www.healthycities.cz/
Please indicate if national, regional or local level initiative	Nationalwide
Indicate lead agency/ministry responsible for managing programme	Národní síť zdravých měst
Please indicate if programme has been (or will be) evaluated.	Not yet
If possible, provide reference and weblink to evaluation	/

4.1 Have these interventions/programs been evaluated? If yes, please provide a summary of results and/or send us the report(s) and/or weblink(s).

Indicated for each program.

Some programmes have been evaluated, other ones not yet – see above.