

Odrednice zdravstvene pismenosti u populaciji roditelja vrtićke djece u Dubrovačko-neretvanskoj županiji

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Uvod

Odluke pojedinca o tome kako očuvati zdravlje, prevenirati bolest te koristiti zdravstvene usluge ovise o razini zdravstvene pismenosti, što sve utječe na zdravstvene ishode.

Cilj

Cilj rada je utvrditi razinu zdravstvene pismenosti roditelja vrtićke djece u Dubrovačko-neretvanskoj županiji, primjenu u praksi te postoji li povezanost generalnog indeksa, podindeksa i praktične zdravstvene pismenosti sa sociodemografskim obilježjima roditelja.

Metode i ispitanici

Korišteni su: sociodemografski upitnik kreiran za ovu svrhu, Europski upitnik zdravstvene pismenosti i test primijenjene zdravstvene pismenosti, objedinjeni u jedan upitnik. Ravnateljice dječjih vrtića u Dubrovačko-neretvanskoj županiji poslale su na e-mail adrese roditelja djece link za popunjavanje upitnika. U statističkoj obradi podataka korišten je SPSS program.

Rezultati

28% sudionika ima neadekvatnu (4%) ili problematičnu (24%) ukupnu zdravstvenu pismenost, a njih 24% pokazuje izvrsnu razinu zdravstvene pismenosti. Najviša razina zdravstvene pismenosti (79% adekvatna ili izvrsna) je u domeni „Zdravstvena skrb” i “Promocija zdravlja”, a najniža u domeni “Prevenција bolesti” (30% neadekvatna ili problematična razina). Sudionici s višom zdravstvenom pismenošću češće traže zdravstvene informacije kod doktora (84%), na portalima zdravstvene institucije (49-52%) i u stručnoj literaturi (24,34%). Na šest pitanja vezana uz primjenu zdravstvene pismenosti u praksi, na tri pitanja dati su točni odgovori u rasponu 74-87%, a na tri pogrešni u rasponu 43-64%. Post hoc analiza pokazala je da sudionici iz Župe dubrovačke imaju značajno niži indeks zdravstvene pismenosti od sudionika s otoka Korčule i iz gradova neretvanske doline (Metković, Opuzen i Ploče) ($F=2,520$, $p<,05$). Međutim, nisu pronađene razlike između sudionika s različitih područja kad je u pitanju primijenjena zdravstvena pismenost ($F=0,976$, $p>,05$).

Zaključak

Rezultati ukazuju da skoro svaki treći sudionik istraživanja ima nisku razinu zdravstvene pismenosti. Međutim, primjena zdravstvene pismenosti u praksi nije značajno povezana s razinom zdravstvene pismenosti što potencijalno sugerira da sudionici pogrešno procjenjuju svoju zdravstvenu pismenost odnosno lakoću kojom dolaze do zdravstvenih informacija, koliko ih razumiju i mogu primijeniti u

praksi. Intervencije za poboljšanje razine zdravstvene pismenosti i njene primjene u praksi treba usmjeriti na sve aktere u komuniciranju zdravstvenih informacija.

Ključne riječi: zdravlje; zdravstvena pismenost; roditelji djece u vrtićima; Dubrovačko-neretvanska županija;

Determinants of health literacy in the population of kindergarten children's parents in Dubrovnik-Neretva County

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Introduction

An individual's decisions on how to preserve health, prevent disease and use health services depend on the level of health literacy. It all affects health outcomes.

Target

The aim of this study is to determine the level of health literacy of kindergarten children's parents in Dubrovnik-Neretva County and its application in practice. Also, we wanted to find out if there is a correlation between the general index, sub-index and practical health literacy with sociodemographic parents' characteristics.

Methods and subjects

Sociodemographic questionnaire created for this purpose and European health literacy questionnaire with applied health literacy test has been sent to the children's parents e-mail addresses. The SPSS program was used in statistical data processing.

Results

28% of participants have inadequate (4%) or problematic (24%) overall health literacy. 24% show an excellent level of health literacy. The highest level of health literacy (79% adequate or excellent) is in the domains of "Health Care" and "Health Promotion", and the lowest in the domain of "Disease Prevention" (30% inadequate or problematic level). Participants with higher health literacy are more likely to seek health information from medical doctors (84%), on health institution portals (49-52%) or in professional literature (24.34%). On six questions related to the application of health literacy in practice, three questions were given correct answers ranging from 74-87%, and on three wrong ones in the range 43-64%. Post hoc analysis showed that participants from Župa Dubrovačka had a significantly lower health literacy index than participants from the island of Korčula and from the cities of the Neretva valley (Metković, Opuzen and Ploče) ($F=2,520$, $p<,05$). However, no differences were found between participants from different parts of the county when it comes to applied health literacy ($F=0.976$, $p>,05$).

Conclusion

The results indicate that nearly one in three study participants have low levels of health literacy. However, the application of health literacy in practice is not significantly related to the level of health literacy, which potentially suggests that participants mis-evaluate their health literacy or the ease with which they obtain health information, also how much they understand and can put it into practice. Interventions to improve the level of health literacy and its application in practice should focus on joint action of experts from different fields in communicating health informations.

Keywords: Health; Health Literacy; Kindergarten children's parents; Dubrovnik-Neretva County