

Značaj zdravstvene pismenosti u unaprjeđenju javnozdravstvenih programa - primjer dobre prakse iz Primorsko-goranske županije

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UVOD

Zdravstvena pismenost podrazumijeva osobne, kognitivne i socijalne vještine koje određuju sposobnost pojedinca da dobije pristup te razumije i koristi medicinske informacije za unaprjeđenje i održanje zdravlja. Podizanje njene razine zadatak je sustava koji treba zadovoljiti potrebe stanovništva kroz opće i specifične programe. Preventivni program Unaprjeđenje oralnog zdravlja djece i mladih, pokrenut 2008. godine u Primorsko-goranskoj županiji, temelji se na kontinuiranoj edukaciji roditelja, djece i ostalih dionika u svrhu unaprjeđenja zdravstvene pismenosti te unaprjeđenja oralnog zdravlja djece i mladih.

CILJ

Prikazati rezultate i doprinos provedbe preventivnog javnozdravstvenog programa zdravstvenoj pismenosti.

ISPITANICI I METODE

U program su uključeni učenici koji pohađaju 1. i 5. razred osnovne škole, trudnice, djeca koja pohađaju vrtiće (od 2014.) te sva predškolska djeca (od 2019.) i njihovi roditelji.

Provode se edukacije na više razina: edukacija zdravstvenih voditeljica vrtića (educiraju djecu i roditelje), patronažnih sestara (educiraju trudnice) te medicinskih sestara Odjela školske i adolescentne medicine (educiraju učenike 1. i 5. razreda OŠ). Pedijatri educiraju roditelje, a stomatolozi (pedodonti) educiraju roditelje i djecu te provode preventivne stomatološke preglede.

REZULTATI

U 15 godina provedbe programa, pregledano je 50.152 školske djece (odaziv 83%). Kod svih pokazatelja oralnog zdravlja se primjećuje pozitivan pomak: Kp/KEP indeks se smanjio sa 4,7 na 3,0 (šestogodišnjaci) i sa 2,5 na 1,4 (dvanaestogodišnjaci); provedeno je 2.255 radionica u OŠ, educirano je 48.674 djece u vrtićima te 26.559 trudnica.

ZAKLJUČAK

Program je polučio rezultate u vidu poboljšanja oralnog zdravlja djece. Postignuta je bolja zdravstvena pismenost ciljane populacije i dionika u Programu. Postignuta je bolja komunikacija unutar zdravstvenog sustava, zaokret iz kurativne prema preventivnoj dentalnoj zaštiti te su izbjegnuta dodatna financijska izdvajanja. Unaprjeđenje zdravstvene pismenosti postiglo se i ranim kontaktom djece s doktorima dentalne medicine čime se izbjegava trauma i negativan stav djece prema pregledima.

Ključne riječi: javno zdravstvo; oralno zdravlje; zdravstvena pismenost.

Significance of health literacy in the advancement of public health programs - best practice example from the Primorje - Gorski Kotar County

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INTRODUCTION

Health literacy includes the personal, cognitive, and social skills that determine the individual's ability to obtain and understand medical information required to advance and retain their health. Raising its levels is the responsibility of the health system, which needs to satisfy the population requirements through general and specific programs. The "Advancement of oral health in children and youth" Program, implemented in the Primorje-Gorski Kotar County in 2008, is based on the continuous education of parents, children, and other stakeholders with the aim of advancing health literacy and oral health of children and youth.

AIM

To present the public health Program results and its contributions to health literacy.

PATIENTS AND METHODS

The Program involved 1st and 5th grade elementary school children, pregnant women, and all kindergarten (from 2014 onwards) and preschool children (from 2019 onwards) and their parents. Education is conducted on several levels: education of health administrators in kindergartens (who in turn educate children and parents), of community nurses (who educate pregnant women), and of Department of School and Adolescent Medicine nurses (who educate 1st and 5th grade elementary school children). Additionally, pediatricians educate parents, and pediatric dentists educate children and parents as well as conduct preventive health exams.

RESULTS

During the 15 years of Program conduction, 50,152 schoolchildren have been examined (response rate: 83%). All oral health indicators have shown a positive shift: the decayed, missing, and filled teeth for primary teeth/decayed, missing, and filled teeth for permanent teeth index has been reduced from 4,7 to 3,0 (six-year-olds) and from 2,5 to 1,4 (twelve-year-olds); 2,255 workshops have been conducted in

elementary schools, and 48,674 children in elementary schools and 26,559 pregnant women have been educated.

CONCLUSION

The Program has yielded oral health improvements in children. Greater health literacy of the target population and Program stakeholders has been achieved. Better communication within the health system and a shift from curative to preventive medicine has also been achieved, and additional financial expenditures have been avoided. Health literacy improvement has also been obtained through an early first contact of children with their dentists, ensuring that trauma and negative attitudes towards dentists are avoided.

Keywords: Health Literacy; Oral Health; Public Health.