



IDEAHL
Improving Digital Empowerment for Active Healthy Living

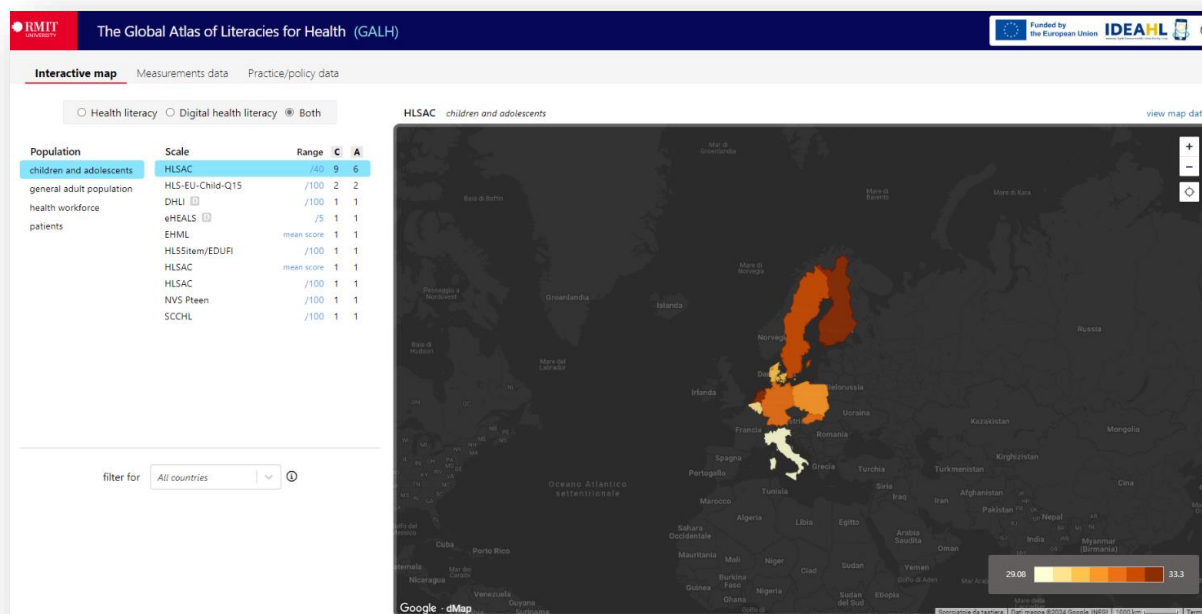
Newsletter n. 3

Get to know IDEAHL!

Welcome to the IDEAHL project: Main Results

Introducing The Global Atlas of Literacies for Health

Great news! The IDEAHL Consortium is happy to introduce the Global Atlas of Literacies for Health (GALH). It's an incredible online tool developed by RMIT University and funded by the IDEAHL project.



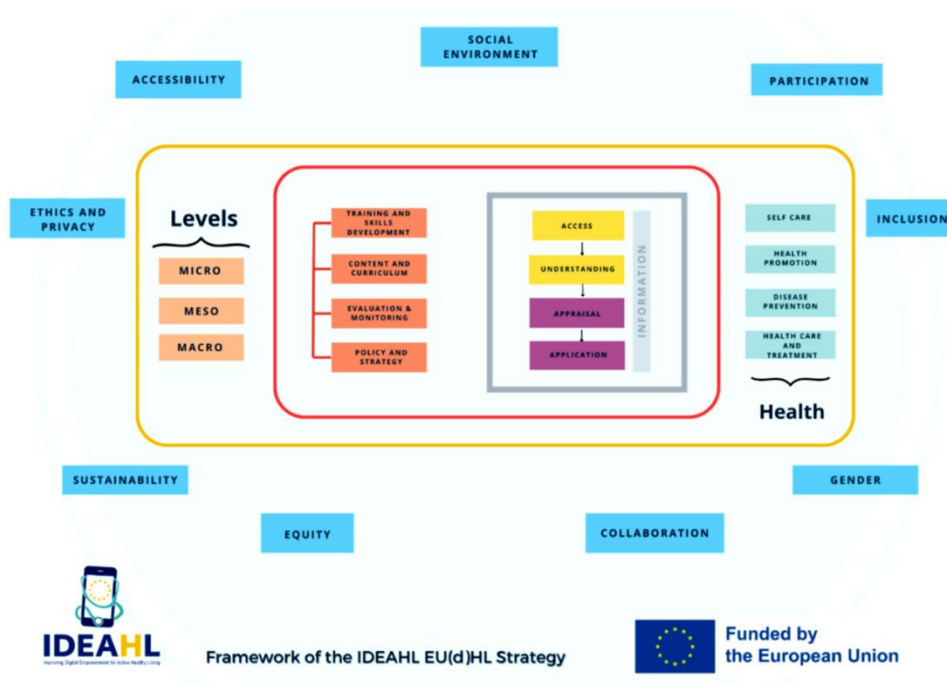
The GALH is an **interactive map** that provides valuable insights into (digital) health literacy, best practices, policies, interventions, and initiatives across different regions. It's a game-changer for healthcare education, research, practice, and policymaking.

Policymakers can use the GALH to develop policies promoting (digital) health literacy. Educators and researchers can access a wealth of information to enhance teaching methods and investigate health literacy challenges.

The GALH is **free and accessible to everyone**. Just visit the atlas using your web browser and explore the data to make a positive impact on healthcare and digital literacy.

[Access the Atlas!](#)

Introducing the European digital Health Literacy Strategy



We are thrilled to present the **European digital Health Literacy Strategy**, developed as part of the "Improving Digital Empowerment for Active Healthy Living" (IDEAHL) project. This strategy, funded under the Horizon Europe Framework Programme, aims to enhance people's ability to use digital technologies for better health and well-being.

The strategy is the result of collaboration among various organizations and experts who share a common goal: **empowering individuals** to access, understand, and apply health information obtained from digital sources. With this strategy, we want to ensure that everyone has the knowledge and skills **to navigate the digital landscape** effectively and make informed decisions about their health.

At its core, the strategy focuses on key areas such as training and skills development, content and curriculum, evaluation and monitoring, policy and strategy, access to information, understanding the information, critical appraisal of the information, and application of the information. These elements form the foundation of digital health literacy and are crucial for individuals to become confident and informed users of digital health resources.

Get to know more at the following [link](#)!

Influencers' Vital Role in the IDEAHL Project



Influencers are playing a crucial role in the Improving Digital Empowerment for Active Healthy Living (IDEAHL) project. By collaborating with influential individuals, we are spreading awareness about (digital) health literacy and encouraging active participation in managing personal health using digital tools.

Influencers bring their **creativity and authenticity** to promote (digital) health literacy. They have the freedom to create content aligned with their personal brand, resonating with their audience. Through introductions to the IDEAHL project,

highlighting the benefits of (digital) health literacy, and sharing personal stories, influencers engage their followers and inspire participation.

As ambassadors of the IDEAHL project, influencers contribute to improving the well-being of individuals across Europe. We recognize their **dedication** by featuring their collaborations on our project website and social media channels. We also provide **key messages and resources**, including the IDEAHL project website, social media channels, multimedia materials, and access to experts, to support their content creation.

Together with influencers, we are empowering individuals to actively manage their health and well-being through digital means.

Get to know our ambassadors on the [IDEAHL project website!](#)

Save the Date: Join Us at the IDEAHL Project Final Conference!

The Consortium is happy to announce the upcoming Final Conference “IDEAHL Project – Eu Digital Health Literacy Strategy” of the project.

Mark your calendars for this exciting event, as on 6th March we gather at the European Parliament in Brussels to celebrate the remarkable achievements and outcomes of the project.

The IDEAHL Final Conference will serve as a platform to showcase the **development of the EU Strategy** in the field of digital health literacy. It will provide a **unique opportunity** to explore the impact of digital education on promoting healthier and more active lifestyles.



During the conference, we will present two crucial results that have been achieved through the IDEAHL project:

- ***European Digital Health Literacy Strategy***: This strategy provides comprehensive guidelines to improve digital health literacy for all citizens. It focuses on health promotion, disease prevention, treatment, (self-)care, and monitoring the impact on quality of life, well-being, productivity, and the economy. The strategy also addresses geographic, social, and economic determinants of inequities in digital health literacy.
- ***The Global Atlas of Literacies for Health***: This interactive resource summarizes existing health literacy instruments and presents empirical evidence on their usage and evaluation. It showcases best practices in (digital) health literacy across Europe and beyond, providing valuable insights for future initiatives.

The IDEAHL Final Conference will be an engaging and inspiring event, featuring keynote speakers, interactive discussions, and presentations from experts in the field. It will offer a unique opportunity to network with like-minded individuals, exchange ideas, and explore collaborations.

Stay tuned for more details, including registration information and the conference agenda, which will be announced soon on the [project website](#).

The IDEAHL Consortium looks forward to your participation and to collectively advancing the field of digital health literacy!

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GDPR Policy

We are sure you are aware that new laws about data protection have come into force in May 2018. As your privacy is important to us, we wanted to assure you that your data will only be used to keep you informed about the latest activities of the project and invite you to its events. We will not give out your data to any other third-party address on its mailings list nor to other people without your permission.

You do not need to do anything unless you no longer wish to receive emails concerning IDEAHL project. Should this be the case, please contact us in reply to the email stating this fact. If we don't hear from you, we shall assume you wish to continue receiving information about IDEAHL and keep your email address on our list.

Our mailing address is:

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