

# **Health Literacy Level Among Future Teachers in The Context of Undergraduate Education in The Czech Republic**

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## **Abstract**

Education in the area of health promotion and increasing health literacy involves a broad spectrum of knowledge and problems. For these reasons, the authors performed a research study aimed at future teachers. The research was carried out in 2022 and involved a representative sample of 254 female students aged  $24.4 \pm 3.9$  years, BMI  $23.4 \pm 4.5$  kg/m<sup>2</sup> of the Faculty of Education, Palacký University Olomouc. The authors used a research instrument designed by the World Health Organization and provided by the National Institute of Public Health in Prague. The indexes of the HL dimensions (HL in the area of healthcare HC-HL, HL in the area of disease prevention DP-HL, HL in the area of health promotion HP-HL and general level of health literacy GHL have values from 0 to 50 points divided into four health literacy intervals: Inadequate; Problematic; Sufficient and Excellent. The average general health literacy achieves a value of 34.1, which falls into the sufficient category. A total of 50.8% of students showed an excellent or sufficient level of general health literacy. Students achieved the lowest level of the health literacy in the area of health promotion (problematic level). Statistically significant differences between the BMI and HL in the area of health promotion have not been found ( $p = 0.10$ ). The results a need for extending the portfolio of mandatory courses in all fields of Teaching in order to increase the level of health literacy among future teachers.

**Keywords:** female students, healthcare, health promotion, prevention, teacher training