

Investigation and Analysis on Health Literacy of Primary and Secondary School Students in Yiyang City

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Abstract: Objective to understand the awareness of health literacy knowledge of primary and secondary school students in Yiyang City, and to provide the basis for further improving the health literacy of primary and secondary school students. Using stratified sampling, 1253 primary and secondary school students and their parents from 12 schools in the city were selected to conduct a self-administered questionnaire survey on their health literacy.

Keywords: Health literacy; Primary and secondary school students; Investigation

1. Introduction

Health literacy is an necessary ability for citizens to carry out self-health management and promotion, and its level determines the quality of life and health of residents [1]. Countries around the world regard it as an effective way to promote national health, and have strengthened research work and formulated relevant policies and measures in an attempt to achieve long-term improvement of population health through this economic and effective way. China attaches great importance to the important role of health literacy on the health of citizens [2]. Under the support of a series of supporting policies and the specific development of related work, health literacy has become a long-term insistence and continuous improvement of the national overall health level by the government. However, at present, the focus of the implementation of this strategy mainly tends to the adult population, while the health literacy of children and adolescents such as primary and secondary school students lacks a unified evaluation tool and a nationwide survey and study [3]. The physical and psychological maturity of the population at this age is not yet mature, but the plasticity is strong, and the formation of ideas and behaviors during this period will affect their entire life cycle. Therefore, we should pay attention to the health literacy of primary and secondary school students, explore scientific and reasonable evaluation methods, grasp the current situation in time and find out problems, and provide strong basis for policy formulation and implementation of interventions [4, 5].

2. Object and Method

2.1. Object

There are 1253 primary and middle school students in 12 primary schools in 6 districts and counties of Yiyang City.

2.2. Method

The stratified sampling method was adopted. Firstly, all the students and their parents in one class of each grade in 12 schools were selected as the survey objects according to the geographical distribution, population composition and other factors. The health literacy questionnaire was issued to conduct field investigation, and the survey content was adopted by the Ministry of health Primary school students and primary school parents were selected as the 66 articles of China's citizens' health literacy in September 3, 2008. For parents, a complete questionnaire was used. For pupils, we screened some difficult problems through expert discussion based on the knowledge of the subjects. The questionnaire included 7 questions related to health, 6 questions of daily habits, 5 questions of health skills. The respondents who correctly answered 80% or more of the survey contents of health literacy were regarded as having health literacy. Criteria for correct answer: single choice questions, select the correct answer to determine that the answer is correct; multiple choice questions, all single-choice questions are answered correctly, it is judged that the answer to the question is correct (but the two questions of health concept and the route of AIDS transmission are handled according to the multi-choice judgment standard); if the correct answer rate of all options is more than 60%, the answer of the question is correct.

2.3. Statistical analysis

Descriptive statistical method was used to analyze the current situation of health literacy and health education

evaluation and demand of primary and secondary school students; t-test and ANOVA were used to analyze the score of health literacy of primary and secondary school students with different characteristics; single factor χ^2 test and logistic regression analysis were used to explore the main factors affecting the health literacy of primary and secondary school students and the test level $\alpha=0.05$.

3. Analysis of Health Literacy of Primary and Secondary School Students in Yiyang City

The overall health literacy rate of primary and secondary school students in this survey was 50.12%, with an average score of 81.96 ± 13.16 ; the health literacy literacy rates of the three dimensions were 45.86%, 58.84% and 45.12%, respectively, The average scores were 19.23 ± 4.26 , 33.75 ± 5.44 , 25.99 ± 5.21 ; the health literacy rate of the five categories were 61.86%, 27.91%, 39.77%, 54.19%, 53.26%, with the average scores of 12.00 ± 1.52 , 11.01 ± 2.74 , 11.90 ± 3.00 , 30.70 ± 5.88 and 8.63.

There were significant differences in gender, nationality, self-rated health status, parents' educational background, whether parents smoked, whether their parents drank alcohol, family monthly income and school area. The specific characteristics were female students, Han nationality, self-rated health status, high education level of parents, no smoking and drinking habits of parents, high monthly family income and studying in urban school, the primary and secondary school students scored higher.

The survey results show that 72% of primary and secondary school students think that health education is very important for healthy growth, 19% of primary and secondary school students think it is ordinary, and 9% of primary and secondary school students think it is not important; the satisfaction evaluation results of survey objects on the content and form of health education show that 30% of primary and secondary school students are satisfied, 55% think it is average, and 15% are not satisfied; the way to obtain health knowledge of primary and secondary school students is also discussed The choice of path from high to low was school health education class, relatives and friends, books, magazines or newspapers, television broadcast, health bulletin board or manual, Internet or mobile phone, health lecture.

4. Analysis on the Influencing Factors of Health Literacy in Primary Schools in Yiyang City

The results of single factor χ^2 test and logistic regression analysis showed that the influencing factors of overall health literacy were the situation of only child, the smoking situation of parents and the district where the school was located. In the three dimensions of health literacy,

the influencing factors of health belief and knowledge were gender, parents' smoking situation and school location, and the influencing factors of healthy lifestyle were as follows Father's smoking was one factor, and the influencing factors of basic health skills were self-rated health status and mother's educational background.

In the five categories of health literacy, the influencing factors of health awareness literacy were father's smoking, father's drinking and mother's smoking. The influencing factors of chronic disease prevention literacy were only child, mother's smoking and school area. The influencing factors of infectious disease prevention literacy were gender, only child and father's smoking The influencing factors of safety prevention and emergency literacy were father smoking, adolescence and health care literacy were gender and mother's education.

Among all the influencing factors, female students, only child, better self-rated health status, mother with high education, parents without smoking habit, father without drinking habit and urban school were the promotion factors of health literacy.

5. Conclusion

The proportion of primary school students with health literacy in Yiyang City is 50.12%. The overall health literacy is still not high, and there is an obvious imbalance. The characteristics of the highest proportion of healthy lifestyle and behavior literacy, the second is basic knowledge and concept literacy, and the lowest basic skill literacy are common among students with different characteristics.

6. Acknowledgment

Project Supported by Social Science Project of Yiyang City (Grant No. 2019YS136).

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