



**Irish Heart
Foundation**

Adolescent health literacy demonstration project

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Context

Ireland

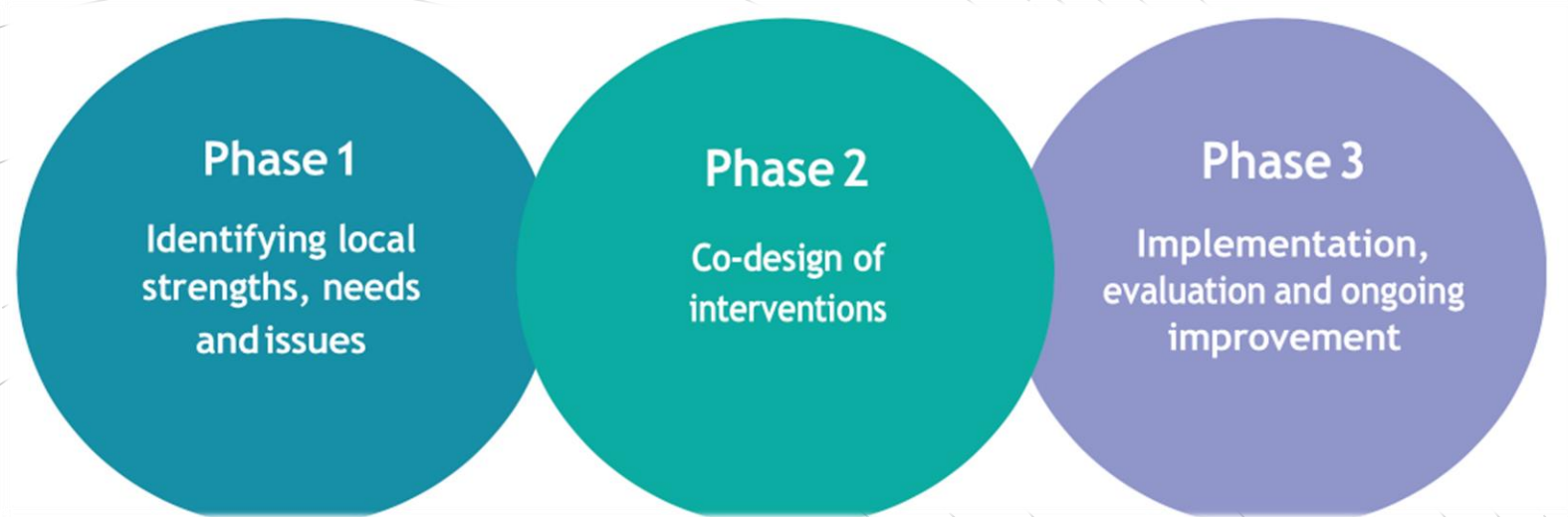
Five post-primary schools

12-16-year old's

Low-socioeconomic status

Curriculum change





Ophelia (OPTimising HEalth LiterAcy) Framework

March 2018- Oct 2019

Phase 1

- Vignette development
- Co-design workshops

Nov 2019- Aug 2021

Phase 2

- Expert consultation
- Literature review
- Intervention development
- Q.I.C

Sept 2021- May 2022

Phase 3

- Intervention implementation
- Process evaluation

October 2022-

Future Development

- Evaluation
- Refinement
- Upscale and dissemination?

Phase 1

- Vignette development
- Co-design workshops

1. Lifestyle behaviors	2. Information on risky behaviours	3. Information on positive behaviours	4. Health Information from media	5. Social support	6. Understanding health information	7. Effect of lifestyle on health	8. Appraisal of health information
5.81	3.35	3.46	5.55	3.37	2.12	4.73	1.96

Brief Descriptive overview from cluster analysis:

Cluster 3 included 187 students and was evenly distributed for gender. Scores for lifestyle behaviours, information on risky behaviours, information on positive behaviours and understanding health information were second lowest of all clusters. Scores for information from media sources were second highest of all clusters. Physical activity levels among participants in this cluster were also second lowest of all clusters with an average of 60 minutes of physical activity on 3.47 days per week



Emma is 14. Emma likes herself, you need friends like the girls. They love going out because without even



Emma's favourite thing to do is go out with the girls...going for food and walking around the shops



Her Mam always orders Dominos... then they go to McDonalds for a McFlurry



Emma is addicted to her phone



Emma thinks she's overweight compared to other people

Phase 2

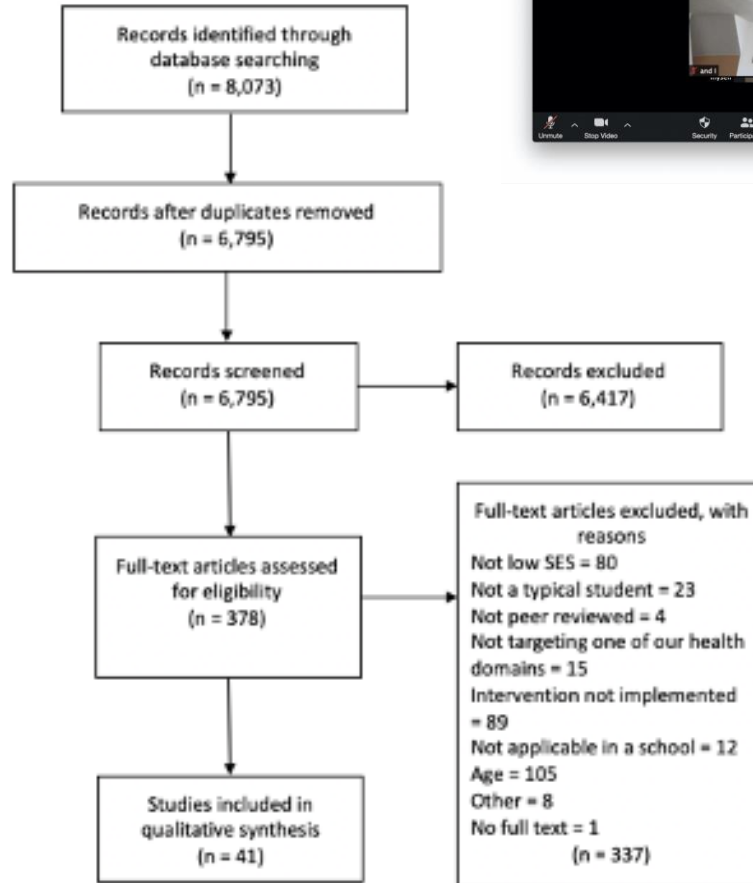
- Expert consultation
- Literature review
- Intervention development

Identification

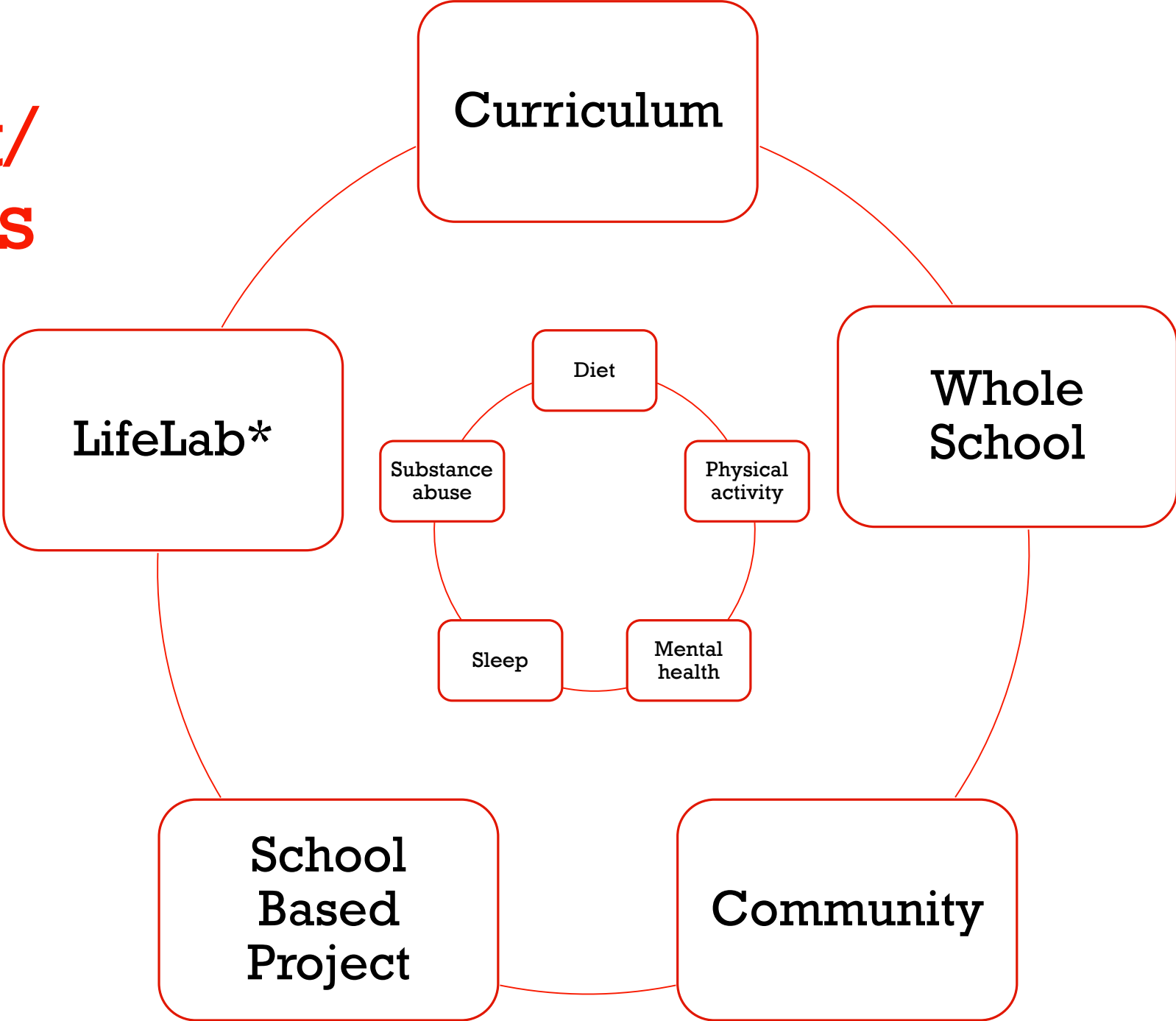
Screening

Eligibility

Included



Intervention development/ Initial findings



Conclusion

Potential issues with next steps:

- Engaging with schools during/post COVID-19
- Engaging with parents and the wider school community
- Facilitating authentic co-design

(Advice welcome!)



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