



Digital health literacy as a prerequisite for application of innovative solutions

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About IC-Health

IC-Health is a project to develop a series of **Massive Open Online Courses** (MOOCs) to help improve digital health literacy of European citizens.

Countries involved in the pilot are: Spain, Italy, Belgium, United Kingdom, Netherlands, Sweden, Germany and Denmark.

The project will bring together representatives from five specific population groups to co-create tailored MOOCs:

- **children** (aged from 6 to 11 years)
 - **adolescents** (aged from 12 to 18 years)
 - **pregnant and lactating women** (PLW)
 - **elderly** (aged over 60)
 - **citizens affected or susceptible to be affected by diabetes** (type 1 and 2)
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Digital Health Literacy

Digital health literacy refers to the “ability to *seek, find, understand* and *appraise* health-related information from *electronic resources* and to apply the knowledge gained to making appropriate health decisions in order to address or solve a health problem”.

(Flash Eurobarometer Report No 404 on European citizens’ digital health literacy)

Today’s connected world, **digital aspect of health literacy (DHL)** constitutes an important cornerstone for improving the health of EU citizens.

Health literate citizens are empowered to **play a more active role** in **their health self-management** towards better health outcomes, prevention and lifestyle.

However, citizens often **do not have the necessary skills**, frameworks or systems to successfully identify, understand and appraise online health information **to make informed decisions on their health**.

IC-Health intends to improve digital health literacy of the population cohorts that will be involved in its activities and to reduce health inequalities in the EU.

Partnership

The IC-Health consortium consists of **14 partners** from seven different countries around Europe (Belgium, Denmark, Estonia, Italy, Spain, United Kingdom, Sweden).

Specifically, the consortium counts 7 universities and research centres, 1 public authority, 2 SMEs, 1 hospital, 1 NGO and 2 European networks.



Our objectives



Achieving
IT Literacy



Achieving
Health Literacy

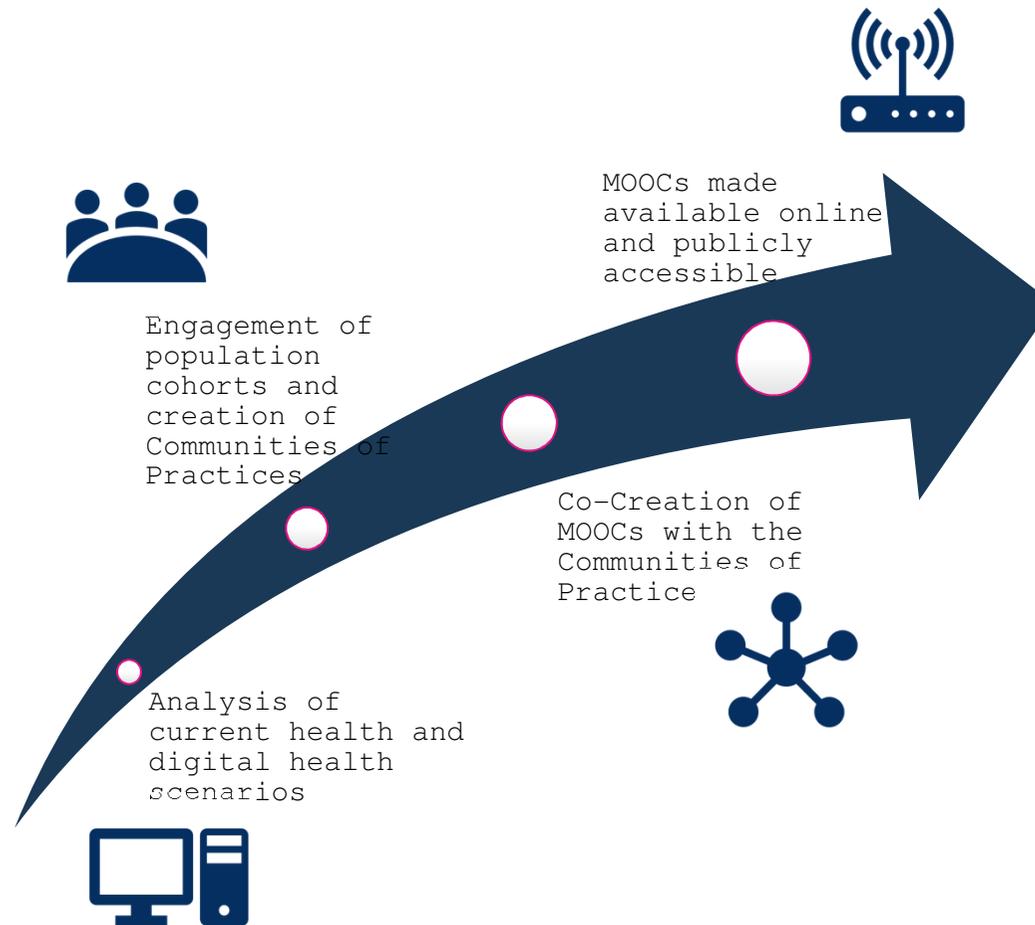


Appraising
Online Health
Information



Applying online
health information for
health management
in everyday life

Our Approach



Co-creation, the key work of IC-Health

Co-creation is understood as a *participatory design process* where all of the participants have an equal standing on deciding the importance of design issues and where different parties are brought together in order to jointly come out with a mutually valued output.

In the IC-Health project co-creation will happen both offline and **online** through:

- **offline Communities of Practice** established in project countries
- **online Communities** working on a dedicated web-based platform

IC-Health population cohorts will work alongside researchers, healthcare professionals and web designers to **co-create MOOCs**.

MOOCs

The MOOCs are **free web-based distance learning courses**.

- No prior knowledge need
- Free and easy access
- Available in eight EU languages (English, Spanish, Italian, French, Swedish, German, Dutch and Danish)
- Hosted on different platforms and accessible through a mobile application

Communities of Practice

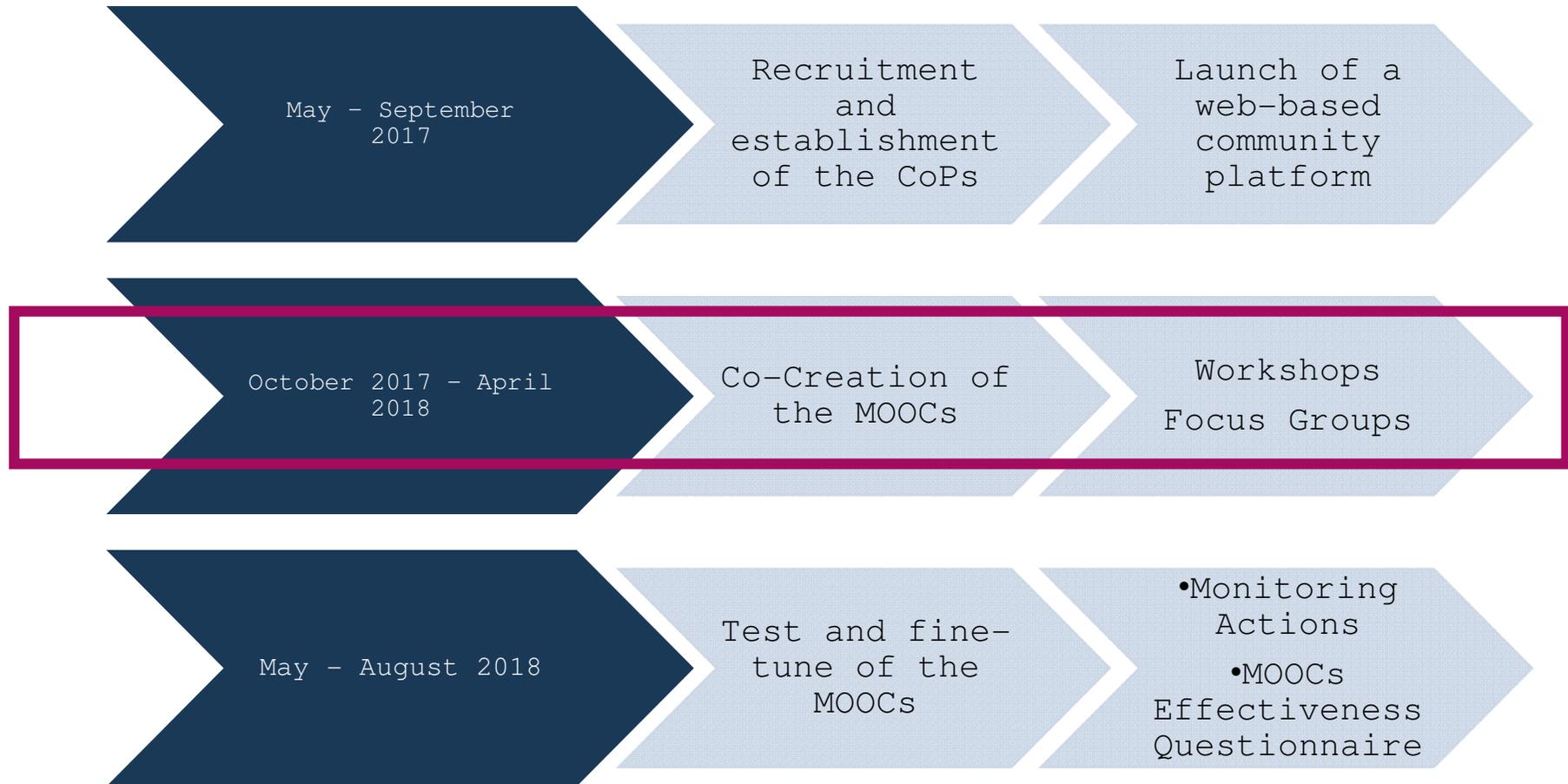
IC-Health target groups will be mobilised into **35 Communities of Practices (CoPs) to co-create 35 MOOCs on digital health literacy.**

Under IC-Health CoPs will have several offline meeting opportunities: meetings will take different forms (**workshops, round tables, working groups**) and cover several aspects.

What is a Community of Practice?

- CoPs are a spontaneous phenomenon among people who share common interests and passion and who meet to learn from each other.
- CoPs are characterised by mutual engagement on a shared domain of interest, development of joint activities and sharing of a repertoire of resources.
- CoPs are different from workshops because of their continuity and from social network that has open boundaries and does not necessarily aim at learning.

CoP activities



Contact Info

Be part of the process, help us improve digital health literacy in Europe!



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www.ichealth.eu



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Thank you very much for your attention!

 IC-Health Co-Creation Activities



Discover
our **IC-Health**
Co-Creation
activities !

<http://ichealth.eu>

<http://ichealthplatform.eu>