



## Healthy Living and Health Literacy: a Conceptual Framework

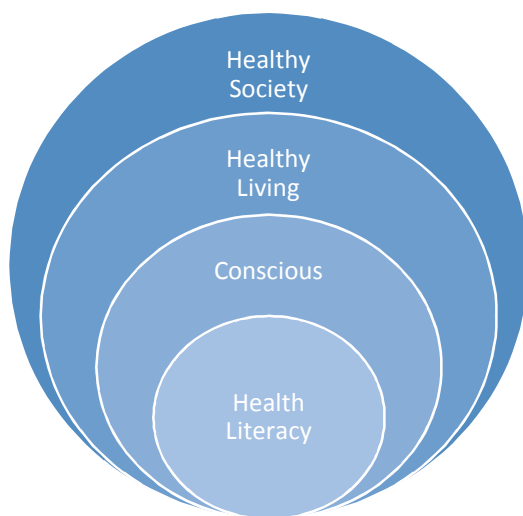
The aim of this brief article is to put forward a framework for the relationship between healthy living and health literacy (Figure 1).

Health, defined by WHO as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 1978), is also a function of the factors of lifestyle, along with that of genetic, environmental, and health care factors (Lalonde 1974). As can be seen, being free from illness and disability or being in the state of complete well-being at the same time requires leading a healthy living. Healthy living refers to a lifestyle that mitigates the risks of disease and disability (Bozhüyük et al. 2012), and can be addressed as being able to control behaviors that might affect one's health. This kind of lifestyle is possible merely with an adequate health literacy level. Health literacy can be defined as one's capacity to acquire, understand, and interpret basic health information and services, and to act

in line with them so as to prevent and promote his/her health (IOM 2004; Durusu-Tanrıöver et al. 2014). This study aims to present and evaluate the relationship between healthy living and health literacy.

Leading a healthy living requires an adequate level of health literacy. Health is the most valuable capital of human being; other capitals can be achieved to the extent health capital allows, and the said capitals can gain meaning. Leading a health-friendly lifestyle is essential to have an adequate level of health capital, as well as to develop and protect this capital. Leading a healthy living requires awareness. Awareness is possible with a satisfactory level of health literacy, while an adequate level of health literacy can only be attained through tackling the health literacy in all contexts in an integrated manner among stakeholders.

**Figure 1. Healthy Living and Health Literacy**



**Source:** The author

### References

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